



TERM 2, 2025

OKINES COMMUNITY HOUSE

Supported by



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Neighbourhood
Houses
Tasmania

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

Celebrating 25 Years of Okines

On Friday April 4th we held a celebration of 25 years of Okines Community House.

Keep reading for more photos of the day!



We had a fantastic time celebrating Okines Community House 25th Anniversary on Friday April 4th! A special thank you to everyone who was able to attend and take part in celebrating and acknowledging this huge milestone and the myriad of people who have helped make Okines the incredibly thriving and vibrant community space it is today! A special thank you to all of our amazing staff, volunteers, musicians, facilitators and community for helping make the whole thing possible! Keep reading for a recap from the day and stay tuned for more ways to get involved with dreaming and creating a shared vision for the next 25 years!

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.

Thanks for Your Support

Okines Community Kitchen - Thank you to our local Richmond Bakery, Foodbank and Loaves & Fishes for helping make this weekly initiative happen.

Breakfast Club - Thank you to our Local Richmond Bakery, Banjo's Sorell, Homelands Property and the Tasmanian State Government for helping to keep this important program running.

Okine's 25th Anniversary Event - A special thank you to all of our amazing volunteers who helped out with the 25th anniversary event!

And thank you to Park Beach Cafe, Dodges Ferry Butcher, Park Art, Healthy Horizons, Goods Landscaping and Water Deliveries, Beach Bums Cafe, Heritage Farm, Wilding Studio, Uncle Alby's, Fiona Vail Photography, Spring Bay Mill, Go Pizza, Graham Woodcock, Rainie Parcell and anonymous donors for their generous contributions to our 25th Anniversary Raffle & Silent Auction.

To all of our wonderful volunteers, who generously give their time to help our space thrive - we greatly appreciate you all!

Thank you to Casey Farrell for kindly printing our Newsletter for us!

**Okines Community House newsletter proudly
printed by the office of**

**CASEY
FARRELL**

Labor Member for Lyons

✉ casey.farrell@parliament.tas.gov.au

🌐 www.caseyfarrell.com.au

📍 33 Cole Street, Sorell

Authorised by Casey Farrell MP, 33 Cole Street, Sorell Tas 7172



Submissions for the Newsletter

Have something you'd like included in the newsletter? Email it through to events@okinescommunityhouse.org.au

BOARD UPDATE



Our 25th Anniversary celebration was a great success and on behalf of the Board I would like to thank all of those involved in the organization of the night. Thanks to Lissa and her staff, all volunteers and to all of those who attended the evening. A special thanks to Jessica who worked tirelessly prior to and during the event. Well done!

As we enter Term 2 of 2025 I would like to express my appreciation of the work Lissa has undertaken to date together with her very capable team. At this point we farewell Michelle and wish her all the best for her future. We welcome two new members of staff in the house, Els-mari and Maura who will be sharing the role of Connection and Admin. We wish them both success in their new roles and are confident it will be the start of a new beginning for Okines.

Okines will be developing a new Strategic Plan in coming months and we invite all staff and volunteers to have input. My philosophy is that the more people who are involved the more exciting ideas come to light. So please get in touch if you are interested.

Our Board is working well together and from my perspective it is great to have a number of younger members involved. We do still have one vacancy on the Board so would encourage anyone who feels they have something to contribute to make contact with myself or another Board member.

Current Board members are – Sharon Phelps, Lucy McLelland, Janet Vail, Alison McCrindle, Bill Thomas, Colm O'Sheil, Martin Bishop, Will Kingston and myself.

Personally I am looking forward to the new ideas in relation to services, programs and activities which I am sure will develop during this year and beyond.

President
Christine Woodcock

SPECIAL FAREWELLS & THANK YOUS

TO NELLE DEGRASSI



In February of this year Okines Community House said farewell to Nelle Degrassi as a staff member. Nelle basically grew up at Okines with her parents being founding members and key drivers of establishing a community house in the Southern Beaches. Bringing a knowledge of the history and development of the Okines Community House and its evolving and growing significance to all who live in and visit the area.

With a passion for arts, music, food and community Nelle brought the space alive with vibrant community events and projects over many years. In her most recent stint with Okines, Nelle served as Assistant Manager and then Acting Manager for several months. She embraced this fully and revitalised the office operations and staff connections, giving the House a fresh energy and outlook.

