

# TACH Conference 2011

## *Beyond Our Comfort Zone*

August 2011



We are excited about this year's TACH State Conference, being held at The Tramsheds Function Centre in Launceston's Inveresk Precinct from 28th to the 30th September.

Each September we hold our annual Conference, welcoming volunteers, committee members and staff of Neighbourhood Houses from around Tasmania, along with delegates representing other community and government organisations. Last year, over 200 delegates joined us for events and workshops over the three days.

We all work hard in our communities to provide opportunities for others to get together and learn new skills, make friends and work together on issues. Conference is an ideal opportunity for everyone to come together and share their experience, talk about their projects, participate in some workshops, learn new things and simply let your hair down and have some fun.

This year's Conference theme – Beyond Our Comfort Zone – will explore how we as organisations and individuals push beyond what is comfortable, to address new needs or work with new groups in our communities. It will also explore

the risks individuals take when first walking through our doors to join a group, volunteer, join a committee or to get some support.

Dr Robyn Eversole from the Institute for Regional Development at the University of Tasmania, will be opening our Conference with a keynote presentation, challenging us to go beyond our comfort zone to help build a better community for ourselves and each other.

There are workshops exploring issues such as building community with new arrivals, gambling, literacy, advocacy and campaigning, and humour for a healthy community. Jobs Australia's popular Keith Godfrey will be on hand to answer the tricky questions around Awards and employment issues.

Merial Clark from our National Peak Body will be talking about the national survey and report on the work of Houses across Australia. We will also be welcoming Rodney Croome, who will share his experiences in advocacy and lobbying and share some of the personal costs and risks involved.

House members will be taking a large role in presenting this year with our Nano Talks World Café presentations exploring some of the great work



The team from Jordan River Service enjoying last year's Conference Dinner



# TACH Conference (cont)

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Tasmanian Association of Community Houses is a proud partner of the Tasmania Together Progress Board.



Tasmanian Association of Community Houses gratefully acknowledges the support of the Tasmanian Government through the Department of Health & Human Services.



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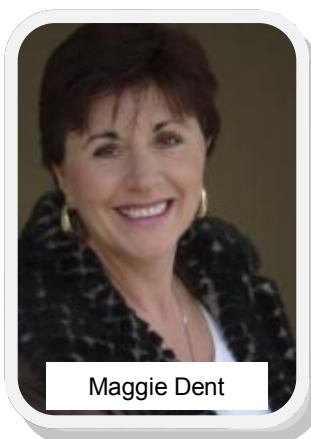
*(Continued from page 1)*

happening out there in our communities, along with presenting workshops on the Child and Family Centre partnerships and Northern Suburbs Peace Garden. Kristina from Deloraine will be starting the day on Thursday with a yoga class to wake us up and get our bodies moving.

Tony Reidy from TasCOSS will be moderating an “on the couch” discussion with inspirational House Members which will give us an opportunity to look closely at their journeys through a Neighbourhood House and the risks they took along the way.

We are very excited to have a number of sponsors on board this year. We received \$3000 through the Community Support Levy to support our Conference and we have received sponsorship towards morning and afternoon teas from the NILS Network of Tasmania and the O Group Inroads Community Banking Scheme. Thank you to these organisations for your very generous support of our work.

The Early Years Foundation have very generously supported a visit from our Friday keynote speaker,



Maggie Dent

Maggie Dent. Maggie is an author, parenting and resilience specialist and inspirational presenter. She has a wide background of experience including ABC radio, palliative care, education and celebrancy that she brings to her work and is currently running seminars nationally and internationally that increase awareness in the importance of building personal and professional resilience. Maggie will be presenting two Conference workshops on the final day.

The first will be exploring how we can be more resilient when dealing with trauma in our communities—whether this comes from violent acts or loss of industry and jobs in a community and discussing the impact on us in working with traumatised community members. Maggie will help us look at ways we can help rebuild and look at ourselves in that process.

Following on from this workshop, Maggie will help us to look at building self esteem and resilience in our kids through her 10 building blocks model.

On Friday afternoon, after Conference has closed, we will be presenting one of Maggie’s popular workshops aimed at people working with children entitled “The Importance of Calmness in Children’s Lives”. This workshop is optional to Conference delegates and is open to the general public. Please contact TACH if you would like us to send you a registration form.

This year’s social events include a Circus themed Conference Dinner, where we will be joined by the talented Nolan Fox and

*(Continued on page 3)*



## TACH Business

It's been a while since our last full ATTACH newsletter so there is a large amount of news and business to share.

Of course the biggest news is the recurrent "survival funding" granted to all DHHS funded Houses in the recent State Budget. Fantastic and so needed. Please see the article on page 4 of the newsletter regarding the funding and our accompanying celebrations. However, on behalf of the TACH board I'd like to thank the Tasmanian Government for their commitment to the important community development work of Neighbourhood Houses – this is a massive relief to us all. I'd like to also thank all the House staff and volunteers, and the TACH staff, for their support and advocacy regarding the TACH budget submission.

**If any Management Committee Members wish to receive the TACH E- News please contact the TACH office with your email details.**

**This is one simple way you can be more informed of the work happening at a state-wide level.**

In March the TACH staff produced a great committee-focussed newsletter. We wanted to strengthen the connection between local committees of Neighbourhood Houses with their peak body. I'd encourage all committee members who are interested to contact the TACH office to receive the regular TACH E-News, this gives you a good sense of the information coming from TACH and the issues that unite us across the state. The recent funding increase shows the strength of being part of the TACH network; collectively we were able to demonstrate so clearly to the Government both the worth of your/our work and the financial needs of our Houses.

By the time this newsletter is printed the regions will have held their AGM's and elected their regional representatives for the TACH Board, and so more than likely there will be some change, so I'd like to publicly express my thanks to all the Board Members for 2010/11 for their commitment to TACH and the network, and I know the TACH staff would very much like to express their thanks to the board members for all their support, thoughtful decision making, willingness to help out on so many issues, and your mini golf ability at the Board retreat.

It's been great to see that many of the priorities identified by the Board for this year's work in our strategic planning session have been achieved, or are in action, and the PPP training places which 39 staff from Neighbourhood Houses from around the state have accessed is one. Our thanks to Tas-COSS for coordinating the Community Sector Industry submission to Skills Tasmania under which we got the places funded. Great work Kim and Leah in the TACH office who worked so hard on such tight time frames to achieve this.

