



TERM 1, 2022

OKINES COMMUNITY HOUSE



Funded by the Crown through the DEPARTMENT of COMMUNITIES TASMANIA

Servicing the Southern Beaches including Lewisham - Forcett - Carlton - Dodges Ferry - Primrose Sands



Eating with Friends Christmas Lunch 2021

WELCOME TO THE YEAR 2022: A GOOD TIME TO BE KIND

Another year is already upon us. It is no exaggeration to say that for most people the start of 2022 has been like no other. The Covid pandemic continues to create uncertainty and provide challenges on a daily basis. As one of 35 houses around Tasmania, Okines Community House is funded by the State Government to deliver important services to meet the needs of individuals and families in our community. Never has the role of a neighbourhood house been quite so important, and Okines is certainly focusing on how we can best provide for our community during this time.

The pandemic has forced many businesses including Okines to radically change the way we do things in order to keep our doors open to you and to continue to provide the level of safety and service that you deserve. Significant effort has been directed towards maintaining the Okines space Covid safe for our visitors, volunteers and staff. Please rest assured that we continually monitor our Covid Safe plan with up to date information and advice and your tolerance, flexibility and understanding as we navigate our way through is greatly appreciated.

"People can be so quiet about their pain that you forget they are hurting. That is why it is so important to always be kind."

Nikita Gill

On page 6 of this newsletter you will find a guide to the activities and services that will be offered in Term 1.

Please read the Covid safe practices that are listed. Your compliance with these measures enables Okines to continue to operate safely. It has been said that kindness is free to give and priceless to receive - 2022 seems like an opportune time to share some kindness.

Acknowledgement of Country

In the spirit of reconciliation Okines Community House Inc. acknowledges the Traditional Custodians of the land on which we work and meet, the Mumirimina people and their connections to land, sea and community. We pay our respect to elders past and present and emerging and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Trailer Hire

MINIMAL FEE

Need to do a quick trip to the tip or pick up delivery but you don't have a trailer? Look no further. A welcome donation from the Lewisham Tavern Social Club, has enabled Okines to purchase a trailer for the community to hire. Some basic conditions do apply.

For bookings and hire fee information please contact Okines office on 6265 7016 or email us via: info@okinescommunityhouse.com.au



OKINES BIKE REPAIR SHED:

Have you checked out the Okines Bike Repair Shed yet? The bike shed has a variety of bikes available including children's, men's and women's and it has extended its opening hours to include Sundays which is great news for families and people who are busy on weekdays.

A small donation is appreciated which is put towards materials for fixing the bikes.

Now open three days a week, the bike repair shed also hosts workshops and special events throughout the year.



BIKE SHED OPENING HOURS

| | |
|----------|-------------|
| Monday | 11am to 3pm |
| Thursday | 11am to 3pm |
| Sunday | 10am to 1pm |

 South East Employment Hub 

JOB SEARCH ALERT

+

SEND IN YOUR FEEDBACK

Your feedback may help us to gain further funding for our free service across South East TAS.

<https://www.seehub.com.au/contact>



OKINES COMMUNITY GARDEN

Hello Gardeners

We hope you are travelling well in this new year and that you're rolling in juicy red tomatoes. For us in the garden, this year has brought some changes.

The fantastic Greg, who has been instrumental at overseeing some exciting projects in the garden, is moving on. He worked at Okines for several years, during which time he helped orchestrate the building of the new outdoor kitchen, greenhouse, numerous garden beds and bike shed, as well as growing the garden and upping the composting program. We are so sad to see him go!

Now enter Donna, the gardening extraordinaire who will be taking Greg's role for the next few months. She brings with her a wealth of knowledge and has kept the garden pumping over the last few months. Come by and say hello, and find out ways that you can get involved, volunteer some time and learn more about gardening in our unique environment.

I (Sonja) will be on leave for February and March.

Happy growing, in whatever direction that takes you!

In other news, the bees are flourishing at the Okines Garden. They are looking strong and fabulous! These bees started off as a small split from another hive and have built up to a large colony over the past year. During our first hive inspection of the season we saw the queen- can you spot her? What a beauty!



They've also made heaps of delicious honey which we recently extracted and bottled and is now available for sale through the Food Co-op



OKINES FOOD CO-OP



Welcome to 2022!

This year the Food Co-op celebrates our ten year anniversary! The co-op opened in February 2013 with start up funding from a 'Food for All Tasmanians' state government grant through Okines Community House. We have grown steadily over the years, in space, people, and products. At the beginning of this year we had 178 members. In 2020 we extended our shop—now feeling at least twice as big compared to how we started off. All this would have not been possible without the loyalty of our customers and hands on support from over 65 regular volunteers.

A special thanks to all of you who have supported the co-op over the years. A big applause to the work of co-op coordinator Jill Vaughan, and to Okines for giving us a home. May we continue to thrive for the next ten years, and many more to come!

The Co-op is open on Sundays from 9:30 am - 12:30 pm and Tuesdays from 1 - 6pm. Membership fees are due this month. Please pay your annual membership (\$20 / \$15 concession), or purchase a life-time membership for \$100 one-off.

The co-op needs more volunteers in the roles of:

- Tuesday cashiers and shop assistants
- Jar and bottle sterilisers
- General out of opening hours shop assistance: restocking bins, updating prices, bottling produce, stock take, packing orders

Want to find out more? Get in touch:

email: okines.food.coop@gmail.com

facebook: [okinesfoodcoop](https://www.facebook.com/okinesfoodcoop)

okinescommunityhouse.com.au/wpms/foodcoop



The co-op needs more volunteers - for an average 4-6 hours of volunteering per month, you will receive a 15% discount on most of our stock



Celebrating our opening day: Claire, Gabe, and Jill, 2013



Proud producers: Fresh, organic garlic from the garden for sale now at the co-op (\$30/ kg)

OKINES BOARD UPDATE



Okines is run by community, for community. As one of 35 Neighbourhood Houses around Tasmania, we are proud to be part of a network of more than 1000 neighbourhood houses and community centres across Australia where community led governance is at the heart of all we do.

At our January meeting the Okines board elected Bill Thomas to fill a casual vacancy as a board member for 2021/22. Bill is a long time Dodges Ferry resident. Now a dog trainer, Bill was a production potter for 40 years, running the iconic Panogana Pottery near Park Beach.

Bill was nominated by board members Judith Knowles and Glenn Millar. Judith moved to Dodges Ferry from Western Australia some years ago to be closer to family and brings an extensive experience from a career in company administration. Judith is the board's Public Officer and chairs our governance committee. Glenn is one of our longest serving board members, our Vice President and instigator of many Okines sustainability initiatives, including solar panels and more recently the wonderful Bike Repair Shed.

Glenn spends the winter months working in the Northern Territory, always keeps in touch and is a very dedicated contributor to our community. I'll introduce more of our volunteer board members in the next newsletter.

