

Get involved & create a chain-reaction

World Kindness Day Wednesday Nov 13



- Leave someone a note or send them a message just to say hello and send your love and appreciation.
- Let someone know you're grateful. Say thank you and acknowledge any kind actions .
- Be kind to yourself by doing something you really enjoy - make the time to go for a walk, listen to music or relax with a good book.

See www.staykind.com.au for more ideas

Accessible communication:
connect, include and empower



Disability Action Week

24 November to 1 December 2024

www.qld.gov.au/daw



**Finch Hatton's
Community Christmas Party**
Wednesday 11 December
from 4pm at the Criterion Hotel
Finch Hatton

What's on in November?

Sunday 10th - Eungella Market Day

Monday 11th - Remembrance Day

Mon 11 - FH Progress Association meeting

Thursday 14 - World Diabetes Day

Thursday 21 – ECDA meeting from 6.30pm

Saturday 30th - ECDA's Christmas Party

Nov 23 to Dec 1 – Social Inclusion Week

Nov 24 to Dec 1 – Disability Action Week

Change your thinking Change your world

Join me at
innerBoy.au

Just 30 minutes
for 30 days

*"Being a professional athlete
in the NRL for over a decade
I learnt first hand that my mental
fitness is equally as important
as my physical fitness.*

I am proud to be a man in my
family who broke the cycle of
violence and I know **innerBoy**
can help you too."

- Faamanu Brown



innerBoy.au

FREE men-tool health app

Innerboy is a FREE men's mental health app that provides 30 days of guided support and healing. Innerboy advocates for mental well-being, emotional literacy and the prevention of family violence.

Did you know?

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

- * Computers / internet access
- * Printing facilities
- * Free Wifi
- * Tech assistance

Visit Finch Hatton's Mackay Advocacy next to The Criterion. Open Monday to Friday (unless out in community). Call 0456 922 492 to check times and availability.

Community Notice Board

Email your events and employment opportunities to valleyassist@mackayadvocacy.com.au



Mobile Library fortnightly visits

Finch Hatton opposite Old Rail Station
2:30- 4:30pm, Wed 6th and 20th Nov

Eungella Goodes Lookout
2pm – 4pm, Thursday 7th & 21st Nov
Perfect for after-school visits!

Council's Mobile Library Van is set to continue fortnightly visits to our region - please make sure you support this valuable service by visiting Kai and 'Parker' the van.

WELLNESS WITHIN REACH

ADD NATURE



Exercise Physiology and Wellness program

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

Register with trissi@mackayadvocacy.com.au

Eungella Community Christmas Party

Saturday, November 30th

The Hub - 13 North St, Eungella

Join us from 5pm for children's games, a visit from Santa, dinner served from 6.30pm and a free disco to follow!

Traditional Christmas Dinners are jus \$15 per adult, children are free! Dinners must be pre-booked by Friday, November 22. Call 0419 711 724 to advise names and numbers (adults/children).

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
facebook: [nourished health and fitness](https://www.facebook.com/nourished.health.and.fitness)



Community Craft Wednesdays



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

Have a craft you'd like to share with others? Contact us!
valleyassist@mackayadvocacy.com.au

House Cleaner and Driver
required for aged care
clients in Eungella.

Casual, part-time job.
\$45-50/hour for cleaning and
90c/km for drivers.

Candidates do require their own ABN,
police check and business insurance.
Contact Beryl on 0497 337 858 for info.

EMPLOYMENT