



231 Beaudesert-Nerang Rd  
Nerang Qld 4211

# CPP Community News

JULY 2017

## NEWS FROM THE COMMUNITY GROUPS AT COUNTRY PARADISE PARKLANDS

### NCPA -

### *From the Secretary's Desk*

Looking back over the last 12 months you suddenly realise how much has been achieved. For those of us who frequent the park regularly we tend not to notice the changes until someone who isn't a regular points out the changes around the park. So it is worth taking the time to look back and reflect on what has been achieved and how it has come about.



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### From the Editor:

Welcome to the first edition of CPP Community News.

This newsletter consists of contributions from the non-profit community groups at Country Paradise. Each group can share information about their organisation and their activities. CPP Community News will keep everyone informed on what's happening in our shared space, the beautiful Country Paradise Parklands.

*Kathy Cardona*

**The "Heritage Buildings"** have now been completed from a construction point of view. The completion of these buildings is mostly due to the success of the association being able to secure both state and federal governments work programs, Work for the Dole and Skilling Queensland. These programs provided the bulk of the labour to complete the work while NCPA funded the bulk of the costs as well as a sizeable donation from our former councillor Tracey Gilmore. We are now working on providing water, power and sewer to the area and hoping that this will



be completed over the coming months. Once this is completed we will be in a position to activate the buildings. All this would not have been possible without the support of several of our volunteers, in particular Stewart who acted as our supervisor on this project.

**The Great Walk** is a concept of approximately 2.5 kilometres of walking paths throughout the Parklands.



Work on this started about 12 months ago and once again largely due to Phil and his crew from Skilling Queensland. The work on the walkway started behind the Heritage buildings and has progressed out around behind the Oval Shed and currently finishes on the far side of the oval. Not only have we planted tens of thousands of plants but we have also built some small structures to give more definition to the area.

### **MORE FROM NERANG COUNTRY PARADISE ASSOCIATION.....**

Due to the availability of the labour we were able to skip ahead in several areas and carried out some work up on the hill, which will eventually be linked to the paths. We have cut a path through the bamboo patch and constructed several picnic areas with views overlooking the grounds.



The bulk of the plants that we have planted have come from the onsite nursery, which is attended to by our local green thumbs at Riverkeepers. Without their tireless efforts this project would have cost a great deal more so a special thanks to all but in particular to Mark and Richard .



**The Gold Coast Biggest Tree Planting Day** was once again hosted at Country Paradise and has been an annual event here for the last 5 years. Once again this was a great success with over 10,000 plants installed and the beds mulched. This project is basically a Riverkeepers event but would not have been the success that it is without the help of over 350 volunteers from the wider community on the day.



Some of the other improvements in the park include

- Street lighting along the driveway into the park.
- Replacement of the old kitchen exhaust fans in the reception building.
- Turf to cover the tree roots in the Fig Tree area.
- Asphalt repairs around the chapel
- Completion of 2 of the old stables, which can now be used by community groups.

The above is a snapshot of what has been achieved and is by no means a complete list. None of this would have been possible without the help and support of a lot of people. It should be pointed out that not all support is visible, our local councillor Peter Young has been working hard securing us support and funding, Parks and Rec in council are also very active in helping us achieve these results. There is also the committee of NCPA along with a host of others including tree loppers who when the call went out for mulch we had truck load after truck load of mulch delivered, we almost drowned in mulch.

Unfortunately it has not all been good news as we have had some set backs, the main one being as a result of ex TC Debbie which was the cause of the worst flooding of the park and for the first time the Reception building had water through it. While most of the grounds recovered quite well the floor of the Reception building now needs to be replaced.



As always there is more to do and in the coming months we will be able to report on more improvements including security cameras, bollards and flood mitigation works to mention but a few of the projects on the books, so stay tuned.

