BOARD OF MANAGEMENT

CHAIRMAN – Karen Forster
VICE CHAIRMAN – Danielle Beer
TREASURER – Fiona O'Keefe
SECRETARY– Shannon Thomas
PUBLIC OFFICER - Mel Knuckey

BOARD MEMBERS

Simon Fraser, Maureen Carter, Sarah Walker

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 Monday of each month at 6.30pm.
Enquiries welcome.

West Moonah Community House

VOLUNTEERS

Volunteer Program Coordinator – Barbara
Community Aid—Maureen
Community Shed - Simon, , Jose, Peter, Brian, Russell, Matty
Chef—Dhana

SUPPORTED BY
Tasmanian Government

December / January Newsletter

Phone: 03 6273 2362 130 Springfield Avenue West Moonah TAS 7009

COMMUNITY HOUSE STAFF

Manager – Mel
Assistant Manager—Kaye
Office Manager – Kim
Family Support Worker/Counsellor— Wajan & Rose
Preschool Teacher – Jodi
Preschool Aide – Lucy
Preschool Back-up Assistants—Lee
Garden Coordinator—Erin
Food Coop Coordinator—Leanne

Find us on Facebook

Opening Hours

Monday to Friday 8am to 3pm

Community Pantry—9am to 2pm Monday to Friday

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

A Note from the Manager

As we farewell 2017 and welcome 2018 I would like to take the opportunity to say a big thank you to all our wonderful staff, board, volunteers and people who have been involved in the house in 2017. 2017 has been a very successful year and there are some exciting things to come in 2018.

I would like to wish you a very Merry Christmas and look forward to see you in 2018!

Cheers Mel

West Moonah Community 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

West Moonah Community House

Supported by Tasmanian Government

Tuesday 16 January
Alice in Wonderland
Mad Hatter's Tea Party
10am - 11.30am
Cost $10.00 per child

Wednesday 17 January
Lego World
10am - 11.30am
Cost $5.00 per child

Thursday 18 January
Fairy and Unicorn Day
10am - 11.30am
Cost $10.00 per child

Monday 22 January
Create your own Veggie Garden
10am - 11.30am
Cost $10.00 per child

All suitable for 5 to 12 year olds

parent/carer/kids activities
children must be accompanied by an adult

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

West Moonah Community House

ADVOCACY TASMANIA INC.

First Friday of every month commencing 2nd February 2018 9am to 12noon

At the West Moonah Community House 130 Springfield Avenue

Free service to older people, people with mental health issues, people with disabilities and people with drug and/or alcohol related problems, their carers and relatives. We provide a "Your Say" advocacy service, which is all about helping our clients to speak up for themselves, to make sure that their views and opinions are heard and understood.

We can provide information about your rights, and help you to resolve problems or complaints.

No appointments necessary, just pop in.

Supported by Tasmanian Government

We have a NEW BOARD

We held our AGM on 17th August. Lots of changes on our board and the staff would like to welcome the following
Chairperson - Karen Forster
Vice Chair - Danielle Beer
Secretary- Shannon Thomas
Treasurer - Fiona O'Keefe
Board members - Maureen Carter, Simon Fraser, and Sarah Walker

Secretary, Shannon Thomas

I am very excited to be joining the West Moonah Community House Board.

My husband and I currently run our own business in Moonah and our two boys go to a local Catholic School in Lenah Valley.

We are both very involved in our school community and I thought a natural progression is to extend this to the local community. I have an extensive history of volunteering and take great pride in helping others.

I first dipped my toes into the Community House with the First Choice Food Co-Op and order a veggie box every week.

I believe this Community House offers so much for our local families and it really excites me that I can play a major part in this. I look forward to meeting many of you over the next 12 months!

The West Moonah Community Shed is open Monday to Friday from 9am to 12.30pm	We have some plots available in the community garden. Come see us if you are interested in growing some vegies.

