



Are you sensitive to scents?



Common symptoms can include:

- ⊗ Headaches
- ⊗ Nausea
- ⊗ Difficulty breathing/wheezing
- ⊗ Watery, itching, burning, red eyes
- ⊗ Worsening asthma symptoms
- ⊗ Runny and/or stuffy nose
- ⊗ Sneezing
- ⊗ Itchy, red rash

A survey in Australia, USA, UK and Sweden last year reported as many as **1 in 3** people have 'fragrance sensitivity'. Anne Steinemann, from the University of Melbourne, found adverse effects were most often caused by fragrance in products worn by others, in cleaning products, and in air fresheners or deodorisers.

At West Winds we want everyone to be able to come through our doors and to be comfortable.

We are encouraging people to think about what they are using that might be a problem for someone else who is sensitive to fragrances.

Smell has many functions including determining what we eat and how it tastes, alerting us to danger, triggering memories, it even plays a role in attraction!

There are lots of great alternatives available for scents and for cleaning such as essential oils, bicarb soda, vinegar, and so much more.





What's happening...

3528 Channel Highway WOODBRIDGE TAS 7162



Wombats
Child Care Centre

Vacancies

Monday

Tuesday

Wednesday



*Visits and care enquiries
always welcome*

For ages 2-7 years

Open 8.30am-3.30pm
(school terms only)



**Contact Tracey on
6267 4713 for
further information**



**DON'T MISS
THIS ONE, IT
WILL BE A
BEAUTY!**

YOUR place to go for...

Support services for everyday life.

- Health & wellbeing.
- Creative programs and activities.
- Events and entertainment.
- Skills & personal development.
- Family fun & kids play space.
- Groups & classes.



@West Winds



3528 Channel Highway WOODBRIDGE TAS 7162

Celebrate

International Women's Day



You are invited...

Help us celebrate local women within our community
by listening to their inspiring stories about
life's triumphs and overcoming adversity



Trina Blazely



Morgan Ivey



Bridget White

West Winds Community Centre

Friday 8th March 2024

Doors open 9am for **9:30 - 10:30am** event
(followed by morning tea)

This is free event however seats are strictly limited

Please book at

<https://events.humanitix.com/international-women-s-day-celebration-kyeakk6n>

or phone on 6267 4713 or QR code →



West Winds Community Centre, 3528 Channel Hwy, Woodbridge

Book your ticket/s now

Join us for some inspiring stories about life's triumphs and
overcoming adversity from women within our community.
Stay for morning tea and a chat.

westwinds.org.au ... 6267 4713



What's On @ West Winds



ISABELLA ROSE STAGE COMPANY

PRESENTS...

2024 DANCE @ WEST WINDS



From 5 Feb

MONDAYS

Time	Style	Age	Cost
3:30pm - 4:15pm	Ballet & Jazz	4yrs - 7yrs	\$12 / \$70 (no classes on public holidays)
4:30pm - 5:30pm	Drama (TBC!)	8yrs - 14yrs	\$14 / \$80

TUESDAYS

Time	Style	Age	Cost
4:30pm - 6pm	Musical Theatre, Lyrical, HipHop	6yrs - 14yrs	\$14 / \$120
6:15pm - 7pm	Ballet	Adults / Open	\$15 / \$130

10% Family discount available

IRSTAGECOMPANY@GMAIL.COM
WWW.IRSTAGECOMPANY.COM



BOTANIKO EXHIBITION

Botanical Remediation

The regeneration of the Spring Bay Mill



Exhibition
from 8 - 18 April 2024

Triabunna's Woodchip Mill has been transformed from an industrial site into state-of-the-art indoor and outdoor spaces.

Botaniko, a group of Tasmanian botanical artists, accessed the site during 2023 to illustrate a selection of botanical specimens.

Art Lounge Open 9am-4pm Mon-Thu + 9am-3pm Fri
Ph 6267 4713 to check availability as the Art Lounge is a multi-function room and may not be available.



THE UNIVERSITY OF THE THIRD AGE

U3A Readers & Writers Group

This self-managed group meets weekly during school terms to share and discuss all things 'wordy'.

Term 1- 19th February - 18th April

Cost: U3A membership

Enquiries:

0405 327 071 or u3akingborough@gmail.com

BACK ON IN FEB

COMMUNITY SHED

Beer and Bite

GOLD COIN

for the Blokes

THURSDAY 5PM

@WEST WINDS

ENQUIRIES GRAEME 6267 5025



NEXT Walk-in Sessions

at West Winds

12.30 - 2.30pm Thursday 21st March

Do you want to connect to Community and Mainstream service providers and need assistance to access NDIS?



Delivered by the
National Disability
Insurance Agency

Baptcare



Friday 15th March

the Beach House

14 Ocean Esplanade

Blackmans Bay

BOOKINGS 6267 4713

Uplift Singing



Wednesdays 5.30—6.30pm

All welcome. No experience required.

Ph: Audrey 0455 483 074

www.upliftsinging.com

Bowen Therapy

with Ian Dixon

Bowen therapy is a very gentle yet highly effective form of bodywork which offers a holistic solution to a huge range of chronic and acute conditions.

Subtle work on muscles and tendons sends messages deep into the body, retrieving cellular memory of a preferred, relaxed, balanced way of wellbeing. Results can be remarkable, even from the first session; usually only a few sessions are needed to correct the presenting problem.