Community development is our core purpose. Okines constitution, the Neighbourhood House Program and our strategic plan and budget provide a road map for the ways we work together and draw on a wealth of local experience and across the Neighbourhood House network.

Our board meets monthly, other than December when we enjoy a board and staff Christmas lunch together. We also have workshops from time to time, for planning and learning together. We've just done a workshop on roles and responsibilities, led by Neighbourhood Houses Tasmania, and in April we'll be learning more about risk management, a very important part of every board's role.

Through the work we do, Okines board, staff and volunteers create places where locals come together and find the support, belonging and purpose that makes a real difference in people's lives.

The COVID pandemic continues to present many challenges and it is part of Okines role to lead by example, encouraging everyone to do their bit to keep one another safe.

Thank you to our manager, Nat Siggins, and her team and to our many volunteers and participants for the many ways we're adjusting to COVID working and event arrangements – vaccinations, wearing masks, sanitising, checking in, keeping a safe distance, moving outdoors etc. As manager, Nat has a very important role in helping maintain a safe workplace and follow public health requirements, including COVID vaccination for all onsite staff and volunteers. Please support Nat, our staff and our community by following COVID safe behaviours when you are at Okines or an Okines event. It's one of the many ways we look out for and care for one another.

If you have any questions about Okines and what we do or ideas for the future, please email info@okinescommunityhouse.com.au or call the office on 62657016.

Yours in community,

Melinda Reed
President, Okines Board
M: 0408 554 934

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

When attending activities at the Okines space we ask that upon arrival you continue to check in by your preferred method. You will find the Okines QR code easily visible at all points of entry. If you have difficulty scanning the QR code you will see a six-digit number which can be entered manually into the app instead. Alternatively you are welcome to sign in with the pen & paper that is provided.

It is a requirement for people aged 12 years and older (unless exempt) to wear a mask in all indoor spaces located in the Okines hub. In the event that you have forgotten to bring a mask the Okines office has a limited supply available and will be able to provide you with one.

We kindly request that you continue to follow all social distancing requests and maintain good hygiene habits when attending activities at Okines. Stay at least 1.5 metres away from others whenever practical. The more space there is between you and other people, the harder it is for the virus, and germs generally, to move from one person to another. Please use the hand sanitiser available at each entrance to the house. When using the Okines space, your support in following the guidelines as instructed by your group leader is greatly appreciated. You will also find guidelines indicated on the signage around the house.

If you are showing signs of flu like symptoms such as a fever, coughing, or shortness of breath it is imperative that you not enter the building or attend activities.

*Please remember Okines is a shared space. These rules are for the health and wellbeing of everyone. Please be kind and consider others around you.

MONDAY - KNIT & NATTER

Knit and Natter is a weekly group open to all community members, where you can learn to knit or crochet from scratch, improve your skills or teach others what you know. Everybody is welcome! Wool and needles can be provided.

Venue: Okines Community House

Day: Monday ongoing

Time: Drop in anytime on a Monday between 10.30am to 12.30, tea and coffee provided, the nattering is up to you!

Fee: \$2 **Contact:** 6265 7016 for more info

MONDAY- YOGA FLOW WITH JACKIE GRAHAM

This term we will be delving into strategies for managing fear in times of uncertainty from a yogic perspective. These classes are back friendly. Class sizes are limited so people are given individual attention. Jackie Graham is a qualified and experienced Yoga and Pilates instructor. This term is 7 weeks (no class 14/2 & 14/3 due to public holidays).

Day: Mondays beginning 21st Feb to 11th April

Time: 6.30pm to 7.30pm

Fee: \$126 for the term, casual rate \$20 (if space available)

Venue: Okines Community House

Bookings are required, please contact Jackie on 0467 197 499 or email

jackiegraham@iinet.net.au

***Please bring your own yoga mat.**

MONDAY - PILATES & MINDFUL MOVEMENT WITH LAUREN O'KEEFE

Pilates can support and enhance the health and wellbeing of everyone; regardless of age or body type. With Lauren, each class incorporates an enjoyable balance of strengthening & stretching; of challenging the body and enhancing the mind/body connection. Come along and be empowered to engage in your own wellbeing journey in an inclusive, supportive environment.

***Please bring your own mat.**

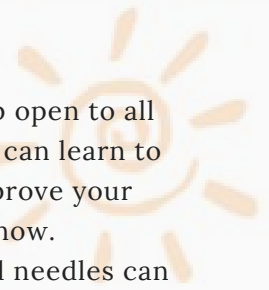
Day: From 7/3 to 11/4/2022

Time: 9am to 10am

Venue: Okines Community House

Cost: Casual rate \$10 per person

Contact: Lauren on 0434 000 687



TUESDAY - STRENGTH and MOBILITY - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer)

This program caters to all levels of fitness, it is low impact, yet challenging and aims to maintain your mobility and develop greater strength. Practice a range of motions on the mat, standing and with supporting props to explore how your body moves, increasing your awareness so you can move more efficiently and reduce the risk of injury.

Day: Tuesday (Thursday class also available)
Starts: (Tues) 8/2/2022 (no class 22nd March)
Time: 9am to 10am,
Cost: \$180 for 9 weeks
Venue: Okines Community House
Please note spaces are limited for these classes and priority will be given to full term bookings.
Contact: Salomé 0437 405 213 or email info@fromwithin.com.au or visit the website: www.fromwithin.com.au

**Mask wearing is advised unless a medical exemption applies and windows will be open to increase air circulation. Please bring own mat, elastic band and a little ball. For all equipment used in class I ask for assistance to disinfect at the end of class.*

TUESDAY - CARD GROUP

This is a fun and vibrant group of people who meet every Tuesday to play cards. New members are very welcome. Feel free to pop in and enjoy a laugh and a chat over a game of cards.

Day: Tuesdays ongoing
Time: 1pm to 3pm, **Cost:** \$2
Venue: Okines Community House
Contact: info@okinescommunityhouse.com.au

TUESDAY - QUILTING GROUP

This is a wonderful group of people who meet every Tuesday to share in their love of quilting. If you sew and would like to join a quilting group please come along. We are not a teaching group but we do enjoy sharing ideas.

Day: Tuesdays from 8/2/2022
Time: 10am to 2pm, **Fee:** \$2
Venue: Okines Community House
Contact: 6265 7016 or info@okinescommunityhouse.com.au
***Bring own lunch**

TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes

FIZZICAL FUSION STAYSTRONG

STAYSTRONG is a full body, low impact, strength training workout using dumbbells and choreographed to music.

Day: Tuesdays ongoing
Time: 6.15pm to 6.55pm, **Cost:** \$10
Venue: Okines Community House
Contact: Karyl on 0468 389 659 or email fizzicalfusion@gmail.com

FIZZICAL FUSION STRIKE

STRIKE is a low impact, full body kickboxing workout choreographed to music.

