



TERM 2, 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



Photo credit - Lucy Bradshaw

INAUGURAL ANZAC DAY CEREMONY OKINES BEACH FORESHORE - 2022



It was wonderful to see so many community members attend the Inaugural ANZAC ceremony at Dodges Ferry. This beautiful event was the inspiration of Okines' Board member Moya Sharpe who dedicated a significant amount of time working with Okines's staff and community members towards bringing the memorial & ceremony to life.

Thank you to Kerry Vincent for conducting the service and sharing a family letter from the war, it was certainly a poignant moment in the service. Thank you also to Primrose Sands RSL members especially Neale and David for their knowledge, encouragement and financial support.

**They shall grow not old, as
we that are left grow old;
Age shall not weary them,
nor the years condemn. We
will remember them.**

Laurence Binyon

Likewise, gratitude is extended to Sandra from Mary Eleanor funerals who produced the plaques for the memorial.

The laying of the wreaths by representatives from several of our local community groups including the Dodges Ferry Sharks Football Club (see photo) was another of the many highlights of the event and greatly appreciated.

A number of beautiful photos were taken on the day by Lucy Bradshaw from The Sea is For Me Photography & we are pleased to be able share them.



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.

Okines Trailer Hire

MINIMAL FEE

Need to do a quick trip to the tip or pick up a delivery but you don't have a trailer? Okines has 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.

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

The bike shed are currently in need of some more volunteers, if you are interested please contact staff at Okines by phoning 6265 7016 or emailing info@okinescommunityhouse.com.au

BIKE SHED OPENING HOURS

Monday	11am to 3pm
Thursday	11am to 3pm



DODGES FERRY FILM SOCIETY (D'FERRY FLICKS)

The Dodges Ferry Film Society (D'Ferry Flicks) invites you to come join us at our upcoming Autumn/ Winter film screenings.

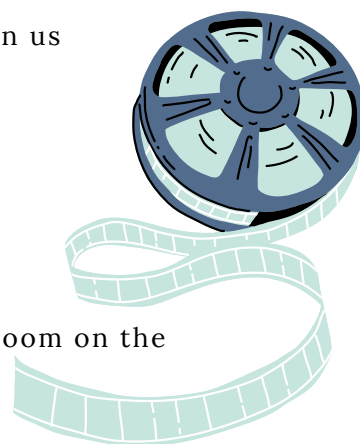
- May 21 - Once (2007) A musical/ romance
- June 18 - The secret life of Walter Mitty (2013) A comedy
- July 16 - Penguin Bloom (2021) Australian Biography/ drama
- August 20 - 9 Days (2020) Fantasy/drama.

Screenings are held monthly at the Dodges Ferry Primary School GP room on the 3rd Saturday @7 pm.

New members are welcome and can join at a screening.

Annual membership is \$35 or Concession \$25.

You can follow us on the D'Ferry Flicks Facebook page for further information.



OKINES BOARD UPDATE



Along with a well-deserved Easter break and a welcome pause, autumn also brings some significant milestones for Okines and a time to reflect.

On ANZAC Day I was proud to represent Okines Community House at the new community memorial at Lagoon Park on the Okines Beach foreshore.



Thank you to Moya Sharpe for her initiative in establishing the memorial and liaising with Okines staff and community partners to host the event. I was honoured to give an acknowledgement of country and lay a wreath made from plants in Okines Community Garden.

Neighbourhood House Week in mid May is a time to celebrate our purpose, our people and our achievements. For 25 years, as part of Tasmania's Community House and now Neighbourhood House network, the Okines team has fostered opportunities for people living in the Southern Beaches area to come together, support one another and share in the sense of

belonging that makes a real difference in people's lives. The Okines of today began to take shape in 1997. With Community Houses already well established in Dunalley, Midway Point and elsewhere, several Dodges Ferry residents formed a local working group to establish one of our own. On 16 April 1998 Okines Community House Inc was officially established, led by a Management Committee of local people with Kerry Degrassi as president. Thanks to those dedicated volunteers, community partners and increasing state government funding, Okines staffing and services evolved along with the community. In 2018, the Committee became the Board of Management and the Co-ordinator role became the Manager.

Nat Siggins was appointed as Okines Co-ordinator in March 2000, working from rented premises and hired spaces, running a virtual house and creating the foundation of the varied program we run today. Breakfast Club with Dodges Ferry Primary School began in 2004/05 at the Football Clubrooms.



We established Okines Community Garden in 2011, moved into our current building in December 2012 (a story in itself), established the Food Co-op in 2013, nurtured DiGnity supported gardening in 2015-16, founded the Film Society in 2017, re-formed Neighbourhood Watch in 2020 and set up the Bike Repair Shed in 2021.



Okines offers meeting places, event spaces, NLS loans, computer access, service referrals, food assistance, a library and a variety of indoor and outdoor activities run by and for local people from all walks of life.



