



Deloraine House & Meander House



Deloraine House 112 Emu Bay Road, Deloraine - Open 10am to 4pm Monday to Friday - 0363 622678

Meander House 137 Main Road, Meander - Open 10am to 4pm Tuesday to Thursday - 0478607272

 www.delorainehouse.org.au

 Keep up to date via our Facebook page

April 2026



Happy Easter from the team at Deloraine and Meander House!

The Houses will be closed from Friday 3rd April to Monday 6th. We will re-open on Tuesday 7th.

Please keep safe on the roads this Easter!

Please note: Eating with Friends is NOT on in April due to Easter Monday Public Holiday

Community Lunch is NOT on 21st May

Please note: Yoga will NOT be running on the 8th and 15th April.

Who got the Golden Egg?



Saoirse did a lot of hunting and found the Golden Egg! So exciting!



What's on:

Eating with Friends Monday 4th May - including The People Project Information session

Neighbourhood House week 11th - 17th May

Volunteer Week 19th - 25th May

National Simultaneous Storytime - Meander Playgroup Thursday 21st May



"Your Place to Connect"

May 11th-14th

DELORAINE HOUSE



WEEK!!!

Join us for a fun-filled week at Deloraine House to celebrate Neighbourhood House Week!

Monday May 11th

10am- FREE Morning Tea to kick off celebrations

11am - Neighbourhood House bunting/sewing workshop

Tuesday -May 12th

10am- FREE exercise class (TBA)

1pm - FREE Learn to make a sourdough starter. Take home your own starter & recipe to make your own bread

Wednesday -May 13th

10am- FREE Learn to preserve vegetables class

1pm - Seed swap and market stall

Thursday -May 14th

12pm - Join us for a FREE Community Lunch and guest speakers reflecting on Deloraine House. Please RSVP for numbers and dietary requirements

Please RSVP if you would like to attend all or any of the classes on 6362 2678 or via email at info@delorainehouse.com.au



Harmony Day Celebrations

We had a lovely lunch at the Deloraine Community Garden celebrating Harmony Day! Harmony Day encourages people from all backgrounds to come together, share their cultures, and recognise that our differences make our communities stronger. It's a day to celebrate kindness, friendship, and the message that everyone belongs. Thankyou to Anne-Marie Loader, Councillor - Meander Valley for making time to celebrate with us



One of the plates shared at Harmony Day was Labneh with Zaatar spice. Here's the recipe!

Labneh with Za'atar

Labneh (or Greek Yoghurt)

¼ teaspoon salt

2 tablespoons fresh mint

2 tablespoons chopped pistachios

1 tablespoon chopped olives

pinch red pepper flakes (optional)

¼ cup Zaatar spice

Olive oil

¼ cup Pomegranate seeds

Pita bread to serve.

Za'atar spice:

Mix 1 tablesspon dried thyme, 1 tablesspon cumin, 1 tablesspon coriander, 1 tablesspon toasted sesame seeds, 1 tablesspon sumac, ½ teaspoon salt, ¼ teaspoon chilli flakes (optional)

To serve: mix all ingredients except labneh together. Place labneh on the plate and top with the mixed ingredients.



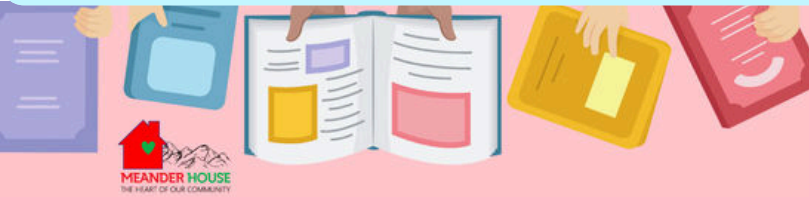
What fun to go on an Easter Egg Hunt! Here are some lucky hunters with their shiny (and yummy) rewards!



The Easter Bunny was out and about this week and spotted hopping around Deloraine.

Here, there and everywhere!

Easter Eggs Galore!



JOIN MEANDER PLAYGROUP FOR SIMULTANEOUS STORYTIME ON WEDNESDAY THE 27TH MAY AT 12PM AT MEANDER HOUSE, MAIN ROAD, MEANDER.



IF YOU WOULD LIKE TO KNOW MORE ABOUT MEANDER PLAYGROUP PLEASE CONTACT CHRISTIE FOR MORE DETAILS AT CHRISTIEINTHEVALLEY@GMAIL.COM



Australian Lions Medical Research Foundation proudly presents 2026 CIRCUS QUIRKUS

Circus Quirkus is a one-hour, animal-free, contemporary take on your favourite, traditional circuses of ages past, with an eclectic and entertaining mix of Circus acts from all over the world.

Enjoy a relaxed theatre experience with a casual attitude to audience noise and movement in an accessible and inclusive environment, where all are welcomed and free to be themselves without restriction or judgement.

