

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

Drop in Time Monday to Friday 10am to 4pm

Events and Activities - September 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

Creative Flow Exhibition

Every Saturday in September 3pm to 5pm

A collaborative exhibition celebrating the waterways of the Launceston and Huon Valley regions. Ten artists reflect on the waterways of the Huon, Tamar and the spaces in between, under the curatorship of Dr Helen Whitty and Zara Sully. Flow has different works by most artists at each venue - all artists are represented in ARTBOX at Civic Square in Launceston. More information: <https://www.huonvalleytas.com/flow/>

Pappie & Pooch

Every Saturday in September 3pm to 5pm

Free Live Music with Pappie & Pooch. Come relax and unwind, enjoy a cup of tea or wine while listening to this dynamic duo strum & sing. You can just sit, listen and relax, or participate in Creative Flow - Community ARTplayful sessions as part of the Flow exhibition. Facilitated by local Artist Sheree Martin.

Ongoing Activities

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.

Friday Night Games

Friday 9 and 23 September - 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

Yoga with Alison Eastland

Mondays and Tuesdays (except school holidays and public holidays) 6.30pm to 8.30pm.

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

Circular Economy Huon Meeting - AGM

Wednesday 21 September 6pm to 8pm. For further details contact circulareconomyhuon@gmail.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 9 September 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 22 September 2022 12.30pm - 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.

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.

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

Art From Scratch Art Class for Adults

Thursdays 6:30pm to 8:30pm
18 & 25 August, 1, 15 & 22 September
Art from scratch is a series of classes for adults looking to explore art and creativity in a friendly setting
Students will experiment with media and techniques, making a finished artwork each week.
Enrol at www.artfromscratch.ch or phone Yilian 0420 429 774.
Cost: \$100 for 5 weeks. All materials provided.
For any further information please go to: <https://artfromscratch.ch/product/art-from-scratch-huon-valley-hub-aug-sept/>

Art From Scratch Kids Workshop

Thursdays 3:30pm to 5:00pm
25 August, 1, 15 & 22 September
This 4 Week program is for children 9 to 14 years. This art course allows kids to socialise and have fun while developing skills in a range of art media and methods.
Cost: \$60 for 4 weeks. All materials provided.
Registrations required, enrol at artfromscratch.ch or call Yilian on 0420 429 774

Health Consumers Tas

Health Consumers Tasmania have the 'Health and Wellbeing Networks' Project running in the Huon Valley until the end of 2023. The 3 Community Engagement Workers, Laura, David and Sheridan are working from the Huon Valley HUB and are keen to hear from Community about Health and Wellbeing needs in the valley. If you'd like to hear more about the Project and you might get involved, email huonville@healthconsumerstas.org.au or call 0447 236 111 for a chat.

Mental Health Families & Friends Tasmania

Friday 2 September 2022 9.00am - 2.30pm Bookings essential by 29 August 2022.
Do you provide **unpaid support** or care for someone with **mental health ill health** or a mental health diagnosis? Would you like to **build your knowledge, skills** and **confidence** to be a **self-advocate** for yourself and the person you support?

We know supporting someone with mental health can be both rewarding and challenging. It takes time and resources to find helpful, valuable health information and services. And understanding the mental health sector can be overwhelming.

That's why **Mental Health Families and Friends Tasmania** is running **workshops** across the state. Meet other support people that get it and learn tips and tools to help you be your own best self-advocate. In this **five-hour workshop**, we'll explore **tools** such as: **Knowing your rights; effective communication; financial impacts; navigating the health and social services systems, managing expectations, and crisis management.**

To register please go to: <https://www.trybooking.com/BZQAM> or call 0437 983 943 for further information
Cost: Free