



LOVE LOCAL LIFE

THANK YOU

to all the local groups, services and organisations, and the people in them give their time and skills to make things happen. They help make our community an amazing place to live, work and play.

There's too many to list here but this guide will help you find them.

Produced by Break O'Day Council
www.bodc.tas.gov.au

Our community is amazing!

LOVE LOCAL LIFE

Connecting with community in Break O'Day

This handy directory will help you know where to look to keep up to date with all the wonderful things happening in Break O'Day.



Produced by Break O'Day Council to help everyone connect in our community.



WELCOME TO BREAK O'DAY

This handy guide will help you know where to look for community groups and community information in Break O'Day.

Please pass it on.

01 Noticeboards + social media

02 Local Publications

03 Neighbourhood Houses

04 Local Community Radio

05 Break O'Day Council

06 Libraries + Online Centres

07 Visitor Information Centre

08 Community Markets

What are you grateful for?
GRATITUDE TREE

Grateful to live in such a beautiful area, that has an amazing community of kind people*

Each year gratitude messages are collected at events in our community

Make time to notice the **good things in your life**. Can you think of three things each day that you are grateful for?

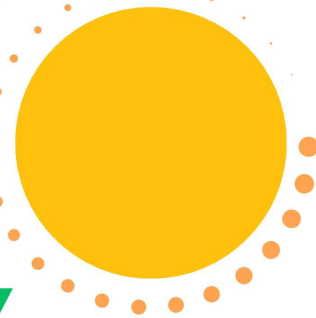
Start small. Try a note on your fridge to prompt you. Keep gratitude messages in a jar. Take photos and keep them together in a gratitude folder. Keep a gratitude journal.

The trick is to **keep them together** so you can find them when you need a reminder. There are phone apps available to remind you and make it fun!

“The more you practice the art of thankfulness, the more you have to be thankful for.”

~Norman Vincent Peale

*Just one of the joyful messages of gratitude collected at the Festival of Wellbeing



Wellbeing in Break O'Day

Wellbeing is for everyone. Wellbeing is being able to thrive despite life's challenges. Sometimes this takes practice. Improving your wellbeing makes everything in life easier and more enjoyable.

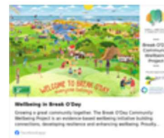
We all need some help sometimes too. If you need support right now please find how to access a list of local and online support services on Page 6.

Even when things are great, we can learn new ways to elevate our wellbeing. Wellbeing is different for everyone too.

www.wellbeingaction.org

Discover ways to **think well**, **do well** and **be well** on Break O'Day's Wellbeing Website.

Join the **Wellbeing in Break O'Day** Facebook Group and connect with others caring for our community together.



About this booklet

All of the places in this booklet can help you find out about activities, programs, services and community information.

There are lots of ways to connect with others in our community. Start exploring today.

A LIST OF COMMUNITY GROUPS IS AVAILABLE

You can find a list of Community Groups on Council's website. www.bodc.tas.gov.au or contact Council for a hard copy.



Noticeboards + social media



Check the local noticeboards

Find noticeboards in our supermarkets, libraries, post offices, local halls and community buildings across Break O'Day.

At both Neighbourhood Houses in St Helens and Fingal, and a large one on Cecilia Street, St Helens at the entrance to the car park for the Supa IGA.



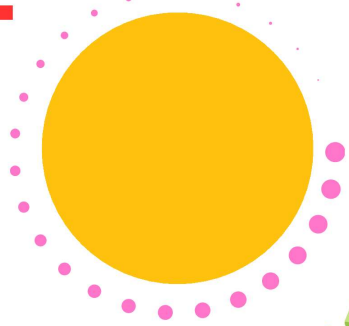
Facebook

Look for local Facebook pages and groups using the name of your Township or Break O'Day.

There are too many to list here because there are so many fabulous groups to connect with!

Kindness.
Kindness Card
Experiment in generosity
Visit <http://www.bushingsaction.org>
for ideas to get started

Look for Kindness cards in our community and join the fun of paying kindness forward



Community Markets

St Marys Market

Monthly at St Marys Town Hall.
Main Street, St Marys.
Saturday mornings.
9am - 12pm

St Helens Market

Weekly at Portland Hall or the Library Car Park.
Cecilia Street St Marys.
Saturday mornings. 9am - 1pm
0487 613 021



www.facebook.com/StHelensMarket



mindfulness

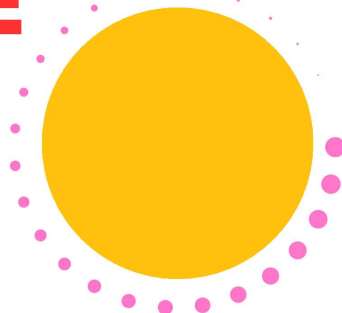
Taking notice and slowing down helps you to feel calm and relaxed, and enjoy small moments of serenity.

Mindfulness is being present and aware without judgement. Learning how to be mindful can help you create a sense of peace for yourself.

We live in a beautiful place. Take a moment to appreciate the beauty of the world around you.

be kind to you

Show yourself you care. Treat yourself the same way you would treat a good friend. Celebrate when things go well. Comfort yourself when things are hard. Forgive yourself when things go wrong. Be patient with yourself.



Local Publications

At your local supermarket, library, post office & local businesses.

