



The Community Services team welcome you to the 43rd edition of the Community Services Newsletter. In this edition we celebrate Australia Day Award recipients, work on our mental health, and look at upcoming events!

Have information to share with the community? Please do not hesitate to send us an email at marketingandpromotions@devonport.tas.gov.au

We would love for you to share the information or Newsletter with your friends, networks and community groups. You can subscribe by using the subscription button on the Council Website [here](#).



U p c o m i n g e v e n t s

- 4 Feb - [Twilight Market & Street Eats](#)
- 9 Feb - [Provide First Aid](#)
- 9 Feb - [North West Film Society - Pig](#)
- 12 Feb - [Spreyton Harvest Fest](#)
- 13 Feb - [Kite Festival and Teddy Bear Fly-in](#)
- 17-20 Feb - [Camp TANGO - North West Tasmania](#)
- 18 Feb - [Treasured Lives: supporting older Tasmanians living with hoarding NW](#)

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25 Feb - [Connecting Carers](#)
 26-27 Feb - [Devonport Triathlon](#)
 27 Feb - [Music in the Garden](#)
 4 Mar - [Twilight Market & Street Eats](#)



Regular events

- Every Monday and Tuesday 9.30am - [The Community HUB - Pathway to Life](#)
- Every Monday 6pm - [Rotary Club of Devonport](#)
- First Monday and third Thursday 7pm - [Mersey Devonport Lions Club](#)
- Every Tuesday, Wednesday, Thursday of the School Term - [Ageing Stronger, Active Longer](#)
- Every Tuesday 1.30pm - [East Devonport Child and Family Centre](#)
- Every Tuesday of the School Term 3-4.45pm - [Arvos @ The Junction](#)
- Every Tuesday 6.15pm - [Rotary Club of Devonport South East](#)
- Every Tuesday 7.30pm - [City of Devonport Brass Band Senior Band rehearsal](#)
- Second Tuesday of each month 7.30pm - [Devonport Garden Club](#)
- First Tuesday of each month 6.30pm - [Inner Wheel - Mersey](#)
- Second and last Tuesday of each month 2-4pm - [Friends of the Don Reserve](#)
- Second and fourth Tuesday of each month 6.15pm - [Spirit of Devonport Toastmasters Club](#)
- Second Tuesday of each month 7.30pm - [Devonport Garden Club](#)
- First Wednesday of each month 6pm - [Soroptimists International Devonport](#)
- Every second Wednesday 10am-midday - [Reflections Dementia Friendly Cafe](#)
- First Thursday of each month 5-6.30pm - [Hearspace, Face to Face Safe Space Peer Support](#)
- Every second Thursday times vary - [Salvation Army Companion Club](#)
- Every Thursday 6pm - [Rotary Club of Devonport North](#)
- First Thursday of each month 6pm - [Zonta Club of Devonport](#)
- Every Friday 4-7pm - [Salvation Army Craft Group](#)
- Second Friday evening of each month - [Providore Place Twilight Markets](#)
- Sundays 8am - 2pm - [Don Markets](#)
- First Sunday of each month 2pm - [International Cafe Devonport](#)

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Media Releases

- 18 Jan - [Mayor's Message](#)
- 19 Jan - [Don Reserve Playground off to a flying start](#)
- 20 Jan - [Solar panels to reduce costs, carbon footprint](#)
- 25 Jan - [2022 Devonport Australia Day Award winners](#)
- 28 Jan - [\\$25 million funding pledge for sports infrastructure](#)
- 3 Jan - [Diamonds of Devonport ambassador shines](#)
- 3 Jan - [Devonport community invited to submit ideas](#)



COVID prepared

Be COVID prepared

If you test positive to COVID-19 (you have COVID-19) and need to isolate, it may be too late to get the essentials in order. Be prepared and do what you can now.

Your kit should include:

- a thermometer
- pain relief
- your regular medications
- a plan for who can look after your children, pets, or people in your care only if you have to go to hospital
- face masks, hand sanitiser and gloves
- a plan for how you'll get food and essentials for two weeks such as frozen meals, long life milk, and supplies and food for your pets. If possible, arrange a friend or family member who doesn't live with you to shop for you and leave it at your door

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- a COVID Care Plan in case you get COVID-19. You can give it to your health worker or doctor if you need to go to hospital.



COVID prepared

Devonport Children's Vaccination Clinics

February COVID-19 Vaccination Clinics for 5-11yo Children have scheduled for Devonport. Book online now, or call the Public Health Hotline 1800 671 738 (Walk-ins also welcome)

Sunday, 6 February 9am - 3.30pm

Location: paranaple convention centre

Sunday, 12 February 9am-4.45pm

Sunday, 19 February 9am-1pm

Sunday, 26 February 9am-4.45pm

Location: The Don Centre

Book online: www.coronavirus.tas.gov.au/vaccination-information/covid-19-vaccination/where-to-get-a-vaccine



Online COVID Survey

Online COVID 'Omicron' Survey

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December 15, 2021?

