

Deloraine House

January
2026

& Meander House



Deloraine House 112 Emu Bay Road, Deloraine - Open 10am to 4pm Monday, Tuesday & Thursday. Wednesday 10am - 3pm.

0363 622678

0478607272

Meander House 137 Main Road, Meander - Open 10am to 4pm Wednesday



www.delorainehouse.org.au



Keep up to date via our Facebook page

THANKYOU!!!!

Deloraine Primary School

Lions Club Deloraine

Meander Lodge

Kolmark

Mumma Buzz

Highland Haulage

Love Lucy Boots

Country Family Daycare

NEBHUB

Extractas

Meander Valley Council

Rotary Deloraine

Lions Club Deloraine

Our Lady of Mercy - 5/6 class

Mooie Makeup

Various individuals
and community
members



ORPHAN'S CHRISTMAS DAY



some of our dedicated volunteers



A beautiful day filled with good food and good company



The Mennonite Choir generously giving their time and keeping the crowd entertained



A delicious spread



one of our many delicious Pavlovas

MEANDER MUSINGS



Spotlight on our wonderful volunteer, Sue!



1. Do you ever binge on TV-shows; if so, what? Netflix detective series.
2. How many French fries is it okay for a friend to take before you tell them to order their own? 6
3. Would you take a trip to outer space? No
4. Would you rather take a cold shower on a hot summer day, or be wrapped in a warm blanket on a cold winter day? Blanket
5. What is your favourite smell? Newly mowed grass
6. What is your favourite ice-cream flavour?

Don't have one, not that keen on ice-cream

7. If you could, would you have a personal trainer, personal chef, housekeeper, or personal glam squad?

Personal glam squad!

8. If you could pick up a new skill in an instant, what would it be? Playing the mandolin

9. What's one superpower you would NOT want?

Photographic memory

Now tell us a little of the Op Shop here at Meander House and why is it so special?

The volunteers are great to work with, and I just enjoy meeting people.

Meander House Op is open every Wednesday from 10 to 4pm and every Saturday from 10 to 2pm. Cash Only. Come along and find a treasure or bring us your donations.

COMMUNITY GARDEN NEWS



We held our end of year Community Christmas Party at the Deloraine Community Garden and enjoyed wood fired pizza.



Wicking bed Workshop in full swing. Thankyou to our wonderful garden volunteers for you time and effort. If you would like to volunteer at the community garden, pop into Deloraine House and ask for more information!



Thanks to the Stihl Shop Deloraine and Ian and the team at Impact Fertilisers, our gardeners are thrilled to have a new Rotary Hoe to add to the garden equipment

“Meal Kits for Meander Valley”



LAST DAYS!

Recently Skye was successful in obtaining a \$10,000 from the Tasmanian Community Food Relief Grant to be used for food relief within the Meander Valley community! Skye designed 5 easy to prepare, healthy meals that come with a recipe card and all the ingredients you need to cook that meal at home!

The five meals designed are Spaghetti bolognese, roast Chicken and vegies, Beef rissoles with mash and beans, curried sausages and coconut vegetable curry.

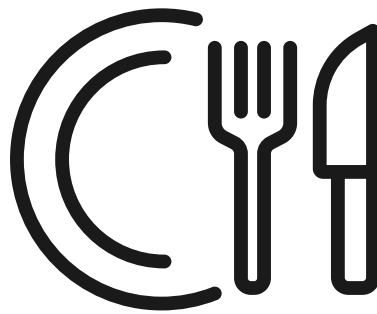
If you are in need of a meal (feeds roughly 4-6) please see us at the front office and we can provide you with a free meal kit! Please note these are limited.



The first delivery of many



Beef rissoles, mashed potato and beans



Meals available



Roast Chicken and Vegetables



Spaghetti Bolognese



Curried Sausages with rice



Coconut vegetable curry

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

JANUARY SCHEDULE

MONDAYS

Monday
Deloraine Social
Quilters
12th & 26th

10am - 1pm

Eating With
Friends
NOT UNTIL 2ND
FEB
\$10 for two
courses

TUESDAYS

Tuesday
Quirky Quilters

Every Week
10am - 1pm

Spinners
Group

13th & 27th
10am-2pm

Heart
Foundation
Walking Group
Every week
9am - 10am

WEDNESDAYS

Community
Garden
Open
Every Week
10am - 2pm

Meander
Playgroup
Every
Wednesday
10am - 12noon

Tai Chi

Every Week
10:30 - 11:30am

Meander
OP Shop
Every
Wed 10am - 4pm
Sat 10am - 2pm

THURSDAYS

Heart
Foundation
Walking Group
Every week
9am - 10am

Whats the News,
Mate? - Mens
group
1st Thurs month
(NOT UNTIL 5TH
FEB)

