

FROM OUR CEO



Hi everyone, I can't believe it is almost Term 4!
We can hardly wait for the raft of new summer sports to re-start ; and the increased spring/ summer temperatures would be very welcome to appear any time now too!

Talk has already turned to cricket, tennis and swimming - and that's still while our footballers have a week of competition in November at the AFL National Inclusion Carnival to go. We love a bit of cross-over :)

This month I've been really delighted to attend various sessions across the state, and get to know more of our Southern and North-West members and families. It's just wonderful that you have been introducing our Club to your friends, and we are welcoming a steady flow of new members, which is so exciting.
We've also had some fantastic new activities like two weeks of inclusive yoga in Devonport and shortly softball will be coming to Launceston.

Now, is it too early to talk about Christmas? I don't think so! We're thrilled to confirm that our Launceston Christmas event will be coming home. In other words, we'll be celebrating back onsite in our Rotary Launceston Courtyard at the Club on December 7th. We know many of you have missed our traditional celebration during these last two years of covid. And for North-West and Southern members, please feel free to talk to your coordinators if you have any ideas to contribute for your Christmas celebration.

I'm not going on holidays this week, but I know many of you are, so I wish you happy travels!

Belinda.



The Hobart
multi-sport group

OCTOBER BIRTHDAYS

3rd	Megan Lockett & Sharon Peck	19th	Jarret Green
4th	Abbie Morton	27th	Bobby Young
8th	Adrian Tew	29th	Alice Fullerton & Harry Kitto
9th	Dom Vittori	30th	Emma Breen
14th	Lorna Wilson	31st	Stephanie Groves
17th	Karen Terry		



NEW MEMBERS

Welcome to NHT to the following new members; we hope you not only find some great new activities, but that you also enjoy meeting lots of terrific new people! Please note, all new memberships are subject to a 3-month probation period :)

James Colhoun, Ashlee Stanwix, Jonty Loader
Rushton Upton, Renai Holland (volunteers- North-West)
Jarrold Artis (volunteer- North)



MEDIA CAMPAIGN LAUNCH

This month, in conjunction with the **Van Diemen Project**, NHT will be launching our 'You're Welcome' Inclusive Launceston social media campaign. Starring local members of NHT, we can't wait to contribute to making ours a more inclusive city! The campaign has been made possible with funding from the **Greater Regional City Challenge**.

The media launch will take place on **Wednesday October 26th at Hogs Breath Cafe** in Launceston. We'll stay afterwards for a Dinner Club Lunch. Let the office know if you'd like to join us!

COMMUNITY NEWS

The Special Olympics National Games are on in **Launceston from 17 - 21 October 2022**.

Congratulations to New Horizons members **Lyn Tanner, Jo Wallace, Nic Heames and Sarah Squires** who will all be representing Tasmania (in Tenpin, Basketball and Swimming),

Special O are now urgently seeking volunteers for events on Tuesday 18 October, Wednesday 19 October and Thursday 20 October. Volunteers don't need any sporting or technical backgrounds, just big smiles and hearts to help as needed.

Register as a volunteer here:

