

# Living as a Senior in Launceston

## Newsletter

Edition 27, March 2023



### Mayor's Message

Welcome to the Autumn 2023 edition of Council's Living as a Senior in Launceston newsletter.

The past few months have certainly spoiled us for stellar events in Launceston. The City has seen the ever-popular Music in the Park series, along with the return of Festivale to our iconic City Park as a sold out three day event. This was closely followed by a further three days of Mona Foma's Summer festival of music and art.

Highlights of Mona Foma this year included a monster exhibition of art about 'coming-togetherness' in the Old Tafe building in Wellington Street and midnight church concerts.

The long weekend in March will see Ten Days on the Island joining forces with the Queen Victoria Museum and Art Gallery (QVMAG) to activate the Royal Park and Inveresk sites in poetic, dynamic, and thought-provoking ways. See the Events section of this newsletter for more information and the program link.

The State Government's recent re-commitment of a \$65 million redevelopment and expansion of the University of Tasmania Stadium was welcome news. The Stadium is a valuable asset for our community's growth and prosperity. A great example is the four Hawthorn Football Club AFL matches that have been secured for Launceston this season.

The games have a great track record of delivering far reaching benefits to our local economy, with Hawthorn playing Launceston-based home games since 2001.

Opening a new venue with a chainsaw was a first for me! But the exciting opening of the new Launceston Tool Library called for an equally exciting approach. The tool library provides a place where tools can be loaned to the general public in the same way books are borrowed from a library. Council has supported this project through our ABCDE Learning Site and with free WIFI through the Smart City project. The Library will help us as a community to share tools and equipment we might otherwise not need on a daily basis.

Creating a well-designed city for our community, residents, businesses and visitors is important work. The best way to understand your perspective is to ask for your input on specific projects. Council's community engagement program, *Tomorrow Together*, is currently inviting your feedback on the *DRAFT Launceston Urban Greening Strategy 2023-2040*. Further information about how to contribute is included in this edition of the newsletter.

I'm hoping to see you out and about this Autumn.

**Danny Gibson**  
Mayor



Ten Days on the Island and QVMAG join forces in 2023  
across Launceston's Cultural Hub  
Image credit: Futago + Milan Milojevic.

## Launceston Tool Library open for business

DIY jobs around the home are expected to become even more affordable with the opening of the Launceston Tool Library, a new initiative developed by The Shed (Veterans and Community Wood Centre) with support from the City of Launceston's ACBDE Learning Site program, the Federal Government along with the Rotary Club of Youngtown and Rotary Club of Kings Meadows.

After 18 months in development, the Launceston Tool Library's grand vision has come to fruition and Launceston now has a place where tools can be lent out to the general public in much the same way books are borrowed from a library.

Contact Launceston Tool Library for Membership information or further details.

[www.launcestontoollibrary.com.au](http://www.launcestontoollibrary.com.au) | Call: 0400 180 807

Email: [library@launcestontoollibrary.com.au](mailto:library@launcestontoollibrary.com.au)



## Launceston Aquatic Centre

It's never too late to learn something new! The Launceston Leisure & Aquatic Centre offers swimming lessons for all ages, and our popular Adult Swim School program caters for any stage of your swimming journey, from water familiarisation to stroke correction.

The program runs over six weeks for \$114 and entitles the participant to free aquatic entry for the duration of the program.

Our next [Adult Swim School program](#) will begin on Monday, 8 May, 2023. Places are limited and bookings will be available online from Monday 17 April 2023 or call the Centre 03 6323 3636.

For more information or to book, go to: [www.launceston.tas.gov.au/lac/Swim-School/Adult-Program](http://www.launceston.tas.gov.au/lac/Swim-School/Adult-Program)

## Launceston Central City

As Summer comes to an end and the seasons change, so too does our event calendar - and Launceston Central City has a real treat for you this Autumn.



