



TERM 4, 2024

OKINES COMMUNITY HOUSE

Supported by



Tasmanian
Government

Funded by the Crown through the DEPARTMENT of PREMIER AND CABINET TASMANIA
Servicing the Southern Beaches including Lewisham - Forcett - Carlton - Dodges Ferry - Primrose Sands

WILD WINDS, LONGER DAYS, VERDANT HILLS AND FLOWER BLOSSOM,
IT MUST BE SPRING!



Okines celebrated the turning of the season with a fabulous family fun day held on October 3rd. The day itself was blessed with some glorious weather, encouraging over 300 people to attend the event.

Children were entertained with a variety of activities including a professional street performer Mr Shaggles, baby animals from Eventide, arts and craft, reading corner, giant chess, circus toys, disco and self guided activities in the garden.

Everyone who attended spoke highly of the day and suggested how wonderful it would be if it become a regular thing. So Yes, family fun day is here to stay and we look forward to seeing you all in the summer.

We would like to give a special thank you to all who attended, Ian and the animals, Darwin for the disco, Mr Shaggles and our wonderful volunteers Kylie and Colleen.



Acknowledgement of Country

Okines Community House Inc. acknowledges that as a community, it is a privilege to live, work and meet on the land, sea and waterways of the Mumirimina people. We pay deep respect to the traditional owners of these places, to the many Aboriginal people who did not make elder status due to the impacts of invasion and colonisation and to those that continue to care for Country. We 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.



Last year, our trailer was unfortunately stolen. However, through the incredible generosity of an anonymous donor and the diligent fundraising efforts led by Sarah at Sirens Coffee, we feel incredibly fortunate to announce that we have successfully acquired a new one.

For bookings and hire fee information please contact Okines office on 6265 7016 or email 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.org.au

BIKE SHED OPENING HOURS

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



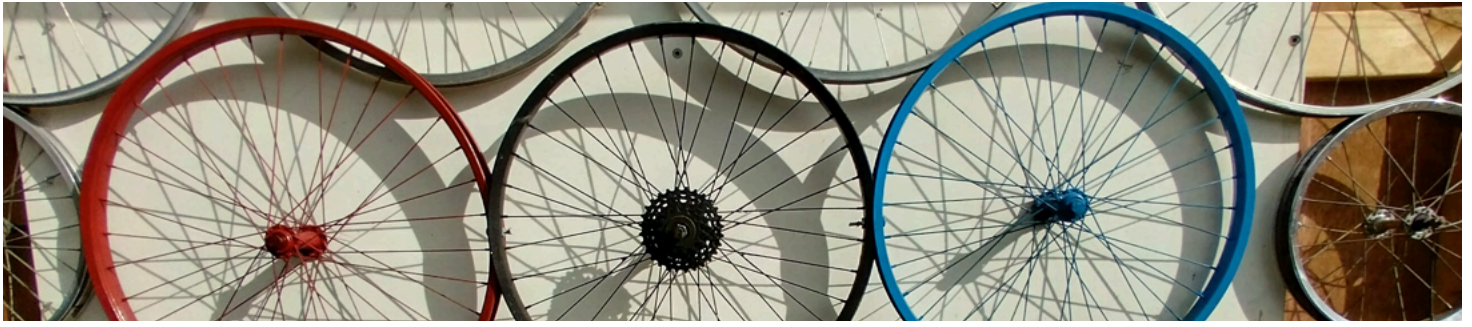
THANK YOU

Okines Community Kitchen - Local Richmond Bakery and anonymous donors

Breakfast Club - Local Richmond Bakery and Sandy Bay Banjos Bakery.

All of our wonderful volunteers who give their time generously to help our space thrive. We greatly appreciate you all.

Okines Community Bike Repair



Greeting from the Bike Shed,

Over the past year, we have received 138 bikes as donations. 174 restored bikes have been released to new homes in the southern beaches areas as well as across the state. all saved from ending up in landfill.

We have been able to supply the Migrant Resource Centre and Invermay Primary School with approximately 22 bikes in the last term.

For concession card holders, there is no charge for bikes, parts or helmets.

We continue to provide educational and hands on support to the Dodges Ferry Primary School students and the Sorell based, Indie High School who join us regularly to learn how to fix bicycles

The number of bike repairs has also increased to 232. Winning!

There are still about 25 good bikes waiting to be repaired in our covered work area.

*John and Glenn
Bike shed volunteers*





OKINES COMMUNITY GARDEN

Hello to our Community Gardeners.

Spring has indeed sprung at the garden Patch, the fruit trees are in blossom and the spring garden is keeping all of our dedicated volunteer gardeners busy, without our wonderful team of volunteers, the garden wouldn't be looking as good as it does, pop in for a wander and see for your self.

The green houses are full of tomato, pumpkin, zucchini, peas and corn seedlings in preparation for planting out into the the garden beds. Asparagus, silverbeet, spinach lettuce and other salad green are available for harvesting. all donations are gratefully received and can be placed in the red Donation Box. Donation go towards the ongoing upkeep of the garden.