- One hour shows. Suitable for all ages and accessible for people...
- with diverse abilities and backgrounds (wheelchair accessible)
 - who might require a more flexible and inclusive environment when attending the theatre (sensory and neurodiverse friendly).
 - who are facing hardship.
 - who are without access or opportunity to attend live theatre.
- *Featuring moving and flashing lights, and upbeat, sometimes dramatic music.



ALL TICKETS ARE COMPLIMENTARY, including parent, sibling and carer tickets. Thanks to sponsorship from local businesses.

*Bookings from schools, organisations, carers and families are all welcome.

LAUNCESTON CONFERENCE CENTRE - DOOR OF HOPE 50 Glen Dhu Street, South Launceston TAS		
SHOW DATE (School Holidays)	#1 SHOWTIME	#2 SHOWTIME
TUESDAY 21 ST APRIL 2026	10.00 AM	12.00 PM

To book tickets, please email your name, preferred showtimes and ticket numbers to...
meredithnewman@showintent.com.au
or call / text 0404-367-782

Garden News



The garden volunteers have been busy! Look at all the wonderful fresh produce which can be accessed by the community.



Sow what- Sow when!

A summary of what to plant in April

DS- Direct sow

TS - transplant seedlings

APRIL

Broad beans	DS
Chives	TS
Collards	TS
Garlic	DS
Kale	TS
Mizuna	DS
Mustard greens	DS
Tatsoi or other Asian vegetables	DS
Rocket	DS
Shallots /spring onions	TS
Spinach	DS
Turnip	DS

Welcome to SLOW STRETCH & FLOW AND CHAIR YOGA

LESLEY IS A FULLY QUALIFIED AND 15 YEAR EXPERIENCED HATHA YOGA TEACHER BRINGING GENTLE EXERCISE CLASSES TO DELORAINE

COME AND JOIN LESLEY FOR CHAIR YOGA AT 11.40AM- 12.25 PM

\$10 PER CLASS PAYABLE ON THE DAY. CASH ONLY

AT DELORAINE HOUSE
110-112 EMU BAY ROAD, DELORAINE
PLEASE CALL LESLEY ON 0478581319 TO BOOK

Visiting service

If you need help with Centrelink, Medicare and Child Support payments and services, we plan to visit your community soon.

Services Australia will be visiting

Deloraine Community House

We help you and your communities to understand and access our payments and services.

Visiting on:

Wednesday 22nd

April

from **10-12**



Services Australia

servicesaustralia.gov.au

DELORAINE HOUSE APRIL EVENT SCHEDULE 2026

02

APRIL,
2026

**WHAT'S IN THE NEWS MATE?
MENS GROUP. 11AM-12.30PM**

NO BOOKING NECESSARY

DELORAINE HOUSE

16

APRIL,
2026

**HOUSING CONNECT
VISIT. 10AM - 3PM**

NO BOOKING NECESSARY

DELORAINE HOUSE

**1,22 &
29TH**

APRIL,
2026

**CHAIR YOGA - 11.45AM-
12.30PM. \$10 PER CLASS (NO
CLASS 8TH & 15TH)**

NO BOOKING NECESSARY

DELORAINE HOUSE

**2,9,16,23
&30TH**

APRIL,
2026

**FREE COMMUNITY
LUNCH 12.00-1.00PM
EVERY THURSDAY**

NO BOOKING NECESSARY

DELORAINE HOUSE



DELORAINE HOUSE INC

THE HEART OF OUR COMMUNITY

110-112 Emu bay Road, deloraine



MEANDER HOUSE
THE HEART OF OUR COMMUNITY



Neighbourhood Houses
Tasmania

Spotlight on some of the services available at Deloraine House

Housing Connect:

Anglicare Tas Housing Connect is coming on 16th April between 10 and 3pm if you are needing any help with the following:

- Apply for social housing
- Referral to a supported accommodation
- Support and advice on accessing private rental assistance such as bond and rent
- Finding crisis accommodation
- Finding assistance with family violence

NEBHub:

The Northern Employment and Business Hub (NEBHub) offers a place-based support service to help local businesses find the right people for their jobs. Focused strongly on Northern Tasmania, NEBHub builds links between training, business, and employment.

David from NEBHub is here each Wednesday between 11 and 1pm. Please make a booking to ensure you can see him.

Launceston Community Legal Literacy:

LCLC are a not-for-profit service initially established in 1986 as the Northern Community Welfare Rights Service to provide free legal advice to anyone in the community.

Their vision is to promote social justice by improving access to the legal system. We do this by providing free legal assistance, support, and information to all members of our community, and prioritise those experiencing disadvantage.

