

Deloraine House

October
2025

& 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

Tasmanian Volunteering Awards 2025

A heartfelt congratulations to our very own Deloraine House Secretary Christine Chillcott who was awarded The Lifetime Commitment Award and The Premiers Award

For over thirty years, Christine Chillcott has been a driving force behind community life in the Meander Valley, volunteering with an incredible seventeen organisations. Her enthusiasm is contagious, with many groups growing their volunteer numbers wherever she lends her support.

In the sporting world, Christine encourages younger players to pursue not only a playing career but also involvement in coaching and umpiring roles - ensuring the future of local sports remains strong and sustainable.

Christine also brings joy and connection to aged care residents through her weekly mobile store visits. More than a shopping service, these visits guarantee each resident has a friendly face and meaningful interaction.

Her themed costumes add a touch of fun and laughter, making her visits a highlight of the week. After the isolation of COVID-19, Christine reignited community spirit by organising a bonfire event. This event was so impactful it was named 'Community Event of the Year' by Meander Valley Council and has since become an annual celebration.

Christine's unwavering commitment and creativity continue to change lives, making her a cherished pillar of the Meander Valley Community.



DELORAINÉ HOUSE INC



Neighbourhood Houses
Tasmania



Tasmanian
Government



Meander Valley Council
Working Together

FREE BAKERY ITEMS WEEK
DAYS

Generously donated by
Town Cafe, Woolworths
Deloraine and Elizabeth
Town Bakery Cafe

DELORAINE HOUSE

R U OK? DAY Wednesday 11th September

Deloraine House staff and volunteers recognised R U OK Day. R U OK? is a national suicide prevention charity and registered public health promotion that encourages people to stay connected and have conversations that can help others through difficult times.

Their work focuses on building the motivation, confidence and skills of the help-giver – the person who can have a meaningful conversation with someone who is struggling with life.

R U OK? contributes to suicide prevention efforts by encouraging people to invest more time in their personal relationships and building the capacity of informal support networks – friends, family and colleagues - to be alert to those around them, have a conversation if they identify signs of distress or difficulty and connect someone to appropriate support, long before they're in crisis.



Thursday Community Lunch at Deloraine House

Our Thursday community lunch has been very well attended and we've been enjoying socialising with the local community over a free hot lunch. If you would like to join us it is FREE and is on every Thursday 12-1pm. No booking necessary just turn up!



MEANDER MUSINGS



Spotlight on Susan: Coordinator of the Meander House Op Shop

1. Do you ever binge on TV-shows; if so, what?

I love a good family drama series. I'm currently watching Brothers and Sisters with Sally Field and Rachel Griffiths.

2. Would you take a trip to outer space?

No because I believe there are far more important things to spend money on than space travel, such as housing and saving the environment on earth.

3. Would you rather take a cold shower on a hot summer day, or be wrapped in a warm blanket on a cold winter day?

I love winter. I love scarves and jumpers and boots. I love a fireside. I love to rug up and keep warm. Hot weather makes me grumpy.

4. What is your favourite smell?

I love the smell of basil.

5. What is your favourite ice-cream flavour?

Salted caramel

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

Personal chef! I used to enjoy cooking but cooking for a family for 20 years and then cooking for 10 residents of a disability community house every night cured me of that. Now I have perfected my '15-minute meals in one pan' recipes.

7. If you could pick up a new skill in an instant, what would it be?

Either Italian language or singing well.

8. What can you talk about for hours?

Our addiction to stuff and how we are drowning in waste. And how we can all live more simply, reduce, repurpose, recycle, share and repair.

