



WARM HEARTS, STRONG COMMUNITY

As the nights begin to cool down and the smell of wood fires fills the air, we welcome our Winter Edition of the MVNS Newsletter. Over the past few months, our community has come together to share cuppas, get crafty, relax, reset and support one another through all seasons of life. This edition celebrates the warmth of connection, the joy of community, and the many moments that make MVNS feel like home.

Holiday Hangs at MVNS



Holiday Hangs has been full of creativity, connection and fun these school holidays at MVNS! Our travelling creative hub hit the road to Coopernook, where we were welcomed by the most amazing group of kids, all ready to jump in, get creative and make the day unforgettable.

We also celebrated Youth Week 2026 with a fantastic guided paint workshop led by the wonderful Shelly from Paint with Shell. The day was filled with colour, laughter and creativity, followed by lunch and games in the community garden. A huge thank you to everyone who joined us and helped make these events so special!



Bunnings visit to Community Cuppa!

A huge thank you to Bunnings for visiting our Community Cuppa and providing all the wonderful supplies to create our very own door mats!

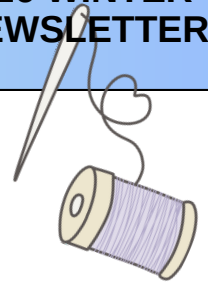
There was so much creativity on display, with everyone adding their own unique style and flair. It was such a fun morning filled with laughter, connection and creativity.

Thank you for supporting our community and helping make the day so special.





COMMUNITY CRAFT



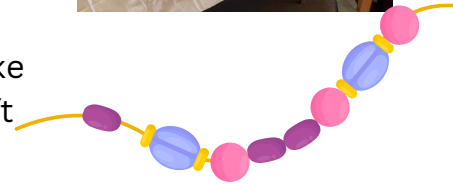
We are so excited to welcome our newest MVNS program, COMMUNITY CRAFT!
This beautiful program has been brought to life by our wonderful volunteer Kerri, whose patience, kindness and creativity help create such a warm and welcoming environment for everyone who attends.



We are also proud to offer our Community Mending Station, where community members are welcome to come along and use the sewing machine for mending, creating and learning together.



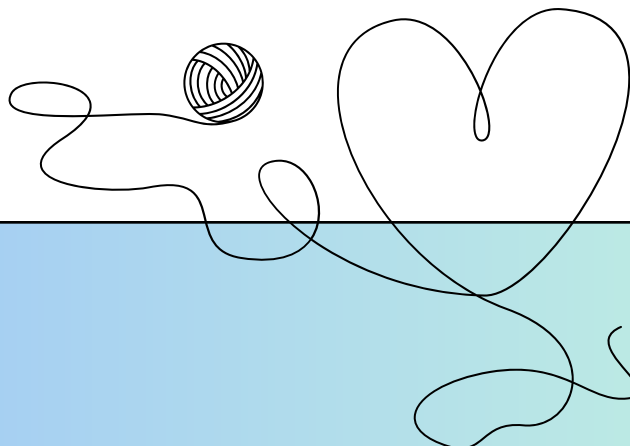
A huge thank you as well to the amazing community members who come along and make it so special. People bring along their own craft projects or make use of the supplies we have available to share. COMMUNITY CRAFT is all about connection, creativity and bringing people together, and we can't wait to see it continue to grow.



If you would like to come along to Community Craft, we would love to have you! We meet between 10am - 1pm every Wednesday.



All abilities welcome!
Come for the craft, stay for the connection



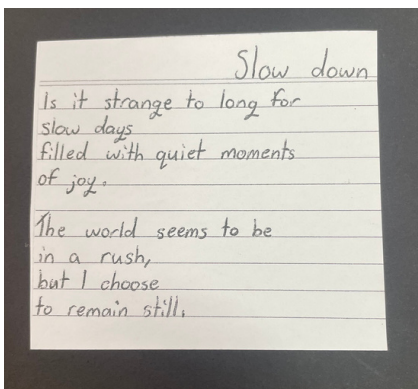


GUESS WHAT IS COMING BACK TO MVNS ONA 2026!

