

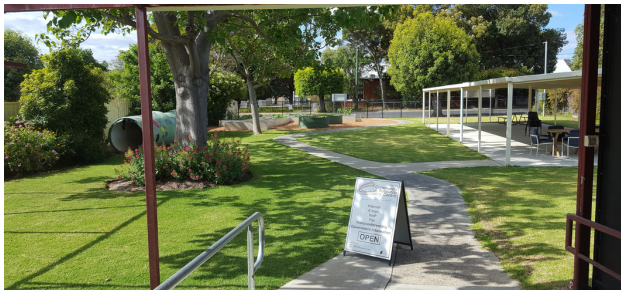
HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

AUGUST 2023



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Foodbank Mobile Food Van
- Harvey Aboriginal Corporation - Youth Retreat
- Back to Basics - Work Program
- Creating Age Friendly Communities Survey
- nbn Communicating Online Workshop
- LGBTQIA+ Social Group
- Noongar Waangkiny (Language) & Culture Course
- Transwa One-Way Fares
- Stay Well This Winter
- Services Australia - Scam Awareness
- Battery disposal a burning issue
- Dying to Know Day - Bunbury Program
- Backyard Buddies Article
- Avoid tax time scams
- Live Lighter - Healthy Zesty Cabbage Tray Bake
- Warrior Wellbeing Article
- 10th Light Horse - Harvey
- Eventbrite
- Outreach Services
- Community Service Announcement
- Meet the Team
- Where are we located?

... and much more!



JUSTICE OF THE PEACE
SERVICES AVAILABLE
By appointment only.

CONTACT US TO MAKE A BOOKING

(08) 9729 1669
 events@harveycrc.com.au



Would you like to advertise in this newsletter?

Black & White or Colour

6cm x 6cm - \$15.00

12cm x 6cm - \$17.00

1/4 Page - \$20.00

1/2 Page - \$40.00

Full Page - \$60.00

"For Sale" ads (2 lines) - FREE

Ring 9729 1669 or email

marketing@harveycrc.com.au

for more information.

September advertising notices
and articles due by
Monday, 14th August 2023

Centre Trading Hours

Monday to Friday

8.30am to 2.30pm

(With exception to Public Holidays)

Ring us on 9729 1669 or email
events@harveycrc.com.au between:
8.30am and 2.30pm Monday to Friday

For after hours emergencies such as
financial/personal assistance, please ring
0419 194 853 **OR** 9729 1917



REGULAR EVENTS

SERVICES AUSTRALIA AGENT

for Centrelink, Medicare, Child
Support and My Aged Care
Services

FITNESS IN THE GARDEN

TAI CHI - Tuesdays 9.30am

YOGA - Fridays 9.00am

BACK TO BASICS PROGRAM

9.00am to 12.30pm

Quarterly Rotations

NOONGAR WAANGKINY (LANGUAGE) & CULTURE PROGRAM

Mondays 5.30 to 7.30pm

YARNING CIRCLE

Alternate Thursdays 5.30 to
7.30pm

MULTICULTURAL SERVICES

How can we support your
community? We'd love to hear
your suggestions!

TECHNOLOGY ASSISTANCE

Available by appointment.



FOODBANK Mobile Food Van

Tuesday 1st & 15th August 2023

9.30am to 10.15am

(Referral is needed to access this service)

Eftpos or pre-paid vouchers accepted only. No cash.

Harvey Community Resource Centre
5 Gibbs St, Harvey WA 6233



MOBILE FOODBANK

HARVEY COMM RESOURCE CENTRE

Gibbs Street, Harvey

1ST & 3RD TUESDAYS EACH MONTH

9.30-10.15am

(or until all food is distributed)

\$15 frozen hampers

\$10 dry hampers

\$5 fruit & veggie hampers

To access Mobile Foodbank you will need a referral from our partner charities. Free-call 1800 979 777 to apply for a referral. We accept EFTPOS or pre-paid vouchers. No cash accepted.



[foodbank.org.au](https://www.foodbank.org.au)



HARVEY ABORIGINAL CORPORATION

YOUTH

Retreat

MAKURU - DJILBA

FREE

(BYO BEDDING)

YOUTH AGED
10-25*

(*FAMILY WELCOME TOO)

**4 AUG-
6 AUG**

**REGISTER
NOW!**

BINNINGUP BEACH YOUTH CAMP

2 VALENTINE ROAD, BINNINGUP

Campfires | Movies | Bush
Tucker | Storytelling | Swimming
| Games | Skills Building

For more information, or to register
your place, contact Brad or Kenny
at info@harveyabcorp.com.au

SUPPORTED BY



Government of Western Australia
Mental Health Commission



**JOB
SEARCH**

BACK TO BASICS

Let's talk work...

