



**WEST
MOONAH
COMMUNITY
HOUSE**

BOARD OF MANAGEMENT

CHAIRMAN – Lorraine Bailey
VICE CHAIRMAN – Sharyn Hill
TREASURER – Pam Bridgen
SECRETARY– Maureen Carter
PUBLIC OFFICER - Joel Stafford

BOARD MEMBERS

Shannon Heard, Penni Lamprey and Liz Stacey.
 Jan Dunsby—Glenorchy City Councillor Representative

WMCH Board of Management meeting

Are you passionate about your local community?
 Why not consider becoming a member and/or a volunteer or
 board member and help to make a difference.
 Meetings held on the third Thursday of each month at 6pm.
 Enquiries welcome.

West Moonah Community House

VOLUNTEERS

Volunteer Program Coordinator – Barbara
 Community Aid—Maureen



August Newsletter



**WEST
MOONAH
COMMUNITY
HOUSE**

COMMUNITY HOUSE STAFF

Manager – Mel
 Assistant Manager—Kaye
 Office Manager – Kim
 Social Worker— Rose
 Food Co-op Officer—Renate
 Preschool Teacher – Jodi
 Preschool Aide – Emma
 Preschool Back-up Assistant—Lee
 Community Garden Coordinator – Stuart



Opening Hours

**Monday to Thursday 8am to 3pm
 Friday 9am to 2pm**

Phone: 03 6273 2362

130 Springfield Avenue West Moonah TAS 7009

E-mail: info@westmoonahcommunityhouse.com Website: www.westmoonahcommunityhouse.com

A Note from the Manager

We have some really busy months coming up with lots of wonderful programs and activities, such as cooking classes, plastic bracelet workshop, hip-hop dancing for the kids and a weekly after school program.

Please be sure to contact us if you would like to book into any of the activities as places are always limited.

Cheers Mel



The West Moonah Community House are pleased to have a counsellor join our ranks once a week.

Appointments will be available on Thursdays at the Community House; no referral is necessary.

Counselling & Support available includes but is not limited to:

- General Mental Health Support & Monitoring
- Drug & Alcohol
- Family Violence, Anger Management
- Anxiety & Depression
- Family & Relationships
- Carer Support
- Grief & Loss
- Life Skills
- Parenting
- Health / Disability and Rehabilitation
- Return to Work Support
- Coping with Chronic Health Conditions
- Crisis / Suicide Response
- Referral to Specialist Support / Community based support

These sessions are free of charge.

Bookings are essential.

Please contact West Moonah Community House

Phone: 03 6273 2362 Email: info@westmoonahcommunityhouse.com

West Moonah Community Garden

We have bags of compost for sale. \$5.00 per bag

Plots available for community members for a small fee of \$30 per year.

If you're interested in joining our garden community, please give us a call on 62732362 or email info@westmoonahcommunityhouse.com



2016 community lunch series

NOW HEAR THIS



Spring Lunch

Tuesday 13th September @ 12.30pm

Cost - \$12 (includes 2 course meal)

BRING SOME SMALL CHANGE FOR THE RAFFLE

Bookings essential - tell a staff member or call 6273 2362 or email info@westmoonahcommunityhouse.com