Nelle worked tirelessly, with warmth and enthusiasm and made Okines a friendly and welcoming space for all who use the house. While we are so sad to not have her here regularly, we know that she is having a blast and putting her creative flair to good use in her new role with Terrapin Puppet Theatre.

AND TO MICHELLE FREEMAN

Sadly the wonderful Michelle finished up with us on the 24th of April and we wanted to take a minute to thank her for everything she has done for Okines over the last year! We asked Michelle what were some of the highlights from her time here and she said, the food assistance programme, assisting people with NILs Loans, getting to work along side all of the amazing volunteers and getting to be of service to the community here. Michelle is excited to start her next adventure returning to yoga teaching and assisting in running retreats and especially taking a leaf out of Jess's book and doing some swinging in a hammock and spending more time in nature and the Botanical Gardens! Thank you so much for everything Michelle!! Wishing you all the best on this next chapter and hope to see you at the house often!!



MEET THE NEW TEAM MEMBERS!

Lissa has been hard at work recruiting new staff, meet the new team below and pop by and say hi!

EVENTS & ENGAGEMENT COORDINATOR



Hi there everyone, my name is Jess and I started as the new Events & Engagement Coordinator at the beginning of March! A bit about me, I'm originally from Sydney, however I have been overseas for the last almost 15 years travelling and living in mostly Canada and New Zealand. I was last based in beautiful Queenstown, New Zealand where I spent almost 5 years living out my dream life of being a mountain town librarian, camping, hiking, snowboarding, painting and paddle boarding my little heart out! After taking a year off living out of a back pack and slow travelling with my books, art supplies, yoga mat and my hammock, I landed in Tassie in December ready to stay in one place for a while and explore this magical part of the world! I love working with communities and after 8 years working as a

librarian, doing lots of outreach, events and community engagement, I'm super excited to join in the magic of Okines and Neighbourhood Houses Tasmania. I'll be looking after events and engagement as well as the Newsletter, so pop by and say hi some time and if you are keen to talk events and

want to email me, I'm at

events@okinescommunityhouse.org.au

CONNECTION & ADMIN OFFICER

Hi, I'm Maura. I've lived in the beautiful Southern Beaches area for more than 20 years – this is where my husband and I have raised our lovely (now adult) kids, and where I've been lucky enough to work, create, garden, home school my daughter, and form many nourishing friendships.

After a glittering career doing everything from cleaning houses to wrangling rock stars on a TV show (ask me about it sometime), I'm now balancing my work as a writer with my new role as Connection and Admin Officer at Okines. I'm so happy to be joining the team at our wonderful house, and I can't wait to meet old and new friends, and to contribute however I can to our amazing community.

Please call in to the House and say hello, or get in touch at info@okinescommunityhouse.org.au.



CONNECTION & ADMIN OFFICER



Hello hello... I'm Els! I'm absolutely thrilled to be joining the team at Okines Community House!! I'm stepping into the new Connections and Admin role — and even better, I get to share it with the wonderful Maura, who's also a fresh face in this team. After more than 30 years (yes, I'm definitely not 20 anymore!) of working across a whole range of community services and development roles — from counselling and psychosocial recovery coaching to team leadership and direct support — I felt it was time to bring everything I've learned home to our beautiful Southern Beaches community. I've lived here, on and off, since the 1990s, and honestly, I believe we live in one of the best places in the world! I'm passionate about creating inclusive, welcoming spaces where everyone feels seen, respected, and supported. In addition to rich and varied experiences working in services like the Roy, I have my own lived experience of hearing loss and (like most of us) some mental health and wellbeing hurdles over the years, so I bring a deep understanding that every person's journey is unique — and that's what makes community life so rich and meaningful.

Outside of Okines, I am very grateful to be a counsellor in an addiction counselling service; this is work that I love as my special interest areas are addiction and mental health. In my spare time you'll find me soaking up the fresh ocean air, swimming, spending time with my doggo and family, camping, or enjoying yoga, music, dancing, reading, cooking (vegan/plant-based meals), or dreaming up my next travel adventure.

I'm also s...l...o...w...l...y studying to become a yoga, breathwork, and meditation teacher — a journey that has brought much joy and peace to my world and one that has endless learning opportunities.

I can't wait to meet you all — please come and say hi soon or email me at info@okinescommunityhouse.org.au.

THE WHOLE CREW!