STARTING JULY 2023

- ✓ Job Searches
- ✓ Resume Writing
- ✓ Cover Letters & Selection Criteria
- ✓ Grooming & Presentation
- ✓ Mock Interviews

In collaboration with
The Wright Way Ahead



18th July - 9am to 12pm

25th July - 9am to 12pm

1st August - 9am to 12pm

8th August - 9am to 12pm

15th August - 9am to 12pm

REGISTER NOW

CONTACT US:

events@harveycrc.com.au

9729 1669



Harvey Community Resource Centre
5 Gibbs St, Harvey WA 6233



FREE

Creating Age Friendly Communities Survey

Residents aged 55 and older are encouraged to complete the Creating Age Friendly Communities Survey. The survey is designed to help the Shire better understand demographic profiles, accommodation requirements and community service needs.

Residents can complete the survey online or in-person at a Shire Pop Up. Dates below:

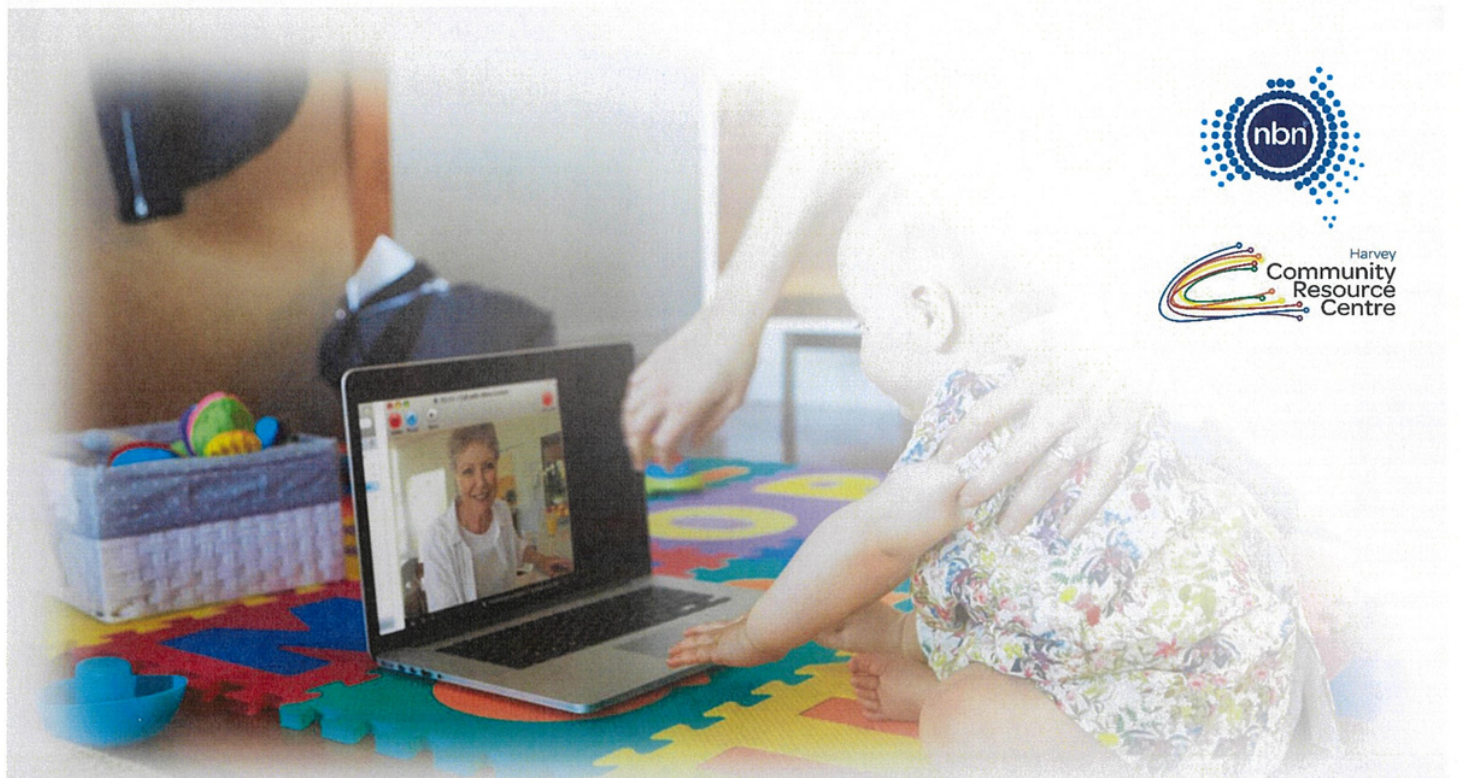
- Monday, 10 July at Australind Library between 10am - 11.30am.
- Wednesday 19 July at Leschenault Leisure Centre Players' Lounge between 11.30am – 1pm.
- Thursday 3 August at Brunswick Community Resource Centre between 9.15am – 11am.
- Tuesday 15 August at Harvey Community Resource Centre between 10am - 11.30am.