***Martin Collis, Secretary—NCPA***





**NERANG COMMUNITY GARDENS** situated within the Country Paradise Parklands is a place where keen gardeners gather. The peace, serenity and welcoming atmosphere of the Gardens is for all the Community to enjoy. Garden members are a very social group enjoying interesting conversations, food & workshops. Sharing of good gardening practice and ideas always abounds – come and see some Garden Art/Sculpture produce by one of our talented garden members. Saturday morning is when most members gather to enjoy the Gardens.

### EVENTS:

**MORNING TEA @ THE GARDENS** every Saturday 10am – all welcome.

**PIZZA NIGHT** last Monday of every month – bring a pizza to share – BYO Drinks.

**WORKING BEE** first Saturday of every month –breakfast after a working in the Gardens.

There are 43 garden beds, some are leased by members to grow home produce, there are Communal beds around the perimeter of the Gardens for all members to use and share produce, as well as Charity Beds that support food banks & charities within the Nerang area.



### GARDEN BEDS AND MANAGEMENT

#### MEMBERSHIP

\$10 per annum (Membership enquiries 0468932033)

#### BED LEASE

\$52 per annum ( \$1 per week)

*The Butterfly Lady has taken up residence at the Gardens – Christina Yeomans. Her enthusiasm for butterflies and bees is infectious. Gardeners are now planting to encourage and protect the butterfly and bee population. Christina always has interesting information to share.*



#### THE BUTTERFLY LADY

My passion over the past 8 years has been raising Monarch Butterflies. This has extended to other types of butterflies whenever their eggs or caterpillars arrive in my garden.

I have spent the past 3 years with Gold Coast Permaculture's Community Garden at Carrara where I had a Butterfly and Bee Nectar Garden. With Carrara Market needing their land back for another project I was offered a garden at the Nerang Community Garden.

If you look at **Garden 19** you will see I have planted a variety of nectar flowers for the pollinators (bees and butterflies). They need a mix of different flowers – such as open flowers like Zinnias and Cosmos – up the stem like Salvia and Stock as well as a cluster of flowers like Pentas, Verbena. Butterflies are host specific and I will need to find spaces to put in a whole range of different host plants for different butterflies.

With donations from Bunnings we have been able to plant flowers around the Gardens to encourage the Butterflies and bees.

*With donations from Bunnings we have been able to plant flowers around the Gardens to encourage the Butterflies and bees.*



Garden 19



## MORE NEWS FROM THE COMMUNITY GARDENS.....

### VISITORS

Various groups visit the Gardens regularly - promoting health and wellbeing. Members of these groups will sometimes volunteer around the Gardens or just enjoy the atmosphere, including:

**Sport & Recreation group, FSG, The Harvard Early Learning Centre, Mudgeeraba Special School.**

### JAMS & PICKLES

Jams and pickles are always for sale @ the Gardens.

Seasonal produce is used from various gardens to make these items.



### BOTANICAL BAZAAR in SEPTEMBER

This will be a highlight of the year. Costas - from Gardening Australia is visiting. The Gardens will be open to the public. Workshops, produce and food available.



*Cheryl Paull, NCGA*

*Our members participate in monthly working bees followed by a well-earned breakfast!*



### *From the President:*

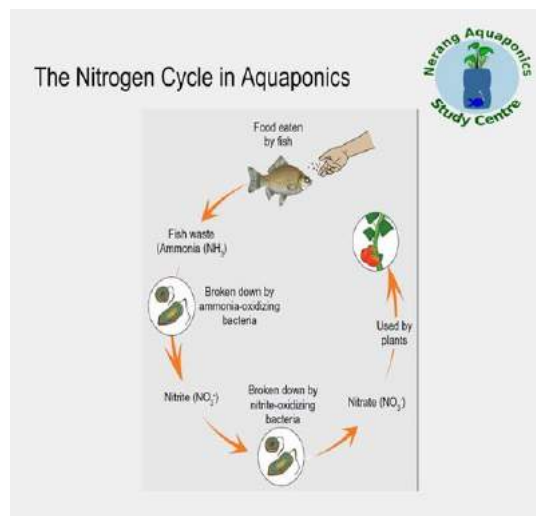
I would like to inform everyone that we have finally installed the pump to the bore and as of today's date, power has been connected. Now we will be running the pump and continue water tests and hopefully the quality of the water will be of use to the parklands. We look forward to seeing the gardens grow over the coming years. ***Peter Cardona, President***