Day: Tuesdays ongoing
Cost: STRIKE is a free bonus class if you do the STAYSTRONG class first, otherwise \$5 per class
Time: 7pm to 7.20pm
Venue: Okines Community House
Contact: Karyl on 0468 389 659 or email fizzicalfusion@gmail.com

TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP

This is a group of enthusiastic men and women who have great fun singing together on Tuesday evenings.

Day: Tuesdays from 22/2/2022
Time: 7pm to 9pm, **Cost:** \$5
Venue: Okines Community House
Contact: M Haynes 0417 462 310



WEDNESDAY - TAI CHI WITH SUE DUFFY

Tai Chi is an effective exercise for health and wellbeing. People of any age and fitness level can enjoy Tai Chi and gain positive health benefits. No special equipment is required and we suggest you wear comfortable clothing.

Day: Wednesdays from 9/2/2022

Time: 10am to 11am

Cost: \$5

Venue: Okines Community House

Contact: 6265 7016 or email

info@okinescommunityhouse.com.au

WEDNESDAY - FOOD ASSISTANCE

Loaves & Fishes Tasmania redistributes surplus fresh food via community food programs to people in need around Tasmania. Thanks to the excellent work from Loaves & Fishes Tasmania Okines Community House provides access to food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

Day: Every Wednesday, no cost

Time: 1pm to 3pm

Venue: Okines Community House

If you would like further information please phone 6265 7016 or email

info@okinescommunityhouse.com.au

WEDNESDAY - STEPPING INTO ONENESS MEDITATION WITH LISA KINGSTON

This term we will be stepping into Oneness. When you experience Oneness, you feel connected to everything in the universe and in existence on every level. You will feel at one with all the things in the universe, because of the awareness and understanding that ultimately We Are All One. The class is for intermediate & experienced meditators.

Day: Starting on Wednesday 16/2/2022

Time: 6.30pm to 7.30pm

Cost: \$15 casual or \$80 for the term

Venue: Okines Community Garden

Contact: Lisa on 0410 057 887 or visit

<http://www.lisakingston.com.au/meditation-classes> to secure your place.

THURSDAY - EASE and REBALANCE, THE MELT METHOD - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer)

In this class you will learn self care treatment techniques from the Melt Method using soft rollers and balls. You will explore ways to ease physical tension, rebalance the body and help it restore. The Melt Method was developed with the aim of reducing chronic pain. By working deeper to rehydrate the body's connective tissue, rebalance the nervous system and restore space to compressed joints. Stay healthy, balanced and continue to feel more at ease.

Starts: (Thurs) 10/2/2022

Time: 9am to 10am,

Cost: \$180 for 9 weeks (no class on 24 March)

Venue: Okines Community House

Please note spaces are limited for these classes and priority will be given to full term bookings.

Contact: Salomé 0437 405 213 or email

info@fromwithin.com.au or visit the website:

www.fromwithin.com.au

***Mask wearing is advised unless a medical exemption applies and windows will be open to increase air circulation. Please bring own mat, elastic band and a little ball. For all equipment used in class I ask for assistance to disinfect at the end of class.*

THURSDAY - OKINES BOOK CLUB

Share your passion for reading, meet some new people, share a meal and discover new books. There is no membership fee, and books are organised through the Libraries Tasmania.

Day: The 2nd Thursday of each month

Next book club is Thursday 10/3/2022

Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

THURSDAY - AFTER SCHOOL CERAMICS CLASSES WITH OCHRE BOHDI

Learn how to use tools to sculpt clay, and paint, glaze & fire ceramics. Ages 8 to 13 years old.

Day: Thursdays 6 sessions 24/2 to 31/3/2022

Time: 3pm to 4pm **Cost:** \$120 for 6 sessions

Venue: Okines Community Garden

*Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au.

THURSDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes.

FIZZICAL FUSION STAYSTRONG

STAYSTRONG is a full body, low impact, strength training workout using dumbbells and choreographed to music.

Day: Thursdays ongoing

Time: 6.15pm to 6.55pm,

Cost: \$10

Venue: Okines Community House

Contact: Karyl on 0468 389 659 or email fizzicalfusion@gmail.com

FIZZICAL FUSION SHIMMY

SHIMMY is a full body workout using belly dance moves and music to free your inner goddess as you improve co-ordination, flexibility and body tone.

Day: Thursdays ongoing

Time: 7pm to 7.20pm,

Cost: SHIMMY is a free bonus class if you do STAYSTRONG first otherwise \$5 per class

Venue: Okines Community House

Contact: Karyl on 0468 389 659 or email fizzicalfusion@gmail.com

THURSDAY - RESTORATIVE QI GONG

Qi Gong (which translates to 'Energy Cultivation') is a very gentle series of moving meditations that have proven strength and health benefits. No experience necessary. Bring along a bottle of water.

Day: Thursdays 24/2 to 7/4/2022

Time: 3.45pm to 4.45pm

Cost: \$20 (casual attendance welcome)

Venue: Okines Community House

Contact: For more information email donnedreaming@gmail.com or 0499 221 622

FRIDAY - EATING WITH FRIENDS

Eating with Friends brings together people for a social occasion to enjoy a nutritious two course meal with friends - Bookings essential. Please advise of any special requirements at time of booking.

Day: last Friday of the month

25/2, 25/3 & 29/4/2022

Time: 12pm to 2pm

Cost: \$7 for a 2 course meal

Venue: Okines Community House

Contact: 6265 7016 or email info@okinescommunityhouse.com.au

FRIDAY - PASTRY MAKING WORKSHOP WITH SUE METZLER

Ever wanted to bake wonderful short and flaky pastry? Learn how with Sue: Home made pastry that tastes great and gives you a feeling of achievement. We will cover short and flaky pastries, savoury and sweet. A light lunch will be provided.

Day: Friday 1/4/2022

Time: 10am to 2pm

Cost: \$30 (light lunch included)

Venue: Okines Community House

Contact: 6265 7016 or email info@okinescommunityhouse.com.au

FRIDAY - FOOD FOR THOUGHT

A monthly series of thought provoking evenings which aims to nourish bellies and minds with local food and local speakers - focused on mental well-being, local food security and community connections. At the next event Naturopath Iain Maclean discusses building immunity to cope with the effects of Covid.

Date: Friday 18/2/2022

Time: 5.30pm

Cost: \$15 includes light dinner

Venue: Okines Community Garden

Contact: Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au



FRIDAY - SOUTHERN BEACHES SPINNERS & FIBRE GROUP

The spinning group is a wonderful social activity. The group meet every Friday of the month. Bring along your spinning wheel and wool and whatever piece you are currently working on. New members most welcome to come along and join a very friendly group of spinners.

Day: Every Friday of the month from 11/2/2022

Time: 10am to 3pm

Cost: \$3

Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380 296

SATURDAY - PRESERVING WORKSHOP WITH SUE METZLER

This workshop will give you the confidence to turn fruit and vegetables into jars of wonderful product that you can store in the pantry to be used at a later date. We will cover Chutneys, Pickles and Marmalades. A light lunch will be provided. Please bring along an apron and 4 Small cleaned/ lidded jars approximately 250g each.

