



OKINES



Community House

Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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

It is no exaggeration to say that 2020 has been quite an extraordinary year for our house, the community and indeed the world at large. Despite the onset of Covid-19, Okines continues to provide essential services to our community with many of our usual activities modified to comply with government requirements.

Okines remains open to the public for essential services as follows:

- Food assistance is available every Wednesday from **1pm to 3pm**.



- No Interest Loans (NILS) appointments can be arranged for essential goods and services such as fridges, washing machines, computers, vehicle repairs and registration. NILS is also available for educational expenses and can be used to purchase a computer or textbooks.

- Computer and internet access is available along with printing, scanning and laminating facilities.

- There is also a library situated inside the house and the garden with a range of adult and children books.

- Eating with Friends (Takeaway meals on the last Friday of the month).



- Okines is still collecting animal rescue pouches which we are giving to Bonorong Wildlife Sanctuary for those people who would like to continue to sew them at home (please contact us if you would like a pattern)



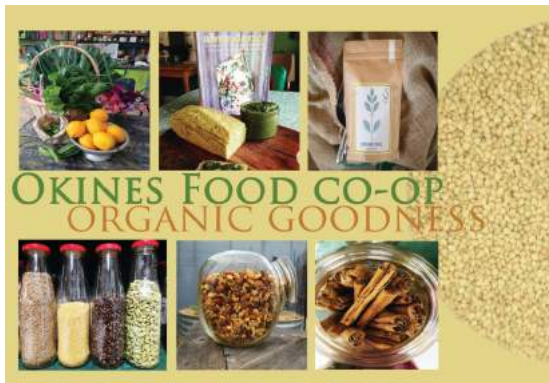
OKINES FOOD CO-OP

- Okines Food Co-op is taking online orders (please note new members are most welcome, a membership fee does apply).

Thanks to the amazing support from Co-op volunteers the Co-op has been able to continue through the last month of Covid-19 transition.

While the physical shop is currently closed for

members to pack their own goods, Co-op staff and volunteers are here to pre-pack your orders for you!



If you haven't already, please join us! Contact okines.food.coop@gmail.com.

Check our current list of products, prices and detailed shopping guidelines here: <http://okinescommunityhouse.com.au/wpms/foodcoop/products/> (note that availabilities can change)

Email your order to : okines.orders@gmail.com with the subject as (ORDER+NAME).

(include desired amounts in cups / kg; note there are limits on certain items).

Collect orders at the Co-op on (Tues/Thur/Sun), at the Community House during opening hours, or you can have home-delivery if you are currently self-isolating.

Please pay by Eftpos or bank transaction.

Eat well!

- * We have a wide range of healthy wholefoods, local produce and household products.
- * We use compostable or recycled packaging.
- * We practice current physical distancing and hygiene guidelines in our premises.
- * We aim to be fair and look after each other.

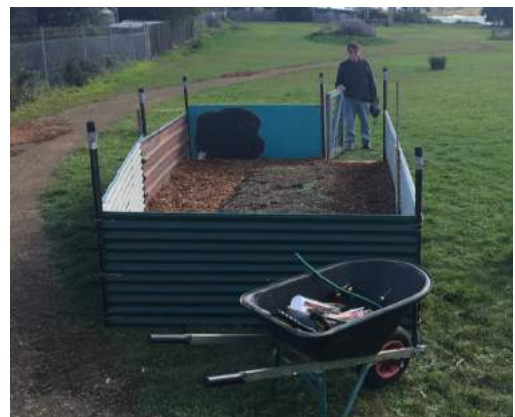
The co-op always appreciates jars! Clean and without labels is preferred. Jars can be left outside the Co-op or dropped into the house.

OKINES COMMUNITY GARDEN

Staff and volunteers are also working behind the scenes to maintain the garden space



Having this mandatory disruption to everyone's usual lives seems to have provided the space for people to reflect and reconnect, and as a result there has been an increased interest in gardening. Garden staff have also been pushed along to plant out a winter garden which should be full of fresh veggies throughout the cooler months.



For those wanting more gardening info please feel free to get in touch via email or Facebook. We also have seeds (and books) available in the little lending library fridge for those wanting to get ready for a spring planting.

We are also using this quiet time to upgrade the outdoor kitchen floor. Throughout the last few

years the current floor has deteriorated by several flooding events so drains have been put in and a new floor will be created. We are also looking to replace the kitchen bench if anyone is renovating and has one about 3.6m long!



