



Valley Industries Ltd

Helping people to help themselves

July Edition 2021

VALLEY VIBES

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Astronaut me!

Recently Jeff Bezos has made a short journey to space, in the first crewed flight of his rocket ship, New Shepard. They travelled in a capsule with the biggest windows flown in space, offering stunning views of the Earth.



During Art we opened conversations about the magnificent possibilities of space and how it would feel to be able to travel and see the earth from above.

This sparked a project, how it would feel to be an astronaut.

Our art group together made 'astronaut me' and this developed into what else might be in space.

Some participants wanted to be an alien for a day. So they explored through art using hand prints with paint to design their alien images and cut outs of astronauts to create this amazing space display in the art room.



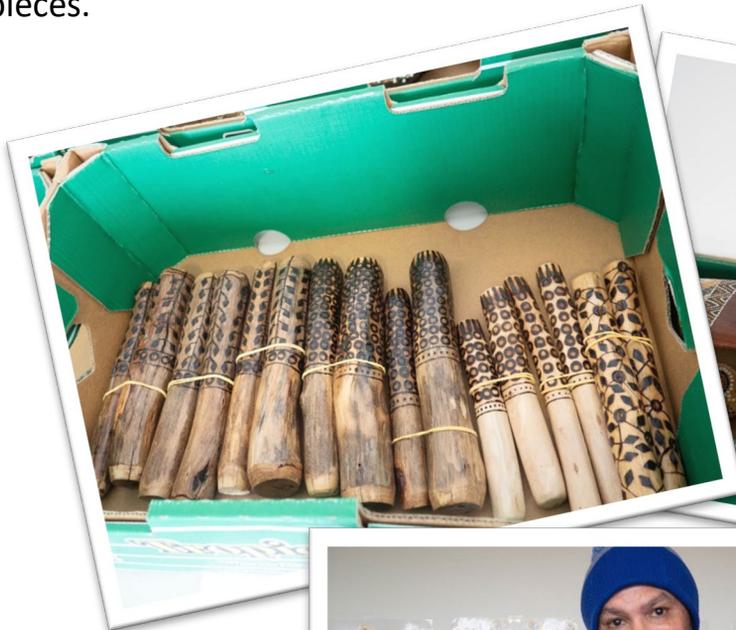


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Aboriginal Arts for NAIDOC

One of our participants, Brett, spends his spare time creating aboriginal art. Brett has done this as a hobby since he was a kid, so 30-40 years. He comes from the Bundjalung and Dunghutti people, which is north of Biripi where he learnt his craft. Brett sells his art and has plenty of stock ready to go at the moment. He even makes custom pieces.





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Active Group

Usually, it would be the Lawn Bowls going to their usual activity, but due to current restrictions – they had to find other ways of staying active, such as ball games and walking.



The group proceeded to do so by walking around the bicycle track as well as playing basketball and Footy



Physical activity is so important to all of us. It helps regulate moods, and keeps us strong and healthy.



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Upcoming Sports!

With the winter sports coming to an end. We have Twilight cricket on Tuesday nights starting soon as well as touch football and Mixed touch football on Friday nights at Wingham. If anyone would like to have a go, please get in touch at admin@valley-industries.com.au





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50th Anniversary Cancelled

We are very sorry to announce that due to Covid, we have had to cancel our 50th Anniversary Gala . The decision to cancel is not something the Board of Directors took lightly, the health and safety of our participants and staff is our top priority and they decided it was the safest course of action.





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Upcoming Social Events

Date	Event	
<p>Saturday 21st August</p> <p>9am – 3pm</p> <p>Name in by 6th August</p>	<p>Picnic Day Pilot Beach</p> <p>Bring Lunch money Or BYO Lunch</p>	
<p>Saturday 4th September</p> <p>9am – 3pm</p> <p>Name and money in by 16th August</p>	<p>Mystery Market Day</p> <p>BYO money for spending</p> <p>\$12 Gate entry</p>	
<p>Saturday 11th September</p> <p>9am – 3pm</p> <p>Name in by 3rd September</p>	<p>Wauchope Motorfest</p> <p>BYO Lunch</p> <p>\$25 entry</p>	
<p>Saturday 18th September</p> <p>9am – 3pm</p> <p>Name in by 10th September</p>	<p>Movie Day</p> <p>Bring money and BYO Lunch</p> <p>\$15 for movie and lunch</p>	