



TERM 3, 2020

OKINES COMMUNITY HOUSE



Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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



A GUIDE FOR COMING BACK TO OKINES

RENOVATIONS AND NEW ADDITIONS

CELEBRATING SOLSTICE IN 2020

NEIGHBOURHOOD WATCH IS BACK

Okines looking forward to welcoming our community back:

As the year 2020 progresses, staff and volunteers have been busy making preparations to welcome the broader community back into the Okines space. Things will be far from "normal" for some time and the current strict procedures around physical distancing and hand sanitising will remain in place. Community members can show their support by following the clearly marked guidelines as they enter and exit the space to ensure the good health and well being of all.

During the past three months Okines has continued to provide essential services to the community such as food assistance, No Interest Loans, a community garden, Food Co-op, internet access and photocopying services. From the 20th of July, Okines will introduce back some of the previous activities that were undertaken inside the main house. The separate building off the end of the house, the "Terrapin" as it is fondly known by Okines' staff, will be undergoing some improvements so the starting date for activities normally undertaken in this space will likely be towards the end of August.

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

From term 3 some activities will be commencing at Okines. We ask that you follow all guidelines as instructed by your group leader and you will find these indicated on the signage around the house.

1 - Each room is limited to a max number of people and the 1.5 metre physical distancing requirement applies.

2 - On entering the building each person must sanitise their hands and sign in with their contact details.

3 - Each group is responsible for cleaning up after themselves, and sanitising all chairs, tables and surfaces that they have used. There will be cleaning solutions available for use.

4 - 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.

Prior to attending an activity we strongly recommend that you make contact with either the staff at Okines or the group leader of your activity to allow them to confirm numbers.

MONDAY - CRAFT CLUB

Craft club is held on Mondays 10.30am to 12.30pm during which participants can enjoy coffee, chats & craft.

Venue: Okines Community House

Day: Monday Starts: 20/7/2020

Time: 10.30am to 12.30pm Fee: \$2

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

MONDAY - GARDEN TUCKER

Cooking in the garden every first Monday of the month.

Venue: Okines Community Garden

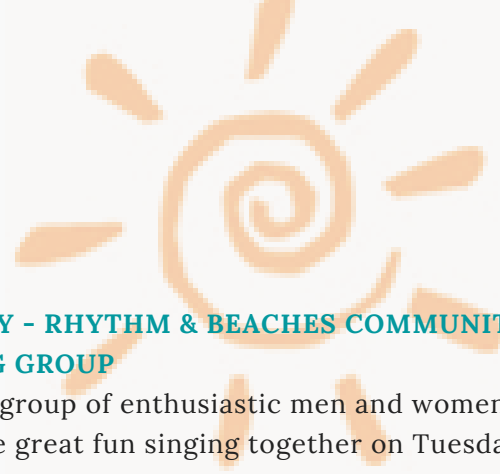
Day: 1st Monday of the month

Starts: 7/9/2020

Time: 11am to 1pm Fee: no cost

Contact: 6265 7016 or

info@okinescommunityhouse.com.au



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 Starts: 21/7/2020

Time: 7pm to 9pm, Fee: \$5 per week

Venue: Okines Community House

Contact: M Haynes 0417 462 310

WEDNESDAY - PAINTING GROUP

The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm.

Day: Wednesdays Starts: 22/7/2020

Time: 10.30am to 1.30pm, Fee: \$5 per week

Venue: Okines Community House

Contact: Cherie on 0488139742

WEDNESDAY - DANCE MOVEMENT THERAPY

Reconnecting through body wisdom, engage in body movements and images to move forward with deeper awareness.

Day: Wednesday - weekly sessions (5)

Starts: 12/8/2020

Time: 4pm to 5pm Cost: \$50 for 5 sessions

Venue: Okines Community House

Contact: Eri on 0491 612 537 or

dancespringdmt@gmail.com

THURSDAY - OKINES BOOK CLUB

Share your passion for reading, meet some new people, share a meal and discover new books.