**WEST
MOONAH
COMMUNITY
PRESCHOOL**

**Every
Tuesday &
Wednesday
& Thursday
9am to 2:30pm**

ages 3 to 5 inclusive



Now taking enrolments

Preschool Vacancies

**Run by a qualified early childhood
teacher and teachers aide**

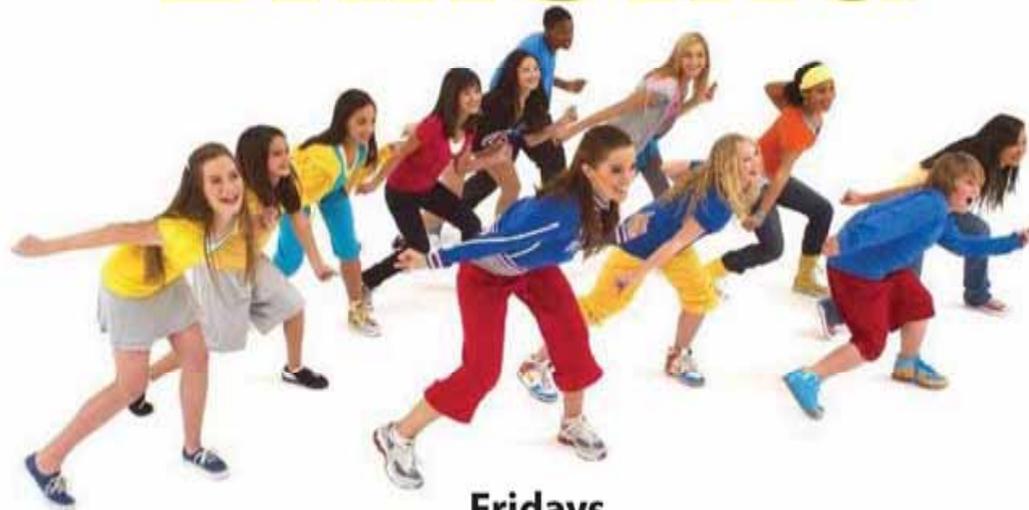
**For further information please contact West Moonah Community Preschool
p. 6273 2362 e. preschool@westmoonahcommunityhouse.com
130 Springfield Ave West Moonah**



**WEST
MOONAH
COMMUNITY
HOUSE**



HIP HOP DANCING



**Fridays
September 2, 9, 16, 23
3.30pm to 4.30pm**



Ages 5 to 12

Cost - \$20 (for the 4 weeks)



**Bookings essential - please talk to a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com**



What's on in August

Mondays

- 9:15am—10:30am **Heart Foundation Walking Group**
Gathers at the Community House each week before setting off.
- 11.15am—12.15pm **Go Movement**
Light exercise class. \$3 donation
- 12noon - 2pm **Mummy Me Time**
- 3.30pm - 4.30pm **Karate** (starts 15 August)

Tuesdays

- 9am - 11am **Volunteer Program Coordinator available**
The volunteer program provides a service to the frail, aged and disabled.
If you would like to access this service or join our team of volunteers, please phone us on 6273 2362
- 9am – 2.30pm **West Moonah Community Preschool**
- 12.30pm - 2.30pm **Winter Warmers Luncheon** (23 August)
- 3.15pm - 4.45pm **After School Activities** (FREE)
- 6.30pm **Precinct Meeting**
(first Tuesday of the month, all welcome)

Wednesdays

- All Day **Food Coop orders and pick-up**
- 9am—2:30pm **West Moonah Community Preschool**
- 11am—1pm **Headway**
- 3.15pm - 4.45pm **After School Activities** (ages 5 to 12) free
- 3:45– 5:15pm **Yoga Class**
Teaching gentle postures, breathing and relaxation. Cost: \$10 per class. For more information contact Angela Tamayo (Satyananda yoga accredited teacher) on 0427231776
- 6.15pm - 7.15pm **Exercise Class**
Strengthening classes

Don't forget!

who - hoo!! Senior's Week

Come and join in the fun

Hey...twinkle toes
save the dancing till
Senior's Week
You'll need all
your energy

Whoo-Hoo!

Monday 10 October to Sunday 16 October

All activities at or start from the West Moonah Community House unless otherwise stated.

- Monday 10th October: 9.15am - 10.15am, Heart Foundation Walk (FREE)
11am - 12noon, Go Movement (Gold coin donation)
- Tuesday 11th October: 12.30pm - 2.30pm 2 course luncheon (\$12pp) at house
- Wednesday 12th October: 10am - 2pm, Mystery Bus Trip (\$25 includes lunch)
- Thursday 13th October: 9am - 12noon, FREE at the West Moonah Community Shed
Open day, pop in for a cuppa and cake and have a go.
(Cr Winbourne and Springfield Ave)

Bookings essential - tell a staff member, call 6273 2362 or email info@westmoonahcommunityhouse.com

West Moonah Community Preschool.



Everyone has settled well into term 3. We welcome some new families to preschool this term.

This term we are looking at different countries of the world. This week we have been looking at Australia and Aboriginal art and dream time stories. We will move onto Sri Lanka, Croatia, France and any other countries our children have family ties to or are interested in.

This term Tuesday's group will visit the Hobart Dogs home to learn about caring for dogs and enjoy a ride on the bus. Dexter the guide dog will also visit again to collect his donations and Wednesday's group to learn about guide dogs and the job they do.

We have also been practicing our self-help skills to further our independence ready for kindergarten. Putting our own shoes & socks on, helping with clean up and caring for our belongings.



