

# APRIL 2023 NEWSLETTER



## From our CEO



Hi team,

It's been a busy old month, which will be capped off with our **Becks Mitre 10 Cycle Challenge** this Sunday 2nd April!

As always, this is an incredible community event that raises invaluable funds, as well as being a great profile-raiser. It's a lot of work to organise and host and would be impossible to run without the swag of volunteers and of course our sponsors, who support us. Huge thanks to all of you who are coming out to help us, or ride. It's a really fun, albeit rather stressful event to deliver and we couldn't do it without you!

Last weekend was just as hectic for our Boccia crew, with the **Boccia State Championships** taking place in Launceston. I extend our thanks to our TISA (Tasmania Inclusive Sport Alliance) partner Paraquad on hosting such a fantastic three days! Our athletes all played very well and demonstrated fantastic sportsmanship. A special shout-out to **Rohan Eastly**, a new NHT athlete who took home a medal in his first ever tournament!

Now, as well as sport and recreation, we are in full **Gala** planning mode. Set for **June 3rd**, our Yellowstone themed evening is not very far away. If you are able to help with a prize donation, we would be so very grateful. Gala is our major fundraiser, and with our NDIS funding concluding in 2024, this year's event is super important.

Anyhow, I hope you are all enjoying the cosiness that starts to come with autumn. As much as we all love summer, the colder seasons bring treats as well :)

See you soon,

***Belinda***

# Get Well Soon!

A HUGE get well soon to David Smith, Luci Wilson and Phillip Broad. Sending our love to Kelly Phillips.

# Condolences



Our condolences to Alana Jansen on the recent passing of her Father.

# April Birthdays

1st - Lyn Tanner

3rd - Amber Vanderschaaf

5th - MJ & Tyson Parbs

6th - Scott Claridge (40), Maureen Roberts & Andrea Green

7th - Josh Johnson

8th - Zeb Hovington (30)

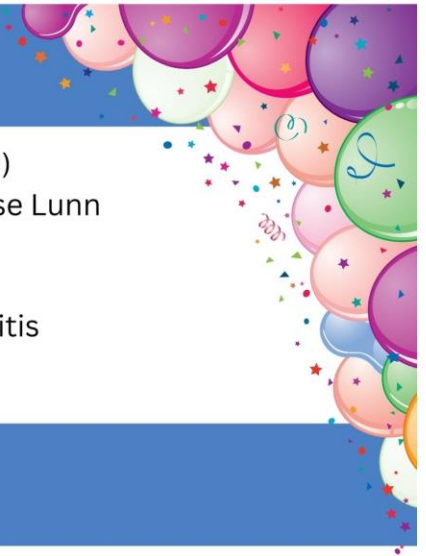
9th - Tony Lodge & Eloise Lunn

12th - Josh Wyley

16th - Saskia van Heek

18th - Lauren Bartninkaitis

30th - Liam Newman



# Dinner Club North

**Wednesday 26th April** we are having Dinner Club at **Sporties, 252 Charles Street,** Launceston at **6.00pm**. Please book your seat at the table through the office, ph. 6326 3344. We can't wait to see you there 😊

# BikeFest



On Sunday March 19th we were lucky enough to have a stall at BikeFest thank you to **Future Common Group**. We promoted NHT, our up-and-coming Cycle Challenge which is on Sunday April 2nd, and hosted sporting activities for children of all ages and abilities. A big thank you to volunteers **Jacquie Spencer, Nicholas Heames & the Bowen family** (Matt, Sue & Greg) for your help on the day. Couldn't have coordinated the fun without you! 😊



# Join us this Sunday for the WTCC!

Come on down to **Prospect Vale Park** this **Sunday 2nd April** and join team NHT, our amazing volunteers, riders, Ambassador Jake Birtwhistle, MC Rob Fairs and our fabulous sponsors for a fun-filled day of events!

The annual **Becks Mitre 10 Western Tiers Cycle Challenge** raises much needed funds for NHT and wouldn't be possible without our amazing event partners, NHT team, volunteers and riders.

Every dollar from registrations goes directly to funding NHT programs across the state so that we can continue our vital work.

