

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

Drop in Time Monday to Friday 10am to 4pm

Events and Activities - May 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

Community Engagement Workshop – Future of Local Government

Monday 2 May 3pm to 5pm

The Tasmanian Government has commissioned the Local Government Board to undertake a broad review into the future of local government in Tasmania. RSVP engage.futurelocal.tas.gov.au/register-workshop

Waste and Resource Recovery CEH Response to the HVC Draft Waste Strategy

Thursday 5 May 6pm

Circular Economy Huon (CEH) is to hold a public meeting to inform their response to the Council's Draft Waste Strategy. CEH will outline a proposed response, seek feedback from attendees and ask for other waste and resource related issues those attending think should be added to the CEH response. We are also interested in actions and advocacy that can be taken by the community to add value to the Council strategy. Please RSVP to circulareconomyhuon@gmail.com

First Aid & CPR

Wednesday 11 May 10am onwards

Contact ProMED Tasmania for booking details. Mobile 0403 929 915 or email info@promedtas.com.au

Being LGBTIQ+ Inclusive

Thursday 12 May 1pm to 4pm

This session will introduce participants to LGBTIQ+ inclusion through a range of interactive learning activities. Participants will become familiar with LGBTIQ+ terminology and how to embed inclusive behaviours into everyday activities and organisational practices. Suitable for anyone over the age of 18. Limited spaces, contact Julie at Huon Valley Council on P 62649444 or email jgordon@huonvalley.tas.gov.au to book a place.

Australia's Biggest Morning Tea

Friday 13 May 10am to 10.30am – collection time
Hosted by the Huon Valley Hub and Cradoc Park, purchase a \$10.00 takeaway morning tea pack. Pre order by Wednesday 11 May. Contact Julie Gordon 0400 032 846 or Vicki Royer 0437 077 063 to place your order.

Nourishing your creative self - A workshop for Artists and Makers

Sunday 15 May 1pm to 4pm

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

Suicide Prevention Training

Tuesday 17 May 9.30am to 4.30pm

Community Response to Eliminating Suicide (CORES) training will provide participants with the essential skills to identify and respond to a person at risk of suicide and; to recognise the warning signs of suicide; to learn how to support a person at risk to access appropriate services; and to develop their own safety plan; to promote help-seeking behaviour before a crisis occurs; each participant will learn to identify their own self-care strategies; an opportunity for participants to develop their own personalised safety plan. **No cost.** To book your tickets, please go to Eventbrite <https://www.eventbrite.com.au/e/327721563017> by 13 May 2022. For more information, please contact Gene' Lovell on 6264 9460 or glovell@huonvalley.tas.gov.au

Self-Care and Mental Health Wellbeing Workshop

Friday 20 May 10am to 12pm

Provided by Community Response to Eliminating Suicide (CORES). This two-hour self-care and mental wellbeing workshop will provide the skills and resources to develop an individualised self-care and mental wellbeing plan that encompasses activities to enhance physical, mental, emotional, social and spiritual health on a daily basis. **No cost.** To book your tickets, please go to Eventbrite <https://www.eventbrite.com.au/e/327736076427> by 18 May 2022. For more information, please contact Gene' Lovell on 6264 9460 or glovell@huonvalley.tas.gov.au

Idahobit is the International Day Against LGBTQIA+ Discrimination

Tuesday 17 May 4.30pm to 5.30pm

Join us in going rainbow today and make the world a better place for LGBTQIA+ people. We will also unveil of Kat Scarlet's beautiful painting which was especially commissioned for this event.

Ongoing Activities

Creative Art with Glenda

Every Tuesday 1pm to 2.3pm 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 6 and 20 May 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 Acting Mayor Sally Doyle at the Hub on Wednesday 11 May 10am to 12pm. To arrange a time to meet with Councillor Juarne Lovell, please contact her directly on 0439 961 234

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

Catholic Care Tasmania

Every Tuesday 10am to noon.

Rachael 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.

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.

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Anglicare - Financial Counselling

Thursday 26 May 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.

Hobart Herbalists Without Borders

Friday 13 May 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 0432396404.

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.

Circular Economy Huon Meeting

Tuesday 10 May 6pm to 8pm and the second Tuesday of the month. For further details contact circulareconomyhuon@gmail.com

Eating With Friends

Tuesday 10 May 11.30am to 2pm

Come along and catch up with friends and meet new people while enjoying some delicious food. Each student from the Trade Training Centre has chosen their favourite dish for today'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 3 May 2022 **ONLY A COUPLE OF PLACES LEFT**

Art From Scratch Kids

Wednesday 11, 18, 20 May 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, mrobs@huonvalley.tas.gov.au

"A moment, a place" Hub Art Exhibition – including ARTBOX

Opening Saturday 14 May 3.30pm to 6pm

Exhibition runs from 10 May to 1 June.

This exhibition highlights the amazing flora and fauna, and at times, the intersection with human influence within the Huon Valley, by Franklin-based artist Daniel Rawlins. Daniel is inspired by local gifts of nature, intrigued by the behaviours of people and fascinated by the intersection between the two. Daniel paints stories of warmth, quirk and wonder. Moments often overlooked but deserving pause and thought. Memories of place and personality. Of interactions and happenings that surround us every day, emerging and subsiding without purpose or ceremony.