

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 adminm@nscctas.org.au

The Shed: 12 Kingbilly Crescent, Rocherlea



The heart of our community

Hi Everyone

One of the things I love most about Northern Suburbs Community Centre is seeing people walk through our doors and find a place where they feel welcome, valued and connected. Every day across Newnham, Mowbray and Rocherlea, our community comes together to share skills, have a laugh, learn something new, lend a hand, and support one another. Whether it's over a cup of tea, in a community garden, at a playgroup, behind the wheel of an L2P car, or during one of our many programs, wonderful things happen when people connect. Whether you've been part of the NSCC family for many years or you're thinking about joining us for the first time, there is always a place for you here.

As you read through this newsletter, you'll see stories of local people achieving their goals, volunteers making a difference, and community members finding friendship, confidence and belonging. These are the stories that inspire us every day. What makes NSCC special isn't our buildings or our programs – it's the people. It's the volunteers who give their time, the participants who encourage one another, the staff who go the extra mile, and the community members who walk through our doors and make this place their own.

I often hear people say, *"I came here for an activity and stayed because of the friendships."* To me, that perfectly captures what community is all about.

I feel incredibly privileged to be part of the team at NSCC, an organisation that sees kindness, resilience and generosity every single day. To everyone who is part of the NSCC family—whether you attend a program, volunteer, partner with us, donate, advocate for us, or simply share our vision—thank you. Together, we are creating a stronger, more inclusive and more connected community.

I hope you enjoy reading this edition of The NSCC News and celebrating the many people who make our community such an inspiring place to be.

"Community is not just about where we live—it is about how we care for one another, grow together, and create opportunities for everyone to belong."



Trish O'Duffy and the team
CEO
Northern Suburbs Community Centre

Funded by the Crown through the Department of Premier and Cabinet

COMMUNITY FAMILY WORKER



Hi, I'm Deb your Community Family Worker.



I am here to support families with children 0-12 years.
I provide parenting programs to support mums, dads, carers, grandparents.
I also run playgroups for families and provides a host of fun activities.

I have some new and exciting programs starting soon so just give me a call on 0455 310329 and I can tell you all about them.



Make Time to Play is a warm and welcoming group where families can come together to connect, socialise, and enjoy creative activities and games. Current creative activities include air clay creations, exploring slime recipes and mandala drawings. Favourite games include Uno, Spot It card games, and Snakes and Ladders.

As the cooler months are here, we will be spending more time enjoying indoor activities together.

We look forward to warm soups, crusty bread, and YouTube dance sessions to keep us cosy, active, and connected. We meet every Friday during school terms from 3.00 pm to 4.30 pm, and everyone in the family is welcome. Come along, share afternoon tea, and enjoy a fun and relaxed way to finish the week together.



**Written by Deb
Community Family Worker**

Mentors Make A Difference

Become a Mentor Today!

Most of our wonderful mentors returned this year with their students keen to reconnect with them. We sadly farewelled a couple of mentors owing to travel, study and work commitments; however we have been lucky to welcome another 8 new mentors who have joined our team.

This means more young people will have access to a trusted mentor and enjoy the benefits this brings. Most of the new mentors have now completed their training and will commence sessions with their student at East Tamar Primary school within the coming weeks.



The fun activities tried this term have included colouring in; cooking; kicking a ball around; making stickers; time in the gym; board games; science experiments and just walking and talking. A reminder that it's not the activity; it's the time spent together getting to know and trust each other that is precious.



We celebrated our volunteer mentors during National Volunteer's Week in May. It was a time for some to connect with other mentors and we thank and appreciate the time and commitment they give every week to supporting a student to flourish.

As the program continues, we look forward to highlighting some great stories from students and mentors. Who knows, wouldn't it be great to extend this program to other schools!

Here's what mentoring can provide to a young person:

- Someone who listens - a mentor pays attention to what they say and doesn't rush them.
- A safe person to talk to. Mentors are calm, kind adults who make kids feel comfortable, even on tough days.
- Time just for them. Each week they get one-on-one time where they can talk, play games, do activities or just chill.
- Help with confidence. Mentors encourage kids, celebrate their wins and help them believe in themselves.
- Someone who shows up. Kids know their mentor will be there every week, which helps them feel supported and not alone.
- Help with school stuff. Mentors can help kids stay positive about learning, talk through worries and feel more settled at school.
- A break from stress. It's a space where kids can relax, laugh and feel understood.
- A trusted adult. Many kids say their mentor is the one person who "gets them" or listens without judging.

