

THE NSCC NEWS

Meet some of the faces of our community



FIND US ON GOOGLE MAPS

NSCC Newnham: 49 Georgetown Rd, Newnham
63 265506 admin@nscctas.org.au
NSCC Mowbray: Dover St, Mowbray
63 266776 admin@nscctas.org.au
The Shed: 12 Kingbilly Crescent, Rocherlea



The heart of our community



Our Community Newsletter

Hello Everyone,

Welcome to the latest edition of our Northern Suburbs Community Centre (NSCC) newsletter.

At NSCC, we're all about connecting with our community and creating opportunities for everyone to come together, learn, share, and grow. As a proud member of the network of 35 Neighbourhood house throughout Tasmania, we see firsthand just how special the Northern Suburbs community truly is. We're privileged to have so many wonderful local residents actively participating in our programs and projects – it's this sense of togetherness that makes our centres such vibrant and welcoming spaces.

Inside this newsletter, you'll find stories about the amazing work happening across our centres. From gardening and creative workshops to family support and youth programs, our projects and programs are as diverse as the people who walk through our doors. There really is something for everyone.

Our team at NSCC is here to support you, and I can't say enough about how friendly and caring they are. Whether you're looking for help, wanting to join a program, or even just needing a friendly chat, we're here for you.

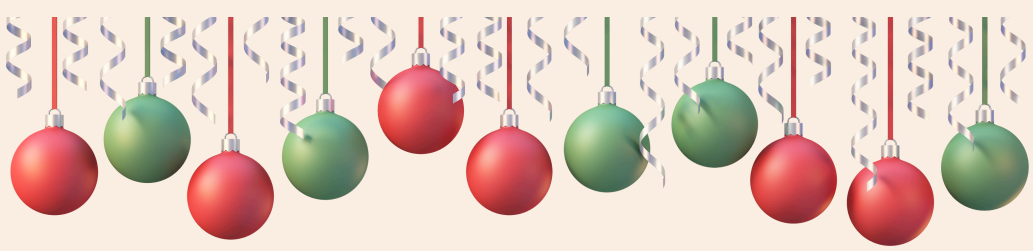
We also have a fantastic range of volunteering opportunities to suit all kinds of schedules. Volunteering is a wonderful way to give back, meet new people, and learn new skills. Whether you can spare an hour or a day, we'd love to have you join our team of incredible volunteers who make such a difference in our community.

The Northern Suburbs is a truly great place to live, filled with resilient, creative, and kind-hearted people. Together, we're building a stronger and more connected community, and NSCC is proud to be part of that journey with you. So, grab a cuppa, have a read, and see all the great things happening at NSCC. We can't wait to see you at one of our centres soon.



Trish and the Team

General Manager NSCC



Christmas Snapshots 2024



Christmas Community Lunch at both NSCC Newnham and Mowbray brought community together. Thankyou to our dedicated Community Lunch volunteers who created a delicious feast for all to share.



Community Carols gave us all the chance to share in some robust carol renditions. A huge Thank you to the Choir of High Hopes who gave up their time to come and lead us all in song.



LEARN TO MACHINE SEW

Every Tuesday at NSCC Mowbray you are welcome to come along and join in this friendly and supportive class and learn to machine sew. You may be a complete beginner who has never touched a sewing machine, or you may have sewing skills but just need a little direction on the project you are working on. Our volunteer Deb will be able to patiently guide you as you work on your creation.

*Beginners Class Only 10am -12 Noon
Come and learn the basics of machine sewing.*

*Advanced Class Only 12.30- 2.30
Come and work on your own projects.*



Loans available up to \$2000



What is NILS ?

NILS is the No Interest Loan Scheme. They help low income Tasmanians get safe, fair and affordable loans No Interest. No Fees or Charges.



Household Essentials like fridges, washers, furniture, bond and rent in advance



Car Care Essentials like registration, tyres and repairs



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



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



Family Violence Support like removal costs and security equipment



Refugee Family Reunion like visa fees and airfares



We are a delivery partner for NILS so once you have registered we can help you complete your application with a confidential interview.