OKINES BOARD UPDATE

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So, for Neighbourhood House Week 2022, congratulations to everyone who has contributed to Okines' community development journey over the past 25 years and a huge thank you to the Okines team for all we achieve together. We'll keep nurturing community partnerships, growing community confidence, advocating for community initiatives, and always building on those foundations created 25 years ago.



Volunteering is "time willingly given for the common good and without financial gain." Not only does volunteering contribute significant economic value for Okines, it also creates enormous social, cultural and recreational benefits for volunteers, staff, participants and the wider community. There are all sorts of ways to volunteer your time, skills and care at Okines.

On 16 May Okines is hosting a High Tea during Volunteer Week for all our dedicated volunteers who contribute to our work in so many ways.



At every board meeting and official Okines event, we acknowledge that we meet on the traditional lands of the Mumirimina people of the Oyster Bay nation. We pay our respects to all Tasmanian Aboriginal people and recognise the ongoing connection to land, waters and community. From 27 May to 3 June each year, Reconciliation Week challenges each of us to contribute to reconciliation. This year's Reconciliation Week theme is Be Brave and Make Change, so in the coming weeks we will focus on how the Okines community can become more aware, more respectful, by being brave and making change in 2022 for everyone's benefit.



Next newsletter I look forward to introducing three more of our board members: Martin Bishop, Moya Sharpe and Denise Lynch.



Until then, 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



OKINES COMMUNITY GARDEN

Hello fellow gardeners,

Firstly I would like to acknowledge our wonderful, talented group of volunteers that we have in the garden. Without their assistance the garden would not be at the stage it currently is. So a huge thank you to each of them for putting in the effort and giving up their time to spend in the garden to enable us to grow a variety of vegetables for our community.

We are well into Autumn enjoying the glorious sunny days outdoors, although some much needed rain would be greatly appreciated. We have had a bountiful and ongoing crop of tomatoes this season. Also a decent crop of apples and pears. Despite the netting of trees, our feathered friends have managed to eat their fair share of the crop.

We have all been busy preparing and planting our beds with a great variety of vegetables and herbs. Some are ready for picking now, while others will be bearing over the Winter months. We have the garlic bed prepared and look forward to planting that out shortly.

Over the upcoming weeks we plan to have a working bee to make new signage for the garden to make it easier for our community members to identify and find any vegetables they may be searching for. Stay tuned for a date for this working bee - we will post it on Facebook.

Garden Tucker continues to thrive with our monthly garden working bee, live music from the wonderful Steve Bond and yummy lunch made by our super amazing volunteers. Garden Tucker is on the first Monday of the month from 11am to 1pm. All welcome.

Happy gardening to you all over the next few months. Stay safe and be kind to each other.

Donna



Donna and Garden Volunteers

Are you interested in volunteering in the Garden but don't know how to JUMP IN?

We have many opportunities for skill sharing and learning:

Weeding, planting, seed raising, pruning, composting, mulching, fertilising, seed collection and storing. Come and learn and share with our team.

OKINES FOOD CO-OP

The Okines Food Co-operative (Co-op) at Dodges Ferry is a not-for-profit group giving members access to bulk, largely organic, wholefoods at affordable prices with reduced packaging and without the need to travel to Hobart.

We are open on:

- Sundays from 9:30 am - 12:30 pm
- Tuesdays from 1 - 6pm
- The first Monday of the month from 11am - 1pm.

We are located in the community garden space at Okines Community House, 540 Old Forcett Rd, adjacent to the Dodges Ferry Primary school.

To shop at the Co-op, you need to join as a member. All members pay an annual membership fee of \$20 (\$15 concession) or join as lifetime members for \$100. If you want to become a member, come to the Co-op shop during opening hours and our friendly cashiers will sign you up. Some of our members volunteer with us 4-6 hrs per month. Volunteers are essential for the Co-op to operate, and usually work in teams. We currently need more cashiers and shop assistants (especially on Tuesdays!), and people to sterilize jars and bottles, so we can keep recycling at our shop. By volunteering you can enjoy not only the friendly Co-op atmosphere, but also a 15% discount when shopping!

Contact us if you want to find out more about membership, volunteering, or any of our products:

Jill Vaughan (Co-op Coordinator) and
Amelie Fuller (Administrative Assistant)
Email: okines.food.coop@gmail.com
Phone: (03) 6265 7016

Visit our website:

<http://okinescommunityhouse.com.au/wpm/s/foodcoop/>

The Co-op stocks a variety of products including local honey which will shine in this simple but delicious cake. Coriander seeds add a little interesting spice and floral note. This cake is from 'A Modern Cook's Year' by Anna Jones.

HONEY CAKE WITH LEMON & CORIANDER SEEDS



Ingredients

- 200g butter, at room temperature
- 200g raw caster sugar or other sugar
- 4 eggs
- 150g spelt flour
- Zest and juice of 2 lemons
- 6 tablespoons of honey
- 1 tablespoon coriander seeds, toasted and crushed (you could also use ½ tablespoon of ground coriander)
- 1 ½ teaspoons baking powder
- 150g almond meal

Preheat oven to 180 degrees. Grease and line a 24cm cake tin.