What's on in December/January

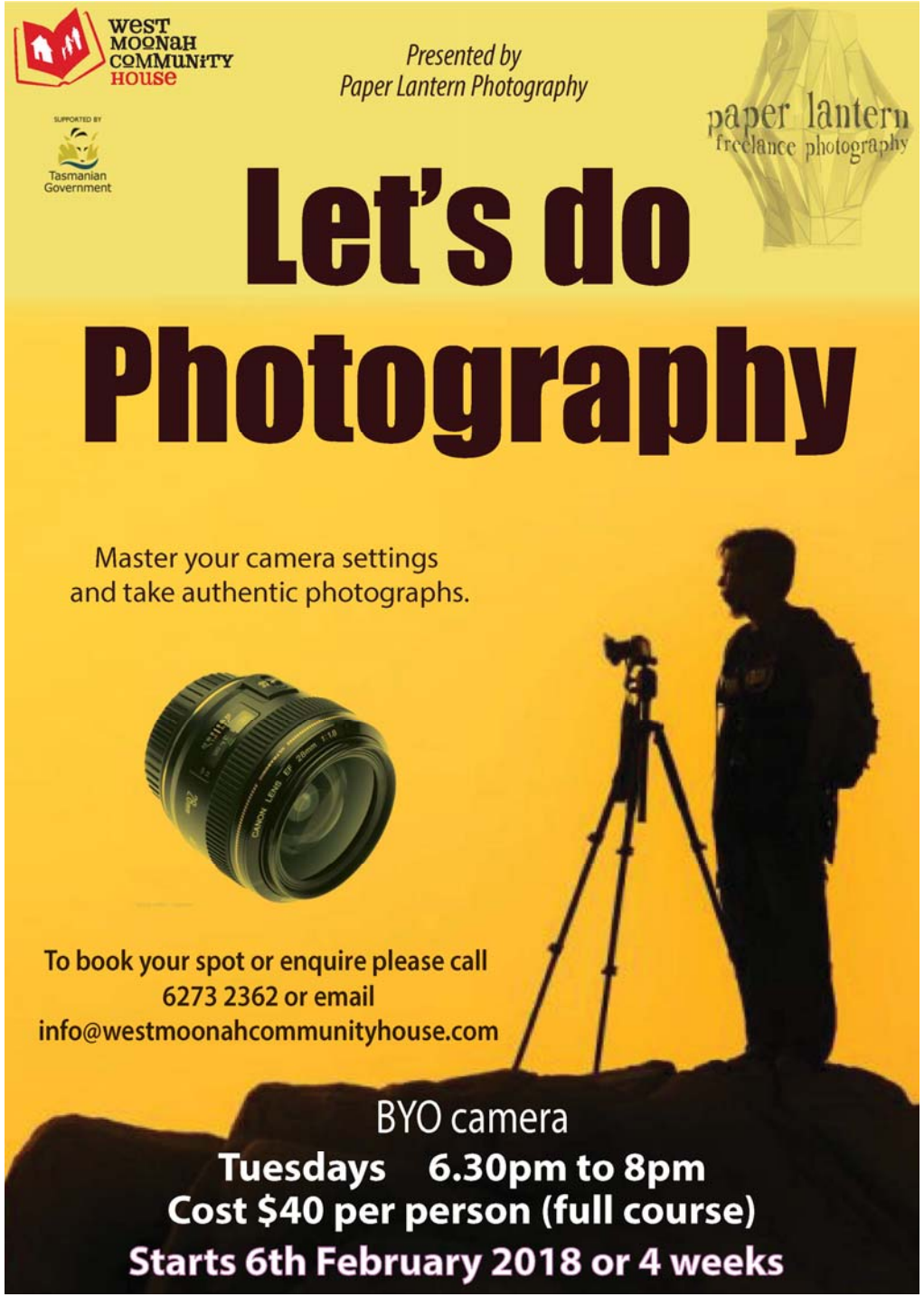
The West Moonah Community House will close on Friday 22nd December 2017 and reopen on Monday 15th January 2018.

