



## FROM OUR CEO



Hi everyone, we've made it to the finish line of 2022!

The year has well and truly flown, hasn't it? It's so exciting to be welcoming the festive season again and of course, have the summer holidays around the corner to look forward to. You can find all of the dates for your last NHT sessions in here.

November was a BIG month. Our team had the most incredible week at the **AFL National Inclusion Carnival** in South Australia, with our best result ever. This year the team were fortunate to have a fully sponsored trip thanks to **Toyota and AFL**. Thank you to the great team officials for travelling with us; coach with the most **Darrin Geard, Barry Gaby** and **Jack Anders** from AFL Tas, as well as **Tom McIntee** and **Sebastian Page** joining myself on the trip. It was also wonderful to have some of our families travel to the carnival to cheer and support the team also. And- congrats to **Craig, Joel** and **Blake** on making the All-Australian Team!

Our deep appreciation goes to all of **our athletes** who not just played their hearts out, but were superb ambassadors for our club, sport and state. It felt great to hear other state representatives talk admiringly of the 'Tassie Spirit'.

Our **Boccia players** also made us very proud at the National titles, and a special shout-out to **Nic Milner** and his crew for winning Gold in the BC1/2 Teams match. Also, congratulations to **Nic Heames** participating in the Australian Tennis Championships in Melbourne- what a great achievement.

Off the sporting field, and on to the streets - this month NHT are really pleased to have launched our '**You're Welcome**' **online inclusivity campaign**. Thank you all in advance for sharing this message, far and wide! The campaign received seed-funding from the **Great Regional City Challenge** and was only possible thanks to the participation of many members in our inclusivity survey, and then **six super members** in our videos. We hope you agree that 'You're Welcome' has been worth the many, many hours put in to create it, with our wonderful project partner, **the van Diemen Project**.

Now on to our much-deserved end-of-year events! In the North we have already had a lovely Christmas gathering with our volunteers, and I know each of our regions are now looking forward to their parties.

Enjoy your time celebrating together - Merry Christmas NHT!

Our newsletter will be back for February '23.

Belinda.



*Nic Milner with his Gold Medal from the Boccia Nationals*

# DECEMBER BIRTHDAYS

<b>1st</b>	Alex Riley & Emily Newman	<b>15th</b>	Tina Martin & Ryan Stott
<b>2nd</b>	Joy Terry	<b>20th</b>	Tyrese Holland
<b>3rd</b>	Darrin Geard	<b>22nd</b>	Jack Moore & Pat Young
<b>4th</b>	Linda Cox	<b>27th</b>	Hermann Riedl
<b>7th</b>	Mitch Mansell	<b>28th</b>	Phil Moir
<b>11th</b>	Vinnie Hall	<b>30th</b>	Nate Starkey
<b>12th</b>	Xavier Bartninkaitis	<b>31st</b>	Jo O'May



## 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 :)

**WELCOME**

**Meg McGrath, Janine Frankcombe, Nicole Pirlot, and Ethan Gray** (volunteer).

## DIARY DATES

- 3rd December** - AFL & Basketball Inclusion Day (Launceston)
  - 7th December** - Members Northern Christmas BBQ, Mowbray
  - 10th December** - North Versus South Cricket match, Rosss
  - 11th December** - Song & Dance Concert, Scotch Oakburn College
  - 14th December** - North West Christmas BBQ, Ulverstone  
South Christmas Celebration, Bellerive Beach  
4pm
- 2023**
- 24th February,** - Awards Night, Tailrace
  - 2nd April** - Cycle Challenge
  - 3rd June** - NHT Gala, Tailrace (more details TBA)



## NORTH EAST REPORT

Hi all, our group have been busy!

Some of our members were involved in both the Ringarooma and Scottsdale Shows in various competitions - well done everyone!

Our junior members at present are doing Learn to Swim and survival through the school programs.

Next year we will commence with swimming in mid-January.

We are having a member and family get together on the **2nd December at Bridport (5 – 7pm)** to end the year.

I wish everyone a safe and Happy Christmas and New Year. Regards, Vicki.