Okines Garden is looking at placing a bulk order of certain garden staples – such as rock dust, kelp meal and fish liquid from taskelp.com/ - check it out if you're interested. Please let us know if you would like any of these items.

WE ARE THINKING OF YOU

We would like to reassure our community that although Okines is operating a bit differently at the moment we are very focused on creating a space that will support our community as it navigates its way into the future, whatever that might look like.

If you are aware of someone who does not have access to a computer and you think they would like assistance from Okines please let us know. For those with internet access you can find up to date information on the Okines House, Garden, Co-op and Film Society Facebook pages. You can also brighten your day with some wonderful photos on the Okines Garden Instagram page.

NEIGHBOURHOOD HOUSE WEEK 2020



From May 8th through to the 15th Okines will be celebrating Neighbourhood House Week.

This year's theme is Loneliness: the solution is community. Humans by their very nature are social creatures and the necessary measures that we have all undertaken during the pandemic has shone a spotlight on the loneliness that many people experience on a daily basis.

To celebrate this week we have some ideas you might like to consider, such as phoning a friend you haven't spoken to in a very long time, sending some flowers or some seeds (yes florists are still open), or perhaps painting a rock in bright colours with a positive message and leaving it for someone to find.



You might also like to hand write a letter, tell someone a joke or create a chalk drawing with a happy message on the footpath. We look forward to sharing some uplifting stories & positive messages throughout Neighbourhood House Week as we step up our random acts of kindness here at Okines.

20th Anniversary Update



Okines Community House had planned to celebrate its 20th Anniversary in May 2020 with a day of festivities. Although this day has been put on hold for the time being, we would love to share some photos from over the years.

Carlton Park Surf Club Toilet Block 2006



Okines Community House 2012



Art in the Park in the year 2000



Okines Community Garden 2012



20th Anniversary Update

Plant a Tree Day 2010



Clay play at the Football Clubrooms 2001



International Women's Day 2007



Cob Wall Workshop 2011



Breakfast Club Football Clubrooms 2004



Octopus Garden Workshop at DFPS 2010



Eating with Friends 2002



Covid -19 Support Services

Government

- <https://www.australia.gov.au/>
- <https://treasury.gov.au/coronavirus>
- <https://www.coronavirus.tas.gov.au/>
- <https://www.worksafe.tas.gov.au/topics/Health-and-Safety/safety-alerts/coronavirus>
- For general info about coronavirus, call the national 24-hour coronavirus info line on 1800 020 080 or visit www.health.gov.au/health-topics/novel-coronavirus-2019-ncov

Financial & Job Support

- For financial counselling contact the free and confidential National Debt Helpline by calling 1800 007 007.
- Business Tasmania 1800 440 026
ask@business.tas.gov.au
- Those on a low income can apply for a 'No Interest Loan' - <https://nilstasmania.org.au/>
- For information on JobSeeker payments, other income support payments and Centrelink services call Centrelink Employment Services on 13 28 50.
- For rent advice contact Tenants Union Tasmania on (03) 6223 2641 or 1300 652 641 or visit <http://tutas.org.au/> or Legal Aid Commission of Tasmania, <https://www.legalaid.tas.gov.au/factsheets/renting-during-covid-19/>
- For the ATO Customer Service Line, call 13 28 61. The ATO offers a range of support and assistance to businesses and individuals effected by COVID-19, as well as other disasters such as bushfires, droughts and floods.

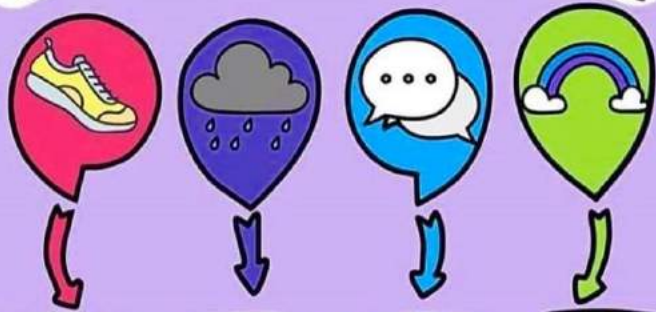
Health & Wellbeing

- If anyone is in immediate danger call 000. If you are experiencing domestic violence, please contact 1800 RESPECT (1800 737 732).
- For personal crisis and mental health support services you can contact Lifeline on 13 11 14, Beyond Blue on 1300 224 636 at any time or the Black Dog Institute <https://www.blackdoginstitute.org.au/>
- Kids Helpline is a free service for young people aged 5 to 25. Kids, teens and young adults can call 1800 551 800 at any time.
- For the Department of Veterans' Affairs call 1800 555 254
- Support for people living with a disability: NDIS enquiries, including service requests, plan and support changes and assistance, complaints, escalations and review requests, call 1800 800 110. For the Disability Information Helpline call 1800 643 787.
- Tasmanian Government Health Department Facebook page - <https://www.facebook.com/HealthTas>