There is a membership fee, and books are organised through the LINC (State Library).

Day: 2nd Thursday of the month

Starts: 13/8/2020

Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

ACTIVITIES AND SERVICES AT OKINES CONTINUED

THURSDAY - DIGnity Gardening Program

DIGNity supported gardening is on again in the Community Garden Thursdays from 10.30am - 1.30pm. We are recruiting folks to join this vibrant team of volunteers to provide support to participate in a range of activities in the garden setting.

Day: Thursdays

Starts: 15/10/2020

Time: 10.30am to 1.30pm

Venue: Okines Community Garden

Contact: Hannah via email
dignity.garden@gmail.com

FRIDAY - EATING WITH FRIENDS

Eating with Friends brings together people for a social occasion to enjoy a nutritious two course meal with friends.

Day: last Friday of the month

Starts: 31/7/2020

Time: 12pm to 2pm

Venue: Okines Community House

Contact: 6265 7016

ACTIVITIES HELD IN THE TERRAPIN

Activities that are usually held in the "Terrapin" (detached room at end of main building) will resume later in August - updates will be available via Okines website & Facebook pages or you are welcome to phone the office on 6265 7016 or email info@okinescommunityhouse.com.au

MONDAY - FREE COUNSELLING

Okines offers a confidential, over the phone, free counselling service on Mondays. A qualified counsellor is now on staff to provide 1 hr sessions or simply a quick chat any time between 10am to 3pm. Bookings are essential for this service.

*Please call the office on 6265 7016 or email info@okinescommunityhouse.com.au to make your booking.

FOOD ASSISTANCE - LOAVES & FISHES

Access to food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost. If you are in need of these items, they will be available by calling into Okines Community House on:

Wednesdays, from 1pm to 3pm, please bring your own bags.

WEDNESDAY - ORANGE SKY LAUNDRY

Free laundry service returning to Okines later in August - updates will be available via Okines website & Facebook pages.

SHAREWASTE

Okines is an official ShareWaste recipient, this means that you can bring your compostables (food scraps, animal manures, grass clippings, shredded paper etc) to the compost bays at the garden. You can even drop by & witness our scrap loving bacteria transform your waste into piles of moisture holding, nutrient rich compost



Okines Community House Inc.

FREE PHONE COUNSELLING FOR OUR COMMUNITY

- Free 1 hour sessions or just a quick chat
- In the privacy of your own home
- Conducted by a qualified experienced counsellor
- 10-3 Mondays each week

Bookings essential, no referral necessary
Phone: 03 6265 7016 or info@okinescommunityhouse.com.au



AFTER AUGUST 2020 A SUBSIDISED COST MAY BE INVOLVED

OKINES BOARD UPDATE

BY MELINDA REED - PRESIDENT OKINES COMMUNITY HOUSE INC.



Okines Community House Inc is proud to be a member of the network of Neighbourhood Houses around Tasmania and one of around 1000 neighbourhood houses and community centres Australia wide. Run by the community, for the community, Neighbourhood Houses are places where people come together and find support, belonging and purpose. We work together to offer a wide range of programs and activities to support our local community and make a real difference in people's lives. Since March our Neighbourhood Houses in Tasmania have continued to provide essential services during the COVID-19 health emergency.

We play an important role in promoting community connection so that people can stay safe and stay in touch, with each house allocated an additional \$20,000 in state government funding to support that work. Okines Board members made the switch to meeting online using Zoom and we had weekly crisis management meetings to liaise with the Neighbourhood House network, assess our situation and adapt as restrictions changed. Our staff, our volunteers and community health and wellbeing have remained our top priorities. We worked through the uncertainty and in COVID-safe ways to maintain computer access, food relief, Food Co-op by pre-order and garden upkeep.

