

Living as a Senior

in Launceston

Newsletter

Edition 18, December 2018



Mayor's Message

Welcome to the final edition of Council's Living as a Senior in Launceston Newsletter for 2018.

The City of Launceston has had another busy few months with many developments and initiatives happening throughout the city. We celebrated the 2018 Seniors Week in October with two free events, Speed Chats and Morning Tea at Lilydale District School and the Seniors Morning Tea and Information Session in Civic Square, with each event being a huge success.

For Tasmanian football fans, there is plenty to look forward to following the 2019 AFL fixture release. The season will kick off with a blockbuster pre-season clash on Sunday 9 March and a Sunday afternoon match on 28 April, both between Hawthorn and Carlton at UTAS Stadium. We are also very excited about hosting our first AFLW match this season.

I'd like to take this opportunity to remind our seniors of some of the existing services Council has on offer such as free Active Launceston physical activity programs, free Tiger Bus service, rates remissions & SmartCards for pensioners. This SmartCard provides access to free parking in several car parks for one session per week and is also pre-loaded with \$80 credit to use at the Waste Centre.

We also offer a waste collection service for people with disabilities or injuries.

In other news, the Ravenswood community recently came together to celebrate their new Ravenswood sign which was created by residents and organisations within the community. The project is part of the City of Launceston's ABCDE (asset based community driven effort) Learning Site which Council has been delivering throughout Ravenswood in 2018. The sign idea came from Sharon Leonard, a long-time resident of the suburb and I commend Sharon for her incredible vision which has been warmly received by the community.

Last, I'd like to extend a thank you to all of our senior citizens for your contribution in making Launceston such a great place to be. I wish you all a safe and happy Christmas and new year.



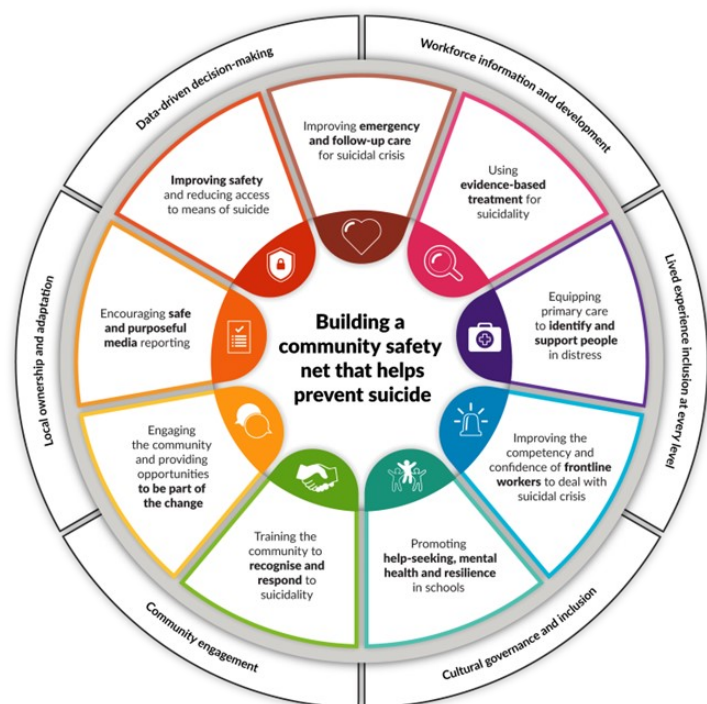
Albert van Zetten
Mayor



Launceston Suicide Prevention Trial

As a part of a national trial program the City of Launceston, with support from Primary Health Tasmania, is working with a range of community stakeholders to deliver activities aimed at reducing suicide and the impacts that suicide can have. The Black Dog Institute's LifeSpan suicide prevention framework is being used which combines nine strategies that have strong evidence for suicide prevention into one community-led approach.

Although thoughts of suicide may impact anyone, this trial will focus on men aged 40 to 64 years (who have the highest rate of suicide in Tasmania) as well as men and women over the age of 65, of which Tasmania has the highest proportion in the country. When it comes to suicide prevention, we all have a role to play to create an environment where we can reduce risk factors to suicide and promote the protective factors that make us more resilient. Members of the community can get involved and support this initiative across Launceston to promote awareness and local engagement. To find out more about how you can get involved, please email us at SuicidePrevention@launceston.tas.gov.au



Music in the Park 2019

Family fun, for free!
City Park Train House of Bounce

**EVERY SUNDAY IN JANUARY 2019
+ AUSTRALIA DAY
12.30pm to 2.30pm
City Park Rotunda, Launceston**

Special event
Music in the Gorge
**SATURDAY 2 MARCH 2019
11am to 3pm**

 **City of LAUNCESTON**

Anyone seeking support and information about suicide can contact

Lifeline 13 11 14

Suicide Call Back Service 1300 659 467

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services 000.