Beetroot and Japanese Hakurei turnips have just been harvested, they have been a great addition to the veggie patch. A delicate, sweet, crisp-tender root vegetable. They can be eaten raw or cooked in so many ways, both leaves and roots can be consumed.

We would like to welcome "The Girls" to the garden, 5 beautiful chickens, kindly donated to us By Levi Miller from Dunalley Bay Eggs. "The Girls" are settling well into their new residence and it is hoped that they will continue to be happy and safe in our garden. Their contribution to the sustainability of the garden and compost and natural fertiliser will be welcomed. Feel free to say hello when you are walking through the garden.



The Garden Tucker continues on the first Monday of each month and it is always nice to see new faces. Come along between 10am-12.30pm and get involved by helping out with small tasks in a relaxing music filled environment, whilst Steve Bond plays us some lovely Boleros in the background. Then finish off with a shared lunch, good company and refreshments. Your efforts will be greatly appreciated and the Garden will continue to flourish for all the community to enjoy. The Garden will again be host to the DIGnity supported gardening program every Thursday, come mid spring. DIGnity Gardening sessions provide an environment where people feel safe and welcome and are able to participate in activities with other community members and enjoy lunch prepared using produce from the garden.

Grow and Learn classes will also return in term 4 after a successful grant submission, Children from Dodges Ferry Primary school will gather once a week to learn hands-on foundation garden essentials.

Until Next time, enjoy the springtime getting out into the garden and don't forget to Slip Slop Slap in the sun.

The Garden team wish to say thanks to:

- *Our wonderful team of Garden Volunteer*
- *Community Members who contribute to the garden compost bins*
- *Richmond Bakery, Dodges Ferry for coffee grounds and eggshells*
- *The Sorell Men's Shed for ongoing provision of sawdust*
- *Louise Warren for donating bags of shredded paper*
- *Levi Miller for the donation of the "The Girls" Chickens*
- *Steve Bond for his music at Garden Tucker days*
- *Ray for the pigeon Poo.*
-

Donna, Janet and Volunteers



CO-OP NEWS

WHAT'S HAPPENING IN THE CO-OP

Dear members,

Welcome to our October - November news!

A huge thank you to the volunteers who helped again at the Spring Small Town Market. Our wonderful volunteers allow the co-op to be a fundamental part of our community! This newsletter we have two new ingredients now in stock to share with you. Some Coffee shop & open mic updates and dates along with a new delicious recipe!

As the days get longer,
Your Co-op team



CALL OUT FOR VOLUNTEERS!

Want to be a part of our active co-op community? Active members contribute to the Food Co-op by volunteering 4-6 hours per month and receive **10% discount** on most goods.

We currently need more vollies for the following tasks:

- **Co-op cashier and assistants during opening hours**
- **Bottle sterilising**
- **Honey bottling**

Contact us for more info on volunteering
okines.food.coop@gmail.com

 [okinescommunityhouse.com.au/
wpms/foodcoop/](http://okinescommunityhouse.com.au/wpms/foodcoop/)

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



OKINES FOOD CO-OP
ORGANIC GOODNESS



Did you know?

At our local Food Co-op, we source most of our bulk goods from Eumarrah, ensuring you have access to top quality, mostly certified organic products. What a great way to save driving all the way into town, and find parking, when you can come down and support your local co-op instead? Remember, if there's anything you'd like to see on our shelves, please let us know!



CO-OP NEWS

WHAT'S HAPPENING IN THE CO-OP

CO-OP COFFEE SHOP

Fridays 10am - 1pm

We had a good couple of months with some music and discussion Forums. Thanks to all those who participated, especially, musicians, and people who bought some food to share. Also please welcome Kathryn who is our new Baker and will be baking for us on the 1st and 2nd Fridays of the month.

We also have a new Host starting in November. Kurt will be making espresso on the First Friday of each month. An experienced barista so your free espresso will taste better than ever. Schedule: 1st Friday: Brendan/Kurt (Baker Kathryn) 2nd Friday: Open Mic (Baker Kathryn) 3rd Friday: Bron (Baker Bron) 4th Friday: Discussion Forum Keeps getting better every month. Book a time or just turn up. We will fit you in. Text Brendan 0468905340 If you would like more information on the monthly forums or live music, feel free to contact Brendan on 0468 905 340.

MONTHLY FORUMS

Our Discussion Forums have also been ticking away. They are informal, and generally do not come to a conclusion. We listen and give people a chance to be heard.

The topic acts as a starting point from where we meander and drift till finally coming back to where we started. It's the journey, not the destination. Special thanks to those who bought some food to share.