*Jill & Carlos
from the Co-op*

*Donna & Janet
from the Garden*

*Kylie & Lissa
from the House*



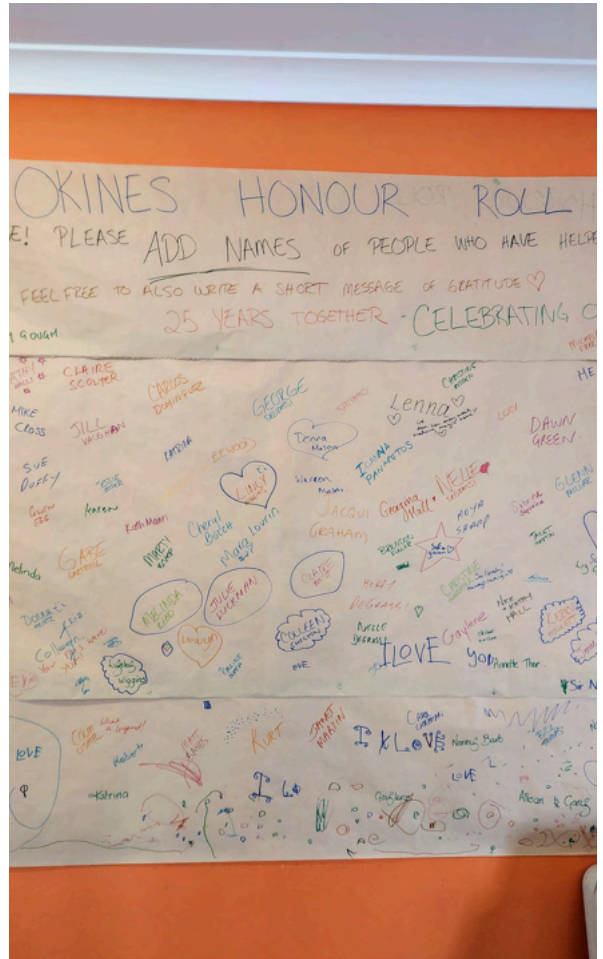
OKINES 25TH ANNIVERSARY CELEBRATION

RECAP OF THE DAY

We had a fantastic turn out for the 25th Anniversary event with over 300 people attending! Some of the feedback we have heard since was that the event was really lovely and relaxed and a great chance to catch up with people and celebrate our awesome community and the history of Okines Community House!

A powerhouse team of volunteers made delicious foods to sell on the day ranging from salads, pies, jacket potatoes, sausage sizzles, as well as tea, coffee and baking. We also received some incredible donations from local businesses for our raffle and silent auction fundraiser, which all helped to raise over \$3000 for our activities!

The Sandy Point Collective, Foucault à GoGo and the Black Swans of Trespass kept us all entertained with great tunes throughout the afternoon and the amazing Trish & Matthias from NITA Education shared palawa stories, created clay animals with kids and even led everyone in the rrakana (emu) dance! Helene from Wayfinder Studios was there capturing visions for the future, the bike shed gang had the bikes out and the Dodges Ferry Fire Brigade and Sea Rescue were there bringing the fun as well!!



In the Terrapin we had a slide show of photos from the last 25 years running alongside some of the audio recordings of interviews with key people involved in creating Okines over the years, which was truly special.

It was such a beautiful evening that was only possible because of all of the incredible volunteers who helped make it so! And we'd like to take a moment to acknowledge as many of them as we can, so thank you to:

Wendy, Vicki, Tracey, Colleen, Sue, Jill, the amazing Food Co-op bakers, Julia, Bec, Tegan, Carter, Joel and fam. Colm, Donna, Linley, Kathy, Christine, Graham, Janet, Moya, Melinda, Colin, Marty, Gwen, & fam. Caroline, Alison, Nicki, Gaylene, Janet & Geoff, John & Carol, Jill, Carlo s & Salome. Melinda, Angela, Bill, Lucy, Renee, Glenn, Rodney, Christine, Will, Tiana and anyone else who we might have missed! It took a village!

We would also like to take this moment to acknowledge all of the incredible people who have been involved in building, shaping and being a part of the Okines Community over the years, A large honour roll was created and added to during the event, as a way to recognise all of the amazing people who have helped create this beautiful vibrant community space! There have been an incredible number of people who have contributed over the years and we are so grateful to you!



