

Deloraine House

February
2025

& Meander House



Deloraine House 112 Emu Bay Road, Deloraine - Open 10am to 4pm Monday to Friday - 0363 622678
Meander House 137 Main Road, Meander - Open 10am to 4pm Tuesday to Thursday - 0478607272



www.delorainehouse.org.au



Keep up to date via our Facebook page

Deloraine and Meander House News

We are back in full swing with all services now back at the house. We welcome back Debbie our fearless leader from holiday visiting her beautiful children and grandchildren in sunny Queensland. We thank Ros for holding down the fort in Debbie's absence. We also welcome back eating with friends Monday the 3rd of February at 12pm. \$10 a meal. Come and join and make some new friends. Please ring 6362 2678 to book.

No Interest Free Loans Scheme (NILS) is moving over to a new system and will be unavailable until February 7th. Please remember to apply online via nilstasmania.org.au before booking an appointment with us.

Meander House is trialing opening the Meander Op shop EVERY SATURDAY FOR THE MONTH OF FEBRUARY 10-2pm!!! How exciting is that! please stay tuned for more updates. At this stage it is a trial for the month of February. If you would like to volunteer at Meander Op Shop please call 0478 607 272 to discuss.

Happy Chinese New Year!

As I write the February newsletter (January 29th) we recognise and celebrate Lunar New Year! Lunar New Year, also known as Chinese New Year, is a special celebration that marks the beginning of a new year on the lunar calendar. It usually falls between January 21 and February 20. Families gather to honor their ancestors, share delicious meals, and exchange gifts, particularly red envelopes filled with money for good luck. Festivities include colorful parades, traditional dances, and fireworks. Each year is represented by an animal from the Chinese zodiac, such as the rabbit or dragon, bringing unique qualities and traits for everyone to enjoy. 2025 is year of the SNAKE!



FREE BAKERY ITEMS WEEK
DAYS

Generously donated by
Town Cafe, Woolworths
Deloraine and Elizabeth
Town Bakery Cafe



DELORAINÉ HOUSE INC



Neighbourhood Houses
Tasmania



Tasmanian
Government



Meander Valley Council
Working Together

COMMUNITY GARDEN NEWS

Peas, Peas, Peas

We have grown a substantial crop of peas at Meander House and we need your help! Please come and pick a bucket for you (\$5 donation) or pick a bucket for the House, at the same time and your peas are FREE
Open 10am-4pm Tues-Thurs or call us on 0478 607 272 to make alternate arrangements



FREE BUCKET FOR YOU
Just pick your own bucket \$5 per bucket



Pea picking in full swing at Meander House!



Gordon getting the mowing done! We have many volunteers that contribute to the maintenance of the house and gardens and we appreciate the hours people give up to help out. From mowing to mulching it all helps!



Deloraine Community Garden located in Pultney St is open to drop in Wednesdays 10am to 2pm. Meander and Mole Creek Community Gardens are open 7 days a week - Come see what we are doing and join the fun!

Looking to have some fun? Make new friends? Relieve stress? Come along to the house and join in with one of the activities already on offer - or if there is nothing you enjoy, why not start a new group and gather like-minded people together! Come in and have a chat with our community connector Natasha if you have an idea for a group or activity you would like to come and do.

February Schedule

MONDAYS

Monday
Quirky Quilters

9th & 23rd
10am - 1pm

Eating With Friends
(Community lunch)
\$10 for two courses

TUESDAYS

Tuesday
Quirky Quilters

Every Week
10am - 1pm

Spinners Group

3rd & 17th
10am-2pm

Heart Foundation Walking Group
Every week
9am - 10am

WEDNESDAYS

Community Garden Open
Every Week
10am - 2pm

Meander Playgroup
Every Wednesday
10am - 12noon

Tai Chi
Every Week
10:30 - 11:30am

THURSDAYS

Heart Foundation Walking Group
Every week
9am - 10am

Big Hearted Yoga

(cost involved, bookings essential
moondakini@hotmail.com)
6.30pm - 8.00pm

FRIDAYS

Social Craft Group

6th & 20th
10am - 12noon

Unless otherwise specified, all activities are free and you can just drop in and join in the fun on the day

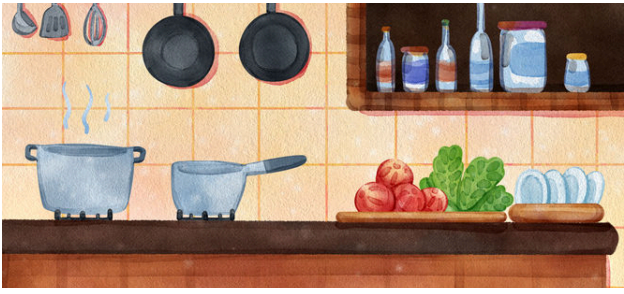


Looking for an opportunity to meet people, learn new skills and contribute to your local community in a meaningful way? Talk to us about Volunteering today!



What is a Community House?

"Neighbourhood Houses are places where people come together and find support, belonging and purpose as they work together to support their local community and make a real difference in people's lives. Houses are run by the community, for the community and offer a wide range of programs and activities for local people."