## A brief introduction to Nerang Aquaponics Study Centre..

The Nerang Aquaponics Study Centre is a unit formed by Sid Dyer and Neil Ross in 2013, as a part of the Nerang Community Garden. It is located next to the main driveway in the Community Garden. It is an adjunct activity to the garden, with a focus on researching, then hands-on trialling and educating others in best practices in sustainable horticulture through aquaponics and related techniques.

### SO WHAT IS AQUAPONICS?

There are many benefits to growing using aquaponics, particularly with regard to sustainability. For instance aquaponics results in a huge reduction in water usage, which is increasingly becoming a big issue in Australia and globally. We have introduced the related practice of making garden beds out in the community garden with 'wicking beds', which are also an extremely efficient way to apply water to crops. Wicking beds keep the water in reservoirs dug into the bed, where it can wick out to directly feed the root of crops, instead of applying water from above ground, eg onto leaves, where much of it evaporates and is lost. Also, if much of the fish food comes from a worm farm that takes matter from the excess crop and trimmings, the entire system is essentially closed, with



*Nerang Aquaponics*

In the four years since we started, we have built the physical enclosure, and installed over a dozen separate aquaponics units. The objective is that each can be set up independently to allow us to trial and learn many elements and approaches simultaneously, and also to run alternatives in side-by-side comparisons. Most of the units have been significantly refined and rebuilt, as we have learned and fine-tuned many aspects of practical operations. Much of what we have learned so far is in our collective heads, as our hands-on knowledge and expertise has grown. We hope to further document this soon, and also to continue to develop and deliver more introductory workshops and education sessions that we conducted in 2016.

We have started to create a remote monitoring and control system to semi-automate some key parts of the operation. An initial 'proof of concept' subsystem has been sending tank and air temperatures each 30 minutes since January into the 'cloud', where we can monitor the data via computer or smartphone.

We always welcome new members to join our small group of aquaponics members. We generally meet on Wednesday and Saturday mornings, and there are always interesting things to see and do. One of us generally drops in daily to check that everything is OK.

For more info, visit our website: <http://NerangAquaponicsStudyCentre.org.au>,

Email: [NerangAquaponicsStudyCentre@gmail.com](mailto:NerangAquaponicsStudyCentre@gmail.com)

or you are welcome to drop in towards noon on any Wednesday or Saturday.

*David Tangye*





**The Sheilas Shack** is a non-profit organisation providing a place where women can meet -

- To share knowledge and skills;
- To socialise and make friends;
- To attend workshops and attend outings;
- To take up a new hobby;
- To become active and healthy.

When we started 4 years ago, the Sheilas Shack consisted of a handful of members keen to set up an organisation for all women at little cost, somewhere friendly and inviting in a social environment, which offers an opportunity to learn new skills. As our membership now approaches one hundred, we proudly accept the title of trailblazers. We are often told there is no other organisation like the Sheilas Shack – but there should be!



**SHEILAS SHACK  
WORKSHOPS**  
\$2 members or  
\$5 non-members  
(visitors welcome)



Our Cuppa & Chat mornings on a Thursday are an opportunity to catch up with friends and to take time out to relax. Feel free to join us from 9 am – and if you have a project on the go (perhaps knitting – popular in winter months), bring it along.

Most Saturday mornings we have workshops as well as a cuppa and chat. Some ladies prefer to sit and relax while others like to attend the workshops– it's all up to you. Some of our upcoming workshops are: garden apron making; mosaics; decoupage and cup cake decorating. Workshops are just \$2 for members and \$5 for non-members. Visitors are welcome to join us.