[okinescommunityhouse.com.au/
wpms/foodcoop/](http://okinescommunityhouse.com.au/wpms/foodcoop/)



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

OPENING TIMES

SUNDAY 9.30AM-1.30PM
FRIDAY 9:30AM-1:30PM
TUESDAY 1-5PM

LOCATION

540 OLD FORCETT ROAD,
DODGES FERRY, OKINES
COMMUNITY HOUSE

CONTACT

okines.food.coop@gmail.com
03 6265 7016

Full [stock list](#) and [prices](#)
available on our website:



[okinescommunityhouse.com.au/
wpms/foodcoop/](http://okinescommunityhouse.com.au/wpms/foodcoop/)



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



COOP MEMBERSHIPS

Members pay a \$20 / \$15 concession per year
Life-time membership is \$100

Active members contribute to the Food Co-op by volunteering 4-6 hours per month and receive a **10% discount** on most goods.

Contact us for more info on volunteering
okines.food.coop@gmail.com

Upcoming Friday Forums:

Friday October 25th, 11am - 1pm

Manifestation, mind over matter, ESP, astral travel. What are your experiences with these phenomena? Is there more to life than the day to day world or is there something else we can tap into?

Friday November 8th, 11am - 1pm

To be announced.

All welcome. Bring some food to share.
Free espresso.





Don't bin it. Bring it!



OKINES REPAIR CAFE

Saturday 30 November
2 - 4 pm

Okines Community House | 540 Old Forcett Rd, Dodges Ferry



Darning & mending | Electrical repairs | Bike repairs
Computer assistance & advice | Sewing repairs
Tool & knife sharpening | General repairs

FREE REPAIRING & SKILL SHARING: Volunteer fixers will repair your items and show you how they do it. And they LOVE a challenge!!



Everyone
welcome

Repair Cafe Update

So far Okines Community House has hosted 3 Repair Cafes 2024 here are some fun stats about the program.

April :

Items for repair: 61

Items that couldn't be repaired: 5

Repair time: 9:55 hrs

Volunteers: 25

Total weight saved from Landfill : 193 Kilos



June :

Items for repair: 33

Items that couldn't be repaired: 3

Repair time: 6:16 hrs

Volunteers: 25

Total weight saved from landfill : 70kilos

September:

Items for repair: 4

Items that couldn't be repaired: 3

Repair time: 6:05 Hrs

Volunteers: 25

Total weight saved from landfill 460 kilos



Have a special skill ?

Want to see less repairable items in landfill?

We are seeking more volunteers to join the repair revolution.

Enquire today at

info@okinescommunityhouse.org.au



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. If you are unwell, showing signs of flu like symptoms such as a fever, coughing, or shortness of breath please consider others and do 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. Wool and needles can be provided.

Venue: Okines Community House

Day: Monday ongoing

Time: 10.30am to 12.30pm,
tea and coffee provided.

Fee: \$2

Contact: 6265 7016 for more info

MONDAY - PRANA YOGA AND PILATES

Gentle Restorative Yoga class.

Experience the transformative power of gentle restorative yoga, and leave each class feeling replenished, centered, and ready to embrace the week ahead with renewed vitality. These weekly classes are suitable for all levels, including beginners and those seeking a gentle approach to yoga. Casual Rate is \$20

Venue: Okines Community House

Day: Mondays

Time: 6.30-7.30pm

Bookings are required, please contact Jackie for dates and payment on 0467197499 or email jackiegraham@iinet.net.au

***Please bring own yoga mat**

MONDAY - GARDEN TUCKER

Garden Tucker is returning on the First Monday of the month. Join us and participate in activities, help out in the garden and share lunch together.

Day: First Monday of the month

Time: 9.30am - 1pm

Fee: Gold coin donation for lunch

TUESDAY - QUILTERS & SEW-ERS

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: 10.30am to 1pm

Fee: \$2

Venue: Okines Community House

Contact: 6265 7016 *Bring own lunch



TUESDAY - CONTEMPORARY PILATES -

Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer) These classes work your whole body, from head to toe, connecting, mobilising, and lengthening different myofascial structures to improve your strength and flexibility. Innovative cues will guide your awareness to your quality of movement and strengthen the connection of your mind to your body with fun but challenging sequences throughout the class.

Day: Tuesday (Thursday class also available)

Starts: (Tues) starts 15 Oct (10 weeks)

Time: 9am to 10am

Cost: \$160 or \$25 casual

New: Tuesday Evening Class 6.30-7.30pm

Starts 15 Oct (10 weeks)

Cost: 7 weeks \$140 or \$25 Casual

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 23 July 2024

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

Venue: Okines Community House

Contact: Merv Haines 0417 462 310

WEDNESDAY - TAI CHI WITH SUE DUFFY

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

Day: Wednesdays

Time: 10am to 11am

Cost: \$5

Venue: Okines Community House

Contact: 6265 7016

WEDNESDAY - PAINTING GROUP

The Shoreline Art Group meet at Okines Community House every Wednesday. This class is very popular however a limited number of spaces have recently become available.