To book at appointment at West Winds:
Call Ian on
0416 256 366

For more information:
www.iandixonbowen.com

Bowen is highly effective in relieving back pain, neck pain, shoulder pain, knees, ankles and elbows, asthma, headaches and migraine, sciatica, sinus, and much more.



What's On in the Community

wood
MARKET
bridge

EVERY 3RD SUNDAY

17TH MARCH
10AM - 2PM

K Kettering CONCERTS 3 PM Sunday MARCH 17

BRASS, WOOD & KEYS

RUEBEN ALLEN
ZACHARY ALLEN
JENNIFER MARTEN-SMITH

performing works by Rachmaninoff, Mendelssohn, Liszt, Vivaldi and more

www.trybooking.com/CPIAR

KETTERING COMMUNITY HALL

Dog Competition
Potters Memorial Park
Woodbridge
Sunday 12 noon - 17th March



12 noon Dog Registration
Doggie Treat Treasure Hunt

Sausage Sizzle or BYO Picnic

Competitions: Best Dressed Dog, Best Trick
Best impersonation of another animal.
3 p.m. Award Presentation. For more information
Ph. 04085 01194 (funds raised being donated to Woodbridge School)

MAESTRO Malcolm Martin

Woodbridge & Charnel
Community Concert
BAND

Performing Arts Room
WOODBIDGE SCHOOL

MONDAYS
REHEARSALS
3:15 - 4:30PM

W&CCCB All welcome... new members, beginners and accomplished musicians. Some instruments available for hire.

Contact Malcolm on 0459 041 762 or malcolmm73@yahoo.com

westwinds@westwinds.org.au ✨ 6267 4713

What's On in the Community

NIGHT AT THE MUSEUM



Fun Quiz Night

7pm Wed 13th March

\$5 entry - Seating limited - Bookings essential

Bring a team or join one on the night

HAVE SOME FUN!

Easy to moderate quiz. Various topics. Learn some local history! Small prize for the winning team.

To book: email secretary@channelmuseum.org.au

or phone 6267 2333 during opening times

OPEN: 10am - 3pm Sunday - Friday



Carers Expo South

Community Health and Wellbeing Event

FREE Entry!

Guest speakers & more

- > NDIS
- > Services Australia
- > Living independently at home
- > Staying healthy
- > Financial and legal services
- > Lucky prizes
 - 2 x Galaxy 6 watch
 - Head/shoulder massage (for 10 people)
- > Food & refreshments



Lucky Draw Prize
2 x Samsung Galaxy Watch

Exhibitors offering
FREE services & support

- > Government organisations
- > Health education providers
- > Practical support programs
- > Legal/advocacy support and more...

Tasmanian Hockey Centre
19 Bell Street, New Town

Wednesday, 13 March, 2024

10.00am - 2.00pm



care2serve



(03) 6144 3729



care2serve.com.au

Carers Expo South

Wednesday 13 March

10am to 2pm

Tasmanian Hockey Centre
New Town

Discover support and services for unpaid family and friend carers, Meet various service providers and organisations, including the Australian Government Carer Gateway program, a free initiative to support family and friend carers.

Contact Angela at

rsvp@care2serve.com.au to

find out more information

The Welcoming Heart of the Channel

Next edition copy deadline: **FRIDAY 15 MARCH**

Gathering for Growth



ANNUAL
West Winds
Membership
only **\$5.50**

OUR Team

Board Acting as - Manager

- Program Officer

Stephanie Shoebridge - Arts, Culture & Community Development Coordinator

Kate Franke - Community Development Coordinator

Tracey Roberts (& Team) - Childcare Coordinator

Sarah Mannock - Online Access Centre Coordinator

Mara Lovrin - Community Care Advisor / Counsellor

Wendy Scott - Administration Officer

Christine Behrens - Finance Officer

Leighann & Phil Hirst - Caretakers

Volunteers are many to mention but we couldn't do without them!

OUR Funding

West Winds Community Centre is funded by the Crown through the Department of Premier & Cabinet (Community Partnerships & Priorities Division).

Woodbridge Online Access Centre is funded through the Department of Education, Children & Youth.

Wombats Child Care Centre is partly funded by the State Government through the Department of Education, Children & Youth.

Opinions expressed in this newsletter are not necessarily those of the Board.

**Enlarge and enrich
your community,
become a member.**
*With your support,
our facility stays in
your community.*

Membership benefits:

- * Community Shed
- * Gym access
- * West Winds Library
- * Volunteering opportunities
- * AGM Voting rights
- * Become a Board member

OUR Board of Governance

President - Nancy Conte

Vice President - Ian McKenzie

Secretary - Vickie Webb

Treasurer - Michael Yates

Board Members - Bronwyn Fielder,

Karen Ford, Chris Read, Tom Polacheck

Public Officer - Warwick Lee

Kindly printed by:

Senator Catryna Bilyk

Labor Senator for Tasmania

(03) 6229 4444

Senator.Bilyk@aph.gov.au

catrynabilyk.com

Shop 3, Kingston Plaza

20 Channel Hwy, Kingston, 7050



We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.



West Winds Opens MON - THURS 9am - 4pm | FRI 9am - 3pm

ABN 31 871 983 017

NEIGHBOURHOOD HOUSES TASMANIA