

CEO'S REPORT

Hi team,

I hope you're all loving these longer, warmer days. They make after-school, after-work and evening sporting activities even more fun :)

Cricket and tennis have started up again— if you haven't tried them before but are interested, I really encourage you to get along for a session. We absolutely cater for all abilities- don't be shy! Whether you're aiming to just get a bit more active or you have your eye on eventually representing your state (or even country)— there are so many pathways that these two sports can take you.

Well, it's been a busy October for us here in the office with:

- Attending the INAS Global Games Sport Summit in Brisbane. We were guests of Sports Inclusion Australia and were honoured to spend two days learning from some of the top sport inclusion experts as well as athletes with disability from around the world.
- Putting together TISA. What's TISA you ask? You'll have to wait until next month to find out :)
- Submitting our major NDIA ILC grant application (MANY hours in the making).

Most importantly, our members and athletes have been out and about doing us proud. Congratulations to Justin, Connor, Hayden, Craig and Dylan who represented Australia at the Global Games. We now have our Boccia team heading up to Brisbane also to compete in the National titles. We're wishing them the very best!

There are so many other things going on— but shortly I'll need to focus my shift from all things New Horizons to family. Our baby is due in November, so I'm looking forward to bidding members and staff a temporary farewell very soon as I get ready to dive into a busy life at home with a toddler and a newborn.

In my absence, Edwina, Ruth, Stuart, Saskia and Lucy are all available to support you through New Horizons journeys.

As for the rest of the year, I don't think I'll be making it to the AGM, but I'm hoping to come along to the Christmas Barbeque to see as many of you as possible.

I was reminded on Saturday how lucky we are to have our incredible outdoor barbeque space recently as we hosted the official opening to thank the Rotary Club of Launceston and supporters for this immense gift. We were incredibly sad to learn of the loss of our Rotary Project Leader, John Williams, only days before and were so honoured that his family attended.

Our circle around this organisation is wide and ever growing. We work with amazing people and it is so lovely when their family members become part of our crew too. Thank you so much to all who support us.

See you soon!

Belinda




We have extended our office hours!

Admin hours

Mon, Wed & Thurs	9.30 am – 4.00 pm
Tues	9.30 am – 5.00 pm
<i>(during school holidays office will close at 4.00pm)</i>	
Fri	9.30 am – 3.00 pm

Please contact the office if you need to make appointment times outside of these hours.

Meetings

All meetings held at New Horizons Tasmania 292-294 Invermay Road, Mowbray

Board meeting

Monday 18th November
Board Meeting 5.30 pm
Annual General Meeting 7.00 pm

Save the date

Mon 18th November

Annual General Meeting 7.00 pm

Sun 8th December

Song & Dance Production 2.00 – 4.00pm

Thurs 12th December

Christmas BBQ 4.30 – 7.30 pm

Fri 14th February 2020

Awards Night



SPORTS SCHEDULE 2019

New Horizons supports participation in sport and recreation as a way of encouraging a healthy lifestyle.

Activity	Program	Day	Time	Venue	Cost
New Horizons Tasmania – North					
AFL	NHT	Mon	In recess		\$3.00
Basketball	NHT	Sat	9.30 – 10.30 am 10.30 – 11. 30 am	Queechy High School Gym	\$3.00
Boccia	NHT	Mon	12.30 - 2.30 pm	Max Fry Hall, Trevallyn	\$4.00
Craft	NHT	Tues	10.00 - 11.30 am	New Horizons Clubrooms	\$5.00
Cricket	NHT	Wed	4.00 – 5.30 pm	NTCA – Indoor Nets	\$3.00
Dance Movement	NHT	Thur	10.00 – 11.00 am	New Horizons Clubrooms	free
Fitness Class	NHT	Mon	11.00 to 12 noon	MY Gym	\$5.50
Golf	NHT	Mon	1.30 pm	Launceston Country Club	\$6.00
Rebound Therapy (Gymnastics/Trampolining)	NHT	Mon	5.00 - 6.00 pm	PCYC	\$12.00
Indoor Bowls	NHT	Thur	In recess	New Horizons Clubrooms	\$3.00
Running Group	NHT		In recess		Free
Soccer/ Futsal	NHT	Tue	4.15 - 5.15 pm	Newstead College Gym	\$3.00
Social Bowls	NHT	Wed	10.30 to 12 noon	New Horizons Clubrooms	\$3.00
Song and Dance	NHT	Tue	1.00 - 2.00 pm	Melissa Wimmer Studio	\$4.00
Junior Song & Dance	NHT	Tue	4.00 - 5.00 pm	New Horizons Clubrooms	\$3.00
Swimming	NHT	Wed	5.30 - 6.30 pm 6.30 – 7.30 pm	L'ton Aquatic Centre	\$5.50
Taekwondo	NHT	Tue	5.40 - 6.15 pm	Newstead College	\$5.00
Tennis	NHT	Wed	4.00 – 5.00 pm	Australian Italian Club, Prospect	\$3.00
NHT - North East Program					
Activities	Mon		3.00 – 4.30 pm	Scottsdale stadium	
NHT - North West Program					
Activities	Wed		5.00 – 6.30 pm	Somerset Primary School	\$5.00
NHT - South Program					
All Abilities Tennis		Tues	In recess	Domain Tennis Centre	\$3.00
Southern Club		Wed	4.00 – 6.00 pm	AIC, 83 Federal St, North Hobart	Free
Cricket		Mon	4.15 pm	TCA Ground Indoor Centre, Davies Ave, Queens Domain	\$3.00
Launceston College Program					
Athlete Development	Jacinta Hall	Wed	4.00 to 5.30 pm	Final 2019 class November 6 th	-