I look forward to seeing many of you at the TACH Conference – the program looks really interesting – from the sharing of individual stories of local people's pathways through Neighbourhood Houses; Maggie Dent speaking on community resilience; circus workshops; to Rodney Croome sharing his thoughts on advocacy and lobbying – the usual great variety of learning and fun of a TACH conference. See you there!

Simon Paul  
TACH President

### TACH Conference (cont)

friends with a circus performance. We hope to see you all there dressed in your circus finery.

A huge thank you to the Northern Region of Houses, particularly Denise Delphin from Northern Suburbs, Vicki Knight from Dorset, Rhonda Legg from Tresca and Nettie Burr from Ravenswood, who have been working with TACH as part of the organising group.

We hope that you will join TACH and the Northern Region of Houses this year for three days of fun, learning and sharing. More information on registration is available at [www.tach.asn.au](http://www.tach.asn.au)

# Budget Celebrations



Minister for Human Services Cassy O'Connor, TACH EO John Hooper and Premier Lara Giddings celebrate

community.

*I must admit that on Budget Day, Kim rang me with the news just after I got off the plane in Burnie (due to ash cloud – don't ask) and I said a rude (but happy) word.  
John*

Without this extra funding management committees would have had to make harsh choices about cutting community programs and/or staff hours. Now, with this survival funding, we can continue to provide Breakfast Clubs for parents and children, community enterprises that provide pathways to employment, play groups, information and support for community members in crisis, community gardens and all the projects that strengthen our communities and provide vital opportunities for local people.

The State Budget was handed down by the Premier & Treasurer, Lara Giddings, on Thursday 16<sup>th</sup> June and it was with great relief and, a little shock, that we were informed that the government had committed to fund the "survival increase" that TACH and Houses had been advocating for the previous 12 months.

As Minister for Human Services Cassy O'Connor stated in her press release at the time, the government chose to invest "Because the Houses are run locally, the programs they offer are tailored to reflect the needs of local people. The Tasmanian Government knows this is vitally important work, which is why we are strengthening support to Neighbourhood Houses"

In 33 communities across Tasmania, volunteers, staff and committee members celebrated the much needed boost to Tasmania's Neighbourhood Houses in the State Budget. The State Government chose to invest an additional \$825 000 per year over the next four years. This equates to an increase of \$25 000 in each

This was BIG news!! First the Northern Neighbourhood Houses and then the Southern Neighbourhood Houses decided to convert our



Kevin and Gennette from Pittwater Community Centre enjoy the Southern Celebration



Nat from Okines Community House and Leanne from Warrane Mornington Neighbourhood Centre

## Budget Celebrations



Pam and Stephanie from the Goldies group at Rocherlea



Caz and Denise from Northern Suburbs Community Centre at the Northern Celebration

regional meetings into celebrations of gaining the survival funding they needed.

In the North Neighbourhood Houses, TACH, and government & community partners gathered at the new Beaconsfield House and revelled in the moment, party poppers “going off” as Denise Delphin, on behalf of all who attended spoke of the pressure on Houses and coordinators being lifted by the funding. We were also entertained with a great piano accordion performance and sing a long with Jeannette from Northern Suburbs Community Centre, which topped off the day perfectly.

In the South the next week, Pittwater hosted the Southern Houses and they were able to, in person thank, (with party hats on – see the photo) the Premier Lara Giddings and the Minister for Human Services Cassy O’Connor, on behalf of the government, for their decision.

Simon Paul TACH President, and Clarendon Vale Coordinator, said on the day - “On behalf of the Clarendon Vale community and the other 32 communities around the state who depend on their Neighbourhood House we congratulate the Premier & Treasurer Lara Giddings, the Minister for Human Services - Cassy O’Connor, and the entire Government for finding these desperately needed funds in such a difficult budget.

TACH would like to thank all the Houses who contributed their budgets, their ideas and their time to assist the development of our budget submission, and more importantly to thank them for meeting their local members to express their concerns about their funding in the lead up to the state budget.

Talking to some Houses there was obviously relief

at the financial strain being eased, but as well I heard people’s feeling of their often hidden community work and benefit being supported and acknowledged in this tangible way.

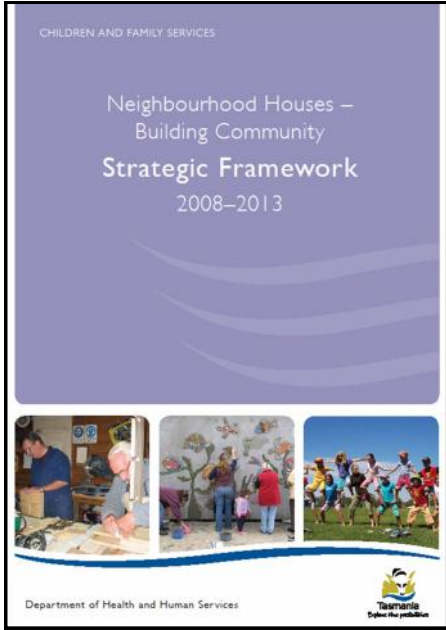
Of course being a Neighbourhood House function there was then lots of chat, lots of food and a real sense of community – then everyone got back to work!



Jeannette entertaining us all with a lovely piano accordion performance and sing a long.

# New Annual Reporting Template

The Neighbourhood House Strategic Framework has guided Neighbourhood Houses for many years and will continue to do so, however since moving to a three year strategic planning and reporting template in 2009 nearly all involved (House, DHHS staff and TACH) were frustrated with the three year reporting format.



In June Neighbourhood House representatives, TACH and DHHS staff, with facilitation and support from Maree Fudge from RDS Partners, met in Campbelltown and developed a new version of our annual reporting that we hope will be much simpler, less duplicative and actually describe the work of the House better, as well as beginning to demonstrate the impact we are having on our communities. Not being able to “tell the story” of the work was a constant frustration in the “old” template.

At the meeting there were some immediate changes we agreed to trial:

- Report in a simple document not the current template against the Strategic Plan.
- Report projects/activities directly against each of the three broad goal areas.
- Report by describing activities, include participant numbers. The template should provide opportunity for a text based description of each project and allow us to document any learnings (what worked, what didn't, why, what we changed / did differently/ plan to do differently. How much detail can be up to each House?
- Include a case study under each of the three goal areas that can, in more detail, demonstrate impact and tell the story of the community development model.
- Include key overall House activity statistics, modelled on questions from the 2010 Australian

Neighbourhood Houses and Centres Association (ANHCA) survey.

