Northern Suburbs Community Centre Inc.

2026 | ISSUE 8

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@nsccctas.org.au
NSCC Mowbray: Dover St, Mowbray
63 266776 adminm@nsccctas.org.au
The Shed: 12 Kingbilly Crescent, Rocherlea

The heart of our community

Hi Everyone



Welcome to Spring at Northern Suburbs Community Centre. At NSCC, we believe that strong communities are built through connection, friendship, learning, and looking out for one another. Whether you're new to our community or have been part of the NSCC family for many years, there's always something happening here and one of our friendly team ready to welcome you. So as the days grow longer we'd like to extend an invitation and a very warm welcome to you, our community, to come along to one of our centres.

As we welcome spring and look ahead to new opportunities, we also take a moment to reflect on some significant changes within our NSCC family over recent months. Most notably, we continue to feel the loss of our much-loved Chairperson, Greg, whose passing has had a profound impact on our community, staff, volunteers, and Board. Greg's wisdom, compassion, unwavering belief in people, and commitment to community development helped shape NSCC into the organisation it is today. While his absence is deeply felt, his legacy lives on through the many lives he touched and the values he championed.

We have also farewelled some valued team members.We recently said goodbye to Carl, our SHED Project Officer, and thank him for his dedication and contribution to the Centre. We wish him every success and happiness in his new role. At the same time, Mani stepped down from his position as L2P Coordinator after making an extraordinary contribution over the past 10 years to the learner driver mentoring program and the many young people and volunteers he supported along the way. Thankfully for us, Mani continues to generously volunteer his time with NSCC, and we are grateful that his experience, kindness, and commitment remain part of our community.

Change also brings new faces and fresh energy. We are delighted to welcome Carlene to the team as our Assistant Manager of Operations and Janice, who has joined our FaRM Project team as Gardener. Both bring valuable skills, enthusiasm, and passion for community, and we look forward to the contributions they will make. Through times of both celebration and sadness, one thing remains constant: the strength of our community. Thank you to our staff, volunteers, members, partners, and supporters who continue to make NSCC such a welcoming, caring, and resilient place.

Inside this newsletter you'll find information about the many programs, activities, and services available at the Centre. From learning opportunities and community events to support services, volunteering, and social groups, there are countless ways to get involved. Joining an activity or program is not only a great way to learn something new, but also an opportunity to make friends, share experiences, connect with others, and become part of a vibrant and caring community.

Volunteering is another wonderful way to give back while developing new skills and meeting people from all walks of life. Our volunteers are at the heart of everything we do, and we'd love to welcome more community members to our team. If you have never volunteered before we'd encourage you to give it a go; you will make many new friends, learn new skills and guaranteed to feel better knowing you are helping to build a thriving community where you live.

With the school holidays just around the corner, we're wishing all local families a safe, happy, and fun break. Be sure to check out the information from our Baby Bugs, Make time to Play and PEEPS group, with activities designed to keep children engaged. We also have a family movie afternoon planned to keep you entertained.

We hope you enjoy this edition of our newsletter and discover something that inspires you to join in, connect, and make the most of all that NSCC has to offer.

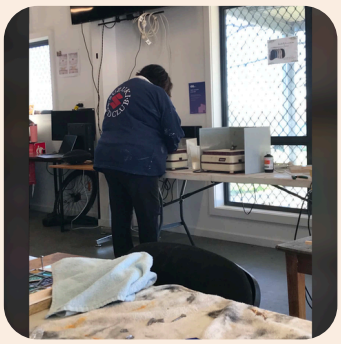
Spring is a wonderful time for new beginnings, and we look forward to seeing you at the Centre soon.

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






Some snaps of some of our team of staff and board getting inspired with their stained glass creativity






Funded by the Crown through the Department of Premier and Cabinet

COMMUNITY CONNECTOR



Hi I am Caz and I am the Community Connector.

It has been an amazing year so far with many new programs catering for ages 0 – 99 years. Come on in & try something new & have a laugh!

I also support people with connections to services & providing information.

Here are some of the groups all based at Newnham NSCC apart from The Peeps Youth Group which runs at The Shed, Rocherlea Come along & check us out!

Peeps Youth Group



Is where children 10 – 17 years old hang out & play eightball, table tennis, art, cooking, music & couch sitting.

"I love meeting my friends here in our space without my brothers & sisters"



Community Keep Fit

Is a fun active program! designed for anyone over 18 years old. We have weights & cool active equipment. We even make up our own moves while supporting each other.

" I look forward to this all week" & they such a fun group"

Children's University



Is for children 8 – 14 years old in an educational fun program that encourages schooling & their hours are recorded in their very own Childrens University passport. The children cook, do science experiments, team games, craft, outdoor fun and so much more .

"This is so cool & I've made new friends ".



Baby Bugs Playgroup

Is held at NSCC Newnham for families with children 0-5. We have fun, play, munch, create, chill-out and loads of laughter!

Dance Fit



Fun to the tunes of Footloose, YMCA, Staying Alive, Twisting the night away. "Dance like no-ones watching you"

Written by Caz
NSCC Community Connector

Mentors Make A Difference
Become a Mentor Today!