We also invested in updating the garden kitchen area, extending the Food Co-op building, insulating the Terrapin to create more comfortable and fit for purpose spaces for our community, and we're supporting the new Neighbourhood Watch group for the Southern Beaches area. Thank you to everyone who has done their bit to contribute - by staying home, by following the COVID-safe rules, by trying new ways of working, by making the difficult decision to cancel or postpone events, by staying in touch, and by putting community safety first in all we do. It's because of our collective efforts that we are now enjoying some COVID-safe face to face meetings and looking ahead to hosting much loved community events in 2021, including Okines 21st next March.

Take care, stay safe, stay connected.

Fill your mind and belly with an evening of good food, good people and a thought provoking guest speaker from our local community. We are running a series of monthly events at Okines of delicious, thought provoking and informative evenings with a guest speaker, two course meal and wonderful company. Topics covered will be varied and address the specific need of our community to encourage mental health support, well-being and social inclusion. We aim to support our knowledgeable local heroes to share their passion with people wanting to have a heart-warming, fun and informal evening of delicious food and good company – Food For Thought.

The first of these evenings will be held on Friday 4th September from 6pm to 8pm, followed by Friday the 2nd October at the same time. Please arrive by 5.45pm for a 6pm start. The cost for the 2 course meal including the guest speaker is \$10. Please understand that for social distancing requirements and catering purposes bookings are absolutely essential for these evenings. Please phone 6265 7016 or email info@okinescommunityhouse.com.au. In order to confirm your spot, payment by way of direct deposit into the Okines Community House Inc. bank account would be preferred. Bank account details will be provided to you upon booking.

Food for Thought - Dinner & Speaker evenings at Okines



OKINES ACTIVITIES TERM 3 2020

MONDAY

CRAFT CLUB

10.30am to 12.30pm, commences 20 July 2020, weekly ongoing, gold coin, contact: 6265 7016

COUNSELLING

10am to 3pm, Mondays, free sessions, Bookings essential: Contact: 6265 7016

GARDEN TUCKER

Cooking from the garden every first Monday of the Month commencing 7 September 2020, 11-1pm.

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, 13 August 2020
Contact: 6265 7016

DIGNITY SUPPORTED GARDENING

Thursdays, 10.30am-1.30pm from 15 October 2020, shared lunch provided.

SENIOR BOWLS

Returning 3 September 2020, arrive 1.15pm for 1.30pm start, all welcome, Thursdays at Dodges Ferry Primary School Gym.

TUESDAY

RHYTHM & BEACHES COMMUNITY SINGING GROUP

7pm to 9pm, \$5, commencing 21 July 2020 Contact: M Haynes 0417 462 310

CUPPA WITH A COP

1pm to 3pm, 11 August, 2020, bookings essential, contact: 6265 7016

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, 31 July 2020, \$7 for 2 courses, Bookings essential: Contact: 62657016

FOOD FOR THOUGHT

6pm to 8pm, Guest speaker & Dinner, Please arrive by 5.45pm for 6pm start, Friday 4 September & 2 October 2020, \$10 for 2 courses, Bookings essential: Contact: 6265 7016

OKINES BOARD MEETINGS

Third Friday of every month starting at 9.30am.

AGM – Friday 18 September 2020

WEDNESDAY

PAINTING

10.30am to 1.30pm, Cost \$5 per class includes morning tea, commencing 22 July 2020

LOAVES & FISHES FOOD ASSISTANCE

1pm to 3pm, every Wednesday

ORANGESKY FREE LAUNDRY SERVICE

11am to 1pm, Wednesdays returning in August 2020

DANCE MOVEMENT THERAPY

4pm to 5pm, weekly sessions, Cost \$50 for 5 sessions, commencing 12 August 2020, contact Eri by messaging 0491 612 537.

OTHER

ACTIVITIES IN TERRAPIN

Please note that due to renovations, activities that were previously held in the terrapin (the detached room at end of the house) have been put on hold until August 2020.