# NORTH PROGRAM - DECEMBER

Activity	Day	Time	Location	Cost	Last session for 2022
Gym/Fitness	Monday	11:15am – 12:15pm	MyGym, Launceston	\$7	December 12 <sup>th</sup>
Boccia	Monday	12:15pm – 2:15pm	Max Fry Hall, Trevallyn	\$7	December 5 <sup>th</sup>
Cricket	Monday	4:00pm – 5:30pm	Invermay Park, outdoor nets	\$7	December 12 <sup>th</sup>
Rebound Therapy	Monday	5:15pm – 6:15pm	PCYC	\$12	December 12 <sup>th</sup>
Craft	Tuesday	10:00am – 11:30am	New Horizons	\$7	December 6 <sup>th</sup>
Model Making	Tuesday	10:15am – 11:30am	New Horizons	\$7	December 6 <sup>th</sup>
Song & Dance	Tuesday	2:00pm – 3:00pm	<u>M.Wimmer's</u> Dance Studio, Youngtown	\$7	December 6 <sup>th</sup>
Golf	Tuesday	2:00pm – 3:00pm	<u>WillFit Golf, 81</u> <u>Gleadow St,</u> Invermay	\$15	December 13 <sup>th</sup>
Junior Song & Dance/Choir	Tuesday	3:30pm – 4:30pm	St Michaels	\$7	December 13 <sup>th</sup>
Futsal	Tuesday	4:00pm – 5:00pm	Uni Gym	\$7	December 13 <sup>th</sup>
Taekwondo	Tuesday	6:00pm – 6:45pm	Newstead College	\$7	December 6 <sup>th</sup>
Croquet	Wednesday	11:00am – 12:00pm	St. Leonards Croquet Club	\$7	December 14 <sup>th</sup>
Tennis	Wednesday	4:00pm – 5:00pm	AIC Tennis Club	\$7	December 14 <sup>th</sup>

# NORTH PROGRAM Continued

Swimming Lanes Program Pool	Wednesday	5:30pm – 6:30pm  6:30pm – 7:30pm	Launceston Aquatic Centre	\$7	November 30 <sup>th</sup>
Painting	Thursday	10:00am – 11:30am	New Horizons	\$7	December 8 <sup>th</sup>
Smarty Arts	Thursday	12:30pm – 1:30pm	New Horizons	NDIS aligned	December 1 <sup>st</sup>
Softball	Thursday	6:00pm – 7:00pm	Churchill Park Sports Complex	Free	November 24 <sup>th</sup>
Tenpin	Friday	2:00pm – 3:00pm	Launceston Lanes	\$10	December 9 <sup>th</sup>



2022

## NHT CHRISTMAS PARTY BBQ



BBQ, salads & soft drinks provided

Kris Kringle \$10 if you're keen!

RSVP to the office please:)

Wednesday  
December 7th  
5.30 – 8.00PM  
New Horizons Tasmania  
Mowbray

Parking offsite, next door on the corner

SAVE THE DATE

2023

GALA

Saturday

June 3rd.



Details coming in February

# NORTH NEWS

## AFL & BASKETBALL INCLUSION DAY

**When:** December 3rd

**Where:** Prospect High School, Ralph St, Launceston

With thanks to **AFL Tasmania** and the **Fairbrother Foundation**

**10:30am:** Arrival and welcome

**11:00am:** AFL Inclusion vs AFL Masters (4x15 min quarters)

**12:30pm:** Lunch break (**lunch supplied** for players and officials)

During lunch, watch the AFL 9's match (2, 15-minute halves)

**1:00pm:** Basketball game (4x 15 min quarters)

**3:00pm:** Event concludes

**FAMILIES & SUPPORTERS**  
**Come along & see**  
**3 fantastic games!**



## VOLUNTEERS CELEBRATION



It was lovely to see so many friends at our Launceston volunteers celebration in November :)

Thank you so much for joining us!



## INTERESTED IN MOUNTAIN WALKING?

Join us in 2023...

We're thrilled to be **accepting expressions of interest for an NHT mountain walking program.**

Mountain walking is a fun way to experience Tasmania's great outdoors in a safe and social environment. New and experienced walkers are welcome to participate!

Walks will be in January 2023, and they'll be a taster, before we embark on a Cradle Mountain walk on the March long weekend for those keen. More information to follow.

Please call the NHT office on 6326 3344 or **email [tom@newhorizonstas.org.au](mailto:tom@newhorizonstas.org.au)** to register your interest in the program.

## Get Well Soon!

Sending our love to **Braidie-Lee** in Launceston : we hope you feel better soon!



# NORTH WEST PROGRAM- DECEMBER

Activity	Day	Time	Location	Cost	Last Session
Basketball	Monday	2:15 – 3:00	Youth Centre, Devonport	\$5	December 12th
Judo	Monday	5:00 – 5:45 (Beginners/Juniors) 5:45 – 6:30 (Juniors) 6:30 – 7:30 (Seniors)	Charles St, Devonport	\$8	December 5th (Beginners/Juniors)
Music	Wednesday	4 – 5:30pm	Penguin Primary School	\$10	December 7th

## SOCIAL EVENTS



Christmas BBQ || Wednesday 14<sup>th</sup> December || Fairway Park, [Ulverstone](#) ||  
5 – 7pm

## NORTH WEST NEWS

Thank you to our members, volunteers, partnering organisations, family and friends for supporting NHT North West during 2022. We have welcomed many new members and their families, appreciated new volunteers coming on board to support our programs and have seen an increase in connections within our communities.

