

OCTOBER 2023

NEWSLETTER



From our CEO

Welcome to October New Horizons Community,



I hope you're all doing well as we kick off the fantastic month of October. With the weather warming up, it's the perfect time to share some exciting news, warm wishes, and a few thoughts on what makes us who we are.

First things first, I'd like to give a huge shoutout to all our crew – the participants, volunteers, partners, and our amazing staff who made the Southern Multi-Sport Day an absolute ripper! It was a day packed with fun, adventure, and the thrill of trying something new. I'm pleased to hear that everyone had a blast exploring different sports and embracing the joy of being active. These are the moments that define the spirit of New Horizons Tasmania, and I reckon we should keep that fire burning and continue exploring new horizons together.

Now, let's talk footy! On October 8th, the Tasmanian AFL Inclusion Team is set to tackle the Nationals, and we couldn't be prouder. Your passion has been nothing short of legendary, and now it's your moment to shine. Remember, it's not just about the win, but the journey itself that makes us true champions. Believe in yourselves, stick together, and give it your all. We're right behind you, cheering our hearts out!

Behind the scenes, the New Horizons Board and I have been busy bees working on our updated strategic plan. Our goal is to steer this ship in the right direction, ensuring we're always evolving and improving to meet your needs. This plan is our compass for the exciting times ahead.

And speaking of what makes us tick, let's chat about our values. At New Horizons Tasmania, we live and breathe these four values:

Empowerment | Achieving dreams: We're all about helping you reach for the stars and turn your dreams into reality.

Health | We're improving people's wellbeing: Your wellbeing is our top priority, and we're here to support your journey towards a healthier, happier life.

Innovation | We're doing things better: We're not ones to rest on our laurels; we're always looking for smarter, more effective ways to make a positive impact.

People | We care: Above all else, we care about you, our community. You're not just participants; you're family.

As we dive into October with fresh energy and our eyes on the horizon, let's keep that adventurous spirit alive, remember our values, and continue making waves together. There's so much more to come, and I can't wait to share it all with you.

Thanks for your support, and here's to a fantastic month ahead!
Belinda

October Birthdays



1st - Bethany Hallows

3rd - Sharon Peck

4th - Abbie Morton

9th - Dom Vittori

10th - Clinton Williams

11th - Stewart Hatton

14th - Nicole Pirlot & Lorna Wilson

15th - Vicki Fleming

17th - Karen Terry

18th - Callum Harper & Michael Parbs

19th - Jarret Green (30!)

20th - Laura Gugliotti

24th - Alexander Walker

22nd - Janine Frankcombe

27th - Jarratt Lamont & Bobby Young

29th - Alice Fullerton & Harry Kitto

30th - Emma Breen

31st - Stephanie Groves & Nathan Kitto

HUGE apologies to Robyn Hanson (20th) and Hannah Syms (12th) for missing your Birthdays last month. We hope you both had a SUPER day!

Condolences

Sadly we acknowledge the recent passing of Graeme Page. Graeme has always been a loyal, generous supporter and friend to everyone at NHT. His loss will leave a huge gap and our thoughts are with Anne and the Page family. We also acknowledge the recent passing of Glenn O'Brien. Our thoughts are with Glenn's family at this tough time.



Congratulations



Kerry Finch received his OAM at Government House on Friday 8th September. We recognise Kerry as a long-term supporter of NHT and part of our family. Congratulations also to member **Nic Heames** who received the Most Outstanding Athlete with a Disability at the Tennis Tasmania awards held on Saturday, 16th of September.



Congratulations to members **Kelly Austin, Jason Cooper, Nic Heames, Scott Crowden, James Colhoun, Connor Sheppard & Michael**, who participated in the Tasmanian PWII Open on September 2nd & 3rd in Launceston. Special mentions to Scott Crowden and Jason Cooper for winning the doubles event and to Scott Crowden for winning his singles event.

Member highlights of the month!



Congratulations to **Hannah Syms** (right) for stepping up and comforting a member during our junior song & dance program during September. Well done and thank you Hannah for the care and kindness you show for others. **Lyn Tanner** (left) and **Joanne Wallace** were among our members who did the Women's 5K run/walk for Breast Cancer on Sunday 10th September. Well done to all who participated in this worthy fundraiser. Lyn also showed us the work she has been doing in model making - great work Lyn!



Online sessions - Come & Try!

Our online sessions are for everyone and include:

- Kahoot
- Trivia
- Quizzes
- Guided drawing
- Much, much more!

