

HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

JULY 2023



What's in this issue?

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- Regular Events
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- Outreach Services
- Community Service Announcement
- Meet the Team
- Where are we located?

... and much more!





FREE COVID-19 RAT Tests & Masks

Available at the Harvey CRC!

**One pack
per person***

*Each pack includes 5 RAT tests

Contact us for
more information:

9729 1669
events@harveycrc.com.au



**More information on how to keep stay
well this winter on pg. 11.**



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.

August advertising notices and
articles due by
Monday, 17th July 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 4th July 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

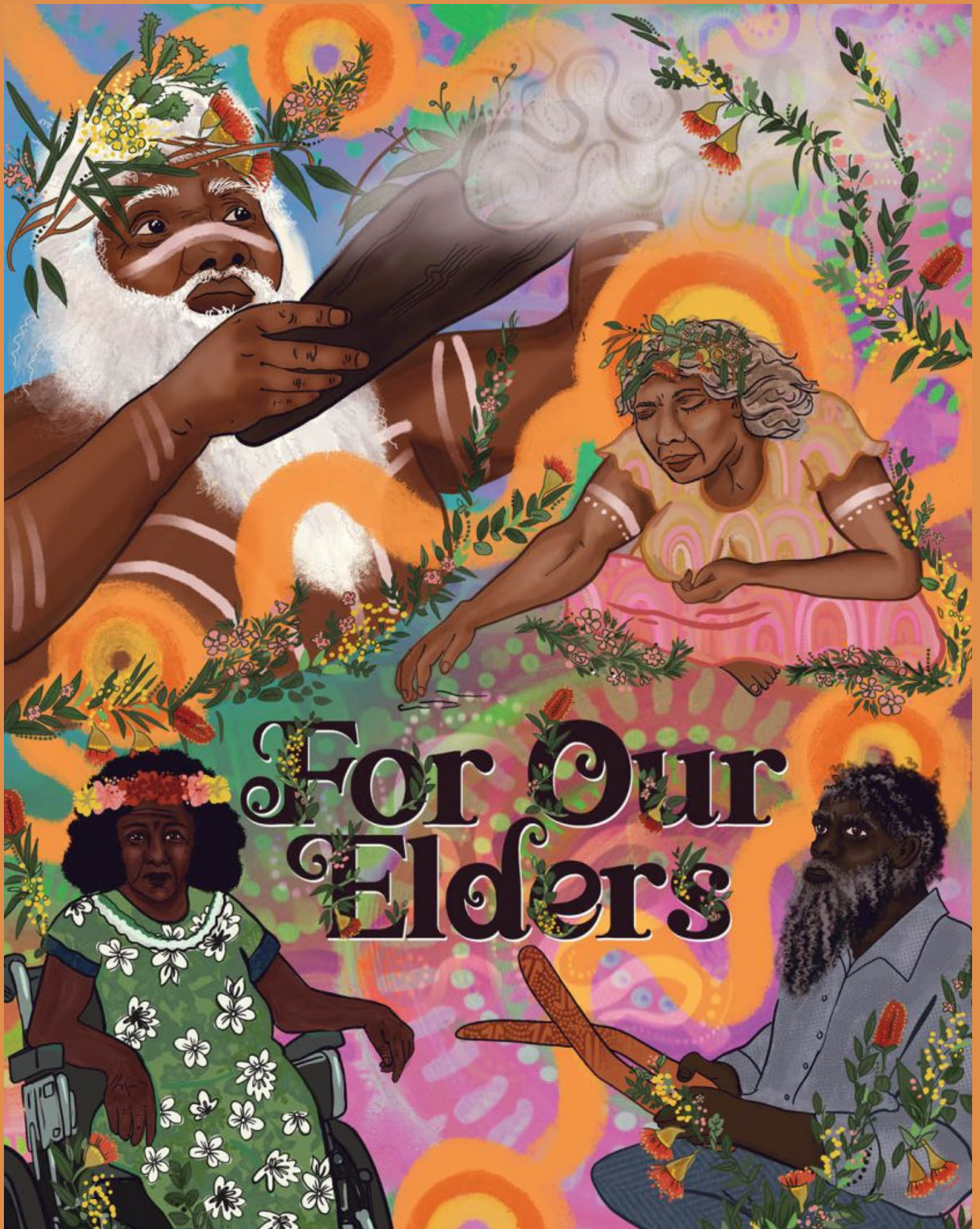
\$10 dry hampers

\$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



NAIDOC Week

2-9 JULY 2023

#NAIDOC2023 #ForOurElders

 @naldocweek  @naldocweek  facebook.com/NAIDOC

For Our Elders, Bobbi Lockyer

Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok.



naldoc.org.au



NAIDOC WEEK

in Harvey



FOR OUR ELDERS

Activities are FREE and open to ALL COMMUNITY MEMBERS - Aboriginal and Non-Aboriginal. We'd love to see people of all backgrounds getting involved!