- Include a check box confirming that key community development activities have taken place e.g. Strategic Plan has been updated, community consultations have taken place.
- Include a short evaluation section when template distributed to capture reflections on these changes and the new format/template.
- **Participation is entirely optional for this year.**
- In November/December after this trial Houses/ TACH and DHHS will review how this new format went, and develop an on-going format based on our experiences with it to align with the next 3 year funding agreement.

We drafted a template based on these ideas, and the proposed changes were discussed at Regional Meetings, the TACH Board, within DHHS and) we got very strong agreement to try this new format.

These were distributed to Houses and DHHS and most Houses are filling them in right now. Immediate feedback is positive!

TACH would like to congratulate all who attended the meeting at Campbelltown.

It was a real day of government and the sector problem solving together. It was obvious on the day that once all saw that Houses and DHHS shared the same vision, everyone knuckled down and, thanks also to Maree's facilitation and write up, we quickly got to an agreed model. I think it was a great example of community and government partnership in a real sense of the word.

Thanks also to DHHS who “Split” the costs of the meeting and facilitation with TACH – partnership in action!

We look forward to reviewing with Houses and DHHS after the “reporting season” and finalising an even better version to go forward with.

For those interested the trial version is on the TACH website.

John

## Beaconsfield Celebrating Move to New Building



In February this year we were finally able to move premises. This was a very busy and exciting time for us. It meant that we were able to expand our programs and services as we now have more room. For those of you who had not seen our last place, everyone had to walk through my office to get to our main room which was a storage cupboard for a sports hall. It was quite small with no windows. Thankfully we now have four large rooms (with windows).

Our adjunct child care and family programs run from the Child and Family Centre (just out the back door) with other programs run out of our building. Our Op-shop is now permanently set up as we could only have it two days per month previously. The shop is going well. New groups that have joined us are Valley Voices (choir) GROW, LETS and Girl Guides.



Beaconsfield Polytechnic Certificate II Access to Work and Training students at their graduation.

We have also started a Sustainable Living Group with Tresca and our Community Garden is in the planning. We had 22 people attend our first meeting.

The Polytechnic ran a Cert II in Access to Work and Training which finished on the 22<sup>nd</sup> August. We have also been able to take on volunteers who are looking for employment. As a result we now have men in the House and there is a high possibility of a men's group starting soon.

All is well in Beaconsfield at the moment with many new ventures planned for the future.

Janne Pinnington  
Coordinator—Beaconsfield House

## PPP Training Subsidy Funding Success

Earlier this year, TACH entered a partnership with TasCOSS along with several other Community Service Organisations to tender for Productivity Places Program (PPP) training subsidies for existing House staff to gain some formal qualifications.

PPP is a joint Commonwealth/State funded program that aims to substantially increase the number of existing workers with higher qualifications and is administered by Skills Tasmania and provides subsidies covering up to 90% of the cost of gaining an accredited qualification.

The timeline for the application was very short as we came on board quite late in the process. Thank you to the Houses who responded so quickly to Leah's and my desperately short noticed survey around training needs. We were really surprised and pleased by the response which saw us applying for 39 subsidies which included Diplomas, Certificate IV's and Certificate III's in Community Services, Business, Children's Services, Frontline Management and Training and Assessment.

We are very pleased that we were awarded all of the subsidies that we applied for and have been busily working in partnership with Registered Training Organisations Work and Training and the

Skills Institute to enrol all of our new students and get them started on their way to their new qualifications.

The training is fully tailored to meet the needs of the individual students. The qualifications will be delivered through workplace assessment which includes components of recognition of prior learning (RPL) and workplace projects with some workshop attendance where available. We will also be talking to the students about possible organisation of some peer mentoring / study groups as we've heard from a few people that this might be useful along the way.

Leah and I would particularly like to thank Dale Rahmanovic at TasCOSS, Aileen Lee and Angela Allan at Work and Training and Melinda Thomas at the Skills Institute for their time and support with the application process and for their assistance with the enrolment process (along with answering quite a few tricky questions for us along the way).

This is a fantastic result and at TACH we are very excited and pleased to have been able to support Houses to receive the subsidies. We look forward to attending lots of graduations in the future.

Cheers Kim

## National Simultaneous Storytime

On Wednesday 25 May 2011 at 11:00am, fourteen Neighbourhood and Community Houses in communities around Tasmania joined organisations from Broome to Hobart, to read the picture book *Feathers for Phoebe* to more than 100,000 children across Australia. In its eleventh successful year, National Simultaneous Storytime 2011 aims to celebrate and acknowledge the vital work being done in libraries, schools and communities around Australia to develop young people's literacy and numeracy skills. Neighbourhood Houses participated by staging creative, fun events like animal craft activities, bus trips, barbecues and parties celebrating the theme of the book.



Children at Risdon Vale Neighbourhood Centre enjoying the story



Artwork produced by the children at West Winds Community Centre



## Everyday Literacy for Local Communities

### Another Everyday Literacy Funding Round in October 2011

TACH did not allocate all of the funds that we had available for the Everyday Literacy for Local Communities funding round held in March/April this year, and a number of Houses were not quite ready to submit applications at that time. So now, another funding round will be held, opening on Monday 3 October 2011 and closing on Monday 31 October 2011.

Here is another opportunity for you to develop and run a literacy project in your local community. We have approximately \$40,000 available to allocate to suitable projects, so give some thought to what you might do.

One idea is to focus this funding round on just one or a few of the literacy themes contained in the funding guidelines. If you have any suggestions, get in touch with TACH.

In the week before the funding round opens, all the information for the funding round, including the updated Funding Guidelines, will be available on the TACH website. At that time, each House will also be mailed a copy of the application package.

### External Evaluation of the Everyday Literacy for Local Communities Program

As a requirement of the funding of the Everyday Literacy for Local Communities Program by the Tasmanian Community Fund, the program must be independently evaluated every two years. The first in this series of external evaluations has now commenced, with a final report due in December 2011.

The evaluation is being undertaken by PDF Management Services Pty Ltd.

During the course of the evaluation, the evaluators will be contacting a selection of the Neighbourhood Houses that have been funded under the Program and possibly also Houses that have not participated in the Program thus far. The evaluators will also selectively be contacting participants in funded Projects, subject of course to checking the appropriate way to do this with the House concerned. The evaluators are also likely to talk to relevant external stakeholders. If you wish to contact the evaluators directly, you can contact Michael Gordon on 1300 727 002, or on his mobile on 0417 330 354.

