

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

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

Events and Activities – June 2024



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.

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.

Ongoing Activities

Mah-jong Group

Meets 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 the Huon Valley Council for further information on 6264 0300 or hvc@huonvalley.tas.gov.au

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 6264 0300, or just drop in on the day!

CatholicCare 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 62781660

Friday Night Games

Friday 14 & 28 June - 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. Everyone is welcome but please note this is a youth-centric space designed for teenagers and young adults and supervision is required for people under 14 years of age. If you have any questions, contact Council's Youth Development Officer on 6264 0300 or hvc@huonvalley.tas.gov.au

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 6264 0300 or hvc@huonvalley.tas.gov.au

Yoga in a Chair with Claire

Every Thursday (except school holidays) 11:30am to 12:30pm. 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.** Cost: \$5.00 per person. To book, please call Huon Valley Council on 6264 0300. Presented by Huon Valley Council and Yoga with Claire.

Cuppa Conversations - Age Well Project.

Every Tuesday 10am to 12pm - Cuppa Conversations provides an opportunity to make connections with other people in the valley. **Come along for a cuppa, morning tea and chat. FREE** event, no booking required.

Carers Connections

Wednesday 19 June - 10am to 11.30am. Come and join our Peer Support Session for a friendly and confidential space where you can talk and feel supported. These sessions will enable you to **find connections** with other carers, share/gain information, help you take a break and build emotional and educational support. To register please call 6144 3700 or 0473 551 167 or juliet.c@Care2serve.com.au

Dementia Carers Support Group

Wednesday 26 June – 1pm to 3pm. A support group for those in our community who are **caring for loved ones living with dementia.** These sessions are hosted by The Pensioners Association of Tasmania

(PATInc). For those interested in joining or seeking more information please contact Julie Orr on 0480 668 561 or patinccdcsg@gmail.com

Anglicare Financial Counselling

Thursday 20 June 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.

Hobart Herbalists Without Borders

Friday 14 June 9.30am – 1pm 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.

Huon Valley 500 Club

Every Tuesday 1pm to 3pm – A Special interest group for people who want to play or learn to play 500 card game. **It's for fun and friendship.** Request to join the Huon Valley 500 Club on their [Facebook Page](#).

Circular Economy Huon Meeting

Tuesday 11 June, 6pm to 8pm and the second Tuesday of the month. **For further details please contact** circularconomyhuon@gmail.com

Yoga with Alison Eastland

Mondays (except school holidays and public holidays) From 6.30pm. 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 Phone: 0400 288 545 www.alisoneastland.com