Beat the butter and sugar in a mixing bowl until light and fluffy – either with a mixer or a whisk and some elbow grease. Crack in one egg, add a tablespoon of flour, and beat until combined. Mix in the rest of the eggs. Beat in the zest, juice, and honey.

In a separate bowl, mix together the ground coriander seeds, the rest of the flour, baking powder and almond meal and whisk so there are no lumps.

Mix the dry ingredients into the wet until all combine. Spoon into the prepared tin and smooth out the top. Bake for around 50 minutes until browned on top (the honey may make it brown too quickly, in which case cover with some foil and continue baking until cooked through).

Test with a knife or skewer, leave to cool in the tin. Pour a syrup made of the juice of half a lemon, a tablespoon of honey, and a tablespoon of toasted coriander seeds over the top if you want a little extra kick.

Have your Say...



As part of Okines community advocacy role, the lead up to the Federal Election on 21 May brings an opportunity to talk with candidates about what really matters.

Together with Neighbourhood Houses around Tasmania we are focused on four critical community issues:

- Programs like Eating with Friends and DiGnity Supported Gardening that are successful in decreasing social isolation for people who are made vulnerable due to age, ability, ill-health, literacy, or poverty.
- Diverse ways to improve access to affordable, safe and secure homes.
- Reducing cost of living pressures in our communities and ensuring our most vulnerable citizens have regular and healthy food.
- Local place-based initiatives to develop local leadership in community organisations, local government and employment.

As a Sorell Councillor, I particularly value the understanding that comes from being a volunteer at Okines, serving on the Board and seeing first-hand the many benefits of community connection and community-led initiatives.

Okines helps facilitate local ideas and community voices, supporting initiatives that connect our community in very practical ways, like improved public transport, the community info hut mosaics and map, the long-awaited Snake Hollow playground, safer paths and road crossings and the recent improvements to the Dodges Ferry–Carlton loop path.

The Future of Local Government Review is now under way, aiming to achieve a true state-wide redesign that is in the best interests of local areas.

The review is another way for local people to have a say in the way we are represented and support one another. After all, local government is how we crowdfund (through rates and grants) to provide essential place-based services for our community – roads and footpaths, rubbish and recycling, places to meet, places to play, environment and health, planning and building, stormwater and streetscapes.

“Whether or not we realise it, each of us relies on local government services every day...advocating for the delivery of services and support, including from other levels of government.

Councils also make important decisions about building, health and the environment which can shape the character, amenity, and economic activity of their municipality.”

The state-wide review into the future of local government in Tasmania is in three, six-month stages:

Stage 1 - community engagement, evidence, and fact-finding (January-June 2022)

Stage 2 - analysing options (July-December 2022)

Stage 3 - recommending solutions (January-June 2023).

There is a Future of Local Government Review community session at Sorell on Tuesday 3 May at 3pm and an online survey is open to the public until 5pm Sunday 8 May. Go to engage.futurelocal.tas.gov.au for all the details.

Please take this opportunity to have your say and help shape a better future for all. If you have any questions or ideas about these issues, please give me a call.

Yours in community,

Melinda Reed
President, Okines Board
Sorell Councillor
M: 0408 554 934

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

When attending activities at the Okines space We kindly request that you continue to follow all social distancing requests and maintain good hygiene habits when attending activities. 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. 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.

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: 10.30am to 12.30, tea and coffee provided.

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

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: Starts 2/5/22 - 4/7/22

Time: 9am to 10am

Venue: Okines Community House

Cost: Casual rate \$10 per person

Contact: Lauren on 0434 000 687

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.

Day: Mondays **Time:** 6.30pm to 7.30pm

*Contact Jackie for dates and upfront payment rate - casual rate is \$20

Venue: Okines Community House

Bookings are required, please contact Jackie on 0467 197 499, email jackiegraham@iinet.net.au

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

MONDAY & TUESDAYS - COMMUNITY CARE ADVISOR

Free 50 min support sessions or just a quick chat, over the phone or face to face.

Professional, compassionate & discreet social worker. Can assist with a range of support services, self care resources, someone to talk to, health, digital & financial literacy, filling in forms and NDIS paperwork.

Day: Mondays & Tuesdays (appointments)

Time: 9am to 1pm **Cost:** Free

Venue: Okines Community House

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

MONDAY - BIGGEST MORNING TEA

Come along and join in with the fun and raise some money for a great cause. At this year's event we will be enjoying some delicious food, a raffle, and a quiz so get your thinking caps on.

Day: Monday 23/5/2022

Time: 10.30am to 12pm

Venue: Okines Community House

Contact: 6265 7016

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 **Time:** 10am to 2pm, **Fee:** \$2

Venue: Okines Community House

Contact: 6265 7016 *Bring own lunch

TUESDAY- BEGINNER YOGA WITH GEMMA O'ROURKE

Would you love to start a yoga practice or recommence after a long absence, injury or illness? This gentle session is designed for all.