*Due to popular demand, Meditation, Book Club and Creative Writing groups meet each month.*

### ***MORE FROM THE SHEILAS SHACK....***



*A visit to Mudbrick Cottage Herb Farm, Mudgeeraba to tour the gardens and taste the delicious herbal teas.*

Popular outings away from the Sheilas Shack include day trips, movie and theatre nights and restaurant dinners, all of which are arranged by our members. There's something to suit everyone at the Sheilas Shack!



***For more information about membership or workshop bookings, call in on a Thursday or Saturday morning or contact Tanya on 0402 806 609.***



*High Teas are popular events at the Sheilas Shack!*



*Macrame workshop*



*Mosaics workshop*

As do other groups at Country Paradise, the Sheilas Shack gets involved in community events in the parklands, often with Craft and Cake Stalls. These include the annual Family Funanza, the Music Festival and the Big Tree Planting. We also celebrate special occasions at the Sheilas Shack with our

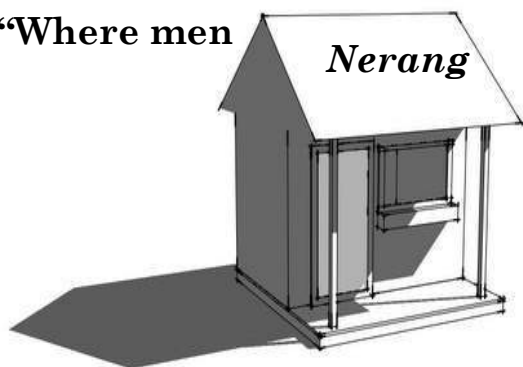


Our Heart Foundation walking group, the **Sheilas Shack Walkers** meet at 6am each Monday, Wednesday and Friday at the Sheilas Shack. We walk around the beautiful Country Paradise Parklands. It's a great way to increase your fitness while enjoying the company of other walkers. New-comers of all levels of fitness are welcome to join us. For more details, please contact Colleen on 0413 198 033.

***Tanya Dicker, President***



“Where men



The Men's Shed is a place where men can go to work on their hobbies and maybe get involved in the local community. Members can share their skills or learn new skills. Men can also just call in for a chat and a cup of tea or coffee. We recognise the importance of men's health and well-being and have now built a

**NERANG MEN'S SHED** at Country Paradise Parklands has been open for over six years. Due to demand, we find that we now have to limit membership due to space and safety issues. We currently have a full membership to what our premises and space allows.



People may not know that the Men's Shed take on various work for non-profit organisations. These include various jobs, including Jamie's work replacing or repairing parts of games and equipment in for special needs children in local school libraries.



#### **OUR AGM**

*Our Annual General Meeting is being held early August. I will be standing down after three years as President and Jim Adams, our Treasurer of five years, will also be standing down. All positions will be vacated and a new committee elected.*



Nerang Men's Shed has been a huge contributor to on-site works in Country Paradise Parklands since we started. These have included the bridge on the far side of the oval, fencing, remodelling bus shelters into picnic shelters which can be seen scattered around the parklands, and works are still ongoing. The Men's Shed also worked with the Work for the Dole crew restoring and general maintenance of the heritage buildings on site for future use .

**Stewart Nicoll, President**





## HEALING HOOVES INC

### Latest News!

On Thursday 8th June, we ventured to the Big City (Brisbane) with a couple of Volunteers where I had to give a Presentation to McCulloch Robertson Lawyers. This was an incredible opportunity to share with a Large organization what our humble little charity does for the Community. This opportunity did not just fall in our lap however, as they did their homework and thoroughly investigated our charity and its background. I did not read from palm cards, and to be honest I really have no idea what I said as I shook though nerves speaking to over 50 Lawyers and Associates, however what ever I did say came from my heart, raw and honest, and that is about as much as anyone can get from me. We are hopeful this will be a lasting and positive relationship with McCulloch Robertson Lawyers.

### General

We are continuing to grow in client numbers with newcomers to our programs being House With No Steps and The Southport School. And continue to hold a strong client base with Sport and Recreation Gold Coast, Liberty Connect, FSG, Kalwun, Carers QLD, Education QLD, The Benevolent Society, PCYC, Oz Care, Life Without Barriers, Goldbridge, Earle Haven and various individual support network and carers organizations.