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

Meander House Op Shop was set up 2 years ago and is run by an enthusiastic group of volunteers. Our aim is to reduce the amount of waste going to landfill by accepting donations of all sorts of goods which we then sell for very low prices. We are always looking for ways to repurpose or redistribute items we can't sell – anything to prevent too much going to landfill. We take excess stock to bigger op shops in Launceston, we make bags of rags from old sheets, garden twine from old t-shirts and scrapbooking packs from damaged books. We regularly donate excess baby clothes to remote indigenous communities. One of our volunteers makes beautiful jewellery from all the broken jewellery that comes in. Our volunteers are currently working on making tote bags from jeans and door sausages from fabric remnants. We offer tea and coffee if people want to stick around and chat.

We are 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

The final month of winter has brought a mix of unpredictable weather and increased volunteer activity, keeping our garden projects dynamic and productive.

Tanya was approached by Ian Sherman from Impact Fertilisers regarding their Community Contribution Program, which supports local communities through volunteering and monetary donations. The Deloraine Branch has generously offered \$750 and two days of labour—a fantastic contribution that will significantly benefit our community garden projects. The garden trailer has been put to good use again, transporting the mulcher from Deloraine to Meander and returning with the push mower for servicing. These shared resources continue to support our maintenance and productivity across sites, and its very likely that the windfall from impact fertilisers will be used to purchase a rotary hoe, to share across our garden sites.

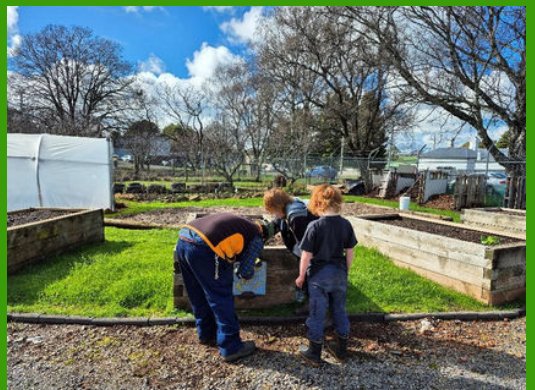
Though modest, our winter harvest continues to support important community efforts, including the Wednesday Soup initiative and the Free Veg Pantry at the Community Garden.

GRANT SUCCESS

We're thrilled to announce that our grant application to the Tasmanian Regional Drought Resilience Grant Program 2025 was successful! We have received \$10,000 to install wicking beds and further drought-proof the Mole Creek Garden. Planning is underway, including site selection and materials calculations.

RECYCLE REWARDS PROGRAMS

Our community gardens have been registered with the Recycle Rewards Program, so proceeds from cans and bottles from recycling can be donated directly to the gardens. Necessity being the mother of all invention, a gentleman came in wanting to donate to Deloraine House but didn't want to install the app on his phone, so we printed out the barcode, and laminated it for him to use – more barcodes have been printed and distributed, so we look forward to being the recipients of the program. Last month we received \$28.30. A great start, and over time, small amounts add up!



Figures 1 - 4. Seed propagation, raspberry netting, and installing art work in the Deloraine garden.

“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.

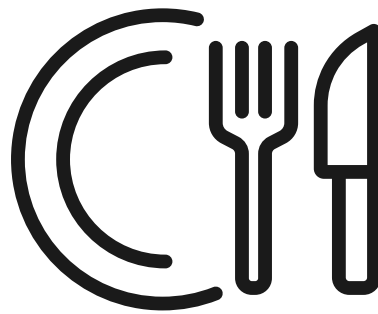
If you are in need of a meal (feeds roughly 4-6) please see us at the front office and we can provide you with a free meal kit! Please note these are limited.



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

medicare

Mental Health Centre
Launceston

What's the News, Mate?

A group for men to chat & share stories

Deloraine House | 112 Emu Bay Road, Deloraine

Starts Thursday 7th August 2025 | 11:00am - 12:30pm

Join us on the first Thursday of each month for a relaxed get-together over a cuppa. Open to men of all ages from the Meander Valley, the group features guest speakers, practical activities, and a chance to share knowledge and stories. No need to book - just drop in!

With thanks to Deloraine House for hosting
and supporting this community group.