Written by Barb
Mentoring Program Co-Ordinator

Events and Celebrations!

Every day is a special one here at NSCC but these past months we have come together to celebrate several special community events.

NSCC Garden of Peace & Reflection

We were delighted to unveil the next stage of this project and celebrate with community along with Rotary Club of Tamar Sunrise, ABSNT, Connected Womens Group and other invited guests.

Local artist Chris had spent months working on the Peace Chimes project including a series of community workshops, designing and installing the sandstone pavers underneath the chimes. We marked this achievement with a Peace celebration that brought people from all walks of life together - sharing food, conversation and much laughter. The music and dancing provided by our friends from ABSNT added so much joy, colour and vibrancy to the day.

Volunteer Week enabled us to celebrate and thank our incredible hard working team of volunteers who are so essential to us. We hosted a series of afternoon teas including a certificate and gift presentation. This was a small token of our appreciation acknowledging all that this dynamic team of individuals add to the rich tapestry of daily life across our sites.



A day out in Longford - This little road trip was enjoyed by a bus full of happy community members eager for a day out. We explored all that Brickendon had to offer as well as taking as checking out local eateries for lunch.



Every day, people in our community are building the skills they need to live more independently, speak up with confidence, and take steps toward work or study—with a little support from the 26TEN team.



Literacy is more than reading and writing. It's about being able to take part in community life, find work, and feel confident in everyday situations. At NSCC, literacy support has for instance opened doors for mothers building practical skills, learner drivers navigating road rules, and community members learning to use technology. These supports make a real difference in people's lives.

Sharon and Sarah work together to give their learners the best support possible, combining their strengths to build both literacy and digital skills for daily life.



If you would like to find out more about how you can take the next steps in your reading and writing journey why not give **Sharon** a call on **0455 175750**



Thanks to a suggestion by our wonderful Shed volunteer, Richard, our amazing Shed Coordinator, Carl, has designed an engaging video template for his 'Tool of the Week' videos. These videos highlight the variety of tools available for community members to use at The Shed and can be viewed on 'The Shed Rocherlea' Facebook page.

Carl has also flexed his creative muscles in creating some eye-catching flyers to promote and advertise volunteer opportunities available at The Shed.



Alongside Carl's incredible work, our wonderful Mentor Program Coordinator Barb has taken to Canva to design a vibrant brochure for the important program. This brochure showcases the enriching opportunities waiting for those who are interested in becoming a mentor.

26 Ten Communities Update: Creativity in Canva!

The start of 2026 has been incredibly creative in the 26Ten Communities program here at NSCC. **Sarah** has had the pleasure of supporting our talented program workers in Canva - a free and accessible online graphic design program - to create some new program resources

It has been so amazing to support our hard-working team in sharing the joys of their programs. Their passion is inspiring, and it's exciting to have their work decorating NSCC's spaces. If you feel inspired to give Canva a try, feel free to chat with **Sarah** to learn more!

Sarah and Sharon
26 Ten Program

COMMUNITY CONNECTOR



Hi I am Caz and I am the Community Connector.

This year has been fabulous connecting and welcoming so many new people into programs that I run here at NSCC . Below is a snapshot of what the programs are about and I encourage anyone to find a group or activity that suits them and give it a go ! Everyone - all ages from 0 - 99+ can join in. I give information and support with a variety of referral services too, so why not call on in and meet me !

Baby Bugs Playgroup

Join us for playgroup with singing, dancing, laughter, activities & munchies

"I get excited to come here each week!"

"I love watching my kids having fun & making new friends"



Community Keep Fit

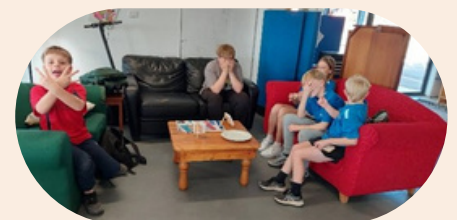
This is for anyone over 18 years who wants to enjoy doing exercises with fun. Come & check it out! Lots of laughter & you go at your own pace.

"This is so good for me & love making new friends."

Peeps Youth Group

Fun for children 10 – 17 years old. Their own space to chill-out & have fun doing sports, eightball, table tennis, activities, make new friends & eating together. Come along and join in all the fun!

"This is the best thing I have all week", I have so much fun with other kids".



***This is so good for me and I
love making new friends***

**Written by Caz
NSCC Community Connector**



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.