MONDAY | 3 JULY
10AM @ THE JUNGLE

WELCOME, SMOKING CEREMONY & GUIDED BUSH TOUR

TUESDAY | 4 JULY
10AM @ HARVEY LIBRARY

ARTEFACT & ART WORKSHOP

WEDNESDAY | 5 JULY
10AM @ THE BOUNDARY

CULTURAL CONVERSATIONS WITH POP GREG

THURSDAY | 6 JULY
@ HRCC FUNCTION ROOM

ON THE BIG SCREEN

3PM:

LITTLE J & BIG CUZ (RATED G)

4PM:

THE FIRST INVENTORS (RATED PG)

6PM:

THREE SUMMERS (RATED M)



PROUDLY
SUPPORTED
BY:



Harvey
Aboriginal
Corporation



SHIRE OF
HARVEY



National Indigenous
Australians Agency

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.



**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

July 2023 School Holiday Program Australind Library

Week One	Week Two
Monday 3 July 11am-4pm DIY Bird feeders	Monday 10 July 11am-4pm Giant Mr Potato Head
Tuesday 4 July 1pm-4pm Weaving with Nature	Tuesday 11 July 1pm-4pm Salt Dough Play
Wednesday 5 July 10am -10.30am NAIDOC Storytime 11am-4pm NAIDOC Craft	Wednesday 12 July 10.30am-11.30am Cameron the Magician Free event. Bookings required. Age 5+
Thursday 6 July 10am-4pm Floral suncatchers	Thursday 13 July 10am-4pm Test Your Skills with our Library Games
Friday 7 July 1pm-4pm Blocks & Imagination	Friday 14 July 1pm-4pm Board games & Lego

Rhyme time will run as normal on Tuesday & Friday from 10 - 10.30am

Storytime on Wednesday is replaced by school holiday activities.

HARVEY MEN'S SHED PRESENTS

QUIZ NIGHT



Saturday
22nd JULY

DOORS OPEN 5.45PM, QUIZ STARTS 6.30PM

EAT, DRINK & TEASE YOUR BRAIN

GREAT FUN, GREAT PRIZES

\$20pp INCLUDES GRAZING PLATTER

MAXIMUM OF 8 PER TABLE - CASH BAR AVAILABLE

**HARVEY BOWLING CLUB,
CNR YOUNG & ROY STS, HARVEY**

**Tickets must be pre-purchased - Contact Robyn on
0418 95 95 95 to secure your tickets or table**

FUNDS RAISED FOR THE HARVEY MEN'S SHED

Women's Wellness Forum

Purity Health
Women's Menopause & Wellbeing Centre

Presenter Dr Purity Carr



**Co-hosts: Hon. Don Punch MLA, Member for Bunbury and
Robyn Clarke MLA**

Date: Friday 30 June
Time : 2.30pm for 3pm
Venue: Dolphin Discovery Centre

\$15 PER TICKET

Book your tickets here: TryBooking
<https://www.trybooking.com/CINWA>



Partners are very welcome to attend
Places are limited

All proceeds from the event will be donated to
South West Women's Health and Information Centre



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.



Leeuwin Scholarships

Every year several scholarships are offered to residents aged 15 to 25 years old to sail the Indian Ocean onboard the STS Leeuwin II for six nights and seven days.

Scholarships are available for the following voyages:

- 1 15 to 21 December 2023. Departing from Fremantle, arriving in Fremantle.
- 2 1 to 8 April 2024. Departing from Fremantle, arriving in Shark Bay.

Community Sail Training Trust Advisory Group representatives will arrange interviews in late August and successful applicants will be notified in September.

For more information email:
communitydevelopment@harvey.wa.gov.au

ALL ABOARD!