Day: Starts 26/4/2022 ongoing

Time: 10.30am to 11.30am

Cost: \$180 for 10 sessions or \$22 casual rate

Venue: Okines Community House

Contact: Gemma on 0417 598 797 or email healing.gemma@gmail.com

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 efficiently and reduce the risk of injury.

Day: Tuesday (Thursday class also available)

Starts: (Tues) 3/5/2022

Time: 9am to 10am,

Cost: \$200 for 10 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

*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 - RHYTHM & BEACHES COMMUNITY SINGING GROUP

This is a group of enthusiastic men and women who have great fun singing together on Tuesday evenings. Explore your passion for singing in a fun and friendly environment.

Day: Tuesdays from 3/5/2022

Time: 7pm to 9pm, **Cost:** \$5

Venue: Okines Community House

Contact: M Haynes 0417 462 310

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

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 please wear comfortable clothing.

Day: Wednesdays from 3/5/2022

Time: 10am to 11am **Cost:** \$5

Venue: Okines Community House

Contact: 6265 7016

WEDNESDAY - FOOD ASSISTANCE

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

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 12/5/2022

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 and fire ceramics. Take home your work! Ages 8 to 13 years old.

Day: Thursdays 6 sessions 12/5 to 16/6/2022

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 - DIGnity GARDENING PROGRAM

DIGnity supported gardening is on again in the Community Garden. Everyone is welcome, free lunch included. 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

Time: 10.30am onwards

Venue: Okines Garden Contact: Hannah via email dignity.garden@gmail.com

THURSDAY - EASE and REBALANCE, THE MELT METHOD - Tutor Salomé Rosa

In this class you will learn self care treatment techniques from the Melt Method using soft rollers and balls. You will explore techniques that ease physical tension, rehydrate your connective tissue and rebalance your nervous system. The Melt method was developed with the aim of reducing chronic pain. Stay healthy, improve posture and core strength as you reduce everyday aches and pains in this group class.

Starts: (Thurs) 5/5/2022

Time: 9am to 10am, **Cost:** \$200 for 10 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

***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 - 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 19/5/22 - 9/6/22

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 - 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

Time: 10am to 1pm **Cost:** \$3

Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380 296

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

27/5, 24/6, 29/7 & 26/8/2022

Time: 12pm to 2pm **Cost:** \$7 for a 2 course meal

Venue: Okines Community House

Contact: 6265 7016

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.

Date: Friday 3rd June & 1st July 2022

Time: 5.30pm

Cost: \$15 includes light dinner

Venue: Okines Community Garden

Contact: Bookings essential, phone 6265 7016

FRIDAY - CHAKRA MEDITATION WITH LISA KINGSTON

There are 7 major chakras that influence a certain region of the body and its related organs & glands, our consciousness and several distinct emotional, mental and spiritual aspects. Each week we will focus on one specific chakra.

Classes held Friday nights in the terrapin

Day: Starting on Friday 13/5 to 1/7/2022

Time: 6pm to 7pm

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

Venue: Okines Community House

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

SATURDAY - NATURE TILES CERAMICS WITH RED OCHRE STUDIO

Join Ochre in the garden for some clay play. Take some time out to feel the earth between your fingers and be inspired by the garden space. We will be using patterns from nature and imprinting them into the clay to create small bowls, hangings and tiles. Work will be fired in the kiln and available for pickup in approx. 4 weeks. Suitable for beginners, or if you've done some clay before come with your own small project in mind!

Dates: 21/5/2022

Time: 2pm to 4pm

Cost: \$35 per person

Venue: Okines Community Garden

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

SUNDAY - MEDITATE AT OKINES WITH LISA KINGSTON

When you connect with your breath you bring calm back to your sympathetic nervous system, oxygen to your organs & cells, tranquility to your thoughts and a deep connection with your spirit. Classes Sunday afternoons in the terrapin. Suitable for all levels.

Day: Starting on Sunday 15/5/2022

Time: 3pm to 4pm

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

Venue: Okines Community House

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

OKINES ACTIVITIES TERM 2, 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, casual rate \$20 please contact: Jackie for more information on 0467 197 499

PILATES

9am to 10am, \$10 casual rate, Bookings essential contact: Lauren 0434 000 687

GARDEN TUCKER

11am to 1pm, free.
First Monday of the month.

BIGGEST MORNING TEA

10.30am to 12pm, 23/5/2022 contact: 6265 7016

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 12/5/2022 contact: 6265 7016

EASE & REBALANCE

9am to 10am, commencing 5/5/2022, \$200 for 10 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, 12/5 to 16/6/2022, 3pm to 4pm, \$120 for 6 sessions, contact 6265 7016

RESTORATIVE QI GONG

3.45pm to 4.45pm, 19/5 to 9/6/22 9, \$20 per class, contact: 0499 221 622 or donnedreaming@gmail.com

DIGNITY GARDEN PROGRAM

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

TUESDAY

STRENGTH & MOBILITY

9am to 10am, starts 3/5/2022, \$200 for 10 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

BEGINNER YOGA

10.30am to 11.30am weekly, \$180 for 10 sessions or \$22 casual, Phone: 0417 598 797