Day: Saturday 12/3/2022

Time: 10am to 3pm

Cost: \$30 (light lunch included)

Venue: Okines Community House

Contact: Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au

SATURDAY - TRADITIONAL WEAVING, CULTURE & CONNECTING THROUGH STORY WITH FIRST NATIONS WEAVER JAYE CLAIR

Join Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Gangalidda, for a journey into learning the practice of traditional weaving whilst sharing story & conversations around First Nations people, culture, history and connecting to Country. Enjoy an easy walk on Country to gather materials and inspiration.

Day: Saturday 30/4/2022

Time: 10am to 3pm

Cost: \$50 BYO lunch

Venue: Okines Community Garden

Contact: Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au

SATURDAY - CLAY PLAY WITH RED OCHRE STUDIO

Spend your Saturday afternoon in the beautiful Okines Community Garden and feel the clay between your fingers. Be inspired by your surroundings and see what happens!

Make a small ceramic object of your choosing or simply enjoy the process and see what you end up with. Ochre will demonstrate some basic ceramic techniques for you to make your own creation (there will also be some example projects for you to try if you're feeling stuck). Suitable for beginners. Children under 14 must be accompanied by an adult. All materials provided. Work will be fired in the kiln (and available for pickup approx. 4 weeks after session).

Dates: 19/2, 19/3 & 23/4/2022

Time: 2pm to 4pm

Cost: \$35 per person per class

Venue: Okines Community Garden

Contact: Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au.

SUNDAY - BEGINNERS MEDITATION CLASS WITH LISA KINGSTON

Learn how to Meditate and practice Mindfulness. You will learn how to connect with your Breath, Beliefs, Nervous System & more. You will feel Relaxed, Peaceful & Connected. You will gain a deeper understanding of the benefits and bliss of stillness.

This class is for people that have never meditated before or want to return to meditation.

Day: Starting on Sunday 20/2/2022

Time: 3pm to 4pm

Cost: \$15 casually or \$80 for the term

Venue: Okines Community Garden

Contact: Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes>

OKINES ACTIVITIES TERM 1, 2022

PLEASE ADVISE US IF YOU ARE UNABLE TO ATTEND AN ACTIVITY THAT YOU HAVE BOOKED IN FOR AS WE HAVE PEOPLE ON WAITING LISTS ABLE TO TAKE YOUR PLACE.

MONDAY

KNIT & NATTER

10.30am to 12.30pm, weekly ongoing, gold coin, contact: 6265 7016

YOGA FLOW

6.30pm to 7.30pm, \$126 for the term (7 weeks starting 21/2/2022), casual rate \$20 please contact: Jackie for more information on 0467 197 499

PILATES

9am to 10am, 7/3 to 11/4/2022, \$10 casual rate, Bookings essential contact: Lauren 0434 000 687

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 10/3/2022 contact: 6265 7016

EASE & REBALANCE

9am to 10am, commencing 10/2/2022, \$180 for 9 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$10 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION SHIMMY
7pm to 7.20pm, free bonus class if you do STAYSTRONG first, otherwise \$5 per class, contact Karyl on 0468 389 659 or fizzicalfusion@gmail.com

CERAMICS CLASSES

8-13yrs of age, 24/2 to 31/3/20212, 3pm to 4pm, \$120 for 6 sessions, contact 6265 7016

RESTORATIVE QI GONG

3.45pm to 4.45pm, 24/2 to 7/4/2022, \$20 per class, contact: 0499 221 622 or donnedreaming@gmail.com

DIGNITY GARDEN PROGRAM

10.30am to 1.30pm, weekly from 3/3/2022 contact: 0472 722 118 or dignity.garden@gmail.com

TUESDAY

STRENGTH & MOBILITY

9am to 10am, commencing 8/2/2021, \$180 for 9 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

QUILTING GROUP

10am to 2pm weekly, \$2, info@okinescommunityhouse.com.au

CARD GROUP

Weekly card group, \$2, 1pm to 3pm, info@okinescommunityhouse.com.au

RHYTHM & BEACHES SINGING GROUP

7pm to 9pm \$5, from 22/2/2022, contact: M Haynes: 0417 462 310

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$10 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRIKE
7pm to 7.20pm, free bonus class if you do STAYSTRONG first otherwise \$5, contact Karyl on 0468 389 659 or fizzicalfusion@gmail.com

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, 25/2, 25/3 & 29/4/2022, \$7 for 2 courses contact: 6265 7016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

10am to 3pm, every Friday from 11/2/2022, \$3 per session. Bring along spinning wheel & wool. Contact: Eileen on 6265 8472 or Brian 0487 380 296

PASTRY MAKING WORKSHOP

10am to 2pm, 1/4/2022, \$30, includes light lunch, contact: 6265 7016

FOOD FOR THOUGHT

5.30pm, 18/2/2022, \$15, includes light dinner, contact: 6265 7016 or email info@okinescommunityhouse.com.au

WEDNESDAY

PAINTING GROUP

10am to 1pm
APOLOGIES NO SPACES CURRENTLY AVAILABLE

FOOD ASSISTANCE

1pm to 3pm on Wednesdays

TAI CHI

10am to 11am, \$5 per class, contact: 6265 7016

STEPPING INTO ONENESS MEDITATION

6.30pm to 7.30pm in the Okines Garden, starts 16/2/2022, \$15 casual or \$80 per term, contact: Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes>

SAT/SUNDAY

PRESERVING WORKSHOP

10am to 3pm, Saturday 12/3/2022, \$30 (light lunch included), contact: 62657016 or email info@okinescommunityhouse.com.au

TRADITIONAL WEAVING

10am to 3pm, Saturday 30/4/2022, \$50, contact: 62657016 or email info@okinescommunityhouse.com.au

CLAY PLAY WITH RED OCHRE

2pm to 4pm, Saturday 19/2, 19/3 & 23/4/2022, \$35 each session, phone 6265 7016 or info@okinescommunityhouse.com.au

BEGINNERS MEDITATION

3pm to 4pm, starts Sunday 20/2/2022 in the Okines Garden, \$80 for the term or \$15 casual call Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes>



Neighbourhood Watch Tasmania

How fortunate we are to live in the Southern Beaches area! It is a particularly beautiful part of Tasmania, with its green spaces, abundance of trees, coastlines, beaches and blue seas leading to mountains in the distance.

As the Southern Beaches is a friendly, well-connected and supportive community, the crime rate is normally very low. Two years ago, there was some hooning, speeding and burglary in the area, so we established a Neighbourhood Watch.

We are a group of local people who are vigilant, but we are not vigilantes. We would like more people, especially young people, to join our group.

If you wish to do so or make contact for another reason, you may find us on Facebook, email us at southernbeachesnhwa@gmail.com or by phone 0418 124 804.