**Scan the QR Code to
apply for a scholarship!**





HEALTHY POTATO & PEA CURRY RECIPE



Prep: 5 mins
 Cook: 35 mins
 Serves: 6
 ★ ★ ★ ★ ★

Ingredients

- ▲ olive or canola oil spray
- ▲ 2 brown onions, thinly sliced
- ▲ 1/2 tbs curry powder
- ▲ 4 potatoes, cut into chunks
- ▲ 400 g can no-added-salt diced tomatoes
- ▲ 1/2 cup reduced-salt vegetable stock
- ▲ 270 mL reduced-fat coconut milk
- ▲ 500 g frozen cauliflower
- ▲ 2 cups frozen peas
- ▲ 3 cups cooked brown rice (from 1 cup uncooked rice), to serve

Method

1. Spray a large saucepan with oil and place on medium-low heat.
2. Add onions and cook, uncovered, stirring occasionally, for 5 minutes, or until onions are soft golden brown.
3. Add curry powder and cook, stirring for 1 minute.
4. Add potatoes to the pan. Stir to coat in spice mix.
5. Add tomatoes and stock.
6. Cover and cook for 20 minutes.
7. Add coconut milk and frozen cauliflower and simmer, uncovered, over medium heat for 10 minutes.
8. Add peas and cook, uncovered, for a further 5 minutes, or until all vegetables are tender.
9. Serve with cooked rice.

Variation:

Substitute frozen cauliflower with 1/2 a head of fresh cauliflower. Add fresh cauliflower to the pan with potatoes in step 4.

Nutrition Information

	per serving	per 100g
Energy	1216 kJ	255 kJ
Protein	10.3 g	2.2 g
Fat, total	4.9 g	1 g
— saturated	3 g	0.6 g
Carbohydrate	45.9 g	9.6 g
— sugars	7.2 g	1.5 g
Sodium	162.1 mg	34 mg
Fibre	9.9 g	2.1 g



Julie Rose
Regional Education Officer – South West
Cancer Council Western Australia
Julie.Rose@cancerwa.asn.au



GO DRY THIS JULY AND RAISE FUNDS FOR CANCER COUNCIL

You'll be helping Cancer Council
fund their vital
13 11 20 Information and Support
Service in your local community.



Sign up to support Cancer Council this **Dry July**. To find out more visit

www.dryjuly.com/cancercouncil

- Go alcohol free in July
- Ask family friends & workmates to sponsor you
- Funds raised assist those affected by cancer
- No minimum fundraising fee
- It is 100% free!

HEALTHY SWAPS WHEN EATING OUT

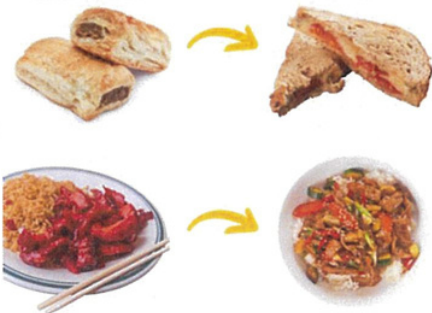


Healthier take-away lunch options

With the mid-year school holidays upon us and group outings being planned, why not try some tips by exploring our [LiveLighter](#) tips assisting us to make healthier choices and enjoy eating out? Whether take-away, dine in, or delivery; restaurant meals are can often be high in sugar, saturated fat & salt. Food outlets often serve up more than meal sized portions + include high kilojoule drinks that are bad for our health. Healthier choice tips to assist us all in making healthier choices and enjoying eating out can be found here:

SWAP THIS....

FOR THIS...



Visit: <https://livelighter.com.au/eating-well/healthy-eating/healthy-swaps-when-eating-out>

FIND CANCER EARLY – Are you experiencing any unusual symptoms?



If you notice anything that is unusual, it is important to seek advice from a trusted health professional, such as your doctor, clinic nurse or Aboriginal health worker. Being aware of the early symptoms and taking action can save lives and prevent cancer from spreading to other parts of the body.

Often when people decide to make an appointment, lots of questions & concerns pass through their mind.

Remember - health professionals are there to help you. Don't be embarrassed to let them know about any unusual changes. There is **NO** reason to put things off. You know your body better than anyone else. It may not be cancer – often turning out to be something less serious.

The earlier cancer is found the greater the chance of successful treatment.