We have one horse in need of surgery to remove an eye which became infected during Cyclone Debbie. Sadly this horse KheSan has had ongoing issues with his past torture and this operation is taking a long time to facilitate. Our Vets have declared him the most traumatised horse they have ever encountered and are willing to do all it takes to help him. He is so worth saving, and we are doing all we can to rehabilitate him, as slow as it may take.



### What have we been up to?

Earlier this year we completed an essential stage to our Disability access area, via the completion of a wheelchair path and safe enclosed area at the entrance to our paddocks. With Future efforts in fundraising we hope to extend the internal concrete slab just a metre or two, plant a small garden in the entry zone, and with the help of Zac and his "All Trades" team we hope to enclose the large shelter to give it a more rustic look and feel.

We are currently in discus-

sions with Cr Peter Young who is assisting us with plans to purchase a Site of office which we hope to secure within the paddock. This will enable our Volunteers and Registered Therapist an accessible and private space in which we can conduct Volunteer inductions, Client debrief and Management Meetings. We do have the elements to consider when it come to placement of this office, however we have a few ideas up our sleeves.

New Uniforms have arrived so let us know what you think of our new paddock fashion.

## **MORE FROM THE HEALING HOOVES....**

### **Seniors Week 2017** **(Pending grant approval)**

**Wednesday 25th August**  
**11am until 1pm.**

We hope to reach a record of 150 seniors to our FREE event. Last year we fed and entertained 140 seniors so what is another 10 right? The last 2 years we have had much support from our local community groups and we hope we can do the same again this year. All offers of assistance are appreciated, whether it be baking, manning the sausage sizzle or Volunteering time. We welcome our Community groups to set up a table to display/sell their wares if you so wish.

This year for ease of catering we will be including a Sausage Sizzle with Tea, Coffee, Cakes and Biscuits. For entertainment we will have our own Bruce and Mikky, but with a couple of special guests Aluna Dreaming ( Modern Opera Soprano), as well as Robbie Memphis. We could not do this without the support of Peter Young and Nikki Williams.



### **Special Request**

Whilst we understand and acknowledge that we are very privileged to call the Parklands our home, we have come across some inappropriate dealings with members of the public during events. This may not be our place to ask, however we feel it appropriate when our horses safety and the potential safety of our clients is at risk. Whilst most Event organisers are vigilant and are happy to keep an eye on our open areas, and the horses, we have most recently been bombarded with unauthorised persons entering the paddocks , hitting the horses, allowing children to play in and run around in the paddocks. Recently we have had rocks thrown at the horses narrowly missing volunteers and just on the 4th June we arrived in the morning to feed and found 5 empty beer bottles had been thrown along the fence line , and then two empty beer bottles had been left ,

inside our Disability shelter where the perpetrator had obviously been sitting. So, can we please ask that we all look out for each other? If something doesn't look right, report it, and if anyone sees suspicious activity within our paddocks, please let us know.

**For all Enquiries, Volunteer requests please contact**

**Marianne on 0466254563 or email:**

**[healinghoovesinc@gmail.com](mailto:healinghoovesinc@gmail.com)**







While there are many in the Parklands who know what we do, as the park grows more and more, some people must wonder who are the Riverkeepers?

**Who are we ?** Well, we are a small bushland restoration group formed in 2000, and one of the first groups to call Country Paradise Parklands **home** so we could end our days as gypsies using our garages to store tools and equipment.

**What do we do at Country Paradise?** We, like the Community Gardens are the “outside people” in the parklands. We mow the lawns, trim the edges, plant plants and are the force behind the bushland restoration happening around the park and the group that are working on the Great Walk. We run the Qld Corrective Services Community Service Program in the park and are part of the Skilling and Work for the Dole Programs that take place at Country Paradise. Oh, and we run our little nursery beside the creek so we have free plants for our projects. You will find one of us working around the park most days, but Friday and Saturday are the big work days when the coffee and bikkies are on the table.