WE DON'T:

- Lend money for food or bills
- Give you cash
- Lend money for second hand goods



To register

www.nilstasmania.org.au or call 1300 301650

COOKING WITH ALLAN

In 2024 Cooking with Allan program commenced at NSCC Mowbray. Participants met each Friday to cook and share a meal together. It was so much more than this simple act of sharing lunch together.

The group were able to

- *Prepare a meal plan together each week.*
- *Learn about budgeting for the meal.*
- *Learn about a meals nutritional needs.*
- *Learn to cook the meal.*
- *Strengthen their social contacts*
- *Share a laugh together and connect with one another.*



Cooking with Allan is back for 2025 and already has several eager participants booked in.

If you would like to **register your interest** simply call our friendly admin team on 63 266776 or admin@nscctas.org.au and leave your details.

Allan will be happy to call you and have a chat about the program

ALL STITCHED UP

All Stitched Up group meet every Tuesday 10am-2pm at our NSCC Newnham site.

Our program is FREE and all are welcome to join us.

We Create to Donate

- Fabric Bags
- Santa Sacks
- Happy Hearts
- Friendly Flowers
- Winter Warmers

Volunteering
Opportunities
Available

Call our friendly reception team on 63 265506 to find out more or email admin@nscctas.org.au

Donations of material are gratefully accepted !





Scams are everywhere, targeting people from all walks of life and costing Australians billions of dollars each year. Whether it's fake emails, unexpected phone calls or online schemes, scammers always find new ways to gain your trust and steal your money or personal information.

But 3 simple steps can help keep us all safe from scammers.

STOP.



Don't Give money or your information to anyone if unsure.

Scammers will pretend to be from organisations you know and trust like businesses, the police, your bank or government services. They will offer to help you or ask you to verify your identity with them

CHECK.



Ask yourself if the message or call is fake

Never click a link in a message. Only contact businesses or government using contact information that you find yourself from their official website or app. If you're not sure, say "NO", hang up or delete.

PROTECT.



Act quickly if something goes wrong.

Contact your bank if you notice unusual activity or if a scammer gets your money or information. Seek help and report the scam to Scamwatch. When you report scams you help us to stop the scam and warn others.

**If you've been affected
Don't be embarrassed about being scammed.**



If you have shared financial information or transferred money, contact your bank immediately. If you have given away your personal information, you can call

IDCARE for help on 1800 595 160.

When you report the scam, the people who read your report understand how you are feeling. You are not alone. Contacting support services can help you understand what happened but also tells authorities about scam activities so they can work on making it harder for scams to succeed.

Help others by reporting scams to Scamwatch

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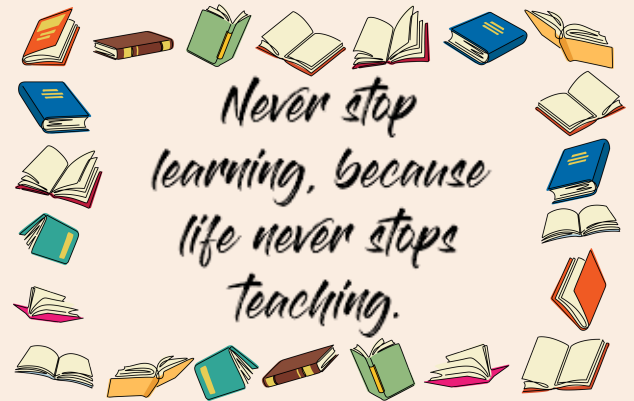
26Ten

26TEN: Supporting Literacy in Our Community!

The 26TEN team has been working hard to help people across the Northern Suburbs with everyday reading, writing, and math skills.

Sharon has been providing one-on-one support in Mowbray and Newnham, working closely with her learners. She's currently at capacity, which shows just how valuable this support is!

Taylor from 26TEN is running the Gear 4 Life program at The Shed. Over 12 weeks, participants come together to explore health and well-being topics, all with a focus on keeping themselves and others safe on and off the road.



Get Digital Ready - Free Help Available!

