



Valley Industries Ltd

Helping people to help themselves

March Edition 2021

VALLEY VIBES

Helping people to help themselves

VALLEY YOUTH TURNS UP THE **heat**

Thomas and Josh have goals to increase their independence by learning to cook. They wanted to cook some cupcakes to share with friends and family. The boys had a huge laugh, made a big mess and ate half the mixture before cooking. Honestly, we are not sure how many cupcakes made it out of the kitchen, but we think we should encourage them to make cupcakes every day. They were delicious! Great job lads, can't wait to see what you accomplish next!





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Good News Stories

VALLEY SKILLS 4 LIFE ARE FEELING

THE BEAT

We are excited to bring you the story by Meaghan Payton of our new program 'Drumming Circle' at Valley Skills for Life.

Our participants would gather in an open area within the Skills for Life building to have a go at some Djembe Hand Bongo Drums.



While everyone else has had a bit of experience with music; I decided to join in as I've done a few Music classes in the past. Most notably during Year 7 or Year 8 at my high school – but they were more to do with the keyboard and the guitar than the drums.

I think I've done the drums back in the early 2010s with primary school where I was encouraged to have a go at the drums in our school band – in which involved these exact Djembe Hand Bongo Drums that I had a go with just under a decade later. I've also played the Melodica in that same band, very well. How time flies!



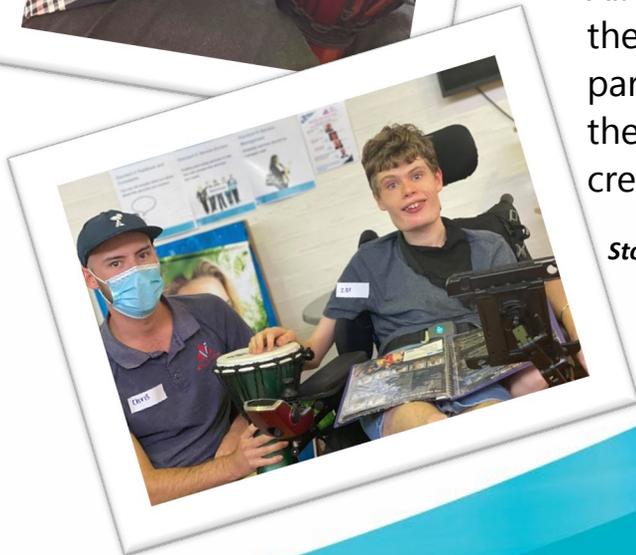


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Good News Stories

VALLEY SKILLS 4 LIFE ARE FEELING THE BEAT



In today's lesson, I was told to keep in time with the instructors and I could easily feel the beat as I continued to play it in time. Which means you had to hit the edge of the drum otherwise the tune would just feel 'dead' if you were to bang right in the middle of the drum.

Everyone seemed to enjoy the atmosphere when we conducted the activity of playing on these instruments. They were taught how to drum correctly before learning how to do simple rhythms. It was generally simple for me, but I really wanted to learn how the other participants would undergo this task. At first it was a bit hard for some, but soon they found alternative ways of approaching this. When we did the actual rhythms – we learned to listen to the demonstration first before attempting the thing out for ourselves.

All in all, I had enjoyed this experience and therefore; I would like to encourage other participants to have a go at this and see if they enjoy it. Who knows- you could end up creating music before your very ears/eyes.

Story written by Meaghan Payton



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Arts & Craft Fun!

When Easter rolls around, there are many activities that we undertake here at Valley Industries, many of which include crafting goodies, Easter egg hunts and even some people dressing up as the Easter Bunny for a bit of a surprise. In Wednesday's Art and Craft Group, the participants got to create Easter pot plants.



Kath, Sarah and Michelle got to create 'succulent pots' and decorated with the Easter design.

The day was very enjoyable for the ladies thanks to the arts and craft team at Valley Skills for Life!

Keep an eye out for the our Easter egg Hunt on Saturday 27 March. All the details on our social events page!



It's a Baby Boom

We would like to congratulate Luke Mayers, Brock Howard and Scott McAdam on the safe arrival of the new additions to their families.





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Upcoming Social Events

Date	Event	
<p>Saturday 10th April 9am – 3pm Call Rhonda ASAP Costs \$35</p>	<p>Harley Trike Bring Lunch or your own money</p>	
<p>Saturday 17th April 9am – 3pm Name and money by 1st April Costs \$30 for entry</p>	<p>Nabiac Motorbike Museum Bring a camera Price includes entry and lunch</p>	
<p>Saturday 24th April 9am – 3pm Names in ASAP</p>	<p>Nabiac Farmer's Market Come to shop or just look BYO Lunch and Money</p>	
<p>Saturday 1st May 8:30am – 3:30pm Costs \$25</p>	<p>Oakvale Farm Revisited Date was adjusted due to wash-out If you had your name down for this PLEASE ring Rhonda ASAP If you are unable to attend</p>	
<p>Saturday 8th May 9am – 3pm Names in by 22nd April Costs \$30</p>	<p>Forster Entertainment Centre Come in for laser tag, putt putt or Ten Pin. Lunch has been arranged</p>	

**THERE WILL BE NO SOCIAL EVENTS EASTER WEEKEND
2nd - 5th April**

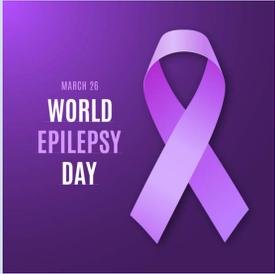


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Valley Skills 4 Life

Upcoming Events

Date	Event	
Wednesday March 24th	Wear Purple Wednesday Dig out the best of your purple clothes. March is National Epilepsy Awareness month. In house activities and BBQ to help raise awareness	
Friday April 2nd	Go Blue for Autism World Autism Awareness Day promotes autism awareness by encouraging everyone to don blue. Fun Friday activities and blue themed morning tea.	
Thursday May 6th	Art for Epilepsy Skills will be having a fun-filled art workshop day with various activities. We will be looking at showcasing our art works on Facebook and maybe even at the local art gallery!	
May 24 - 28 Exercise Right Week During this week our gym instructor Bridie host fun gym classes sporadically throughout the day to invite participants to come and learn new ideas that can increase their well-being. Activities include: Yoga, Pilates, Zumba to name a few. We will also be holding a sports gala day with our house teams on the Friday . Houses are encouraged to dress up in their colours. This will be followed by a BBQ lunch.		