Boredom Busters

- Why not take a Museum Virtual Tour through the Catacombs of Paris?
- TED Talks are 18 minute videos that provide a great way to catch up on the latest ideas, <https://www.ted.com/talks>.
- How about creating a 2020 time capsule. You might include such things as trending TV shows, the price of fuel, info about the toilet paper & rice shortages, and how you celebrated birthdays and other special events during this time.
- Check out online courses for science, history, psychology, and aeroplane mechanics! FREE courses that are between 2-6 WEEKS . <https://www.futurelearn.com/courses>

TYPES OF SELF-CARE



PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL
Sleep Stretching Walking Physical release Healthy food Yoga Rest	Stress management Emotional maturity Forgiveness Compassion Kindness	Boundaries Support systems Positive social media Communication Time together Ask for help	Time alone Meditation Yoga Connection Nature Journaling Sacred space

You don't have to be perfect to be a great foster carer.



We're hosting a virtual information session for anyone interested in becoming a foster carer. Come along and find out how you can make the world of difference in a young person's life. This session will be held via Microsoft teams on:

Saturday 16 May 2020
10.00am – 11.00am
 Contact Michelle to register via email: m.murray@baptcare.org.au

Baptcare

FOSTER CARE

baptcare.org.au

Bears in Windows

People around the world are abiding by social distancing guidelines and exercising at the same time. While you are out walking around Dodges Ferry & surrounds, keep an eye out for teddy bears & see how many you can spot. Some are stuffed in windows, some are drawn or painted in windows, in a bus, and on cars.

You can join the fun by putting a teddy in your own window, attached to a fence post or even your letterbox. It is a wonderful way of saying 'We're all in this together. I'm experiencing what you're experiencing.'



What can I recycle?



Newspaper, paper & magazines



Milk & juice cartons



Steel & aluminium cans & empty aerosols



Glass bottles & jars



Plastic bottles & containers (remove lid)



Cardboard boxes (please flatten)



No meat trays, polystyrene cups and beads



No green waste or food waste



No plastic bags or soft plastics



No textiles/clothing



CLEANAWAY
 Making a sustainable future possible

13 13 39
cleanaway.com.au

ShareWaste

Reminder that Okines Community Garden 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 gardens. We'd love to add it to our piles and let your scraps' decompose as our resident scrap loving bacteria transform your waste into piles of moisture holding, nutrient rich compost!



Any questions? Please just get in touch!

DON'T FORGET

Hardwaste collection starting 18th May

Must be booked in by 15th May

sorell.tas.gov.au for bookings



Local Food Options

Sorell Country Fresh Market

Doors are open everyday from 9am-6pm for essentials. Also you can place and pay for your goods over the phone & it will be packed ready for you to collect or brought out to your car for you - phone 6265 3323.



Check out these great options for sourcing food in our local community.

Coles & Woolworths

Home delivery options are back in full swing. Okines staff can assist with online ordering if you are unsure of how to go about it.

Hill St Grocer, Dodges Ferry

Great new service, online orders & home delivery are now available:
<https://hillstreetgrocer.com/>

Barter & Buy Food Boxes

The Dunalley Tasman Neighbourhood House, in partnership with Bream Creek Community Market Garden Inc. dispense the Barter and Buy Food Box program - delivery available to **Primrose Sands**:
<https://barterandbuybox.org/>



Takeaway Food

• Tas Gourmet Seafoods Van

Friday 8th May 2020
Opposite Dodges Ferry Hotel
from 11am to 6pm

• Go Pizza

Thursday to Sunday from 5pm
<http://www.gopizzadodges.com.au/>

• Dodges Ferry Hotel & Bistro

5-8PM Wednesday to Sunday
To order please PH. 6265 9322

• Lewisham Tavern

Friday 5pm - 8pm
Saturday 5pm - 8pm
Sun 12pm - 2pm & 5:30 - 7:30pm

*Please note that the hours provided could be subject to change

WE EAT LOCAL



Eat Well Tasmania has launched a new app called We Eat Local to help you find and purchase fresh Tasmanian produce during the COVID-19 crisis - and beyond.