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
12.30pm - 2.30pm	**Craft Group** self run	$3
3pm - 6pm	**Tutoring**	

Tuesdays

By appointment	**Counselling**
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** *Preschool breakup on 14/12/17, recommences 14/2/18*
12.30pm - 2.30pm	**Lunch**(12th December & 23rd January)
From 2pm	**Food Coop orders and pick-up**
3.30pm - 5pm	**Kids Theatre**
6.30pm	**Community Meeting** (first Tuesday of the month, all welcome)



SUPPORTED BY Tasmanian Government

Olea MASSAGE

WEST MOONAH COMMUNITY HOUSE

Relaxation Massages

Only $40.00 for an hour massage

West Moonah Community House has recently collaborated with Olea Massage to help your overall health & well-being by introducing "Relaxation Massages" at our centre.
If you suffer from aches and pains and stress life can throw your way, Marija Stevens from Olea Massage offers a calm, supporting and relaxing environment to ensure you receive the best outcome for your needs.

Fridays only

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

What's on in December/January

Wednesdays

9am - 2:30pm	**West Moonah Community Preschool** *Preschool breakup on 14/12/17, recommences 14/2/18*
11am - 1pm	**Headway**
3:30pm - 5:00pm	**Yoga Class** Teaching gentle postures, breathing and relaxation. Cost: $10 per class. For more information contact Angela Tamayo (Satyananda yoga accredited teacher) on 0427 231 776
3.30pm - to 5pm	**Mini Artists**
6.30pm—8.45pm	**Pilates** (see attached poster)
7pm - 9pm	**Crafty classes** (self run class all welcome)

Thursdays

9am - 2.30pm	**West Moonah Community Preschool** *Preschool breakup on 14/12/17, recommences 14/2/18*
3pm - 6pm	**Tutoring**
6.30pm - 8pm	**Let's do Photography** (see poster)

Fridays

10am - 2pm	**Massages** (by appointment, back from 9th Feb)
10.30am - 12noon	**Playgroup** (see poster in newsletter) *Playgroup breakup on 15/12/17, recommences 16/2/18*
10am - 2pm	**OAK**

West Moonah Community Garden

Plots available for community members for a small fee of $50 per year.

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

Garden News

Update from the Garden Coordinator-

I started in the role of garden coordinator in November, working 9 to 2 every Tuesday. There has been a lot of activity in the community garden this spring and many new faces to welcome. Garden beds have been prepped in time for spring planting and already we are being rewarded with new growth. It is evident that there are many different skills which are being shared amongst the community gardeners highlighting how valuable community gardens are in contributing to the health and wellbeing of the wider community.

Watch this space because in the new year we will have a concrete slab built and garden shed put up with plans for an additional shaded area and some community social activities on site (hint.. involving wood fired pizza!). Thank you to our gardeners for all of their efforts in getting the garden to where it is today. If you haven't seen the garden for a while please feel free to drop in and say hi.

For any enquiries the community garden has a new email address: garden@westmoonahcommunityhouse.com

WEST MOONAH COMMUNITY 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: $14 per class casual
($88 for 8 weeks)

Wednesdays

At the West Moonah Community House

Beginners 6.30pm to 7.30pm

Power Pilates 7.45pm to 8.45pm

Starting 28th February 2018

Pay instructor direct

Supported by Tasmanian Government

For bookings call Suzie on 0429 238 956
or email donkerssuzie@gmail.com

Tasmanian Government
Department of Education

Now taking enrolments for 2018

West Moonah Community Preschool

3 to 5 year olds

Cost $35.00 per session

Tuesdays
Wednesdays
Thursdays
9am to 2.30pm

Occassional care places available

Possible subsidy for low income families * conditions apply

130 Springfield Ave West Moonah

Phone: (03) 6273 2362
Email: preschool@westmoonahcommunityhouse.com
Website: www.westmoonahcommunitypreschool.com

West Moonah Community House

West Moonah Community House

FRIDAYS

Breakup on 15th December

PLAY GROUP

Everyone welcome

When: Fridays
Time: 10.30am to 12noon
Where: 130 Springfield Ave, West Moonah
Cost: $3.00 per child
What to bring: Morning tea, drink and hat.

West Moonah Community House

Supported by Tasmanian Government

DO YOU NEED HELP?

