

# New Horizons Tasmania February Newsletter 2024

## CEO Notes

Dear New Horizons Tasmania Community,

Happy New Year to each and every one of you! I trust that the festive season brought you joy, laughter, and well-deserved relaxation. As we embark on this fresh chapter in 2024, let's kick it off with a burst of positivity and enthusiasm.

I'm thrilled to share that our staff members have completed their Mental Health First Aid training. It's a significant step towards ensuring the well-being of our members and volunteers. Opportunities will arise throughout the year for all of you to join in and acquire these vital skills. Together, we'll create a more supportive and compassionate community.

Our cricket enthusiasts had a ball at the Cricket Inclusion Nationals, and I couldn't be prouder of their performance. Tasmania finished as runners-up, a remarkable achievement! The team made us proud not only with their sporting ability but also with their fantastic individual awards. For more on this incredible journey, dive into next month's newsletter. I would also like to make mention of the players that took initiative to help find sponsors for the Team, thank you – Harry Colgrave, Kobe Arrowsmith & Bailey Menzies.

A huge shout to Liam Devlin – Coach for the past 7 years. Liam has committed so much time and expertise to the role and we are forever grateful.

As I type these words, the Tasmanian Ivor Burge Basketball Nationals are underway. To the dedicated basketball team, we wish you all the best. We're cheering for your success, and we can't wait to hear all about the tournament.

Our Annual Awards Night is just around the corner, and we're eagerly looking forward to celebrating the achievements of the past year with all of you from across the State. It's a night to honour dedication, resilience, and the spirit of our NHT family. Book your tickets now!

Hold onto your hats because we're rolling out some exciting new opportunities! From sports to recreation to social gatherings, we've got a range of fresh options coming your way. Stay tuned for more details on these fantastic additions to our community.

It is with heavy hearts that we bid farewell to one of our beloved members, Donna West, who passed away suddenly. Donna was an incredible soul who radiated positivity and love. She lived life to the fullest, reminding us all to dance like no one is watching and always choose kindness. She will forever remain in our hearts, and her legacy will continue to inspire us.

"Life's greatest treasures are the people we journey with. Cherish each step together." As we dive into February and the rest of the year, let's cherish the moments we create together, for they are the true gems of our New Horizons adventure.

Warmest wishes, Belinda



## February Birthdays

2nd	Ashley Seddon, Scott Schilg
4th	Amos Jackson, Pari Haribhakth, Vicki Forsyth, Hayden Hill
5th	Matt Bowen, Harry Colgrave
6th	Bradie-Lee Skeggs, Craig Blaschke
9th	Callum Ring
13th	Teal'c Burnett
14th	Michael Kroczewski
16th	Ashlee Stanwix
17th	Emily Young
19th	Simon Peck, Logan Richardson
20th	Meg McGrath
23rd	Fred Fullerton
24th	Chris Wallis
25th	Phil de Jong
26th	Finn Hilder (21!), Kim Butterworth, Frankie Burnett, Helen Hooker
27th	Riley Nolan, Indiana King

## Congratulations

The Charles Mansfield Award from Blueline Laundry was awarded to Duncan Rattray in recognition of outstanding work performance and achievement, excellent team work, attitude and willingness to assist others. Well done Duncan!

## 2024 Membership Payments Due

To participate in NHT Sport & Recreation sessions you must be a financial member.

Adult \$40

Junior \$34

Family \$70

Payment can be made at the NHT office in person, by direct debit or by credit card over the phone.

## Diary Dates

**Awards Night:** 24th February at Country Club Ballroom.

**Cycle Challenge:** 24th March at Prospect Vale Park.

**Carol Tanner Swimming Carnival:** Sunday, March 3rd from 9:30am - 1:30pm at the Scottsdale Aquatic Centre. To express your interest please contact the office. Registration details to follow.



*You're invited to celebrate with us at the annual*

# AWARDS NIGHT

**SATURDAY 24 FEBRUARY, 2024**

## Bush n Biscuits

Bush 'N Biscuits bushwalking adventure at Cradle Mountain will be held from **15th - 17th March** at a cost of **\$90pp**.

### Key dates:

- Monday 5th March @ 5pm: Camp briefing at NHT
- Monday 12th March @ 5pm: Pack check at NHT

**For more information on what to pack, the menu and itinerary, please contact Lorna Wilson at [johnlornawilson@bipond.com](mailto:johnlornawilson@bipond.com)**

## Vale Donna West: 17/3/1968 - 20/1/2024



***“Let music surround you. Let it warm your heart. Those who sing in harmony never grow apart.”***  
- Unknown



We were incredibly saddened to learn of the unexpected passing of Donna West in late January, however we feel blessed to have had more than three decades of joyful memories starring this wonderful human.

