

Huon Valley Hub

Events and Activities

December 2021



Cool Kids First Aid

Saturday 4 December 10am to 12pm

Kids aged 5-15 years 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

Lifeline Tasmania Let's Talk About Support

Tuesday 14 December 11am followed by 12pm lunch.

The Older Persons Support Project is looking to hear from Huon Valley residents. Come along and have your say on what services are in your area; what support your need; what support you would like to have; what's missing from your area. Please contact Janis 0448 886 639 or Allison 0477 883 942 for further details. RSVP Huon Valley Council 6264 0300 for catering purposes.

Soldier On

Friday 17 December 11am to 3pm

Come along and meet the Soldier On Pathways Program Officer. We provide no-cost Employment & Education services to Australian Defence Force members, veterans and their families. For further information and to register your interest please email jenell.latham@soldieron.org.au or call Jenell on 0429 299 121

Ongoing Activities

Free Early Parenting Workshops

Every Tuesday for five weeks from 2 November to 7 December 10am to 12pm

These child-friendly workshops are open to everyone. Topics include Early Years Nutrition; Play-based Learning; Storytelling and singing; Loving and Secure Relationships; A Sense of Belonging. Click [here](#) for further details or for workshop enquiries please contact Marian Ellul 0477 909 419 marian.ellul@earllysupport.org.au www.earllysupport.org.au

Huon Home School Youth Theatre Club

Wednesday 1 December 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 17 December and every second Friday of the month 5pm to 8pm (last session until Friday 14 January 2022)

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 1 December 10am to 12pm.

To arrange a time to meet with either Councillor Christine Campbell or Councillor Juane Lovell, please contact them directly to make arrangements. Cr Campbell can be contacted on 0418 441 067 and Cr Lovell on 0439 961 234

Circular Economy Huon Meeting

Tuesday 14 December 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.

Huon Valley Quilters

Monday 20 December 11am to 1pm and every third Monday of the Month.

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

Cancer Council Support Group

Tuesday 21 December 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 6 December 5pm to 8pm and every first Monday of the month. Contact Katrina Foxton on 6169 1902 for further details.

Anglicare - Financial Counselling

Thursday 16 December 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.

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 10 December 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.