Photos from the day
— 25 years of —
Okines



Celebrating Our Story - Wayfinder Studio Interviews with Helene

In recognition of the potential loss of collective knowledge and memories of how Okines was born and evolved over the last 25 years, we were keen to ensure the personal stories and shared history of Okines were captured, celebrated and can be used to inspire our efforts for the next 25 years. So, thanks to funding from an 2A4 grant, Helene Thomas from Wayfinder Mobile Story studio began conducting interviews and capturing stories, celebrating the journey of Okines Community House, in the lead up to our 25th Anniversary event. After the event, we asked Helene to share a little bit following on from the interviews...



"This place is amazing, the community house, Dodges Ferry, Carlton, Lewisham. I think when we're a community we can be very powerful."
LLewyn King (age 9)

"Firstly, being engaged to conduct story collecting in my own community was incredibly soul-satisfying and enriching. Having The Wayfinder Mobile Story Studio located in such a wonderfully vibrant location as Okines Community House was delightful. I really enjoyed the process of reaching out to potential interviewees and inviting them into my studio space. Right from the first session I recognised the importance of collecting personal accounts of people's involvement, connection and relationship to Okines over the years. While I knew the purpose was to document the journey of Okines, from its humble beginnings to the present day (25 years later) and the important role it plays in the community, I also could see real benefit from capturing raw, tender, and often unspoken moments of people's lives as they interacted with Okines over the years. The result was some really beautiful, tender and moving stories. My process of collecting stories is

grounded in a practice rooted in slowness, intimacy, and responsibility and I really appreciated that Okines respected my process from the beginning of the project through to the end. To see the ripple effects of the completed stories is also one of the reasons I think the work of story collecting and story sharing is so important and valuable."



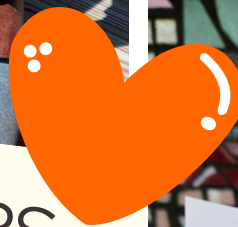
We shared a taster of the interviews at the event and we know that people are eager to hear more. You can [visit our website](#) now to have a listen or keep an eye on Facebook as we progressively share more of these over the coming months.





We also celebrated Volunteer's Week with a lovely morning tea in the Garden on April 23rd. It was a beautiful day filled with bubbles, delicious food, good company and good vibes. Thank you again to all of our amazing volunteers!!

VOLUNTEERS WEEK 2025 MORNING TEA



You are
amazing!!!



We couldn't do
what we do
without you!!





OKINES COMMUNITY GARDEN

Hello to our Community Gardeners,

We have been fortunate to have some much needed rain of late & what a blessing that has been.

Myself, Janet & our team of wonderful volunteers have been busy these past few months, planting seed & seedlings in our garden beds. Gay has been putting her efforts into restoring some of our original garden beds & has done a mighty job. As with all our volunteers, she has been a great asset to our Garden.

We have recently planted our garlic bed, also planted spinach, peas, celery, cauliflower, beetroot, leek, broccoli, onions, shallots, carrots, along with various flowers to add some colour to the garden. We have had a bounty of tomatoes, zucchinis & pumpkins this season. Ready to harvest at the moment is silverbeet, turnips, lettuce, various herbs and mustard greens.

This garden is for our community to harvest from, so come along anytime and pick for your family. The Donation Box is under the sign in the centre of the Garden if you can afford it.

Don't forget Garden Tucker is on the 1st Monday of every month where you can work in the garden & join us for a delicious garden supplied meal & dessert. All are welcome. We have Steve playing some music for us to work by.

We recently held a Seed Raising Workshop where participants got to take home seed-filled egg cartons ready to pop in their gardens on germination. Our next workshop will be held September 15th for Spring Planting and we have had an extension to our Garden Kitchen thanks to funding from The Department of Premier & Cabinet, Community Support Fund Small Grants Program, so more shelter from the sun & rain for us all.

We would like to thank the many community members for their generous donations of seed, plants, a variety of manures, coffee grounds, egg shells & continued supply of kitchen scraps to our compost bay.

Happy gardening over the upcoming winter months.

Janet & Donna

GROW AND LEARN PROGRAM DELIVERS HANDS ON EXPERIENCE FOR STUDENTS

By Dawn Green



Students from Dodges Ferry Primary School love spending time in the Okines Community Garden.

Thanks to the Grow & Learn program, students from Grade 3-5 experience the community garden as an outdoor classroom. The program is part of an ongoing partnership between the school and Okines Community House, and has been boosted with the help of a Community Action Grant from the Tasmanian Community Fund (TCF).