<https://nationalgames2022.com.au/2022/05/24/become-a-game-changer/>



Special Olympics
Australia

NORTH PROGRAM - OCTOBER

Activity	Day	Time	Location	Cost	Recommencement date
Gym/Fitness	Monday	11:15am – 12:15pm	<u>MyGym</u> , Launceston	\$7	Ongoing
Boccia	Monday	12:15pm – 2:15pm	Max Fry Hall, Trevallyn	\$7	17 th of October
Conversations	Monday	4:00pm – 5:00pm	Grain of the Silos Café	Free	24 th of October – 7 th of November
Rebound Therapy	Monday	5:15pm – 6:15pm	PCYC	\$12	17 th of October
Craft	Tuesday	10:00m – 11:30am	New Horizons	\$7	18 th of October
Model Making	Tuesday	10:15am – 11:30am	New Horizons	\$7	18 th of October
Song & Dance	Tuesday	2:00pm – 3:00pm	<u>Melissa Wimmer's</u> Dance Studio, Youngtown	\$7	18 th of October
Junior Song & Dance/Choir	Tuesday	3:30pm – 4:30pm	St Michaels	\$7	25 th of October
Futsal	Tuesday	4:00pm – 5:00pm	Uni Gym	\$7	18 th of October
Taekwondo	Tuesday	6:00pm – 6:45pm	Newstead College	\$7	18 th of October
Tennis	Wednesday	4:00pm – 5:00pm	AIC Tennis Club	\$7	19 th of October
Swimming	Wednesday	5:30pm – 6:30pm (Swimming Lanes) 6:30pm – 7:30pm (Program Pool)	Launceston Aquatic Centre	\$7	19 th of October
AFL	Wednesday	6:00pm – 7:00pm	Windsor Park	\$7	Ongoing
Painting	Thursday	10:00am – 11:30am	New Horizons	\$7	20 th of October

NORTH PROGRAM Continued

Smarty Arts	Thursday	12:30pm – 2:30pm	New Horizons	NDIS aligned	20 th of October
Softball	Thursday	6:00pm – 7:00pm	Churchill Park Sports Complex	TBC	20 th of October
Tenpin	Friday	2:00pm – 3:00pm	Launceston Lanes	\$10	21 st of October
COMING SOON				Pop- Up sessions:	
<ul style="list-style-type: none"> • Croquet • Cricket • Golf • Basketball 				<ul style="list-style-type: none"> • AFL State Trainings • Softball • Tennis 	

NORTH NEWS

October NORTHERN DINNER CLUB

DATE: **Thursday 27 October, 6.00pm**
 VENUE: **The Metz** (corner of St John and York Sts.)
 RSVP: To the office please. 03 6326 3344 :)



SOFTBALL- NEW AT NHT !

A team from NSW is visiting for a **FREE day of softball** on Saturday, 8th of October. Past, current and interested softball players are welcome to this free day at Churchill Park, Launceston. Game times are as followed;
11:00am – 12:30pm
3:00pm – 4:30pm
 The canteen will be open on the day for players and spectators to purchase lunch. Please contact Tom if interested!

6 WEEK SOFTBALL PROGRAM - STARTING SOON !

DATE: **From October 20th, 6-7pm for 6 weeks**
 VENUE: **Churchill Park**



A big thank you to Softball Tasmania for providing this opportunity for our members. Uniform and equipment for both the day and program will be supplied.

REGISTER: With the office-03 6326 3344, or email tom@newhorizonstas.org.au

BOCCIA DEMONSTRATION:

DATE: **Saturday 8th October, 3-5pm**
VENUE: **St Patricks College, Prospect**



Do you know someone who might be interested in learning more about Boccia? Some of our Boccia players will give a demonstration of this terrific sport at St Pats as a part of a trial of multi-sports organised by Paralympics Australia. Boccia is an ideal sport for people in a wheelchair- we love it!

SMARTY ARTS DATES CONFIRMED

DATES: **Thursdays from October 20th, 12.30- 2.30pm**
VENUE: **New Horizons Activity Room, 292-294 Invermay Rd, Mowbray**

It's great to have the dates locked in for our much anticipated Smarty Arts NDIS program. The session details are as follows:

Week 1- October 20th: Mandalas
Week 2- October 27th: Wand making
Week 3- November 3rd: No Smarty Arts this week
Week 4- November 10th: Movement and meditation
Week 5- November 17th: Guided drawing
Week 6- November 24th: Teddy love
Week 7- December 1st: Everything you love about you



To register for Smarty Arts please call the office on 6326 3344 or email tom@newhorizonstas.org.au and we can get a costing quote for you to take to your planner.

TENNIS IS BACK!

DATES: **Wednesdays from October 19th, 4-5pm**
VENUE: **AIC Tennis Club, Prospect.**

We can't wait to get back into the swing of things, with tennis running weekly until the end of term. Looking forward to seeing players old and new!



