

MVNS NEWS

SPRING 2009



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

WORKSHOP! GETTING THE MOST FROM YOUR GARDEN!

And here is our next offering as we roll very quickly from Spring into Summer!

Get the most from your garden this season— Maximise your growing space, look at fertilising, introduce the idea of harvesting more unusual crops, cover some water saving ideas with visiting horticulturist Linda Parker, leaving you and your family more foods to harvest and enjoy!



Participants at the Organic Pest Control Workshop with horticulturalist Linda Parker

GETTING THE MOST FROM YOUR GARDEN

When: Sat 21st November 10—11.30am

Where: Manning Valley Community Gardens - behind the Old Courthouse Community Centre in Wingham.

Cost: \$5

BYO: Fold up chair and hat
Phone Jill on 6550 0873 to book a place

New look emergency relief service at Manning Valley Neighbourhood Services!

Manning Valley Cooperative Living Program

(MVCLP)

MVNS has moved into a new era with a review of our emergency relief services. We are committed to ensuring that our clients are offered a wholistic service which has the capacity to meet a complexity of needs other than an immediate financial crisis.

We can now offer access to a case worker who can work one on one over a more intensive period of time, linking clients into services and addressing a broad range of issues. We now have a mini Foodbank working from Wingham which can provide basic food items, we are able to provide Fruit and Vegetable vouchers, pharmaceutical assistance along with our usual Coles Food and Petrol Cards, Telstra and energy vouchers, advocacy, information and referral.

For more information please give us a call or view our guidelines and flyer on our website www.mvns.org.au. This project is funded through the Department of Families Housing Community Services and Indigenous Affairs (FAHCSIA).

Update on garden activities

The garden is for everyone - if you would like to hold a community event or visit or volunteer, then there is usually a way to do so! Just give us a Call.

Carers Morning Tea

MNC Carelink Service held an afternoon tea in the garden grounds on the 20th October to thank carers for all that they do for their community.

Their own plots!

Energy is in abundance at the gardens with more services participating and being invited to 'grab a plot' and maintain it with the help of their clients. It is rewarding to share in their excitement when the garden starts to produce!

Keep a watch for more garden activities and events in the future

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Manning Valley Neighbourhood Services Inc

4 Farquhar St
WINGHAM NSW 2429

0265535121
mvns@mvns.org.au
www.mvns.org.au

Introducing our new Regional Migrant Worker!

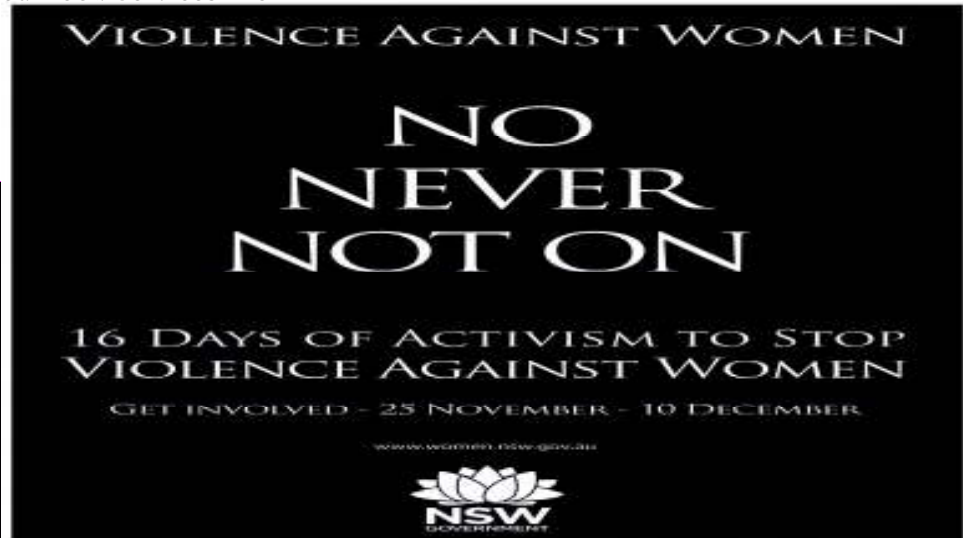
My name is Lyn Schneider and I am the new Regional Migrant Worker with Manning Valley Neighbourhood Services Inc, replacing Colleen McGowan who has relocated to Adelaide. I am based at the Neighbourhood Centre in Wingham. I am currently working each Monday and Tuesday and alternate Wednesdays and Fridays. My work includes work in the local government areas of Gloucester, Great Lakes, Greater Taree and Hastings Port Macquarie.

My employment background has been in the area of Public Education. I have been working in a number of public schools in the local area for 17 years. My previous roles include Partnership Officer with the Priority School Program, Community Liaison Officer at Manning Gardens Public School and various support roles within a number of local schools. I am also involved in a number of local sporting organisations.

I have a good knowledge of the local area having lived and worked locally all my life and I currently live in Taree with my husband and two teenage children.

I am looking forward to my new role and the opportunity to work with you.

My contact details are:
Regional Migrant Worker
Phone/Fax: 02 6553 5121
Email: rmw@mvns.org.au



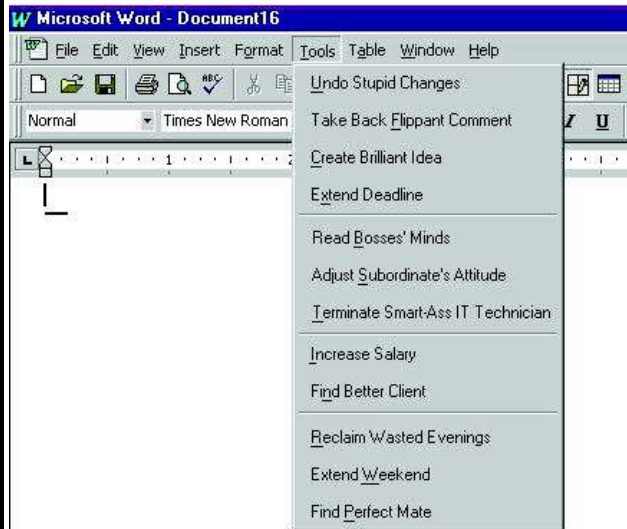
TAX HELP 2009 has finished
Many thanks to our tireless volunteers Ellen and Michelle!

The Christmas Season

As we go into the xmas season we want to say thank you to our internet technology for almost sending us insane again this year. We at MVNS believe that there **HAS TO BE A BETTER WAY!!!!!!!!!!!!**

Please find a couple of flippant and totally useless cartoons below! **Merry Xmas!** Next newsletter due in late January

Please Note—we will be closed from 24th Dec—11th Jan



RESOURCES FOR U!

**Latest resources Via MVNS
Website -www.mvns.org.au**

- **Parent's Resource Guide—Manning Valley**
- **Multicultural Messenger**
- **Interagency Project Report on Poverty in the Manning Valley**
- **Keep an eye out for our soon to be released Guide to Counselling Services in the Manning Valley**

COMMUNITY DATES

**Community Drug Action Team meetings—
Taree Library—10.30am -
Thursday 5th November
and Thursday 3rd Dec**

SUPPORT

Audio Induction Loop—DID YOU KNOW that we have a loop available for use by hearing impaired people. This is **FREE** service. Ring MVNS 6553 5121

Cuppa Chat and Company—for those with an interest in mental health rehabilitation—Fridays at 11. Contact Sara on 0424 643930

**FREE Legal Advice—
Phone 6551 5665**