Digital Ready
/ FOR DAILY LIFE

Need a hand with your phone, tablet, or laptop? Want to learn something new or brush up on the basics? Digital Ready for Daily Life is here to help—for free! If you'd like some one-on-one digital support, just speak to the friendly team at NSCC reception to book a session with Taylor who is available, Monday mornings from 9 AM - 1 PM.

You could learn how to:

- 📱 Use your phone's voice-to-text and text-to-speech features
- 🔧 Explore assistive technology and settings to make your device easier to use
- 📍 Navigate your phone, tablet, or laptop with confidence

No question is too big or too small—come along and get Digital Ready! 💻

Written by Taylor
26 Ten Community Co-Ordinator

COMMUNITY FAMILY WORKERS

Community Family Workers Caz and Deb are here to support families with children 0-12 years.

Caz and Deb have connected so many children to local schools and helped prepare them for their learning journey.

They also provide parenting programs to support mums, dads, carers, grandparents.

They run fun playgroups for families at both Mowbray and Newnham centres. They also provide a host of fun activities and picnic and play in local schools and parks.



Playsteps Parenting Program

This is an 8-week program for parents /carers of children 0-5. We do activities that support bonding you & your child. Learning new skills together in a fun space!

We learn how to look after ourselves & our child with some calming ideas, i.e. baby massage, singing, dancing. A great way to build new friendships & connecting with your community. You will receive a certificate on the final celebration day! Come along and join in the fun !

Wednesdays 11.30 -1pm at NSCC Newnham
Call our friendly team on 63 265506 and they will forward on your details to me so that I can call you back and chat about participating in the program.



Written by Caz
Community Family Worker
NSCC Newnham

DRUMBEAT

Have you heard about our Drumbeat program ?

There is always space for more families to jump in.

Drumbeat is a great family bonding activity. Everybody leaves with smiles and feeling good.

Perfect for burning off extra energy. Get ready to tap into the power of rhythm. It doesn't matter if you are new to drumming or a seasoned pro. A fun activity for all the family. Come and join us on a Thursday afternoon 3.15-4.00pm



MAKE TIME TO PLAY

Make Time To Play

We have moved to Wednesday afternoon. 3.15 to 4.30pm.

Lately the days have been warm, so we have stayed indoors for cooler activities.

This has led to some intense rounds of Uno, with our card sharks honing their skills during the school holidays.

Looking ahead we are planning for more "minute to win it" games and more mad science days.

Our top-secret mission- creating the ultimate slime recipe.

Hope you can join us for fun- 3.15pm to 4.30pm.



**Written by Deb
Community Family Worker
NSCC Mowbray**



LEARNER DRIVER MENTOR PROGRAM

Our L2P program gives learner drivers the opportunity to gain their 80 hours driving experience under the guidance of one of our valued, professional volunteer driver mentors.

We do this by providing a vehicle and matching up eligible people with volunteer mentor drivers who provide supervised on road driving experience.



BECOME A DRIVER MENTOR AND MAKE A REAL DIFFERENCE IN SOMEONES LIFE

By becoming an L2P Driving Mentor you will play a valuable role in supporting learner drivers. If you have two hours per week and would like to make a real difference in another person's life then please come along and chat to us today.

- Mentors are provided with full training and support.
- Mentors do not need to teach learners how to drive.
- Driving practice takes place in a dual control vehicle provided by L2P program
- Volunteering hours are 7 days per week from 7 am until 8 pm

Requirements for mentor volunteers:

- Ability to commit to a minimum of 2 hours per week for up to 12 months.
- Genuine interest in the wellbeing of all people.
- A current driver's licence issued in Australia.
- Willingness to undergo Volunteer processes, including a Working with Vulnerable People check.
- Ability to communicate in (basic) English.

Mani Rai (L2P Co-Ordinator)

Phone: 0415 975 344 / 63266776

Email: l2p@nscctas.org.au

*We ♥ our
Volunteers*

DID YOU KNOW?

You can meet with several visting services here at NSCC



Legal Literacy Volunteers are at our NSCC Newnham site every Wednesday from 10am-12 Noon.

The Friendly team can assist you with

- Referral to a free legal service.
- Help with filling in forms e.g Centrelink
- Reading & understanding a document
- My Gov



Come along and find out more from Vanessa.

