

The background is a collage of various images related to Tasmania, including a coastal town, a bridge over water, a church, and people walking. Overlaid on this is a white outline map of Tasmania. A dashed line with a blue circle at its center connects the top and bottom of the map, passing through the 'CENTRAL CONNECT' text.

CENTRAL CONNECT TASMANIA

Wellbeing Week

21st- 30th June 2021

More information found at
[@centralconnecttas](#) on



21st
June



volunteering
TASMANIA

Introduction to Volunteering in the Central Coast

Time: 1pm - 2pm

Place: Online via Zoom

Cost: No Cost

Interested in volunteering in and around the Central Coast? In this online introduction session participants will hear about the benefits of volunteering, what is involved in volunteering, how to become a volunteer, and the types and places to volunteer in the Central Coast and surrounds.

[REGISTER HERE](#)



How to have a 26TEN chat

Time: 11am - 12pm

Place: Ulverstone Surf Club –
Binni Room

Cost: No cost

Bookings essential via Eventbrite

Have you ever noticed someone you know lacking confidence with their reading, writing or maths? Perhaps they seem anxious regarding filling in a form, avoid writing anything down, or 'leave their glasses at home' a lot?

You can start a conversation that encourages them to seek the help they need to make their lives a little easier.

We will provide you with the steps you need to have a chat with someone who needs help with their literacy or numeracy. The guide will help you get started and give you the confidence to broach the subject.

[REGISTER HERE](#)

**CENTRAL
CONNECT**
TASMANIA



22th
June

Community Health Literacy Training

Presentation with Ulverstone
Secondary College students

This training will help participants to learn how to access, understand, evaluate information for their own health literacy and to communicate relevant information to young people in the Central Coast.





CaféLab



UNIVERSITY of
TASMANIA

**22nd
June**

The psychology of living well:

What works to enhance
wellbeing and resilience

Time: 5:30pm - 7pm

Place: Gnomon Pavillion,
Ulverstone Wharf Precinct

Cost: No cost

Bookings via Eventbrite.

Come along and quiz our expert panel in an informal environment about what it is like living in isolation, living through a pandemic and how we best look after ourselves and one another.

Facilitated by *Prof, Judi Walker -Rural Clinical School, UTAS*

Panel:

Prof. Kimberley Norris -School of Psychological Sciences, UTAS

Dr Emil Djakic -GP, Patrick St Clinic

Dr Samuel Brandsema - Final year GP training

[REGISTER HERE](#)

**CENTRAL
CONNECT**
TASMANIA





**richmond
fellowship
tasmania**

**22nd
June**

Just Move Exercise Program

Time: 1pm - 2pm

Place: Athlete 42 gym,
2 Flora Street, Ulverstone

Cost: No cost

Bookings essential - via either,
Eventbrite or email

Circuit based exercise session for participants with lived experience of mental ill-health.

Removing barriers to exercise such as cost, transport, social anxiety and providing a safe secure space to exercise with two trainers/support workers.

email - nadiac@rftas.org.au [REGISTER HERE](#)

**CENTRAL
CONNECT**
TASMANIA



22nd &
29th
June



Dementia-Friendly Central Coast
the reassurance, the promise

Connect Cafe

Time: 10am - 12pm

Place: Wharf Precinct –
Gnomon Pavilion

Cost: By Donation

A pop up café, held Tuesdays for people living with Dementia and their carers to attend a safe space and connect with others in our community.

Drop in. No bookings required

CENTRAL
CONNECT
TASMANIA



Youth Voice Workshop

Self-care and Resilience

Students from across three of the Central Coast secondary schools will be participating in this activity.

Grd 7/8 students from across the Central Coast will come together to hear from keynote speaker - Kimberly Norris from UTas who's presentation will be focused on Self Care and Resilience.

Students will then get an opportunity to work on activities based on what self care and resilience mean to young people.