Day: Wednesdays ongoing

Time: 10.00 am to 1.00pm

Fee: \$5 per week

Venue: Okines Community House

Contact: Cherie on 0488139742

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, available 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

WEDNESDAY - OKINES COMMUNITY KITCHEN

Provides free veggies and groceries on Wednesday evenings. Open to everyone from **4.00pm-5.30pm**. Need some food and can't leave the house? We maybe able to deliver food packs and leave it at your door! For more information on deliveries please phone 62657016

Donations of pantry items are very welcome and can make a difference to a family being able to pay rent or an essential bill, or buy medicine for their family, and still have food in the cupboard. This year we are all very aware that families are being hit by rising costs so any donations are greatly appreciated.

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

MELT Method Class - Come and experience the power of this hands off bodywork with its NeuroStrength moves. Increase resiliency in your whole body and improve your overall stability. Using special soft rollers, balls and bands.

Starts: 17 Oct

Time: 9am to 10am,

Cost: \$120 or \$25 casual for 9 weeks

Venue: Okines Community House

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

Contact: Salomé 0437 405 213 or email info@fromwithin.com.au or visit the website: www.fromwithin.com.au

**Please bring own mat, elastic band and a little ball.

THURSDAY - DIGnity Supported GARDENING PROGRAM

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, Artist and Garden Coordinator. All ages and abilities welcome, this is a free weekly event.

Day: Every Thursday

Time: 10.30am to 1.30pm

Venue: Okines Garden Contact: Hannah via email dignity.garden@gmail.com or 0434 298 445

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

Time: 12pm to 2pm

Venue: Okines Community House

Contact: 6265 7016

*Bring a shared lunch

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

Time: 12pm to 2pm

Cost: \$7 for a 2 course meal

Venue: Okines Community House

Contact: 6265 7016

FRIDAY - CHAIR YOGA WITH ELANA ROSE

Chair yoga focus on improving your flexibility, balance, circulation, range of movement, fitness, breath, strength and relaxation. The class is great for people who find it a challenge to get down to the floor, have joint issues or are recovering from illness or injury.

Day: Fridays

Time: 1.30pm-2.30pm

Fee: \$15 per class or 6 class pass for \$60

Venue: Okines Community House - Terrapin

Contact: elanaRoseyoga@gmail.com or 0412 451 192

FRIDAY - SOUTHERN BEACHES SPINNERS & FIBRE GROUP

The spinning group is a wonderful social activity. The group meet every second and fourth Friday of the month. Bring along your spinning wheel and wool and whatever piece you are currently working on.

Day: Second and Fourth Friday of the month

Time: 10am to 1pm

Cost: \$3

Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380 296

SATURDAY - OKINES REPAIR CAFE

After the success of our pop up café we will be holding another one in September! Don't toss it - Fix it!! Bring items along that need repairing and a volunteer will work with you to try and fix it. If you would like to volunteer as a repairer please contact us.

Day: Saturday 7 September, 30 November

Time: 2pm - 4pm

Venue: Okines Community House

Contact: 62657016 or

info@okinescommunityhouse.com.au

SUNDAY- RESTORATIVE YOGA WITH GEMMA

Day: Alternate Sundays

Time: 9.30-10.30am

Venue: Okines Community House

Commencing 13th October \$25 per class.

Contact: Gemma 0417598797

This newsletter proudly printed by:

Rebecca White MP

Labor Member for Lyons

Labor Tasmania

OKINES ACTIVITIES TERM 2, 2024

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

PRANA YOGA AND PILATES

6.30pm to 7.30pm, contact: Jackie for more information on 0467 197 499

GARDEN TUCKER

9.30am to 1pm, gold coin donation for lunch, First Monday of the month

TUESDAY

CONTEMPORARY PILATES

9am to 10am, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

QUILTERS & SEW-ERS

10.30am to 1pm weekly, \$2, Phone: 6265 7016

CARD GROUP

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

MELT - Evening class

6.15pm to 7.15pm: Contact Salomé 0437 405 213 or email info@fromwithin.com.au

RHYTHM & BEACHES SINGING GROUP

7pm to 9pm \$5, contact: M Haynes: 0417 462 310

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month 6265 7016

DIGNITY GARDENING

10.30am to 1.30pm, contact Hannah via dignity.garden@gmail.com

MELT -Daytime class

9am to 10am, Contact Salomé 0437 405 213 or email info@fromwithin.com.au



FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of the month \$7 for 2 courses contact: 6265 7016 bookings essential

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

10am to 1pm, 2nd and 4th Friday, \$3 per session. Contact: Eileen on 6265 8472 or Brian 0487 380 296

CHAIR YOGA

1.30pm - 2.30pm every Friday Contact: 0412 451 192 or elanaroseyoga@gmail.com

Sound Healing

2.30 - 3pm, \$10 Oct 11 Contact: 0412 451 192 or elanaroseyoga@gmail.com

Okines also has regular visiting services like Centrelink and NDIS - check our Facebook page for updates