What's on in August

Thursdays

9am—2.30pm

West Moonah Community Preschool

3.30pm - 4.15pm

Calm Kidz

Fridays

10am - 2pm OAK

6pm - 8pm L1 Driver course



**WEST
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HOUSE**



West Moonah Community Volunteer Program

- ◆ Want to have some fun?
- ◆ Want to make new friends?
- ◆ Do you enjoy meeting and helping others?
- ◆ Can you spare a couple of hours per week?

If this sounds like you The West Moonah Community House has a Group of volunteers doing general garden maintenance for a number of aged and frail participants in the West Moonah / Springfield area requiring lawn moving, weeding etc. We are always looking for enthusiastic people who can lend a helping hand and help make a difference in their community. If you can help in any way we would love to hear from you.

For more information please contact Barbara
Email: info@westmoonahcommunityhouse.com
West Moonah Community House - 130 Springfield Ave West Moonah
Phone: 03 6273 2362



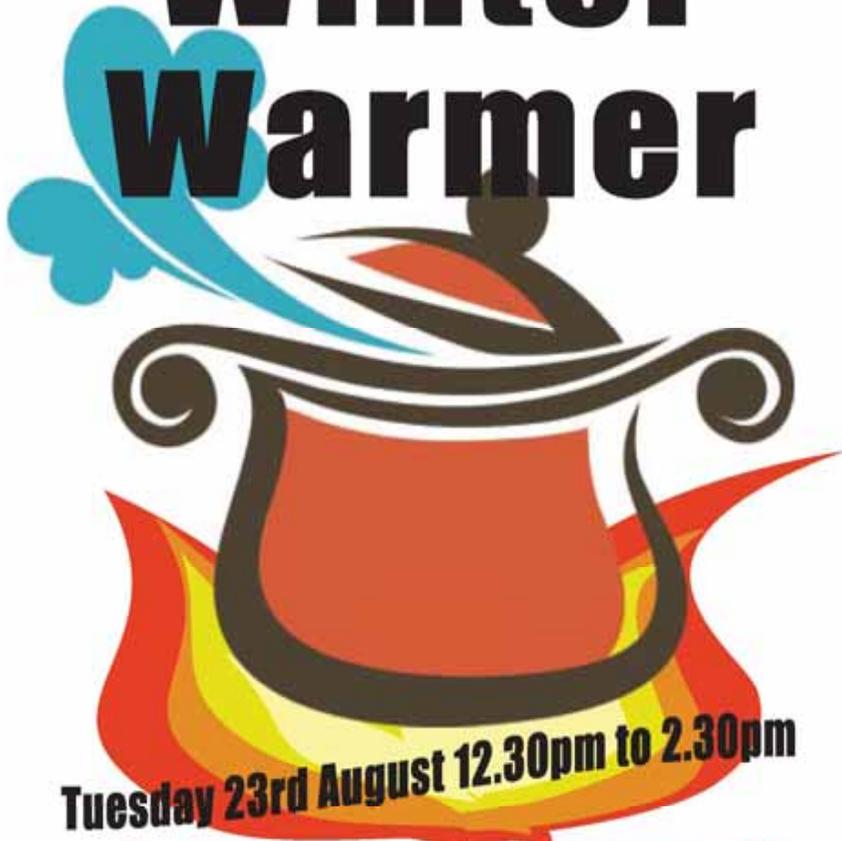
YOUR MOMENT TO MAKE A DIFFERENCE



The Census is Coming Soon

2016 community lunch series

Winter Warmer



Tuesday 23rd August 12.30pm to 2.30pm

Cost - \$12 (includes 2 course meal)

BRING SOME SMALL CHANGE FOR THE RAFFLE

Bookings essential - tell a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com

What is the Census?

The Census is a count of how many people and houses there are in Australia, and collects important information about them. For more than 100 years, the Census has provided valuable information about Australia and the people who live or visit here.

When is it?

Census night is Tuesday August 9 2016.

Why do I need to know about it?

The Census gives us an idea of what Australia looks like now and what it might look like in the future. It provides a statistical snapshot of Australia, helping to plan services and infrastructure in local communities – from health and education to housing and transport.

Do I have to do it?

Everyone in Australia on Census night will need to complete the Census.

How do I do it?

You can complete the Census online or on paper. People living in most urban areas will receive a letter with instructions on how to complete their Census online – if they want to complete it on paper they can ring the number provided with their letter. People living in rural areas will receive a paper form from a field officer, but they can also complete their Census online if they choose.