DELORAIN **HOUSE** INC

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 EITHER
"SLOW STRETCH &
FLOW" CLASS
10.00AM-10.45AM

OR OUR "CHAIR
YOGA" CLASS AT
11.00AM-11.45AM

\$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

Living Well Monthly Series

Are you interested in learning how to live well and enjoy a greater level of health and wellbeing? If so, join us for our free monthly series on the 2nd Sunday of every month, which aims to provide you with some information and inspiration. Our recent session in September was a very interesting discussion around Cognitive Distortions, delivered by Sharon.

Details for the next complimentary session are:

Sunday the 12th of October, from 3pm to 4pm.

This time we learn about Sauerkraut and Sprouts - Gold for your Gut!

Followed by time to chat, with hot drinks and healthy nibbles.

Register with Jenni on 0448 482 360 or just come along!

SPROUTS & SAUERKRAUT

GUT GOLD FOR MERE MORTALS ✨



WHEN: Sunday, 12th October

TIME: 3:00 – 4:00 PM

WHERE: Deloraine House,
112 Emu Road, Deloraine



Why should you care about sprouts & krauts?



Sprouts: Baby plants packed with more nutrients than their cranky adult versions. Think of them as the toddlers of the vegetable world — chaotic, small, but surprisingly powerful.



Sauerkraut: Fermented cabbage that's sour, funky, and secretly keeping your gut happy. Like the rockstar friend who smells weird but changes your life.



What you'll get:

- The lowdown on gut health (without medical mumbo jumbo).
- Live demo + tastings (aka free food, admit it)
- A few laughs, because life's too short to be serious about cabbage.

📍 Hosted at Deloraine House
112 Emu Road, Deloraine

📅 Sunday,
12th October

➡ Bring your curiosity (and your belly). ➡ Leave with knowledge, recipes, and maybe a newfound respect for fermented funk.

FREE Legal Advice

Visiting Lawyer

Deloraine House
112 Emu Bay Road, Deloraine

Do you have a legal issue?

10am to 1pm Monday:

21st July 2025

15th September 2025

17th November 2025

Call us to book a 45 minute appointment

Walk-in availability - if no appointments are booked the lawyer may be available to answer your questions.

For more information and to book an appointment please ring

6334 1577 or 1800 066 019

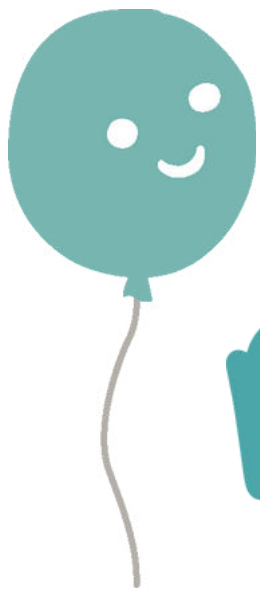


LAUNCESTON
COMMUNITY



LEGAL
CENTRE





Deloraine Baby Village

Every Monday, 10.00am - 11.30am
(during school terms)

Cost: Free

Deloraine Day Centre
17 Landsdowne Place, Deloraine

For more information please contact
Claire at Playgroup Tasmania on 0428 633 214 or
email claire.macdonald@playgrouptas.org.au

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.

October SCHEDULE

MONDAYS

Monday
Deloraine Social Quilters

13th & 27th
10am - 1pm

Eating With Friends
6th October
(Community lunch)
\$10 for two courses

TUESDAYS

Tuesday
Quirky Quilters

Every Week
10am - 1pm

Spinners Group

7th & 21st
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 OPP 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
(2nd October)

Yoga
Every Week
Slow Stretch & Flow 10am
Chair Yoga 11am

FRIDAYS

Social Craft Group
10th & 24th
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



DELORAINE HOUSE INC



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:	

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

DELORAIN 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



DELORAIN

**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**

SUPPORT

Services and Activities on offer

SUPPORT

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 us 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 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

Every second Friday. Drop-in between 10am and 1pm
or phone 1800 290 555

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.