



SPRINGING INTO COMMUNITY

Spring is in the air!

Spring is in the air at MVNS, and what a glorious winter it has been in our community. Over the past few months, we've shared yummy lunches, reached out into our local schools and communities, and enjoyed activities that bring people together, create connection and make our community stronger.

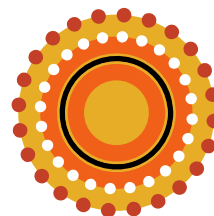
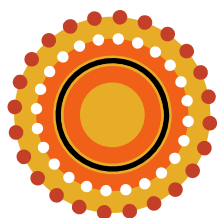
As the days get longer and brighter, we're looking forward to all that spring has to offer. There are plenty of exciting things happening at MVNS, and we can't wait to share them with you!

NAIDOC Week Lunch at Community Place

We were honoured to celebrate NAIDOC with a wonderful lunch at MVNS, bringing together an amazing group of community members for a day of connection, culture and sharing.

Our lunch was proudly catered by Catering Yukulgaray, our local Aboriginal catering company. We enjoyed a beautiful selection of traditional Aboriginal foods, with recipes handed down through generations, each carrying its own story and connection to family and culture.

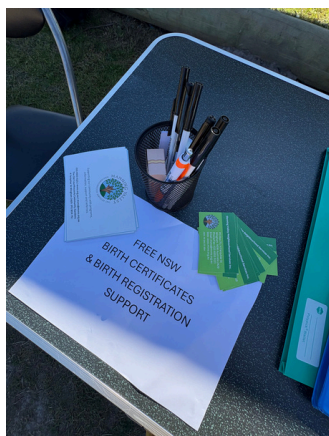
From Nan's Damper and Dad's Fried Scones to Lay's Curry Chicken and Kangaroo Stew, every dish was enjoyed and appreciated. It was a special opportunity to come together, share a meal and celebrate culture within our community.



CLSD (Cooperative Legal Service and Delivery) visits Children's Day at Tobwabba AMS

Our amazing Kate, in her CLSD Coordinator role, joined the Children's Day celebrations at Tobwabba Aboriginal Medical Service. As part of the day, Kate helped facilitate free birth certificates and birth registrations for families.

It was a wonderful opportunity to connect with the community, support families and help make accessing these important documents a little easier.

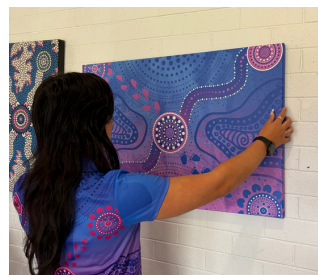


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We pay our respects to elders, past, present and emerging. Always was, always will be Aboriginal Land.

Indigenous Day at the Ratz Rugby club

MVNS was honoured to join the Manning River Ratz at their Indigenous Day game in Taree. Through the work of our Youth Worker, Hanna, MVNS was proud to facilitate a meaningful connection between the Ratz and Year 12 student and young artist, Jannali.

This relationship provided Jannali with the opportunity to design the Ratz' 2026 Indigenous Day jersey, creating a powerful piece that celebrates culture, community and connection.



On game day, MVNS was proud to be involved by running the Creative Kids table and supporting Jannali as she shared the story and meaning behind her artwork. It was a particularly special moment watching Jannali present the players with their jerseys and seeing her creative work come to life on the field. The Ratz also generously raised over \$3,000 for MVNS through the day, which will directly support the work we do in our community. We are incredibly grateful to the Manning River Ratz for their generosity, partnership and for creating such a meaningful opportunity for a local young person to share her culture and creativity.



Bed INN Bus came to visit MVNS

We recently had the Bed Inn Bus visit MVNS to give our community a chance to see the bus, learn more about the service and have a look at the facilities.

The Bed Inn Bus provides a safe and warm place to sleep for people experiencing homelessness, offering a welcoming and supportive space when it's needed most.

A big thank you to the Bed Inn Bus team for taking the time to visit and show our community what they do.



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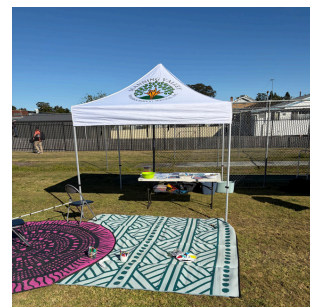
All Schools NAIDOC Day at Wingham High

MVNS was so proud to be a part of such an important day in our community at the All Schools NAIDOC celebration held at Wingham High School.

Hanna and Hannah headed along to showcase everything MVNS has to offer, while also bringing plenty of fun with a side of lollies and creative craft activities!

We were so impressed by all the students throughout the day. They were incredibly lovely, polite and engaged, and it was wonderful to see so many young people getting involved, having a chat and embracing the activities on offer.

It was a fantastic opportunity to connect with local students, celebrate culture and be part of a day that brought our community together.