QUILTING GROUP

10am to 2pm weekly, \$2, Phone: 6265 7016

CARD GROUP

Weekly card group, \$2, 1pm to 3pm, Phone 6265 7016

RHYTHM & BEACHES SINGING GROUP

7pm to 9pm \$5, from 3/5/2022, 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, 27/5, 24/6 & 29/7 & 26/8/2022, \$7 for 2 courses contact: 6265 7016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

10am to 1pm, every Friday, \$3 per session. Bring along spinning wheel & wool. Contact: Eileen on 6265 8472 or Brian 0487 380 296

CHAKRA MEDITATION

6pm to 7pm, 13/5 to 1/7/22, \$80 for the term, \$15 casual contact: Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes>

FOOD FOR THOUGHT

5.30pm, 3/6 & 1/7/2022, \$15, includes light dinner, contact: 6265 7016 or email info@okinescommunityhouse.com.au

WEDNESDAY

PAINTING GROUP

10.30am to 1.30pm
APOLOGIES NO SPACES CURRENTLY AVAILABLE

FOOD ASSISTANCE

1pm to 3pm on Wednesdays

TAI CHI

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

SAT/SUNDAY

NATURE TILES CERAMICS - Red Ochre Studio

2pm to 4pm, Saturday 21/5/2022, \$35 per person, phone 6265 7016 or info@okinescommunityhouse.com.au

MEDITATE AT OKINES

3pm to 4pm, starts Sunday 15/5/2022, \$80 for the term or \$15 casual call Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes>

HOW TO NURTURE THE OVERTHINKING MIND WORKSHOP

9.30am to 2.30pm, Sunday 3/7/2022, \$99 per person, Vegetarian lunch provided, call Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes>

Home is where the ♥ is

It's Neighbourhood House Week@

Okines Community House

Monday May 9th 2022

10 AM

Potting Herbs in the garden

10.30 AM

COTA - Aging Consultation Session

Council of the Aging representatives are interested in hearing from you about how you stay healthy, engaged and resilient as you age.

10.30 AM

Birchgrove Feline Assistance Info Session

An information session promoting responsible cat ownership, come along & meet Birchgrove staff with 3 cute kittens.

12 PM

Stroke Foundation Presentation

Prevent stroke, save lives and enhance recovery

1 PM

Diabetes T2 Talk

General overview, including preventing and managing type 2 Diabetes

ALL DAY

Mosaics Project - for the Bike Shed (Wed also)

Learn to mosaic and make a mosaic masterpiece for the bike shed.

Wednesday May 11th 2022

12.30 PM

Neighbourhood Watch Talk

A relaxed talk about your local Neighbourhood Watch Group.

2 PM

Dance with Sufiyo

No experience necessary, just come along and move to the music.

All events are free, no need to book.

WINTER SOLSTICE LANTERN PARADE

Join DFPS and Okines Community House
in celebration of a turning of the light, to mark the
beginning of lengthening days and shortening nights.



Friday 17th June 2022

Okines Community House / 4:30pm sharp

School Choir, bonfire and singalong

Soup & bread \$2 // Curry & rice \$5

Sweet treats from Food Coop

Bring your own lantern/torch & BYO mug/bowl



WINTER SOLSTICE LANTERN PARADE – Volunteers needed –

In collaboration with Dodges Ferry Primary School - Okines Community House and Garden will be hosting the Winter Solstice Lantern Parade again this year.

Winter Solstice is a time to light up the community and celebrate the turning of the light and the shortest day of the year. A festive and visual community celebration in the midst of winter.

In the lead up to the Lantern Parade event, there will be many opportunities for community members to get involved.



There will be lantern making throughout the school and Okines, DFPS choir will be practising a song for the event and we will have big soup and curry cook ups!

Any donations of clean plastic milk cartons and glass jars, tissue paper, lights etc to create lanterns would be greatly appreciated - they can be dropped at the school office or Okines.

Let's think REDUCE, REUSE AND RECYCLE and reduce our impact on landfill by creating lanterns that can be reused.

Also, do you have an Installation or special piece that you would like to showcase at this event? Please contact us ASAP we would love to include it!

The Winter Solstice Lantern Parade would not be possible without the generous help of volunteers. If you would be interested in joining our wonderful team of helpers please let us know now:

Get in contact with Jess @ Okines if you are able to help in any way via email: project@okinescommunityhouse.com.au



In line with our ethos of having minimal impact on the environment - please bring your own candles or torches for the parade, a mug/bowl

for soup, curry & hot drinks, cutlery and warm clothes!

Please also bring cash for food and drinks.





Australia's **Biggest Morning Tea**

**Every dollar raised helps support
those impacted by cancer.**

When: Monday 23 May 2022

Where: Okines Community House - 540 Old Forcett Rd, Dodges Ferry

Time: 10.30am to 12 noon

Details: Join in with the fun and raise some money for a great cause.

At this year's event we will be enjoying some delicious food, a raffle,
and a quiz, so get your thinking caps on.

