

TasRec Calendar: 2024

Term 2: 15 April – 5 July



How the Program Works

Week one from the 15 – 19 April is our taster week. Come along to all sessions and try them out! Then we have a 10 week term, commencing 22 April – 5 July where participants book into the 10 sessions for the activities they wish to attend.

Regular Programs Overview

<p>TasTracks</p> <p>Walks in and around Hobart with transport from Hobart or meeting at the walk location. A list of location starting points will be provided once participants have booked in.</p> <p>Venue: Patrick St / location</p>	<p>Open Arts</p> <p>Find new ways to express yourself, discover different ways to create or further develop your current creative skills. Includes painting, drawing, pottery.</p> <p>Venue: Patrick St</p>	<p>Just Move</p> <p>Movement is key to mental and physical health. Join in on this ability sensitive, circuit based exercise program with professional instructors guiding your increase in ability!</p> <p>Venues: 254 Main Rd, Derwent Park 3 Scott St, Bellerive</p>	<p>Yoga</p> <p>Classes with instructor Helen Cushing who specialises in trauma informed Yoga and working with participants with PTSD.</p> <p>Venue: Patrick St</p>
<p>Cooking</p> <p>Tantalise your taste buds affordably! Includes basic cooking skills, planning meals, shopping, snacks and participant led dishes.</p> <p>Venue: Patrick St</p>	<p>Social Group</p> <p>A chance to play board games, pool, play music and have a coffee and a catch up!</p> <p>Venue: Patrick St / TBC</p>	<p>Hanging With Horses</p> <p>Horses are keen observers are vigilant and sensitive to movement and emotion. They often mirror a person's behaviour or emotions, conveying understanding and connection that allows a person to feel safe.</p> <p>This also allows a person to maintain a sense of self-awareness, using the horse's behaviour and interactions for feedback and opportunities to check in and process what is happening in the moment.</p> <p>Interactions with the horses include feeding, brushing, safety briefings and options to move onto riding at a later stage.</p> <p>Limited numbers. Venue: TBC</p>	

Bookings

Phone: 1800 827 732
Email: referrals@richmond tas.com.au

Enquiries

Phone: (03) 6228 3344
Email: admin@richmond tas.com.au

Venue: Richmond Fellowship Tasmania
29 Patrick Street, Hobart
(Except TasTracks / Day Trip & Just Move)



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Regular Activities Timetable

DAY	WORKSHOP	LOCATION	TIME
Tuesday	Open Arts	Patrick St	10:00am – 12:00pm
	Yoga	Patrick St	2:30pm – 3:30pm
Wednesday	TasTracks / Day Trip	TBC	10:00am – 12:30pm
	Social Group	Patrick St	1:00pm – 3:30pm
Thursday	Just Move	Derwent Park	12:00pm – 1:00pm
		Bellerive	1:30pm – 2:30pm
Friday	Cooking	Patrick St	10:00am – 12:30pm
	Hanging With Horses	TBC	1:30pm – 2:30pm



If you cannot attend a session,
please text or call:

Vanessa: 0439 952 252

Scan the QR code to
send us your feedback



Venue: Richmond Fellowship Tasmania
29 Patrick Street, Hobart