For more information including responses to commonly asked questions, visit

<https://www.findcancerearly.com.au/find-it-early/tell-doctor-aboriginal-health-worker/>

For Cancer information and support call 13 11 20



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



REGIONAL COLUMN

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

18 May 2023

With Senior Regional Officer for the South West, Annetta Bellingeri

Keep your wits when buying tickets

Live sport and music lovers will be spoilt for choice in the coming months, as Western Australia gets set to host to a slew of major international events.

Competition for tickets to the likes of the FIFA Women's World Cup, Coldplay and P!NK has been fierce, so it's never been more important for WA consumers to stay on the ball when trying to secure their own seat or spot.

We have no doubt ticket scalpers and scammers will come crawling out of the woodwork to offer tickets on resale sites or online classifieds that either don't exist or are at illegally inflated prices.

That's why your safest option is to always buy tickets through the authorised ticketing agent, or via its authorised resale site if you miss out.

Before snapping up tickets to any event, it's important to check whether they come with a 'resale restriction.' If they do, it means you cannot sell them for more than a 10 per cent mark-up and you may have issues transferring them into a different name should you no longer be able to attend.

When advertising tickets with resale restrictions, resellers must also remember to include the original ticket cost (including booking fees) and details of the seat row and number.

Event goers can rest assured that when major concerts or sporting competitions are advertised, our compliance officers proactively monitor resale sites and online classifieds for fake tickets and to ensure genuine resale tickets comply with the legislation, in addition to investigating complaints about misconduct.

Following one such investigation earlier this year, Consumer Protection issued five \$2000 infringement notices to scalpers who illegally advertised tickets to the Ultimate Fighting Championship (UFC 284) event for up to 430 per cent more than they originally paid for them.

We want consumers to help us stop ticket scalpers and scammers in their tracks. The first thing to do if you've bought a ticket that doesn't comply with the law is to ask for a refund from the supplier or individual seller. Failing this, you may be able to seek a chargeback from your bank if you paid by credit card.

If you spot resale tickets exceeding 10 per cent mark-up, or believe you've seen fake tickets, contact Consumer Protection on 1300 30 40 54 or consumer@dmirs.wa.gov.au



nbn® Sky Muster® Plus Premium forms part on **nbn's** broader regional upgrade program which will bring further network improvements to your community. To find out more visit nbn.com.au/regionalinvestment

NBN Co has launched a new satellite plan – **nbn® Sky Muster® Plus Premium** – introducing even more connectivity options for people across rural and remote Australia.

Key Features of **nbn Sky Muster Plus Premium** include:

- **Uncapped Data Usage***: users can enjoy the flexibility of how they use the internet without worrying about managing a monthly data allowance.
- **Capability to burst faster**: for the first time the 25/5 Mbps wholesale plan can offer burst download speeds of up to 100 Mbps.# ^
- **Lower wholesale pricing**: makes this new plan even more accessible for people in regional and rural Australia.

The **nbn Sky Muster® Plus Premium** plan is now available to order (as of 1 June 2023) and joins the suite of existing Sky Muster and Sky Muster Plus plans available.

Not all retail service providers offer **nbn** satellite connections. For further details and to connect with a participating provider, please visit the nbn website: www.nbnco.com.au/skymusterplus.

Disclaimers

* Fair Use Policy and shaping apply.

Supplementary Burst allows for wholesale data transfer speeds to exceed the Access Rates of 25Mbps/5Mbps if network capacity is available. For Sky Muster Plus Premium the Supplementary Burst may be able to achieve, from time to time, bursts of up to 100Mbps download and 10Mbps upload. nbn does not guarantee that plans on Sky Muster Plus Premium will achieve burst wholesale download speeds of 100Mbps. Achievable burst speeds are subject to network capacity at the time of transfer (which varies over time based on aggregate usage of the network by all users and may also be dependent on the specifications of end user equipment).

△ Note that an end user's experience, including the speeds actually achieved over the nbn broadband access network, depends on the nbn access technology and configuration over which services are delivered to their premises, whether they are using the internet during the busy period, and some factors outside of nbn's control (like their equipment quality, software or signal reception). For nbn Satellite, end customers may also experience latency.

& nbn is a wholesaler and does not set retail prices. End users should contact their preferred internet service provider to ask about the retail prices they charge.