For more information, contact
communitydevelopment@harvey.wa.gov.au.



**Scan the QR Code to
complete the survey**





Come along to a free **Communicating Online workshop** and learn more about the different ways to communicate online

Don't miss a great opportunity to have your questions answered.

- Learn about the different ways to communicate online
- Discover how to use Whatsapp and other web based chat applications
- Understand the features and benefits of using Zoom, Facetime and Skype
- Tips on how to stay safe online

Place

Harvey Community Resource Centre

Friday 25th August 2023

10.00am – 12.00pm

To attend, you will need to RSVP by contacting Harvey CRC
on (08) 9729 1669 or email admin@harveycrc.com.au



CALLING FOR EXPRESSIONS OF INTEREST

LGBTQIA+
Social Group



Harvey CRC is considering starting a fun and relaxed LGBTQIA+ Social Group in Harvey. A place to celebrate diversity and be yourself, providing a fabulous opportunity to meet other LGBTQIA+ people in a safe, supportive and non-judgmental space.

If you're interested in being a part of this new initiative, please contact us before 31/08/2023. Our first catch-up is anticipated to commence October 2023.

CONTACT US:

9729 1669 or events@harveycrc.com.au



Supported by the Shire of Harvey

NOONGAR WAANGKINY (LANGUAGE)

& CULTURE COURSE

Facilitated by
Sharon Cooke &
Karen Jetta
Bilya Moorditjabiny
Training Services

**10 WEEK PROGRAM
2 HOUR SESSIONS**

**COMMENCING
17 JULY 2023**

\$10 PER WEEK

*Old and new
participants welcome!*

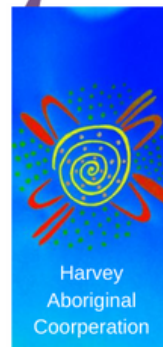
Subsidised positions available
for eligible participants



**Monday Evenings
5.30PM to 7.30PM**



Harvey CRC
5 Gibbs St,
Harvey WA 6220



REGISTER NOW

9729 1669

events@harveycrc.com.au

We would like to thank Lotterywest who assisted us by funding this course through a Building Communities grant.



Public Transport
Authority



Transwa One-way Fares from Harvey

Conditions of sale:

- Adult, Child and current West Australian concession single fares shown.
- Return fares are double.
- Fares shown are indicative only and can alter depending on route taken and break of journey.
- Fares are subject to increase without notice.

For Travel Commencing After: 1 July 2023

Destination	Adult	Child/Concession
Armadale	\$ 25.90	\$ 12.95
Brunswick Junction	\$ 9.10	\$ 4.55
Bunbury Terminal	\$ 10.90	\$ 5.45
Byford	\$ 19.35	\$ 9.70
Cookernup	\$ 9.10	\$ 4.55
Mundijong	\$ 19.35	\$ 9.70
North Dandalup	\$ 16.00	\$ 8.00
Perth City	\$ 25.90	\$ 12.95
Pinjarra	\$ 10.90	\$ 5.45
Serpentine	\$ 19.35	\$ 9.70
Waroona	\$ 9.10	\$ 4.55
Yarloop	\$ 9.10	\$ 4.55

Bookings and Enquiries:

1300 662 205

www.transwa.wa.gov.au



STAY WELL *this Winter*

STAY WELL THIS WINTER

Winter is here and so come the colds, flus and COVID-19.

These conditions can be severe and could prevent you from doing the things you love, like catching up with friends and family, or going out. **Here's how you can prevent it.**

TEST FOR COVID-19

Find out where your RAT tests are stocked.

Here in Harvey, you can grab your RAT tests at your local hospital, or right here at the Harvey CRC. We also have masks available.



GET VAXXED

In WA, getting vaccinated is easy. It's the most effective way to protect yourself from the flu and flu vaccines are free for all **Western Australians** until the end of June 2023. By getting vaccinated, you're helping to prevent the spread of the flu to your loved ones and the wider community.

*Contact your participating GP, local pharmacy, Aboriginal Medical Service, or community health clinic for more information.
You can have your flu and COVID-19 vaccines on the same day.*



PRACTICE GOOD HYGIENE

Keep practising healthy hygiene habits such as washing your hands, coughing into your elbow, and staying home if you're feeling unwell.



EAT NUTRITIOUS FOODS

Eating food high in nutritional value will feed your body the vitamins, rich carbohydrates and fats that give you the nourishment you need to recover more quickly.

While, it may be tempting to eat more food in winter, it is better to eat a well-balanced diet throughout the year.

Try to include foods in your diet that are:

- high in antioxidants, protein and fibre
- high in vitamins B, C, D and E
- low in sugars and fats.