What's on in Launceston

December 2018 - February 2019

LAUNCESTON NIGHT MARKET Friday 7 December Civic Square, 5pm - 9pm www.facebook.com/launcestonnightmarket	NICHE MARKET Fri 7 and Sat 8 December Albert Hall, various times www.stgiles.org.au/niche-market	RIDGES ON ROYAL Fri 7 and Fri 14 December 4pm - 9.30pm Royal Park
THE LEGEND OF MOWGLI Friday 14 December 1pm and 7pm Princess Theatre www.theatrenorth.com.au	HOBART TWILIGHT MARKET Friday 14 December Civic Square 4pm - 9pm www.facebook.com/HobartTwilightMarket	SUMMER MOON COUNTRY FESTIVAL Saturday 15 December Josef Chromy Wines, Relbia 12pm - 8.30pm www.josefchromy.com.au/summer-moon
CAROLS BY CANDLELIGHT Sunday 23 December City Park 7pm www.launcestoncarols.com	BEER FEST NEW YEARS EVE Monday 31 December Royal Park 4pm - 12.30am www.launceston.beerfestivals.com.au	MUSIC IN THE PARK Sundays and Australia Day in January in the City Park 12.30pm - 2.30pm www.launceston.tas.gov.au
MOFO LAUNCESTON Sun 13 - Sun 20 January Various locations & times www.mofo.net.au	FESTIVALE Fri 1 - Sun 3 February City Park, various times www.festivale.com.au	OUTDOOR LIFESTYLE EXPO Fri 1 - Sun 3 February 9am - 5pm UTAS Stadium
SYMPHONY UNDER THE STARS Saturday 23 February City Park, 7pm www.tso.com.au/symphony-under-the-stars	JOHN WILLIAMSON -THE BUTCHERBIRD TOUR Saturday 23 February Princess Theatre 8pm www.theatrenorth.com.au	SKY RACING LAUNCESTON CUP Wednesday 27 February Jellico Street, Launceston www.tasmanianturfclub.com

Markets

HARVEST MARKET Car Park, 71 Cimitiere Street, Launceston. Saturdays

MAX MAKERS MARKET Max Fry Hall, 60 Gorge Road, Trevallyn. Monthly on a Sunday

LILYDALE VILLAGE MARKET Memorial Hall, Main Road, Lilydale. Second Sunday of the month

LAUNCESTON ESK MARKET Launceston Showgrounds, Forster Street, Invermay. Every Sunday

PENNY ROYAL DESIGNER MARKET Penny Royal World, 1 Bridge Road, Launceston. Third Sunday of the month

Queen Victoria Museum & Art Gallery

ON SHOW at the Art Gallery

2 Wellington Street, Launceston

To 3 Feb 2019

Artist and the Collection: Material Memories
- Susan Buchanan, Janine Combes, Penelope Davis, Eli Giannini, Robyn Pelan and Sarah Stubbs

10 Nov 2018 to 24 Feb, 2019

Mandy Hunniford: The Midlands: Whimsy and Pathos

24 Nov 2018 to 17 Feb 2019

The National Picture: The Art of Tasmania's Black War

19 Jan 2018 to 24 Mar 2019

Raquel Ormella: I hope you get this

ON SHOW at the Museum

2 Invermay Road, Invermay

15 Dec 2018 to 23 Apr 2019

ArtRage 2018 Collection - Tasmanian pre-tertiary students

Sun 25 Dec CLOSED

During January both sites will close at 5pm instead of 4pm daily

Phone 6323 3777

www.qvmag.tas.gov.au

How prepared are you for a bushfire?

It's that time of the year again and it's really important to have a Bushfire Plan prepared and well understood by family and friends. The safest option should a bushfire be likely to threaten your property is to leave early and avoid danger. Leaving early is always your safest option.

When will you leave? What will prompt you to go? A fire danger rating of catastrophic or extreme? On these days leaving early is the safest option for you and your family. Days rated catastrophic or extreme are the worst conditions for bush or grass fires. Fires on these days are likely to be uncontrollable, very fast moving and unpredictable with aggressive flames extending high above buildings and tree tops. Plan to leave many hours before the fire reaches your property to avoid being caught in smoke, embers, the fire or on a congested road. Most people who die in bushfires are caught in the open, either in their car or on foot because they've left their property too late.

If you have animals and pets re-locate them early to a safe location with a friend or relative away from the fire area.

Visit the Tasmania Fire Service website for more detailed advice. www.fire.tas.gov.au

Contact Us

Town Hall Christmas and New Year Operating Hours

CLOSED Mon 24 December
from 3pm - Tues 1 Jan

Normal hours resume Wed 2
Jan 8.30am

Customer Service

Town Hall

18-28 St John Street
Launceston

Phone 6323 3000

contactus@launceston.tas.gov.au

National Relay Service

The City of Launceston is
National Relay Service (NRS)
friendly. If you have a hearing
or speech impairment, call us
through the NRS and ask to be
connected to 6323 3000.