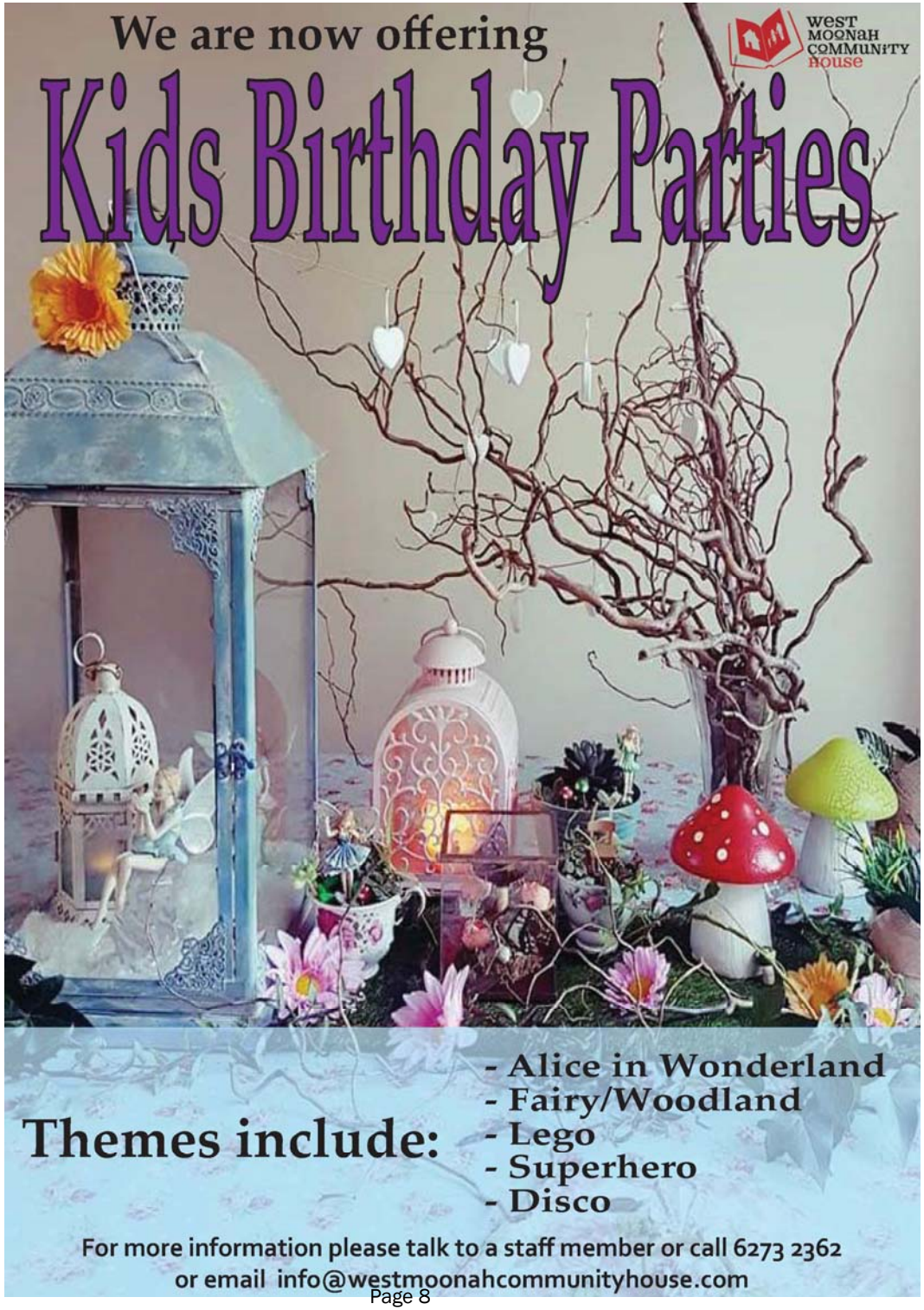
DID YOU KNOW WE HAVE A COUNSELLOR?

THIS IS A FREE SERVICE

Appointments now available for children and adults.

