



## You could be eligible for the **Commonwealth Home Support Programme**

If you are an older person aged 65 years and over (50+ years for Aboriginal/Torres Strait Islander) who requires entry-level support services to continue living independently and safely in your home, you may be eligible for support.

### **Services include:**

- Social support
- Meals and Food Preparation
- Home and Garden Maintenance
- Personal Care
- Continence Advise
- Domestic Assistance
- Dementia Advisor
- Transport

### **How to access these services?**

Contact MY AGED CARE by phoning 1800 200 422 or going online to - [www.myagedcare.gov.au/help-at-home](http://www.myagedcare.gov.au/help-at-home)

Complete a self-assessment online or over the phone. *Commonwealth Home Support is different to Home Care Packages*, Commonwealth Home Care is entry level care and not means-tested.

## What's on in December?

Tues 3 - Int. Day of People with a Disability

Thursday 5 - International Volunteer Day

Sat 7th - Finch Hatton Markets

Sun 8th - Eungella Markets

Mon 9th - FH Progress Association meeting

Wed 11th - Finch Hatton Christmas Party

Every Friday - Grassroots in Finch Hatton

Wednesday 25 – Christmas Day

Thursday 26 – Boxing Day (holiday)



## Did you know?

As a Pioneer Valley community member you have free access to:

- \* Computers / internet access
- \* Printing facilities
- \* Free Wifi

Visit Finch Hatton's Mackay Advocacy next to The Criterion. Open Monday to Friday (unless out in community). **We'll be closed from Monday 23 Dec for the Christmas break, returning Monday 6th January.**

# Community Notice Board



Email your events and employment opportunities to [valleyassist@mackayadvocacy.com.au](mailto:valleyassist@mackayadvocacy.com.au)

WELLNESS WITHIN REACH

## ADD NATURE



### Exercise Physiology and Wellness program

Funded sessions may include hiking, stand-up paddleboarding, Pilates, Tai Chi, boxing for fitness, women's health programs, fall prevention, health and nutrition.

Register with [trissi@mackayadvocacy.com.au](mailto:trissi@mackayadvocacy.com.au)

## Earth Side Yoga classes

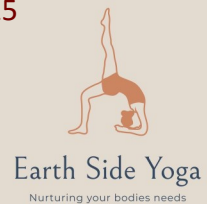
### Finch Hatton Central

9am Monday - Thursday - \$15

8.30am Saturdays \$5

### Eungella Town Hall

10.30am Saturdays \$15



To reserve your place, text: 0431 220 790

or email: [earthsideyoga@gmail.com](mailto:earthsideyoga@gmail.com)

[www.earthsideyoga.com.au](http://www.earthsideyoga.com.au)

## ARE YOU CONCERNED ABOUT SOMEONE'S ALCOHOL OR OTHER DRUG USE?

**Breakthrough for Families Qld** supports families and loved ones of individuals experiencing substance-abuse. **Free Community Information Sessions** on Alcohol and Drug abuse are held - **First Friday of every month at Drug Arm Mackay**  
10am to 12noon, Level 2 Suite 204  
45 Victoria St, Mackay

## ACTIVE IN THE REGION

## GROUP FITNESS \$5pp

**Mirani Community Hall  
Tuesday 9:15am**

ALL FITNESS LEVELS WELCOME  
CHILDREN WELCOME TO PLAY WHILE YOU WORKOUT  
BUT REMAIN YOUR RESPONSIBILITY

ph: 0401 539 676  
email: [leah-1984@hotmail.com](mailto:leah-1984@hotmail.com)  
facebook: [nourished health and fitness](https://www.facebook.com/nourished.health.and.fitness)



## Community Craft Wednesday



10am to 1pm every Wednesday  
Mackay Advocacy in Finch Hatton

For the month of December we'll be decorating Christmas baubles, come along and have a go. Young ones must be accompanied by an adult.

**Dow's Creek Hall  
2pm - 9pm  
Sunday 15th December  
16 Bourkes Rd, Dows Creek,**

2 water slides  
Games  
Ham Wheels  
Christmas craft  
BBQ dinner  
Santa's visit  
Christmas songs/carols



SAVE THE DATE