WEDNESDAY

FOOD ASSISTANCE

1pm to 3pm on Wednesdays

COMMUNITY KITCHEN

4.30pm - 5.30pm contact 62657016

TAI CHI

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

PAINTING GROUP

10.00am to 1.00pm, \$5 per session, phone Cherie on 0488 139 742

OTHER

REPAIR CAFE

Saturday 30 November 2pm-4pm Okines Community House 62657016 info@okinescommunityhouse.com.au

Mindfulness Meditation

Wednesday's 16th October-13th November 11.30-12.30pm Gold COIN donation

Restorative Yoga

Alternate Sundays Commencing 13th October \$25 per class, contact Gemma 0417598797

Mental Health First Aid

Saturday 2 & Sunday 3 November 9am-4pm \$50 For the course

Sound Healing

Sunday 20 October 3.33 - 4.44pm, \$20 Dodges Ferry Primary School Contact: 0412451192 or elanaroseyoga@gmail.com

Childrens Week

Pirate adventure with MAKEBELIEVE Mon 21st OCT 3pm - 4pm \$5 Dress up as a pirate



DEATH CAFE

THURSDAY 7th NOVEMBER 10-1PM

Death and Dying can be a difficult subject to discuss. Lets sit down over a cup of tea and share our experiences, challenges and our wishes around death, dying grief and loss.

10AM: Palliative Care Tasmania will be discussing advance care planning, advance care directives, palliative care support in the community and living with life-threatening illness.

11.30AM: Mary Eleanor Natural Funeral Care will be discussing funerals at home, environmentally friendly choices.



BOOKINGS ESSENTIAL:
Okines Community House
62657016 or info@okinescommunityhouse.org.au
540 Old Forcett Road Dodges Ferry

Pirate Adventure

with
MAKEBELIEVE



AHOY there PIRATES!
Climb aboard the
GOOD SHIP MAKEBELIEVE
to find our treasure on a
PIRATE Adventure

Celebrate
Children's week
at
OKINES

Mon 21st Oct

3pm - 4pm

Cost \$5

Dress up if you wish



THANKS TO AUSTRALIA POST FOR THE GRANT, WE ARE ABLE TO OFFER THE 2 DAY TRAINING COURSE FOR \$50 PER PERSON NORMALLY OVER \$300

STANDARD MENTAL HEALTH FIRST AID

Bookings essential



\$50

TIME: 9 am - 4.00 pm
DATE: 2-3 November

Subsidised by Okines

Community House

JB

JONATHAN BEDLO
Training | Facilitation | Collaboration

About the course:
Standard Mental Health First Aid (MHFA) is an evidence-based, fully accredited course that includes 12 hours of training.

The course is designed to equip participants with the knowledge and skills to provide mental health first aid support to your family, friends, co-workers and other adults.



Australia Post



Okines Community Garden & House

Seniors Week 2024

The theme for this year is *Connecting Generations.*

Monday 14th 10.30am-12.30pm Knit and Natter
Learn to knit or crochet. Improve your skills or help others.

Tuesday 15th 1pm-3pm Card Group
New members welcome, come along for a fun afternoon playing cards.

Tai Chi : Wednesday 16th 10am-11am-
Suitable for all ages & fitness levels.

Herb Workshop & Lunch: Thursday 17th 10am-12.30pm
Join Dignity & Okines Community Garden for a workshop. Learn how to start a herb garden. Learn the best garden layout and which herbs work well together. Children welcome.



BOOKINGS: (03) 6265 7016
info@okinescommunityhouse.com.au

540 Old Forcett Rd
DODGES FERRY
TAS 7173

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.

ShareWaste

Did you know that Okines is an official ShareWaste recipient? This means that you can bring your compostables (food scraps, grass clippings, shredded paper etc) to Okines Garden to put in our compost. We then use the compost to make more soil and grow produce which can be distributed to the community.

You can find out more about how ShareWaste connects people who want to recycle their food scraps with neighbours by visiting <https://sharewaste.com/>.



Okines Community Garden

GARDEN TUCKER DAY

Join us in the community garden every first Monday of the month

10am -1pm for an interactive working bee, live music and a shared lunch

Everyone Welcome Gold Coin Donation



Located at 540 Old Forcett Road Dodges Ferry



BOOKINGS: (03) 6265 7016
info@okinescommunityhouse.com.au

540 Old Forcett Rd
DODGES FERRY
TAS 7173

DON'T THROW IT. GROW IT!



JOIN SHAREWASTE.COM FOR FREE!

MEET YOUR NEIGHBOURS
RECYCLE YOUR ORGANIC WASTE
GROW PLANTS AND VEGGIES

sharewaste.com

facebook.com/sharewaste Instagram.com/sharewaste



Breathing Tree Yoga



Okines Chair Yoga

Friday 1:30 - 2:30pm

Chair Yoga will focus on improving your flexibility, balance, circulation, range of movement, fitness, strength, breath and relaxation.

