

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

Drop in Time Monday to Friday 10am to 4pm

Events and Activities - October 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

ARTBOX and Huon Valley Hub exhibition "Tasmania – A century of Mystery"

2 – 30 October. Terror Australis Readers and Writers Festival (TARWF) is Australia's southern-most literary festival, a celebration of books, writing and community in the glorious Huon Valley, Tasmania. It's 100 years since Agatha Christie toured Tasmania. Inspired by the centenary of her visit, come to The Huon, Valley of Stories, and explore the past century of Tasmanian crime and mystery creations. ARTBOX will be located at the Huonville Esplanade for viewing during this time.

Advocacy Tasmania Community Session

Tuesday 11 October 10.30am to 11.30am. Meet your Aged Care Advocate and find out how we can help you understand and exercise your rights in aged care. This session will be useful for anyone thinking about or already receiving aged care services. Understanding your rights in aged care and knowing about the support available to help navigate the aged care system, even before you need it, is vital to future planning and access to good quality support.

Age Well Mini-Expo

Tuesday 18 October 1pm to 4pm
The Age Well Mini-Expo will be showcasing service providers for seniors in the Huon Valley. Come along for some fresh scones and a free plant giveaway!

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 7 and 21 October - 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

Tuesday 11 October 6pm to 8pm and the second Tuesday of the month. 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 14 October 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 6 and 20 October 2022 10.30pm - 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.

Catholic Care Tasmania

Tuesday by appointment
A representative from CatholicCare can 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 12 October 10am to 12pm. To arrange a time to meet with Acting Mayor Sally Doyle, please contact her directly on 0409 437 815

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.