

Huon Valley Hub Events and Activities June 2021



Living Well with Diabetes

Saturday 5 June 9am to 2.30pm

You are invited to attend a FREE diabetes education program with a dietitian, diabetes educator, social workers, exercise physiologist, podiatrist plus more. Morning/afternoon tea and a light lunch will be provided. Recommended for people living with type 2 diabetes, their partner and / or carer. RSVP diabetestas.eventbrite.com.au or phone 6215 9000

Grant Writing Workshop

Tuesday 8 June 5.45pm to 7.15pm

Free community workshop. We will cover: the Tasmanian Government's business grants writing handbook; how to find grants you're eligible to apply for; what's involved in putting together an application; how to make your application stand out. Bookings essential – to book your spot, please click here. For more information, please visit Business Tasmania or call 1800 440 026

Free Mindfulness Workshop

3 x Saturdays 10am to 4pm – 12 noon.
12 & 19 June and 10 July 2021.

Lunch provided. Applications are essential as some eligibility requirements apply. Apply www.mindfulnessaus.com.au or phone 0488 064 228 to apply over the phone.

Launching Wodge and Friends Book

Sunday 20 June 2021 from 2pm

Who or what is Wodge and what is the mystery in the garden? Local author Carol Ann Martin will be giving a few clues as she launches her hilarious new middle grade novel at the Hub. 'Wodge and Friends: The Mystery in the Garden' is for readers eight to twelve years and we can promise lots of laughs and some fun creative activities. But anyone of any age who is interested in writing and reading books for children is most welcome to come along and meet the author. Admission is free, there will be afternoon tea and the opportunity to obtain a signed copy of "Wodge and Friends".

Life without Barriers Morning Tea for Foster Carers

Tuesday 15 June 10.30am – By invitation

Headspace Wellness Day Afternoon Tea

Thursday 24 June closed event

Ongoing Activities

Cuppa with a Councillor

Bring your questions and ideas to share and have a 'Cuppa with a Councillor, join Cr Christine Campbell

Tuesday 1 June 11am to 12.30pm
Deputy Mayor Sally Doyle

Wednesday 2 June 11am to 1pm
Cr Juanne Lovell

Friday 4 June 10am to 12pm
Circular Economy Huon Meeting

Tuesday 8 June 6pm to 8pm. For further details contact circulareconomyhuon@gmail.com

Yoga in a Chair with Claire

Wednesdays starting 16 June 2021 11am to 12 noon.
\$5.00 per person. For bookings or for further information contact Council's Health & Wellbeing Officer on 62640300

Eating with Friends – Vietnamese foods

Thursday 10 June 11.30am to 2pm

Council's Eating with Friends program has a multicultural flair, with a focus on foods from around the world. It provides an opportunity for local people to get together, catch up with each other and meet new friends while learning how to make delicious new dishes. Contact Council's Health and Community Connector on 6264 0300 or email hvc@huonvalley.tas.gov.au for further information or bookings.

ARVOs – Free activities for young people and their families (ARVOS not on during school holidays)

Every Friday from 3:30pm to 5:30pm

No need to book. All welcome! Parents are welcome to drop their children with our team and pick them up at the end.

There will be snacks, a FREE sausage sizzle, board games, music, Mario Kart and more!

The ARVOS Roving program is supported by Bendigo Bank Huon Valley Community Bank Branches.

This is a COVID-safe event. Please support us by maintaining physical distancing and good personal hygiene.

Mah-jong Group

Every Monday (except public holidays) 10am to 1pm.

New members welcome, no experience required. Tea, coffee, and biscuits provided. No need to book. Contact Council's Health and Wellbeing Officer on 62640300 or hvc@huonvalley.tas.gov.au for further information.

Tech Hour

Digital support for Seniors

5 May to 30 June 2021, every Wednesday
10am to 1pm by appointment

Would you like to be more confident using a computer, smartphone, or tablet? Book in for a FREE 1-hour appointment and receive one-on-one coaching to build your basic digital skills!

Book your appointment now
hvc@huonvalley.tas.gov.au (03) 6264 0300.

Cancer Council Support Group

Tuesday 15 June and every Third Tuesday of the month 10am-noon

Support and information for adults impacted by any type of cancer and living in the Huon Valley region. Partners, carers, and those bereaved by cancer are also welcome. Registration is essential. Contact Cancer Council for further details. Phone 1300 656 858

Catholic Care Tasmania

Every Tuesday, 10am – noon

Rebecca from CatholicCare will be onsite to chat with community members and service providers about CatholicCare programs that are available to support their needs. This includes programs in counselling, housing and homelessness, family, children, emergency relief and multicultural services.

Anglicare – Financial Counselling

Thursday 17 June 2021 and every third Thursday of the month

10.30am-3.30pm Booking are essential

Take the first step. If you have financial problems, talk to us. We can explain your options so you can find a way forward. This service is free, independent, and confidential. A financial Counsellor can provide information to help you to: organise your budget; manage debt; reduce your power bills; understand bankruptcy and its alternatives; know your legal rights and responsibilities; get access to your superannuation; negotiate with creditors; contact other useful services. Call 1800 007 007 for further details.

Huon Valley Hub

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June 2021



Learn How Swap Bars with Taneall Oakford Access Bars Facilitator

Every Thursday night from 6pm-9pm

Access Bars is a set of 32 points on the head which, when lightly touched, stimulate positive change in the brain and defragment the electromagnetic components of stress, thoughts, and emotions.

Contact Taneall for further details 0407 951 771

Art as Therapy 8 Week Class

Every Tuesday until 8 June 2021

1pm-2pm

Feeling sad or anxious? Overwhelmed? Having anger management issues? Ready for some fun? Keen to make new friends? 2021: Time to discover group art therapy. No skills required. Cost \$5 per week contact Glenda on 0447 090 440 or email cjstasse@yahoo.com.au

Anglicare Program Manager Children & Young Peoples

Friday 11 and 25 June and every second Friday of the month. 10am to 12pm

Onsite promotion and Group work delivery