

# Huon Valley Hub

## Events and Activities

### September 2021



#### 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](#)

#### 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.

#### The Huon Valley of Stories an Exhibition

Saturday 4 to Sunday 26 September various times.

Visit the Huon Valley of Stories to discover a treasure trove of stories and storytelling. Includes ARTBOX exhibition of stories and storytelling in the Huon Valley. Home to a flourishing community of writers, poets, wordsmiths, and storytellers. Terror Australis Readers and Writers Festival brings together more than 30 award-winning, intriguing, and delightful books and storytelling items for you to explore. For further information email [jacq.tarwf@gmail.com](mailto:jacq.tarwf@gmail.com) or go to [www.TerrorAustralisFestival.com](http://www.TerrorAustralisFestival.com)

#### Breathe Easy with Asthma

Tuesday 7 September from 12.30pm to 2pm (light lunch provided)

A community presentation by Asthma Australia. Come along for a bite to eat and learn about asthma, and its symptoms, triggers and effective management. RSVPs are essential to ensure a COVID-19 safe event and for catering purposes. RSVP to 6264 0300 or [hvc@huonvalley.tas.gov.au](mailto:hvc@huonvalley.tas.gov.au)

#### Health Literacy Basics

Wednesday 8 September 12.30pm to 2pm (lunch from 12.30pm to 1pm and workshop 1pm to 2pm)

In this taster workshop for community and health care workers you will: Learn about health literacy and why it is important; Find out about tools and skills to improve communication (such as plain language, TeachBack, and Ask, Tell, Ask. RSVP 6264 0300 or email [hvc@huonvalley.tas.gov.au](mailto:hvc@huonvalley.tas.gov.au)

#### TaKeTiNa Workshop with Gai Anderson

Wednesday 8 and 15 September 7pm to 9.30pm

TaKeTiNa is a meditative process that uses our innate rhythmic knowledge to help us deeply relax. No prior music or meditation experience needed. Cost \$25/20 or FREE if it's your first time trying TaKeTiNa with certified TaKeTiNa teachers Christina Giudici and Gai Anderson. For bookings contact Christina on M 0437 009 792 or email [christina@ecopulse.com.au](mailto:christina@ecopulse.com.au)

#### Friday Night Games

10 & 24 September 5pm to 8pm and every 2<sup>nd</sup> 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.

#### Artists and Makers Workshop – Pimp Your Art

Monday 13 September 10am to 12pm

Presented by Michelle Crawford Stylist, Photographer and Writer based in the Huon Valley. Want to learn how to take beautiful images of your artwork on your phone and how to use social media to build your audience in a fun hands-on workshop. Contact Council's Arts and Culture Officer on 6264 0300 for further details.

#### 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](mailto:abarrington@huonvalley.tas.gov.au)

#### Magic the Gathering – Innistrad: Midnight Hunt Prerelease

Friday 17 September 5pm start.

Magic Prerelease is the first opportunity for players to get their hands on a new Magic set. One week before launch, participate in Sealed Deck events with a relaxed, celebratory atmosphere. This is a very beginner friendly event! Cost \$45 - players will receive a Midnight Hunt pre-release kit to make a deck and play with. They will then receive an additional 2 Midnight Hunt set boosters at the end of the event. To register, contact Area52 Hobart 6234 2322 [info@area52.com.au](mailto:info@area52.com.au) or click [here](#)

#### Arts & Makers Workshop - presented by Bob Gowty - Going online with your business

Tuesday 21 September 10am to 12pm

When you go online with your business there are many pieces to the puzzle. How do you make them form a meaningful picture? How do you tell the story of your business in a way that is clear, concise and appealing and will help you achieve your next challenge? Contact Council's Arts and Culture Officer on 6264 0300 for further details.

#### COVID-19 Vaccination

#### Information Session including question time with Nurse Practitioner Kerrie Duggan and Manager Medical Services Maggie McPherson

22 September 2pm to 3pm

Are you confused with the facts about having a COVID vaccination? Have your questions and concerns listed to and answered by Kerrie and Maggie Please RSVP 6264 0300 or email [hvc@huonvalley.tas.gov.au](mailto:hvc@huonvalley.tas.gov.au) to book your place.

#### Cyber Security Business Connect and Protect Program

Wednesday 29 September 5.30pm to 7pm

Kingborough & Huon Business Enterprise Centre is partnering with The Project Lab to assist in the delivery of AusIndustry's Cyber Security Business Connect and Protect Program to deliver Cyber Risk Management Plans for Tasmanian businesses and not for profits to raise workforce awareness.

For further information and bookings, please contact Scott Dufty [scott@kbec.com.au](mailto:scott@kbec.com.au) or M 0408 299 200

## Ongoing Activities

#### Huon Home School Youth Theatre Club

Wednesday 1 September 9.30am to 12pm and the 1st Wednesday of each month.

A theatre club for home educated kids in the Huon Valley. We do clean, classic improv and scene work, and put on one show a year. Suitable for ages 8 to 16. Spaces very limited due to COVID restrictions. Contact Peirce + Christina Baehr at [thebaehrs@me.com](mailto:thebaehrs@me.com) for more information

#### Cuppa with a Councillor

Bring your questions and ideas to share and have a 'Cuppa with a Councillor, join:

Deputy Mayor Sally Doyle at the Hub on Wednesday 8 September 10am to 12pm

To arrange a time to meet with Councillor Juarne Lovell, please contact Juarne directly on 0439 961 234

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#### **Circular Economy Huon Meeting**

Tuesday 14 September 6pm to 8pm and the 2<sup>nd</sup> Tuesday of the month. For further details contact [circulareconomyhuon@gmail.com](mailto:circulareconomyhuon@gmail.com)

#### **Circular Economy Huon AGM**

Thursday 23 September 7pm. For further details contact [circulareconomyhuon@gmail.com](mailto: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 6264 0300.

#### **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](mailto:info@alisoneastland.com) Mobile 0400 288 545 [www.alisoneastland.com](http://www.alisoneastland.com)

#### **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 6264 0300 or [hvc@huonvalley.tas.gov.au](mailto:hvc@huonvalley.tas.gov.au) for further information.

#### **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](mailto:hvc@huonvalley.tas.gov.au) (03) 6264 0300.

#### **Cancer Council Support Group**

Tuesday 21 September 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

#### **Cancer Council Huon Valley Relay for Life Committee meeting**

6 September 5pm to 8pm and every first Monday of the month. Contact Katrina Foxtan on 6169 1902 for further details.

#### **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 23 September 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 16 and 30 September 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.

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)