Mani and Mark are the program co-ordinators.

Together they support our wonderful driver Mentors

Their workdays are Tuesday, Wednesday and Thursday and are available to answer any questions you have about the program.

Mani Rai & Mark Dover L2P Co-Ordinators

Phone: 0456 891344

Email: l2p@nscctas.org.au

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:

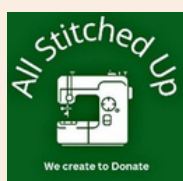
- Ability to commit to a minimum of 2 hours per week for up to 12 months.
- Genuine interest in the wellbeing of all people.
- A current driver's licence issued in Australia.
- Willingness to undergo Volunteer processes, including a Working with Vulnerable People check.
- Ability to communicate in (basic)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

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



Donations of material are gratefully accepted !



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

DID YOU KNOW?

You can meet with several visiting services here at NSCC



**Moreton Group
Medical Services**

Services include most GP-like services including:



Scripts



Xray's



Bloods



Referrals



Health Checks

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

Walk In Service

This is a **fortnightly** service so call our friendly team on 63 265506 for dates

**NSCC Newnham, 49 Georgetown Rd
6pm-9pm on Tuesday evenings**



**LEGAL
LITERACY
VOLUNTEERS**

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



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.

July: 21st

August: 4th & 18th

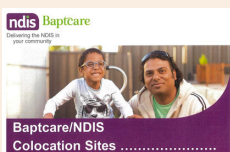
NSCC Mowbray Site 10-12 Noon

NSCC Newnham Site 12.30-2.15 pm

September: 1st, 5th, 29th

October: 13th & 27th

November: 10th & 24th



Come along and chat with Vanessa from Baptcare NDIS @ NSCC Newnham Second Wednesday of every month. 10am-12 Noon

You can drop-in for a chat or make an appointment with Vanessa 0438 164554

GROW

mental wellbeing programs



**Launceston Grow Group
meet Wednesday's 1-3pm
at NSCC Newnham site**

GROW is a community- based organisation that has helped thousands of Australians with their mental health, through a unique program of mutual peer to peer support and personal development.

What makes GROW special is that the practical support and lived experiences shared are underpinned with the twelve step GROW program.

GROW group is **free** and there is no need to have a referral or a doctors diagnosis.
All groups are confidential and anonymous.

For more info or to register contact Linda
linda.allen@grow.org.au
0417 7370203

MEET OUR COMMITTEE



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.

There are 35 Neighbourhood Houses in Tasmania. They are run by the community for the community. Each year at our Annual General Meeting local people put their hands up to become Committee Members. By undertaking this responsibility they ensure that Northern Suburbs Community Centre can continue to provide much needed services and activities to our community.

On behalf of the NSCC team we wish to say THANK YOU to our committee for their contribution and dedication to the Centre and our community.

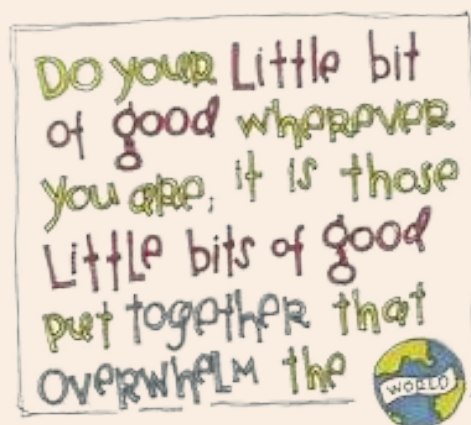
Deputy Chair
Secretary
Asst Secretary
Treasurer
Asst Treasurer
Public Officer

Hugh McKenzie
Stephen Jones
Kathryn Adkins
John Streeter
Syed Haider Raza
Stephen Jones

Committee Member
Committee Member
Committee Member
Committee Member

Leanne Newson
Irene Olsen
Dom Geraghty
Jan Chaplin

NSCC Patron Dr Frank Madill

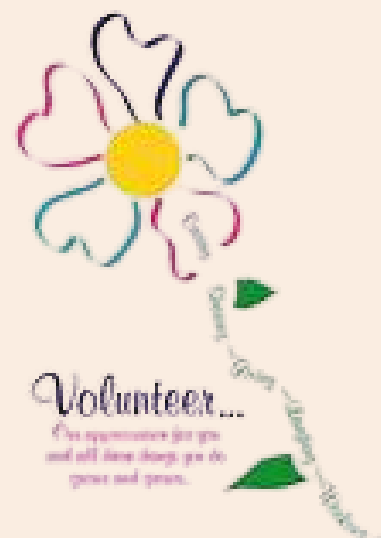


INTERESTED IN VOLUNTEERING ?