### *The Nursery and the Crew*



**What have we been up to lately?** We are never short of things to do: eradicating weeds; making the public spaces in the parklands spick and span; mowing and whipper snipping; growing plants; planning and carrying out new plantings week in week out; and the “Biggie”, the Gold Coasts Biggest Tree Planting Day at CPP [ In 2017 - 526 people - 17500 plants - 300 cubic metres of mulch, all done in 6 hours - with live music, food and coffee]. We have been working hard on the Great Walk [Stage 1 close to completion and stage 2 started]; working alongside Skilling and WFD crews across the property; putting plenty of hours into areas like the Rotunda park, fig tree, bamboo grove, upper lake and new historical building areas. “If it is green more than likely it’s been done by the Riverkeepers machine”.



*Gold Coast's Biggest Tree Planting - fun for all ages*

**So are we making a difference?** We think so. The park is nice, green and relaxing, a far cry from the beginning when it looked pretty shabby. There are approximately 85000 new ground covers, grasses and trees in the park. There is  $\frac{3}{4}$  km of walking trail and plenty of gardens and lawn. The site is looking pretty smicko and we have many new native animals and birds move to the site. Anyone getting a picture of our latest new arrivals “**The Echidnas**” we will give you **\$20.00 in cash or \$100.00 in plants!** **These little guys are shy and it's almost impossible to get a photo of them.** Also, in the last three years we have won the Queensland Minister's Award for Services to the Environment and the Queensland Community Land Carers of the Year Award [not bad for a small, untrained, little group].

2014



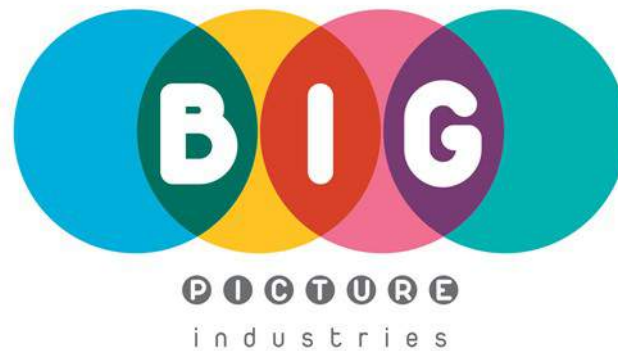
2017



**Can you help us?** Sure, you don't have to be a Riverkeeper to help make the park a better place to do your bit for the environment . You can help us “whack in a plant”, move some mulch or help in the nursery at anytime. Want to learn about Native plants, propagation, weed control? We are happy to have a chat and happy to have you join us even if it's just for a coffee. We count our blessings that we have Country Paradise to call home and even more, that we are part of the Country Paradise Community team .

***Mark Tierney - Coordinator Nerang Riverkeepers***





Big Picture community studio at Country Paradise Parklands continues to go from strength to strength. Our time at the park since its reincarnation has seen our not for profit organisation reach more and more young people and not just in the local Nerang area. We have had school children from Brisbane state schools attend our creative digital visual workshops as well various Gold Coast schools. The children always marvel how good the park is and have the best of times exploring the park and studio through the lens of a camera.



Our mission has been to inspire young people to take an interest in ‘visual literacy’. What is visual literacy and why do we at Big Picture place such importance on it? Today, more than ever we live in a highly visual world which is powered by our Smartphone, Wi-Fi, social media environment and nowhere is that having a bigger impact than on our youth today.

So how do we counter this digital visual world? At Big Picture we believe we do this through education and engagement. We have children as young as 5 and up to 16 coming to Shed11 Studio to take part in programs and projects that hopefully spark their curiosity and interest in this digital visual world. This in turn creates a space in which they can learn more about this visual language that dominates our social media and online environments.

In this time of ‘Selfie’ and fake news it is education that will help our young people to better discern what is actually in an image and if it’s real or not. Important stuff we believe.