We are looking for people who can spare some time to volunteer in our kitchen to cook meals for our freezer meal program

Here at Deloraine House we offer low cost, nutritious frozen meals for the community that just need to be popped into the microwave to be heated up. They are available to all but especially needed for those who find it difficult to cook for themselves. The meals are cooked in bulk and portioned up and frozen and can be as simple or as fancy as you feel like making. If you feel like this could be you, please pop into Deloraine House for a chat and more info :)



Frozen meals available for the community to purchase from Deloraine House \$5 and under



DELORAINE HOUSE INC



Help support the local community work we do

Becoming a member of Deloraine and Meander Houses not only supports us to support community but entitles you as a member to perks such as:

- Discounted room hire rates
- The opportunity to attend the AGM
- The option of nominating to the Board of Governance.
- Invitation to members only events

Annual Prices

- Single - \$12.00
- Family/Community Group - \$18.00
- Business - \$36.00

Fill out and return to Deloraine House along with payment

Date:	
Name:	
Contact Name (if organization):	
Address:	
Phone:	
Email:	

Eating with Friends

Join us at Deloraine House on Monday the 3rd of February at 12 noon for a social two course meal. \$10 per person.
RSVP on 63622678

Memories are made when gathered around the table



A free learner driver mentor program

Supporting learner driver experience

Volunteer supervisors provided



Wheels4Work Outreach is available via Deloraine Neighbourhood House.

Contact the Outreach Coordinator Rick Mansfield on 0459 591 567

or email w4w.outreach@ravenswoodnh.org for further information



Beaconsfield
Neighbourhood House



DELORAIN **HOUSE** INC
THE HEART OF OUR COMMUNITY

ROAD SAFETY ADVISORY COUNCIL
TOWARDS ZERO

filling fast!!

● Deloraine House Presents

The Accidental Counsellor Workshop



Delivered by Lifeline, the workshop is aimed at those who would like to be able to safely and effectively support friends, family, work colleagues and strangers who are in distress or experiencing a crisis. By the end of this training participants will be able to

- Apply the principles of Recognise, Respond, Refer
- Demonstrate key crisis communication skills
- Confidently and safely ask about suicide
- Create a meaningful self-care plan

Date/Time

● Wednesday 19th
February, 2025

● 10:00am - 1.30pm

Location

● 110-112 Emu Bay
Rd, Deloraine

Cost

● FREE



**Limited Places.
Secure Your
Seat Here!**



admin@delorainehouse.com.au

Youth Participation

Strengthen your organisation's capacity to work with young people.

Are you looking to grow your knowledge or expand your skills in youth participation and engagement?

This free, 3 hr workshop is designed for staff, team leaders and managers working in local government and community sectors. Gain confidence and knowledge in evidence-informed, best-practice youth participation to meet Child and Youth Safe Standards.

What you will learn:

- Benefits and challenges of youth participation
- Ways you can engage young people in your organisation's work
- Pros, cons and good practice of different engagement methods
- Setting up genuine, ethical and inclusive youth engagement activities
- Explore different youth engagement tools and activities.

Network with peers, build practical skills, and support better engagement of young people in your organisation.

Upcoming workshops in 2025!

Burnie - Wednesday 26 February, 11:30AM-2:30PM

Launceston - Thursday 27 February, 9AM-12PM

Hobart - Thursday 6 March, 9AM-12PM

Queenstown - Tuesday 15 April, 1PM-4PM

Rosebury - Wednesday 16 April, 10AM-1PM

Devonport - Thursday 17 April, 9AM-12PM

Scottsdale - Wednesday 21 May, 1PM-4PM

Deloraine - Thursday 22 May, 11AM-2PM

RSVP here!



<https://www.eventbrite.com/cc/youth-participation-workshops-3951743>

Want to know more?

Contact YNOT Project Manager, Jo Horton
jo@ynot.org.au | 0488 235 511 | www.ynot.org.au

Services and Activities on offer

Meander House

Meander Playgroup

Every Wednesday 10am - 12noon

Meander Op Shop

10am-4pm each Wednesday
and first Saturday of each month

Services Australia

Ring us on 63622678 to check next scheduled date
(currently on a monthly basis)

Baptcare

First Wednesday of each month 10am-1pm

Community Gardening

drop in

Deloraine House

Eating With Friends

(Community lunch)

\$10 - two courses

1st Monday of each month

RSVPs essential for catering

Spinners Group

Every second Tuesday 10am-2pm

Northern Employment & Business Hub

Free assistance with resumes and being job ready.

Every Tuesday 1pm-2pm

Social Craft Group

Every second Friday 10am-12noon

Heart Foundation Walking Group

Every Tuesday and Thursday Morning 9am - 10am
departing from outside of Deloraine House and walking
around the local areas. All ages welcomed.

Quirky Quilters

2nd and 4th Mondays of the month
and every Tuesday

10am-1pm

Quakers Silent Meditation Group

Sundays 2pm - 3pm

Big Hearted Yoga

(cost involved, bookings essential
moondakini@hotmail.com)

Thursdays 6.30pm - 8.00pm

Legal Literacy Volunteers

Free and confidential help completing forms and
documents, fortnightly on a Wednesday 11am-1pm

Services Australia (Centrelink)

Ring us on 63622678 to check next scheduled date
(currently on a monthly basis)

Baptcare - NDIS - Sandra & Shari

Every second Friday. Drop-in between 10am and 1pm
or phone 1800 290 555

Anglicare Housing Connect

First Friday of each month

Call to book: 1800 800 588

Literacy/Numeracy help Make an appointment with
Anne-Marie, phone or text 0417 120 671

Anglicare Drug and Alcohol support

Every second Friday 10.30am - 1.30pm No
appointment required for confidential support

Launceston Community Legal Centre

Appointment preferred to guarantee availability but
can drop in - call LCLC on 1800 066 019 to book

Tai Chi

Every Wednesday 10.30-11.30

.....plus more. Give us a call or drop in to explore
the full range of things on offer at the House.

