

**HD NOTICES****WC** 840 words**PD** 13 March 2014**SN** Nambour Weekly**SC** APNNAW**ED** Main**PG** 25**LA** English**CY** Copyright 2014 APN Newspapers Pty Ltd. All Rights Reserved**LP****NOTICES**

Come And Have Your Say

**TD**

MONDAY, March 24, 7.30pm at Yandina and District Community Association YADCA. New Meeting time fourth Monday of the month at the Yandina School of Arts supper room 7.30pm. Come and meet local councillors from Division 9 and Division 10. All welcome. Your input shapes our little town.

**Volunteers Required**

THE Sunshine Coast Community Hospice Ltd which is the charity behind Katie Rose Hospice, has had its Nambour shop opened to the public. We are looking for volunteers with retail experience (but not necessary), comfortable using a cash register, sorting clothes and likes dealing with the public. The shop is open from 9am to 4pm Monday to Friday with two shifts per day am and pm. So if you have time on your hands please phone 54790881 or [admin@sunshine](mailto:admin@sunshine)

[hospice.org.au](http://hospice.org.au).

**Gnosis meeting**

FREE weekly talks and meditations exploring the mysteries of life. A new topic each month, including finding happiness, the chakras, esoteric medicine, tarot, awakening consciousness, the initiatic path and more. Wednesdays at 7.15pm in Maroochydore. Phone 0402422779 or see [www.sunshinecoastgnosis](http://www.sunshinecoastgnosis.com) .comorg to RSVP or for more information.

**Car-boot sale**

HELD on second Sunday of each month in car **park** of Seventh Day Adventist Church, 77 Coes Creek Rd, Nambour, from 7am to noon. Come along for a bargain and great local fruit and veg. To book a **site** (\$12) or for information call phone Betty on 54411780 or 0417465389.

**Breaking free**

WE are a non-profit agency providing counselling and recovery programs for those suffering from effects of child abuse, family dysfunction and mental health issues. We need volunteers skilled in computer work. Any adult who can spare a couple of hours a week on Fridays at our office near Nambour would be appreciated. Phone Dianne on 0403142326 or see [www.breakingfreehealing](http://www.breakingfreehealing)

[centre.com](http://centre.com).

**Free meditation**

COME and experience a powerful and holistic way to enhance your health and wellbeing. Falun Gong is an ancient **Chinese** exercise and meditation practice suitable for all ages. Morning class in Quota **Park**, opposite Nambour RSL, Monday to Friday. Free classes in Alexandra Headland, Cotton Tree and Maleny. Phone Lee on 0421886009 or see [www.falundafa.org](http://www.falundafa.org).

#### Genealogy research

DO SOMETHING new in 2014 – Research your family history with expert assistance and local, national and international resources at Genealogy Sunshine Coast, Petrie **Park** Rd, Nambour. Please email [genealogysc@gmail.com](mailto:genealogysc@gmail.com) or phone 54414266 for more details.

#### Church op shop

ST MARGARET'S Anglican Church Op Shop on Blackall St, Woombye, is open on Wednesday and Friday from 9am-4pm, and Saturday from 9am-noon. There is a sausage sizzle on the third Saturday of each month. Donations are appreciated and these can be left at the op shop during open hours. Phone 54761073 or 0412533932.

#### Gambling help

THE Gambling Help Service can help if you are concerned about your own gambling, or concerned about the effects of gambling on a family member or a friend. Confidential information sessions help the gambling person, family or friends. This service is free of charge. Trained facilitators provide basic information about the effects of problem gambling. Strategies for dealing with problem gambling are discussed. Sessions every Friday from 10.15- 11.15am The address is at Relationships Australia, Suite 22, 27 Evans St (cnr Millwell Rd), Maroochydore. Phone 54927255.

#### FIFO

A NEW connection **group** for fly in fly out (FIFO) families and partners is on the Sunshine Coast. Our purpose is to build connectedness and support in the local community for FIFO families and partners. This **group** is for everyone, with or without kids, who has a partner that works away. We understand the daily struggles, sacrifices and benefits that accompany this lifestyle. Wednesdays at 9.15am in Cafe Goodlife, at Goodlife Community Centre in Buderim. Come along for a chat.

#### Orchestra

SUNSHINE Coast Symphony Orchestra is in need of more string players, French horn players and percussionists. Prospective members need to be competent players and enjoy playing a wide variety of musical styles. For young players, the orchestra offers valuable experience sitting in with experienced musicians in concerts at various venues around the Sunshine Coast. Rehearsals are on Monday nights at 7pm at Forest Glen. Next concert is 4pm on Saturday April 5. at Lake Kawana Community Centre. Gordon on 5445 5123. Visit [www.scsco.com.au](http://www.scsco.com.au)

#### Money Makeover

AN experienced volunteer of Nambour Community Centre each Monday between 9am and 2pm to provide information about budgeting and supporting you in managing your finances. This service is provided free of charge. Call 54414724.

#### General Counselling

DO you need support to overcome personal difficulties and improve coping skills? Held Mondays at Nambour Community Centre between 9am to 2pm. This service is free of charge. Bookings are essential, call 54414724.

#### Marjie's

WALKING for fitness combines riverside walks and exercise interludes on south bank of Maroochy River. Meet opposite 333 Bradman Ave, 9am, Mondays and Tuesdays. Call 54484229.

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