Sadly, over the summer holiday period, there has been quite a lot of crime in the area, especially stealing and burglary.

If you are aware of a crime being committed, please ring Tasmania Police on 13 1444; you will need to state your name. Alternatively, you may prefer to contact Crime Stoppers on 1800 333 000 and you do not need to leave your name.

When you are aware of a crime being committed, it is valuable to the police if you film the incident. If a car is involved, it is useful to the police if you record the registration number and the make and colour of the vehicle.

Hints for securing our homes:

Firstly, it is wise to lock our houses when we are at home to avoid the risk of aggravated burglary.

Secondly, when we go out, we should lock all doors and windows. Deadlocks, screens and alarm systems are all beneficial.

Thirdly, when we're away from home for an extended period, we should ask a neighbour to keep an eye on our property.



HAS YOUR CHILD SET THEIR ASTHMA GOAL FOR SCHOOL?

Download our Back to School Adventure Game for kids at asthma.org.au/back-to-school-2022



"My asthma goal is to win cross country without having an asthma attack."

Maddy, 10

D'FERRY FLICKS

Brought to you by
the Dodges Ferry Film Society

Presents:

Outdoor Screenings

3rd Saturday of the month
at the Okines Community Garden
8pm for 8:30pm start



Isle of Dogs
(2018) PG Animation, Adventure, Comedy | 1h41min

Sat 15 Jan
Set in Japan follows a boy's search of his

Cancelled

Director: Wes Anderson
Stars: Koyu Rankin, Edward Norton

Honeylands
(2019) PG Documentary, Drama 1h29min

Sat 19 Feb

The last female bee-hunter in Europe must save the bees and return the natural balance in Honeyland, when a family of nomadic beekeepers invade her land and threaten her livelihood.

Director: Tamara Kotevska
Stars: Hatidze Muratova, Nazife Muratova

The Sea of Trees
(2015) PG | Drama, Fantasy, Mystery | 1h50min

Sat 19 March

A suicidal American befriends a Japanese man lost in a forest near Mt. Fuji and the two search for a way out.

Director: Gus Van Sant
Stars: Naomi Watts, Matthew McConaughey

No film in April for the Easter break

Complimentary drink on arrival!
Bring a rug, cushion, picnic, mug, a friend...
Annual Membership \$35/ \$25 Conc.

Check for updates at
[dferryflicks Facebook page](https://www.facebook.com/dferryflicks)

**OKINES
COMMUNITY
GARDEN**



GARDEN SOIREEES

Open mic from 5.30pm. Live band from 6.30pm.

Free entry, donations welcome. BYO picnic only.

26 February & 26 March

Interested in playing or volunteering? Email okinessoirees@gmail.com



volunteering
TASMANIA
Be Connected

C O N T A C T

Tel: 1800 677 895

info@volunteeringtas.org.au

75 Federal Street, North Hobart, Tasmania 7000

Nominations open for the Tasmanian Volunteering Awards 2022

The seventh annual Tasmanian Volunteering Awards are the only state-wide awards program showcasing inspiring stories and recognising excellence in volunteering. After another challenging year for many people, there is no better time to thank, recognise, and acknowledge the incredible efforts of volunteers, volunteer managers and organisations. Their contributions have kept Tasmanian communities supported and connected.

All nominees will receive a certificate of recognition and will be considered for one of the ten state-wide awards, with the winners announced on Friday, 20 May 2022 - during National Volunteer Week - at a special event.

Tasmanians are being encouraged to show support by spreading the word and nominating a volunteer in the Tasmanian Volunteering Awards 2022.

Nominations are now open until midnight, 14 March 2022.
Who will you nominate?

TAG US

 **@volunteeringtas**

 **Volunteering Tasmania**

HASHTAGS

- #NVW2022
- #TasVolunteerAwards
- #VolunteeringTasmania

DIGNity's overarching aim is to improve people's wellbeing and quality of life through the creation of garden communities that are welcoming and well-equipped to support people with health and social needs. We aim to provide a therapeutic, supported environment for community members with physical or mental disabilities, cognitive constraints, and those who are socially isolated due to grief, chronic conditions or other reasons.



gardening



art



community

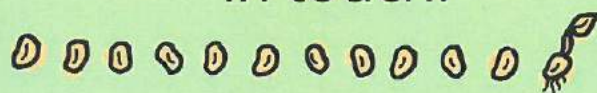
therapy

Get connected with nature and with each other at DIGNity gardening. Come and help out in the Community Garden, join in with the art activities or simply share a meal and take advantage of the casual but professional support from our Occupational Therapist and Counsellor.

**Thursdays weekly from 3rd March @
Okines Community Garden
10.30-13.30**

FREE! All ages and abilities are welcome!

**Volunteers
needed! Get
in touch:**



Email: dignity.garden@gmail.com

Phone: 0472722118

Website: www.dignitygardening.com



Okines Community House Inc.

QUILTING GROUP



This group meets every Tuesday to share in their love of quilting. If you sew and would like to join a quilting group please come along.

This is not a teaching group but a place to share ideas.

Tuesdays 10am to 2pm

\$2 each week

BYO lunch

Okines is located at 540 Old Forcett Rd, next to the Dodges Ferry Primary School
For more info either phone 6265 7016 or email info@okinescommunityhouse.com.au

Stepping into Oneness

This term we will be stepping into *Oneness*.

When you experience *Oneness*,
you feel connected to everything in the universe and
in existence on every level.

You will feel at one with all the things in the universe,
because of the awareness and understanding that ultimately
We Are All One.

This class is for intermediate & experienced meditators.