Yoga
Weekly
Slow Stretch &
Flow 10am
Chair Yoga
11am

FREE
Community
Lunch
12 pm-1pm
Every Week

FRIDAYS

Social Craft
Group
16th & 30th
10am -
12noon



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

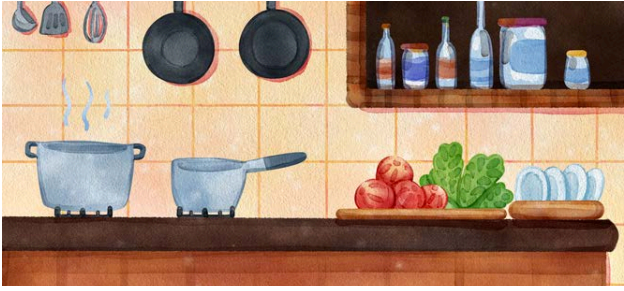


Looking for an opportunity to meet people, learn new skills and contribute to your local community in a meaningful way? Talk to us about Volunteering today!



What is a Community House?

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



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

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



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



Help support the local community work we do

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

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

Annual Prices

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

Fill out and return to Deloraine House along with payment



Join us at Deloraine House on Monday the 2ND February at 12 noon for a social two course meal. \$10 per person.
RSVP on 63622678

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

driver mentor program learner driver experience supervisors provided



Wheels4Work Outreach is available via Deloraine Neighbourhood House.
Contact the Outreach Coordinator Rick Mansfield on 0459 591 567
or email w4w.outreach@ravenswoodnh.org for further information



LEGAL LITERACY VOLUNTEERS

FREE HELP IS AVAILABLE

IN YOUR NEIGHBOURHOOD

WE CAN HELP YOU WITH

- Filling out forms
- Reading documents
- Understanding documents
- Referrals to free legal services

DELORAINÉ NEIGHBOURHOOD HOUSE

11am - 1pm

2nd and 4th Wednesday of each month

VISIT US TO FIND OUT MORE

or call us on **6334 1577**



STATEWIDE MENTAL HEALTH SERVICES

Access Mental Health 1800 332 388

Advice - Assessment - Referral - Support



Department of Health



DELORAINÉ

**Are you an employer looking for staff?
 Or are you job ready and looking for work?**

- Are you unemployed or looking for a career change?
- Are you retired and looking to re-enter the workforce?
- We are a free service and you do not need to be on Centrelink

**Every Tuesday
 Deloraine House
 112 Emu Bay Road
 1-2pm**

Call David for a one on one appointment
 P: 0490 025 063

Are you or someone you know struggling to access Aged Care services and have no one to help?

COTA Tasmania's Care Finder program is a free and friendly community service. We offer guidance through the Aged Care system for those experiencing challenges and have circumstances that make it more difficult to navigate alone. We are here to work alongside you to access Aged Care and other support services.

1800 518 048



This program is supported by Australian Government funding through Primary Health Tasmania (Tasmania PHN).

For more information and current updates visit our website www.delorainehouse.org.au and follow us on Facebook

Services and Activities on offer

Meander House

Meander Playgroup

Every Wednesday 10am - 12noon

Meander Op Shop

10am-4pm each Wednesday
& 10am -2pm every Saturday

Services Australia

Ring us on 03 63622678 to check next scheduled date (currently on a monthly basis)

Baptcare

Ring on: 0434 836 905 / 1800 290 555
to find out their next visit or make an appointment.

Deloraine House

Eating With Friends (Community lunch)

\$10 - two courses
1st Monday of each month
RSVPs essential for catering

Spinners Group

Every second Tuesday 10am-2pm

Northern Employment & Business Hub

Free assistance with resumes and being job ready.
Every Tuesday 1pm-2pm

Social Craft Group

Every second Friday 10am-12noon

Heart Foundation Walking Group

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

Quirky Quilters

2nd and 4th Mondays of the month
and Tuesday quilters is every Tuesday
10am-1pm

Legal Literacy Volunteers

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

Services Australia (Centrelink)

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

Baptcare - NDIS - Shari

Ring on: 0434 836 905 / 1800 290 555
to find out their next visit or make an appointment.

Anglicare Housing Connect

Monthly 10am- 1pm
Call to book: 1800 800 588

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

NILS Loans

By appointment. Please call 6362 2678

Launceston Community Legal Centre

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

Tai Chi

Every Wednesday 10.30-11.30

Community Gardening

Drop in every Wednesday - Deloraine Garden

Men's Group

1st Thursday of every month - just turn up
11am-12.30pm

Yoga

Weekly Thursdays
Slow Stretch & Flow 10am- 10.45am
Chair Yoga 11am-11.45am

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