Holiday Hangs at Coopersnook

MVNS headed out to Coopersnook for a fun morning of holiday crafts, creativity and connection.

It was amazing to see the imagination and creativity of the kids, and even better to see them chatting, creating and connecting with each other.

We love being able to take the MVNS magic on the road and bring our community activities to different corners of the Manning Valley!



ONA - more than art...

ONA (Our Neighbourhood Art) is coming Thursday 24 September at 6pm!

Can't make the showcase? The ONA Gallery will also be open:

Fri 25 - Mon 28 Sept: 10am – 2pm and Tues 29 Sept: 10am – 12pm

Pictured is a beautiful artwork donated by one of our community members.

The stories behind these artworks are almost as special as the art itself. From people having a go for the first time, to rediscovering their creativity after years, and finding connection with others along the way.

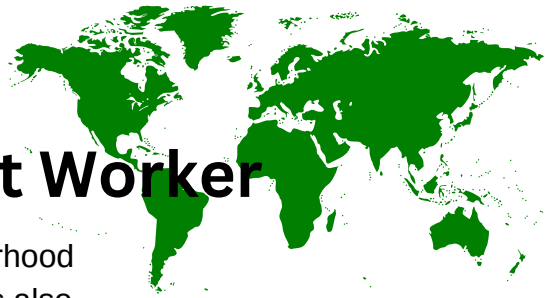
ONA is about more than art. It's about creativity, connection and community.



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Welcome Meet Kate.... Our Migrant Settlement Worker



Kate Stokes has recently joined Manning Valley Neighbourhood Services and leads the Migrant Settlement Service. Kate is also new to the area and has experienced for herself how a little friendly support and guidance can make all difference when you're settling in a new place.

Kate brings experience working in state and federal government agencies; skills in nature-based early education; and a love of gardening, compost and all things green, and their power to bring people together. Kate is very excited to be part of the amazing community hub that is MVNS.



Finding your feet in a new place can be daunting. For those new to Australia, who want to build a happy, safe and connected life in our beautiful Mid North Coast communities, the Migrant Settlement Service can help. We assist new and prospective Australians to find lessons in English and driving, navigate government services and systems, make local connections and to be able to best contribute their skills and experience to our shared communities.

If you would like to make contact with Kate:

Phone: 02 6553 5121 or 0497 832 079

Email: rmw@mvns.org.au



Connecting YOU with Support Who is visiting MVNS



EWON
Energy & Water
Ombudsman
NSW



**Mid North Coast
Legal Centre**



**Forster
Neighbourhood
Centre - Financial
Hub**



**Services
Australia
Every second
Tuesday**



**Mid North Coast
Financial
Counselling
Service**

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COMMUNITY PLACE SOMETHING DIFFERENT EVERY WEEK

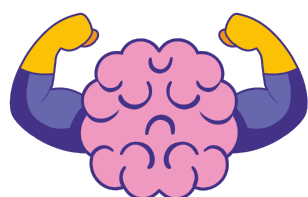
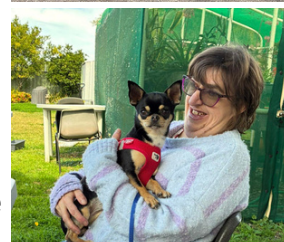
Our new Community Place program has quickly become a wonderful addition to Thursdays at MVNS!

Every week brings something a little different. We've enjoyed creative activities, guest speakers, shared lunches and plenty of opportunities to simply sit, chat and connect with others. One of our favourite highlights so far has been a community member sharing their amazing musical talent with us. Providing an atmosphere for everyone to dance, sing along and enjoy a few laughs together! It is YOU, our community, that make these days so special!

Community Place is more than just an activity. It's a space where people can express themselves, share their skills, try something new and build connections within our community.

And the best part? You never quite know what Thursday will bring!

Come along and join us Thursdays from 11am at MVNS. Everyone is welcome, and we'd love to see you there!



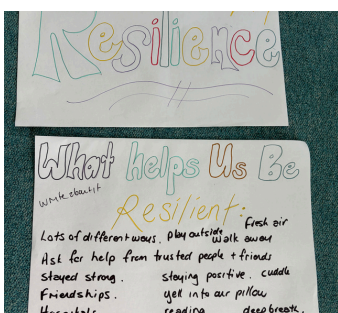
RESILIENCE WORKSHOP

Our CAFS Coordinator Hanna and Recovery Support Worker Hannah, in partnership with TRAC, recently held a resilience workshop at First Steps Count in Taree. It was wonderful to hear the kids sharing their thoughts about what resilience means to them, talking about challenges they've faced, how they cope, and the things that help them keep going.

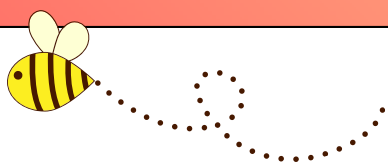
There were some fantastic conversations, plenty of great ideas and lots of moments that reminded us just how much wisdom kids have to share!