Donna was one of our longest-serving NHT members, joining in 1988 just before turning 20, and she was a much-adored friend to so many in 'The Club'. She will be missed more than we can say.

Donna has been at the heart of NHT life, participating in many activities including Bocce and Indoor Bowls, where she represented her State and Country. But it was musical performance that was her passion. Donna sang with gusto, danced like a pro, and had such a huge stage presence with that warm, beaming smile. It was this smile, along with her kind and open heart, that helped her connect so naturally with many.

Donna, even during her own more challenging times, was someone to be counted on. She was always the first to offer help whenever it was needed, and we looked on with admiration at the strength and resilience she showed after losing her dear Mum, Merle a few years ago. If you were a close friend, you would already know that Donna had really been living her 'best life' of late. She was active, involved and happy, leaving a strong and lovely legacy for us all.

A caring team member, dedicated athlete, inspiring performer and generous ambassador, Donna was a joy-giver. We send our love and comfort to her dear family and friends.

If you feel like you need some extra support at this sad time, please do reach out ❤️

## New Members

We welcome three new South members: **Logan Lawson**, **Lachlan Barns** and **Ned Cooke**.

## North News

**Dinner Club:** No Dinner Club in February due to Awards Night.

## North West Updates

Welcome to a brand new year filled with exciting possibilities! The upcoming months promise a wealth of opportunities and unforgettable experiences within our beloved New Horizons Club. Whether you're a returning member or joining us for the first time, we're thrilled to have you as part of our vibrant community. Here's to a fantastic year ahead! - Katie

## South News

We look forward to seeing our members, families, guardians and support workers at some of our new and upcoming programs for 2024! A big thank you to all of our volunteers that assisted with our programs throughout 2023.

**Dinner Club:** Monday 26th February 6pm (venue TBA). RSVP to Stu or Jen.

**End of Month BBQ and Bowls:** Friday 23rd Feb 4:00pm @ the North Hobart Community Bowls Club. Register with Stu or Jen if you are coming! \$7 per person.



Our New Norfolk Primary School Engagement Program concluded with Tabloid Sports and Art and Craft. The students appeared very excited to decorate and paint a large 3 metre cardboard tree or decorate individual present bags. Some quotes from New Norfolk Primary School students:

"I liked painting the tree and making a special bag. Everyone was so nice to me and I felt happy" (Tilly, 10yrs)

"I liked playing cricket because it was fun. The people who ran it did such a good job and I could hit it as hard as I could." (Macally, 10yrs)

"I loved doing bowling and the pickleball because you could do it by yourself and you can also help others if they need it. I helped Barry when he needed it because he couldn't hit the bowling pins so we did it together." (Finley, 9yrs)

Our Southern staff team and volunteers will be updating their First Aid Certificates in March 2024. We look forward to seeing our members, families, guardians and support workers at some of our new and exciting programs for 2024.

# North Season 1 Calendar

ACTIVITY	DAY/TIME	LOCATION	COST
Programs commencing on <b>Monday 15th January</b>			
Gym/Fitness	Mon 11.15am - 12.15pm	MyGym	\$7
Programs commencing on <b>Monday 5th February</b>			
Boccia	Mon 12.15pm - 2.15pm	Max Fry Hall	\$7
Programs commencing on <b>Monday 12th February</b>			
Rebound Therapy	Mon 5pm - 6pm	PCYC	\$19
Programs commencing on <b>Tuesday 13th February</b>			
Craft	Tues 10am - 11.30am	NHT Clubhouse	\$7
Model Making	Tues 10.15am - 11.30am	NHT Clubhouse	\$7
Song & Dance	Tues 2pm - 3pm	M. Wimmer's Dance Studio	\$7
Golf	Tues 2pm - 3pm	WillFit Golf	\$20
Junior Song & Dance/Choir	Tues 3.30pm - 4.30pm	St Michaels	\$7
Futsal	Tues 4pm - 5pm	Uni Gym	\$7
Programs commencing on <b>Wednesday 7th February</b>			
Tennis	Wed 4pm - 5pm	AIC Tennis Club	\$7
Programs commencing on <b>Wednesday 14th February</b>			
Swimming (Lanes)	Wed 5.30pm - 6.30pm	Launceston Aquatic Centre	\$7
Swimming (Pool Program)	Wed 6.30pm - 7.30pm	Launceston Aquatic Centre	\$7
Programs commencing on <b>Thursday 15th February</b>			
Art	Thurs 10am - 11.30am	NHT Clubhouse	\$7
Hip Hop Dance	Thurs 2pm - 2.30pm	Dance Academy 34	\$7
Programs commencing on <b>Friday 16th February</b>			
Tenpin	Fri 1.30pm - 2.30pm	Launceston Lanes	\$10

Contact Tom at [tom@newhorizonstas.org.au](mailto:tom@newhorizonstas.org.au) for information on all North Programs.