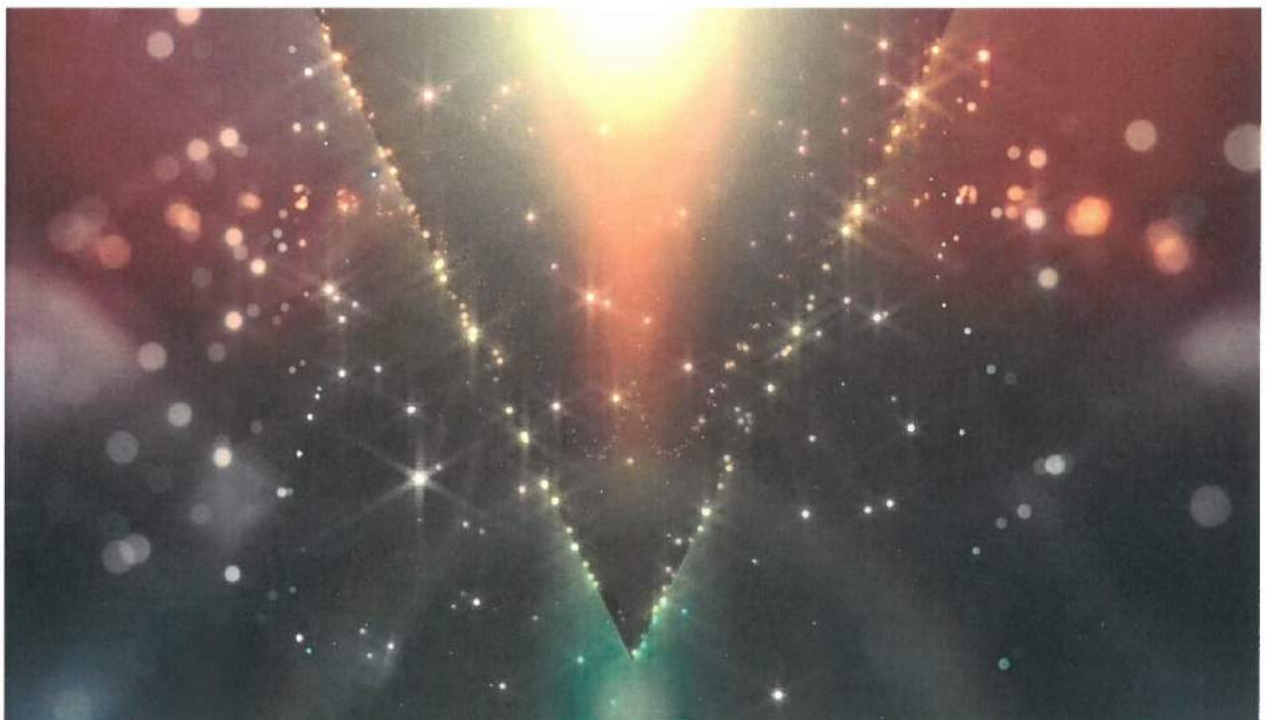
Classes will be held on Wednesday evenings in the
Okines Community Garden

Starting on 16th Feb

Time: 6:30pm - 7:30pm

**Cost: \$15 Casually or
\$80 for the term**

Contact **Lisa on 0410057887** or visit
<http://www.lisakingston.com.au/meditation-classes>



Beginners Meditation Class

You will learn how to connect with your
breath,
beliefs,
nervous system,
& more.

***You will gain a deeper understanding of the
benefits & bliss
of stillness***

This class is suited for people that have never
meditated before or want to return to
meditation

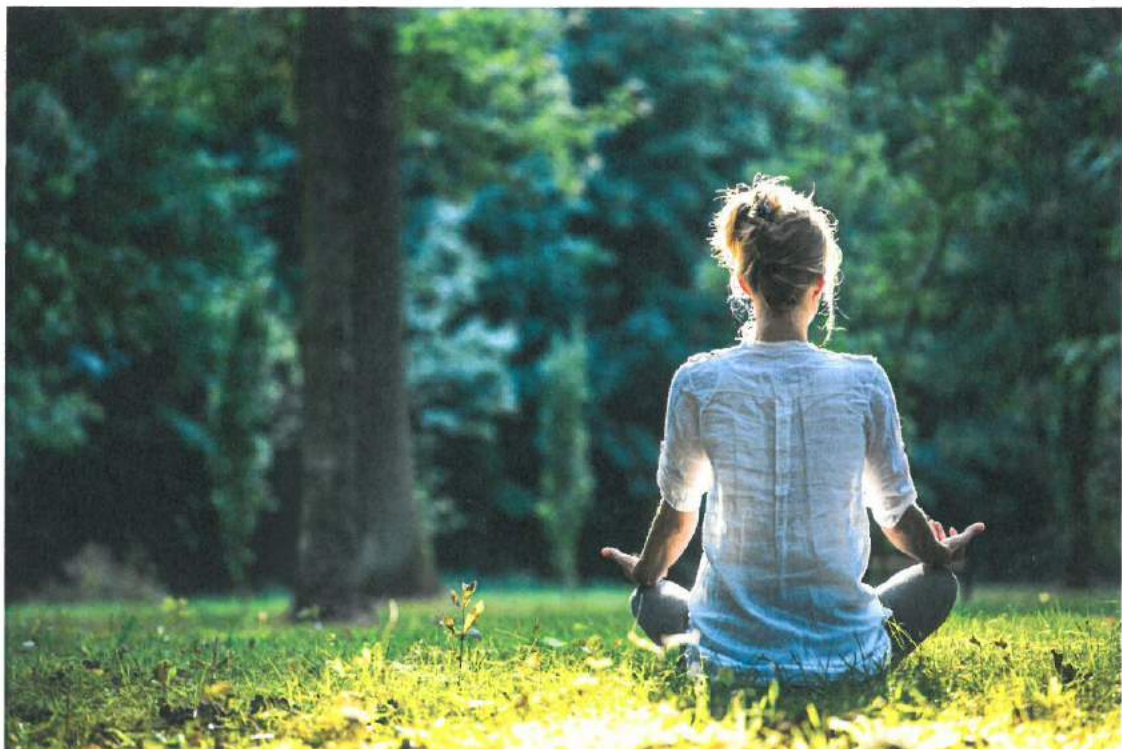
You will feel Relaxed, Peaceful & Connected

Classes are held every Sunday afternoon,
Starting 20th Feb & held in the Okines Garden

Time: 3-4pm

**Cost: \$15 Casually or
\$80 for the term**

Contact **Lisa** on **0410057887** or visit
<http://www.lisakingston.com.au/meditation-classes>



WHAT'S ON AT OKINES

OKINES COMMUNITY GARDEN

AFTER SCHOOL

CERAMIC CLASSES

WITH OCHRE BODHI FROM
RED OCHRE STUDIO

THURSDAYS 3.00-4.00
FEBRUARY 24 - MARCH 31

LEARN HOW TO USE TOOLS TO SCULPT CLAY, AND
PAINT, GLAZE AND FIRE CERAMICS

\$120 FOR 6 SESSIONS // AGES 8 TO 13
ALL SUPPLIES INCLUDED
CALL 6265 7016 TO BOOK OR EMAIL
INFO@OKINESCOMMUNITYHOUSE.COM.AU

RED OCHRE STUDIO AND
OKINES COMMUNITY HOUSE
PRESENTS:

CLAY PLAY WITH RED OCHRE STUDIO

Saturday's: 2pm - 4pm // \$35 per person
19th February
19th March
23rd April

Spend your Saturday afternoon in the beautiful
Okines Community Garden and feel the clay between your fingers.

Be inspired by your surroundings and see what happens!

Make a small ceramic object of your choosing
or simply enjoy the process and see what you end up with.
Ochre will demonstrate some basic ceramic techniques for you
to make your own creation (there will also be some example
projects for you to try if you're feeling stuck).

Suitable for beginners.

Children under 14 must be accompanied by an adult.
All materials provided. Work will be fired in the kiln (and available for
pickup approx. 4 weeks after session).

Bookings: info@okinescommunityhouse.com.au 6265 7016



OKINES COMMUNITY HOUSE

Pastry making Workshop

WITH SUE METZLER

1st April 2022
10 am till 2pm
\$30 per head



Ever wanted to bake wonderful short and flaky pastry?
Learn how with Sue: Home made pastry that tastes great and gives you a feeling
of achievement

We will cover short and flaky pastries, savoury and sweet.
A light lunch will be provided.

