

A SEASON OF CONNECTION

As the days begin to cool and the leaves start to turn, we're so excited to share a little snapshot of what's been happening around MVNS. The past few months have been full of connection, kindness and community spirit and we feel incredibly grateful to be part of it all.

From shared cuppas and creative gatherings to special events and everyday moments of support, MVNS continues to be a place where people come together, lend a hand and feel a sense of belonging. It's the small conversations, the laughter across the room and the familiar faces that truly make our neighbourhood service so special.



Christmas at MVNS

Christmas at MVNS was truly something special this year. Thanks to the incredible generosity of Coles and SecondBite, our community came together to enjoy an amazing Christmas lunch filled with good food, laughter and connection.

Coles provided a beautiful spread that brought everyone to the table, creating a space where neighbours could sit side by side, share a meal and celebrate the season together. It was a wonderful reminder of what the festive season is all about, community, kindness and giving. To top it all off, we were even joined by the team from Sunrise, who helped shine a light on the incredible spirit of our MVNS community.

We are so grateful to everyone who made the day possible and to all who came along to celebrate with us.

Moments like these are what make MVNS feel like home.



Supporting our Coopernook

Recently, we were lucky enough to head out to Coopernook for a recovery BBQ hosted by MidCoast Council. It was a meaningful evening spent connecting with a community that has been hugely impacted by the floods.

What stood out most was the incredible resilience, strength and spirit of the people we met. Even in the face of hardship, there was warmth, generosity and a strong sense of looking out for one another.

We are so grateful to SaintsCare and Thread Together for their generous donations of much-needed bags, school supplies, clothing and shoes. These practical items make a real difference to families doing it tough and remind people that they are not alone.

It was a privilege to stand alongside this community and witness such strength and hope.



Travelling ONA

Do you remember our Our Neighbourhood Art Project (ONA) from last year? We're excited to share that our travelling ONA board is now popping up around MVNS!

Featuring beautiful artworks created through the project, the board is a celebration of local creativity and community spirit. Even better, all artworks are available to purchase by donation — a wonderful way to support the program while taking home a special piece of community art.

Keep an eye out when you're visiting MVNS, and stay tuned for details about this year's ONA art packs and upcoming dates. We can't wait to create together again!



NEW AND IMPROVED COMMUNITY CUPPA

Our much-loved Community Cuppa has had a beautiful upgrade and has now moved into our stunning community gardens and it's quickly becoming something truly special.

With free barista coffee, tea and hot chocolates available, it's the perfect excuse to pause, sit awhile and enjoy a chat. But Community Cuppa is about so much more than a free drink. It's about building connections, sharing stories and creating a welcoming space where everyone feels they belong.

What makes it even more meaningful is the way our community has embraced it. From regular friendly faces to generous community members who have donated towards the program, this gathering is being shaped by the people who attend it.

We're so proud to see it growing into such a warm and connected space. If you haven't joined us yet, we'd love to see you in the gardens soon!



WANT TO HEAR SOME REVIEWS?

"We are really starting to build some real friendships here"

"Community Cuppa made a gloomy day brighter"

"I am a real coffee snob and that coffee is brilliant"



WHATS NEW AT MVNS



OUR NEW SIGN IN SYSTEM

You may have noticed the new QR codes displayed around MVNS, inviting you to sign in when you visit.

While signing in is completely optional, it plays an important role in helping us keep our power on and our doors open. The information supports our reporting to funding bodies and helps demonstrate just how valued and well-used our centre is.

As a little thank you, everyone who signs in is automatically entered into our monthly prize draw, drawn on the first Tuesday of each month.

A big congratulations to one of our lovely Community Cuppa regulars who took home February's prize!

Thank you for being part of our MVNS community and for supporting us in these small but meaningful ways.



OUR NEW MAILBOX

Designed and lovingly created by our incredibly talented CAFS Co-ordinator, Hanna, this stunning piece is already brightening up our space and adding even more character to our centre. It's practical, creative and so very "us"

We are so grateful to Hanna for the time, care and creativity she poured into making this for our community.

Be sure to check it out next time you're visiting – we absolutely love it!



COMMUNITY CRAFT AT MVNS

MVNS Community Craft Group – Starting Wednesday 18th March!

We're excited to announce our new Craft Group, kicking off Wednesday 18th March, 10 am – 1 pm, and continuing every Wednesday after that!

Bring your own craft, learn some new skills, or use our supplies—this is a relaxed space to create, share, and connect with others over the joy of crafting.

Whether you're a seasoned crafter or just starting out, everyone is welcome. Come along, have fun, and let your creativity flow!

WHO IS VISITING MVNS TO SUPPORT YOU?



SERVICES AUSTRALIA
EVERY SECOND TUESDAY



MID NORTH COAST LEGAL CENTRE
MONTHLY



FORSTER NEWIGHBOURHOOD
CENTRE FINANCIAL WELLBEING
EVERY SECOND TUESDAY

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



WHO'S NEW AT MVNS

We are also so pleased to welcome two new Management Committee members this month!

Aspen Charlesworth and Stan King both bring a wealth of community knowledge and experience, and we are so happy to welcome them to our team. Did you know our Management Committee is completely made up of volunteers. We are always keen to hear from people who would like to contribute to community and join our board - **email Kate at manager@mvns.org.au for further information.**

2026 - The Year of Welcoming new volunteers to MVNS

This autumn we have also welcomed -

VERA as our Community Engagement Volunteer - Come say hello at Community Cuppa

(Tues 10am-12)

KERRI as our Volunteer Craft Coordinator

(Runs Weds 10am-1pm)

& KATE as a wonderful asset to our Garden Team!

Welcome everyone and **THANK YOU** all so much for your generous gift of time, energy and skills!

What a team!



NOTES FROM OUR GARDEN & KITCHEN WITH WENDY AND DI

Out with the old in with the new (seasonal plants.....)

Yippee! Summer's over — hopefully the heat will calm down! Onto Autumn. We have been culling plants that have finished bearing goodies, like the climbing beans, carrots, beetroot and lettuce. This makes room for our winter veggie crops like cabbage, cauliflower, broccoli, more snow peas, onions and garlic.

HOT TIP! Garlic and dill are great companion plants for brassicas to help keep away the cabbage moth!

Our shade house is now in FULL WORKING ORDER, which we are using for planting cuttings of everything we can find! We are also cultivating seedlings to go into the veggie garden. We have some plants for sale on the front veranda by donation. These donations go straight back into the garden and help us purchase the things we need.

HOW CAN YOU HELP?

Do you have any excess seeds or seedlings that you don't know what to do with? Why not donate them to our community garden? We would love to GROW anything!

Sick of throwing your veggie scraps in the bin? We would love you to add them to our numerous compost bins! Our garden — and our army of worms — will LOVE you for it!

We would like to wish everyone a happy Autumn and hope we might meet some new garden-minded friends. You'll find us both in the garden on a Thursday — come on down!

Wendy and Di

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.

NEW AND IMPROVED! 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
HEAD TO THE BACK GARDEN!

Supported by **SecóndBite** 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

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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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