



Hello Everyone,

The past few weeks have been so quiet without our community dropping in and many of our volunteers helping out! Social distancing has meant we had to suspend our group activities sadly, and we miss the fun and laughter from our groups. Thankfully, Neighbourhood Houses are considered a “critical part of the infrastructure and capacity of our communities...hosting essential public services’ according to the Premier—which is great as that means we can still be here for you!

You can still contact us for access to Nils (No Interest Loan Scheme), Carers kiosk and the FoodShed program. The Community Garden has continued to flourish with two volunteers per day, supplying fabulous pesticide-free produce to our FoodShed. Check out the bread trolley and table in front of the FoodShed from 2—3pm daily.

We continue to chat with community members, volunteers and others over the phone and it has been inspiring to see so many of our community reach out to help one another at this time.

We hope everyone is doing well and our thoughts are with you all. A big shout out to all our volunteers — WE MISS YOU ALL! Kate and the Team

Get in touch with us!

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We are located at 10 Morris Ave, Devonport 7310

Funded by the Crown through the Department of Communities Tasmania

Community Garden



Geoff, Mike and the gang have been keeping the Garden looking lovely, picking produce for us to give out to the Community. We've had a bumper crop of spuds, tomatoes, carrots, beetroot and silver beet, along with apples and rhubarb. And the flowers have made it a very happy place to sit and chill out, especially at the moment where there's so little traffic and noise! Come along and enjoy our circle seat and Fairy Garden with the kids!



★ FoodShed ★

The FoodShed is open—but in a different way now! Everything is at the front door, come along from 2pm for fresh, tasty produce and help yourself to bread on the trolley. This is left out so that everyone can access it at any hour—first in best dressed!

And we have ***SOUP*** on Tuesdays—take a free cup home to enjoy!

Little Free Pantry

Thanks to support from community members, Soroptimists and others for pantry items to fill our shelves. All donations gratefully received.



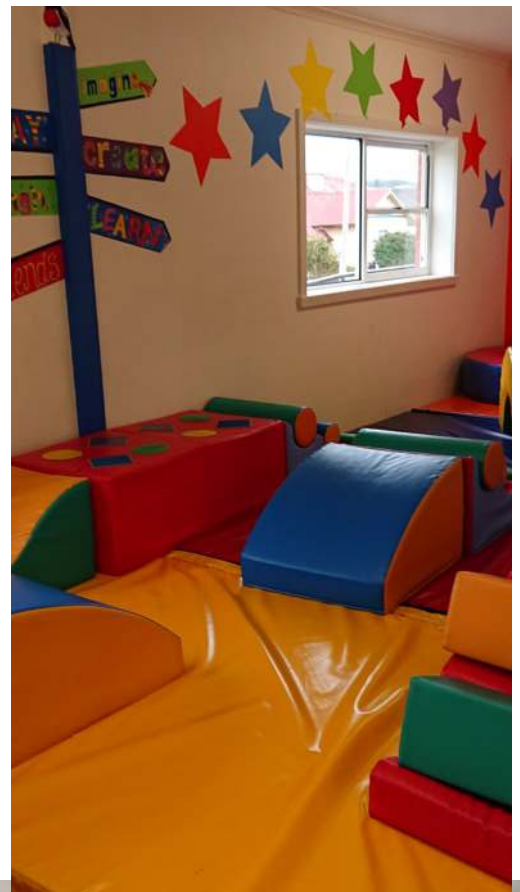
beside the FoodShed

The PLAYHOUSE

Well, the Playhouse is not the same without the fun and laughter from little people running around and enjoying themselves at the moment! But we are using the time to sort and clean everything, as well as source new toys and books for everyone to enjoy when we can reopen!

Hope you are all making the most of this time with your loved ones—we miss you all and can't wait to get going soon!

From all the Playhouse team Belinda, Melissa, Nikki, Teny, Pat, Sania, Shaleah & Kate



We're looking forward to seeing you for coffee and treats and having lots of fun with BINGO again as soon as we can!

Melissa and the crew



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 // No credit checks // No worries!** They can lend you \$300 to \$1,500 to buy new items and services, including:



Household Essentials
like fridges, washers,
furniture



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



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



Car Care Essentials like
registration, tyres and
repairs



Refugee Family
Reunion including visa
fees and airfares



Family Violence Support
including removal costs
and security equipment

NILS Tasmania can help parents with school costs. You can get a loan of up to \$1500 for any of the above items and you can pay it back at just \$40 a fortnight. All you need is a Health Care Card or Pension Card. For further information visit www.nilstasmania.org.au and then call us at the House on 6424 7060 and we can help you complete an application over the phone.

Protect yourself and your family

Wash your hands regularly



1 Wet your hands.

Put soap on
your hands.



2



3 Rub the soap over all
parts of your hands for
at least 20 seconds.

Rinse your
hands under
running water.



4



5 Dry your hands thoroughly
with disposable paper towel
or hand dryer.

Stay germ free and healthy

Mental Health Services

The Australian Government has funded COVID-19 Mental Health Support Services that provides **FREE** counselling for all people in Australia 24/7—both online and over the phone. They help with coping with isolation, financial hardship and how best to support the mental health of loved ones. Below is a list of services for support. Another good website is Dept Health COVID-19 Support (Head to Health) <https://headtohealth.gov.au/covid-19-support/covid-19>

Beyond Blue	1300 224 636
Headspace	1800 650 890
Kids Helpline	1800 551 800
MensLine Aust	1300 789 978
Lifeline	13 11 14



STAYING CONNECTED DURING COVID-19

Start a story and alternate who writes the next chapter

Send a care package

Share photos or memories online, by email or post

Rediscover the art of letter writing

Play online free games such as sudoku, word puzzles, Uno and checkers

Establish a book club by email or Facebook group

Facetime!!

Listen to podcasts or an audiobook through a free library service, ABC's listen app, Apple podcasts or Spotify

Gary Varvel
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HANDSHAKE ALTERNATIVES



The WAVE



SALUTE



ELBOW BUMP



BOW



NAMASTE GREETING



FOOT BUMP



HIP BUMP



JUST KEEP YOUR HANDS IN YOUR POCKETS

MANAGING CORONA VIRUS (COVID-19) ANXIETY



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

What's the best thing about Switzerland?

I don't know, but the flag is a big plus.

A bear walks into a bar and says, "Give me a whiskey and...cola."

"Why the big pause?" asks the bartender. The bear shrugged. "I'm not sure; I was born with them."

A pun, a play on words, and a limerick walk into a bar.

No joke.

A man tells his doctor, "Doc, help me. I'm addicted to Twitter!"

The doctor replies, "Sorry, I don't follow you..."

Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, "What's the word on the street?"