Our next Dinner Club is set for Friday 8th November at 6 pm at Riverside Hotel. Call the office on 6326 3344 to book your spot!

To stay up to date with NHT news –

LIKE US ON FACEBOOK 

NHT Memberships

Family \$55.00 Individual \$32.00
Junior (14 – 16 yrs) \$26.00
(U14 members are required to have a family membership due to club governance)

Rotary Garden Launch

The inclement weather didn't dampen spirits at New Horizons on Saturday as we officially celebrated our Rotary Club of Launceston Accessible Garden and all the fabulous project contributors.

Two very special Rotarians were not with us, but were front and centre of minds and hearts. The late Charles Black and John Williams were incredible friends to New Horizons and without them, we certainly wouldn't have this gift. Thank you so much to everyone who joined us today including special guests: the beautiful family of John Williams accompanying his wife Bea and the amazing Rotary Team and District Governor. Our thanks to the Rotary team who provided the delicious barbeque lunch.

It is very humbling to be a part of such an incredible community.






new horizons Club of Launceston
TASMANIA

New Horizons Tasmania and Rotary Club of Launceston wish to acknowledge the assistance of the following organisations and individuals for their support and generosity in the development of this community project:

Contractors
Tas Native Landscape & Paving Supplies, Lister Electrics, Dexion Launceston, Tassie Artificial Turf, Glebe Gardens Launceston, Crossroads Civil Contracting Pty Ltd, Sports Power Launceston, Outdoor Furniture, Kitchen Centre, Timberlink, Tas Timber, Becks MITRE 10, Choices Carpet, Kilpatrick's Joinery Pty Ltd, PDA Surveyors, Scolyer Designs, CVGT, Launceston City Mission, Australian Tree Care – Tas, Student Works, Fingerprint Signs, Scott Signs

Donors
The Guardian Trust, Tasmanian State Government

Project partners
Rotary Australia World Community Service, City of Launceston

Volunteers
The volunteers and friends of the Rotary Club of Launceston and New Horizons Tasmania particularly Chris Symons and the painting crew.

AGM & General Meeting Monday 18th November

All members are welcome and encouraged to attend the AGM and General meeting on Monday 18th November at 7pm at NHT Mowbray

Important Agenda items include:

- Changes to the Constitution
- Board nominations
- Sub-Committee nominations
- NHT member pricing for 2020

For further information and to rsvp please contact the office.

NHT brings you –

BOARD GAME NIGHT

Sat 7th Dec 6.30 - 9pm
at New Horizons Launceston Clubrooms

Come along for a social fun night with friends and family - Super provided!

Cost \$4 per person or a Gold coin donation & bring a plate of nibbles to share.



North East News – Vicki Forsyth

Many members of the North East Branch are busy preparing for our Agricultural Shows. They are participating in horse riding, handcrafts and many other exhibits, hence why our weekly afternoon sessions are suspended while they concentrate on bringing the best for themselves and our region. Our senior group is meeting next week to discuss general business and our Christmas break-up.

