

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

Drop-in Time Monday to Friday 10am to 4pm

Events and Activities - November 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 Huon Valley Hub. All you need to do is ask the friendly person working at the Hub when you call in or contact us by phoning 6264 0300.

Pilgrim Artists & Festival

Friday 4 to Monday 14 November.

A small festival of art in the Christian tradition. Guests of all ages and backgrounds are warmly welcomed. This year, artists working across mediums will respond to themes of Justice + Mercy. Free workshops offered November 4-7 on story writing, drama, indie publishing, handicrafts, and more.

See pilgrimartists.com for more info and to book a workshop place.

Eating With Friends

Christmas in November

Tuesday 22 November 11.30am to 2pm.

Come along and catch up with friends and meet new people while enjoying a multi-course Christmas lunch prepared by students from the Trade Training Centre. 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

Waste Strategy

Meet & Greet

Wednesday 23 November 2022 6pm to 7.30pm. The Huon Valley Council together with community have developed the Waste Avoidance and Resource Recovery Strategy. As part of the strategy, we would like to form a Waste Working Group. We invite interested community members to a Meet & Greet to find out more about how YOU can be involved in this strategy. For catering purposes, please book your FREE ticket on Eventbrite

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.

Friday Night Games

Friday 11 and 18 November - 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

Art with Heart Exhibition

Art With Heart is a group program comprising of 8-10 members. The program has run for 7 weeks and participants have created artworks relevant of the theme each week. The themes are: 1. Grounding & safety 2. Courage to be vulnerable 3. Self compassion 4. Altered book making - re-authoring a book 5. Embodiment and Vulnerability 6. Intuitive Wisdom 7. Celebrating connection and uniqueness. Contact details: huondv@netspace.net.au, 6264 2222 (Naomi Granich)

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.

Creative Art with Glenda

Starting from Tuesday 15 November every Tuesday 1pm-2.30pm ongoing school terms. **Please note Tuesday's session on the 22 will be held on Wednesday 23 November.** 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

Huon Home School Youth Theatre Club

Wednesday 2 November 9.30am to 12pm and the first Wednesday of each month. A theatre club for home educated kids in the Huon Valley. We do clean, classic improv and scene work, and put on one show a year. Suitable for ages 8 to 16. Contact Peirce + Christina Baehr at thebaehrs@me.com for more information

Dementia Australia

It Starts with You

Thursday 24 November 12.30pm to 1.30pm. If you are passionate about your local community and want to make it more dementia-friendly then this session is for you. You will understand common myths and stereotypes and discuss the many ways people can live well with dementia everyday. You will learn what a dementia-friendly community is and how it benefits the whole community.

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 8 November 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

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Hobart Herbalists Without Borders

Friday 11 November 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 17 November 2022

10.30pm - 3.30pm Bookings essential.

If you have financial problems, please talk to us. We can explain options to find a way forward. This service is free, independent, and confidential. Our Financial Counsellor can provide information to help you: 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; contacts for 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 contact Paul Taranto on 0428 751 366.

Health Consumers Tas

Always keen to hear from community members about Health and Wellbeing needs in the valley. If you'd like to hear more about the Project and get involved, email huonville@healthconsumerstas.org.au or call 0447 236 111.