Our Mentoring Program which matches trained community volunteers with a student at East Tamar Primary School continues to flourish with 10 mentors providing weekly support for one hour a week at school during term time.

Building trusting relationships through fun activities has seen increased confidence and wellbeing amongst students, and improved attendance (at least on the days their mentors visit)! Our marvellous mentors are equally engaged and enjoy learning about their student and the school environment as a community.

One student always greets & farewells his mentor with a handshake. Another accompanies their mentor to office at end of each session and thanks them. Another student agreed with a teacher who said, "*Aren't you lucky to have a mentor who does experiments with you?*"

Another student told us "*I dreamed of something like this, & it happened".*

We are grateful for the enthusiasm and commitment of the East Tamar Primary school staff and management who are as excited as we are about the benefits the program is yielding.



Some of the students and mentors at a recent afternoon tea at East Tamar Primary School celebrating the success of the Mentoring Program. Look at those happy faces!

I dreamed of something like this and it happened

I love my mentor, she is so kind and loves talking- Like me !

Recent feedback from the Assistant Principal, Ms Jess Bennett

The Mentor Program is a much-loved and highly valued initiative at East Tamar Primary School. It offers our students a wonderful opportunity to build meaningful connections, grow in confidence, and engage in authentic conversations that strengthen their social skills and positive communication.
Each week, students eagerly anticipate their mentor afternoon. It's a highlight many of them simply don't want to miss. In fact, they often check in throughout the week to make sure they're ready for their special time.
The impact of the program is best captured through the voices of our school community.

One parent shared,
"*My daughter loves her mentor afternoon -I cannot stop her talking about it at home.*"

A student enthusiastically told us, "*I had the best afternoon the other day, we had milkshakes like you would at a café!*"

Another reflected, "*I love my mentor, she is so kind and loves talking- like me.*"

These one-on-one experiences are incredibly meaningful for our students, fostering a sense of belonging and connection that is valued not only by them, but by our entire school community.

Written by Barb
Mentoring Program Co-Ordinator

nils network TASMANIA

Loans available up to $2000



To register
www.nilstasmania.org.au or call 1300 301650



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.

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



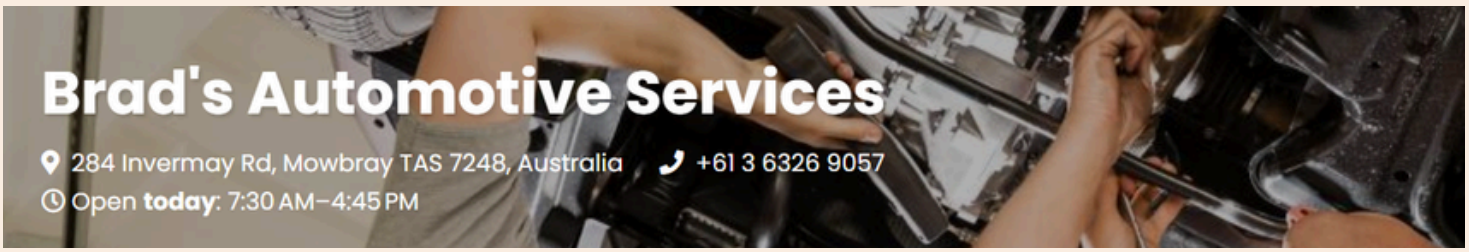
LEARNER DRIVER MENTOR PROGRAM

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.

Mark is the program co-ordinator. and supports our wonderful driver Mentors Mark's workdays are Monday, Tuesday and Wednesday 9.30am-2.30pm and he is available to answer any questions you have about the program.

Mark Dover L2P Co-Ordinator
Phone: 0456 891344
Email: l2p@nscctas.org.au

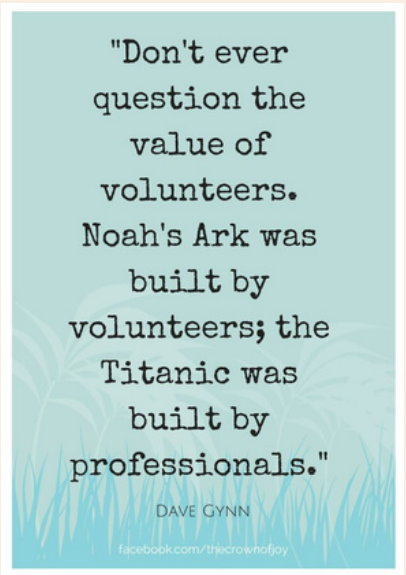
L2P would like to give a shout out of thanks to Brad's Automotive Services for recently giving our car a free service. THANKYOU



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 either Trish or Mary.

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.



The Buzz from the Garden

Spring has definately sprung in our gardens at both our Mowbray and Newnham sites. Our team of garden gurus have been busy preparing the garden beds for spring planting. They have also been working with local school students this past term, teaching them that vegetables don't grow in supermarket packaging! The students have had a wonderful time planting new spring seedlings as well as helping to harvest the late winter crops.

The garden team have also been holding a weekly pop- up market stall, selling the leafy winter vegetables at bargain prices. Keep an eye out on our FB page for upcoming markets.