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



REGIONAL COLUMN

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

24 May 2023

With Senior Regional Officer for the South West, Annetta Bellingeri

Speak up about substandard rentals

Western Australia's rental market has never been tighter, but it doesn't mean tenants should accept living in homes that are falling into disrepair, have mould or electrical safety issues.

So far this year, Consumer Protection has received 367 enquiries and 32 complaints about rental repair and maintenance issues, but we suspect these figures are only a small proportion of the actual number of tenants experiencing such problems currently.

Due to the low vacancy rates, we are concerned some tenants may feel trapped in substandard properties and afraid to voice their concerns out of fear of being unable to find another place to live.

While we understand these anxieties, we still urge tenants to learn about their rights or contact us so that we may try to help them resolve the problems.

Landlords are duty-bound to promptly attend to any maintenance or repair issues, as well as to provide a safe and healthy environment for their tenants.

We are concerned to see electrical hazards listed among some of the issues reported to us. If tenants experience any shocks, tingles or other serious electrical safety issues in their rental home, they should immediately contact their network operator (likely either Western Power or Horizon Power) before alerting their landlord, property manager or other government agencies like Consumer Protection or Building and Energy.

Harmful black mould is another health hazard to watch-out for, particularly as we head into the wetter months. A landlord could be in breach of a rental agreement if mould develops due to a lack of maintenance or repairs, while a tenant could be in breach if they fail to keep the property reasonably clean, dry and well ventilated.

Tenants facing repair or maintenance issues that could cause them harm or undue hardship are reminded they can breach the landlord for failing to carry out [urgent or essential repairs](#). If the matter goes to court, tenants may be released from their rental contract obligations and even be awarded compensation.

Tenants who believe their landlord or agent has failed to initiate repairs or maintenance within a reasonable timeframe are urged to contact Consumer Protection on consumer@dmirs.wa.gov.au or by calling 1300 30 40 54.



What Do You Do When Someone Close to You Is Struggling But Won't Seek Help?

BY THE REGIONAL MEN'S HEALTH INITIATIVE
July 2023

I was speaking with a bloke not long ago, Joe, who was feeling really frustrated when trying to help a mate who was avoiding Joe's attempts at support and refusing to seek help, even though he was obviously in some emotional distress. As is often the case Joe felt powerless in this situation and asked how he might better approach things.

So, what do we do when someone close to us, often a friend or family member, won't seek help? How do we manage the sense of obligation we may feel or the emotions that come with this?



First and foremost, we must remind ourselves that we do not carry the responsibility for other people's health and wellbeing, they do! However, in the above situation it is important to try and understand the reasons why some people are less likely to seek help when it is needed. We need to recognise that often when people are in the middle of a tough situation, simply making a decision to admit something is wrong can be a difficult and daunting thing. It can take time for some people to become comfortable enough with their situation to then contemplate the idea of accessing help. For others, negotiating feelings of embarrassment and shame can be quite overwhelming.

I take my hat off to Joe because, like him, we all need to recognise our role as primary carers, that is, everyday people in the community actively supporting and looking out for our mates.

Whilst our intentions can be coming from a good place, trying to get someone to change or seek help can put more of a strain on your

friendship/relationship. Alternatively, simply avoiding the issue can foster stronger feelings of isolation and possibly result in the person becoming even more resistant. This can prove difficult when the time comes, and they are ready to reach out but may no longer feel comfortable with the idea of approaching you.

As difficult as these situations can seem, it is important to be there for people who are going through a tough time. You can do this just by letting them know you are available to listen when they need it and help when they do decide to reach out. In the meantime, you could take the opportunity to do a bit of research into what specialised local support options might be available, if required, such as a counsellor, financial/legal support or the GP, so you can be prepared and direct them when they do reach out. We also need to remind ourselves that the ability to listen effectively is one of the most important skills we can possess. Being a good listener can have a big impact on improving our relationships and helping others.

At the end of the day, it's also important to look after yourself. Setting clear boundaries is healthy and is all about understanding our limits. If you are starting to feel overwhelmed, talking to someone yourself can provide a good outlet and perhaps some insights into ways to manage the situation.

Most of the time, giving someone the space they need to arrive at seeking help is a good thing. However, if you do have concerns that someone is at imminent risk or danger to themselves or others, it is important that you act on this and seek professional help immediately. In these circumstances you may be worried about going against a person's wishes, but realistically most of us would rather deal with an angry response than a situation where the person we care about is seriously hurt or in trouble.