For more info phone 6265 7016 or email info@okinescommunityhouse.com.au

biggestmorningtea.com.au



**Cancer
Council**



Neighbourhood Watch Tasmania

The Southern Beaches are now one of the most sought after areas in Tasmania in which to live, as we know from the large number of people moving here, especially from Hobart and Victoria.

A wonderful aspect of the Southern Beaches is that the crime rate is low, probably because we are a friendly and well-connected community where people look out for one another. However, two years ago, there was some hooning, speeding and burglary in the area, which prompted us to establish 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. Since then, there has been less crime reported, but there have been cases of arson, vandalism and graffiti.

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.

Safety Issues:

Firstly, parking in bus stops is not allowed. If we see cars parked in bus stops, we should note the registration number or take a photograph and contact the Sorell Council on 6269 0000 or the police. Secondly, when we put out our rubbish bins for collection, we should try to place them so that people using mobility scooters can move around easily. Thirdly, we are asked to surrender any firearms we may have illegally to the police or Crime Stoppers without penalty.

Okines Library



Winter is coming. My favourite time of the year. I find the sunniest place in my house and snuggle down with a hot drink and get lost in a book. At Okines we have such a wonderful range of books to indulge you. Get lost in a mystery, fly to another world in fantasy or explore our great Aussie writers. And you don't even have to read. Some best moments spent gazing through our great range of gardening and cooking books. Get all inspired for future projects or just enjoy.

Better still spend time with your kids and grandkids reading through our big collection. There are probably a few of your favourites there too. Some fabulous ideas on creative activities to share with them may get your own creative juices flowing...

The books are spread between the activity room and huddled in the corridor. All are free, most available without registration. A few of our precious ones may need your signature. The books are happier when they are open and sharing their stories so drop in and have a look, open them up and take a few home.

Happy Reading

Fiona

Do you want to join a grassroots community organisation seeking to take local action on climate change?



We are everyday people passionate about local action on climate change for a better future. South East Climate Action (SECA) was formed in 2021 and our mantra is to 'think global, act local'.

In the past year, we've liaised with other climate action groups, met with the Sorell Mayor, held a stall at the Dodges Ferry Primary School Fair and we've also delivered a talk at Okines Community House as part of their Food for Thought program.

Our core objectives are:

- To help reduce CO2 emissions throughout the South Eastern region of Tasmania (Sorell, Southern Beaches, the Tasman Peninsula and beyond).
- To promote education and community engagement around the widespread and potential catastrophic impacts of climate change (local and global impacts).
- To develop and support projects that will result in reduced emissions and sustainable practices, through engagement and collaboration with existing community groups, local councils and elected officials.

Find out more and join us:

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



The Southern Beaches Spinning & Fibre Group meet at the Okines Community Centre, 540 Old Forcett Road, Dodges Ferry, next to the local primary school.

Since commencing some 4 years ago, an enthusiastic group of people come along regularly on Fridays to knit, with some using their own hand spun yarn and others using commercial material.

The group have supported the following organisations:-

- Pregnancy Support Service: With small beanies and mittens
- Louie's Van:- With crocheted blankets, beanies, and scarves
- Aborigine community Northern Territory. One of our members was involved in doing the Census in the Northern Territory some 500 Kilometres from Alice Springs and found that the conditions were very poor and when she returned, she asked if the group would be interested in producing some beanies and Scarves and send them to the community. I admit we did have some outside help. The total number of Beanies were 117 and scarves were 52
- Blaze Aid Fire Relief:-With 2 cash donations
- Philip island penguin rescue:- little jumpers for when they get oil on them and they need to be washed and dried.

Southern Beaches Spinning & Fibre Group

New members very welcome.
10am to 1pm, every Friday, \$3 per session.
Bring along spinning wheel & wool.
Contact: Eileen on 6265 8472
or Brian 0487 380 296

Beginner Yoga



Would you love to start a Yoga Practise or recommence after a long absence, injury or illness?

This gentle session is designed for All. Encouraging everyOne to ~

Feel Good in Mind Body & Spirit

Generate Hormones that Calm

Increase Strength & Flexibility

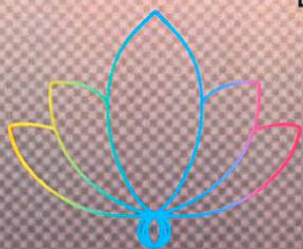
Learn Skills for Meditation

Enhance Sleep

Build Community

Cultivate Joy

Meet New Friends



Tuesdays 10.30 -11.30am at Okines Community House
Commencing 26th April ~ 510 Old Forcett Rd, Dodges Ferry
10 sessions for \$180 (to be used within 3 months) or \$22/class

GEMMA O' ROURKE

ARTIST ~ HEALER ~ YOGA TEACHER

Contact: 0417 598 797 Email: healing.gemma@gmail.com www.gemmaorourke.com.au
Facebook: Gemma O' Rourke. Instagram: [gemma_luminouslife](#)