Eat healthier this winter and try some of our nutrient packed recipes.

STAY ACTIVE

It's common to feel less motivated during the winter months and even getting out of bed can sometimes feel like a chore.

We're lucky living in WA, as our Mediterranean climate means that while winter is our wettest season, we also enjoy many cool, sunny days.

Try to get into a routine of getting out and doing some exercise, whether it is walking up the stairs instead of taking the lift or escalator instead swap your normal routine by go for a daily walk.





Services
Australia



Scam awareness

Scammers may try to talk to you online and trick you into giving them your personal details, including myGov and Centrelink.

- They might offer you money or gifts if you give them information.
- They use your details to steal your Centrelink payment.



If you get a message asking for your details on your Facebook page, by email or a text message – **DO NOT click on the internet links.**

NEVER give your myGov, Medicare, Centrelink or Child Support information to people online.






We are here to help if you are a victim of a scam.

Example

Judi gets a message on Facebook from a man she doesn't know. He offers to send her \$3,000 and a new phone if she gives her myGov user name and password. Judi sends the man her details and does not get a reply.

The man uses Judi's myGov to steal her next Centrelink payment. He changes her password so she cannot log in again. Judi doesn't get her next payment. **She has been scammed.**

We will not ask you to:

-  Click on internet links in a Facebook message, text message or email.
-  Reply by email or text message.
-  Pay us money to get a payment or to fix issues with your account.
-  Transfer money to get a payment or benefit.
-  Give us remote access to your computer or phone.

Talk to Services Australia staff for more information.



Visit a Services Australia service centre.



Call us on **1800 941 126.**



Go to **servicesaustralia.gov.au/scams**



Government of Western Australia
Department of Mines, Industry Regulation and Safety



REGIONAL COLUMN

www.dmirs.wa.gov.au www.wa.gov.au

15 June 2023

With Senior Regional Officer for the South West, Annetta Bellingeri

Battery disposal a burning issue

They come in all shapes and sizes to power many different devices, yet every battery has the potential to become a menace if they end up in your rubbish or recycling bin.

Some batteries contain toxic chemicals, heavy metals and other pollutants that can contaminate water supplies when they enter landfill, while rechargeable lithium-ion batteries become fire hazards if they are damaged or crushed during the waste collection process.

In recent months, wrongly discarded lithium-ion batteries were suspected to be behind a number of fires in recycling trucks and waste-handling facilities at various locations across WA, prompting local authorities to remind residents to never bin a battery.

How you discard of batteries may depend on what type they are and what condition they are in. There are many battery drop-off points around Perth and Western Australia that will take your spent or unwanted batteries, before they are collected and recycled.

Many people choose to “drop when they shop” – taking used batteries to collection points at supermarkets, office-supplies’ shops, phone shops, hardware stores, libraries or local council collection sites. So, if you have a drawer with old batteries and devices, take a trip this weekend to drop them off.

Damaged lithium-ion batteries and devices can however be dangerous, so they should never be taken to a battery collection point, nor should they be thrown-out, used or left in areas where they are exposed to heat, moisture, direct sunlight or in parked vehicles.

Instead, lithium-ion batteries showing signs of swelling, bulging, leaking, overheating or visible damage should only ever be placed in a clear plastic bag or container and transported to your nearest [Household Hazardous Waste \(HHW\) collection facility](#) – in the Bunbury Harvey Regional Council area, there is one at the Stanley Road Waste Management Facility.

Don’t forget to keep your used battery collection away from children, especially given the dangers that button batteries (even used ones) can pose if they are swallowed. As soon as you have finished using a button battery, put sticky tape around both sides of the battery to make them less attractive to children and avoid the low-risk of them catching fire.

To find your nearest battery drop-off point, head to Recycle Right: recycleright.wa.gov.au/find-my-nearest. Learn more about the dangers of lithium-ion batteries on the Department of Fire and Emergency Service’s [website](http://www.dfes.wa.gov.au) at www.dfes.wa.gov.au



Dying to Know Day Bunbury program

Friday, August 4



4-5pm

Launch of the Compassionate BUNBURY Charter
City of Bunbury Function Room

Saturday, August 5



Bunbury Cemetery and Memorial Gardens

1-2pm Tour of crematorium and memorial gardens

2.30-4pm *Every story matters - beyond the grave* history tour

4-5pm Concert at the Memorial Gardens. Enter from Hales St entrance. Light refreshments available to purchase.