Southern News – with Stuart Schultz

Southern sports schedule:

- Sunday 3rd November – NORTH v SOUTH Cricket Match – Trevallyn Cricket Club – 12pm
- Monday 4th November at 4pm – NO SOUTHERN CRICKET TRAINING
- Wednesday 6th November at 4pm – Southern Club - 83 Federal St, North Hobart
- Monday 11th November at 4:15pm - Southern Cricket Training – TCA Ground Indoor Centre, Davies Ave, Queens Domain
- Wednesday 13th September at 4pm – Southern Club - 83 Federal St, North Hobart
- Monday 18th November at 4:15pm - Southern Cricket Training – TCA Ground Indoor Centre, Davies Ave, Queens Domain
- Wednesday 20th November at 4pm - Southern Club - 83 Federal St, North Hobart
- Monday 25th November at 4:15pm - Southern Cricket Training – TCA Ground Indoor Centre, Davies Ave, Queens Domain

Cricket is now in full swing in the South with over a dozen different faces turning up each week being involved in some quality skill-based sessions run by our volunteer Taylah Purton from the North Hobart Cricket Club. All is in readiness for the first North v South match which will be held at Trevallyn Cricket Club this coming Sunday 3rd November – we hope to see many people there to cheer on their region!

We were also lucky to be able to visit the Southern Badminton Centre on the 16th October – a tricky sport but lots of fun! Thanks to Donna from Badminton Tasmania for running such a great session!

Check the schedule for upcoming sessions in the South and as always, if you know anyone who would like to be a part of our Southern programs as a participant or volunteer, please be in touch with me at stuart@newhorizonstas.org.au



The *'Song & Dance Concert'* will be the culmination of a year's hard work by our Song and Dance troupe under the tuition of Melissa Wimmer, and our Junior Song and Dance group under the guidance of Maryann Keach. Tickets available at the door – see you there!

Woodwork

Our Tuesday Woodwork partnership concludes this week. A huge THANK YOU to Launceston Church Grammar School and students who have made this possible once again, especially Nick Hansson for his commitment to the program!



Boccia Tasmania

We are a small but happy Tasmanian team who love the game of Boccia! This year will be the smallest team ever heading off to the National Boccia Championships to be held in Queensland on the 1st of November. Nick Milner BC2, Minna Blaney BC5 and Carolina Ascui EMU, will be representing our state and will compete in individual, pairs and team competitions over the four days. Saskia Van Heek-Ascui and Ro Blaney will both be refereeing at the Nationals this year. I am sure we will have a wonderful time - we always do! Here are the team in action and the referees at the NSW Titles enjoying the atmosphere!



Empower
COME & TRY CLINICS

Tasmania GC, Hobart, TAS
Monday 4th, 11th, 18th & 25th November, 1 - 2pm

The clinic will be hosted by PGA member Adam Holden

ALL ABILITIES ARE WELCOME
to try golf, adaptive equipment and the incredible ParaGolfer

PLACES LIMITED
Contact Adam Holden to book a spot • Cost for clinic \$8
Email: adamholden@pgamember.org.au • Phone: 0491 118 460

Logos for Golf Tasmania, Tasmania Golf Club, and Special Olympics are at the bottom.

Chickability

Chickability was created by a group of women living with disability to support friendships and encourage each other to live our best lives.

Chickability meets on the last Wednesday of the month at Hogs Breath Launceston at 12 noon. We welcome new members to come along.

We also run a Craft group at New Horizons on the second Friday each month at 10 am with a cost of \$5 pp. You can also find us on Facebook.

Tennis anyone?

A great opportunity for YOU at the Launceston International Tennis Tournament!

You have the chance to be involved with a great International Tennis Tournament and watch some great tennis as a volunteer at the Launceston Tournament.

If you will be in Launceston between **3rd – 9th February 2020** and are keen to offer a few hours, or even a few days to help **PLEASE CONTACT RUTH AT THE OFFICE** for more information or to sign up.

Volunteers will be provided with food-drink allowance/voucher each day as well as a shirt.

New Horizons Tasmania is once again the Tournament's Charity partner.

Relationship & Sexuality Program

Monday 25th November & Monday 2nd December 4.00 – 5.00pm at NHT
Delivered by Family Planning Tas and Youth Health North

This first program will be for members aged 24 years and younger. If there is interest we will run a second program for members over 24 year of age.

New Horizons have identified a need to hold these sessions in a familiar, safe and non-judgemental environment to be educated in an easy format about relationships and sexuality to gain a better understanding on the below topics:

- Relationships
- Private body parts
- Being Private
- Giving and receiving consent
- Sex and Sex and the law
- Sexual health and STI's
- Contraception
- How to access services
- Any other questions participants may have

We would like to keep this to a small group of 10 or under. Please book your spot by calling the office (6326 3344) or emailing info@newhorizonstas.org.au by Friday 22nd November.



LIVING WITH A MENTAL HEALTH CONDITION OR KNOW SOMEONE WHO IS?