We have loved being a part of the Country Paradise Parklands community and it has been great for all the children who have had the opportunity to visit Shed11 Studio and the Park. It shows them how successful we can be as a community working together to create spaces which everyone can enjoy. We are looking forward to the year ahead with our fellow Park community and the future events that bring the best out in our community.

Big thanks to all at CPP from ***Mark and Sarah.***





Email: [info@coastacoustics.com.au](mailto:info@coastacoustics.com.au)

Website: [www.coastacoustics.com.au](http://www.coastacoustics.com.au)

[facebook.com/GoldCoastAcousticMusicClub](https://facebook.com/GoldCoastAcousticMusicClub)

Coast Acoustics continues to be very active locally.

*We're planning for the Coast Acoustics Music Festival, Gold Coast 2017*

*Saturday, September 16 at Country Paradise Parklands.*

*The festival is an opportunity for local volunteer and community groups to be represented and connect with each other and with an audience.*

Other than the festival, Coast Acoustics host over 40 events per year. Just two events at Country Paradise per month except for December and January.

We're providing a supportive environment for music lovers and players, of all standards, to participate in live music.

We provide music and diversional therapy in care centres around the Gold Coast and also provide a creative outlet for our members.

All are welcome to attend our free jam sessions. Join in and play along with some easy songs and meet our club members.

We also host outstanding concert shows once a month (4<sup>th</sup> Saturdays) at Country Paradise Parklands.

The next show is The Presidential Blues Band, an acoustic trio playing old style blues. Saturday, July 22.

***\$5 for members, \$10 for visitors.***

***\$15 for 12month membership including entry to the show.***

***Frank Stooze, Coast Acoustics***



# Coast Acoustics

# 2017

## COAST ACOUSTICS MUSIC FESTIVAL, GOLD COAST

### SATURDAY, SEPTEMBER 16, 2017

**FREE  
ENTRY**

**11.30 AM - 10PM**

COAST ACOUSTICS MUSIC FESTIVAL  
A HUGE WORKSHOP PROGRAM

INTRODUCING A REFRESHING NEW LINE UP

CELEBRATING COMMUNITY AND NEW HORIZONS

PERFORMANCE OPPORTUNITIES ON A SHOWCASE & OPEN MIC STAGE

COMMUNITY STALLS & MARKET STALL BOOKINGS ARE AVAILABLE

FAMILY FRIENDLY COUNTRY PARADISE PARKLANDS

EASY ACCESS PARKING AT 231 BEAUDESERT-NERANG RD, NERANG.

ONLY \$5 PER CAR



Councillor Peter Young  
Division 5



CITY OF  
**GOLD COAST**

<http://www.coastacoustics.com.au/>







We are very excited to be part of the Country Paradise parklands newsletter

The FSG Nerang hub has proudly launched She Space an FSG initiative to create a safe space for woman to come together and connect with other woman within the community

She Space runs every Wednesday between 10am – 12pm and is a gold coin donation

For all upcoming She Space events head over to FSG She space on Facebook.



The FSG Nerang hub welcomes anyone who would like share ideas and suggestions for creating a community space that responds to local talents, wishes and needs.

We run many community activities and workshops, from gardening to pamper nights and DJ workshops. Contact us to find out more.

FSG Australia (FSG) is a not-for-profit community organisation and an NDIS Registered Provider, focused on building the capacity of individuals and communities. FSG stands for Freedom, Social Justice and Growth. Freedom...to be who you are. Social Justice...equity and fairness for everyone. Growth...to be the best version of you.

Please feel free to call us on 0448077310 or visit [fsg.org.au](http://fsg.org.au)

***Alyson Beckett—FSG Nerang***

**JOIN US FOR  
THINK.EAT.SAVE  
24 JULY NATIONALLY.  
HELP FIGHT FOOD WASTE!**



Find out more at

**OZHARVEST.ORG/THINKEATSAVE**

@ozharvest #thinkeatsave

*OzHarvest is a food rescue charity that collects surplus food from commercial outlets such as supermarkets, cafes, bakeries, restaurants, farmers markets and more and delivers it to local charities helping those in need.*

OzHarvest operates Australia wide and launched here on Gold Coast in November 2013. We have 2 refrigerated vans and rescue on average around 5000kgs of good quality excess food per week, reducing waste and stopping it ending up in landfill.