A copy of the Evaluation Brief, under which the evaluation is being conducted, can be viewed at [www.tach.asn.au/documents/EverydayLiteracyEvaluationBrief.pdf](http://www.tach.asn.au/documents/EverydayLiteracyEvaluationBrief.pdf).

The evaluators are now going through all the Program documents to familiarise themselves and, once they have done so, may suggest some fine tuning of the brief.

There should be some real benefits from this first external evaluation, helping us build on our successes and rethink those things that could be done better. All of which will help set the direction of the Everyday Literacy for Local Communities Program for at least the next two years and even beyond for the remaining eight years of the Program.

If you have any questions, feel free to contact John Hooper or Ron Sutton.

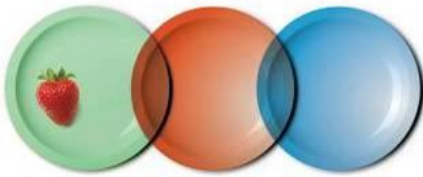


## ARE YOU A MEMBER OF A HOUSE MANAGEMENT COMMITTEE?

Don't forget that you can be included on our mailing lists for E-News and electronic AtTACH newsletters. Also let us know if you'd like access to the members only section of the website, where you'll find our policy and procedure template library, Management Committee Handbook and other helpful resources. There is a simple process for you to receive your own password and username.

Please give TACH a call or send us an email if you'd like any of these services.

# Eating With Friends Project



Eating  
With  
Friends



Pat, Judy, Vicki & Helen at Dorset EWF - August 2011

Since the last TACH newsletter there have been some new groups join the EWF network.

Tresca Community Centre, Exeter are holding fortnightly community lunches at the Centre. The initial lunches were subsidised by funding from the Get Healthy program. They are looking to continue to hold the lunches beyond the life of the funding and welcomed the opportunity to join the EWF network.

Deloraine House hosted their first EWF lunch in April. Lunch was prepared by volunteers, with 19 people sharing the meal. Monthly lunches are now being held.

Dorset Community House, Scottsdale hold monthly lunches at the Scottsdale RSL. The lunch in August was attended by 27 people.

Rosebery Community House has received funding from the Gambling Support Program to start an EWF group. They are looking to run monthly meals,

to be prepared by volunteers at the House.

Currently there are 29 groups around the state – 16 of which are associated with TACH members.

Capacity building grants were sent out at the end of the financial year to all EWF groups. To those EWF members who received the grants – I hope you had fun spending the money. If you haven't returned the report form yet please do so soon - the EWF Steering Committee is keen to know how the money was spent.

Lunches will be held again this year for the volunteers of EWF groups to thank them for their efforts and commitment in supporting the program. There will be one lunch in the north and one in the south during October. Details of the lunches are in the winter EWF newsletter.

CERES – while in Melbourne earlier in the year for the Communities in Control Conference I took the opportunity to visit CERES (Centre for Education & Research in Environmental Strategies), a not-for-profit urban farm with an amazing community garden on a grand scale, located in East Brunswick – for more information see [www.ceres.org.au](http://www.ceres.org.au)

Please send in good news stories and pictures of the regular meals held at your House so they can be shared amongst the EWF network. It is always inspirational to be able to share profiles of existing groups with those looking to set up a new EWF group and definitely adds to their motivation to get involved.



Dorset EWF - Karen Rainbow in EWF apron who cooked up a storm in the kitchen

Cheers  
Karen

# Get Healthy Service

## Being Active In Spring

Over the past year, Neighbourhood Houses have run 51 health promotion activities or events throughout Tasmania while also promoting the free **Get Healthy Information and Coaching Service**. The focus has been on healthy eating or being active, or both.

At a modest \$500 a time, this has provided real benefits, contributing to the health of local communities and introducing them to the extended support available from the **Get Healthy Service**. A summary of what Houses did can be found on the TACH web site.

The good news is that some funding is still available for Houses through until the end of November 2011. There is one difference though. This time the focus is specifically on the theme of Being Active in Spring. We have a limited funding pool, so don't leave your application too late.

Information has been mailed out to Houses, but if you missed it, you can find everything you will need to apply on the TACH web site at [www.tach.asn.au/projects/get-healthy-information-and-coaching-service](http://www.tach.asn.au/projects/get-healthy-information-and-coaching-service).



Goodwood Community Centre Bike Workshop



Sandra Elliott from West Moonah Community House with their Get Healthy Display.



Northern Suburbs Community Centre participants enjoying a healthy cooking session

**get healthy**<sup>®</sup>  
 Information & Coaching Service  
**1 300 806 258**  
 Monday - Friday 8am - 8pm

# Community Youth Benefit from Unintentional Success



**GeCo  
Geeveston  
Community  
Centre**

– counselling and support to young people, networking with other services and referring young people to them when required. He will also be setting up three long term recreational opportunities, helping us lobby for Year 11-12 in the Huon, creating pathways to education and employment and taking a huge work load from my shoulders.

We became a youth drop in centre. Unintentionally that is. We installed eight public access computers primarily for training and the next week, Word of Mouth had

We're getting ready to launch the project in the next month—music, dance, a free condom or two. Not sure what advertising strategy we will use, but you can be sure that Word of Mouth will get the first invitation.