Join our member's online Zoom sessions every Monday night 7:30 – 8:30pm. Hosted by our Sport Coordinators – Tom, Cam, Stu and Katie – these chats are great fun, where you can connect with friends and meet new New Horizons members state-wide. Go to the NHT Facebook page every Monday for the link. Contact your local coordinator with any questions or if you would like some help joining 😊



NORTH Program updates

Conversations

We are thrilled to announce that our Conversations program is recommencing in the north. Join Maryann & Angie at the relaxed Grain of the Silos Café, Monday afternoons from 4:00pm – 4:45pm from October 23rd. Feel free to purchase a drink or bite to eat to enjoy while at the program. 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.

Golf Program

There are spots still available in our golf program. Join us Tuesday afternoons 2:00pm – 3:00pm at WillFit Golf, Invermay. Join us for interactive games or take on a course from around the world and learn new skills from specialised coaches. Plenty of fun, at the cost of \$20 per session.

Please contact Tomas McIntee tom@newhorizonstas.org.au or call the office on 6326 3344 to register for northern programs.

Dinner Club North

Come and join us for a meal on Thursday 26th October, 6.00pm at Alchemy Bar and Restaurant, 90 George Street, Launceston. Family members are welcome; please mention numbers when you are booking. Call the office on 6326 3344 to book.

Craft – extra sessions for Christmas Market

NHT will be having a stall at the Christmas Market that is taking place at the Silverdome on 25th and 26th of November 2023. To prepare inventory for the stall, Craft will continue to run through the two-week holiday break. Sessions will commence at 10am and finish about 3pm. Come any time during this time and stay for an hour or the whole time, whatever suits. We will also be looking for volunteers to help on the stall. We will be doing a roster, so no one will be expected to stay for the whole time (8.30am to 4.00pm). So, if you can spare a couple of hours on either the 25th or 26th of November, please contact Kim Butterworth email – kim@newhorizonstas.org.au or call the office on 6326 3344.

NORTH-WEST News

Term 3 for New Horizons North West was all about embracing new experiences through the Creative Arts! During Term 3, we ventured into the world of Visual Art, Singing and Performing Arts, experiencing the many benefits of engaging in recreational activities. Through guest artist workshops and the courage to step out of their comfort zones, our members discovered the thrill of artistic exploration.

This term we also met Jase who is the owner of Athlete 42. He has warmly welcomed our members to his gym of a Tuesday afternoon and boy have they been put through their paces. Jase runs the sessions in a circuit style manner with individual needs thoughtfully being taken into consideration. Be prepared to raise your heart rate and get the blood pumping. At \$8/session spots are still available for Term 4 so please reach out to Katie on 0408 146 973 for more information.

Term 4, we welcome Jack Anders back to New Horizons for AFL Skill sessions in Penguin. These are held free of charge at the Dial Range Sports Complex (Ground B) of a Wednesday afternoon 3:30 – 4:15pm.

Basketball (Devonport) and Gym Fitness resume October 16th & 17th respectively.

Our Christmas break up is scheduled for Wednesday December 6th from 5 – 7pm. Further details to follow.

Awards Night - Please complete the survey!

We want to hear from you, members! Please take the time to answer this short 5- question survey, with the aim being to hear what you'd like from our 2024 Awards Night - barriers, preferred dates/times and general feedback! If you can spare 3-5 minutes to fill it out, we'd be so grateful.

<https://www.surveymonkey.com/r/FYR2NGY>

SOUTH News

It's been a busy month for the South with a number of activities and events, highlighted by the Southern Multi-Sport Day on Saturday 9th September. It was great to see so many southern faces at this event, but also to have many members from across the state. We thank the greater north (members, families, the designated drivers and carers) for supporting the event and making the trek down the highway. Not only did the 30+ strong participants across the day make the event what it was, it was the connection and fun we had on a social level that was the most enjoyable.

It's also been great to launch into our school engagement program in the South with sessions taking place at New Norfolk High School. Stu, Cal and Cam are having an absolute blast getting to know the students and teachers and providing some safe inclusive sporting options for the students (some who are showcasing some serious talent!)

Finally, it was great to recently attend the Hobart Gearing Up Disability Expo and meet a wide range of organisations and potential new members across the day. It is refreshing to hear how many people know who we are and what we provide to our communities and we have hopefully opened a lot of doors to potential partners and connections down here – onwards and upwards!



NORTH-EAST News

We've been working on ball activities and some indoor bocce this season. The last day of programming for season 3 is on Monday, September 25th held in the stadium before the school holiday break. Take care, Vicki 😊

September highlights



“The absolute highlight from my week was stepping in to run the painting class. The members created some beautiful mixed media projects and I had an absolute ball sharing something I love doing with others. Colby, Hannah and Samantha all created beautiful projects and I think they had fun doing it.” - Kim



North-West members putting their creative hats on for a fun performing arts session!