Appointments are available on Tuesdays at the Community House; no referral is neccessary.
Please contact West Moonah Community House
Phone: 03 6273 2362 Email: info@westmoonahcommunityhouse.com

West Moonah Community House


We are now offering
West Moonah Community House
Kids Birthday Parties
Themes include:
- Alice in Wonderland
- Fairy/Woodland
- Lego
- Superhero
- Disco
For more information please talk to a staff member or call 6273 2362
or email info@westmoonahcommunityhouse.com

WELLNESS EXPO
www.taswellnessexpo.com
A fundraising event for
West Moonah Community House and Australian Rotary Health
PROJECT 365 BY CAMPBELL
Wellness Gala Dinner
Special Guest Campbell Remess.
Campbell started making bears for sick kids in hospital four years ago.
He has an amazing story to tell.
Saturday March 24
6pm for 6.30pm
Tickets available online here
BOOK NOW
HOBART TICKETS .COM.AU
Enquiries phone 6273 2362
Royal Yacht Club of Tasmania
Marieville Esplanade
Sandy Bay
Silent Aution & Raffle on the night.
$80 per person
$720 for a table of 10
Includes 3 course dinner and entertainment (MC John X with live music by Suffrajettes)
Our valued sponsors
PalliativeCare TASMANIA
Tasmanian Government
City of HOBART
West Moonah Community House
Find us on: facebook.
Rotary Districts of Australia
prompt care
Archer MP
shadforth
WIN
PWT PRINCES WHARF No1

www.taswellnessexpo.com

Sat March 3

10 - 4

WELLNESS EXPO

Princes Wharf # 1

Salamanca

FREE ENTRY

Presented by
West Moonah Community House and Australian Rotary Health

Our valued sponsors

PalliativeCare TASMANIA · City of HOBART · prompt care · West Moonah Community House · Rotary Districts of Australia · shadforth · WIN · PWT Princes Wharf No 1

Walkies

Glenorchy on the Go Walking Group
It's just like a walk in the park

West Moonah Community House
130 Springfield Ave

Monday mornings at 9.15am
followed by light social exercise for the stayers

Cost: FREE

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

West Moonah Community House · Tasmanian Government · Glenorchy On the Go

West Moonah Community House

Supported by Tasmanian Government

FREE Literacy Tutoring

We are offering FREE literacy help to all persons over the age of 18years.

Language Reading Writing Numeracy

No matter your nationality or literacy level; this is one on one tutoring.

Need an interpreter? No problems, just let us know.

Fully qualified literacy and numeracy tutor

To arrange your classes or enquire please call 6273 2362 or email info@westmoonahcommunityhouse.com

2018 Community Lunch Series

Eating With Friends

Supported by Tasmanian Government

West Moonah Community House

Let's Do Lunch

Tuesday	23 January
Tuesday	20 February
Tuesday	20 March
Tuesday	10 April
Tuesday	1 May
Tuesday	19 June

12.30pm - 2pm

Cost - $15 (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

Preschool Newsletter

December News

The end of term 4 is fast approaching! We have recently enjoyed making quiches from our chooks eggs and spinach we grew in our garden. We also made water melon icy poles which were a welcome treat during the very hot weather we've had. We have also enjoyed some water play, filling, pouring and mixing. We had a visit from two lovely police ladies. They came to talk to us about safety and what to do in emergency situations. They also bought in some small uniforms and hats. We had a lot of fun dressing up and talking to the police ladies.

Preschool will finish on Thursday 14th December and first day back is Wednesday 14th February 2018.

We are very pleased to be able to offer occasional care now at preschool. What is Occasional care?

If you have appointments, shopping or an important event and you need someone to care for your child/ren for the day we can offer this on a "as required" basis for $40 per session (payment due on the day). A session is 9am to 2.30pm; you must send lunch and morning tea. All paperwork must be completed and presented on the day.

Enrolment Forms can be downloaded from our website http://www.westmoonahcommunitypreschool.com/

Find us on facebook

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 entitles you to:

- Receiving 5% discount on classes
- One off $10 discount on venue hire (subject to availability)
- Receive our monthly newsletter via email

We believe it is important for all users of the West Moonah Community House to be a member and take pride in what we offer.

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

Other services at WMCH

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. Feel free to call in and speak to our friendly staff about accessing some food.

Our pantry is open from Monday to Friday 9am to 2pm.

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.