Linda Cockburn  
Coordinator—GeCo—Geeveston Community Centre

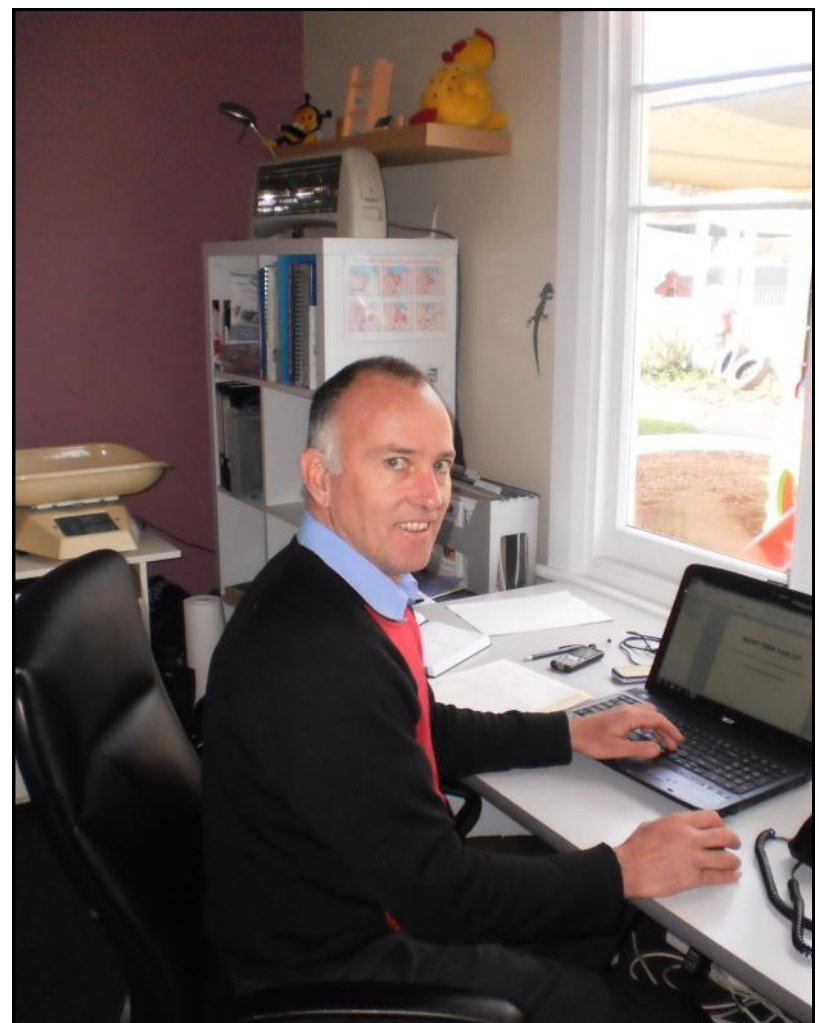
lined up young people at the eight public access laptops and we dived deep into the world of Facebook, Youtube and social networking. We had a word with Word of Mouth, but we owed him a few favours. He's helped us out numerous times putting bums on seats when Flyers and Brochures didn't do it for us.

So there we were, an unexpected youth drop in centre. Great we thought, but it rapidly became an issue.

We have around one hundred and twenty young people, a good percentage of them presenting with major issues, homelessness, depression, addictions, abusive relationships, behavioural problems and always hungry.

I found myself becoming an inadvertent youth worker. I'd been one before but it had been my role then and it was taking over. I chiselled many hours out of a few weeks and submitted applications for a youth worker. My fingers were so crossed I could barely type for several months. Tasmanian Community Fund came through with around \$86,000 for a two year project. I was seen punching the air and making strange squealy noises for five minutes straight.

We've since employed Hugh Sanderson three days a week at the centre. His role will be to set up a real rather than ad-hoc youth drop in centre once a building becomes available. He will provide



GeCo's new Youth Worker, Hugh Sanderson

## “Glenorchy on the Go” and Local Neighbourhood Houses Bring Physical Activity to Community

**Aim:** The aim of Glenorchy on the Go is to increase older adult's participation in physical activity by providing affordable and accessible physical activity programs in Glenorchy.

**How:** The Glenorchy City Council was successful in securing a small grant through the State Government Capacity Building Grants in 2009. They built partnerships with the West Moonah and Bucaan Community Houses and Goodwood Community Centre in Glenorchy to provide initial 20 week Heartmoves program. Developed by the Heart Foundation, Heartmoves is a free gentle physical activity program suitable for anyone who wishes to exercise at their own pace in a friendly atmosphere. Council funded the facilitator, and Houses provided the venue. Council also trained House Coordinators and/or volunteers to become Heart Foundation walking organisers and encouraged them to begin their own walking groups.

**Successes:** The groups quickly formed positive social connections and also were seeing physical benefits from attending these classes and walking groups. Ownership of the groups formed and they soon began to meet socially (have a cup of tea and morning tea) after the sessions/walks. After seeing the positive outcome of the pilot, Glenorchy Council secured funding through Gambling Support Service to offer ongoing classes for 3 years. Additional to funding the programs/walking groups, Gambling Support also sponsored t shirts for all walkers; this again created a sense of belonging for participants. Group walking events were organised and all three Houses groups met to celebrate milestones, festive occasions and national/state initiatives e.g. Walktober

The facilitator of the Heartmoves sessions is a qualified fitness instructor who is specially trained in delivering Heartmoves. His support, dedication along with the connections he has made with participants are a testament to the initial success of the program.

The Glenorchy City Council has recently been successful in funding under the Australian Governments Healthy Communities Initiative to fund Heartmoves, Walking and other physical activity and health and wellbeing programs until 2013. Heartmoves will also be able to be funded for a further 2 + years beyond the initiative because of the earlier Gambling support funds secured.

These programs would not have been so successful if it had not been for the partnerships and in kind support from Community Houses and the benefits to the communities has been phenomenal.

When Craig Sherriff's vital organs started to shut down after his Aorta split, a priest was called in to give him his last rights. After becoming conscious Craig was determined to get well and began on a long journey to recovery.

As a result of his medical conditions Craig has developed health conditions such as chronic fatigue, types 2 Diabetes, loss of muscle retention and weight gain.



Since attending Heartmoves sessions when they began in April 2010, Craig has noticed significant improvements to his general health including more freedom of movement, feeling less tired and an overall sense of wellbeing. Heartmoves is helping me achieve a healthier lifestyle - says Craig (51) who attends 4 sessions a week offered by Glenorchy on the Go.

Craig also has gained in confidence since attending the classes and feels the friendships made in the classes are invaluable. Craig's long term goals are to be able to lose more weight, go for longer walks and to return back to a more physically active state.

He feels that without these classes he would not be able to motivate himself enough to achieve these results.

Glenorchy on the Go currently offers 6 Heartmoves sessions per week and will be offering additional classes very soon.

**For further information contact the Glenorchy City Council's Healthy Communities Coordinator Elisa Ryan, on 6216 6745**

# Neighbourhood House Week 2011



Simon Paul, Suzi Edwards and Margaret Bartels enjoying the reception at Government House

Neighbourhood House week was a special week this year, and we added a real twist.

Tasmania, in a first for Neighbourhood Houses in Australia, coordinated a simultaneous event at 11am on 11<sup>th</sup> May in Neighbourhood Houses across Tasmania. In 34 communities, from Rosebery to Clarendon Vale, from Dunalley to Rocherlea, people gathered to celebrate the work of their Neighbourhood House as the "Heart of their community".

