

Huon Valley Hub

Events and Activities

November 2021



Youth Committee Meeting

Friday 12 November 5.30pm to 7pm

Pizza and drinks provided. The talking point is around creating a resource to help young people make a more informed decision around drinking alcohol. If interested contact Mitch Robson, PH 6264 9446 or email

mrobson@huonvalley.tas.gov.au

Tassie Dementia Talk

Thursday 25 November 11am to 12.30pm

Personal discussion by Dr Razay, Director of the Memory Disorders Clinic & Dementia Research Centre at Launceston General Hospital. Dr Razay will cover his research into the prevention and treatment of Alzheimer's disease. He will also report on new findings in the field of dementia.

For further information or to RSVP please phone 6264 0300

Huon Valley Aquatic Facilities Review - Community Workshop

Wednesday 17 November 2021 6pm to 8pm

The Huon Valley Council is currently undertaking a review of the Port Huon Sports and Aquatic Centre and the Huonville Swimming Pool to ensure that all services offered are of high quality, responsive to community needs and delivered responsibly and efficiently. To book your spot at the workshop please visit [Eventbrite](#) or you can complete the online survey [Here](#)

Ongoing Activities

Free Early Parenting Workshops

Every Tuesday for five weeks from 2 November to 30 November 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 3 November 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 19 and 26 November 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 3 November 10am to 12pm.

To arrange a time to meet with either Councillor Christine Campbell or Councillor Juarne 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 9 November 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 15 November 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 16 November 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 1 November 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 18 November 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

Huon Valley Hub

Events and Activities

November 2021



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 12 November 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.