Updates can be found on the Okines Facebook page and website, by phoning the office on 6265 7016 or via email to: info@okinescommunityhouse.com.au

SENIORS WEEK 2020

- Weaving with Gwen, Monday 12 October 2020, 10.30am to 12.30pm, cost \$5.
- Tai Chi with Sue, Wednesday 14 October 10am to 11am, free.
- DIGNITY gardening activity, Thursday 15 October 2020, free.
- Potted herbs & lunch in the garden with Sonja, 10.30am to 1pm, Friday 16 October 2020, free.
- Dying to Know, Saturday 17 October 2020, 10am to 12.30pm, free.
- Feast and Film, Saturday 17 October 2020, 6.30pm, cost \$5

Food Co-op News

We are thrilled to announce that the Okines food co-op is open to members again for shopping!

While our shop renovations are in the last stages, we are still operating from the terrapin (adjacent to the community house) on

Tuesdays : 2 - 5 pm

Sundays: 9:30am - 12:30 pm

Please take care when you shop and follow current covid-19 guidelines as signposted in the co-op. We are currently allowed only four shoppers at a time and cannot accept cash payment (please pay via eftpos, giftcard or bank transfer).

Pre-packed orders are also still available. Please email your orders to **okines.orders@gmail.com** by **Thursdays 5pm** and nominate your next collection day: Sunday / Tuesday from the co-op shop (during opening hours), Monday-Friday: 9am- 3pm (from the community house office).

If you can, we encourage you to use the opportunity to shop at the co-op as an easy way to reconnect with other members, and seek to provide a social space outside of the home and work environment where many of us may spend most of their time these days.

And finally... a big THANK YOU to all our active members who have contributed in so many ways to keeping the co-op going throughout the last challenging months! Due to the great support we receive from our volunteers, our co-op shop in the community garden will soon re-open, with more space for you to explore our wholefood goods. Stay well and bright during the winter months and we are looking forward to seeing you back at the co-op!

New members: Please chat to our cashiers during opening hours if you would like to join the co-op, or email us: **okines.food.coop@gmail.com**

More information online:

<http://okinescommunityhouse.com.au/wpms/foodcoop/>

<https://www.facebook.com/okinesfoodcoop/>



Covid 19 provides opportunity for improvement in Okines Garden

Winter can be a time for quiet reflection. The cold pithy weather calls for a buffer of warmth, or a flurry of activity to create your own heat. People have always been good at changing or finding a niche in which to seek shelter, and many have become so comfortable its hard to feel the impact of external influences. The quiet time during covid, followed by winter has given us a time for pause and to reflect on what we take for granted and the default options we live. It seems that plants, like people, benefit from a period of introspection. Plants, on the other hand are always subject to the seasons with little control over extremes in weather. Their life cycles have adjusted accordingly and are exquisitely adjusted for optimal growth. It will be interesting to see how the spring plays out for people. Will we see some spectacular displays of colour? Or showy new strategies, a flurry of bursting blooms? Or perhaps just some tender new shoots after the winter dormancy which will slowly but steadily take hold.

Progress on updating the outdoor garden kitchen has been speeding along and the renovations are nearly complete. We've been enjoying collaborating and sharing resources with the coop who is also renovating their shop space.

Of course, we couldn't do it without the amazing volunteers who share their time and skills to make it happen. I'm blown away by the constant support, enthusiasm and brains they bring to the project. Thanks! Special thanks to Linly Wiggins, Torenus Timber, Astrid and Flippers Swim Centre who have donated items which have been essential to the renovations – once again, it takes a community to support projects like these.

In other news, the garden is getting bees this spring! We will be assembling hives over the next few months and preparing an apiary site within the gardens. The bees will provide pollination services, honey and will be used for education & mentor-ship purposes. If you've always wanted to keep bees but haven't known where to start, or are simply interested in bees, please get in touch!

The garden is open, and we welcome people to visit and volunteer in line with current social distancing measures. On arrival, wash hands, please sign in and keep 1.5m apart from others. We have a limit of 30 people in the garden space. We're looking forward to hosting Garden Tucker again in September. You can keep up with updates on our Okines Community Garden Facebook page.

