

TAMAR VALLEY

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Year 10 students mark the opening of 'The Den'.
Picture: supplied

Exeter safe space opened

EXETER High School has opened a new safe space, The Den.

The area is linked with the HOPE video series by the West Tamar's Youth Advisory Council, which aims to raise awareness about key issues for young people.

Issues highlighted include body image, bullying, mental health and peer pressure.

The Den is geared towards providing a resource point for students to access support, health and wellbeing information and details for social workers, youth workers and peer mentors.

The safe space area was developed by year 10 students at Exeter High School, with the aim of building a better understanding of mental health for them and their peers.

West Tamar mayor Christina Holmdahl highlighted the importance of these kinds of resources.

"We want to erase the stigma of mental health through open conversation, mentorship and team building," Cr Holmdahl said.

— HARRY MURTOUGH



CUTTING IT: Brewer Brett Coulson CEO and founder Justin Turner at Tamar Ridge, Rosevears. Picture: Paul Scambler

Turn at Whisky Week

BY HARRY MURTOUGH

DESPITE only being officially open for a number of months, Rosevears' Turner Stillhouse is maturing itself to be a participant in Tasmanian Whisky Week.

Tasmanian Whisky Week celebrates the best of Tasmania's whisky industry, with many Northern distilleries showcasing their award-winning crafts.

Turner Stillhouse founder and chief executive Justin

Turner said even before opening up shop in Tasmania, Whisky Week was on the company's mind as an event of interest.

"It has been on our radar for the past few years," he said.

"We are extremely excited to finally be participating."

Though the distillery has yet to release a whisky due to the ageing period, the business as released their Three Cuts Gin to keep people's thirst sated in the meantime.

Mr Turner said the distillery plans to have a whisky available in time for the whisky celebrations in August.

"We look forward to having a batch of our new make whisky ready for this year's Whisky Week and further production to occur significantly after thereafter," he said.

Turner Stillhouse joins the litany of whisky businesses in Northern Tasmania building the area's whisky notoriety.

"The whisky distillers in

Northern Tasmania have been extremely supportive and we frequently collaborate on ways to collectively grow the industry," Mr Turner said.

"The craft spirits industry continues to grow in Tasmania, and the North until recent times has generally been under represented and the northern distilleries are meeting the increasing demand from locals and visitors."

Being located on the site

of the Tamar Ridge Cellar Door has been extremely advantageous for the distillery according to Mr Turner, as it allowed the business to diversify tourists palettes while they enjoy the valley's wine route.

"We find that visitors on the wine route were looking for other experiences and we believe we are helping fill that void with our craft spirits," he said.

"There's magic in these beanies"

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