

Huon Valley Hub Events and Activities August 2021



Call Me By My Name

Sunday 1, 8 and 22 August 10.30am – 1.30pm
Free workshops for LGBTIQ+ Young People and Friends. Lunch and transport options provided. To register or for more information email thirdwaytheatre@gmail.com or contact Xris on 0409 828 705 or Lauren at Geeveston Community Centre on 6296 1616

Feed Your Face 6 Week Class with Artist Robert Jackson

Every Monday from 2 August to 6 September 3.30pm to 5pm

Faces and hands are the most expressive parts of the human body. In this 6-week art course you will learn how to draw heads and hands, starting with stick figures and moving up to detailed sketches. One of the most important things that you use your head and hands for is eating. Come and have some fun as we create food-based, hand and head cartoons! Full cost of program is \$30 to be paid up front. Bookings required through Eventbrite – [Feed your face: 6 week art course - Huon Valley Council Huon Valley Council](#).

Live Well, Live Long

Every Tuesday until 21 September 10am to 12pm
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.

Eating with Friends – Indigenous and Australian tucker

5 August 11.30am to 2pm – EVENT FULL

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.

Family Advocacy and Support Services Information session

12 August 2pm to 3pm

Are you involved in a family law dispute? Have you or your family been affected by family violence? Family law disputes can be daunting for anyone. FASS is a free service providing legal advice, guidance and social assistance for families affected by family violence. Join us for a free information session. Book on Eventbrite or visit huonvalley.tas.gov.au

Tuning in to Kids – Emotionally intelligent parenting

Every Friday from 13 August to 17 September 9.30am to 12pm

A FREE six session parenting program for parents of children aged 3-10 years. Tuning in to Kids shows you how to help your child develop emotional intelligence.

Bookings are essential. To register, please contact us at parentingcourses@anglicare-tas.org.au

Friday Night Games

13 & 27 August 5pm to 8pm and every 2nd Friday
Warhammer; Magic; The Gathering; Dudgeons & Dragons; Board Games. Bring your friends for an awesome evening of tabletop games. Drop in, no need to book. Seasoned and beginner gamers welcome. For ages 14+. Contact Huon Valley Council on 6264 0300 for further details.

Cool Kids First Aid

Saturday 14 August. Kids aged 3-5 years 10am to 12pm. Kids aged 5-15 years 12.30pm to 2.30pm.
Cost \$25.00 per child. (Special rates for more than one child per family attending). Please contact Josie to book your spot on 0419 934 690 email josie.saunders@coolkidsfirstaid.com

Town Teams Regional Tour Community Information Session

Sunday 15 August 2pm to 4pm

Creating great places is something we can all contribute to. We're holding interactive and fun community sessions around the Huon Valley to discuss how local people and businesses can help make our towns even better. What are your ideas? Bookings are essential. Book now on Eventbrite or visit www.huonvalley.tas.gov.au/events

Tas Community Fund

Wednesday 18 August 5pm to 6.30pm

The Tasmanian Community Fund is offering a free grant writing workshop suitable for first time grant writers and those wishing to gain a few extra tips on how to access grants and other funding. Contact admin@tascomfund.org or Ph 6165 8333 to book your place by 16 August 2021

Community Business Fundamentals Program

Thursday 19 August, 2, 16, 30 September 10am to 2pm. For further information contact Angela Barrington on 6264 0328 or abarrington@huonvalley.tas.gov.au

Youth Workshop – Alcohol, Tobacco, and other drugs

20 August 5.30pm to 7pm

We want to hear from Huon Valley Youth (12 – 24 years) about what information, resources, and services that they need on Alcohol, Tobacco, and Other Drugs. This topic has been picked by our Youth community as one that they want to talk about, discuss supports needed, and provide the right information to Youth within the Huon Valley. Pizza and drinks will be provided for all attending.

Do You Suffer from Mum Guilt?

21 August 10am to 12pm

Have you lost your purpose and feel like you are just existing? Are you feeling frustrated and overwhelmed? Do you yell at the kids and struggle to keep your cool? Do you want to know how to become a better mum, partner and friend? If you answer YES to any of these then my workshops are for you. For further details contact Kate Dale-Miller 0457 586 552 katedalemiller@gmail.com

Paint and Sip

Saturday 28 August 2pm to 4pm

Looking for a relaxing way to spend an afternoon with your friends and a glass of BYO vino by your side? This paint and sip class is the perfect excuse to get together and paint the winter away. If you have never painted before, let this session change that for you! The expert artist teacher from Eddies Studio will be with you every step of the way. What you'll get: Two-hour painting workshop; all materials; your masterpiece to take home. What to bring: BYO drinks and nibbles. Cost \$69.00 register through Eventbrite or visit www.huonvalley.tas.gov.au/events

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 3 August 10am to 12pm

Deputy Mayor Sally Doyle

Wednesday 4 August 10am to 12pm

Cr Juarne Lovell

Friday 13 August 10am to 12pm

Circular Economy Huon Meeting

Tuesday 10 August 6pm to 8pm. For further details contact circulareconomyhuon@gmail.com

Yoga in a Chair with Claire

Wednesdays 11am to 12 noon. \$5.00 per person. Ongoing school terms.

For bookings or for further information contact Council's Health & Wellbeing Officer on 62640300.

Yoga with Alison Eastland

Mondays 6.45pm to 8.15pm and Tuesdays 6.30pm to 8pm

Alison is a registered Level 3 (Senior) teacher with Yoga Australia with a special interest in how Yoga, meditation and mindfulness can support, comfort, nourish and inspire us in these challenging times. Her classes are trauma-sensitive, gentle and slow-paced with a big focus on the breath. Contact Alison for further details and bookings: Email info@alisoneastland.com Mobile 0400 288 545 www.alisoneastland.com

Mah-jong Group

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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 for further information.

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

Tech Hour Digital Support for Seniors

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 (03) 6264 0300.

Cancer Council Support Group

Tuesday 17 August 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 19 August 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.

Learn How Swap Bars with Taneall Oakford Access Bars Facilitator

Thursday 5 August 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 Week Class

Every Tuesday 1pm-2pm ongoing school terms.