Linked with the national curriculum, the program covers topics that enhance the educational outcomes for children, appealing to a diverse range of learning styles. Here's what the project team said about last year's program:

"Led by our amazingly talented educators, Sonja and Nicola, in one of the activities, students discovered the special recipe to making great compost, and then got their hands dirty and created compost for Okines Community Garden. Grow & Learn has kicked off again in the new school year, and in addition to the immersive, experiential learning with the students, a reference group has been established which will meet each term.

The Grow & Learn reference group includes the deputy principal, students, community representatives and representatives from Okines Community House and Southern Beaches Landcare Coastcare group. The goals of the reference group include creating a toolkit for schools to set up a Grow & Learn program within communities across Tasmania. "Feedback from the educators, students and teachers has been overwhelmingly positive. Students are naturally curious about the world around them and they've been very engaged in the Grow & Learn program. There's something special about learning in an outdoor environment, outside of the classroom, which leaves a lasting impression on the students. Hands always shoot up when the educators call-out for volunteers to grab a shovel or wheelbarrow during Grow & Learn sessions in the Okines Community Garden."



FROM THE COMMUNITY GARDEN

SORELL INDIE KIDS GARDEN PROJECT



including an artistic painting on one of our Garden tables. They also cleared & mulched one of our native tree beds as well as mulching another bed with woodchips (see photos). They all worked hard and it was a pleasure to have them at Okines. They are welcome to return later in the year to

undertake some more projects for our Community Garden. A huge thank you to all involved and we hope to see you again soon.

Thanks
Donna

During the months of February & March this year we were fortunate to have a group of teenagers from the Indie School in Sorell visit us here at Okines Community Garden. They were enthusiastic with the projects they undertook,



Would a local botanical gardens be too crazy of an idea?

**Co-op Discussion Forum:
Let's Talk About a Local Botanical Garden!**

Friday 23rd of May, 11am - 1pm at the Okines Food Co-op.

Feel free to contact Marisol with questions or comments about this initiative to hello@marisol.com.au

local
botanical
gardens

MARISOL
MIRO QUESADA
building designer
architectural design
landscapes
interiors
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CO-OP NEWS

A SNAPSHOT

FOOD CO-OP OPENING TIMES

We've extended our opening hours and are now open from 10am on Tuesdays!



Tuesday 10am - 5pm

Friday 9.30am - 1.30pm



Sunday 9.30am - 1.30pm

First Monday of the month 11am - 1pm



TASSIE MADE SOYOYOY PRODUCTS NOW AVAILABLE FROM THE CO-OP

Tofu, tempeh, 'cheese' & 'butter' freshly made from protein-rich soybeans

The Food Co-op has started a monthly Soyoyoy order for collection on Sundays.

- Order requests will be sent out monthly to everyone via email.
- You **MUST prepay** for your order by bank transfer when you place the order.
- You **MUST collect on the specified Sunday**. We cannot hold your order.

Any questions, or if you would like to join the mailing list, please contact Jill via okines.food.coop@gmail.com

Below is a list of available Soyoyoy products:

Soyayoy Products & Price List		
	Weight (g)	Coop Price
Soyayoy Tofu		
Tofu 1kg	1000	\$28.00
Tofu 500g	500	\$14.00
Tofu 250g	250	\$7.00
Soyayoy Tempeh Products		
Tempeh - Organic Soybean	230	\$10.00
Tempeh - Blackbean + Aussie Seeds	230	\$10.00
Tempeh - Jumble	230	\$10.00
Tempeh - Chickpea, Buckwheat and Wakame	230	\$10.00
Tempeh - Mung Bean	230	\$10.00
Soyayay 'Cheese' and 'Butter' Products		
Unfeta'd Plant-Based Feta Style	300	\$16.00
Brie'zy Plant-Based Spread	270	\$16.00
Unbutr'd Salted - Tasmanian sea salt	250	\$11.50
Unbutr'd Lil Lava - Masala spices	250	\$12.60



CO-OP COFFEE SHOP

When: Fridays 10am - 1pm Where: Okines Garden outdoor kitchen

A place where you can pull up a stool around the big table and connect with each other. Meeting over a perfectly brewed coffee or a specialty tea made by our hosts, with delicious treats by our bakers leads to lively conversations between friends and strangers alike. Stopover at the coffee shop, on the way in or out of the co-op!