NSCC 49 Georgetown Rd

Second Wednesday of every month. 10am-12 Noon

You can drop-in for a chat or make an appointment with

Vanessa 0438 164554



Beau from Services Australia visits our centre fortnightly on Tuesday's.

Beau is the Multicultural Service Officer and can support you with information and help you may need about Centrelink/ Medicare Services

March: 4th, 18th

April: 1st, 15th, 29th

May:13th, 27th

June: 10th, 24th

July:8th, 22nd



August: 5th, 19th

September: 2nd, 16th, 30th

October:14th, 28th

November: 11th,25th

December: 9th, 23rd



**Moreton Group
Medical Services**

*Moreton Group Medical Services is a NO COST to the patient healthcare mobile clinical service
We provide interim health care until you can see a regular GP, specifically for those who are experiencing homelessness or who are vulnerable*

Services include most GP-like services including:



Scripts



Xray's



Bloods



Referrals



Health Checks

NSCC Newnham, 49 Georgetown Rd
6pm-9pm on Tuesday evenings (fortnightly)

March: 11th, 25th

April: 8th

May:6th, 20th

June: 3rd, 17th

Walk In Service



The Buzz from the



FARM

Exciting Progress on the FaRM Project. The Food and Resilience Movement (FaRM) is thriving, (pardon the pun) and we're excited to share the latest updates on this incredible social enterprise project funded by the Tasmania Community Fund.

FaRM is a joint venture between Northern Suburbs Community Centre (NSCC) and Starting Point Neighbourhood House (SPNH), and we are so grateful to the City of Launceston for providing us with a large site at the Dover Street Reserve. This space has been instrumental in helping us get this project off the ground.

We also have our community gardens at Newnham and Ravenswood that volunteers meet weekly to garden, share knowledge, skills and make new friends.



At our Mowbray site, we've begun putting up fencing – a significant milestone for creating a thriving space where we can grow fresh, affordable food. Our ultimate goal is to increase job opportunities, and we are passionate about improving access to good food, especially as fresh produce becomes increasingly expensive.

To celebrate and meet with the community, we'll be hosting weekly BBQs at our Mowbray Centre. These BBQs are a fantastic opportunity to learn more about the project, lend a hand, or simply enjoy some good food and great company. Whatever time you can give – whether it's an hour a week or a month – every little bit helps.

Our wonderful gardener, Jay and Project officer Fran, along with our dedicated volunteers, would love to welcome more community members to get involved.



FaRM also offers training opportunities, but the best part of the project is the amazing sense of community it fosters.

So many people involved in FaRM are passionate about making our little corner of the world a better place to live. Along the way, they're making new friends, sharing knowledge, and enjoying plenty of laughs. Who could ask for more?



A huge thank you to all the incredible volunteers from both NSCC and SPNH. Your dedication and hard work are helping us grow fresh food and create positive change in our community.

For more information or to get involved, please contact us. Together, we're growing more than food – we're growing a stronger, healthier, and more connected community.

The FaRM Project Team



If you're a local business looking for an inspiring project to support—one that helps build our local economy while also offering tax deductions—look no further.

NSCC has Deductible Gift Recipient (DGR) status, meaning every dollar you donate is tax-deductible. It's like the gift that keeps on giving, benefiting both our community and your business.

If you would like to find out more about our DGR status or to make a donation simple contact our GM Trish O'Duffy on 62 265506 or email manager@nscctas.org.au





In December 2024 NSCC hosted a Jane Austen Festival People attending this special day enjoyed stepping back in time with activities which included:

- Regency Photo Booth*
- Brooch Making*
- Fan Making*
- Card Making*
- Croquet and Quoits*

If you missed out on all the fun, don't worry, we may even host another one this year!



"I wish, as well as everybody else, to be perfectly happy; but, like everybody else, it must be in my own way."

JANE AUSTEN



Congratulations!

Congratulations to Shirley who was the lucky winner of our riddle competition in our last Newsletter. Thank you to everyone that entered.