This class is gentle, supportive and fun for everyone and will make you feel better.

Classes at Okines Community House,
540 Old Forcett Rd, Dodges Ferry

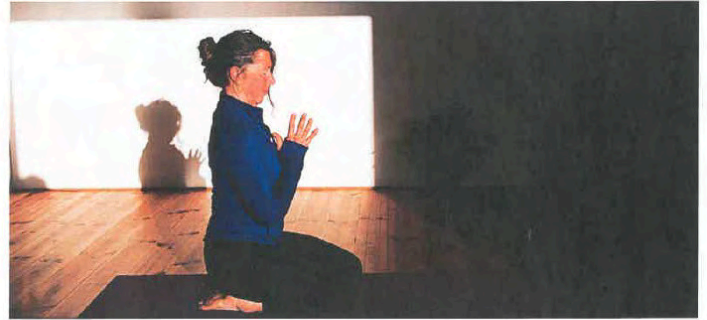
\$15 per class or 6 class pass for \$60

BreathingTreeYoga.com.au

elana.rose.yoga@gmail.com

Elana Rose - 0412 451 192

PRANA YOGA AND PILATES



Classes.

| Okines Community House

- Monday 6.30pm - 7.45pm
- Gental Restorative Yoga
- All levels welcome

☎ 0467 197 499

✉ jackiegraham@iinet.net.au

Casual Class \$20

Sound Healing

Come and Quieten your Mind with Sound and Relaxation
Starting with Yoga Nidra - Guided Relaxation
Absorbing the Healing Sound Waves from
Crystal Chakra Singing Bowls,
Steel Tongue Drum, Shamanic Drum
and Zaphir Chimes.



Friday @ 2:30 - 3:00pm

19th July, 9th Aug, 13th Sept, 11th Oct and 15th Nov

Okines Community House,

540 Old Forcett Rd, Dodges Ferry

\$10 for an immersive sound healing experience to clear blockages, restore balance and promote relaxation.

To book contact Elana Rose - 0412 451 192

BreathingTreeYoga.com.au



SSSH....

Sunday Session Sound Healing

Come and Quieten your Mind with Sound and Relaxation
Starting with Yoga Nidra - Guided Relaxation
Absorbing the Healing Sound Waves from
Crystal Chakra Singing Bowls,
Steel Tongue Drum, Shamanic Drum
and Zaphir Chimes.



Sunday 20th October @ 3:33 - 4:44pm

Dodges Ferry Primary School, Multi Purpose Room

\$20 for an immersive sound healing experience to clear blockages, restore balance and promote relaxation.

To book contact Elana Rose - 0412 451 192

BreathingTreeYoga.com.au



TUES MORNING 9am-10am

Classes starts 15 Oct -17 Dec (10 weeks)

From Within Contemporary Pilates class

These classes are designed to improve posture, strength and flexibility. Movement from Within will help you find elegance and ease in everyday life.

Using the Pilates principles of breath, alignment and core strength, and drawing on the latest scientific research on Fascia; the classes will be varied and creative to challenge the mind and body.

One hour mat class, in a relaxed friendly environment; suitable for beginners or those with previous experience.

\$200 or \$25 casual



TUES EVENING 6:30pm-7:30pm

Classes start on 15 Oct -17 Dec (10 weeks)

MELT Method Class - Come and experience the power of this hands off bodywork with its NeuroStrength moves supporting all your sporting and daily activities. Increasing resiliency in your whole body and improving your overall stability.

Using special soft rollers, balls and bands.

\$200 or \$25

THUR 9am-10am

Classes start on 17 Oct-12 Dec (9 weeks)

MELT Method Class - Come and experience the power of this hands off bodywork with its NeuroStrength moves supporting all your sporting and daily activities. Increasing resiliency in your whole body and improving your overall stability.

Using special soft rollers, balls and bands.

\$180 or \$25



Salomé is an accredited Pilates, Melt Method, Rehab and Fascial Fitness Trainer. For bookings please contact: Salomé 0437 405 213

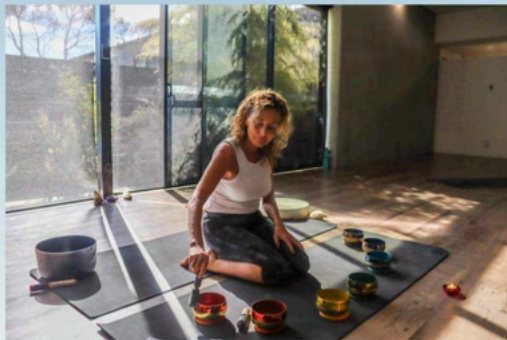
INTRODUCTION INTO MINDFULNESS MEDITATION

What is mindfulness? Benefits of mindful meditation. Includes practice.