To book please ph: 6265 7016 or email info@okinescommunityhouse.com.au



Restorative Qi Gong

Qi Gong (which translates to 'Energy Cultivation') is a very gentle
series of moving meditations that have many proven strength and
health benefits.

No experience necessary

@ Okines Community House, Dodges Ferry
THURSDAYS 24 February to 7 April 2022
3.45-4.45pm
\$20

Casual attendance welcome.

Bring along a drink bottle of water

For more information contact donnedreaming@gmail.com or
0499221622



donne dreaming

creating spaces for our healing & creative potential to flourish

WHAT'S ON AT OKINES

Pilates & Mindful Movement

@ Okines Community House

Mondays 9am - 10am

March 7 - April 11

\$10 per person - please BYO mat

This class is for all ages and abilities. Strengthen, stretch, challenge your body and enhance your mind/body connection in an inclusive environment.



YOUR TEACHER: Lauren O'Keefe

Lauren is a qualified Pilates instructor with a special interest in mindfulness-integrated movement. She lives in Carlton with her partner Tom and their zesty canine child, Winnie.

- BOOKINGS ESSENTIAL -

To book or for more information, contact Lauren on 0434 000 687

FOOD FOR THOUGHT

FRIDAY THE 18TH FEBRUARY 5:30 PM

Building immunity to cope with Covid-19, with Nutritionist and Herbalist Iain Maclean

- Learn how to help build your immunity to better cope with the effects and recovery of Covid -19
- Discuss individual susceptibility to infectious disease, chronic and acute inflammation
- Discuss medical history and how that relates to evolutionary processes.

Iain has been practicing Herbal Medicine/Naturopathy since 1994 and is the proprietor of *Live Life*, Natural Therapies Centre in South Hobart

Okines Community House/Garden

Friday the 18th February // 5:30pm // \$15

Light dinner included

This event will be held outdoors

Bookings essential: 6265 7016 // info@okinescommunityhouse.com.au

OKINES COMMUNITY HOUSE

Preserving Workshop

WITH SUE METZLER

12th March 2022

10 am till 3pm

\$30 per head



This workshop will give you the confidence to turn fruit and vegetables into jars of wonderful product that you can store in the pantry to be used at a later date.

We will cover Chutneys, Pickles and Marmalades.

A light lunch will be provided.

Please bring along an apron and 4 Small cleaned/ lidded jars approximately 250g each

To book please ph: 6265 7016 or email info@okinescommunityhouse.com.au



AT DODGES FERRY

LAGOON PARK OKINES

Sunday 27 February 2022 • 4PM-6PM

Featuring: **Clarence City Big Band**

Come along with family and friends and enjoy live music!

Bring a picnic • BYOG BBQ onsite • soft drinks



CAMKIDS
The Cambodian Children's Charity

CLARENCE CITY BIG BAND

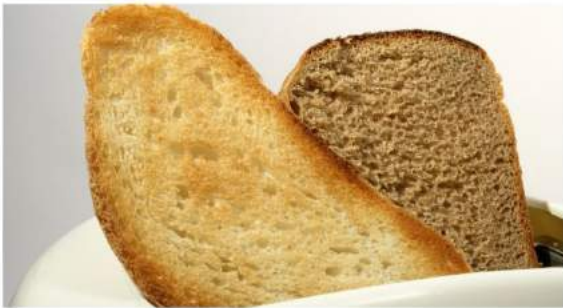
Hosted by the Lions Club of Sorrell

WHAT'S ON AT OKINES

Okines Breakfast Club 2022

The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.30am to 9.50am during school terms. Commencing **Tuesday 15th March 2022**, toast with a variety of spreads free of charge will be available. The last Thursday of school terms often includes pancakes.

A big thank you to Raine & Horne Sorell Office for their financial contribution towards maintaining the Breakfast Club Program.



Okines would also like to gratefully acknowledge the support of the local Richmond Bakery who donate multiple loaves of bread each week.

Food Assistance

Wednesdays 1pm - 3pm

at Okines Community House

Loaves & Fishes Tasmania redistributes surplus fresh food via community food programs to people in need around Tasmania. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events.

Thanks to the excellent work from Loaves & Fishes Tasmania Okines Community House are pleased to be able to provide access to food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

PLEASE BYO
BAGS



ARE YOU
THINKING OF
SELLING? ⁺

REWARD YOUR COMMUNITY

List and Sell your home with Raine & Horne Sorell, or refer someone and we will donate...

\$500

to the

Okines Community House*

⁺ Incentives available for Rental Referrals also.
^{*} Conditions Apply

10 Gordon Street, Sorell
sorell@sorell.rh.com.au
(03) 6265 1000

Raine&Horne.
Sorell, Tasman & East Coast

No Interest Essentials Loans

- ▶ Car repairs
- ▶ Fridges & freezers
- ▶ Computers & tablets
- ▶ Home furniture
- ▶ Medical & dental services
- ▶ Ask us!

No interest loans
up to \$1500

No credit checks

Minimum repayment
\$20 per fortnight

Call 1300 301 650

WHAT'S ON AT OKINES

OKINES BIKE SHED

REPAIR - DONATE - VOLUNTEER

SUNDAY 10-1
MONDAY 11-3
THURSDAY 11-3

Need a bike, spare parts or bike repair?

Come by the Bike Shed for an array of bike styles, sizes, gear and racks. Services and bikes available for a small donation.

Run by a team of friendly volunteers.



540 OLD FORCETT ROAD, DODGES FERRY (03) 6265 7016

PARK BEACH CAFE

Get to know your local businesses and even get mum a gift for Mothers Day all while supporting local!

SOUTHERN BEACHES SUPPORT LOCAL MARKET



SUNDAY MAY 1ST
3PM-6PM

Park Beach Cafe open for Food and Drinks til 7pm

Ceramics. Flowers. Sustainable Products. Eco Fashion. Handmade childrens clothes. Local Produce. Herbal Teas. Organic Skin Care.



KNIT & NATTER

A weekly group open to all community members

Learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles can be provided.

Drop in anytime on a Monday between 10.30am to 12.30, tea and coffee provided, the nattering is up to you! Phone 6265 7016 for more information or email:

 Okines Community House

 \$2 per visit

 10:30AM – 12:00PM

 540 Old Forcett Road, next to the Dodges Ferry Primary School.

info@okinescommunityhouse.com.au

TRADITIONAL WEAVING,
CULTURE AND CONNECTING
THROUGH STORY

*with first
nations weaver
Jaye Clair*



Join Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Gangalidda, for a journey into learning the practice of traditional weaving whilst sharing story & conversations around First Nations people, culture, history and connecting to Country.

Enjoy an easy walk on Country to gather materials and inspiration.