Break O'Day Council Newsletter – FREE monthly. As above or pick one up from the Council Office.



www.bodc.tas.gov.au/community/news-events

The Valley Voice – fortnightly. Small fee.



6374 2344



www.valleyvoice.com.au



valleyvoice@fvnh.org.au



Editor, Valley Voice, PO Box 322 Fingal 7214



www.facebook.com/ValleyEastCoastVoice

The Coastal Column – Online only. Monthly. Small fee.



0409 823 524



thecoastalcolumn@gmail.com



23 Steel St, Scamander 7215



www.facebook.com/TheCoastalColumn

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Neighbourhood Houses



We are lucky in Break O'Day to have two wonderful Neighbourhood Houses that host many community activities. Drop in and say hello and find out what is on offer.

Open 9am - 3pm Monday to Friday.

Fingal Valley Neighbourhood House



6374 2344



www.fvnh.org.au



admin@fvnh.org.au



20 Talbot Street, Fingal 7214



www.facebook.com/fingalvalleyneighbourhoodhouse

St Helens Neighbourhood House



6376 1134



www.sthelensnhh.org.au



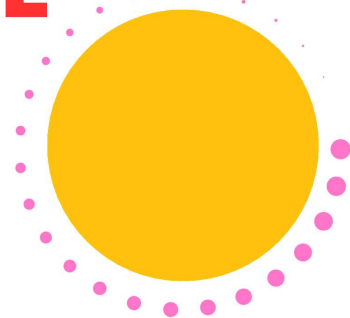
admin@sthelensnhh.org.au



25 Circassian Street, St Helens 7216



www.facebook.com/sthelensnhh.org.au



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Libraries + Online Access Centres

Fingal Online Access Centre



6374 2222



www.libraries.tas.gov.au/communityoacs/fingal-online-access-centre



fingal.oac@decyp.tas.gov.au



20 Talbot Street, Fingal 7214

Visitor Information Centre & History Room

Find out about about local places and events. Discover and learn about our local history. Open 7 days, times vary.



6376 1744



www.sthelenshistoryroom.com and
www.bodc.tas.gov.au/discover/visit-us/



StHelensVisitor.InformationCentre@bodc.tas.gov.au



61 Cecilia Street, St Helens 7216

5

12



Libraries + Online Access Centres

St Marys Library

6387 5602

www.libraries.tas.gov.au/locations/st-Marys-library

scottsdale.library@libraries.tas.gov.au

31 Main Street, St Marys 7215

www.facebook.com/LibrariesTasmania

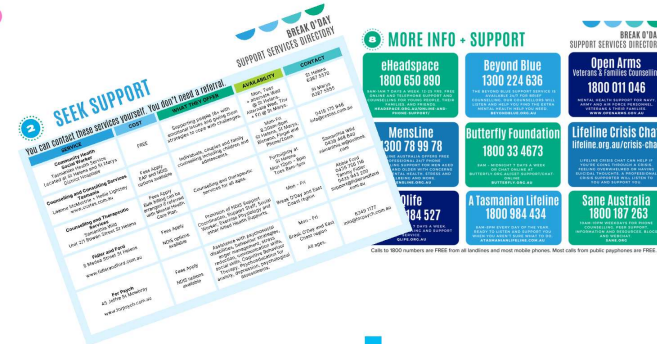
St Marys Online Access Centre

0418 471 885 6372 2005

www.libraries.tas.gov.au/communityoacs/st-marys-online-access-centre

stmarys.oac@decyp.tas.gov.au

21 Main Street, St Marys 7215



seek support

We all need a little help sometimes

If you are looking for support to help you through a challenging time a good place to start is the **Mental Health and Support Services Directory**.

You can find the directory on the community pages of Council's website, and from St Helens and Fingal Valley Neighbourhood Houses.

In an emergency always call 000 or go immediately to your nearest hospital.



Local Community Radio

StarFM 93.7 FM or 100.3 FM or 90.5 FM

Volunteers design and host programs to share music and community information.



6376 1306



www.starfm.org.au



info@starfm.org.au



3 Hall Street, St Helens 7216



Break O'Day Council

Look for the community pages on Council's website



www.bodc.tas.gov.au



6376 7900



admin@bodc.tas.gov.au



32-34 Georges Bay Esplanade, St Helens 7216



www.facebook.com/BODCTas

Libraries + Online Access Centres

St Helens Library



6387 5600



www.libraries.tas.gov.au/locations/st-helens-library



Sthelens.library@libraries.tas.gov.au



61 Cecilia Street, St Helens 7216



www.facebook.com/StHelensLibrary

St Helens Online Access Centre



6376 1116



www.libraries.tas.gov.au/locations/st-helens-library



sthelens.oac@decyp.tas.gov.au



61a Cecilia Street, St Helens 7216

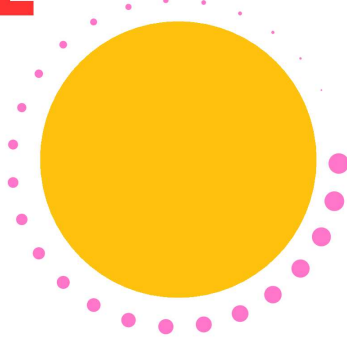


www.facebook.com/p/St-Helens-Online-Access-Centre-100057492157380/



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Your notes



LOVE LOCAL LIFE

Your notes





WELCOME TO BREAK O'DAY
everyone belongs