5-5.30pm *Remembering our Dead* ceremony with floating lanterns

Sunday, August 6



10.30am-12 noon Death Cafe - *Dying for a Cuppa*

Indoor Lounge, Bunbury Cemetery and Memorial Gardens



12.30-1.30pm Tour of William Barrett & Sons Care Centre

5 Zaknic Place, East Bunbury



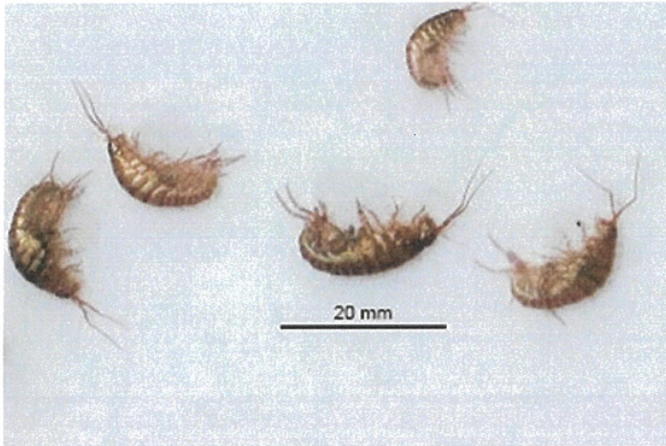
Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

August 2023

Are those prawns in my garden?



Lawn "shrimp", *Arcitalitrus sylvaticus*,

Forget shrimp on a barbie, what are they doing in my garden?

The recent wet weather has contributed to an interesting report of some "tiny flea looking... prawn things" in a Perth resident's garden. This prompted us to re-visit a previous article on these curious crustaceans.

Lawn shrimp, *Arcitalitrus sylvaticus*, also referred to as lawn prawns or landhoppers, are terrestrial crustaceans from the family Talitridae. These tiny 5-20 mm nocturnal soil dwellers are normally found within the top few centimetres of soil/mulch, where they feed on dead organic material (particularly eucalyptus debris), turning it into fertiliser for the garden.

Heavy rain in winter can prompt a sudden emergence of lawn shrimp, sometimes in their hundreds, giving people a shock when they appear across lawns, garden beds and paving. Don't worry, they don't pose a threat to people, pets, or the environment.

Lawn shrimp are related to marine and freshwater crustaceans but lack the waxy coating on their exoskeleton which aids the retention of moisture.



They need moist soil to live and feed in, but if the soil is too wet or too dry the shrimp emerge from the soil looking for more suitable habitat. Sadly, they often find themselves on paving or driveways dying of dehydration and starvation. Poor things.

Equipped with seven pairs of leg-like appendages, they move with a springing action using their three pairs of "hind" legs. It's likely this movement, and their tiny size, that leads people to suspect they're fleas.

Lawn shrimp breed year-round and the mated female lays eggs in a pouch on the underside of their body. The babies are a smaller version of the adults and leave the pouch soon after hatching. How cute!

Do I control these?

There's no need for control. Just sweep them up and return them to the garden to add to the organic content in the soil.

If present in your garden, these cute little crustaceans will disappear with the return of drier weather. If you haven't seen them, why not take a closer look for these little curiosities!



Report your observations

MyPestGuide® Reporter via app or online mypestguide.agric.wa.gov.au

Pest and Disease Information Service (08) 9368 3080 | padis@dpird.wa.gov.au



Government of Western Australia
Department of Mines, Industry Regulation and Safety



REGIONAL COLUMN

www.dmirs.wa.gov.au www.wa.gov.au

21 June 2023

With Senior Regional Officer for the South West, Annetta Bellingeri

Avoid tax time scams

Ongoing cost of living pressures mean many Western Australians will be looking forward to receiving tax refunds, but the end of a financial year is also a time when scammers emerge with false promises of monetary windfalls.

In a sign scammers are once again ramping up their tax-time efforts, our WA ScamNet team has received reports of a phishing email claiming to be from the Australian Tax Office (ATO), but is actually from a completely unrelated email address.

The fake email (which even comes with stolen Australian Government logos) promises a refund of several hundred dollars, but only if the recipient sends across their personal and financial information in return. The scammers would then likely use this information to commit identity theft and steal their money.

Unfortunately this email is just one of many ways scammers target their potential victims, with more than 19,000 scam reports received by the ATO during the 2022-23 financial year alone.

Along with text messages and threatening phone calls, scammers are increasingly turning to social media. Both the ATO and myGov have expressed concerns about fake social media accounts impersonating their organisations, staff and senior executives that ask users to send a direct message so they can make phony offers of help with taxes or fake refunds.

No matter how you're contacted, the best way to stay safe from tax-time scammers is to 'practice the pause' on calls, emails and messages that come out of the blue and never send your personal or financial information to someone you don't know or trust.

For social media messages, investigate the account that has messaged you – look for verified ticks showing the account is genuine, then check the follower numbers and recent activity for any red-flags. On emails, click or hover over the sender's name to find the full email address. If you receive a phone call, hang up and call back the organisation using contact details you have independently sourced.