Our FaRM site at Mowbray has also seen some great changes over the winter months. Access to water is now fully installed on site and the crew are no longer soley dependant on tank water to water the garden beds.

Tyler and Janice have been busy on-site planting out the beds with the spring/summer vegetables which has certainly piqued the interest of the local cockatoo colony (who seem to think we have opened a new buffet just for them).

A huge thank you to Bunnings for their generous donation of netting to help protect our crops from hungry visitors. If anyone has any spare bird or insect netting they no longer need, we would be incredibly grateful for donations to support the FaRM Project and help our vegetables make it from seedling to harvest and give them a fighting chance against our feathered friends.

DONATE

If you're a local business looking for an inspiring project to support—one that helps build our local economy while also offering tax deductions—look no further.

NSCC has Deductible Gift Recipient (DGR) status, meaning every dollar you donate is tax-deductible. It's like the gift that keeps on giving, benefiting both our community and your business.

If you would like to find out more about our DGR status or to make a donation simple contact our GM Trish O'Duffy on 62 265506 or email manager@nsccctas.org.au

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.

Come along and join me over the school holidays for super sized session of Make Time To Play on:
Friday 16th October from 1.30-3.30 at our NSCC Dover st site. Bring along the family to join us for an afternoon of fun

- Rock Painting
- Fun with clay
- Beading
- Volley ball
- Cooking fun

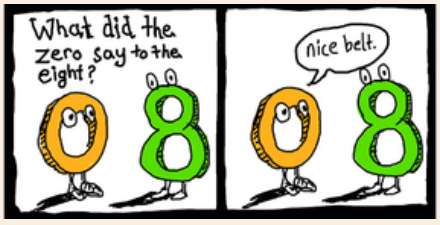


JOKE Corner

What do you call a fly with no wings?



A Walk



Why did the pony ask for a glass of water?



Because it was a little horse.

Riddle Me This !

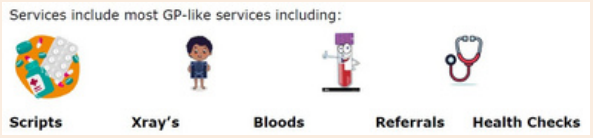
1. You can break me without touching me,or even seeing me. What am I?
2. I am an odd number. Take away a letter & I become even. What number am I?
3. What has a neck but can't swallow?

1.A Promise 2.Seven 3.A Bottle

DID YOU KNOW?

You can meet with several visting services here at NSCC

Moreton Group Medical Services



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

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

Walk In Service

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

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LEGAL LITERACY VOLUNTEERS

LAUNCESTON COMMUNITY LEGAL CENTRE

Legal Literacy Volunteers are at our NSCC Newnham site every Wednesday from 10am-12 Noon.
The Friendly team can assist you with

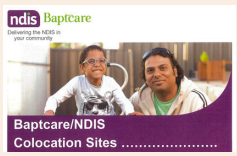
- Referral to a free legal service.
- Help with filling in forms e.g Centrelink
- Reading & understanding a document
- My Gov

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.

October: 13th & 27th

NSCC Mowbray Site 10-12 Noon
NSCC Newnham Site 12.30-2.15 pm

November: 10th & 24th
December: 22nd



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

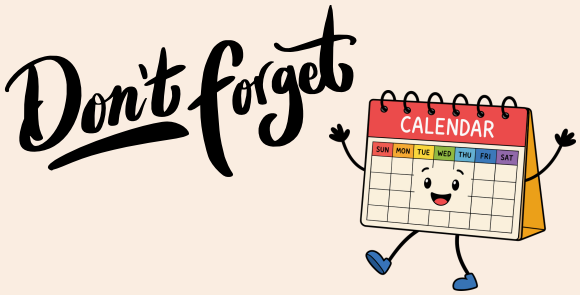
GROW
mental wellbeing programs

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.

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

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



Make sure to mark the dates below in your calendar and come along and join us.

We look forward to seeing you!









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 the team and find out details of how you can join.

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

PEEPS

After School Youth Program

Monday's
3.00-4.15 pm

For young people aged 10-17 Years
A safe space to hangout each week.

- Fun Activities
- Games
- BBQ
- Make new friends
- Have fun!









All our regular programs and activities that we offer.

Newnham 63 265506

49 George Town Road, Newnham

admin@nsccctas.org.au

MONDAY

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.



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

Snag Chat Van 11am-1pm

Join us for a sausage, chat and games.

3rd Tuesday of every month only

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.



THURSDAY

Women Together 9.30-12 Noon

Welcoming Migrant women and building social connection through friendships.

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.

All our regular programs and activities that we offer.

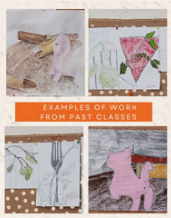
Mowbray 63 266776

42 Dover St, Mowbray

adminm@nsccctas.org.au

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 out Garden od Peace and reflection Mural project with our Mowbray site.
Chris will help quide 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.nsccctas.org.au

If you would like to receive our Newsletter via email contact Mary on am@nsccctas.org.au