

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

Drop in Time Monday to Friday 10am to 4pm

Events and Activities - July 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

NAIDOC Week & ARTBOX Hub

Exhibition:

Title: Loongana (Run Together)

Sunday 3 July – Thurs 28 July

NAIDOC week launch: Sunday 3 July

3pm: Welcome to Country with Smoking Ceremony and Ochre Ceremony

3.30-4.30pm: Storytelling workshop

Ongoing Activities

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 20 July 10am to 12pm. To arrange a time to meet with Acting Mayor Sally Doyle, please contact her directly on 0409 437 815

Friday Night Games

Friday 1, 15 and 29 July - 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 1, 15 and 29 July 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 12 July 6pm to 8pm and the second Tuesday of the month. For further details contact circulareconomyhuon@gmail.com

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 8 July 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 28 July 2022 10.30am - 2.30pm 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.

Qigong

Every Tuesday 11am - 12pm. \$10 per person

Qigong is an energy practice, working with internal energy or 'qi', combining posture, movement, breathing and mind focus. It is gentle and flowing, but a powerful tool to restore and maintain harmony within the body, mind and spirit. Regular practice strengthens the whole body, increasing circulation of qi, to improve general health and wellbeing.

Contact Jenny for further details and bookings
Mobile 0407163795

Catholic Care Tasmania

Every Tuesday 10am to noon – Bookings essential

A representative 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. To arrange a time to meet please contact Paul Taranto on 0428 751 366.

Art From Scratch

Thursdays 6.30-8.30pm, Huon Valley Hub

Art from scratch is going local with our first round of adult art classes in the Huon!

This introductory art course will allow students to experiment with and enjoy a range of art media and methods through making a finished artwork each week.

Cost: \$100 - All materials and tools provided.

For any further information please go to:

<https://artfromscrat.ch/product/art-from-scratch-huon-hub/>

or contact Yilian at start@artfromscrat.ch or call 0420 429 774.