Report suspicious calls, emails or messages claiming to be from the ATO to reportscams@ato.gov.au or myGov to reportascam@servicesAustralia.gov.au

Learn more about [tax scams](#) on WA ScamNet's website at www.scamnet.wa.gov.au and if you have handed over personal information, immediately contact IDCARE at www.idcare.org.



HEALTHY ZESTY CABBAGE TRAY BAKE RECIPE



Prep: 10 mins
 Cook: 35 mins
 Servings: 4
 ☆ ☆ ☆ ☆ ☆

Ingredients

- ▲ 1/2 head cabbage, cut into 3 cm wedges
- ▲ 250 g potato or sweet potato
- ▲ 2 x 400g cans no-added-salt chickpeas, drained and rinsed
- ▲ 1 onion, cut into 3 cm wedges
- ▲ 4 slices grainy bread or roll, to serve
- ▲ 2 tbs your favourite vinegar
- ▲ 2 tbs wholegrain mustard
- ▲ 2 cloves garlic, finely chopped
- ▲ 1 tsp smoked paprika
- ▲ 1 tbs reduced-salt soy sauce
- ▲ 1 1/2 tbs olive oil
- ▲ 1/2 cup low-fat natural or Greek yoghurt

Method

1. Preheat oven to 220°C (200°C fan-forced)
2. Spread vegetables out on a large oven tray in a single layer. Use a second tray if they're too squashed up. This helps the veggies cook quickly and evenly and develop good flavour.
3. Mix together the vinegar, mustard, garlic, smoked paprika and soy sauce to make a dressing.
4. Mix half of the dressing with the oil, and pour over the vegetables, tossing to coat.
5. Mix the other half of the dressing with the yoghurt and set aside
6. Roast the veggies for 25-35 minutes, swapping the trays around halfway through, until potatoes are tender and cabbage is getting crispy on the edges.

Nutrition Information

	per serving	per 100g
Energy	2130 kJ	488 kJ
	509 Cal	117 Cal
Protein	21.9 g	5 g
Fat, total	12.5 g	2.9 g
— saturated	1.8 g	0.4 g
Carbohydrate	66.5 g	15.2 g
— sugars	12.3 g	2.8 g
Sodium	1186 mg	272 mg
Fibre	16 g	3.7 g

7. Divide between bowls, drizzle with yoghurt dressing and serve with crusty bread.

Variation:

- To make this dish vegan, swap the yoghurt for hummus or vegan mayonnaise.
- To make this dish gluten-free swap the soy sauce for tamari and serve with gluten-free bread, rice or quinoa.



Ingredients

Serving Suggestion:

This tray bake makes a great side dish for roast chicken or pork loin.

10TH LIGHTHORSE TROOPS

Commemoration WW1 Veterans

WOMEN WHO SERVED FOR THEIR COUNTRY

Many woman who served in the armed services have never been recognised, whether it be in conflict or peace time.

This is an area that is difficult to research as some marry and change their name.

We are presently adding to the list of women from the Harvey area and associated districts who enlisted in the Military.

Can you help? Stories, letters, photos, maybe from yourself, your sister, Aunty, Mother, Grandmother or Great Grandmother.

If you can contribute please contact Brian 04 0275 1614 or email 10thlighthorseharvey@gmail.com with any details and help us preserve the past.



WARRIOR WELLBEING ARTICLE

Self-Care – What Does it Look Like for Blokes?

BY THE REGIONAL MEN'S HEALTH INITIATIVE
August 2023

A statement I often find myself saying to family members, friends, and individuals I interact with through the work we do at Regional Men's Health is *look after yourself mate!* This message does come from a genuine place of concern for these people and encompasses a key component of our vision statement which is to *empower men and communities to take responsibility for their wellbeing and health*. However, what does it really mean and look like for blokes living and working in regional, rural and remote WA?

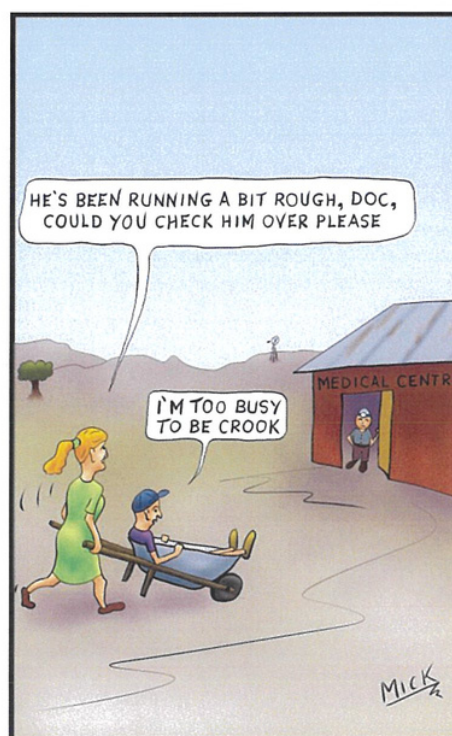
Looking after oneself is best described as *self-care*. This involves a deliberate and self-initiated act to help maintain our physical, mental, or social/spiritual wellbeing. As humans, we all live different lives and the circumstances around our work, family commitments, individual capacity and environmental factors can change, so self-care will vary from person to person. However, for most of us we should endeavor for it to be:

