

Huon Valley Hub

Events and Activities

October 2021



Empowering workshops for Mums who are ready to get out of the rut and make a change.

Saturday 2 October 2pm to 4pm.

You will learn how to break the cycle of constantly struggling with your inner negative voice. You will learn how you can stop yelling at your children and lose the Mum guilt. You will go away with the knowledge of WHY sometimes (or maybe always) you feel like you are going crazy and you don't know how to go on. You will learn how you can find yourself again, outside of being a Mum. Spots are limited, so if this sounds like something that will help you then please click here

<https://linktr.ee/katedalemilller> or for further details contact Kate Dale-Miller 0457 586 552 katedalemilller@gmail.com

School Holiday Program – T shirt Making

Tuesday 5 October 9.30am to 11.30am.

Learn to make your own personalised images using collage, with options for digital and physical creations. Open to children 8 to 14 years, cost \$5.00 [Register on Eventbrite](#). If you have any questions, contact Council's Youth Development Officer on 6264 0300 or hvc@huonvalley.tas.gov.au

School Holiday Program – Fungi Fun Workshop

Thursday 7 October 9.30am to 11.30am.

Activity 1 – Mushroom Stamps and Prints. Make your very own block print stamps from recycled materials. Activity 2 – Mad Science Mushrooms. Using your imagination make some crazy mushrooms with polymer clay. Open to children 8 to 14 years, cost \$5.00 [Register on Eventbrite](#). If you have any questions, contact Council's Youth Development Officer on 6264 0300 or hvc@huonvalley.tas.gov.au

School Holiday Program – T Shirt Making

Friday 8 October 9.30am to 11.30am.

Learn to make your own personalised images using collage, with options for digital and physical creations. Open to children 8 to 14 years, cost \$5.00. [Register on Eventbrite](#). If you have any questions, contact Council's Youth Development Officer on 6264 0300 or hvc@huonvalley.tas.gov.au

Cool Kids First Aid

Saturday 9 October 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

Gearing Up Program

Tuesday 12 October 9am to 1pm

Volunteer training by Driver Mentor Tasmania Free. All enquiries to 0427 317 815

RACT Years Ahead Misunderstood Road Rules Session

Thursday 14 October 10.30am to 12pm.

'Has it been a while since you and your friends started driving? Well, these sessions are for the young-at-heart! Years Ahead: Misunderstood Road Rules explores road rules that are commonly misunderstood by Tasmania drivers. Would you be surprised to hear that road rules for roundabouts, intersections and indicating make the list? Come along to this session to learn more!' Morning tea provided afterwards.

Lampshade Workshop

Saturday 30 October 2021 10am to 2.30pm.

In a relaxed small group you will be provided with the steps, materials and tools needed to create a new magnificent lampshade for ceiling or a lamp base. \$140.00 buy tickets [here](#) or contact Annie Giffard for further details on 0411 367 166

Student Singing Concert

31 October 2pm to 4pm.

Closed event

Ongoing Activities

Huon Home School Youth Theatre Club

Wednesday 6 October 9.30am to 12pm and the first 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 for more information

Friday Night Games

Friday 8 and 22 October and every second Friday of the month 5pm to 8pm.

Magic: the Gathering, Warhammer, Dungeons & Dragons, Board games. Bring your friends and family for an awesome evening of tabletop games. Drop in, no need to book. Seasoned and beginner gamers welcome. For ages 14+. If you have any questions, contact Council's Youth Development Officer on 6264 0300 or hvc@huonvalley.tas.gov.au

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 6 October 10am to 12pm.

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

Huon Valley Service Provider Network meeting

Thursday 14 October 12.30pm to 2pm

For further details contact Huon Valley Council's Health and Community Connector on 6264 0300 or hvc@huonvalley.tas.gov.au

Circular Economy Huon Meeting

Tuesday 12 October 6pm to 8pm and the 2nd

Tuesday of the month. 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 6264 0300.

Yoga with Alison Eastland

Mondays 6.45pm to 8.15pm, Tuesdays and Wednesdays 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

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 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 or for further details contact Council's Health and Wellbeing Officer on 6264 0300 or hvc@huonvalley.tas.gov.au

Huon Valley Quilters

Monday 18 October 11am to 1pm and every third Monday of the Month.

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Cancer Council Support Group

Tuesday 19 October 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

Monday 4 October 5pm to 8pm and every first Monday of the month. Contact Katrina Foxton on 6169 1902 for further details.

Catholic Care Tasmania

Every Tuesday 10am to 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 28 October 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

Thursdays 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

Artplay

Every Tuesday 1pm-2pm ongoing school terms.

Are you looking to dabble in a bit of creativity and express yourself? Glenda is an artist and art therapist offering small group sessions. The sessions are a fun and relaxing way to learn different art techniques while enjoying the company of others. Participants will have the opportunity to trial different techniques and materials in a safe and nurturing space. Perfect for adult beginners.

Cost \$5 per week contact Glenda on 0447 090 440 or email cjstasse@yahoo.com.au

Hobart Herbalists Without Borders

Friday 15 October 9.30am to 12.30pm and then every second Friday of the month.

Hobart Herbalists Without Borders is a global non-profit network focussed on providing holistic healthcare to anyone in need. Book a free 30 minute consultation with a qualified Naturopath to discuss nutrition, healthy lifestyle and herbal medicine in relation to your health. Your naturopath may prescribe herbal or nutritional medicine at the end of your appointment, which is free of charge. To book an appointment or find out more information, email hobart.hwb@gmail.com or phone 0432396404.