Since opening on the Gold Coast in 2013 we have been able to deliver over 3 million meals to those in need which is amazing and we couldn't do it without the help of our generous donors, national sponsors like The Good Guys, Woolworths, BP and most importantly our volunteers. We could not do what we do without their love, time and wonderful energy they all bring.

OzHarvest not only rescues and delivers food to those in experiencing hardship, but also provides education programs for the community.

Our newest program is called NOURISH and is being run right out of this beautiful space at Country Paradise Parklands.

NOURISH is a free 18 week mentoring program for young people aged 17-24 who have some reason disengaged for school or are experiencing difficulties gaining employment due to a variety of different barriers. The program teaches basic food

preparation skills, health and safety in the kitchen, self-esteem, resume writing and job readiness. Participants will gain a Certificate 11 in Hospitality and Front of House and given help looking for employment. This program kicks off in 2 weeks and we are taking registration now for participants. Please call Alex Alt (Nourish Coordinator) on 0402 326 525 for more information on how to refer a young person or if you would like to become a volunteer.

NEST is another of our education programs and stands for Nutrition, Education and Sustenance Training. This is a mobile cooking and nutrition program which can be delivered to services working with those in need. There is a 5 module program which covers information such as the understanding the food groups, the importance of breakfast and sustained energy, fats, sugar, understanding food labels and using staple ingredients plus much more. We can also run NEST Intensive workshops for services that have limited time and these can be run over a morning or afternoon and can be tailored to suit the needs of the participants and facilitators.



**MORE FROM THE OZHARVEST....**

Education is given around what is good nutrition, a hearty meal is then lovingly prepared and enjoyed together as a group and there is always enough to take home an extra portion. This program has been able to reach so many different organisations such as mental health services, drug and alcohol facilities, prisons, youth services, multicultural centres, domestic violence refuges and many others. Carers, volunteers, siblings and parents are all welcome to join in. Minimum requirement is 8 participants, a suitable room with tables and chairs and a sink to wash hands and equipment. Please contact Maria Bridgman (NEST Coordinator) on 0402 990 065 for more information on facilitating a group or if you would like to become a volunteer.

Cooking for a Cause is an extraordinary team building event that is also run out of Country Paradise and is a wonderful opportunity to learn about OzHarvest and what we do and also to give back to the community. Colleagues get together, cooking restaurant quality food using rescued ingredients which is then redistributed to those services helping our most vulnerable. Places such as Rosie's, Anglican Crisis Care, Nerang Neighbourhood Centre, Gold Coast Project for Homeless Youth and many others benefit from the meals that are cooked from these events.

As we get little government funding OzHarvest does all of its own fundraising and this is one way that we generate an income and also put good use to all the rescued food that would otherwise go to waste. Please contact Maria Bridgman (Cooking for a Cause Coordinator) on 0402 990 065 for more information these events or if you would like to become a volunteer.

At OzHarvest we are always looking at ways we can raise awareness on food waste. On Monday 24<sup>th</sup> July we hold our national food waste campaign which this year will be held at The Kitchen's in Robina. There will be lots going on and we are very fortunate to have Jorge from Ediblescapes Nerang displaying and selling his upcycled compost bags. Maria will also be there running a food demonstration at 11am and another at 1pm. We will also be showing ABC first episode on War on Waste. This is a free event so get your group together and come and have a lovely lunch and support OzHarvest.

If you would like to see all the other cool stuff OzHarvest does, then jump on our website at [www.ozharvest.org](http://www.ozharvest.org). If you would like to get involved somehow but not sure what you can do contact our office in Surfers Paradise on 07 5538 4357 and chat to one of our lovely OzHarvest family members, become that what we are. One big family.

***Maria Bridgman, OzHarvest***