- Regular & ongoing (it's not just a one-off thing we do and forget about for the rest of the year).
- More than just the time left over. Don't leave yourself the dregs, time for self-care must be a necessity not a luxury! Factor it into our daily, weekly, or monthly routine/planning.
- An important part of our work-life balance. It can help us cope with challenging times and makes us more effective managing the demands of daily life.

For a lot of men, the pursuit of business goals and success (warrior attitude - winning) often pushes *personal wellbeing and health* issues down our list of priorities. When we think about it, acts of self-care give us the opportunity to reset and gives a *circuit breaker* effect on the daily grind and rat race that life can often feel like. Especially in these times of fast-moving technological advances, bombardment of social media influences, information accessibility and blurring of work-life balance (i.e. working from home, 24/7 access through smart phones). Self-care makes us more effective and offers us a buffer from the bumps in the road of life and ignoring this fact can result in us not being up to par in any aspect of our lives. Relationships can become strained, we can suffer burn out, harbor resentment, and miss out on the things that we don't realise are important until they're gone.

There is a varying range of definitions for self-care, but they all point towards us as individuals making the time to do things on a regular basis to help us live well and supports good physical, mental and social/spiritual wellbeing, including but not limited to:

- Starting with small changes that we can manage. Ask yourself 'what's in my control, do I need to learn to say no to unhelpful habits, behaviors, or extra commitments?'
- Changing our mindset and putting ourselves first. We shouldn't see this as selfish but a form of good self-management. We must actively plan and commit for self-care to happen.
- Being connected to our passions, interests and a sense of belonging (family/community).
- Eating well, regular exercise and a good sleep routine.
- Getting a checkup with our GP and other health care professionals.



Remember, self-care starts with you so try doing something that makes you feel good, gets you excited and puts a smile on your face. If you're finding it hard to do this don't forget ...*before it all gets too much... Talk to a Mate@!!*

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au

eventbrite



Harvey Community Resource Centre Inc.

Hosted 8 events total

33 followers

Follow

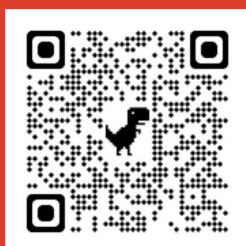
Harvey Community Resource Centre is an independent not-for-profit organisation whose aim is to provide access to government services and economic, business, and social development opportunities to the community of Harvey and surrounding areas. We are supported by the Shire of Harvey and funded by a state government contract, user-pays...

Show more



Welcome to our Eventbrite!

Copy the link below into your web browser or scan the QR code to see our upcoming events and stay up to date with what's happening at the Harvey Community Resource Centre.



OR <https://www.eventbrite.com.au/o/harvey-community-resource-centre-inc-41612924613>



NOLA **MARINO** MP

Federal Member for **Forrest**

Focused on Forrest

 Grand Cinema Complex, Units 7 & 8, Cnr Victoria and Clifton Streets, Bunbury WA 6230

 9721 3788  Nola.Marino.MP@aph.gov.au  nolamarino.com.au  nola.marino.mp

Authorised Nola Marino MP, Liberal Party of Australia, Grand Cinema Complex, Victoria Street, Bunbury WA 6230.



**JUSTICE OF
THE PEACE
SERVICES AVAILABLE**

By appointment only.

CONTACT US TO MAKE A BOOKING



(08) 9729 1669



events@harveycrc.com.au



Financial Counsellors provide non-judgmental, free, independent and confidential financial information, advice and advocacy.

We help to understand which debts are priorities, develop budgets understand the pros and cons of different options to manage financial issues, negotiate with creditors and provide referrals to other services.

When: Every second Wednesday of the month
Where: Harvey Community Resource Centre
5 Gibbs Street, Harvey

To book a spot contact us:
T: 9720 9200



AnglicareWA

Kubota

LIFESTYLE RANGE



COMPETITIVE
FINANCE RATES AVAILABLE
ACROSS THE LIFESTYLE RANGE

Live in your Element

Kubota's lifestyle range of compact tractors, mowers and RTV's are designed to make light work of all your residential tasks. Delivering high performance and reliability on demand, you'll be living in your element with Kubota.

