

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

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

Events and Activities – January 2023



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.

Kids Eco-Art Workshops

Every Tuesday in January from 2pm to 3pm Eco-Art Workshops give children a chance to connect with Nature through Art in a fun and creative way. For children aged 5 - 8, guardians are encouraged to stay and create with their young ones. \$15 (+ booking fee) exchange per child, guardians are FREE. Workshops are a maximum of 8 children. For bookings, please email forestorganics@outlook.com.au or mobile 0411 804 544

Carers Tas Australia

Community Discussion about the NDIS

25 January 2023 1.30pm to 3pm

Do you care for a family member or friend who either has an NDIS plan; or does not have an NDIS plan but has disability or mental ill health? You are invited to a community discussion about the NDIS. We will pass this onto the NDIS review team.

RSVP: Julie Ryan peak@carerstasmania.org
03 6144 3700

Stardust Exhibition – Anastasia Gardyne

Until 9 January

Journey to the Far South Anna Arden-Wong

10 January to 16 February 23

Ongoing Activities

Mah-jong Group will recommence 9 January 23

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 13 and 27 January - 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 in a Chair with Claire will recommence Thursday 2 February

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.

Huon Home School Youth Theatre Club

Wednesday 4 January 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

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 10 January 6pm to 8pm and the second Tuesday of the month. For further details contact

circulareconomyhuon@gmail.com

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.

Tech Hour Digital Support for Seniors Will recommence 1 February 2023

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

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.

Hobart Herbalists Without Borders

Friday 13 January 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 19 January 2023

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.