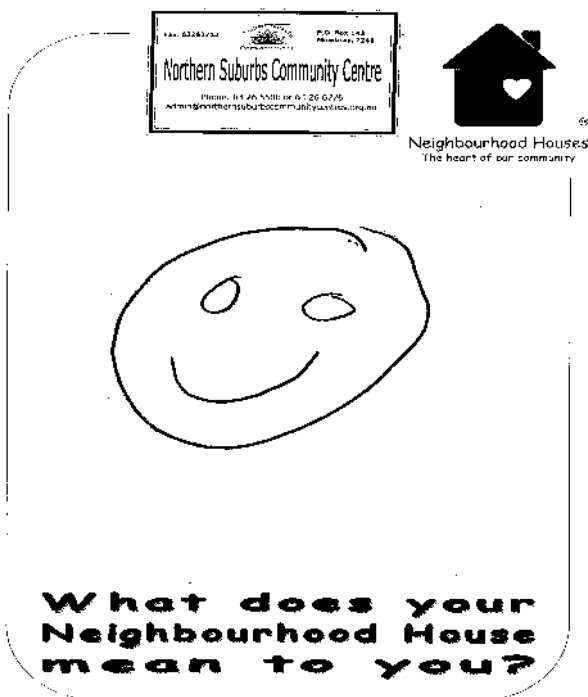
Minister for Human Services Cassy O'Connor

"launched" the inaugural event at a morning tea held at West Moonah Community House. Many Houses had asked local people to draw, paint or write down why their Neighbourhood House was important to them, and these were used creatively to celebrate the impact of each House in its community. "A Place to Feel Safe", "Lovely people, happy surroundings," "A warm welcoming place to gather, learn, make friends, help others," "I have bad nerves and I enjoy coming to the NH. They are very kind and help me in many ways." These heartfelt expressions make inspiring reading!

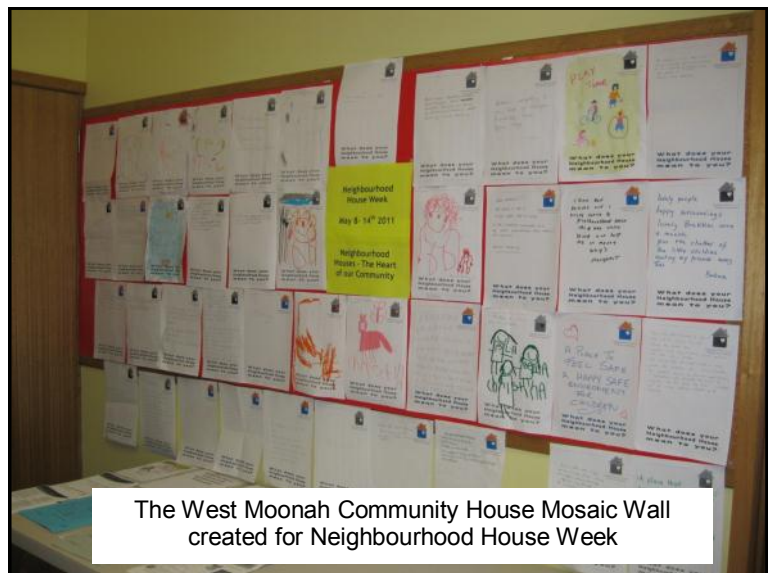
The Mosaics formed part of some exciting and fun events held around the state from garden parties to barn dances and playgroup events, morning teas and community lunches.

The two colourful winning entries by Devonport Community House and Derwent Valley Community House in the inaugural **Community Spirit Challenge** sponsored by Toyota AISIN sewing machines were proudly displayed. Groups in communities had created 1m by 1m sewn banners to best represent their community spirit. They looked fabulous – see page 18 of the newsletter.

But we weren't done yet - Volunteers, committee members and staff from 16 Neighbourhood Houses across the state, enjoyed drinks and nibbles at Government House at the invitation of His Excellency, Peter Underwood and his wife, on the Wednesday evening. The Governor had been very impressed by a recent visit to Gagebrook Community Centre and spoke of it on the night. He congratulated everyone involved in Neighbourhood



We think this says it all!!



The West Moonah Community House Mosaic Wall created for Neighbourhood House Week

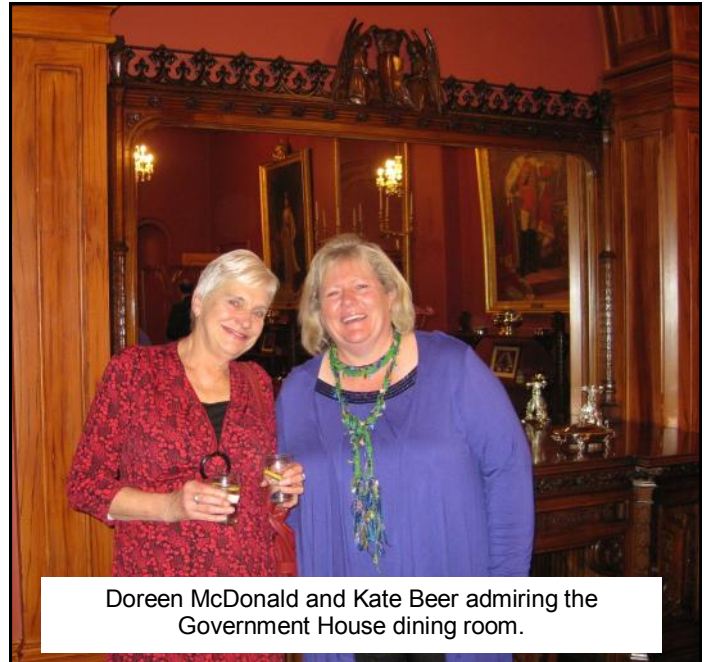
## Neighbourhood House Week 2011

Houses for their contribution, but made special mention, as it was National Volunteer Week to say “on behalf of all Tasmanians, thank you for the wonderful job that you have done and that you continue to do. You really are making a difference”

Everyone also enjoyed the tour of Government House, and the stories of the history of some of the items and decorations. There was even some impromptu singing in the ballroom as the acoustics of the room were given a test.

Thank you to His Excellency, The Governor and Mrs Underwood for such a gracious welcome and enjoyable evening.

Neighbourhood House Week is a national event coordinated by the Australian Neighbourhood Houses and Centres Association (ANHCA) each year. It has been running as a national event since 1992 and offers a great opportunity for celebrating and promoting the fabulous work of Houses right around Australia.



