

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

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

Customer Service Centre Monday to Friday 8.20am to 5pm

## Events and Activities – May 2023



### Customer Service Centre

Due to unexpected flooding caused by plumbing issues, Huon Valley Council's Customer Service Team have temporarily relocated to the Huon Valley Hub. The telephone line is still working, and payments can be made either in person, online or via phone.



### 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.

### Deadwood Art Exhibition - Emma Coombes

Wednesday 3 May to Friday 2 June

Saturday 20 May 3pm, meet the artist.

The Deadwood exhibition observes the beauty, artistry and inspiration present in bare, dead and dying trees. Rich with life. Homes for wildlife. Food for the forest.

### Eating With Friends

Tuesday 2 May 11.30am to 2pm.

Come along and catch up with friends and meet new people while enjoying Mediterranean foods prepared by students from the Trade Training Centre.

Cost: \$5.00 (please pay via EFTPOS at the door). RSVP is a must. BE QUICK PLACES ARE LIMITED Book your spot with Council on (03) 6264 0300 or to [hvc@huonvalley.tas.gov.au](mailto:hvc@huonvalley.tas.gov.au)

### Mind Your Self

Wednesday 3, 10, 17 & 24 May 1.30pm to 2.30pm.

With Clinical Psychologist and Mindfulness Teacher, Miranda Stephens. This is a structured group program for understanding emotions and getting the most out of life. **FREE** program. Apply online [www.mindfulnessaus.com.au](http://www.mindfulnessaus.com.au) or email [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au) phone 0488 064 228

### Art from Scratch for Young Huon Villagers

Each Monday from 15 May to 12 June from 4pm to 5.30pm (5 weeks)

This art course allows kids to socialise and have fun while developing skills in a range of art media and methods. Students are invited to explore a range of different media and methods of art making. For bookings and further information contact Yilian at [start@artfromscrat.ch](mailto:start@artfromscrat.ch) or call 0420429774.

### Youth IDAHOBIT Afternoon Tea

17 May 3pm to 4.30pm

Hosted by Council's Youth Development Officer Esther. Come along and enjoy some delicious cake. Discussion will take place on the possible interest to form a 12 to 24 LGBTQIA+ group.

### Flood Preparedness

Thursday 18 May 6pm

Huonville and surrounding areas have a history of flooding. Come and discuss what a major flood event can look like for your home, business or everyday activities and how you can prepare. The State Emergency Service will share new local flood mapping and preparedness information. Light refreshments provided.

### Business South Coffee and Connections Power Hour

Tuesday 23 May 12.15pm to 1.15pm

Network and meet fellow small business owners. This is a free gathering for small business operators in Southern Tasmania, or if you are at idea or start-up stage of your small business. Please refer to [www.businesssouth.org.au](http://www.businesssouth.org.au) for event details and to book.

### DESMOND – Diabetes Management

Wednesday 24 May 9am to 4pm

Do you feel confident managing your type 2 diabetes? There is a lot to consider when you have diabetes, so if you ever feel unsure, don't worry, you're not alone. The DESMOND program recognises that there is no 'one size fits all' approach to diabetes management. It is intended to provide you with a welcoming and non-judgmental space where you can plan how you would like to manage your diabetes. Call 03 6215 9000 to book for this event.

## Ongoing Activities

### 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](mailto:hvc@huonvalley.tas.gov.au) (03) 6264 0300

### Cuppa Conversations Age Well project - LifeLine Presentation

Tuesday 30 May 10am to 12pm

Presentation from Lifeline on the following programs: A Tasmanian Lifeline; Community Visitor Scheme; Chats program. And Suicide Bereavement Group. **FREE** event, no booking required.

### Mah-jong Group

Every Monday 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](mailto:hvc@huonvalley.tas.gov.au) for further information.

### Friday Night Games (including Pizza Party on the 5<sup>TH</sup> to celebrate Youth Week)

Friday 5 & 19 May - 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](mailto:hvc@huonvalley.tas.gov.au)

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

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

Customer Service Centre Monday to Friday 8.20am to 5pm

## Events and Activities – May 2023



### **Creative Connection Age Well project**

Every Thursday 1pm to 2.30pm.

Be creative, have fun and meet new people! These weekly **FREE** art sessions will give you the opportunity to play with different techniques and materials, presented by community-based artist Sheree Martin. Afternoon tea supplied. To register your interest phone (03) 6264 0300, or just drop in on the day!

### **Yoga in a Chair with Claire**

Thursdays 11:15am to 12:15pm \$5.00 per person. Ongoing school term. 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.

### **Yoga with Alison Eastland**

Mondays (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](mailto:info@alisoneastland.com) Mobile 0400 288 545 [www.alisoneastland.com](http://www.alisoneastland.com)

### **Huon Home School Youth Theatre Club**

Wednesday 3 May 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](mailto:thebaehrs@me.com) for more information.

### **Circular Economy Huon Meeting**

Tuesday 9 May 6pm to 8pm and the second Tuesday of the month. For further details contact [circulareconomyhuon@gmail.com](mailto:circulareconomyhuon@gmail.com)

### **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 12 May 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](mailto:hobart.hwb@gmail.com) or phone 0432 396 404.

### **Anglicare**

#### **Financial Counselling**

Thursday 25 May 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.