And, of course, what better way to finish a resilience workshop than with a visit from a fire truck! The kids were thrilled to get up close, have a look around and finish the day on a high.

A big thank you to everyone involved in making the workshop such a great experience. We love seeing opportunities like this help young people build confidence, connection and resilience.



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WORDS FROM KATE



Another season has rolled around, and this one always brings a welcome sense of cheer as we look forward to warmer, brighter days. The sunshine certainly helps ensure our Community Connect events are well attended, but so does our incredible team of staff and volunteers, who continually go above and beyond to engage with and support our community.

I feel incredibly fortunate to lead such a vibrant and joyful Neighbourhood Services team. Every day, our staff and volunteers demonstrate the values that make MVNS such a special place, and I can confidently say that we bring plenty of sunshine and cheer to our community throughout the year.

Recent Highlights

- 🌸 Celebrating Indigenous Day in with Manning River Rats Rugby Club and All Schools NAIDOC Day
- 🌸 Growing participation at Thursday's Community Place - it's on every week from 11am
- 🌸 Welcoming many new visitors to our services and events
- 🌸 Introducing our newest staff member, Kate Stokes, our Migrant Settlement Services Worker

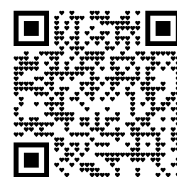
The countdown to ONA is also on, and we are truly impressed by the incredible artworks that have been donated for our 2nd Our Neighbourhood Art Show. If you can't make it to Opening Night on 24 September at 6pm, don't worry, the exhibition will also be open on Friday, throughout the weekend, and again on Monday and Tuesday. You can even enjoy a final look during Community Cuppa, Tuesday 29th!

Like many not-for-profit organisations, we are continually working to meet growing community needs. At the end of the year we will be farewelling our Legal Aid funded program - Cooperative Legal Service, due to funding cuts and are currently working hard behind the scenes to secure further recovery and impacted community support. If you know a business, organisation, or individual who may be interested in supporting our Neighbourhood Services, please share our newsletter which showcases our extraordinary efforts - they may even wish to make a donation via the QR code below. Every tax-deductible donation helps us continue delivering valuable programs and services, any community support goes a long way.

Thank you for being part of our community and for engaging with our services. We look forward to welcoming you to one of our Community Connect events soon.



DONATE ❤️



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WHAT'S GROWING AND COOKING?

A big cheerful hello to all our MVNS Garden followers and our wonderful volunteers! We are so happy Spring has sprung and we are now rotating our winter/summer crops. Big harvest of the winter broccoli! Now the last of the baby broccolinis have been harvested they will go into the freezer and into our frozen meals for community members in crisis. What is left will become food for our bees!



We now have a new round garden bed for raising summer seedlings in which we intend to also plant sunflowers and corn to provide shade for our little seedlings. A BIG thank you to Wingham Nursery who kick started our summer seedlings this year with a great donations of mixed summer seedlings.



Looking for ways to help our garden?
Any donations of summer seedlings
would be greatly appreciated!

We are really happy with the returns from our new (HUGE) compost bins. Thank you to the community that continue to drop in their compost from home, no food should go to waste!

Its amazing what can actually grow from our magic compost.....



Cheers, Wendy and Di



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SPRING NEWSLETTER

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

SECOND BITE ETC

SUPPORTED BY SECONDBITE AND ETC.

Second Bite

Monday, Tuesday, Wednesday

EAPA

Energy Accounts
Payment Assistance

MVNS COMMUNITY RESET!

LAST THURS OF THE MONTH 6PM-7PM

Amazing free monthly offerings...

Take some time to pause, breathe and make space for you. Community Reset is a chance to step away from the everyday, connect with others and focus on your wellbeing.

With a range of guest facilitators sharing different activities, ideas and experiences, each session offers something new to help you relax, recharge and reset.

BOOKINGS ESSENTIAL CALL MVNS 02 6553 5121
SPACES ARE LIMITED

MANNING VALLEY NEIGHBOURHOOD SERVICES
THE OLD COURT HOUSE, WINGHAM

MVNS COMMUNITY PLACE!

EVERY THURSDAY 11AM-1PM

JOIN US AT MVNS FOR SOMETHING DIFFERENT EACH THURSDAY!

ONA POP-UP - COMMUNITY LUNCHES - COMMUNITY EDUCATION - THERE WILL BE SOMETHINGS FOR EVERYONE

OUR VOLUNTEER ACTIVITIES COORDINATOR WILL HOST SOMETHING DIFFERENT EACH WEEK - INCLUDING A COMMUNITY LUNCH THE LAST THURS OF THE MONTH!

SUPPLIES PROVIDED AND LIGHT REFRESHMENTS TOO!

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

Do YOU want to help us keep doing the amazing things we do at MVNS?

SCAN HERE TO DONATE

Donations are always welcomed, appreciated and used with care.

Background artwork by Jannali Sims

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CONTACT US



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