

NEWSLETTER KEEPING IN TOUCH



CHECK OUT SOME MEMBERS (+BOARD MEMBER) EXERCISING, COOKING AND CRAFTING - KEEPING ACTIVE. AWESOME!

Hi Team,

Welcome to our second 'ISO' newsletter – but the truth is, we're anything BUT isolated- and the last month has proven that! It's been amazing to see our communities right across the country come together and lift each other up (just not 'in' person 😊) during this challenging time. Tasmanians have rallied behind the advice of our State Government and as a result, most of us are well and healthy. It's something to be very proud of.

As for New Horizons, our facebook chat group overflows with members and friends sharing their crafting, cooking and fitness activities – inspiring each other and encouraging each other on those tougher days. Our new online Zoom classes are super popular – and other groups and service providers are also creating wonderful ways to stay busy on new platforms.

The unexpected challenges of this ghastly Covid-19 have pushed us to learn some new ways of reaching each other and I think most of us know that if we're feeling down or need some assistance during isolation, that help and friendship is truly just a call, facetime, text or Direct Message away . Gosh, we could even try writing letters again!

As much as we appreciate being able to connect, I know a lot of members are keen to get back to 'normal' activities as soon as possible. Like all other sport and recreation clubs, at this stage we can't give any date indications for when activities will resume. But – please know that planning at Board level has already begun on how we may be able to safely start getting active again once we have official approval and feel that we are able.

Keep well, keep cosy and join us on Zoom if you're keen- if you're not sure how it works and you'd like to know more, please do call or message us. We can help!

Edwina



June

8th Bruce Devine

10th Sam Smith, June Cox, Liam O'Sullivan

11th Thomas Smith

13th Duncan Rattray

14th Colby Withers

17th Brendan Poke

19th Kellie Phillips

21st Aran Miller

23rd Justin Marshall

28th Lucy Balmforth, Donna Johnson,
Kim Swan, Hamish Mackay

30th Clayton Johnson, Luci Wilson

JUNE BIRTHDAYS

Zoom power!

Song & Dance sessions are back with ZOOM thanks to our intrepid teacher Melissa Wimmer bringing such light to our lives ON, Tuesdays FROM 1-2pm. Thanks Melissa!



ZOOM SESSIONS

Swimming fitness sessions online are available on Wednesdays 5-6pm with Coach Maggie Squires.

If you're keen to join in please email ruth@newhorizonstas.org.au or call 6326 3344. All sessions available for South, North West and North East members too!



A LATE THANKYOU!

Earlier this year, our member Colby Withers, raised over \$500 for NHT by baking, decorating and selling these delicious, adorable cupcakes! Aren't they amazing?!! Thank you so much Colby for your wonderful (and very significant) donation- as well as the baking inspiration!

FROM THE SOUTH

Stuart Schultz

While isolation has stopped us from coming together for our activities as usual, the silver lining is that we've been able to use this opportunity to identify some new programs to deliver in the South! The relationship is just in its early stages— however we're excited by the prospect of potentially working with the amazing team at Youth ARC in Hobart to deliver Hip-Hop Dance, Graffiti-style Art, Singing and Cooking classes.

Youth Arts & Recreation Centre (Youth ARC) is a Hobart based organisation - a creative, exciting, safe and engaging space for all young people aged 12-25. It will be great place to meet up with friends, get involved in an art, music or recreation workshops, use the facilities, check out an art exhibition or even see a music gig!

We're interested in knowing what our existing members in the South would like to be involved in so please let us know! While isolation is continuing for now, these classes may be undertaken online – so stay tuned for more information!



Southern Zoom Sessions

In lieu of Wednesday's Southern Club sessions, Stu will be hosting get-togethers online! Open to any NHT members in the state, but focused on Southern Members, we will be using the time to catchup on what people have been up to, talking all things sport and brainstorming ways we can stay active, connected and engaged.

These sessions will take place every Wednesday at 4pm (until restrictions are lifted). If you want to join in email Stu at stuart@newhorizonstas.org.au and he will send you the link!

New Horizons has a very important question to ask all our members...

Are you on an NDIS plan?

We'll be calling soon to ask you this, and to have a chat about how your New Horizons activities could fit in with your next NDIS plan.

Thanks so much for starting to think about this!

SELF-ISOLATING, WORKING FROM HOME, QUARANTINED?

TIPS FOR STAYING ACTIVE

If you are at home for long periods of time we can all have a tendency to spend too much time on the couch or using our electronic devices. The Heart Foundation has some tips for staying active:

- any physical activity is better than none
- avoid sitting for long periods - break it up by a walk around the street or even your home or garden
- try to move in as many ways as possible - build up to 30 minutes
- the goal is to build up to 150 minutes of moderate intensity - a brisk walk to make you puff a little but still able to have a conversation



BREAK IN AT NHT

Usually when Chris Symons is working at the Club, it's cause to smile. This time he had to come and fix damage caused by a break-in at our Mowbray clubhouse last week.

This is the second break-in at our premises since the end of March- and it's SO disappointing.

*Thank you
very much to
Rosemary Armitage
MLC for writing
a piece about NHT
in the Examiner !*

