

MVNS NEWS

WINTER 2014



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

What's been happening at MVNS!!!

Africa Comes to the Manning! What a fest!

The Africa Comes to the Manning Valley Festival organised by Manning Cultural Connections (under auspice Manning Valley Neighbourhood Services) was a great success this year. With the sun out, Afro Fest saw approximately 1200 people come to the Art Gallery to enjoy the stalls, food, activities and music. The day started with the sounds of the drumming circle (photo 3) and grew from there. The community mosaic which grew over the day turned out a master piece, with adults and children drawn into the creation. The rest of the week was busy with many people enjoying the films, story telling workshops, cooking master classes, kite flying and finished off with a bang at the gallery with the festival finale and the sounds of Afro Moses and Ghanaian food.



Photos: community mosaic, and drumming circle at the Art .

Our newest venture -

Bushland Social Enterprise

MVNS is venturing into the complex but rewarding arena of social enterprise. We are establishing a community Cafe at the old Bushland Shopping centre which will offer a cafe, catering and hospitality training opportunities for community members. It aims to address issues and barriers affecting employment as well as providing opportunities for people to become involved in their community.

A small garden is being developed at the back of the cafe and we are seeking **DONATIONS of corrugated iron, pine / timber or timber sleepers for edging**

Volunteers Week event

As part of Volunteers Week 2014, MVNS said a big THANK YOU to its volunteers on 14 May for all their hard work throughout the year. Volunteers were treated to a delicious breakfast cooked in the community kitchen by our MVNS staff. All our volunteers are essential to running day to day aspects of the service and programs, and each volunteer brings their own unique skills and talents.

FREE TAX HELP 2014!

Manning Valley Neighbourhood Services Inc will be offering free assistance to help eligible clients complete and lodge their tax return.

Tax Help is suitable for people with simple tax affairs who have earned around \$50,000 a year or less and meet the criteria.

Appointments for Tax Help can be made from mid July to the end of October by phoning the Neighbourhood Centre at Wingham on 6553 5121.



Food From the Heart Kitchen Update

Every Monday the numbers are growing, but we would love to see some new and the return of local lunchtime members. Chefs Raelee, Dulce, Beatie and Rae do an amazing job creating food that satisfies your appetite, warms your soul and makes you happy to be part of the local community. Last Monday of each month a guest speaker attends the lunch and provides info sessions. Glen Laycock, Taree SES spoke on home safety, Monica Clarke - Pharmacy Assistant from Chapman & Wood Amcal Pharmacy Wingham updated us on health issues relating to blood pressure and undertook a free blood pressure check to everyone there. So come along **every Monday 12.30pm** and be part of the **Food From the Heart** community, maybe you could be a guest speaker or have an idea of a topic that would be of benefit to the lunchtime crowd ??? you never know who you might meet there and /or what you might learn

PS don't forget if you have any excess produce in your garden, we'll take it and cook-up a storm or distribute it among the community thanks!

Save the Date – Saturday 27 Sept 2014 8am – 1pm Car Boot Sale Fundraiser & Gardens Open Day



at the Old Courthouse Community Centre in Farquhar St, Wingham. Sites only \$10 per vehicle. A great opportunity to turn those used treasures and unwanted household goods into cash. BBQ brekkie and pancakes cooked by Wingham Rotary. Come and check out how the Community Gardens are growing. Funds raised will go towards the ongoing costs of the Community Gardens. More details to follow in our Spring newsletter.

VOLUNTEERING OPPORTUNITIES AT MVNS

Cook needed

Interested in preparing nutritious meals utilising produce grown in our Community Gardens, surplus fresh food donated by Coles - our partner in our **SecondBite** program - and staples from our kitchen pantry?

The Food from the Heart Kitchen has a vacancy for a chef on the third Monday of each month starting ASAP. Training can be provided. Contact Bernadette on 6553 5121

Community Gardens at Wingham

There's always work to be done in the upkeep of the Community Gardens and we are seeking enthusiastic **garden volunteers for various roles!**

We Wish to thank **MASTERS** for their generous donations and support

~ Reminder of outreach services at MVNS ~

Legal Advice with MNC Community Legal Centre: every 2nd Thursday. Call us on 6553 5121 for an appointment.

Mid North Coast Financial Counselling Service: 2nd & 4th Tuesdays. Call us on 6553 5121 or call the Kempsey Neighbourhood Centre on 1300 662 540 for an appointment.