Coffee shop events:

- **Open mics** are held on the 2nd Friday of the month from 10am - 1pm
- **Discussion forums** are held on the 4th Friday of the month 11am - 1pm



FOOD CO-OP MEMBERSHIP

Become an **active** or **non-active member!**

Active members volunteer 4-6 hours / month and receive a 10% discount on most goods. Regular volunteers in the Community House or Garden receive a 5% discount.

Membership fees:

\$20 per year / \$15 concession

\$100 Life-time membership

FOR MORE INFO, CONTACT US AT
OKINES.FOOD.COOP@GMAIL.COM
03 6265 7016



[OKINESCOMMUNITYHOUSE.COM.AU/
WPMS/FOODCOOP/](http://OKINESCOMMUNITYHOUSE.COM.AU/WPMS/FOODCOOP/)



@OKINESFOODCOOP

OR DROP IN STORE DURING OPEN TIMES!



OKINES COMMUNITY BIKE SHED

Okines Bike Shed continues to power on, nearly 5 years after it started. Donated bikes continue arriving, bikes picked up off hard waste piles, bikes being sold, bikes being given away and volunteers constantly repairing and reconditioning bikes. We've given away hundreds of bikes and repaired hundreds mostly for free or a small donation.

It has been a great asset to our community supplying cheap or free bikes, at the same time recycling hundreds of bikes that otherwise would have ended up in landfill. Bikes not repairable are stripped of their usable parts, which are then reused or given away to those who repair their own bikes.

Besides repairing bikes we also fix tyres, punctures etc on prams, wheelbarrows, scooters, and any other small wheel machines.

We continue to run a school program teaching students how to fix bikes while at the same time learning how to use tools and equipment for the various required tasks. We also have some home schoolers volunteering as part of their education to learn practical skills & work experience.

John, Dave, George, Loki, Paul, Rodney, Llewyn & Glenn are current volunteers but we welcome anyone else interested. Some volunteers do everything but others have special interests where they mainly fix a certain style of bike.

Young or old, into biking or not, all are welcome to help. There's not just repairing to be done, there's also sorting spare parts, wheels & tyres, admin, building maintenance, PR and cuppas to be made.

During the school holidays, many kids spend time at our bike shed fixing their own bikes, reconditioning one for themselves, helping with repairs or just hanging around for company. They are all welcome but with parental supervision.

If you have an interest in getting involved, need a bike for free or a small price for a fancy one, need your bike repaired for free or a small donation, need free spare parts for your bike, or just want to say hello and see what we do, please call in any time Mondays and Thursdays 11am to 3 pm. If you can't make those days please make contact and we could organise to meet you there another time.

Every time we use our bikes instead of the car we are helping the planet and our health.

Happy Cycling.

John and Glenn (Okines Bike Shed Coordinators)



Exciting news at BEST



We're thrilled to welcome Jason to the Team as the news lead for the Southeast Tasmania Study Hub, supported by the Australian Government Department of Education through the Suburban University Study Hubs Program

This initiative is a significant step forward for both BEST and our region. Open to everyone, the ***Southeast Tasmania Study Hub*** will expand access to tertiary education, Vocational Education and Training (VET) pathways, and a critical resources and support for our local community. It's another valuable addition to the suite of services BEST provides to support local individuals and business.



Calling all Students in the Region!

Jason is eager to connect with current students in the region to help shape the future of the brand-new Study Hub and ensure it meets the unique needs of our community. Reach out to Jason today if you're interested in chatting: *Contact us* by visiting best.com.au/contact-us/

**Looking for a quiet space to study?
Need access to a laptop or access to Wi-Fi?
Looking for extra support and resources?
Need help finding your USI?
We've got you covered!**

Stay tuned for more updates as we launch this exciting new program for the Southeast region.

info@best.com.au

OKINES ACTIVITIES TERM 2, 2025

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

GARDEN TUCKER

10am to 1pm, gold coin donation for lunch, First Monday of the month

KNIT & NATTER & SEW

10.30am to 12.30pm, weekly ongoing, gold coin

PRANA YOGA AND PILATES

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

TUESDAY

TEXTILE & FIBRE ARTS GROUP

2nd & 4th Tuesday of the month
10am - 12:30pm
Free to attend & all welcome

CARD GROUP

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

RHYTHM & BEACHES SINGING GROUP

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

WEDNESDAY

TAI CHI

10am to 11am, \$5 per class

Note: Tai Chi is moving to Tuesdays as of July 1st

OKINES SOCIAL PAINTING GROUP

10.00am to 1.00pm, \$3 per session with morning tea

FOOD ASSISTANCE

1.30pm to 4pm on Wednesdays

***Left over items available after hours from the Fridge on the deck between the House and Terrapin*

THURSDAY

OKINES BOOK CLUB

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

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 \$10 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