Boutique Week is a series of events focussed on unique customer experiences. Expect giveaways, workshops, a mini wedding expo, new season fashion showcases, cooking demonstrations, bespoke VIP shopping experiences and more yet to be announced! There will also be walking tours of some of our favourite inner city hidden gems, so stay tuned for further information. Boutique Week will run between 20-25 March.

A part of Boutique Week, Super Sale Saturday, is the successor to Cityprom's Crazy Day. The event has been given a new lick of paint and a refresh, and is back bigger than ever for its 30th year! The event promises some incredible deals on the day from the 70+ participating businesses (and maybe a cheeky play-to-win prize). Bring the family along to enjoy the huge range of free kids' activities in the mall. Face painting, live music, caricature sketching, mini bumper cars and so much more will be on offer between 10am and 3pm, so mark your calendar for the Launceston sales event of the year!



For more information and to stay up to date, visit the Facebook page for Launceston Central City or the website [launcestoncentralcity.com.au](http://launcestoncentralcity.com.au)

# What's on at QVMAG ?

## *FaceTime: The stories and faces from St Giles 85 years*

**Queen Victoria Art Gallery at Royal Park  
18 February – 25 June 2023 | Free Entry**

In early 2020 when COVID-19 first struck, St Giles, an organisation forged from the 1937 polio pandemic, began collecting the oral histories and photographs of people connected to it 85 years later, with the work undertaken during a new pandemic, COVID-19.

As part of the project, former staff, board members, people living with a disability and supporters, were interviewed.

While art historian Bridget Sullivan Arkless gathered and transcribed all interviews, award-winning photographer, Scott Gelston, captured the individual portraits of each person.

Explore the stories and portraits of the Tasmanian St Giles community in *FaceTime*.



**Artist: Murray Fredericks**

## **Murray Fredericks: *Witness***

**Queen Victoria Museum at Inveresk  
18 February – 21 May 2023 | Free Entry**

Exclusively and for the first time in Tasmania, QVMAG is proud to showcase the works of multi-award-winning photomedia artist Murray Fredericks.

*Witness* brings together a selection of defining large-scale images drawn from Fredericks' personal collection.

Works span his acclaimed Salt, Icesheet and Hector series, showcasing the majestic and awe-inspiring environs of Lake Eyre, Greenland and the Tiwi Islands.

## *Artist+ Community Conversation: Leoni Duff*



**Queen Victoria Art Gallery at Royal Park  
Thursday, 9 March 2023 | 5:00 PM - 6:30 PM**

Join multi-award-winning Tasmanian artist Leoni Duff as she guides you through works by female artists on display at the Art Gallery at Royal Park. Starting from her own works and story, Leoni will explore the lives of the women behind works on display before embarking on an interactive group activity. **Free Entry.**

## *Vintage Camera Workshop with Angela Casey: film, photography and print*



**Date: 25-26 March, 10am - 3pm**  
[www.qvmag.tas.gov.au/Whats-on/Events](http://www.qvmag.tas.gov.au/Whats-on/Events)

# Tomorrow Together

*Tomorrow Together* is City of Launceston's call to action to the community, business, and industry to work together to create well-designed city while tackling the big challenges facing Launceston.

Our first Urban Greening Strategy will set the City's strategic vision for a resilient, connected and diverse urban forest, contributing to the health and wellbeing of our community and to the creation of a vibrant, liveable and sustainable city.

However, the Urban Greening Strategy, vision and targets cannot be delivered by Council using public lands alone. Greening our city will require a community-wide approach, with participation from organisations, businesses, individuals, to also encourage greening of private land.

Find out more about the *DRAFT Launceston Urban Greening Strategy 2023-2040* at:

[www.tomorrowtogetherlaunceston.com.au/urban-greening-strategy](http://www.tomorrowtogetherlaunceston.com.au/urban-greening-strategy) Consultation closes 31 March 2023.



## Top Tips for Carers

As your family becomes older you may find yourself in a caring role. To help you with this important role, free, tailored support and planned respite can be organised via the Carer Gateway. This aims to give you time to balance your caring responsibilities and manage your own wellbeing so that you can continue to be there for those for whom you care.