## North West Season 1 Calendar

ACTIVITY	DAY/TIME	LOCATION	COST
Programs commencing on <b>Monday 15th January</b>			
Judo	Mon 5pm - 5.45pm (beginners) Mon 5.45pm - 6.30pm (juniors) Mon/Thurs 6.30pm - 7.30pm (seniors)	MyGym	\$8
Programs commencing on <b>Monday 12th February</b>			
Basketball	Mon 2.15pm - 3pm	Devonport Rec Youth Centre	\$5
Programs commencing on <b>Tuesday 13th February</b>			
Gym/Fitness	Tues 2.15pm - 3pm	Athlete 42, 2 Flora St	\$8
<b>TBC</b>			
AFL	TBC	Dial Park Sports Complex (Ground B)	FREE

Contact Katie at [katie@newhorizonstas.org.au](mailto:katie@newhorizonstas.org.au) for information on all North West Programs.

## South Season 1 Calendar

ACTIVITY	DAY/TIME	LOCATION	COST
Programs commencing on <b>Monday 12th February</b>			
Junior Basketball	Mon 3.30 - 4.30pm	83 Federal St, North Hobart	\$7
Basketball	Mon 4.30 - 5.30pm	83 Federal St, North Hobart	\$7
Programs commencing on <b>Tuesday 20th February</b>			
Pickleball	Tues 4.30pm - 5.30pm	Glenorchy YMCA	\$7
Aqua Aerobics	Tues 6.30pm - 7.30pm	Clarence YMCA	\$7
Programs commencing on <b>Wednesday 14th February</b>			
Lawn Bowls	Wed 10am - 11am	North Hobart Bowls & Community Club	\$2
Junior Multi-Sport	Wed 3.30pm - 4.30pm	83 Federal St, North Hobart	\$7
Multi-Sport (after school)	Wed 4.30pm - 5.30pm	83 Federal St, North Hobart	\$7
Programs commencing on <b>Thursday 22nd February</b>			
Multi-Sport (day)	Thurs 1pm - 2pm	83 Federal St, North Hobart	\$7
Song & Dance	Thurs 1pm - 2pm	Glenorchy YMCA	\$10
Programs commencing on <b>Friday 16th February</b>			
Sailability	Fri 10.30am - 12.30pm	Kings Pier Marine Gate, behind Muirs	\$12

Contact Stu at [stu@newhorizonstas.org.au](mailto:stu@newhorizonstas.org.au) for information on all South Programs.



## Mental Health First Aid Workshop: A message from Stu

Hi NHT team and happy new year!

For those who don't know, I am also employed and work with Lifeline Tasmania for which I have become a licensed Mental Health First Aid instructor for the last 12 months. January (the quieter time before programs recommence) gave me the opportunity to train some of our NHT staff to become Mental Health First Aiders!

The two-day workshop runs through an action plan which guides participants by forming a connection when someone may be struggling with their mental health. It is about showing empathy, actively listening with no judgement, offering support, and providing hope for recovery for someone. It's so awesome that our team has built on their skills to be able to help anyone we work with and support in the community including our family and friends.

If you would like more information, or if this course is of interest to you, please reach out to me as we plan on running some more Mental Health First Aid courses for the New Horizons community in 2024!

Cheers and looking forward to the year ahead! - Stu



# Inclusion Netball Come & Try Day

Great Inclusion Netball sessions were held at the end of January - more sessions coming soon!



- 📍 Launceston - Silverdome
- 📍 Devonport - Devonport Recreation Centre
- 📍 Hobart - Hobart Netball & Sports Centre

Let s know if you are interested - call the NHT northern office on 63263344 or email [info@newhorizonstas.org.au](mailto:info@newhorizonstas.org.au) .

## Expressions of Interest: NW Assistant Coordinator



### Are you NHT's next Callum?

**WE ARE  
HIRING**

This is Callum Ring.

Callum is our South Assistant Coordinator.

He says "I was very reluctant at first, but I thought I'll give it a shot" and "I've learned a lot more self confidence and self esteem and it's really raised my spirits."

We're seeking expressions of interest from New Horizons members and/or community members with lived disability experience for the North West Assistant Regional Coordinator role.

- 8 hrs/week
- Location: North West Tasmania (Devonport & Ulverstone)
- The successful candidate will work alongside and under the management of Katie, our NW Full-time Regional Coordinator.

Send your expressions of interest to [cameron@newhorizonstas.org.au](mailto:cameron@newhorizonstas.org.au)