OTHER

REPAIR CAFE

11am - 1:30pm Sunday 29th June
Okines Community House
62657016

SUNDAY SESSION SOUND HEALING

Sunday 3:33-4:44
Jun 1, Jul 27, Sep 28, Nov 30
Contact: 0412 451 192 or elanaroseyoga@gmail.com

Okines also has regular visiting services like Centrelink and NDIS - check our [Facebook page](#) for updates



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



Okines Community Garden
544 Old Forcett Road, Dodges Ferry

Every
Thursday *:

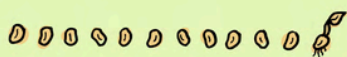
10.30am - 1.30pm

18th Apr &
2nd May-,
until 30th
May, 2024

*No sessions on Anzac Day
25th April



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. All ages and abilities welcome. This is a free event.



Email: dignity.garden@gmail.com

Phone: 0434298445

Website: www.dignitygardening.com

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

We have many opportunities for skill sharing and learning:

Weeding, planting, seed raising, pruning, composting, mulching, fertilising, seed collection and storing. Come and chat with the team Mondays, Wednesdays & Fridays 8am-1pm.

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/>.

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





MOTHER'S DAY CELEBRATION

CELEBRATING MATERNAL ENERGY

Saturday May 10th
10am - 12pm
Okines Community House

Bring your community, tribe, family and friends to celebrate the significance of Maternal Energy on Mother's Day.

In this inclusive gathering, we are opening a space for a pot luck lunch, and we would love to invite those who feel called to join with us.

We welcome presence to co-create a safe and healthy environment with an openness to diversity.

info.mothers.embrace@gmail.com



SAVE THE DATE



FRIDAY
JUNE 20TH

WINTER SOLSTICE
LANTERN PARADE



EVENTS@OKINESCOMMUNITYHOUSE.ORG.AU



Don't bin it. Bring it!

OKINES REPAIR CAFE

Sunday 29 June

11 am - 1:30 pm

Okines Community House | 540 Old Forcett Rd, Dodges Ferry



LIVE DEMO

Sewing, mending & darning | Jewellery repairs
Computer assistance & advice | Bike repairs
Tool & knife sharpening | General repairs

FREE REPAIRING & SKILL SHARING | Volunteer fixers will repair your item and show you how

Beyond repair? Bring it anyway... we LOVE a challenge!

Mosaics with Kerry Howlett

TEXTILE & FIBRE ARTS

✂️ Social Craft Group



2nd and 4th Tuesday of the month

10am - 12.30pm

Okines Community House

Free to attend & all Welcome



This group is for anyone that has a love of creating with textiles and fibre. The aim is to enjoy, share and be inspired by each other. We are a group for all levels of skill.

Bring your current project along to work on and any work you would like to show and tell.

info@okinescommunityhouse.org.au



Feel Better Now!

MELT Method Class

Thursday 9am-10am

Okines Community House
In Terrapin Room

term starts May 8th

Discover the transformative power of MELT, a hands-off bodywork technique featuring NeuroStrength moves.

MELT can enhance your sporting performance and daily activities by increasing your overall resilience and stability for a greater sense of well-being. Through this method, you'll gain a deeper understanding of your body and learn techniques that promote an active, pain-free lifestyle.

This unique method utilizes specialized soft rollers, balls, and bands to achieve optimal results.

\$160 for 8 weeks or casual \$25 per class



Contact: Salomé 0437 405 213

www.fromwithin.com.au



Note:
Previously
Wednesdays, moving
to Tuesdays as of
July 1st

TAI CHI

with Sue Duffy



Tuesdays
10am - 11am
Cost \$5

Okines Community House

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

info@okinescommunityhouse.org.au



Okines Social Painting Group

Meet some new people & spark your creativity at our fun and friendly social painting group!

All are welcome to join and no bookings are necessary!

- Every Wednesday 10am - 1pm
- Okines Community House
- Cost \$3
- BYO Supplies
- Morning Tea Provided



For more info contact:
info@okinescommunityhouse.org.au

Eating With Friends 2025 Okines Community House

Join us for a nutritious 2 course meal and meet new people.