Sonja and Greg –
dig@okinescommunityhouse.com.au



SOLSTICE 2020



Winter Solstice is a time of reflection, of where our planet is at, and what change we want for a new way of being in the next solar cycle. In previous years to celebrate the turning of the light, Okines have partnered with Dodges Ferry Primary School to create the wonderful Solstice Lantern Parade at Okines Community Hub. Due to Covid 19 restrictions Okines marked the birth of the new solar year and the beginning of lengthening days and shortening nights in a very different way.

It was decided this year to mark the occasion with a symbolic Solstice Wishing Tree at the edge of the Community Garden for the community to feed for the new solar year. An invitation was extended to the broader community to write a fear to let go, and a wish for the coming year which would be placed near the Solstice Tree.

Okines staff members Sonja Ralph and Jess Fitzgibbon joined with students from the Dodges Ferry Primary School to plant an apple tree and bury the wishes beneath it to grow; a fire was then built to burn away all the fears.

Thanks to the Dodges Ferry Primary School students who helped out. So much gratitude for our community, garden and life here in Dodges.



DODGES FERRY FILM SOCIETY

Film Society screenings have been on hold due to COVID-19 restrictions and all memberships have been extended.

Many of our members have been enjoying a feast of film festivals and other online film offerings, from Tassie's own Breath of Fresh air Film Festival, to the Sydney Film Festival and international fare, it's been wonderful to see film makers and festivals so generously sharing their creative talents with us.

And there's a wealth of content on the streaming services - Stan, Netflix, ABC iView, SBS on Demand and many more. One of our favourites is the delightful Yarn available on Netflix - an eye popping documentary on knitted art. See the trailer at yarnthemovie.com.

We welcome members to join the Film Society organising committee! We are a sub-committee of Okines Community House.

Our small team of volunteers run the monthly screenings and other activities from time to time. Roles include: convenor (calls meetings, coordinates activities), memberships (tally subscriptions, member updates, bank account), film set up, film catering, marketing and promotion.

Please let us know if you are interested in being involved on the committee and the best way/time to contact you.

See D'Ferry Flicks on Facebook or phone the Okines office on (03) 6265 7016 for details.

Happy viewing everyone.

SENIORS WEEK 2020 - 12-18 OCT



Weaving with Gwen

Monday 12th October

10.30am-12.30pm - \$5

Learn simple and stunning weaving techniques with our local weaving star Gwen Egg at Okines Community Hub. Using natural fibres, provided from the local area, you will go home with knowledge to use easily accessible fibres and skills to create your own functional and beautiful pieces.

Tai Chi with Sue

Wednesday 14th October

10am-11pm - FREE

Come and experience the mental and physical benefits of Thai Chi in this taster class at Okines Community House. People of any age and fitness level can enjoy this practice to help with stress, anxiety, physical pain, joint stiffness and mental well being.

DIGNity

Thursday 15th October

10.30am-1.30pm - FREE

Come and join the DIGNity team for a fun, interesting and vibrant morning in the Okines Community Garden. Everyone has the opportunity to safely engage in getting their hands dirty if they want or just sit back and have a cuppa. Every week we prepare a healthy meal using produce sourced from the garden.

Potted herbs in the garden

Friday 16th

October 10.30am-1pm - FREE

Come and join our Okines Community Garden team and learn about herbs, their culinary and nutritional uses and benefits and learn how to pot them up to take home. Enjoy a fabulous garden vegetable soup for lunch.

Dying to Know

Saturday 17th

October 10am-12.30pm - FREE

Come & learn about the proactive choices you and your family can make towards your end of life. Sandra from Mary Eleanor Natural Funerals talks will guide us through an informative discussion at Okines Community House. A simple and informative session on taking charge of your own end of life care.

Feast and Film

Saturday 17th

October from 6.30pm - \$5

Enjoy a wonderful movie 'senior's week themed' evening brought to you by the Dodges Ferry Film Society at the Dodges Ferry Primary School Gym. A complimentary drink is always on the cards and the Okines Food Co-op provides wonderful meals at a low cost.