NORTH Season 3&4 Calendar

Activity	Day	Time	Location	Cost	Important Dates
Gym/Fitness	Mon	11:15am -12:15pm	MyGym, Launceston	\$7	Continues through School Holidays
Boccia	Mon	12:15pm – 2:15pm	Max Fry Hall, Trevallyn	\$7	Last session September 25 th , back on October 16 th
Conversations	Mon	4:00pm – 4:45pm	Grain of the Silos Café	Cost of an afternoon tea/drink purchase	Recommences on October 23 rd
Cricket	Mon	4:00pm – 5:30pm	Invermay Park, outdoor nets	\$7	TBA
Contact Tom – tom@newhorizonstas.org.au about all North Programs					
Rebound Therapy	Mon	5:15pm – 6:15pm	PCYC	\$17	Last session September 25 th , back on October 16 th
Craft	Tues	10:00am – 11:30am	New Horizons	\$7	Continues through School Holidays
Model Making	Tues	10:15am – 11:30am	New Horizons	\$7	Last session September 26 th , back on October 17 th
Song & Dance	Tues	2:00pm – 3:00pm	M.Wimmer's Dance Studio, Youngtown	\$7	Last session September 26 th , back on October 17 th
Golf	Tues	2:00pm – 3:00pm	WillFit Golf, 81 Gleadow St, Invermay	\$20	Last session September 26 th , back on October 17 th

Junior Song & Dance/Choir	Tues	3:30pm – 4:30pm	St Michaels	\$7	Last session September 26 th , back on October 24 th
Futsal	Tues	4:00pm – 5:00pm	Uni Gym	\$7	Last session September 26 th , back on October 17 th
Taekwondo	Tues	6:00pm – 6:45pm	Newstead College	\$7	Last session September 26 th , back on October 17 th
Tennis	Wed	4:00pm – 5:00pm	AIC Tennis Club	\$7	Recommences on October 18 th
Swimming Lanes	Wed	5:30pm – 6:30pm	Launceston Aquatic Centre	\$7	Last session September 27 th , back on October 18 th
Swimming Program Pool		6:30pm – 7:30pm			
AFL	Wed	6:00pm – 7:00pm	Windsor Park	\$7	Last session September 27 th
Painting	Thurs	10:00am – 11:30am	New Horizons	\$7	Last session September 28 th , back on October 19 th
Hip Hop Dance	Thurs	2:00pm – 2:30pm	Dance Academy 34	\$7	Last session September 28 th , back on October 19 th
Tenpin	Fri	1:30pm – 2:30pm	Launceston Lanes	\$10	Last session September 29 th , back on October 20 th

NORTH-WEST Season 3&4 Calendar

Activity	Day	Time	Location	Cost
Basketball	Monday	2:15 – 3:00pm	Devonport Recreation Youth Centre, Forbes St, Devonport	\$5
Judo	Monday Monday/Thursday	5:00 – 5:45 (Beginners/Juniors) 5:45 – 6:30 (Juniors) 6:30 – 7:30 (Seniors)	Devonport Judo Club Charles St, Devonport	\$8
Gym Fitness	Tuesday	2:15 – 3:00pm	Athlete 42 2 Flora St, West Ulverstone	\$8
AFL	Wednesday	3:30 – 4:15pm	Dial Park Sports Complex (Ground B) 1 Dial Park Rd, Penguin	FREE

SOCIAL EVENTS

Christmas Celebration

Wednesday December 6th 5 – 7pm. Details to follow.

SOUTH Season 3&4 Calendar

Activity	Day	Time	Location	Cost	Important Dates
Basketball	Monday	4:30pm- 5:30pm	83 Federal St, North Hobart	\$7	Last session 25 th Sep, back 16 th October
AFL Training	Tuesdays	4:00pm- 5:00pm	Cornelian Bay	\$7	Last session 26 th Sep then finished for 2023
Lawn Bowls	Wednesday	10:00am- 11:00am	North Hobart Community Bowls Club, Letitia St, North Hobart	\$2	Last session 27 th Sep, back on 18 th October
Multi-Sport	Wednesday Thursdays	4:00pm- 5:00pm 10:00am- 11:00am	83 Federal St, North Hobart	\$7	Last session 27 th Sep, back 18 th October Last session 28 th Sep, back 19 th Oct

COMING SOON – stay tuned!

- Junior Multi Sport
- Summer Tennis Program
- Cricket try-out session
- Ten-pin bowling sessions



You're invited to New
Horizons Tasmania's spooky

HALLOWEEN PARTY

Tuesday
31st October
6pm – 8pm



NHT club rooms
292 – 294 Invermay Rd

RSVP by Friday 6.10.23 to the office on 6326 3344

SAVE THE DATE - 2023 AGM

The 2023 New Horizons Tasmania Annual General Meeting will be held on Thursday 16th November 2023 at 4.00 pm at NHT Clubrooms, 292-294 Invermay Road, Mowbray, or online through request. Come along and 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 nominating for the Board, please contact the office for more information.