COST IS \$10 FOR 2 COURSES. BOOKINGS ESSENTIAL PH 62657016

February 28th March 28th

May 30th June 27th

July 25th August 29th

September 26th October 31st

November 28th December 12th



NEIGHBOURHOOD
HOUSE TASMANIA
WEEK



NHT WEEK
CO-OP COFFEE SHOP


10am - 1pm
Friday May 16th
Okines Community Garden

Free to attend & all are welcome
Bring a share plate if you can

info@okinescommunityhouse.org.au

ripples
OF CHANGE

from small ripples grow BIG WAVES OF CHANGE

 Australian
Neighbourhood Houses
and Centres Association

neighbourhood
HOUSE WEEK 12 - 18
MAY '25

MUSIC and the MYSELF



A monthly event presented by South East Arts Tasmania Inc. to celebrate the abundant creative talents of our local communities.

When: Wednesday 28 May 2025
7 – 9pm

Where: St George's Church Hall
16 Gordon St, Sorell

Cost: Members free
Non-members: \$5
(or join on the night for \$35)

Tea and coffee provided. Please "bring a plate" to share for supper if you can.

Enquiries: President, Michelle Pears 0407 851706

These soirees are a showcase for all forms of the arts. Bring your latest artwork, poetry, prose, song, dance – in fact any creative endeavour you would like to share with the group. Or just come along, sit back and enjoy the evening. All welcome!



Okines Chair Yoga



Fridays 1:30 – 2:30pm
at

Okines Community House,
Terrapin Room,
540 Old Forcett Rd,
Dodges Ferry

Boost your fitness, strength, flexibility,
balance, and breathing
in a gentle, fun, and supportive class
that helps you relax,
feel great and move with ease.

\$15 per class or
6 class pass for \$65

BreathingTreeYoga.com.au

elana.rose.yoga@gmail.com

Elana Rose - 0412 451 192

Breathing Tree Yoga

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

SHHH...

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 1 June, 27 July, 28 Sept & 30 Nov
3:33 - 4:44pm

**Okines Community House,
540 Old Forcett Rd, Dodges Ferry**

*Experience deep relaxation for just \$25
Join us for an immersive sound healing session designed
to clear energetic blockages, restore inner balance,
and leave you feeling refreshed and renewed*

To book go to

BreathingTreeYoga.com.au



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

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
Lorraine lorrn2a@gmail.com



**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: SOUTHERNBEACHESLANDCOASTCARE@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



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

Okines Breakfast Club



Tuesdays & Thursdays
8:30am - 9:00am

The Okines Breakfast Club operates in partnership with Dodges Ferry Primary School, providing breakfast to local kids twice a week during term time.

This important program is run by our amazing volunteers and is supported by our Local Richmond Bakery, Banjo's Sorell, Homelands Property, the Tasmanian Government. Thank you all for helping to keep this important program running.

info@okinescommunityhouse.org.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 6265 7016

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
up to \$1500

No credit checks

Minimum repayment
\$20 per fortnight

Call 1300 301 650



Phone: 03 6265 7016

Email:

info@okinescommunityhouse.org.au

Address: 540 Old Forcett Road, Dodges Ferry, 7173

Webpage:

okinescommunityhouse.org.au

Facebook:

facebook.com/okinescommunityhouse

Instagram: @okinescommunityhouse

OKINES COMMUNITY HOUSE HOURS:

Monday - 9am to 3pm

Wednesday - 9am to 4pm

Tuesday - 9am to 3pm

Thursday - 9am to 4pm

Friday - 9am to 3pm

OKINES COMMUNITY GARDEN:

Monday - 8am to 1pm

Wednesday - 8am to 1pm

Friday - 8am to 1pm

OKINES FOOD CO-OP:

Sunday - 9.30am to 1.30pm

Tuesday - 10am to 5pm

Friday - 9.30am to 1.30pm

email: okines.food.coop@gmail.com

OKINES BIKE REPAIR SHED:

Monday - 11am to 3pm

Thursday - 11am to 3pm

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. Internet and scanning are free of charge, printing charges as below:

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 us for further details. *Note: you must provide public liability insurance if hiring outside our open hours.*

Trailer Hire:

Okines has a small 6 x 4 box trailer for hire at \$10 per day, some conditions apply. Please contact us

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 contact us.