

Huon Valley Hub – Home to **The Right Place**

Drop in Time Monday to Friday 10am to 4pm

Events and Activities - June 2022



The Right Place

The Right Place initiative connects people with health and community services in the Huon Valley. If you need assistance in finding a service or organisation, we can help you at the Hub. All you need to do is ask the friendly person working at the Hub when you call in, or contact us by phoning 62640300

Advance Care Planning

Thursday 2 June 2022 1pm-3pm

The team from Palliative Care Tasmania will be at the Huon Valley Hub to share vital information to help you make the important decisions around your end-of-life planning. This event is aimed at all ages as it is never too soon to have your wishes heard. This workshop will include an introduction to completing the Tasmanian Advance Care Directive. There will be resources that you can take with you to help you have the conversation with those who are important to you. Refreshments available and please RSVP to 6264 9423.

Huon Valley Food Hub – Visions and Stories Exhibition

Monday 6 to Wednesday 29 June

This ARTBOX/Huon Valley Hub exhibition showcases an exquisite array of photography that displays our beautiful food treasures, and community-designed Huon Valley Food Hub themes and stories display. On Thursday 16 June from 5-7pm there will be an announcement of Huon Valley Food Hub co-designed activation projects. Special guest artist Robert Jackson will run a food related community art project, and this event will also mark the launch of "We are Weaving", a food hub short film by Mick Lowenstein. Come along to this event to connect with like-minded food change makers in the Valley.

Bookings are essential as numbers are limited. Please RSVP to 6264 0300.

Nourishing your creative self - A workshop for Artists and Makers

Saturday 18 June 10am to 1pm

In this immersive workshop, Minky van der Walt explores how artists can pursue work they love, without burning out. Find a balance between your artistic practice and your own health needs. Explore immersive techniques such as music-assisted relaxation and guided imagery. Discover how to destress, find clarity of purpose, and pursue artistic fulfilment. Cost: \$20 Register on Eventbrite www.huonvalleycouncil.eventbrite.com

Ongoing Activities

Art From Scratch Kids

Wednesday 1 and 8 June 3.30pm - 5pm

This 5 Week program is for children 9 to 14 years. In these art classes, students are invited to explore a range of different media and methods of art making. Some of these include painting, drawing, collage, sculpture and illustration.

Registrations required email Mitch, mrobson@huonvalley.tas.gov.au

Cuppa with a Councillor

Bring your questions and ideas to share and have a 'Cuppa with a Councillor, join Acting Mayor Sally Doyle at the Hub on Wednesday 15 June 10am to 12pm. To arrange a time to meet with Acting Mayor Sally Doyle, please contact her directly on 0409 437 815

Creative Art with Glenda

Every Tuesday 1pm to 2.30pm ongoing school terms.

Be creative, have fun and meet new people! These weekly art sessions will give you the opportunity to play with different techniques and materials, guided by Art Therapist Glenda Stasse. Perfect for beginners. Materials supplied. All welcome! Cost: \$5 Bookings: Glenda Stasse 0447 090 440

Friday Night Games

Friday 3 and 17 June - this event is an ongoing fortnightly activity 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

Baptcare, Southern Tasmania (NDIS)

Friday 3 and 17 June 1pm-3pm

Baptcare will be attending the Huonville Hub for drop in sessions every second Friday.

Baptcare is a NDIA Partner in the Community and can help you create a support plan and assist you to find the right supports and opportunities available to you. If you are (or think you might be) eligible to access National Disability Insurance Scheme (NDIS), we can help you with that too. This service is free, independent, and confidential. Call 1800 290 555 for further details.

Circular Economy Huon Meeting

Tuesday 14 June 6pm to 8pm and the second Tuesday of the month. For further details contact circulareconomyhuon@gmail.com

Yoga in a Chair with Claire

Thursdays 11:15am to 12:15pm. \$5.00 per person. Ongoing school terms. Chair yoga is a great way for older adults of all levels of ability to safely enjoy yoga and its wonderful health benefits. This gentle and fun session nourishes our physical needs whilst bringing wellbeing and awareness to our mind, emotions and spirit All welcome. To book, please call Huon Valley Council on 03 6264 0300. Presented by Huon Valley Council and Yoga with Claire.

Yoga with Alison Eastland

Mondays, 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.. Contact Alison for further details and bookings: Email info@alisoneastland.com Mobile 0400 288 545 www.alisoneastland.com

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

Mah-jong Group

Every Monday (except public holidays) 10.30am 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.

Hobart Herbalists Without Borders

Friday 10 June 9.30am - 12.30pm and the second Friday of every 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 0432 396 404.

Anglicare - Financial Counselling

Thursday 16 June 2022 10.30am - 3.30pm Bookings essential.

If you have financial problems, please talk to us. We can explain 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.

Dungeons & Dragons in the Valley

Every Monday for 10 weeks 4pm - 8pm until 6 June. New players are invited to explore the world of D&D! Learn the basic rules of Dungeons and Dragons (5th edition) and play through the first scenario of the official Dungeons & Dragons starter set. Guidance will also be given on how to run your own games. This is a safe space for people of all backgrounds. Register your interest on Eventbrite, or contact Council (03) 6264 0300.

Eating With Friends

Tuesday 28 June 11.30am to 2pm

Come along and catch up with friends and meet new people while enjoying some delicious food.

Students from the Trade Training Centre will be cooking indigenous food for this month's event.

Cost: \$5.00 (please pay via EFTPOS at the door) RSVP is a must. Book your spot with Council on (03) 6264 0300 or to hvc@huonvalley.tas.gov.au by 21 June 2022 **ONLY A COUPLE OF PLACES LEFT**