Saturday 30th April // 10am - 3pm

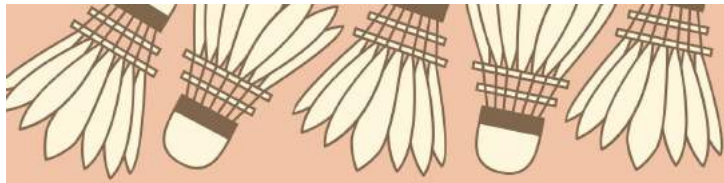
Okines Community Garden // \$50 // BYO Lunch

Bookings: 6265 7016

info@okinescommunityhouse.com.au



WHAT'S ON IN YOUR COMMUNITY



Badminton

at the Dodges Ferry
Recreation Centre

Badminton on Wednesday nights at the
Dodges Ferry Recreation Centre (school gym)
from 7.35pm onwards

\$6 includes shuttles, courts & nets (no roster)
2 hrs of great exercise

Come along, have a hit, and some fun
ALL WELCOME

Covid rules apply

For more information see <https://www.facebook.com/dodgesferrybadmintonclub/>
or phone: 0438 520 744

Starts back in late February 2022
check Facebook for updates

SORELL MEMORIAL HALL
49 COLE STREET, SORELL

SORELL COMMUNITY MARKET

The Sorell Community Market is back, come along and
pick up a bargain. From fruit and vegies to toys and
books, fashion and jewellery as well as honey,
preserves, plants, succulents and much, much more.



Sundays fortnightly

8 am - 1 pm

IF YOU WOULD LIKE TO BOOK A STALL PLEASE
PHONE PIP ON 0401 584 257 .
FOR UPDATES PLEASE VISIT SORELL COMMUNITY
MARKET FACEBOOK PAGE

Tasman Council Tasman Council Tasman Council Tasman Council Tasman

THE SOUTH EAST EMPLOYMENT HUB

OUR FREE SERVICE

- NO fees
- NO forms to fill out
- Open to ALL ages
- CAN be receiving benefits or NOT
- Linking YOU to local employers
- Linking YOU to local training opportunities
- Linking YOU to other services available in the Community

www.seehub.com.au/contact



Glamorgan Spring Bay Council Glamorgan Spring Bay Council Glamorgan

Clarence City Council Clarence City Council Clarence City Council Clarence City Council Clarence



SEEKING NEW MEMBERS

SENIOR CITIZENS INDOOR BOWLS CLUB

**DODGES FERRY RECREATION CENTRE
(DODGES FERRY PRIMARY SCHOOL GYM)**

JOIN THIS FRIENDLY GROUP FOR A FUN & SOCIAL GET TOGETHER

Held on Thursdays, at a cost of \$3 each week
Arrive 1.15pm for a 1.30pm start
Sessions run for approximately 2hrs - all very welcome.
For more information phone Marc on 6265 8063

WHAT'S ON IN YOUR COMMUNITY



Be part of the
solution, not part
of the pollution

Lend a hand,
and make a difference.

SOUTHERN BEACHES CLEAN UP GROUP

MEETS THE 4TH SUNDAY OF EVERY MONTH IN THE
CAR PARK IN FRONT OF THE DODGES FERRY TAVERN
FROM 8.30AM

Primrose Sands volunteers needed as well

You are most welcome to work on own but for planning purposes please
register by contacting Lorraine at lorraine.cotter7@gmail.com



Southern Beaches Landcare Coastcare

Caring for the special habitats and coastal environment from Lewisham, Forcett,
Dodges Ferry, Carlton, Primrose Sands and Connelly's Marsh.

Southern Beaches Landcare Coastcare group hold regular working bees, manage
local reserves and run projects to restore habitat and protect the natural values
of the area.

Working bees are on the third Saturday most months.

For more information, or to confirm dates or venues
email: southernbeacheslandcoastcare@gmail.com
or phone Gwen on 0484 617 832



SUPPORTED BY THE ROTARY CLUB OF SORELL

Men's Breakfast

Meets 3rd Wednesday of every month

7.15 for 7.30am start

Good company, guest speakers

Sorell Memorial Hall Supper Room, behind RSL

\$5 per head, all welcome

ENQUIRIES TO CRAIG - 0418 433 141

Sorell Seniors

Are you 50+

Interested to meet others?

Curious about what happens in Hobart &
surrounds, history, people, events, books,
everything?

**SORELL COMMUNITY HEALTH CENTRE
57 COLE STREET, SORELL.**

**Come along fortnightly
Fridays 10-11.45ish**

Need more info?
Phone Wendy 6265 1156



FOR THE
By the community
COMMUNITY

Contact us

LOCATION:

540 Old Forcett Road, Dodges Ferry
(adjacent to the Dodges Ferry Primary
School & next to the Okines Community
Garden). PO Box 91, DODGES FERRY 7173

OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

*House is open after hours for various
activities see program for details.

Phone: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Instagram: Okines Community House

OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

email: dig@okinescommunityhouse.com.au

Instagram: Okines Community Garden

OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 1pm to 6pm

email: okines.food.co-op@gmail.com

OKINES BIKE REPAIR SHED:

Monday - 11am to 3pm

Thursday - 11am to 3pm

Sunday - 10am to 1pm

Other times by arrangement, Ph: 6265 7016

email: info@okinescommunityhouse.com.au

DODGES FERRY FILM SOCIETY:

An initiative of Okines Community House
Regular screenings are the third Saturday of
each month, plus special events. Go to
[@dferryflicks](#) via Facebook or on messenger
to see more information about upcoming
films.



Internet & Computer access:

Computers are available for internet access during
opening hours. There is NO COST for using the
Internet or scanning however, printing does have a
fee as per the following charges.

Black & White Photocopying/Printing:

Using our paper A4 & A3 = 20c

Using Own paper A4 & A3 = 10c

Colour Photocopying/Printing:

Using our paper A4 = 50c & A3 = \$1.00

Own paper A4 = 25c & A3 = 50c

Laminating: A4= \$1.00 each A3= \$2.00 each

Centre Hire:

Various rooms available at reasonable prices,
contact 6265 7016 for further details.

Trailer Hire:

Okines has a small 7 x 4 box trailer for hire at a
very small cost, some conditions apply. Please
contact 6265 7016

***Credit Card facilities now available**

Book Library:

No cost to borrow, books are located both inside
the house and in the garden. Seeds are also
available at the outdoor library.

Coffee Machine:

Grab a delicious cappuccino, latte or hot chocolate
for only \$2 to support Okines Community House
fundraising efforts.

Information, support & referral services:

Okines has a range of information pamphlets and
books and can listen and support you with issues of
concern and refer you to other services if required.

OKINES BOARD MEETINGS

Okines Community House Board of Management
meets the third Friday of every month. If you are
interested in joining the Board, have any questions
about Okines & what we do or ideas for the future,
please email info@okinescommunityhouse.com.au
or call the office on 62657016.