The We Eat Local app is an easy to use platform which lists hundreds of Tasmanian businesses offering in-store, click and collect and home delivery of local Tasmanian produce.

We Eat local is free to download and simple to use.

DOWNLOAD the app from your app store or visit our website www.eatwelltas.org.au

More than just an app. We Eat Local is a movement; we are asking Tasmanians to 'think local' and support Tasmanian businesses when they shop.

- Head to the app store, search 'We Eat Local' and download the app
- Tell your family, friends, colleagues and networks in Tasmania about the app.

Thank you for your support and stay well,

Food from the heart Good for the soul

Okines extends a huge thank you to Federal Member for Lyons Brian Mitchell. Along with volunteers Barb, Lou & Kylie, Brian recently helped out at Okines with making soup for people in need within our community.

We know that this food will be greatly appreciated. If you know of anyone who would like assistance in this way please get in touch on 6265 7016.



OrangeSky
— Australia —

SHIFT CHANGES

Orange Sky shifts have been paused due to the the COVID-19 pandemic.

We apologise for any inconvenience during this period but your safety and well-being as well as that of our volunteers is important.

To our friends, we know this is going to be an incredibly challenging time and we want to assure our community that we are working everyday to get conversations happening again on our six orange chairs.

[orangesky.org.au/Covid-19](https://www.orangesky.org.au/Covid-19)

**Need help
to have
your say?**

Your say
Advocacy Tasmania

Our Advocates will listen
to your problem and help
work out a way forward.

We're here
to help!



What kinds of things can you get help with?



Something you
don't understand?



The way you're
being treated
doesn't feel right?



Not getting what
you asked for?



Freecall
1800 005 131



Email
contact@yoursaytas.org



Text
0457 806 963

www.yoursaytas.org



OKINES COMMUNITY HOUSE INC
ABN: 99 433 272 191

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



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

***House is currently open for essential services only - NILS, Food Assistance, Computer access.**

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:

Online orders only

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 (1 side) = 20c

A3 (1 side) = 20c

Own paper A4 (1 side) = 10c

A3 (1 side) = 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

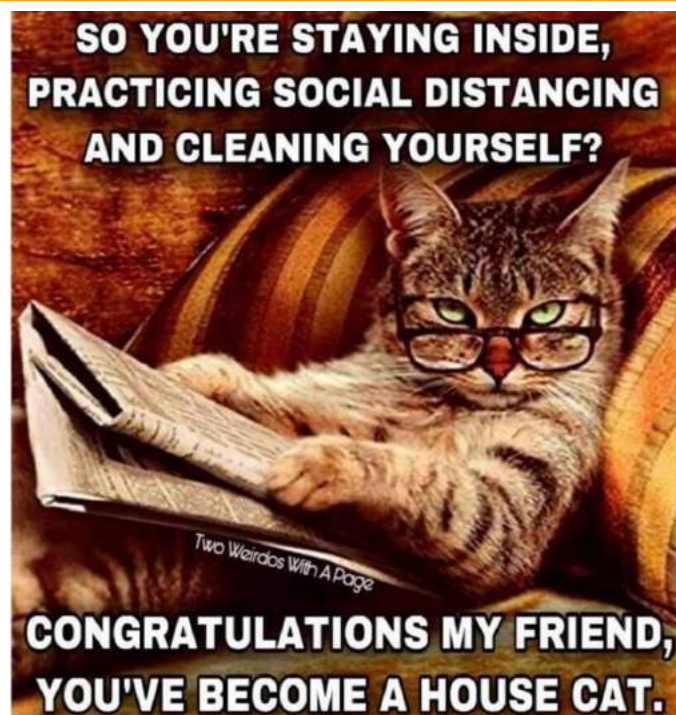
*** OKINES BOARD MEETINGS ***

Okines Community House Board of Management meets (via Zoom) the third Friday of every month at 9.30am. The Board is made up of people from the community who make decisions about insurance, staffing, activities and money. 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

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 need be.



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.



Okines celebrating 20 Years

Grab a coffee & support Okines Community House

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