On-site we will have a coffee van, a BBQ and vouchers to give away! So, join us for one of our favourite annual fundraising events! ☺☐



The poster features a background image of a cyclist in a blue jersey. The text is centered and reads: "Becks Mitre 10 CYCLE CHALLENGE 2023 SUNDAY 2 APRIL PROSPECT VALE PARK". There are two circular logos: one for "BECKS MITRE 10" and another for "The Western Tiers Cycle Challenge". At the bottom, there is a row of ten circular logos for sponsors: LAFM, Meander Valley Council, CRIPPS, TOWARDS ZERO, new horizons TASMANIA, HUDSON CIVIL PRODUCTS, buckbymotors, POOLMART ZODIAC, and ROB FAIRS FOUNDATION.

## New Members 2023

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

# WELCOME

**Vicky Fleming, Myra Gregory, Kobe Arrowsmith, Dalton Williams Jeffrey, Laura Sindrey, Jayden George, Garth Johnston (volunteer), Taleisha Chugg, Koen Wright, Brody Birtwistle and Todd Adam.**

# North East Update - Happy Easter!



North East members have been enjoying the swimming pool while the weather is still fairly warm! We break for Easter after an Easter egg hunt and games on the 3rd of April until Monday 1st of May.

## Boccia State Championships

The Tasmanian Boccia Titles 2023 were a great success with smiling faces and friendly catch ups, as well as fierce competition and medals! We had our athletes and their assistants from NHT Boccia (**Ryan, Minna, Nick, Carolina, Scott & Sean, Dana and Amy, Rohan and Rob**), from Hobart, NSW and VIC and referees from NHT (**Saskia & Ro**), from Hobart (**Jenny & Kathryn**), NSW and Qld. Our team of local dedicated volunteers were in attendance to show their support and to timekeep (**Terri, Sue, Mike, Annette, Alvaro, Trent**) and some wonderful support from spectators who came to cheer us on!

We were also lucky to have the Australian Paralympic coach, **Ken Halliday**, join us for some training ideas and talent searching. A special thanks goes to **Ro Blaney**, the coach of the New Horizons Boccia team.

### ***Results of the Tasmanian Boccia Titles 2023***

BC4/5 Gold - Ryan Stott

BC3 Silver - Dana Divine

BC1/2 Bronze - Nick Milner

BC3 Bronze - Rohan Eastley

BC4/5 Bronze - Minna Blaney

Island Pairs Bronze - Scott Claridge (with Liam NSW).

Congratulations to members on their results!



# North Calendar

Activity	Day	Time	Location	Cost	Last session before Easter break
Gym/Fitness	Monday	11:15a m – 12:15p m	MyGym, Launceston	\$7	Continues through school holidays. No session on Easter Monday, 10/04/2023
Boccia	Monday	12:15p m – 2:15pm	Max Fry Hall, Trevallyn	\$7	03/04/2023 3 restarts 1/5/2023
Contact Tom – <a href="mailto:tom@newhorizonstas.org.au">tom@newhorizonstas.org.au</a> about all Northern Programs!					
Rebound Therapy	Monday	5:15pm – 6:15pm	PCYC	\$14	03/04/2023 3 restarts 1/5/2023
Craft	Tuesday	10:00a m – 11:30a m	New Horizons	\$7	04/04/2023 3 restarts 2/5/2023
Model Making	Tuesday	10:15a m – 11:30a m	New Horizons	\$7	04/04/2023 3 restarts 2/5/2023
Song & Dance	Tuesday	2:00pm – 3:00pm	M.Wimmer's Dance Studio, Youngtown	\$7	04/04/2023 3 restarts 2/5/2023
Golf	Tuesday	2:00pm – 3:00pm	WillFit Golf, 81 Gleadow St, Invermay	\$20	04/04/2023 3 restarts 2/5/2023
Junior Song & Dance/Choir	Tuesday	3:30pm – 4:30pm	St Michaels	\$7	04/04/2023 3 restarts 2/5/2023