- 1 What occurs once in a year, twice in a week, but never in a day?
The letter "E"
- 2 I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I? **A Map**
- 3 I have branches but no fruit, trunk or leaves. What am I? **A Bank**
- 4 What has a head and a tail, but no body?; **A Coin**
- 5 What is always coming up but never arrives? **Tomorrow**



CHECK THIS OUT

We have many new programs, activities and events coming up across our 3 sites. Keep an eye out on our FB Page and website. Or give Mary or Trish a call on 63 265506 to find out more.

- *Bicycle Repair Cafe at The Shed*
- *Youth Week Celebration- Torrents St Park, Mayfield*
- *Neighbourhood House Week*
- *Volunteer Week*
- *Family Fun Day's*
- *FARM BBQ's*

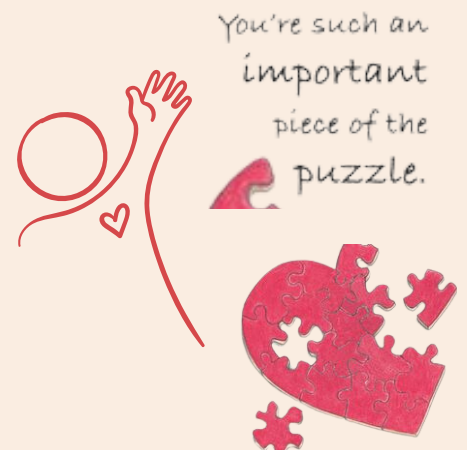


INTERESTED IN VOLUNTEERING ?

If you have a few spare hours in your week and want to be part of our dynamic team then give us a call on 63 265506 and ask to speak to Trish or Mary.

We would love to welcome you to our garden, kitchen or van driver teams.

You might have a skill that you would like to share as a volunteer, all you have to do is take that first step and call us.



Did You Know?

NSCC ALSO OFFER PROGRAMS FROM OUR ROCHERLEA SITE THE SHED



12 KINGBILLY CRESCENT, ROCHERLEA

THE SHED

We welcome outside participants to join in our workshop activities.

Monday, Tuesday, Wednesday
9.30 am-2.30 pm

Call in to The Shed to talk with the group and find out more !

The team also take orders for custom made projects for individuals and organisations.



We are thrilled to introduce **Carl**, our new Shed Project Officer, who joins our dedicated Community Shed team. Carl will be working on Mondays, Tuesdays, and Wednesdays alongside our incredible volunteers: Greg (Shed Coordinator), Richard, Malcolm, Ezra, and Joe.



The Community Shed is a vibrant and friendly space where you can try your hand at creative woodcraft projects, meet new people, and enjoy the welcoming atmosphere.

Carl brings a wealth of experience and practical skills, paired with a genuine passion for helping individuals develop new skills. Whether you're a seasoned woodworker or trying it for the first time, Carl and the team are here to support and guide you every step of the way.

We invite you to come along, say hello, and get involved. Whether you're keen to start a project or just curious about what the Shed has to offer, everyone is welcome. Let's make, create, and connect together.

We can't wait to see you at the Shed.



PEEPS

After School Youth Program

For young people aged 10-17 Years
A safe space to hangout each week
Activities, Games, BBQ

Monday's 3.15-4.30 pm

*The 1st Monday of every Month PEEPS
will be held at NSCC Dover St*



Thank You

We would like to give a huge shout out of thanks to **ADRA Op-Shop** for their kind monetary support for PEEPS that provides us with delicious, healthy after school snacks.



We're excited to introduce **Con**, our new Community Project Officer, who has hit the ground running supporting the long standing programs that we have on offer for the young people in our community .

Con is teaming up with Caz to deliver dynamic programs like PEEPS—our after-school youth program—and Children's University, sparking creativity and curiosity in young minds. Con is also working with Taylor to run the Gear4Life program, helping to build confidence and life skills for people getting ready to undertake their motorcycle licensing test.

Con is passionate about making a difference and loves working with the community. We're thrilled to have such an energetic and caring addition to our team.

WELCOME



Children's University 3-4.30pm

Thursday's 3.30-4.30 pm

Learning hub for children aged 6-14.

