

# Huon Valley Hub Events and Activities July 2021



## NAIDOC Week Activities

**Sunday 4 July 2pm** – Opening ceremony. An immersive opening ceremony in the Huon Valley Hub green space with Welcome to Country and smoking and ochre ceremonies.

**Sunday 4 July 3pm to 4.30pm** – Heal Country Workshop. A family-friendly talk and art session from Gemma O'Rourke and Deb Cobern for people who want to learn more about Tasmanian Aboriginal Culture. Add your distinctive mark to a large floor canvas using oil crayons. Book on Eventbrite.

**Wednesday 7 July 1pm to 2pm** - Cultural Burning Workshop with Jason Smith. Jason will talk about the importance of coming together to heal country the right way with traditional burning practices and management, and how burning can strengthen the relationships and teach children the importance of being connected to Country and how to care for it. Book on Eventbrite – all ages welcome.

## 4-18 July - ARTBOX Group Exhibition

neemiuh teggana nire/Mother Heart Heal – features artworks from Nuenonne, Melukerdee, Pinterraier and Lyluequonny women from Tasmania: Gemma O'Rourke (curator), Cassie Sullivan, Deb Cobern and Bron Dillon.

## 4-18 July 10am to 4pm - Drop-in sessions

for a continuation of the ARTBOX neemiuh teggana nire/Mother Heart Heal exhibitions.

## Save The Children – Family Support Worker

Tuesday 6 July 9am to 4pm by appointment.

For further information please contact Elke on 0455 381 106 or email [elke.robinson@savethechildren.org.au](mailto:elke.robinson@savethechildren.org.au)

## Free Mindfulness Workshop FULLY BOOKED

Saturday 10 July 2021.

Lunch provided. Applications are essential as some eligibility requirements apply. Apply at [www.mindfulnessaus.com.au](http://www.mindfulnessaus.com.au) or phone 0488 064 228 to apply over the phone.

## Artists and Makers Every Picture Tells a Story

Tuesday 13 July 10am to 12pm

How important is visual communication for your business? If you're in the arts, the answer is very important. People want to see what you are creating. If you like to get more out of your photography, this workshop with Robert Gowty is for you. Free to attend. Book on Eventbrite.

## Ari Powell Back Yourself to Branch Out

Saturday 17 July 9.30am to 11.30am

A women's empowering event. When you're juggling a million responsibilities, it's easy to fall onto overthinking your next step. You know how important mindset is so why is it so hard to back yourself? Learn why traditional goalsetting isn't working for you and how to up level your life or biz.

Facebook event with ticket link:

<https://fb.me/e/JeDZzrq>

First 10 tickets receive a free copy of The Creatrix® Method. Email [ari@polishyoursparkle.com.au](mailto:ari@polishyoursparkle.com.au) for further details.

## Live Well, Live Long

20 July to 21 September 2021, every Tuesday 10am to 12

A free 10-week program of activities and information on what you can do to stay healthy such as stroke awareness; nutrition and cooking; eye health; Aboriginal health; yoga; walking groups; hearing health; gentle exercise; dementia talk; medicines; scam alert; healthy feet; eating with friends. Contact Council's Health and Wellbeing Officer on Ph 6264 0300 for bookings or for further details.

## Pilgrim Art Exhibition and Workshops

23-26 July 10am to 4pm

The Pilgrim Artists Festival is a small festival of art, music, and words in the Huon Valley. Our fifth annual exhibition will be held at the Huon Hub (as well as nearby venues) Pilgrim Artists are a group of artists from diverse Christian traditions. Throughout the weekend, there will also be live art demos by local artists in sculpture, photography, craft, painting, and music. All are warmly welcome. See the website for details: [www.pilgrimartists.com](http://www.pilgrimartists.com)

## End-of-Life Choices (Voluntary Assisted Dying) Act 2021 Public information session

Wednesday 28 July 6pm to 7.30pm

Mike Gaffney MLC looks forward to sharing information regarding the End-of-Life choices. 80 minute presentation on the Tasmanian Bill's journey to becoming law, and 'where to from now'. Open Q & A at the conclusion. All welcome. More information available at 64223000 (Bonnie), or by emailing [eolc@parliament.tas.gov.au](mailto:eolc@parliament.tas.gov.au)

## 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 6 July 10am to 12pm

Deputy Mayor Sally Doyle

Wednesday 7 July 10am to 12pm

Cr Juanne Lovell

Friday 2 July 10am to 12pm

## Circular Economy Huon Meeting

Tuesday 13 July 6pm to 8pm. For further details contact [circulareconomyhuon@gmail.com](mailto:circulareconomyhuon@gmail.com)

## Yoga in a Chair with Claire

Wednesdays starting 21 July 2021 11am to 12 noon. \$5.00 per person. For bookings or for further information contact Council's Health & Wellbeing Officer on 6264 0300. Ongoing except for school holidays.

## Eating with Friends – Indigenous foods

Date TBC 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](mailto:hvc@huonvalley.tas.gov.au) for further information or bookings.

## Mah-jong Group

Every Monday (except public holidays) 10am to 2pm.

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](mailto:hvc@huonvalley.tas.gov.au) for further information.

## Tech Hour

Digital support for Seniors

Commencing 21 July 2021, and every Wednesday (except for school holidays) 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](mailto:hvc@huonvalley.tas.gov.au) (03) 6264 0300.

## Cancer Council Support Group

Tuesday 20 July 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

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## **Catholic Care Tasmania**

Every Tuesday  
10am – 12 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 15 July 2021 and every third Thursday of the month

10.30am-3.30pm, bookings 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.

## **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 commencing 13 July 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](mailto:cjstasse@yahoo.com.au)

## **Anglicare Program Manager Children & Young Peoples**

Friday 9 and 23 July and every second Friday of the month. 10am to 12pm. Onsite promotion and group work delivery.