LCLC will be visiting Deloraine House on 18th May



DELORAINE HOUSE INC
THE HEART OF OUR COMMUNITY

EVENTS SCHEDULE

4th
May

Eating with Friends

Two course meal 12-1pm \$10. RSVP to 6362 2678

Men's group - What's in the News Mate?
Just show up at 11-12:30pm

2nd
April

2nd, 9th, 16th,
23rd, 30th April

Free Community Lunch
12-1pm Every Thursday
No booking necessary

Housing Connect - 10am to 3pm

16th
April



MORE INFO:

PHONE: 6362 2678



or check us out on Facebook

Monthly Schedule

MONDAYS

Quirky Quilters

10am - 1pm

Eating with Friends
(Community Lunch)
\$10 for two courses

TUESDAYS

Quirky Quilters

10am - 1pm

Spinners Group

10am - 2pm

Heart Foundation
Walking Group
Every week
9am - 10am

WEDNESDAYS

Community Garden
Open every week
10am - 2pm

Meander Playgroup
Every Wednesday
10am - 12 noon

Tai Chi
Every Week
10:30-11:30am

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

THURSDAYS

Heart Foundation
Walking Group
Every week
9am - 10am

Meander Community Garden

Community Lunch
12-1pm

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

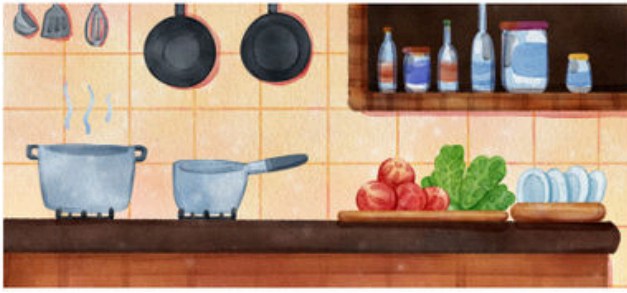


Looking for an opportunity to meet people, learn new skills and contribute to your local community in a meaningful way? Talk to us about Volunteering today!



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

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

Eating with Friends

4th May

Join us at 12 noon at Deloraine House for a social two course meal. \$10 per person. RSVP on 6363 2678

Memories are made when gathered around the table

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



STATEWIDE MENTAL HEALTH SERVICES

Access Mental Health 1800 332 388

Advice - Assessment - Referral - Support



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**



NORTHERN EMPLOYMENT AND BUSINESS HUB

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

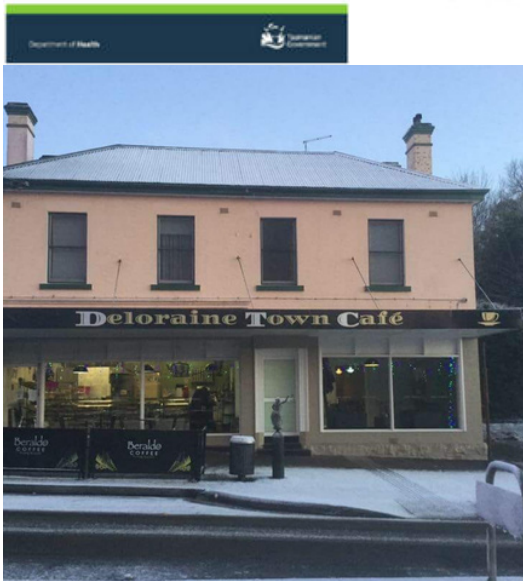
Are you or someone you know struggling to access Aged Care services and have no one to help?

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

A huge THANK YOU to all our Sponsors

SUPPORT

Services and Activities on offer

SUPPORT

Meander House

Meander Playgroup

Every Wednesday 10am - 12 noon

Meander Op Shop

10 am - 4pm each Wednesday

10am - 2pm every Saturday

Services Australia

Ring us on 03 6362 2678

Baptcare

Ring on: 0434 836 905 or 1800 290 555

to find out the next scheduled visit or to 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

Heart Foundation Walking Group

Every Tuesday and Thursday morning 9-10am

Departing from outside Deloraine House and walking around the local areas. All ages welcome.

Quirky Quilters

2nd and 4th Mondays of the month

Tuesday quilters every Tuesday 10-1pm

Legal Literacy Volunteers

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

Services Australia (Centrelink)

Ring us on 6362 2678 to check next scheduled date

Currently on a monthly basis)

Baptcare - NDIS

Ring on 0434 836 905 or 1800 290 555

to find out their next visit or to make an appointment

Anglicare Housing Connect

Monthly 10am- 1 pm

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

Wednesday fortnightly

Tai Chi

Every Wednesday 10:30 - 11:30am

Community Gardening

Drop in every Wednesday - Deloraine Garden

Men's group

1st Thursday of every month - just turn up

11am - 12:30pm

Yoga

Weekly on Wednesdays

Chair Yoga 11:45am - 12:25pm

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



Keep fully up to date with all the latest news, competitions and goings on via our Facebook page