

MVNS NEWS

SUMMER 2013



OUR VISION IS A JOYOUS, DIVERSE AND INCLUSIVE COMMUNITY WHICH CELEBRATES IT'S UNIQUENESS AND STRENGTHS

**MVNS will be closed from Thurs 19th Dec and reopen
Tues 7th January**



A sumptuous Christmas Lunch
**Was held again this year with approx 30 diners.
Thanks to the many volunteers who assisted with
delivering some food, joy and**



**Christmas cheer to
our many clients.**

**Our volunteer
Dave was winner
of the daggiest
hat prize!!**



***The kitchen will now
be closed until the end
of January to provide
time to carry out
renovations.***

Still trying to think of last minute Christmas presents?

What about a 'Food From the Heart Apron' (\$15) OR

A Whack it Doll - provides cheap stress relief !! (\$5)

Dot has a great mullet hair do - choose your own!

Seedlings from our shade house (\$2 - \$3)

Items made by our amazing volunteer Christine and funds raised go to the community kitchen and garden projects.



2013 Recap: It's been a big year for MVNS. Check out our ANNUAL REPORT

www.mvns.org.au/about/annual-report/

Legal Aid has produced a free and handy 2014 legal diary for older people. The diary opens to a double-page per week, with each week featuring a small 'Did you know?' section with useful information and tips. Each month is introduced by a 2-4 page spread with relevant legal information. **Contact us for your FREE copy.**



Looking for a **UNIQUE** setting for your staff Christmas party? or other get togethers?

Manning Valley Neighbourhood Services has a cob pizza oven in a superb open air setting, with stunning views looking towards the Manning River and spectacular sunsets.

This beautiful natural pizza oven, made from earth and straw, will make the BEST pizza and bread you have ever tasted!

Situated behind the Old Courthouse at 4 Farquhar Street, Wingham, there is ample space to host your Christmas event and parking is no problem.

You can also wander through the **Community Gardens** which is maintained by enthusiastic volunteers and provides ongoing benefits to the local and wider community. Produce is grown and harvested to use in our **Garden Kitchen** and **Food from the Heart** projects.



Each month is introduced by a

PIZZA PARTY OPTIONS (Monday to Thursday):

- 1. D.I.Y.**— between 4-6pm. BYO ingredients, drinks, chairs and Chef!
\$100 donation. We provide the equipment & kitchen.
- 2. Catered** — from 4-6pm. we do it for you! BYO chairs and drinks.
\$20 per head (min 10. Max 30)
(NB: \$50 non refundable deposit required for both options)

All profit goes to the **Food from the Heart** and **Garden Kitchen** programs!

- **Food from the Heart** – provides free nutritious meals for Monday lunch
- **Garden Kitchen**— provides regular cooking education and nutrition programs which develop the capacity of community members to take better care of themselves and their families through hands on cooking programs.

**Ring MVNS on 6553 5121 to make your booking
and speak to Caron for more information.**