Health Consumers Tasmanian want to know how you've been affected by coronavirus in recent weeks, so they can take your thoughts and views to decision makers and the government.

Here's the link to their online survey - <https://www.surveymonkey.com/r/36KS26S>



The Tasmania Project

The Tasmania Project - Survey

[The Tasmania Project](#) has launched a focused survey on work for Tasmanian residents aged 18 years and over.

We want to understand Tasmanians' experiences and opinions of work during COVID-19 and beyond so we can continue to inform Tasmania's response and recovery. This survey also includes questions to understand what is preventing people from (re)engaging in the workforce since COVID-19 started impacting Tasmania. The findings will be shared with Live and Learn Devonport to inform activities aimed at (re)engaging people in employment.

Survey: www.surveymonkey.com/r/TTP_Work

The survey will take approximately 15 minutes to complete.

Individuals unable to complete the survey online can call [\(03\) 6226 7542](tel:0362267542) and leave their name and phone number. A member of our team will be in touch to help them complete the survey.



H u m a n T o u c h

Importance of Human Touch

In this time of social distancing, one thing we can miss is touch. As humans, touch is an important part of our emotional and social wellbeing.

So what are some ways to ease the difficulty of not having this closeness?

- Have a shower or warm bath.
- Cuddle a pet... or ask to take a friend's dog for a walk.
- Don't just check in with someone who lives alone, ask how they are in a deep and real way. That might take 15-20 minutes of talking.

Find out more in this TED Talk from neuroscientist Helena Wasling: TED

Talk: <https://youtu.be/omIWt3xq648>

TED Ideas article *Humans are meant to be touched - so what happens when we aren't?*: <https://ideas.ted.com/we-are-made-to-be-touched-so-what-happens-when-we-arent/>

Thank you to Healthy Tas for the above information and highlighting this article: www.facebook.com/healthy.tas



C o m m u n i t y G r a n t s P r o g r a m

Council's Financial Assistance Scheme

The Community Grants Program supports community organisations for one-off projects, events and activities.

Applications close 28 February 2022. Find details and the online application form on Council's website: www.devonport.tas.gov.au/live/your-community/grants/major-minor-grants/



Tasmanian Community Fund

Tasmanian Community Fund visits Devonport

Tasmanian Community Fund staff will be in Devonport mid February. This is an opportunity for groups who would like to meet with a TCF staff member in person. Groups may wish to discuss their project idea or get some one-on-one assistance with SmartyGrants.

Your group can discuss a project idea for the current Workforce Engagement and Improving Wellbeing grant rounds or something that you are thinking about in preparation for a future round.

Staff will be in Devonport on 17 February, to make an appointment please phone the Tasmanian Community Fund Office on 03 6165 8333. Venue details will be provided at the time of your booking and with your appointment confirmation.



Nominate a Diamond

Nominate a Diamond Today!

Since its inception in 2012, Diamonds of Devonport have recognised the efforts of

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Nominate someone today for the 2022 event.

Nominations for close Monday, 7 February 2022, find the online form on Council's website:

www.devonport.tas.gov.au/live/your-community/community-services/diamonds-of-devonport/

2022 Ambassador

Devonport business woman Carla Pizzirani-Rand is honoured to be this years ambassador. The owner of the Face Bar hopes to inspire the next generation.

2022 Diamonds of Devonport Event

This year's finalists will be acknowledged at a cocktail event held on Tuesday, 8 March at 6pm at the paranapple convention centre. Tickets will be available from Tuesday, 8 February 2022 via Devonport tickets, a link will be available here:

www.devonport.tas.gov.au/live/your-community/community-services/diamonds-of-devonport/



V o l u n t e e r i n g A w a r d s

2022 Tasmanian Volunteering Awards

The Tasmanian Volunteering Awards 2022 are now open for nominations! After another challenging year for many people, there is no better time to thank, recognise, and acknowledge the incredible efforts of volunteers. Their contributions keep Tasmanian communities supported and connected. Nominations are open until Midnight 14 March 2022.

To nominate: www.volunteeringtas.org.au/2022-tasmanian-volunteer-awards/

Devonport City Council is encouraging residents to have their say and put forward their ideas for projects and initiatives as part of the 2022/23 budget consultation process.

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Customer Service Centre or in writing to PO Box 604, Devonport, Tas, 7310.