Wednesday 16th October: 11.30am-12.30pm
- Gold coin donation
Ongoing Classes 23,30 October Et , 6, 13 November

Bookings:
Okines Community House 62657016 or
info@okinescommunityhouse.com.au
540 Old Forcett Road Dodges Ferry

sink into the sweetness of your own beautiful essence



Alternate Sundays 9.30-10.30 am Okines Community House, Terrapin Room. \$25/session. You don't need any yoga experience. From: 13th Oct. BYO comfy pillow/cushion blanket & any other items you feel will enrich your experience of bliss

be supported in a wonderful nervous system reset rest and regenerate in sessions that utilise multiple life-enhancing modalities to revitalise Mind, Body and Spirit

Restorative
Uplifting
Life Affirming

Rejuvenate with Gemma

Mob: 0417 598 797 Email: healing.gemma@gmail.com
www.gemmaourke.com.au

Chyna Charmaine



Tired of the wind?

GET GROUNDED WITH THE EARTH



EMBODIED ICHING



7 EARTH ELEMENT BODY MOVEMENTS



MEDICINE SONG



EARTH ALCHEMY

Let's get grounded with 7 easy-to-do earth body movement practices, meditation and mindfulness, for beginners and all ages.

OCT. 12TH
@TIAM

OKINES COMMUNITY HOUSE
DODGES FERRY
\$15



0450 533 791



www.harnessyourhappiness@gmail.com

Rhythm & Beaches Singing Group

**TUESDAYS 7PM-9PM
\$5 PER CLASS**

Rhythm & Beaches is a community singing group that meets at Okines Community House, Dodges Ferry every Tuesday evening at 7.00 - 9.00 pm except during school holidays. They sing a wide variety of popular music and have been meeting for about 15 years. They have also organised several concerts in collaboration with local artists.
CONTACT MERV HAINES 0417462310 for information



Okines Community House



\$2 per visit



10:30AM - 12:30PM



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



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



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 required, please wear comfortable clothing



Wednesdays 10am - 11am
COST \$5
Okines Community House
03 62657016

QUILTING & SEWING GROUP



An invitation to all hand sew-ers and quilters. This group meets every Tuesday to share in their love of quilting and sewing.

**Tuesdays 10.30am to 1pm
\$2 each week
BYO lunch**

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

VOLUNTEERS NEEDED

Okines community house is always looking for volunteers to help us deliver the various programs and projects we do for the community.

Whether it be cooking, gardening, skill-sharing, helping at community events or delivering food to those in need. **WE NEED YOU!**

Breakfast Club
Okines Community Kitchen
Bike Repair Shed
Eating with friends
Food Co-op
Okines Community Garden
Thursday Cooking
Lantern Parade
Repair Cafe
Market Events
Soiree's



INFO@OKINESCOMMUNITYHOUSE.COM.AU
03 62657016

OKINES
Community Kitchen

Free veggies, groceries and frozen meals

The Okines Community Kitchen is an inclusive space where anyone can pick up free veggies and groceries, and fresh or frozen meals.

OPEN every Wednesday
4.30pm - 5.30pm

Delivery of food may be available

540 Old Forcett Road
Dodges Ferry

Okines Community House
(03) 6265 7016



Let's do
LUNCH



EATING WITH FRIENDS (EWF) at Okines Community House
Held on the last Friday of each month - \$7 for a delicious 2 course meal

Bookings are essential, please advise if vegetarian option required

Ph. (03) 6265 7016 or email info@okinescommunityhouse.com.au

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

Food Assistance

Wednesdays
1pm - 3pm

at Okines Community House

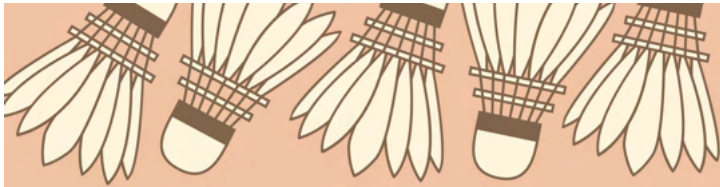
Loaves & Fishes Tasmania redistributes surplus fresh food via community food programs to people in need around Tasmania. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events.

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



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

Check Facebook for weekly updates



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



**JOB?
TRAINING?**

**LET'S TALK
TRANSPORT!**



Area Connect is a free and flexible
transport option in regional areas
to help you get to work or training
where access to transport
is limited or unavailable.



Get in touch to find
out how we can help.



SCAN ME

1300 651 948

www.areaconnect.org.au

info@areaconnect.org.au



Okines Breakfast

Club 2024

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 23 July 2024, toast with a variety of spreads
at no cost will be available.



Proudly supporting
the local community.



Okines would also like to gratefully acknowledge the
support of the the local Richmond Bakery and Sandy Bay
Banjos Bakery, for their generous donation of many
loaves of bread each week as well as pastries for the
Okines Food Assistance Program.