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

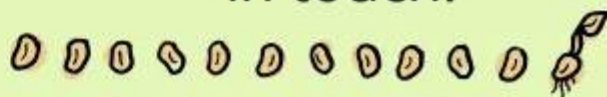
therapy

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

WHAT'S ON IN YOUR COMMUNITY

RED OCHRE STUDIO AND
OKINES COMMUNITY HOUSE
PRESENTS:

NATURE TILES - CERAMICS WITH RED OCHRE STUDIO

Saturday 21st May : 2pm - 4pm //
\$35 per person

Nature Tiles (Ceramics)

Join Ochre in the garden for some clay play.
Take some time to out to feel the earth between
your fingers and be inspired by the garden space.
We will be using patterns from nature and imprinting them
into the clay to create small bowls, hangings and tiles.
Work will be fired in the kiln and available for pickup in
approx. 4 weeks. Suitable for beginners, or if you've done
some clay before come with your own small project in mind!

Bookings: info@okinescommunityhouse.com.au 6265 7016



OKINES COMMUNITY GARDEN

AFTER SCHOOL

CERAMIC CLASSES

WITH OCHRE BODHI FROM
RED OCHRE STUDIO

THURSDAYS 3.00-4.00
MAY 12- JUNE 16 2022

LEARN HOW TO USE TOOLS TO SCULPT CLAY,
AND PAINT, GLAZE AND FIRE CERAMICS.
TAKE HOME YOUR WORK!

\$120 FOR 6 SESSIONS // AGES 8 TO 13
ALL SUPPLIES INCLUDED

BOOKINGS: 6265 7016 [INFO@OKINESCOMMUNITYHOUSE.COM.AU](mailto:info@okinescommunityhouse.com.au)

YOGA - SOUNDBATH - CIRCLE

RESONATE

Sat 28th of May
5.30-7.30pm
Okines Community
House

WELCOMING THE NURTURING OF WINTER

Relax
Restore
Surrender
to
live music



WITH EMM & DAVE
Movement and live instruments

\$45/40 BRING YOUR MAT & BLANKET, ALL LEVELS
WELCOME, NUMBERS ARE LIMITED, PLEASE CALL
EMMANUELLE 0448 380 502 OR BOOK WITH QR CODE



AN INITIATIVE OF OKINES COMMUNITY HOUSE INC.

DODGES FERRY FILM SOCIETY

Dodges Ferry Film Society screens a range of
films to the Southern Beaches community and
promotes watching, making and enjoying
quality cinema in local settings.

Regular screenings are the third Saturday of
each month, plus special events.

Films usually screen at the Dodges Ferry
Primary School.

Go to @dferryflicks via Facebook or on
messenger to see more information about
upcoming films.

or email info@okinescommunityhouse.com.au



WHAT'S ON IN YOUR COMMUNITY

Meditate at Okines

Learn how the Power of your Breath
can support your
Mental, Physical & Spiritual
Well-being.

Term 2
Starts Sunday 15th May
3 - 4PM

Okines Community House
\$80 for the term
\$15 Casually



Contact Lisa on 0410057887 or visit
www.lisakingston.com.au/meditation-classes
SUITABLE FOR ALL LEV

Chakra Meditation

Each week we will meditate
on one chakra,
connecting + remembering
the functions of that chakra.

As a result of your concentrated attention,
you begin to stimulate + balance the chakra,
releasing it's dormant powers + abilities into
your conscious mind.

Term 2
Starting 13th May - 1st July
6 - 7pm
Okines Community House
\$80 for the term
\$15 casually



Contact Lisa on 0410057887 to book or
visit www.lisakingston.com.au/meditation-classes

Overthinking
is the biggest cause of
Unhappiness!



Are you letting your mind control your
life?

Do you find it hard to take action?

Are you in a loop of self-doubt, worry &
criticising thoughts?

How to Nurture the Overthinking Mind workshop

In this workshop you will discover where
overthinking comes from and how to
release its hold over you.

You will go from living in a
place of stagnation to
living with Clarity, Confidence + Happiness.



Sunday 3rd July
9:30am - 2:30pm
Okines Community House
\$99 per person
Vegetarian Lunch provided

Contact Lisa on 0410057887 to book or visit
www.lisakingston.com.au/workshops



DIGNITY

GARDENING WEAVING TOGETHERNESS COMMUNITY



Okines Community Garden

Held Every Thursday starting at 10:30am

Everyone welcome!

With a free lunch



Every Thursday!
Everyone Welcome!
Free Lunch

For More information contact:
Okines Community House ph. 03) 6265 7016

Follow us on facebook

www.facebook.com/DIGNitygardening

WHAT'S ON IN YOUR COMMUNITY

SORELL CHILD AND FAMILY LEARNING CENTRE

Empowering Parents Empowering Communities Being a Parent Course

This FREE 8 week course helps you to learn practical communication skills for everyday life and keys to bringing up confident and happy children. FREE adjunct care is provided.



*For parents of children 2-11 yrs.

Come along to our information session to find out more.