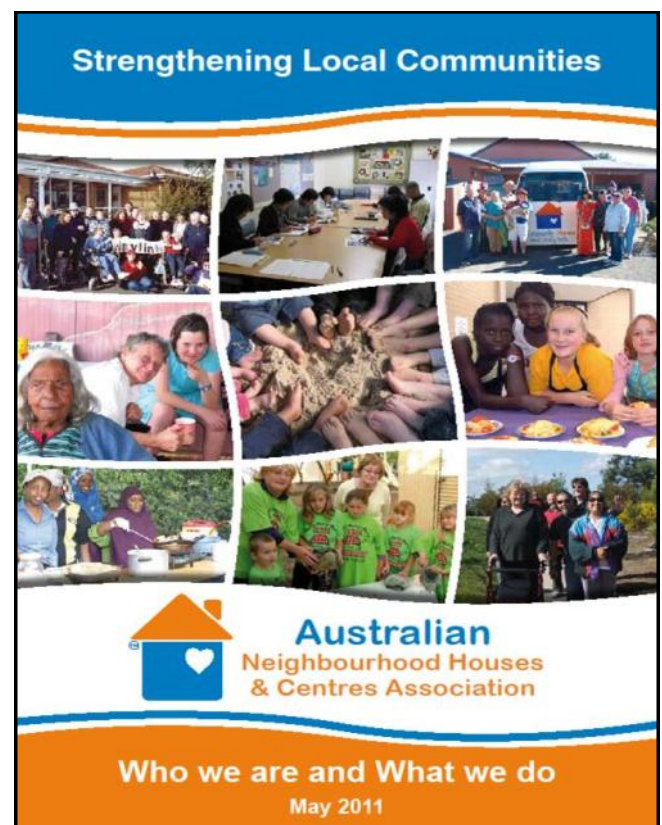
Doreen McDonald and Kate Beer admiring the Government House dining room.

## National Neighbourhood House Survey Released!

As part of the celebrations of Neighbourhood House Week the national report ***Strengthening Local Communities, Australian Neighbourhood Houses and Centres: Who we are & What we do*** was released by . The report presents results from the national survey of Australian Neighbourhood Houses and Centres (NH&Cs) undertaken in late 2010/early 2011.

The report highlighted that there are 320,000 incidents of participation in Neighbourhood Houses across Australia each week; while an estimated 21,300 Australians volunteer a total of 84,550 hours each week in Neighbourhood Houses, a contribution to the GDP worth the equivalent of over \$1.7million each week - or over \$81million per year! It was exciting to see that Houses identified over 67 3000 students, participants and volunteers who were assisted by their Neighbourhood House transitioned to further education or paid work in 2010.

Go to the ANHCA website to download a copy of the report <http://www.anhca.asn.au/content/publications>



## Make Your Super Go Further



**Conrad Voss**  
Tasplan Business Development Manager

When a group of everyday people were asked what items they had insured they responded they had their house, car and contents insured with some mentioning they paid for private health insurance.\*

When the same group ranked the following items in terms of importance, they came out in this order: **Health, Income, House, Car** and lastly **Contents**.\*

More Australians have their house, contents and car insured than have private health cover and income protection insurance. Only 9% of Australians have adequate personal insurances covering them in the event of death or critical illness.\*

This seems crazy when for many Australians, the cost of some types of insurance cover could be paid for by the government. If you earn less than \$61,920 per annum and make personal contributions to your super fund the government will make a contribution on your behalf. This in turn can fund the personal insurances held through your superannuation.

Your employer contributes 9% of your salary to superannuation on your behalf this figure will rise gradually until reaching 12% by 2019/20. It is estimated that the average Australian should contribute 15% to superannuation throughout their lifetime to have a moderate retirement. The earlier you start taking steps to enhance your superannuation the earlier you can retire. Improving your superannuation does not necessarily mean that you need to be personally out of pocket as there are many strategies that you can adopt.

Why not call Tasplan today for a one-on-one discussion on **1800 005 166** or to organise a workplace information session?

\*ASFA Conference 2009

This information is of a general nature only. It has been prepared without taking into account your particular financial needs, circumstances and objectives. You should assess your own financial situation and read the Product Disclosure Statement (PDS) relating to the products before making a decision based on this information. You may wish to seek the help of an adviser to do so. Please call 1800 005 166 to obtain a copy of the Tasplan PDS.  
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## New LCSA Website—[www.lcsansw.org.au](http://www.lcsansw.org.au)

Our TACH cousins in NSW, Local Community Services Association (LCSA) launched their new website a few weeks ago. It's very much worth an explore. Brian and the LCSA team have put a lot of work into the website with some very interesting resources available online. There are some useful tools in their Resource Page on "Using a Consultant", as well as "Building your Association Membership". What I was really interested in was a link to a UK website with good summaries and definitions around the often catch-all phrase community development. For those a bit more time pressed, Kim has put a few links onto the back page of the newsletter for you to quickly whet your appetite.

Also don't forget the new ANHCA website [www.anhca.asn.au](http://www.anhca.asn.au) which is still a work in progress (Merial, the EO's words J), but does contain the national survey, and links to the other state and territory Neighbourhood House peaks. Remember if the TACH website doesn't have the information you're looking for, maybe another peak does! Happy clicking.

## Clarendon Vale Neighbourhood Centre supporting Breast Cushion Project



clarendon vale  
neighbourhood centre

The members of the Zonta Club of Hobart Derwent first produced Breast Cushions in 2003 and have now completed nearly 700. These have been distributed to the Royal Hobart Hospital, Breast Care Nurses both in Hobart and Launceston and on request from individuals.

Members make the cushions every second month and as well as helping others enjoy great fellowship working together.

This year the club has a project making cushions with the ladies at the Clarendon Vale Neighbourhood Centre and we intend to work with them throughout the year.

### Zonta Clubs throughout Australia support the Breast Cushion Project

The Zonta Breast Cushion is an innovative and practical way to help women overcome the physical and emotional trauma and discomfort of breast cancer surgery. More than 30,000 Australian women have already been helped by Zonta Clubs in Australia.

The cushion is a crescent shaped washable pillow with an attached strap, designed to be worn under the arm for protection and comfort after breast surgery.

The cushion can be used for support while sleeping, protection while shopping or from pressure of a seat belt, and for comfort. They are provided free by clubs as a community service.

The making of the Breast cushion is just one of many projects undertaken by the Zonta Clubs throughout Australia.

Zonta International is a world wide organisation of 33,000 executives in business and the professions in more than 70 countries, working together to enrich community life and advance the status of women through action and advocacy. Local clubs support International and District service programs, as well as selecting projects to serve their local community.



Breast Cushion Photo courtesy of Zonta Club of Gawler website

The team at Clarendon Vale Neighbourhood Centre told TACH how much they enjoyed working with Zonta on this project and they are all looking forward to their future sessions.