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



NDIS is here to help

Mission Australia NDIS partners services are available in this venue

Okines Community House

Monthly on a Thursday – 10.00am to 12.00 noon
11th July, Aug 8th, Sept 12th, Oct 10th, Nov 14th, Dec 12th

Mission Australia NDIS partners services help, all people with disability even if you are not a NDIS participant.

If you are aged between 9 to 64, you can meet with a Local Area Coordinator, they can help with

- connection to information relevant to you,
- connection to mainstream and community supports,
- support to apply for the NDIS,
- help NDIS participants to understand and use their NDIS plan,

Help for children younger than 9, you can meet with an Early Childhood Coordinator, they can help:

- families to determine the most appropriate supports that would benefit and achieve outcomes for their child, tailored to their individual needs and circumstances.
- provide information and connection to services in their community.
- assistance for children younger than 6 with developmental delay or children younger than 9 with a disability to test eligibility for a NDIS plan.

For further information please contact Mission Australia office:

Address, 31 Bligh Street ROSNY TAS 7018,

Phone, 03 6212 6879, or email, NDISPITC.MISSIONAUSTRALIA.SOUTHEASTASMANIA@ndis.gov.au



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
Now up to \$2,000

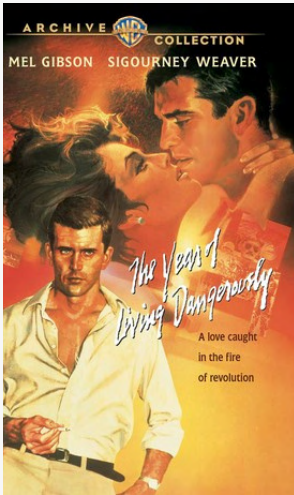
No credit checks

Minimum repayment
\$20 per fortnight

Call 1300 301 650

D'Ferry Ficks

**Screening on the third Saturday of the month
@ Okines Community House 6.30pm - 7pm start.**



The Year of Living Dangerously (1982) - October 19

Set in 1965 Indonesia, the Sukarno government is facing civil unrest. A love affair develops between an Australian reporter (Mel Gibson) and (Sigourney Weaver) a British diplomat. The story is based on a novel with the same title by Tasmanian author Christopher Koch.

Bullet Train (2022) - November 16

An American dark comedy thriller directed by David Leitch. Five assassins board a bullet train and find they have similar missions. It stars Brad Pitt and Josey King in the leading roles.

Love Actually (2003) - December 21

A Christmas comedy ends the year. Directed by Richard Curtis, the film features a stellar cast including Hugh Grant, Emma Thompson, Bill Nighy, Liam Neeson and Colin Firth and explores the complexities of love.

Venue: All our film screenings are now located in the Terrapin at Okines Community House on the 3rd Saturday of the month at 7 pm, with refreshments available from 6.30 pm. Film society memberships are for ages 18 years+. 12 month memberships are \$35 or \$25 for a concession. Payment can be made at a film screening or by bank transfer. Come join us!

WHAT'S ON IN YOUR COMMUNITY



*Be part of the
solution, not part
of the pollution*

*Lend a hand,
and make a difference.*

SOUTHERN BEACHES CLEAN UP GROUP

For more information about how to become involved please contact
lindy@lindyoneill.com.au



Southern Beaches Landcare Coastcare

COMMUNITY CARING FOR COAST AND COUNTRY

OUR VOLUNTEERS MEET MONTHLY TO PLAN PROJECTS, WORKING BEES AND OTHER ACTIVITIES TO PROTECT AND RESTORE THE NATURAL VALUES OF OUR SPECIAL COASTAL NEIGHBOURHOOD.

CHECK OUT OUR WEBSITE
WWW.SOUTHERNBEACHESCOASTCARE.ORG
FIND US ON FACEBOOK.COM/SBCOASTCARE/



EMAIL: SOUTHERNBEACHESCOASTCARE@GMAIL.COM
OR PHONE GWEN ON 0484 617 832
TO JOIN OUR EMAIL STREAM AND RECEIVE NOTICE OF OUR ACTIVITIES



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?

COME ALONG AND ENJOY A TALK FROM A
GUEST SPEAKER, MORNING TEA (AND STAY FOR
LUNCH IF YOU LIKE), AS WELL AS THE
OPPORTUNITY TO MAKE NEW FRIENDS

MIDWAY POINT TAVERN FRIDAYS 10-11.45ISH (FORTNIGHTLY)

Come along fortnightly. Need more info ? Phone Wendy 62651156





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

Webpage: okinescommunityhouse.org.au

Instagram: Okines Community House

Chirstmas Holiday Closing Dec 20th reopening January 6th.

OKINES COMMUNITY GARDEN:

Monday - 8am to 1pm

Wednesday - 8am to 1pm

Friday - 8am to 1pm

Instagram: Okines Community Garden

OKINES FOOD CO-OP:

Sunday - 9.30am to 1.30pm

Tuesday - 1pm to 5pm

Friday - 9.30am to 1.30pm

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 6 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 every month. If you are interested in joining the Board, 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.