We help people with mental health conditions find good work.

atWork AUSTRALIA

MENTAL HEALTH MONTH OCTOBER

Contact atWork Australia today!

Call us on 1300 080 856

Visit our website atworkaustralia.com.au

'October was Mental Health Month—our partner, atWork Australia are serious about mental health.

atWork Australia not only match people with mental health conditions with good, sustainable work, they also support people with mental health conditions to find strategies and activities to improve their health and outlook on life. For example, all of their clients can participate in Positivum, their very own education and coaching program, proven to increase confidence and ability. atWork Australia know that meaningful work can lead to improved mental health and that work can transform lives.

Do you experience a mental health condition and are you searching for work? Or perhaps you know someone who is? atWork can help. Call them on 1300 080 856.



Do you have a heart for children in your community?

Are you over 18?

Do you like to voice your opinions and stand up for people?

Are you OK with reading and writing?

The Tamar Valley Communities for Children Council are looking for a new representative. We need someone who knows what it's like to grow up in the Tamar Valley with a disability. Someone who wants to help us make some positive changes for children aged 0-12yrs.

Connect with us to know more:

Susannah Coleman-Brown
Chair,

Tamar Valley Communities for Children Council

Ph: 0491 690 178 E: susannahcb@anglicare-tas.org.au

Communities for Children is an Anglicare Tasmania initiative, funded by the Australian Government.

November 2019

MON	TUE	WED	THUR	FRI	SAT	SUN
				1 Boccia Nationals Brisbane	2	3 Nth v Sth Cricket match 12 noon
4 Long weekend in the North No southern training	5 Craft Song & Dance Futsal Junior Song & Dance Taekwondo	6 Social Bowls Swimming Athlete Dev. NW Program Sth Program	7 Dance Movement	8	9 Basketball	10
11 Gym/Fitness Gymnastics Boccia NE Program Sth Cricket training	12 Craft Song & Dance Futsal Junior Song & Dance Taekwondo	13 Social Bowls Swimming x 2 NW Program Sth Program	14 Dance Movement	15	16 Basketball	17
18 Gym/Fitness Gymnastics Golf Boccia NE Program Sth Cricket training AGM 7 pm	19 Craft Song & Dance Futsal Junior Song & Dance Taekwondo	20 Social Bowls Swimming x 2 NW Program Sth Program	21 Dance Movement	22	23 Basketball	24
25 Gym/Fitness Gymnastics Golf Boccia Relationship Program NE Program Sth Cricket training	26 Craft Song & Dance Futsal Junior Song & Dance Taekwondo	27 Social Bowls Swimming NW Program Sth Program	28 Dance Movement	29 Tas Police Charity Ride	30 Basketball	1 Dec

Becks Barbeque

Thank you to Becks Mitre 10 for the opportunity to raise funds for our programs and a huge THANK YOU to our amazing volunteers for cooking and serving over the three days – Jac Spencer, Jan Duffy, Jeremy Keach, Finn & Rachel Hilder, Linda Hansson, Sophia Artini, Aneliza, Alexander Walker, Luci Wilson, Kat Goss, Ruth Symons & Lauren Harper. What a team!



Building Inclusive opportunities through
Sport & Recreation

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Address Address
Address Address Address

CLUB NEWS ...PEOPLE ...PLACES

November 2019 BIRTHDAYS

2 nd	Nic Milner	
6 th	Samuel McKibben	
7 th	Theo Wright	
9 th	Brian Spencer	
12 th	Nicole Furfaro	
13 th	Mike Flanagan	
14 th	Adan Hayes	
15 th	Scott Crowden	Marijke Lockwood
18 th	Alanna Spurling	
20 th	Harry David	Andrew McCarthy
	Andrew Barnes	Alex Cort
22 nd	Christine Green	
23 rd	Mandy Lovegrove	
27 th	Sarah Rose Holt	
29 th	Beau Cherry	Kelly Binns Paul Hinds
	John Bartninkaitis	



Condolences



Sadly we acknowledge the recent passing of Bill Beattie. Our thoughts and condolences go to Janice, Tim and family on the loss of their husband and father.

Vale John Williams

We wish to send our love to Bea Williams and family, as well as the Rotary Club of Launceston on the loss of John Williams.

We were introduced to John when he became the project leader of our Accessible Garden project, soon after arriving in Launceston on a 'Tree-change' from Melbourne.



John was very soon a regular fixture at the Club, where along with lots of laughs, he worked incredibly hard to deliver us a beautiful space. John will be missed.

THANK YOU TO MICHAEL FERGUSON MP AND HIS OFFICE FOR
THE PRINTING OF OUR NEWSLETTER ☺