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 our Management team.

We would love to welcome you to our garden, kitchen, admin 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.





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.

Loans available up to \$2000



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

To register

www.nilstasmania.org.au or call 1300 301650



NSCC 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



We now have a Bike Library !

If you need to borrow a bike to get around or just feel like re-discovering the thrill of bike riding- then you might want to check out a bike from our library.
You must know how to ride a bike and be over 18 years of age.



You can borrow a bike from either of our sites at

- 49 Georgetown Rd, Newnham
- Dover St, Mowbray



To find out more call in and chat with one of our friendly reception team.

Deposit Required

- Waiver may apply

DID YOU KNOW?

NSCC ALSO OFFER PROGRAMS FROM OUR ROCHERLEA SITE THE SHED



12 KINGBILLY CRESCENT, ROCHERLEA

We welcome outside participants to join in our workshop activities.

Monday, Tuesday, Wednesday
9.30 am-2.30 pm

Call in to The Shed and chat with Carl and find out details of how you can join.

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



PEEPS

Monday's
3.00-4.15 pm



After School Youth Program

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

BREAKFAST CLUB



Third Monday of every month
9-11am

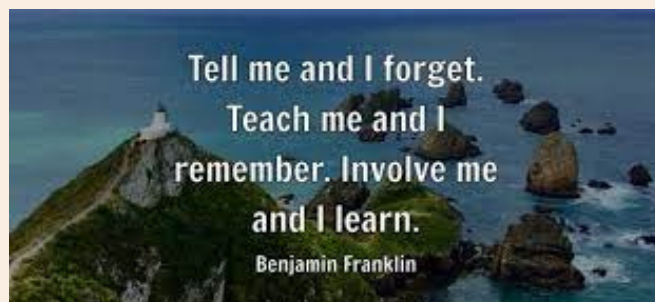
Call in and enjoy a snag and a chat with Carl

COFFEE & CHATS

Wednesday
10-11.30 am



Get out of the house and come along and grab a coffee and meet some new people in your neighbourhood.



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.

Digital Uplift- 9am-11am

FREE support with digital skill help, getting online/online safety, accessing government services. **Just drop in and see**

Nathan



Tai Chi- 10am-11am

Improve your balance, flexibility with our friendly class.



Dance Fit Class 11am- 12 Noon

Join Caz with some easy, fun dance moves for all abilities.



Knitters Unleashed- 1.00-3.00pm

Come along and join in simple knitting projects with Glenys.



TUESDAY

All Stitched Up 10am-2pm

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



Community Keep Fit- 10am-11am

Come along and get moving with simple exercises for all abilities.



Snag Chat Van 11am-1pm

Join us for a sausage, chat and games.



3rd Tuesday of every month only

Tuesday Cont:

Micro Lunch- 12.30pm

Weekly light lunch, alternating BBQ with Indian cuisine. **FREE**
Please book in for this one



Children's University 3.15-4.15 pm

Learning hub for children 6-14 yrs.

Call us for details



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 12 Noon-1pm

Playgroup for caregivers and their families to learn together.



Your Space 1-2.00pm

Connect, have fun, chat and share a laugh with others.



FRIDAY

Let's Get Crafty 10.30-11.30am

Creative and fun craft projects with all materials supplied.

Boomerang Bags 1.30-3.00pm

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

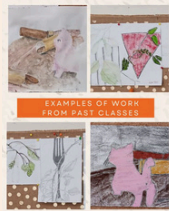
Mowbray

Dover Street, Mowbray
admin@nscctas.org.au

☎ 6326 6776

MONDAY

Modernism Art 11am-12 Noon



Come and explore the painting, drawing and design ideas of modernism.

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.

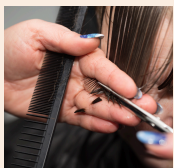
WEDNESDAY

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!



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.



FRIDAY

Cooking With Allan

Cook and share a meal together and develop new skills.

No Walk In- Register your interest with us instead.

Make Time To Play 3.15-4.30pm

Family Fun Activity Group with Deb
Give her a call on 0455 310329 to find out more.



Mural Project 10am-12 Noon

Help us connect our Garden of Peace and reflection Mural project with our Mowbray site.

Chris will help guide the project with you.

Everyone Welcome.

All materials supplied.



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