We are excited to officially announce that ONA 2026 is on its way. Artist packs are now available to collect from the MVNS front office, and we encourage community members to get involved and start creating. This year's event will be held on 24th September 2026 at 6:00pm at the Old Courthouse Wingham, located at 4 Farquhar Street, Wingham. ONA continues to be a wonderful celebration of local creativity, talent and community connection. We look forward to once again bringing our community together to showcase the incredible artistic talent within our region, welcoming both returning and first-time artists to be part of this special event.



GENTLE REMINDER THROUGH POETRY



At a recent Community Cuppa, we were lucky enough to be joined by an amazing student from Chatham High who generously shared her beautiful poetry with us. Her poem, "Slow Down," was a thoughtful and moving reminder to take a moment, breathe and appreciate the world around us. It was wonderful to see such talent, confidence and creativity shared within our community space. We are incredibly grateful she chose to share her work with us and we can't wait to hear more in the future.

WHO IS VISITING MVNS TO SUPPORT YOU?



SERVICES AUSTRALIA
EVERY SECOND TUESDAY



MID NORTH COAST LEGAL CENTRE
MONTHLY



FORSTER NEWIGHBOURHOOD
CENTRE FINANCIAL WELLBEING
AND MID NORTH COAST FINANCIAL
COUNCILLING

THANK YOU TO THESE SERVICES WHO PROVIDE OUTREACH AT MVNS, MAKING IT
EASIER FOR OUR COMMUNITY TO ACCESS THE SUPPORT THEY NEED.

WORDS FROM KATE



Wow! Winter already! I hope you are all keeping well and warm as the season gets a little greyer and a lot cooler! I am so proud to share that our team of staff and volunteers at MVNS are continuing to spread joy, support and plenty of sunshine - whether you are seeking some connection and a barista made coffee in our garden on a Tuesday at Community Cuppa, stopping by for SECONDBITE food recovery (Mon-Weds) or visiting our front office for information, advice and referral (Mon-Thurs) - there really is plenty of warmth and support waiting for you here.

Some days the support here is overflowing! We are so pleased to share that Services Australia continues to visit fortnightly on a Tuesday, we have financial counsellors here regularly and Mid North Coast Legal Centre are committed to monthly outreach at Community Cuppa.



In May, we had the pleasure of celebrating our incredible team of VOLUNTEERS at Volunteer Week - from our amazing admin and garden teams to community engagement and facilitators, our Secondbite drivers, baristas and board members my goodness MVNS has the most TOP TIER Humans who each give so much of their heart and time to make MVNS the community space it is so proud to be. I am so thankful for the efforts and commitment our Volunteers each give, and it was a treat to say **THANK YOU** this volunteers week.





WORDS FROM KATE

While each of our programs from Cooperative Legal Service (Kate and Arwen) to Migrant Support work (Beata) and our Community and Family Support coordinator (Hanna) are coordinated by hard working and committed staff, this month I'd really like to thank Hannah our Recovery Worker for her commitment to the Recovery Support that we have been funded to deliver since August last year. Understandably, as the anniversary to the 1 in 500-year flood came and went there was a myriad of emotions, especially with many people in our area continuing to experience homelessness, living in uninhabitable homes or still in very complex situations. If you are familiar with Hannah you will know that she professionally gives her all and meets every new and complex case with dedication and warmth - we have been so fortunate to have Hannah join the MVNS team and I send my wholehearted thanks to all she has given to our impacted community. Recovery is not linear and for many people your recovery journey may still feel very fresh; If you or anyone are in need of assistance, please reach out to our front office for support or to be put in touch with Hannah.



If you'd like to make a direct donation to help those still impacted by the 2025 flood you can donate via the give now website www.givenow.com.au/mvns_flood_relief

It is a true honour to manage such a responsive, supportive and joyous neighbourhood service that delivers so much to the Manning Valley; whether you are a curious community member, an active volunteer, a regular at one of our programs or new to engaging with us at MVNS be sure to stop by and hello - we love hearing from our community and delivering programs to meet community exactly where they are at.





