

Food from the Heart

SecondBite Food Rescue Program



Food from Coles, picked up by one of our Volunteers, is available out the front of the Neighbourhood Centre Monday-Wednesday mornings.

Frozen Meals

Cooked in-house by one of our Volunteers, these meals support vulnerable members of the community. They also utilise produce from the Old Courthouse Community Gardens- Wingham

SecondBite and Frozen meals are part of a broader program within MVNS called the Manning Valley Cooperative Living Program which aims to work holistically to assist clients who are experiencing financial crisis and/or other adversity.

Volunteering

Volunteers for any role within the organisation are always needed. We may not be able to place you immediately, but vacancies often arise.

So if you have some free time and have (or would like to learn) a skill such as computer and general office skills, why not enquire about our volunteer program?

Phone: 6553 5121

PO Box 75
4Farquhar St
Wingham NSW 2429

Phone: (02) 6553 5121

TTY Users call the National
Relay Service: 1800 55 677

Email: mvns@mvns.org.au

Web: www.mvns.org.au



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About MVNS

Our Vision

'Strong and resilient communities where individuals, families and communities have increased capability, interconnections and partnerships.'

Manning Valley Neighbourhood Services Inc. is a community development and emergency relief organisation that resources and empowers individuals, groups and the community in the Manning Valley and surrounding LGAs to address issues that affect them.

If we don't know which service can assist you- we'll find out!

As a generalist service, we are able to help some people who don't fit the criteria of other services.

We have a broad networking capacity on the Mid North Coast as part of participation in regional and inter-regional forums.

MVNS Inc. is managed by a community management committee, with staff assisted by volunteer workers.

MVNS is particularly happy to consult on new project ideas and funding possibilities

Services & Programs

Neighbourhood Centre- community hub; community development and local capacity building; service development; network facilitation; advocacy; auspice of projects and activities; cheap use of Phone/Fax/Computer/Internet; outreach services.

Neighbourhood Centre Child & Family Worker- providing targeted programs for children 0-5, young people, young parents and Aboriginal communities. Eg: playgroups and cooking classes.

Migrant Settlement Service- providing settlement support and access to services for recently arrived migrants along with community capacity building to ensure that services are able to meet their needs.

Cooperative Legal Service Delivery- to improve outcomes for economically and socially disadvantaged people by building cooperative and strategic networks

Tax Help- Tax return assistance for low-income earners.

Manning Valley Cooperative Living Program-

Emergency Relief

The Garden Kitchen

cooking/nutrition education

Food from the Heart (free meals)

Old Courthouse Community Gardens

MVNS is continually developing new programs in response to local community needs and availability of funding.

Information & Referral

MVNS supports the general community, women, children, young people, individuals and families so that they can enhance their independence, safety, self-esteem and/or quality of life within the community.

We can do this by providing emergency relief, information, options, advocacy & referrals. We have many resources at our centre & can also provide assistance over the telephone or via email.

Advocacy on behalf of our clients is a major tool for ensuring effective changes can be made and sustained.

Manning Valley Cooperative Living Program/Emergency Relief

MVNS receives funds from the Department of Social Services to provide relief from financial stress for those in the community in crisis or who are unable to meet their basic needs.