Can I get help?

If you need a hand with your Census, you can visit your local LINC, library or Online Access centre or ask for help at your local Neighbourhood House.

The West Moonah
Community Shed is open
Monday to Friday from 9am
to 12.30pm and every
second Saturday 1pm-5pm

We have some plots available
in the community garden.
Come see us if you are
interested in growing
some veges.



First Choice Food Co-op - NOW TAKING ORDERS

Visit the webpage at: www.firstchoicefoodcoop.com Find us on Facebook: [here](#)

First Choice Food Co-op is growing rapidly! We have nearly reached our project goal of 50 members. First Choice Food Co-op are regularly supplying around 20 vegetable and fruit boxes to our local community each Tuesday, packed with fresh produce and a surprise free product every week. We are currently providing our winter box, with produce for hearty soups, casseroles and roasts. Next month we will commence our spring box which will feature key ingredients for a range of salads, stir fry dishes and lighter meals to suit the longer days and warmer weather. We would love to hear what fresh produce you want in your weekly vegetable & fruit boxes.

Did you know that the average adult (93 out of every 100 adults) are not eating enough vegetables! It is recommended that an adult consume 5-6 serves of vegetables every day.

A standard serve of vegetables is 75 grams or:

½ cup cooked green or orange vegetables

½ cup cooked dried or canned beans, peas or lentils

1 cup green leafy or raw salad vegetables

½ cup sweet corn

½ medium potato or other starchy vegetables

1 medium tomato.



**WEST
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HOUSE**

Pilates

**Get inspired to
“Live active with Pilates”**

Come and feel the amazing results.

Align and balance the body.

Tone and strengthen.

Reduce back pain.

Feel energised

**Cost: \$10 per class
(10 weeks)**



**At the West Moonah Community House
Wednesdays 6.30pm to 7.30pm**

Starting 5th October (first class free)

Are you a beginner? Not sure if you are ready to try it?

Come and try an introductory session for FREE

Wednesday 5 October 5.30pm to 6.15pm

Want to know more?