SOUTHERN BEACHES NEIGHBOURHOOD WATCH

Neighbourhood Watch is a community-based crime prevention program which aims to minimise preventable crime and promote closer community ties. By simply getting to know our neighbours, looking out for each other and reporting suspicious activity to police, we can all make a difference.

You may remember that a NH Watch group was active in Dodges Ferry many years ago. Local volunteers recently formed a new Southern Beaches group in response to community concerns about vandalism, arson, hooning and other criminal behaviour.

An initiative of Okines Community House Inc. the group is affiliated with Neighbourhood Watch Tasmania and will have access to up to date police reports with a particular focus on community awareness and how to report relevant information.

A "Cuppa with a Cop" afternoon tea will be held on Tuesday 11th August 2020 from 1pm to 3pm at Okines Community House. This will be an opportunity to chat to a policeman about your concerns and find out how Neighbourhood Watch will help to promote harmony & community spirit in the Southern Beaches area.

If you would like to join the SBNHW group mailing list or help out with the organising committee, please email southernbeachesnhwa@gmail.com or call Valerie on 0418 124 804. See nhwtas.org.au for more details.

To report suspicious activity to Tasmania Police phone 131 444 (statewide) or anonymously to Crimestoppers 1800 333 000.



Southern Beaches Neighbourhood Watch

NHWA
Official journal of Neighbourhood Watch Australia
International Neighbourhood Watch New Zealand

Become part of Neighbourhood Watch today!

'CUPPA with a COP'
Okines Community House
Tuesday 11th August 2020 1.00-3.00 pm
Chat to a policeman about your concerns.
Find out how Neighbourhood Watch will help to promote harmony and community spirit in our area.

Due to social distancing requirements bookings are essential
Please RSVP on 6265 7016 or info@okinescommunityhouse.com.au

COVID-19
1800 98 44 34
A Tasmanian lifeline

A new service for Tasmanians to deal with the unprecedented demand for information, advice and support during the coronavirus pandemic.

Three types of support

Call in: Tasmanians will receive support from a trained support worker to discuss concerns and where appropriate, be directed to a referral service.

Call out: Contact socially isolated older Tasmanians identified through existing services, concerned family and friends, or by other health professionals.

Reach out: Through partnership with those industries significantly impacted, identify at-risk members and reach out with support, counselling or employee assistance programs.

8am - 8pm 7 days

More information
taslifeline@lifelinetasmania.org.au
lifelinetasmania.org.au

Lifeline Tasmania
 Tasmanian Government



Dance Movement Therapy Winter Taster Sessions



~ Reconnecting to ourselves and others in the pandemic
through body wisdom ~

Hobart connection

Dates: 31 July & 7, 14, 21, 28 Aug

Time: 5:30-6:30 pm

Venue: Mathers House
(108-110 Bathurst St, Hobart 7000)

Dodges Ferry connection

Dates: 12, 19, 26 Aug & 2, 9 Sep

Time: 4-5 pm

Venue: Okines Community House,
Terrapin
(540 Old Forcett Road, Dodges Ferry)

Cost: \$50 for 5 sessions

Number of participants for each location: 2-6

Facilitator: Eri Mullooly-Hill Konishi (Dance Movement Therapist)

How to join/ Inquiry: Please see my website for details
<https://dancespringdmt.com/> and contact me directly at
dancespringdmt@gmail.com or call or msg 0491612537

About: These 5 weekly gatherings will be an opportunity for you to come together and reconnect with yourself and others in this "new" world after the lockdown, through moving, sharing each other's stories, and reflecting together. We will focus on understanding and nurturing our individual and collective experiences during the pandemic, and exploring emerging themes such as social distance and isolation by engaging in body movements and images, to help us move forward with deeper awareness.
*Please see my website for details and important notices ☺



South East Employment Hub



Available by appointment

Call:

Emma on 0491 225 701

or

Marinda on 0409 332 971

or email Marinda and Emma via:

seehub@colony47.com.au

to request a time to chat.