24th
June

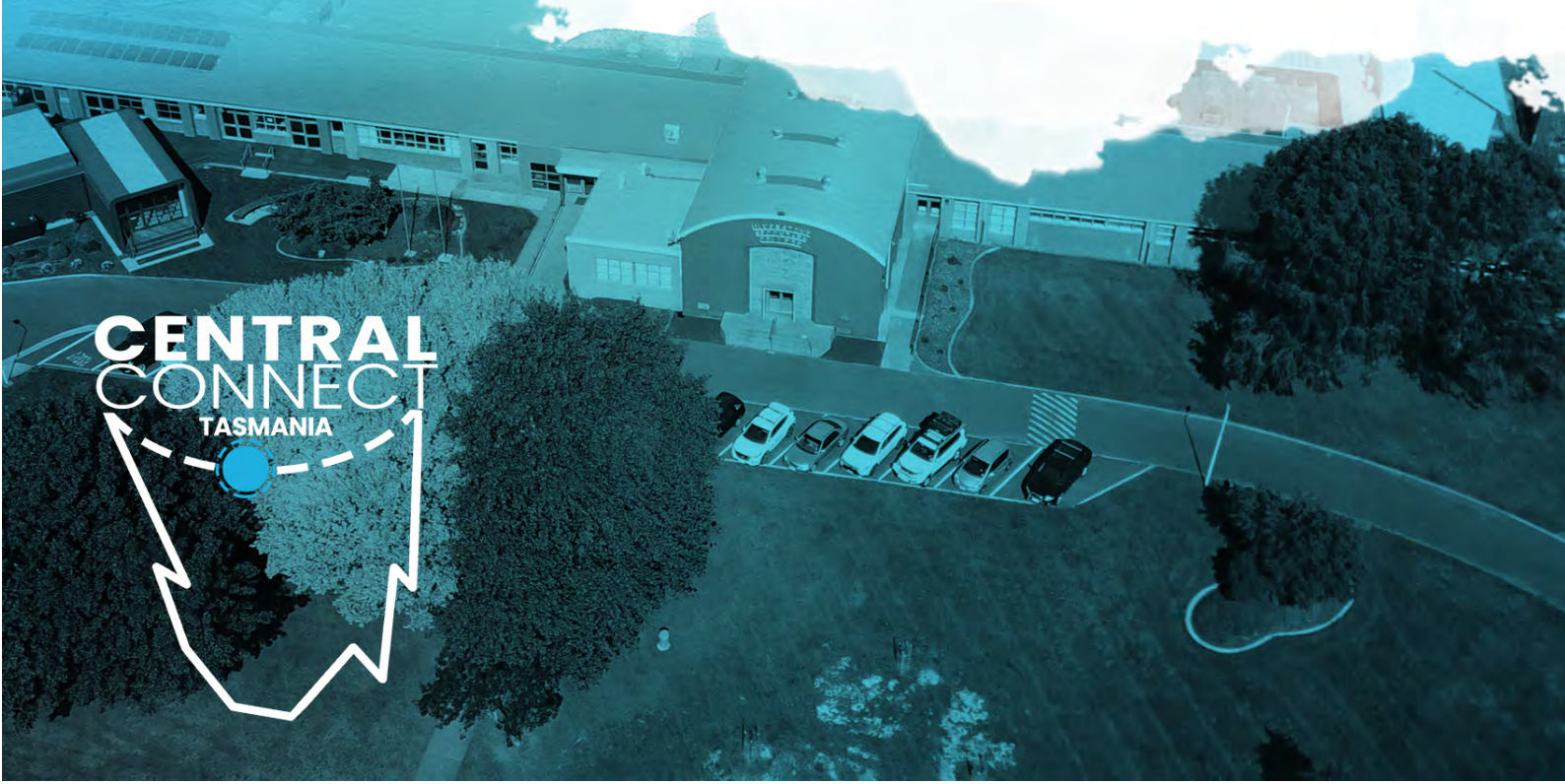


Headspace presentation & intro to Push Up Challenge

Presentation with Ulverstone
Secondary College students

Chat about the importance of mental health and wellbeing, talk about the purpose of push up challenge and the significance of each push up, promote headspace services to students

CENTRAL
CONNECT
TASMANIA



24th
June



richmond
fellowship
tasmania

Tas Tracks

Time: 10am - 12pm

Place: Lugana St, West
Ulverstone

Cost: No cost

Bookings essential - via either,
Eventbrite or email

This opportunity is for people with lived experience
of mental ill-health to head out bush walking.