Ask the instructor Suzie 0429 238 956

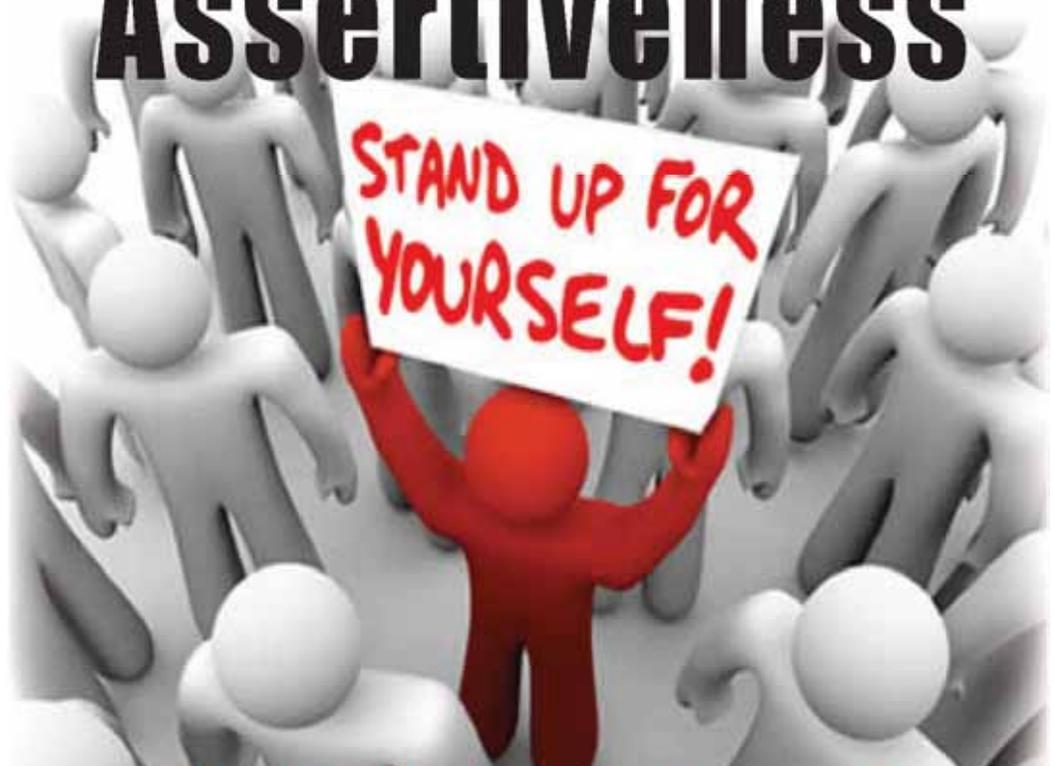


**Enquiries ask a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com**



FREE WORKSHOP

Assertiveness



**STAND UP FOR
YOURSELF!**

**Do you find it hard to stick up for yourself?
Learn ways you can mean what you say and not feel bad.**

At the West Moonah Community House

Thursday 18th August

10am to 11.30am

Enquiries ask a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com



Other services at WMCH

Fax and Photocopying

Available for use at a minimal cost,
Monday to Friday.

Internet

Computer and internet available
for use, FREE of charge!
Available Monday to Friday.

Community Pantry

The Food Pantry is available to
anyone in the community who
may be experiencing hardship. Our
pantry is open from Monday to
Thursday. Feel free to call in and
speak to our friendly staff about
accessing some food.

Room Hire

Our main room is available for hire 7
days per week subject to availability.
We provide an affordable hourly rate.
Contact our office or check the web-
site for further information.

Nils (No Interest Loan Scheme)

Provide families and individuals on low
incomes with the opportunity to apply
for a loan to purchase essential items,
without the burden of interest charges
or fees. For further information call
1300 301 650 or phone 62732362 to
make an appointment.



NILS Network of Tasmania Inc

West Moonah Community Shed

Open for Business and is welcoming new members

Open Monday to Friday

9am—12.30pm

Come along and enjoy sharing and learning skills in a safe,
social and supportive environment.



Become a member of the West Moonah Community House

Membership is open to any organisation or person who:

- Is over the age of 18 years.
- Is residing in Tasmania
- Is in agreement with the aims and ideals of the Association.
- Is not an employee of the Community House.
- Is aware of the needs of the community.

Becoming a member of the West Moonah Community House enables you to participate in classes at a 'members only' rate.

As a member you are also eligible to become a board member and have a say in what happens in your community house.

Speak to a staff member for more information.

Membership is only \$5.00 for the year.



Application for Renewal or New Membership

Name: _____

Address: _____

Telephone: _____

E-mail: _____

Signature: _____

Date: _____

Financial Member nominating the above

Seconded by: _____

Return application form to:
 West Moonah Community House
 130 Springfield Avenue
 West Moonah TAS 7009

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We receive 20% from every Entertainment™ Membership sold. Purchase yours today!

West Moonah Community House

To order your Entertainment™ Membership Visit:

www.entbook.com.au/2404y55

Or contact Mel Knuckey on 0362732362 or at info@westmoonahcommunityhouse.com



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Single Use Plastic Bracelet Workshop

Wednesday 3rd August
6.30pm to 8.30pm
Cost \$15 per person



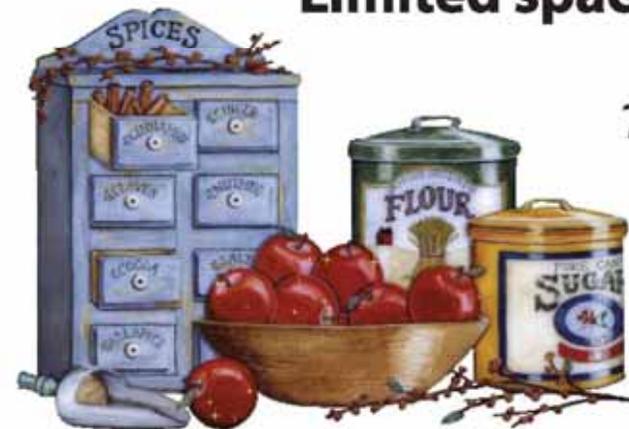
**Learn how to make yourself a bracelet
from single use plastic food packets.**

To book your spot or enquire please call
6273 2362 or email info@westmoonahcommunityhouse.com



Monday 10 & 17 October
6.30pm to 8.30pm

Cost \$15 per person per class
Limited spaces



*Try your hand
at some old
fashion
country
cooking*

To book your spot or enquire please call
6273 2362 or email info@westmoonahcommunityhouse.com