- Thursday May 5th
- Okines Community House
- 9.30am - 11.30am

*Adjunct care will be available on site

Course sessions will continue to be held on Thursdays 9.30am - 12.00pm

Topics you will learn about

- Understanding children's behaviour
- Accepting and acknowledging feelings
- Play
- Listening and clear communication
- Labels and praise
- Discipline strategies



For more information, or to book a place, please contact Kim on 0467316513 or kim.oversaauw@education.tas.gov.au



Pilates & Mindful Movement @ Okines Community House

Mondays 9am - 10am

2 May to 4 July 2022

\$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

Okines Community House Inc.

FREE SUPPORT SERVICE

Now available:

- 50 min support sessions or just a quick chat
- Over the phone or face to face appointments
- Professional, compassionate & discreet social worker
- Can assist with a range of support services such as self care resources, someone to talk to, health, digital & financial literacy, and NDIS paperwork just to name a few.
- Mondays 9am to 1pm & every second Tuesday 9am-12pm
- No referral necessary

Bookings essential:

Phone (03) 6265 7016 or

info@okinescommunityhouse.com.au



540 Old Forcett Rd, Dodges Ferry TAS 7173
(next to the Dodges Ferry Primary School)

Maxima NDIS Services

Live life your way with Maxima NDIS Plan Management, Support Coordination, Recovery Coaching, & Employment Supports

Face-to-face local service
Flexible access

Backed by reputation
Registered NDIS provider



Delivering more services across Australia to people living with disability who have an NDIS plan from 4 April 2022.

South Australia	Tasmania	Queensland	Victoria
Gawler Elizabeth Salisbury Prospect	Glenorchy Huonville Launceston	Cairns	Coburg

If you are not located within one of these sites, we'll be expanding these services over the next 12 months. Please register your interest via the enquiry form at maxima.com.au/ndis and we'll keep you updated as we rollout to more areas across Australia.



How to refer or register interest for Maxima NDIS services

To make a booking for NDIS services at a local Maxima office, fill out the Maxima NDIS enquiry form or simply give our friendly Maxima NDIS team a call: **1300 629 462** maxima.com.au/ndis



maxima.com.au/ndis

1300 629 462



WHAT'S ON IN YOUR COMMUNITY

OKINES BIKE SHED

REPAIR - DONATE - VOLUNTEER

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



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:

info@okinescommunityhouse.com.au



\$2 per visit



10:30AM – 12:00PM



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

NBN CO

Digital Training Okines Community House

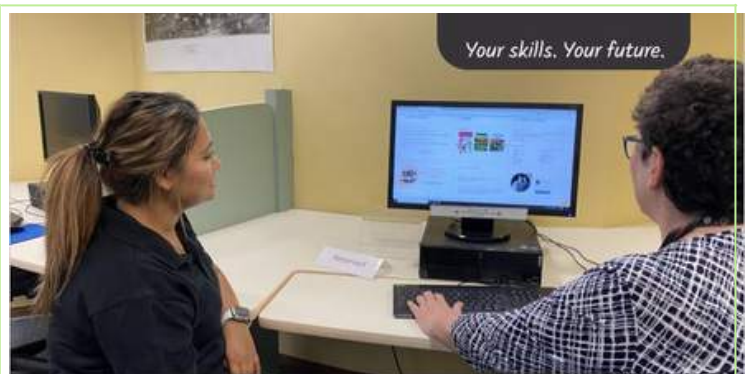
25th May
11am - 2pm
Digital mentoring

1st June
11am - 12pm
Home Internet Organisation

15th June
11am - 12pm
Using Smart Devices

Please book by phoning (03) 6265 7016 or email info@okinescommunityhouse.com.au

540 Old Forcett Rd, Dodges Ferry TAS 7173
(next to the Dodges ferry Primary School)



Get Ready for Work at Sorell Library



Improve your employability skills and get work ready. Gain a solid understanding of workplace requirements and the things everyone needs to get work and maintain employment.

You will learn about:

- workplace expectations
- types of employment
- a range of industries
- career pathways
- employment opportunities
- how to approach employers
- the supports you will need

Cost

This course is FREE!

Location

Sorell Library – 25 Cole St, Sorell.

Date and duration

6 weeks part time.
Fridays: 6 May – 10 June 2022.
9:30am – 2:30pm, Fridays only.

Outcome

22476VIC Certificate I in General Education for Adults (Introductory) Interested...?

To find out more or register your interest, please call us on 1300 655 307 or visit www.tastafe.tas.edu.au to enrol now.

1300 655 307
www.tastafe.tas.edu.au



WHAT'S ON IN YOUR COMMUNITY

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 3rd May 2022**, toast with a variety of spreads at no cost will be available.

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 the local Richmond Bakery who donate many 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 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 at 12.45pm for a 1pm start
Sessions run for approximately 2hrs followed by afternoon tea
All very welcome.
For more information phone Marc on 6265 8063

WHAT'S ON IN YOUR COMMUNITY



*Lend a hand,
and make a difference.*

SOUTHERN BEACHES CLEAN UP GROUP

For more information about how to become involved please contact
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

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.