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I hope everyone has a safe and relaxing summer break.

See you in 2023! Katie.



**NHT NORTH WEST  
CHRISTMAS PARTY  
WEDNESDAY  
14TH DECEMBER**



**FAIRWAY PARK,  
ULVERSTONE  
5-7PM**



# SOUTHERN PROGRAM- DECEMBER

Activity	Day	Time	Location	Cost	Last Date for Term 4
Basketball	Monday	4:30pm-5:30pm	83 Federal St, North Hobart	\$7	12 <sup>th</sup> December
Cricket	Monday	4:00pm-5:00pm	North Hobart Cricket Club Indoor Centre	\$7	12 <sup>th</sup> December
Gymnastics	Tuesday	10:00am – 11:00am	Gymsports, Kingston	\$8	13 <sup>th</sup> December
Ten Pin Bowling	Tuesday	4:00pm-5:00pm	Zone Bowling, Moonah	\$6.50 per game	13 <sup>th</sup> December
Lawn Bowls	Wednesday	10:00am-11:00am	North Hobart Community Bowls Club, Letitia St, North Hobart	\$2	14 <sup>th</sup> December
Multi-Sport	Wednesday	4:00pm-5:15pm	83 Federal St, North Hobart	\$7	14 <sup>th</sup> December
	Thursdays	10:00am-11:00am			15 <sup>th</sup> December
<b>COMING SOON</b>			<b>Social Dates</b>		
<ul style="list-style-type: none"> <li>Xmas Break up – Wednesday 14<sup>th</sup> December, 4pm @ Bellerive Beach BBQ Area</li> </ul>			<b>Dinner Club – Wednesday 7<sup>th</sup> December – Hog's Breath Café 5:45pm</b>		

In Stu's absence over the last month, home with his precious new baby, the South has still been going strong thanks to our wonderful volunteers **Callum R, Ethan, Johnny, Callum A and Amy**, and **Priyanka!**

As per the school term holidays, our last week of activities before the two-week break will be this Friday 16th December. We will communicate 2023's first calendar of events early in the New Year.

We're also super excited to be starting up a group in the Huon Valley, with Elyse organising a social event in December- we look forward to meeting lots of new people in the region :)

We'd like to thank all our amazing Southern members, volunteers, carers/support workers, families, and other stakeholders for a fantastic year – we love what we do and our interactions, friendships and connections are what makes everything so special. We can't wait to see you all in 2023!

Any enquiries regarding our Southern programs and initiatives and volunteering opportunities, reach out to Stu:  
-[stuart@newhorizonstas.org.au](mailto:stuart@newhorizonstas.org.au)



# INCLUSION CAMPAIGN



NHT are proud to announce the launch of our social media inclusion campaign called **You're Welcome!**

'You're Welcome' has been created in response to the results of our members inclusion survey, and aims to inspire and support Launceston businesses to become more accessible, welcoming places for people with disability (20% of us!).



The campaign consists of three videos which feature interviews with NHT members **Tommy (and Dad, Brent), Dean, Jacquie, Nic, Minna and Carolina**, who talk candidly about their experiences when out and about in the city. As well as the videos, businesses can access Inclusion Checklists (specifically for 1. retail, 2. hospitality and 3. Service Providers) to allow them to 'measure up' and learn more about how they can make positive change.

This important campaign was only made possible through NHT receiving a seeding grant from the **Great Regional City Challenge**, and also generous in-kind support from **The van Diemen Project**, who managed the campaign production. Thank you so much also to **Effective Naturally** who printed posters for us at no cost :)

To check out the You're Welcome videos and supporting materials, **scan the QR code** above on your phone and follow the link, **or follow THIS LINK-** and please share, share and share some more!

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2023  
NHT

# AWARDS NIGHT

24th February  
Tailrace, Launceston.

Invitations out soon!

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# MERRY CHRISTMAS!

Our office will close from Thurs. 15th December & re-open on Mon. 9th January.

*Sending our best wishes for a safe, happy holiday break.*

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Celebrate Disability Awareness Day in the Huon Valley!

## FREE BBQ AND GAMES

Tuesday 6th Dec, 4:30 - 6:30pm  
Huon Foreshore Playground  
Huonville

- Fun & Inclusive activities • All Ages and All Abilities •
- Free Sausage Sizzle •

email [elyse@newhorizonstas.org.au](mailto:elyse@newhorizonstas.org.au) or call 03 6326 3344 to register!