



## December Newsletter



### Agnes Time Capsule Documentary – Screening of Morning Tea

In July this year, Heart of Agnes hosted and filmed a very special morning tea with some of our oldest residents of Agnes Water-1770. We heard incredible stories and memories from the past, and words of true local wisdom as we continue to grow as a community.

In partnership with the Agnes Water Museum, HOA will be showing a screening of the morning tea on **Sunday 15<sup>th</sup> Dec, 3pm** in the Agnes Water Small Hall. Come along and check it out!

### Solution for Kayaks on at 1770

The community's proposal for watercraft being stored at the 1770 foreshore was rejected by Council, who have provided an alternative proposal and location the group are presently exploring.

Much discussion has taken place between the community and Gladstone Council to date, with community taking positive steps towards an effective management solution for the site. More to come!



### Byron & HOACA Inc. Nominated for the Gladstone National Australia Day Awards!

THANK YOU to everyone who nominated Byron & Heart of Agnes for the Gladstone Regional Council's 2025 Australia Day Awards!

Several nominations were received across 3 different categories, including "Community Group", "Volunteer" and "Citizen" of the Year.

The Gladstone Regional Council Australia Day Awards event is happening late January, more info about the event as its published.

### Agnes Disability Network

We've launched a new section on our website to help promote members who are also local disability service providers and support workers to the Agnes community.

Are you a **Disability Service Provider** or **Support Worker** in Agnes?

Agnes Disability Network



 <p><b>Paul Conboy</b> My name is Paul and I am a qualified Disability and Aged Care Support Worker living in Agnes Water. I can help you with access in the local community with daily needs and quality activities around town, or in Mission Vale. I love to help with setting and achieving personal goals and finding solutions together! I have my Cert III Disability &amp; Aged Care (Blue Card, NDIS, Insurance and First Aid) and over-10 years with comprehensive insurance. If you are looking for a flexible, friendly support worker who lives in Agnes, please give me a call or an email and I would love to speak with you. I'm available Monday to Friday and weekends. Paul Conboy Email: paulconboy200@gmail.com Phone: 0487627049</p>	 <p><b>Adrienne Grayson</b> I am Adrienne, a qualified Disability Support Worker living in Capricorn Coast. I can help with everyday needs such as personal care, house chores, meal preparation, and leisure activities. I enjoy going for walks, reading and craft. I have my Cert III Disability and Blue Card, plus First Aid training, I also have a Cert IV in Bookkeeping and am very interested in supporting clients maintaining good health. (on available Monday/Thursday &amp; Saturdays, 9am-5pm) Adrienne Grayson Email: adrienne.grayson@hotmail.com Phone: 0493 201 636</p>	 <p><b>AW Counselling &amp; Support</b> My name is Olga, I live in Agnes Water and I'm a Registered Counsellor with the Australian Counselling Association. I have lived experience of disability with my daughter, and my own daughter has taught me how to really listen to others. My approach with people is strengths-focused, trauma-informed and strongly influenced by Compassion Focused Therapy, Mindfulness, and Cognitive Behavioral Therapy. I am available Monday to Friday and most weekends, please contact me to discuss your needs and we can flexibly arrange a suitable time together. Olga Puzhyk Email: agneswaterc@outlook.com Phone: 0489 648 087</p>	 <p><b>Dawn Lattimore</b> My name is Dawn, and I'm a qualified Disability Support Worker living in Agnes Water. I can help you with access in the local community with daily needs and quality activities around town, in Bundaberg or Gladstone. I love to help with setting and achieving personal goals and finding solutions together! I have my Cert III Disability and Blue Card, plus my own vehicle. I'm available Monday to Friday and most weekends. If you are looking for a flexible, friendly support worker who lives in Agnes, please give me a call or an email. Email: dattimore19@gmail.com Phone: 0481 301 396</p>
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If you're a support worker or provide services to people with a disability in Agnes Water, get your FREE work profile onto [www.hoaca.org.au/disability](http://www.hoaca.org.au/disability)

## HOACA Attends Regional Changemaker Workshop

This month the National Changemaker Workshop rolled into Gladstone for 2 days of high energy leadership training! Delivered by the Australian Rural Leadership Foundation, the workshop explored the principles & many practices of social change we can develop in all aspects of our life, and how to work together as communities for common goals.

Fantastic stuff!



### Mobi-Mat Volunteers Needed

Did you know we roll out the mobi-Mat EVERY DAY over the Summer season? Its an awesome resources that helps thousands of people each year access our Main Beach.

If you are reasonably strong and can help out for a morning or afternoon over Dec/Jan (its only 20 minutes 😊) please shout out to Byron on 0474 423 463.

**MERRY CHRISTMAS!**  
**& HAPPY NEW YEAR**

To all our members, friends and supporters of

**Heart of Agnes Community Association Inc.**

&

**Agnes Disability Network**

**THANK YOU!** We are stronger together.

Demonstrating the power of *Community Spirit in Action!*

Heart of Agnes Team ❤️