# North Calendar Continued

Futsal	Tuesday	4:00pm – 5:00pm	Uni Gym	\$7	04/04/202 3 restarts 2/5/2023
Taekwondo	Tuesday	6:00pm – 6:45pm	Newstead College	\$7	28/03/202 3 restarts 2/5/2023
Tennis	Wednesda y	4:00pm – 5:00pm	AIC Tennis Club	\$7	In recess until September
Swimming Lanes  Program Pool	Wednesda y	5:30pm – 6:30pm  6:30pm – 7:30pm	Launceston Aquatic Centre	\$7	29/03/202 3 restarts 26/4/2023
AFL	Wednesda y	6:00pm – 7:00pm	Windsor Park	\$7	Continues through school holidays. No session on 05/04/2023
Painting	Thursday	10:00a m – 11:30a m	New Horizons	\$7	06/04/202 3 restarts 27/4/2023
Smarty Arts	Thursday	12:30p m – 1:30pm	New Horizons	NDIS aligned, to begin in term 2 or 3	N/A
Tenpin	Friday	2:00pm – 3:00pm	Launceston Lanes	\$10	31/03/202 3 restarts 28/4/2023

# North Updates

## Hip Hop - Expressions of interest:

We are currently seeking expressions of interest for Hip Hop Dance! Bound to be so much fun, try this new form of dance in the north soon! **Contact Tomas McIntee [tom@newhorizonstas.org.au](mailto:tom@newhorizonstas.org.au) with your EOI or any questions you may have (please also state your preferred availability).**

## Champions program 2023:

After such a successful 2022 program we welcome back our Champions program for 2023. Sessions will begin on Monday April 17th, at New Horizons Tasmania and will run for 8 weeks. This program is open to all New Horizons members and former graduates, come and see what all the fuss is about! The program has been designed to build self-confidence, develop leadership and coaching skills, unlock potential, to develop energy and passion, make deeper connections and friendships and create wider networks of mentors, connections and supporters. Best of all the program is FREE. **Please reach out to Tomas McIntee [tom@newhorizonstas.org.au](mailto:tom@newhorizonstas.org.au) to register for Champions and for more program information.**

## Online sessions:

Join the Sport & Rec team online Monday nights for plenty of fun & laughter! From 7:30pm – 8:30pm meet new friends state-wide to catch up on what everyone is doing, play Kahoot, spot the difference, treasure hunts, guided drawing and much, much more! **Join via the link: <https://us06web.zoom.us/j/82060972771> or check out our Facebook page each Monday.**

## Conversations - Expressions of interest:

We are currently seeking expressions of interest for Conversations! Hosted by the lovely Maryann & Angie at the relaxed Grain of the Silos Café, Monday afternoons for conversations. This program will restart once we get more EOI. Aims of the program are to introduce specific topics to the group, maintain & extend topics of discussion and to of course enjoy each other's company while learning new conversational skills. **Contact Tomas McIntee [tom@newhorizonstas.org.au](mailto:tom@newhorizonstas.org.au) with your EOI or any questions you may have.**

## Ballroom Dancing - Expressions of interest:

We are currently seeking expressions of interest for Ballroom Dancing Program and Competition! Ready for competition in the Launceston Ballroom Blitz Dance Sport Festival, Saturday, 13th of May at Summerdale Primary School (82 Stanley street, Summerhill). Doors fees for spectators are; adults \$25 and U/16 are \$15, pay at the door. Doors open at 12:30pm first event at 1:00pm. There is an all-abilities competition, coaching in the lead up to the competitions, date and time TBC dependent on EOI. **Contact Tomas McIntee [tom@newhorizonstas.org.au](mailto:tom@newhorizonstas.org.au) with your EOI and for more information any questions you may have.**

# South Updates/Autumn Calendar

There's been some quality sessions lately in the South with so many skills being showcased! Our fun and inclusive sporting activities are focused on reducing barriers to participation and promoting physical activity for all. What is always important though is the focus on the social wellbeing aspect to what we do - enjoying each other's company on and off the sporting field of play! With this season coming to an end already (where has the time gone!?), a well earned break will be followed by a jam-packed Autumn program with AFL training and Season 2 of the Champions program commencing! Any enquiries regarding our Southern programs and initiatives and volunteering opportunities, reach out to Stu - stuart@newhorizonstas.org.au