EXTRA TENNIS OPPORTUNITY:

Tennis Tasmania in conjunction with **Special Olympics** are offering the opportunity for members to participate in Tennis Tasmania clinics and to watch some of the Special Olympics matches held on the same day.

A BBQ lunch will be included as well. Learn or refine your tennis skills during this day held at Launceston Tennis World.

The date is to be confirmed, so stay tuned!

To register for tennis, or the Special O tennis day, please call the office on 6326 3344 or email tom@newhorizonstas.org.au

NORTH NEWS Continued

CONVERSATIONS- BACK WITH A NEW TIME!

DATES: **Mondays, 3 weeks from 24th October - 7th November, 4-5pm**
VENUE: **Grain The of Silos Cafe**

Conversations is back! A 3-week intensive program with a new time of 4:00pm – 5:00pm, Monday's. Join **Maryann, Angie and Noelsey** at the Grain of the Silos Café to enjoy each other's company while learning new conversational skills through specific group topics, conversational cards and by learning how to maintain & extend topics of discussion. You are very welcome to purchase a hot drink or some afternoon tea to enjoy while sitting and chatting.

To register for Conversations please call the office on 6326 3344 or email tom@newhorizonstas.org.au

CONVERSATIONS!

MEET MEGAN: taking on fundraising and sponsorship!

We're delighted to introduce you to **Megan Dick**, our new part-time Sponsorship & Fundraising Coordinator. Based in the Launceston office, Megan will be working with our team state-wide on delivering fundraising events, social events and building our vital sponsorship program. Megan's background is in the Arts; she is currently the Curator of the prestigious Glover Prize, and previously, ran her own gallery in Sydney. Welcome to New Horizons, Megan!



AFL STATEWIDE TRAINING - & MASTERS SESSION!

The first of our AFL State Trainings was held on Sunday September 18th at Campbell Town Recreation Ground. Check out the wonderful turnout! The day was not only enjoyable from a sporting perspective, but also a social one too :)



A reminder for the squad that the next State Trainings are held at Campbell Town Recreation Ground on October 9th and October 30th, 11:00am – 1:00pm.

Also, a big thank you to the **Launceston Masters football team** for assisting with training here in the North at Windsor Park - and good luck to this legendary group for their upcoming National Masters Games in South Australia.

NORTH WEST PROGRAM

Activity	Day	Time	Location	Cost	Commencement Date
Basketball	Monday	2:15 – 3:00pm	Youth Centre, Devonport	\$5	24 th October
Judo	Monday	5:00 – 5:45pm (Beginners/Juniors) 5:45 – 6:30pm (Juniors) 6:30 – 7:30pm (Seniors)	Charles St, Devonport	\$8	Ongoing
Multi-Sports	Wednesday	4 – 6pm	To be confirmed each week	Free	19 th October

Pop – Up Sessions in Term 4

- Theatre and performance skills
- Animal Therapy
- Guided Painting
- Ten Pin Bowling



NORTH WEST NEWS

New Horizons North West have had a busy Term 4. We have enjoyed meeting weekly and participating in a variety of activities across the North West. Members have actively engaged in **craft sessions, basketball clinics, Judo and yoga**. We have continued to build partnerships with local organisation such as **Bendable Wellness and The Devonport Gymnastics Club**. We look forward to continuing to strengthen these relationships over the coming months.



Key outcomes that we have seen improving during term 3 have been:

- Confidence
- Physical strength
- Resilience
- Safe risk-taking behaviour

And above all FRIENDSHIPS & FUN!!!



During the month of September we welcomed **Renai Holland and Rushton Upton** as new volunteers in the North West. Please make them feel welcome when you see them at our sessions. →



We're looking forward to celebrating our wonderful term at Dinner Club and continuing to work together in Term 4.

