MEDIA RELEASE

24 September 2025

Mental Health Week: Building connections

On Saturday, 11 October – 10am to 2pm, the community is invited to come together for a free event at the PCYC called Appreciate the Little Things: Community Connections Day, that is designed to strengthen connections, celebrate diversity, and showcase the many community groups and services available locally.

Activities for all ages including art and cultural workshops with Aunty Amanda Pearn, mindfulness and laughter yoga, sports and lifestyle activities with Run Move Connect, and a free barbecue by the Huon Lions Club will be provided. A wide range of stalls will also highlight the work of community groups and volunteers across the Valley.

Mayor Sally Doyle said, "This day shows the strength of our local groups and volunteers. Our community works best when people feel connected. Events like this bring us together and prove that small connections make a big difference. Come along, have fun, and discover what's available in our Valley."

Cherie Gould, General Manager of the PCYC said: "At Huon Valley PCYC we are excited to partner with Huon Valley Council, with the support of the Mental Health Council of Tasmania, for Mental Health Week. This year's theme 'Appreciate the Little Things' will be at the heart of our mini workshops and fun, positive activities, reminding us all how small steps can make a big difference to our wellbeing."

Community collaborators include PCYC, Huon Valley Alphabet Mafia, Isabella Rose Stage Company, Port Cygnet Scouts, Huonville Bowls and Community Club, Far South Pride, Huon Valley SES, CWA, Landcare Tasmania / HVC NRM, the Pensioners Association Tasmania, Huon Anglican Church, and more.

If you run a community group or organisation and would like to be part of the event, please submit an Expression of Interest form at huonvalley.tas.gov.au/event/19031/

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