[REGISTER HERE](#)

email - nadiac@rftas.org.au

**CENTRAL
CONNECT**
TASMANIA



25th
June

Central Coast Community Shed

Time: 9am - 1pm

Place: Community Shed,
Sports and Leisure Precinct
(Ulverstone Show Ground)

Cost: \$2

OPEN DAY - 25th of June

Activities at the Central Coast Community Shed through
the Mens Program.



25th
June

Live @ the Wharf Inc

Time: 5:30pm - 7:30pm

Place: Gnomon Room,
Ulverstone Wharf Precinct

Cost: \$5

No pre-bookings taken.

All types of music that makes you feel good, music that you can dance to, fellow music lovers that you can chat to and drinks available at bar prices.

**CENTRAL
CONNECT**
TASMANIA





25th
June

Wheelchair Basketball

Time: 6pm - 7:30pm

Place: Ulverstone Sports
and Leisure centre

Cost: No cost

Register your interest -

pdstassist@paraquadtas.org.au

Join us for a game of wheelchair basketball - sport
wheelchairs available for people without a disability
to join in.

Challenge your mates to a game!

All ages welcome

**CENTRAL
CONNECT**
TASMANIA



25th &
26th
June

#DOORSTOMENTORS

Mentor Training

Time: 9am - 2:30pm

Place: Ulverstone Sports &
Leisure Centre

Cost: No cost

Registration essential

Training provided for volunteers who would like to be a mentor for a young person in the Central Coast to explore and achieve their career aspirations.

Registration to be a mentor can be found at www.doorstomentors.org.au.

Registrations for the event via Eventbrite.

[REGISTER HERE FOR FRIDAY](#)

[REGISTER HERE FOR SATURDAY](#)

**CENTRAL
CONNECT**
TASMANIA





26th
June

Come & Try "Fit for Circus"

Time: 2pm - 5pm

Place: 7 Flora Street Ulverstone

Cost: \$5

Bookings essential via Trybooking

Introduction to the fundamentals of circus movements +basic fitness, fun & laughter. A movement class for adults, with or without experience, in a safe environment. Gives participants a chance to meet others and gain fitness & confidence whilst trying all circus disciplines.

[REGISTER HERE](#)

**CENTRAL
CONNECT**
TASMANIA





27th
June

Mindfulness in Nature

Time: 10:30am - 12:30pm

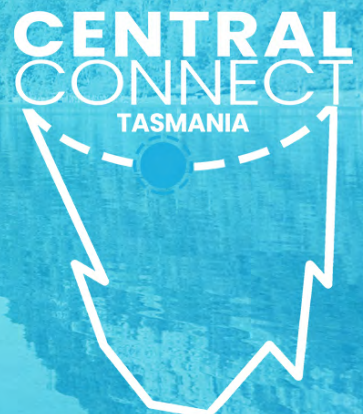
Place: RESEED Centre, Penguin
30 King Edward st, Penguin

Cost: \$5

Bookings essential via Email

Join me for a Mindfulness in Nature Session. Come stretch and explore with activities to help you be present in your body and the garden. Learn about how spending time nature can assist our physical and mental health. Guided activities can help us to slow down and reset stress levels. This is a taster for Forest Therapy practices run by certified guide, horticulturalist and Qi Gong Community leader- Elspeth Brock.

[REGISTER HERE](#)



29th
June

Community Health Literacy Training

Time: 4pm - 5:30pm

Place: Ulverstone Surf Club
(*Binni room*)

Cost: No Cost

You are invited to register for Community Health Literacy Training to support young people in the Central Coast. This is open to Doors to Mentors Mentees, Mentors, Families, Carers, Teachers and Supporters of young people.

Health literacy is fundamental if we are to manage our health and wellbeing successfully.