Submissions can be made until 5pm on Friday, 25 February 2022.



Australia Day

2022 Devonport Australia Day

Devonport City Council welcomed a record 43 new citizens and honoured Australia Day Award winners at a ceremony held at the paranapple convention centre on 26 January 2022.

Devonport Mayor Annette Rockliff presented the following awards:

- Citizen of the Year Award: Dr Catherine Broun,
- Young Citizen of the Year: Emma Evison, and
- Community Event of the Year: Devonport Poultry Club 67th Annual Show.

Find more details here: www.devonport.tas.gov.au/2022-devonport-australia-day-award-winners/

Congratulations to all nominated!



Bat discovery nights

Bat Discovery Nights

During the session held Monday, 31 January the group hoped to spot two bat species in Kelcey Tier, but actually got to visually identify four species and audio recorded five!

We have managed to schedule two more visits with Lisa in March. These sessions are currently full, but let us know if you would like to join the waitlist by sending an email to: council@devonport.tas.gov.au



S u m m e r c l e a n o u t

Chemical Disposal

Households across the Cradle Coast can safely clean out old and unwanted laundry, hobby, home and garden chemicals and bring them for safe disposal at a series of Waste Transfer Station events this Summer.

Unused chemicals pose a risk in landfill and are not permitted in kerbside recycling. These free events are the best way to dispose of household chemicals that are no longer needed or are beyond their use by date.

Items accepted at the events include:

- solvents and household cleaners;
- floor care products;
- ammonia-based cleaners;
- pesticides and herbicides;
- poisons;
- pool chemicals;
- hobby chemicals; and
- acids and alkalis.

Devonport date: Sunday, 19 February 2022

Time: 10am-2pm

Location: Spreyton Waste Transfer Station



M e n t a l H e a l t h

Mental Health

New online and telephone mental health services for Tasmanian adults

Remedy Healthcare will now deliver free telephone and online services to support adult Tasmanians with or at risk of mild mental illness, supported by Primary Health Tasmania.

MindStep and Healing Minds will increase the support options available to adult Tasmanians with mild mental illness, including people with anxiety and depression, experiencing isolation, in rural and remote locations, and affected by pandemic-related isolation and bushfires. It includes a culturally informed service for Aboriginal and Torres Strait Islander people.

The services involve one-on-one assessment, coaching and follow-up sessions, with the MindStep telephone service running over six months for each patient and the MindStep online service lasting up to three months.

Contact MindStep on 1800 322 278 or visit the website: www.remedyhealthcare.com.au/mindstep

A Tasmanian Lifeline

A Tasmania Lifeline has been designed to support people experiencing psychological distress because of COVID-19 as well as a call out / reach out service to connect with those who need support.

The service is available from 8am to 8pm daily.

Contact Tasmanian Lifeline on 1800 984 434

Lifeline's 13 11 14 crisis support line is still also available 24/7.

Minding Your Business - Mental Health Training

Lifeline is offering FREE mental health training.

For small business, or larger businesses in the Tasmanian Tourism or Hospitality sector.

Mental Health Boost - 1 hour

Accidental Counsellor - 3 hours

Find out more here: www.lifelinetasmania.org.au/minding-your-business



Seniors

Seniors

COTA Tasmania is undertaking community consultation activities to support the development of the next Strategy for Older Tasmanians.

COTA want to H.E.A.R how you stay Healthy, Engaged and Resilient as you age. They have developed a short survey to reach as many Tasmanians as possible, alongside holding in person events and activities with community partners across the state.

Whether you are 40, 75 or 105 years of age (or any age in between!) what are your experiences of ageing in Tasmania?

- What does ageing mean to you?
- Can you access the services and supports you need?
- What do you think Tasmanian's need to age well?

You can contribute by:

- Completing the [survey](#) – whether you have 2 minutes or 10 minutes to spare they would love to hear your views
- Phone or email COTA to have a hard copy of the survey posted to you – 62 313 265 / admin@cotatas.org.au
- Text your thoughts of what healthy ageing means to you to 0477 011 112
- Join in an online community discussion (Dates to be confirmed in April and May)

COTA staff are collaborating with community organisations, neighbourhood houses and Councils to arrange in person events and activities in COVID safe environments. If you'd like to support COTA to reach Tasmanians in your community group please contact Brigid on brigidw@cotatas.org.au or 03 6231 3265.



F a m i l i e s

Families

New Baby and Me Group

A babies group for first time parents of babies under 3 months based in Devonport. The group will consist of up to 12 parents and run over 6 weeks. Topics covered include: Baby brain development; Self-care and nutrition; Infant massages; Connecting with your baby; First 1000 days. A child health nurse will attend at different times to answer your questions.