Tailored support packages are designed to provide you with services and support specific to your needs to help you in your caring role. You may be able to get:

- planned respite, where a service provider steps in to take care of your family member or friend while you take a break
- cooking and cleaning services
- assistance with shopping
- transport, to help you do things like go to medical appointments or do shopping
- services or equipment to help with your education – for example, tutoring, educational supplies, or training courses.

To speak with your local service provider call Carer Gateway | 1800 422 737 | Monday-Friday, 8am-5pm and select option 1.  
[www.carergateway.gov.au/tailored-support-packages](http://www.carergateway.gov.au/tailored-support-packages)

*Note: This is for carer support. The information below is about care for the person needing aged care.*

## COTA Update

### Care Finder service launched

Care Finder services are funded by the Australian Government to help people find and connect with aged care services in their local area. Council on the Aging (COTA) Tasmania is pleased to have been engaged by Primary Health Tasmania to deliver care finder services in Tasmania.

COTA have now begun delivering Care Finder services in a limited capacity and will gradually increase our available services in the coming months.

In previous years COTA has successfully supported Tasmanians to navigate the aged care system and find care through our participation in the Aged Care System Navigator. COTA are very pleased to be able to recommence delivery of these services which are so valued by older people and their supporters.

Our Care Finders are located in south, north and north western regions of the state. No referral is needed. Simply call 6135 3265 or email [admin@cotatas.org.au](mailto:admin@cotatas.org.au)

## Older Voices for Change

### Tell your elder abuse story to help others

If you are an elder abuse survivor, you may be able to change lives and communities by telling your story.

COTA Tasmania is collaborating with Engender Equality to train elder abuse survivors to become Older Voices for Change. This may include sharing your story in the media or speaking at public events to raise awareness of elder abuse.

As an Older Voice for Change, you are fully supported by our staff to share your story if and when you are ready.

And you are supported to tell only as much or as little of your story as you want, either anonymously or using your name: it is always your choice.

People with diverse backgrounds and identities are warmly encouraged to apply.

## Older Voices for Change



If you would like to find out more or apply to join Older Voices for Change, please email: [lynm@cotatas.org.au](mailto:lynm@cotatas.org.au) | Call 6231 3265

Or go to the website:

[www.cotatas.org.au/programs/elder-abuse-prevention/older-voices-for-change/](http://www.cotatas.org.au/programs/elder-abuse-prevention/older-voices-for-change/)

## Contact Us

### Customer Service

Town Hall | 18-28 St John Street | Launceston  
Ph: 6323 3000 | Emergencies (24hrs) 6323 3333  
Email: [contactus@launceston.tas.gov.au](mailto:contactus@launceston.tas.gov.au)  
Opening Hours: Monday to Friday 8.30am - 5pm

**Find Help** is TasCOSS's online site to help you find community support, health, welfare, wellbeing, activities and more.  
Web: [FindHelpTAS.org.au](http://FindHelpTAS.org.au)

### National Relay Service (NRS)

If you have a hearing or speech impairment, phone the NRS on 1300555 727 and ask to be connected to 6323 3000.  
Or visit [www.relayservice.com.au](http://www.relayservice.com.au)

# Living as a Senior

What's on in Launceston this Autumn?

## MARCH 2023

**Launceston & Henley Regatta** | Rowing  
Royal Park | 4-5 March | 8am-3pm

**Big Day OOT and Highland Dancing Comp**  
City Park | 4 March | 8:30am - 3pm

**Soggy Bottom Cardboard Box Boat Regatta**  
First Basin Swimming Pool | 5 March | 9am-4pm  
[www.soggybottomregatta.com.au](http://www.soggybottomregatta.com.au)

**Ten Days on the Island** | Various venues  
10-19 March More information at:  
[www.tendays.org.au/program/](http://www.tendays.org.au/program/)