For more information about the Breast Cushion Project, please contact Margaret Bird, Breast Cushion Coordinator, Zonta Club of Hobart Derwent  
email: [palmara1@bigpond.com](mailto:palmara1@bigpond.com)



## 2011 Community Spirit Challenge Winners Announced



Devonport Community House—Open Winner 2011

During Neighbourhood House Week, we were very excited to announce the winners of our inaugural Toyota Aisin / TACH Community Spirit Challenge.

Our Open Winner for 2011 is Devonport Community Centre. Created by their Patchwork and Quilters Group, this hanging represented the “City with Spirit”. Using quilting and applique, it incorporates motifs like the *Spirit of Tasmania*, their rich North West Coast farming tradition, their jazz festival and lighthouse and their community. The hanging is a beautiful representation of what makes the Devonport community so unique and is a very deserving prize winner.

Our 2011 Most Creative category winner is the Derwent Valley Community House. Over two months, a craft group with very little sewing experience got together to create their hanging which was designed to represent the history,

spirit and value of the Derwent Valley. Appliques such as hops, trout and autumn leaves were used along with sculptured hands shaking and a large red heart, which represented the “Valley of Love” as well as their friendly, caring community.

Both Houses were awarded a Toyota sewing machine valued at \$500, very generously provided by Aisin Toyota.

The TACH Community Spirit Challenge follows on from the success of similar challenges on the mainland and has been created to encourage interest in sewing as a life skill and to promote community creative projects that bring people together. The creativity of the project accounts for 50% of the judging, so people involved don't have to be expert sewers.

TACH sincerely thanks Brian Thomas from Aisin Australia for his support of this Challenge and also to his wife Bev, who also both travelled to Tassie earlier this year to offer a travelling road show to Houses promoting the Challenge and to encourage the reintroduction of sewing classes as a life skill.



Derwent Valley Community House—  
Most Creative Winner 2011

We would like to encourage as many Houses as possible to get involved this year. Your House could win a fantastic sewing machine. See the next page for more details of the 2012 Challenge or give the TACH office a call if you'd like more information.

Sponsored by:

# AISIN

*One Team, Best Future*

**WIN Toyota  
Sewing  
Machines**

## 2012 TACH Community Spirit Challenge



**2011 Community Spirit Challenge Winners:**  
**Most Creative—**  
**Derwent Valley Community House (left)**  
**Open—Devonport Community House (right)**



### What is it about?

Show your Community Spirit, submit your entry in the 2012 TACH Community Spirit Challenge. Winners announced during Neighbourhood House Week in May 2012. Capturing the spirit of your community will account for 50% of the judging so you do not have to be a sewing expert.

Think about all the groups that could contribute to your entry and make this a real community effort from your Centre. Some of the groups that could be involved are friendship groups, playgroups, projects or programs, quilting or craft.

### What are the prizes?

Aisin Australia has kindly donated:

OPEN WALL HANGING - a Toyota Sewing Machine valued at \$499.00

MOST CREATIVE WALL HANGING- a Toyota Sewing Machine valued at \$499.00

### Conditions of entry

- Open to TACH members.
- Must predominately be made using fabrics on a sewing machine.
- Must be own work and not submitted previously.
- TACH Office is to be advised in advance of the Centre's intention of submitting an entry.
- Competition closes 30th April 2012, all entries to be submitted to TACH Office by this date.

### TACH BOARD 2010-11



*President:* **Simon Paul**  
Clarendon Vale  
Neighbourhood  
Centre (S)



*Vice President & Public Officer:* **Kate Beer**  
Devonport  
Community House  
(NW)



*Secretary:* **Rachael Morris**  
Ulverstone  
Community House  
(NW)



*Treasurer:* **Suzi Edwards**  
Pittwater  
Community  
Centre (S)



*Board Members:* **Rod Crass**  
Tresca  
Community  
Centre (N)



**Vicki Knight**  
Dorset  
Community  
Centre (N)



**Eleanor Taylor**  
St Helens  
Neighbourhood  
House (N)



**Joanne Ring**  
Devonport  
Community  
Centre (NW)



**Leanne Doherty**  
Warrane Moming-  
ton Neighbour-  
hood Centre (S)

## Resources

<http://ways2work.business.vic.gov.au/parents-and-carers>—Great Victorian Government website which assists people in caring or volunteer roles to translate their skills into business language for resumes and job applications.

<http://sa.gov.au/subject/Community+Support/community+organisations/Resources+for+community+organisations/>—South Australian Government resource page offering free training modules and fact sheets to assist community organisations with volunteer and organisation management.

<http://www.infed.org/guides/community.htm>—Explore the development of the theory and practice of community development, community work, community organization and community participation.

<http://www.lcsansw.org.au/resources/lcsa>—LCSA (Local Community Services Association NSW) have prepared some handy guides around using consultants and on building your association's membership.



## Friends of TACH

We are delighted to recognise the following individuals & organisations as Friends of TACH.

- |                           |                                       |
|---------------------------|---------------------------------------|
| Australian Services Union | The Hon Bryan Green MHA               |
| Senator Eric Abetz        | Mrs Sandra Hodge                      |
| Hon Dick Adams MP         | Mr Daniel Hulme                       |
| Ms Elise Archer MP        | Mr Geoff Lyons MHR                    |
| Mr Scott Bacon MP         | Senator Christine Milne               |
| Senator Catryna Bilyk     | NILS Network of Tasmania              |
| Senator Carol Brown       | The Hon David O'Byrne                 |
| Senator David Bushby      | The Hon Michelle O'Byrne MHA          |
| Senator Richard Colbeck   | The Hon Cassy O'Connor MHA            |
| Ms Julie Collins MP       | Ms Jacquie Petrusma MP                |
| The Hon Ivan Dean MLC     | Phoenix Community House – King Island |
| Mr Michael Ferguson MP    | The Hon Tania Rattray MLC             |
| The Hon Ruth Forrest MLC  | Ms Libby Rayner                       |
| The Hon Mike Gaffney MLC  | Mr Jeremy Rockliff MP                 |
| The Hon Lara Giddings MHA | The Hon Sue Smith MLC                 |
| Dr Vanessa Goodwin MP     | The Hon Lin Thorpe MLC                |
| Mr Matthew Groom MP       | Ms Rebecca White MP                   |

Friends receive a copy of our quarterly newsletter ATTACH and information about our forthcoming events and activities. Contact TACH on 6244 1615 if you'd like to become a Friend for \$33 pa (GST inc).