SOUTHERN PROGRAM

Activity	Day	Time	Location	Cost	First Date for Term 4
Basketball	Monday	4:30pm-5:30pm	83 Federal St, North Hobart	\$7	17 th October
AFL	Monday	5:00pm – 6:00pm	TBA	\$7	17 th October
Cricket	Monday	4:00pm-5:00pm	North Hobart Cricket Club Indoor Centre	\$7	14 th November
Gymnastics	Tuesday	10:00am – 11:00am	<u>Gymsports</u> , Kingston	\$8	18 th October
Ten Pin Bowling	Tuesday	4:00pm-5:00pm	Zone Bowling, Moonah	\$6.50 per game	18 th October
Lawn Bowls	Wednesday	10:00am-11:00am	North Hobart Community Bowls Club, Letitia St, North Hobart	\$2	2 nd November
Multi-Sport	Wednesday	4:00pm-5:15pm	83 Federal St, North Hobart	\$7	19 th October
	Thursdays	10:00am-11:00am			20 th October

Junior Multi-Sport	Thursdays	4:00pm – 5:00pm	83 Federal St, North Hobart	\$7	10 th November
COMING SOON			Social Dates		
<ul style="list-style-type: none"> Tennis 			<i>Dinner Club - TBA</i>		

NEW FACES IN THE SOUTH:

During the next few months, **Priyanka** (who you may remember as a very popular volunteer with us) and **Elyse** will be joining

the team and assisting the region's growth and programs. This will fall in line with Stu taking some leave to welcome the birth of his third child! Welcome to our team Priyanka and Elyse!

If you're keen to know about volunteering opportunities supporting our exciting growth of programs, please do reach out to **Stu** - stuart@newhorizonstas.org.au



**COMING SOON
TO THE HUON**

Do you know anyone who might be keen? :)

SOUTH NEWS

We're looking forward to a number of new programs and warmer weather in the South for the final leg of 2022!

As per the school term holidays, our last week of activities before the two-week break will be this Friday 30th September. We will **re-commence on Monday 17th October** – check out our calendar of events and sign up today!

Also, keep an eye out for confirmation of some **Huon based activities** very soon- the team are really excited about getting to know a new community.

If you have any enquiries regarding our Southern programs and initiatives, contact Stu - stuart@newhorizonstas.org.au



THE 2022 AGM



INTERESTED IN NOMINATING?

The 2022 New Horizons Tasmania Annual General Meeting will be held on **Wednesday 16th November 5.30pm** at NHT Headquarters in Mowbray, or online through request.

OR JUST DROP IN...

Come along, learn all about the year from an organisational perspective, and have your say on our Board formation. We encourage all interested members to attend!

If you are interested in nomination for the NHT Board, please contact the office for more information :)

CONGRATULATIONS :)

We are all thrilled to hear of the arrival of baby **Rory Ockerby**, son of **Justin** and **Melissa**, first Grandchild for **Steve** and **Robyn** and a first nephew for **Joel** and **Louise**!

We are also delighted for **Chris** and **Ruth Symons** and family, on the birth of a precious Granddaughter, **Vala**, in Western Australia :) Congratulations **Emily** and **Brady**!



MEMBER NEWS

MINNA BLANEY COMPETES IN BOCCIA IN QLD

In mid-September our Launceston member **Minna Blaney** competed in the **Queensland State Boccia Titles**. Minna used her full power chair for the first time and away and loved it! Her freedom to move independently on the court helped her confidence and she played all games really well.

Ro Blaney refereed full-time over the two days, which she also thoroughly enjoyed. Pictured here is Minna with her support from Queensland, **Mariana**, who volunteered at the competition.



THANK YOU LOGAN!

Our Northern Sports Coordinator, Tom, was honoured to receive this beautiful painting by **Logan Richardson** who participates in Tom's NHT Futsal group. We love seeing Logan's enjoyment of the sessions reflected in his art, and are thrilled that Tom is sharing his gift by hanging it in the office!



UPCOMING DATES

26th October - Media launch for inclusion campaign- lunch at Hogs Breath

16th November - NHT AGM, Mowbray

24th November - Volunteers Drinks, Mowbray

7th December - Members Northern Christmas Party, Mowbray