Children under 10 must be accompanied by and adult
Fun games, mind games and experiments, surprise activities and much more!

To find out more

Contact us on 63 265506 or admin@nscctas.org.au



Random Act of Kindness

The amazing team at The Shed have made this stylish, sturdy and easily accessible raised garden bed and would like to donate it to someone in their local community.

The team have asked that we invite you to commit a random act of kindness and nominate someone, who you know would like grow a small vegetable garden of their own, but has limited space to do so.

Simply call our friendly team and give us the name and contact details of the person you are nominating and why.

Names will go into a draw to win

Call 63 265506 or email admin@nscctas.org.au

Winners Drawn Monday 28th April



Late last year NSCC Staff and Board of Management enjoyed a team building day at The Shed.

It wasn't a relaxing spa day or pampering massage session.....it was so much better than that!

The Team at The Shed had planned a day of constructive team building for us instead. We were put to work in teams to build a garden bed . Some of us had not used power tools or a drop saw before so at the end of the day felt very proud of our creations.

The garden beds are all now being used at our Mowbray site in the garden.

What a brilliant day!



All our regular programs and activities that we offer.

Newnham 📞 6326 5506

49 George Town Road, Newnham

admin@nscctas.org.au

MONDAY

Connected Women Program

11am-1pm

Red Cross program welcoming Migrants and building social connection through friendship.

TUESDAY

All Stitched Up 10am-2pm



Come along and get crafty with us and create to donate.

Micro-Lunches 12-30pm

Come along and join us for a free weekly lunch alternating with BBQ and Indian cuisine.



WEDNESDAY

Goldie's Group 10- 11.30am

Craft, Activities, Games
Chance to connect with others.



Launceston Legal Literacy Centre

10am-12pm

Help filling in documents.
Drop-In service.



Community Lunch 12.30-1.30pm

Join in a 2 course lunch- \$5
Great way to make new friends.



Baby Bugs 1-2pm

Playgroup for caregivers and their families to learn together.



FRIDAY

Come along & be crafty

10.30-11.30am

Creative and fun craft projects with all materials supplied.



Macrame 11.45am-12.45pm

Come and make handcrafted items for yourself or to give as gifts.



Boomerang Bags 1.30-3.30pm

Create & sew re-useable shopping bags. Connect with others & develop new skills.

DON'T FORGET

These are our regular weekly programs. There are many other programs and activities on offer. Keep an eye out on our website or Facebook Page for program updates.

MONDAY

Tai Chi- 10am-11am

Improve your balance, flexibility with our friendly class.

Modernism Art 11am-12 Noon

Discover techniques of Art History.



Craft- 1pm-2.30pm

Fun with Scrapbooking. \$3

TUESDAY

Learn 2 Machine Sew 10am-1.45pm



Come and learn how to sew with a sewing machine. Complete simple projects & even design your own.

WEDNESDAY

Hairdresser Visit 9.30am-1pm

Affordable Haircuts for Everyone!

Last Wednesday of every month.

Nail Gel, Face Waxing, Eye

Lash/Eye Brow tint also available.

Call us to book your spot today!



Snag Chat Van attends monthly
2nd Wednesday of every month.

THURSDAY

Mahjong 10am-12pm

Come and play a friendly game of Mahjong over a cuppa & chat.

Landscape Art 11am-12pm

Learn the basics of painting landscapes.



Community Lunch 12.30-1.30pm

Join in a 2 course lunch- \$5

Great way to make new friends.

FRIDAY

Snag Chat Van



Outdoor Games 12- 1pm

Join us for a sausage, chat & games.

Last Friday of every month.

Cooking With Allan

Cook and share a meal together and develop new skills.

No Walk In- Register your interest with us instead.



Learner Driver Mentor Program

For Learners who need 80 hours of road experience.

Call Mani or Admin on 6326 6776

Wed, Thurs, Fri 8.30 am- 2.30 pm

Keep updated with all our NSCC activities by checking out our website or Facebook page.

www.nscctas.org.au

If you would like to receive our Newsletter via email contact Mary on am@nscctas.org.au