SHAPING AUSTRALIA



59 South Western Hwy
Donnybrook | (08) 9731 1000
WWW.AGTRAC.COM.AU

ADVERTISEMENT



We're in this together

Robyn Clarke

Member for Murray-Wellington

Shop 1, Pinjarra Junction Shopping Centre, Pinjarra

robyn.clarke.mla@mp.wa.gov.au

9531 3155 [RobynClarkeMLA](https://www.facebook.com/RobynClarkeMLA)

Authorised by R. Clarke, 21 George Street, Pinjarra, P

Ron Kruger

Manager/Director

RK Cabling

0402 810 071
ron@rkcabling.com.au
Harvey and surrounding suburbs
www.rkcabling.com.au

TV Points
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Reticulation
Network points
CCTV
NBN
Phone points
Mounting TV's
Fiber Optic

Reg No: T50600

Harvey Aboriginal Corporation

Harvey Aboriginal Corporation now outreach at the Centre.

Their services will be available by appointment only. If you have an issue that you would like assistance with, please contact Lesley Ugle on **0497 672 513** or email her at **harveyabcorp21@gmail.com**.

If you're unable to reach Lesley, please call us on **9729 1669** and a message will be relayed for you.

GP Downsouth

GP Downsouth is a not-for-profit community organisation providing health and well-being services in the South West and Peel regions of WA.

In the Peel region, they operate Nidjalla Waangan Mia Aboriginal Health and Wellbeing Centre, the Peel Youth Medical Service (including the 3 Tier Youth Mental Health Program) and the Peel Mobile Health Service. In the

South West, they provide Mental Health Services, Community Child Health Service and Aboriginal Health Services.

Call 9754 3662 for appointments

South West Community Legal Centre

The South West Community Legal Centre is a not-for-profit, independent community organisation committed to delivering legal advice and information to low-income and disadvantaged people in the South West region of Western Australia.

Call 9791 3206 for appointments

Advocare

Advocare is an independent, community-based, not-for-profit organisation supporting and protecting the rights of older people in Western Australia through information, advocacy and education.

Available monthly

Appointments Essential

Call 9479 7566 for appointments

atWork Australia

Building Better Working Lives

atWork Australia is a leading employment services provider working with Australians across the nation. We empower job seekers, supporting them to build better working lives.

Available every Wednesday and every second Thursday

9.00am to 4.00pm

Appointments Essential

Call 1300 192 632 for appointments

Anglicare Financial Counselling

Anglicare WA's Financial Counsellors are qualified to:

- Make assessments
- Provide information and options to address financial problems
- Assist with resolutions if necessary
- Advocate and negotiate with creditors
- Make referrals to other useful services in the community
- Provide information about government assistance
- Support a client in developing their own budget
- Relay relevant information about consumer credit and bankruptcy

Services include solving immediate problems and also teaching clients how to maintain their own financial stability.

**Available every second Wednesday
9.30am to 2.30pm**

Appointments Essential

Call 9720 9200 for appointments



Community Service Announcement



Do you know what services your CRC provides to the community?

Access to government services

- Access to local and state government information and services
- Centrelink/Medicare and Child Support Services Access Point
- Department of Veterans Affairs enquiries
- Multicultural Affairs enquiries
- General information and support

Economic and business development support

- Referral services to business development and employment support
- Facilitation of business development activities, seminars and initiatives
- Business incubation support services; i.e. hot office and internet
- Video conference services
- Information and support

Social development support

- Referrals to social support services, i.e. NDIS and other health and welfare professionals
- Facilitation of social development activities, seminars and initiatives
- Information and support
- Free computer and technology lessons for seniors, and beginners aged 30 to 50

Services and products

- Social enterprise approach to provide access to services and products which have strong local demand but are not economically viable to deliver in a for-profit business model
- Essential secretarial services such as; faxing, printing, photocopying, scan/emailing, photo printing, binding, laminating and typing
- Room hire for private or business use

Building community connections

- Communication strategies including our community newsletter, website and social media
- Community social events
- Engagement with community via feedback, surveys and community group meetings



Ring 9729 1669 or email events@harveycrc.com.au for more information about our services.

for all emergencies outside of regular opening hours, contact the Centre Manager
on 9729 1917 or email manager@harveycrc.com.au

OUR STAFF TEAM



Jo, Tracey-Ann, Holly, Jehan, Sarah and Leesa

WHERE IS YOUR CRC LOCATED?



Would you like to subscribe to this newsletter?

You can do that by going to the website, www.harveycrc.com.au and completing the details on the home page

OR

Just ring us on 9729 1669 and one of our friendly staff would be happy to subscribe for you.



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Thank you for supporting your local CRC!

We are proud to have received the support of the following organisations over the last twelve months



Department of
Primary Industries and
Regional Development



Australian Government

Department of Veterans' Affairs



Australian Government

National Emergency Management Agency



Australian Government

Services Australia