This training will help participants to learn how to access, understand, evaluate information for their own health literacy and to communicate relevant information to young people in the Central Coast.

This event is being held as part of Central Connect Wellbeing Week (21 – 30 June 2021). Central Connect is made up of a group of passionate community representatives, working to improve health, education and connection within the Central Coast municipality.

[REGISTER HERE](#)





**ASTHMA
AUSTRALIA**

**29th
June**

Breathe Easy with Asthma this Winter

Time: 12:30pm - 1:30pm

Place: Online

Cost: No cost

To register or for more information email
jtyler@asthma.org.au or call the Tasmanian
office on 03 9086 7866

Learn about asthma, its triggers, medications, device technique and how to manage winter with asthma. A live and free online presentation from Asthma Australia for people with asthma, their families, friends and carers

[REGISTER HERE](#)

**CENTRAL
CONNECT**
TASMANIA



29th
June



**LIBRARIES
TASMANIA**

Searching the Libraries Tasmania catalogue; and downloading free eResources.

Time: 2pm - 3:30pm

Place: Ulverstone Library

Cost: No cost

Bookings via Eventbrite.

In this session you will be shown how to download and use Libraries Tasmania's free apps - Libby (ebooks, eAudiobooks and magazines), and BorrowBox (free eAudiobooks).

Also, we'll show you how to make the most out of searching our catalogue and online resources.

Bring your tablet or smartphone along to this session.

[REGISTER HERE](#)

**CENTRAL
CONNECT**
TASMANIA

29th
June



RESEED

Renewable Energy,
Sustainability
Education & Enterprise
Development

Introduction to the Ongo Group

Time: 7:30pm - 9pm

Place: The RESEED Centre, 30 King
Edward St Penguin

Cost: No cost

Registrations via email -
hello@reseed.net.au

Practice listening with empathy. Speak your truth without judgement. Practice listening for universal human needs so that we can find connection even within conflict. This session will give a face to face introduction to the 12-week Ongo Group. The group will start in July and be conducted online using Zoom.

[REGISTER HERE](#)



30th
June



Beacon Foundation

MENTORS NEEDED!

Ulverstone Secondary College and Penguin District School are both hosting Beacon High Impact Programs (HIP) and we require 5 business mentors to support students at each program:

- Two to three hour commitment, with lunch provided.
- No preparation is required from you, our facilitator will guide you on the day to share your own career journey and any tips to young people on how to navigate the world of work.
- 25 students per day.

Program details:

Penguin District School
Wednesday 30th June
12.20pm to 2.30pm time commitment
Grade 9/10

Ulverstone Secondary College
Wednesday 30th June
11.20am to 2.30pm time commitment
Grade 12

Contact Kira Coghlan to register your interest:
kira.coghlan@beaconfoundation.org.au
0438 576 634



30th
June

ABCDEF
GHIJKL
MNOPQR
STUVWX
YZ 0 1 2 3
4 5 6 7 8 9

26TEN

Get the tools for life

Plain English Workshop

Time: 9:30am - 1pm

Place: Ulverstone Surf Club
(Binni room)

Cost: No Cost

This fantastic free workshop is suitable for businesses, community groups, and individuals.

You will learn how to communicate clearly, so your audience:

- Find what they need quickly
- Understand it easily
- Act on it if they need to

Whether you are writing a newsletter, emails or reports, or updating your Facebook page, this workshop is ideal for you. There will be hints, tips, and helpful resources to take away.

A light morning tea will be provided during the workshop.

[REGISTER HERE](#)

**CENTRAL
CONNECT**
TASMANIA



30th
June



YFCC

YOUTH, FAMILY
& COMMUNITY
CONNECTIONS

Mental Health Education Program

Presentation with Ulverstone
Secondary College students.

The team from YFCC will be putting on a mental health education program for year 11 students from Ulverstone Secondary College, that includes: looking after your mental health, the difference between mental health & mental illness, types of mental illness, stereotypes and stigma, and helping a friend or loved one if they have a mental illness or ill mental health.

**CENTRAL
CONNECT**
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