Marinda

Emma



Or visit

www.seehub.com.au

NILS Tasmania

WHAT IS NILS?

NILS is the No Interest Loan Scheme.

We help low income Tasmanians get safe, fair and affordable loans.

- ✓ No interest
- ✓ No credit checks
- ✓ No fees or charges
- ✓ No worries!

WE CAN:

Lend you \$300 to \$1,500 to buy new items and services, including:



Household Essentials like
fridges, washers, furniture



Education Essentials like
computers, school trips, text
books and school uniforms



Medical and Dental Essentials
like mobility equipment,
dentures and treatment costs



Car Care Essentials like
registration, tyres and repairs



Refugee Family Reunion
including visa fees and airfares



Family Violence Support
including removal costs and
security equipment

WE DON'T

- Lend money for food, bills, rent or bond.
- Give you cash
- Lend money for second hand goods

AM I ELIGIBLE?

To qualify you must:

- Have a current healthcare card, pension card, DVA card or low income health care card.
- Have been at your current address for more than 3 months.
- Be able to repay a NILS loan.



HOW DO I APPLY?

Phone 1300 301 650 or

go online to <https://nilstasmania.org.au/essentials>

WE WASH HERE



**OKINES COMMUNITY HOUSE
FREE LAUNDRY SERVICE**

DAY: Wednesdays

COMING IN AUGUST 2020

TIME: 11.30am to 1.30pm

See Okines Facebook & Website for updates

OrangeSky
AUSTRALIA

orangesky.org.au/locations



OKINES COMMUNITY HOUSE INC
 ABN: 99 433 272 191

For the community. By the community
www.okinescommunityhouse.com.au



Find us on
Facebook

Okines Community House Inc is located at:
540 Old Forcett Road, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden)
 PO Box 91, Dodges Ferry, TAS 7173

Administration:

Monday, Tuesday & Friday - 9am to 3pm
 Wednesday & Thursday - 9am to 4pm
 Phone/Fax: 03 6265 7016
 Mobile: 0438 651 155
 email: info@okinescommunityhouse.com.au

Community Garden:

Monday - 9am to 2pm
 Wednesday - 9am to 2pm
 Friday - 9am to 2pm
 email: dig@okinescommunityhouse.com.au

Food Co-op:

Tuesday - 2pm to 5pm
 Sunday - 9.30am to 12.30pm
 Online orders are also available
 email: okines.food.co-op@gmail.com or visit
 Okines Food Co-op Facebook page.

OFFICE FACILITIES CHARGES

Internet & Computer: Computers are available for internet access during operating hours. There is NO COST for using the Internet however, printing does have a fee as per photocopying charges.

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

Black & White Photocopying/Printing:

Using our paper A4 = 20c
 A3 = 20c
 Own paper A4 = 10c
 A3 = 10c

Colour Photocopying/Printing:

Using our paper A4 (1 side) = 50c
 A3 (1 side) = \$1.00
 Own paper A4 (1 side) = 25c
 A3 (1 side) = 50c

Scanning To scan a document is a cost of 50c

*** OKINES BOARD MEETINGS ***

Okines Community House INC. Board of Management meets the third Friday of every month at 9.30am. The Board is made up of people from the community who make financial decisions & provide strategic direction for the organisation. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our Board. For further information please email info@okinescommunityhouse.com.au or phone: 6265 7016.

Information, Support and Referral services can be accessed at Okines Community House. We have 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.



Book library located inside the house as well as the garden with a range of adult and children books. Seeds are also available in the outdoor library.

**“Going through
 challenging things can
 teach you a lot, and
 they also make you
 appreciate the times
 that aren't so
 challenging”**

Carrie Fisher, Actor



Okines celebrating 20 Years

Grab a coffee & support Okines Community House

Only \$2 for a delicious cappuccino, latte or hot chocolate, takeaway cups available.