NOTES FROM OUR GARDEN & KITCHEN WITH WENDY

In recent months two new volunteers have joined us in the Community Garden. Simone is making compost magic with the “static fermentation” method, harnessing the power of micro organisms to build healthy soil. Kate is new to the Manning Valley and loves working in the garden, making the odd coffee, and making plenty of new friends on a Tuesday! If you are visiting the garden you might notice our black compost bins. They are either “Resting” (Not hungry – please do not feed), “Garden Waste Only” or “Green Waste Only”. You’re welcome to contribute your kitchen scraps (no meat or dairy) to any of our hungry bins. Together we can help our garden THRIVE!!



We have been coaxing along our cool season seedlings – brassicas, peas etc. It is slow going because of the lovely warm Autumn. Which means that we’ve had to give the warm season plants the “um sorry guys, but you’re just taking up room now” speech....

It was so nice to give out some vegetable and flower seedlings from Wingham Nursery to all the folks that attended our 1 year later – flood recovery lunch. It was a lovely day in the garden.

We still have frozen meals available for community in crisis. If you need a frozen meal please see our front office. Gotta love growing food with friends to share with our community!!

MVNS WHAT'S ON



MVNS COMMUNITY CRAFT!

EVERY WEDNESDAY 10AM-1PM

JOIN US FOR A COZY, RELAXED AND ENJOYABLE CRAFT SESSION. STAY FOR THE WHOLE TIME OR DROP IN BETWEEN 10AM-1PM!

BRING YOUR OWN CRAFT PROJECT OR LEARN FROM OUR SKILLED VOLUNTEER ACTIVITIES COORDINATOR.

THIS MONTH WE ARE LEARNING TO CROCHET A DISHCLOTH.

SUPPLIES PROVIDED AND LIGHT REFRESHMENTS TOO!

MANNING VALLEY NEIGHBOURHOOD SERVICES
WE MEET IN THE OLD COURT ROOM, WINGHAM.

MVNS COMMUNITY CUPPA!

EVERY TUESDAY 10AM-12PM

FREE TEA AND BARISTA COFFEE
VARIOUS SUPPORT SERVICE VISITS
SECONDBITE FOOD
FLOOD RECOVERY INFO/SUPPORT
POP-UP ONA/CREATIVE SPACES
EVERYONE WELCOME!

MANNING VALLEY NEIGHBOURHOOD SERVICES
THE OLD COURT HOUSE, WINGHAM

SUPPORTED BY SECONDBITE AND ETC.

MVNS COMMUNITY RESET!

LAST THURS OF THE MONTH 6PM-7PM

AMAZING FREE OFFERINGS TO TAKE TIME FOR YOU...

JAN - MONEY MINDSHIFT WITH TARA SAXON
FEB - DRUMMING WITH INNER WORLD VILLAGE
MARCH - POTTERY WITH MELALUKA POTTERY
APRIL - CREATIVE EXPLORATION WITH WHITE WAVE
MAY - DRUMMING WITH INNER WORLD VILLAGE
JUNE - POTTERY WITH MELALUKA POTTERY
JULY - CREATIVE EXPLORATION WITH WHITE WAVE

BOOKINGS ESSENTIAL CALL MVNS 02 6553 5121 OR
BOOK INDIVIDUAL CLASSES VIA CALENDLY.COM/MVNS.ORG

MANNING VALLEY NEIGHBOURHOOD SERVICES
THE OLD COURT HOUSE, WINGHAM

PROUDLY SPONSORED BY AUSPOST

Second Bite

Monday, Tuesday and Wednesday 11:30am

This newsletter was proudly created on Biripi Country. We pay our respects to elders, past, present and emerging. Always was, always will be Aboriginal Land.

CONTACT US



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mvns.mvns.org



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