**Dinner and a Movie** | Civic Square | 17 March |  
4:30pm - 9:30pm | <https://allevents.in/launceston>

**Movie Night at Mayfield**  
Torren Street Park | 18 March | 6pm-9pm

**World Street Eats**  
Civic Square | 19 March | 11am - 3pm

**Community BBQ - Rotary Club of Youngtown**  
Alma Street Park | 19 March | 11am - 2pm

**Priscilla Queen of the Desert - The Musical**  
Princess Theatre | 16 March - 1 April

**The British Verse Invasion (Part 2) - Grand Evenings Poetry** | Theatre North at Grand Chancellor | 31 March

**Southern Sky Astrophotography: 2022 David Malin Awards** | QVMAG - Inveresk | 1 Feb - 30 Apr

**Face Time: The stories and faces from St Giles 85 years** | QVMAG - Royal Park | 18 Feb - 25 June

**ArtRage** | QVMAG - Royal Park | Annual exhibit of the top works from young Tasmanian artists studying Art Production or Art Studio Practice in Year 11 & 12.

### What's On for the whole family?

**Events** - [www.launceston.tas.gov.au/events](http://www.launceston.tas.gov.au/events)  
**QVMAG** - [www.qvmag.tas.gov.au/whats-on](http://www.qvmag.tas.gov.au/whats-on)  
**Princess Theatre** - [www.theatrenorth.com.au](http://www.theatrenorth.com.au)  
**Launceston Leisure & Aquatic Centre**  
- [www.launceston.tas.gov.au/lac](http://www.launceston.tas.gov.au/lac)

## APRIL 2023

**Launceston Alive Children's and Families Festival** | Riverbend Park | 8 April | 11am - 2pm

**A Taste of Ireland** | A prominent Irish Dance show  
Princess Theatre | 21 April | 7:30pm

**Don McLean | 50th Anniversary Tour**  
Princess Theatre | 26 April | 7:15pm

**Shake Rattle 'n' Roll | 50's/60's Rock 'n' Roll**  
Princess Theatre | 28 April | 7:30pm



**FindHelp**

TAS

FindHelpTAS is an online directory of community services for all Tasmanians

## MAY 2023

**School of Rock** - St Patrick's College  
Princess Theatre | 3 -5 May | various times

**CATS** - Launceston Church Grammar School  
Princess Theatre | 12 -13 May | various times

**Sing-a-Long A Sound of Music** | Australian Musical Theatre Festival at Princess Theatre | 18 May | 7:00pm

**Ghost Light** | A theatre tour with a difference. with unprecedented access to the stunning Princess Theatre. Stories come to life through history and song, culminating in a special intimate performance on stage, lit only by the ghost light | 19 May | 8:00pm

**The Sound of Musicals** | Australian Musical Theatre Festival at Princess Theatre | 20 May | 8:00pm

### Help our environment

Please email us if you would like to receive this newsletter, your rates notice, and other useful updates by email. It is better for our environment and will help Council work towards becoming carbon neutral.



# ST ANDREWS CALEDONIAN PIPE BAND 90TH ANNIVERSARY

**SATURDAY  
4TH MARCH**



## **BIG DAY OUT**

St Andrews Caledonian Pipe Band will be joined by bands from around the state to celebrate 90 years of continuous playing in Launceston...

Massed Pipes & Drums March & Parade / Highland Dancing / Highland Food & Drinks  
Band & Clan History Displays / Medieval Display / Photos with Jamie & Claire Fraser  
Free Face Painting

**Launceston City Park 10am - 3pm**  
**Free Entry**



## **CELEBRATION CEILIDH**

A night of music, dancing, food & drinks with St Andrews Caledonian Pipe Band current & past members with The Bottom Pub Ceilidh Band...

St Andrews Performances with Current & Previous Players / Join in the Ceilidh Dancing  
Highland Dancing Displays / Kitchen Piping Competition / Raffles & Door Prizes

**Hotel Grand Chancellor Launceston 7pm - 11pm**  
**Tickets: [eventbrite.com.au](https://eventbrite.com.au)**



City of  
**LAUNCESTON**

**eventbrite**