Starting on Wednesday 19 January (following sessions: 16 Mar, 11 May, 13 July, 7 Sept, 2 Nov 2022)

10am -12pm

At the East Devonport Child and Family Learning Centre, 40 Drew Street, East Devonport.

Bookings are essential by phone 1800 243 232 or the Anglicare website: www.anglicare-tas.org.au/

Turning in to Teens

This parenting program is designed to prepare and support caregivers that have children that are currently (or will be) experiencing adolescent issues and concerns as they get older. This program aims to provide helpful ways of teaching pre-teens the skills of emotional intelligence. It helps parents/caregivers to recognise, understand and respond to emotions in a supportive way.

A six session parenting education program for parents/caregivers of children aged 7+ Starting on Monday 14 February

11am-1pm

At the Salvation Army, 166 William Street, Devonport

For further information or to make a referral for the course contact Doorways to Parenting on:

Marni: 0408 880 624

Madi: 0418 207 310

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Y o u t h

Youth

Reconnect Youth Service - North West Tasmania

Reconnect can help 12-18yr olds having problems at home. Those who are worried about being kicked out or have been kicked out by:

- providing counselling and mediation
- assistance to work on stable living arrangements
- help to work things out with family or any other relationship concerns
- support to stay in school even when it gets tough
- checking out training options
- assisting to get income support if your eligible.

Call Reconnect 1800 243 232 or email us at connectsupport@anglicare-tas.org.au

Youth Navigators Program - career and transition support to Year 12 students

In response to interruptions learning due the COVID-19 pandemic, the Tasmanian government is providing additional support to Year 12 leavers from 2020 and 2021 across Tasmania.

This is a free, confidential one-on-one service, aimed to assist young people and their parents with the decision-making process of what to do after year 12 ends.

Contact Leanne, Youth Navigator with YFCC by email leannec@yfcc.com.au or call 0460 632 688 or visit:

www.youthnavigators.com.au

2022 Tasmanian Youth Forum topic

Tasmanian Youth Forum (TYF) is one of Tasmania's largest youth consultative events for young people aged 12-25 years. TYF brings together young people from around the State to share their views and opinions on youth issues, as well as ideas and solutions for improving outcomes for young Tasmanians.

Forums are topic based, with a different topic selected each year based on what young people want to discuss and see action on.

YNOT is seeking feedback from young people aged 12-25 years on what they think should be discussed at TYF 2022. The survey should take less than 5 minutes and participants can enter the draw for a \$25 e-gift voucher for having their say.



Bass Strait Maritime Centre

Bass Strait Maritime Centre

[INSTRUMENTAL: Navigating and Communicating on the High Seas](#)

For over 120 000 years, people have set oar and sail to new homes. These great migrations began with the exploration of rivers, lakes, and oceans. Navigating these waters was a skill using memory, mathematics, and science. Clever people developed knowledge and tools to measure and track their environment. Here, we explore the histories and ways of using the navigation and communication instruments from our collection.

December 2021 - July 2022



Devonport Regional Gallery

Devonport Regional Gallery

[Art of Abundance](#)

Works from the DCC Permanent Collection
 paranaple arts centre Foyer Space
 20 January - 26 February 2022

[Lindy Lee: Moon in a Dew Drop](#)

Artist: Lindy Lee
 Main, Upper & Little Galleries

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[Little Gallery Emerging Artist Program](#) 2022 Selected Artists:

30 April – 28 May: George Kennedy

16 July – 20 August: Luke Viney

27 August – 24 September: Jane Menzies

1 October – 29 October: Stephanie Reynolds

5 November – 3 December: Elizabeth Braid

10 December – 14 January: Armie Sungvaribud



Council Meetings

Council Meetings

Council meetings are held on the fourth Monday of each month, in our Council Chambers In the Aberdeen Room, level 2, paranaple centre, 137 Rooke Street Devonport, starting at 5.30pm. Meetings will continue to be livestreamed on [Council's YouTube channel](#) for those who are unable to attend the meeting, and a link will be available the following day on Council's website: www.devonport.tas.gov.au/council/council-meetings/

- Monday, 28 February 2022 | 5:30pm
- Monday, 28 March 2022 | 5:30pm
- Tuesday, 26 April 2022 | 5:30pm
- Monday, 23 May 2022 | 5:30pm
- Monday, 27 June 2022 | 5:30pm
- Monday, 25 July 2022 | 5:30pm
- Monday, 22 August 2022 | 5:30pm
- Monday, 26 September 2022 | 5:30pm
- Monday, 24 October 2022 | 5:30pm
- Monday, 28 November 2022 | 5:30pm
- Monday, 19 December 2022 | 5:30pm

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