**We hope everyone has a great Easter break and holiday period! ☐☐**

Activity	Day	Time	Location	Cost	Important Dates
Basketball	Monday	4:30pm-5:30pm	83 Federal St, North Hobart	\$7	Last session 3 <sup>rd</sup> April, back 1 <sup>st</sup> May
AFL Training	Tuesdays	4:00pm-5:00pm	Cornelian Bay	\$7	First session 2 <sup>nd</sup> May
Tennis	Tuesdays	10:30am	Domain Tennis Centre, Queens Domain	TBA	Registrations essential
Lawn Bowls	Wednesday	10:00am-11:00am	North Hobart Community Bowls Club, Letitia St, North Hobart	\$2	Last session 5 <sup>th</sup> April, back on 3 <sup>rd</sup> May
Southern Champions Program	Wednesday	4:00pm-6:00pm	North Hobart Community Bowls Club, Letitia St, North Hobart	FREE	Starting 19 <sup>th</sup> April Registrations essential
Multi-Sport	Wednesday	4:00pm-5:00pm	83 Federal St, North Hobart	\$7	Last session 5 <sup>th</sup> April, back 3 <sup>rd</sup> May
	Thursdays	10:00am-11:00am			Last session 6 <sup>th</sup> April, back 4 <sup>th</sup> May
Ten-Pin Bowling	Thursdays	4:00pm	Zone Bowling Moonah	Appro x \$6 per game	Last session 4 <sup>th</sup> April, back on Thursday 4 <sup>th</sup> May
<b>COMING SOON</b>			<b>Social Dates</b>		
<ul style="list-style-type: none"> <li>• Junior Multi-Sports</li> <li>• Girls Only Program</li> </ul>			<b><i>Dinner Club – Wednesday 5<sup>th</sup> April, 5:15pm</i></b> Tasmanian Inn, 172 Campbell St, Hobart		



# North West Updates

## Dinner Club

**When:** Wednesday 5th April

**Time:** 5:30pm – 7:30pm

**Where:** Grand Neptune Hotel, 84 Main Road, Penguin

**RSVP to Katie 0408 146 973 by Monday 3rd April**

March has seen us welcome new members to our NW sessions. We welcome **Brody and Adam**, both gentlemen have consistently been attending our AFL sessions in Penguin and Adam is also enjoying basketball in Devonport. This month we also welcomed **Garth Johnstone** as a new volunteer to the NW region. Garth has been supporting our school gymnastics program in Devonport, he is a Penguin local and keen bus driver. Please welcome Garth when you see him at any of our events.

Thankyou to our families and support workers for your time and effort to support our members during Term 1, it does not go unnoticed and is very much appreciated ☺

Congratulations to **Jarrold Connelly** who has successfully navigated his way to his yellow belt with the Devonport Judo Club. New Horizons supported Jarrold in his pathway to Judo and he now consistently trains twice a week alongside the seniors. Jarrold is a hard worker and is extremely motivated to do his best at each training session.



## AFL

AFL concludes for Term 1 on Wednesday 29th March. I'd like to take this time to thank **Jack** for his coaching and the time he has invested in supporting our sessions. They have been well attended and enjoyed by all. Keep an eye out for future clinics and sessions as we continue to work in partnership with AFL Tas.



# North West Updates/Calendar

Activity	Day	Time	Location	Cost	
Basketball	Monday	2:15 – 3:00	Youth Centre, Devonport	\$5	Final session Monday 3 <sup>rd</sup> April Recommences May 1 <sup>st</sup>
Judo	Monday	5:00 – 5:45 (Beginners/Juniors) 5:45 – 6:30 (Juniors) 6:30 – 7:30 (Seniors)	Charles St, Devonport	\$8	Continuous
AFL	Wednesday	3:30 – 4:30	Dial Range Complex, Penguin <small>(Ground B)</small>	FREE	Final session Wednesday 29th March

## North West Champions 2023



After such a successful 2022, we welcome Champions 2023 to our program. Sessions will begin on **Wednesday 26th April**, at **Penguin Primary School** and will run for **8 weeks**.

**This program is open to all New Horizons members (past participants too) along with carers, family members and friends! 😊**

The program has been designed to build personal confidence, develop leadership and coaching skills, unlock skills, energy and passion, make deeper connections and friendships and create wider networks of mentors, connections and supporters.

**When:** Wednesday 26th April (8 weeks)

**Time:** 4 – 6pm

**Where:** Community Learning Centre (access via top carpark on old Penguin Primary School campus)

Please reach out to Katie Mitchell on 0408 146 973 for more information and to register your interest.

## Devonport Basketball

Devonport Basketball will have its **final session on Monday 3rd April**. We have seen significant growth in our numbers at this session and thank **Vionte** for the time he is taking from his day to support our club and members. Basketball will go into recess during the school holidays and will **recommence on Monday May 1st**.