@RMHI_4blokes

Working with Warriors Podcast

regionalmenshealth.com.au





Services
Australia



Changes to Child Care Subsidy

From 10 July 2023 there are 2 important changes to Child Care Subsidy (CCS), to make child care more affordable for most families.

There are changes to the way we calculate CCS entitlement known as Cheaper Child Care. There are also changes to the activity test for families caring for Aboriginal and Torres Strait Islander children.

Cheaper Child Care

What you need to know

- The maximum amount of CCS is increasing from 85% to 90%. Families earning up to \$80,000 will get the new maximum percentage of 90%.
- Families earning over \$80,000 may get a subsidy starting from 90%. This will go down by 1% for each \$5,000 of income they earn above \$80,000. The CCS percentage you're entitled to depends on your family's income.
- The income limit for CCS is increasing to \$530,000.

For more information about CCS, go to servicesaustralia.gov.au/childcaresubsidy

Use the Starting Blocks calculator to see what your rate may be from 10 July 2023, go to startingblocks.gov.au

Families with more than one child aged 5 or under

Families earning below \$362,408 with more than one child aged 5 or under in care can get a higher rate of CCS for one or more of their children.

If you get Additional Child Care Subsidy

If you get Additional Child Care Subsidy (ACCS) your rates will stay the same.

From 10 July 2023, the low income limit for ACCS Transition to Work (TTW) will increase to \$80,000. You will still need to meet other ACCS TTW eligibility requirements.

What you need to do

In most cases, you don't need to do anything to get the increased rate. If you get CCS, we'll apply changes to your CCS automatically from 10 July 2023.

Updating your family income estimate

The amount of CCS you get is calculated using your family income estimate. It's important to make sure that you check your income estimate regularly and update it if your circumstances change.

If you get CCS or if you're already assessed for CCS but get 0%, you may be entitled to an increased rate. Check your family income estimate is up to date so you get the right amount from 10 July 2023.

You can check or update your income estimate at any time using:

- your **Centrelink online account** through my.gov.au
- the **Express Plus Centrelink mobile app**
- the **myGov app**.

For more information about how to update your family income estimate, go to servicesaustralia.gov.au/familyincomeestimate

CHANGES TO CHILD CARE SUBSIDY

Making a claim for CCS

From 10 July 2023 the income limit for CCS is increasing to \$530,000. This means that more families will be entitled to CCS to reduce their child care costs.

If you want to check your eligibility for CCS, you can make a claim using your Centrelink online account through myGov or your Express Plus Centrelink mobile app.

If you make a claim and it's assessed before 10 July 2023, you may be assessed at 0% if your income is over \$356,756. Your new rate of CCS will automatically apply to you from 10 July 2023.

You can make a claim for CCS any time using:

- your **Centrelink online account** through **my.gov.au**
- the **Express Plus Centrelink mobile app**
- the **myGov app**.

For more information about how to claim CCS, go to servicesaustralia.gov.au/how-to-claim-child-care-subsidy

What's happening from 10 July 2023

If you already get CCS or have made a claim, we'll send you a letter with your new CCS rates and you'll also be able to see them in:

- your online account through myGov. Select **My family** from the Menu, then **Family assistance**, followed by **Child Care Subsidy Summary** to view your rate.
- your Express Plus Centrelink mobile app. Select **Child Care Subsidy**, then **Children assessed** to view your rate.

You can talk to your child care service about how your CCS reduces the child care fees you pay.

Activity test changes for Aboriginal and Torres Strait Islander children

What you need to know

- From 10 July 2023, there are changes to CCS for Aboriginal and Torres Strait Islander children. The changes mean they can get at least 36 hours of subsidised care per fortnight, regardless of their family's income or activity level.
- Families may get more than 36 hours of subsidy per fortnight based on their circumstances and the amount of recognised activity they do.

For more information about CCS, go to servicesaustralia.gov.au/childcaresubsidy

What you need to do

You can tell us if you have an Aboriginal or Torres Strait Islander child in your care to get at least 36 hours of subsidised care per fortnight. You can update your child's CCS details by calling us on **136 150**.

It is voluntary to tell us if you have an Aboriginal or Torres Strait Islander child in your care.

The information you provide to us will be used to work out your CCS entitlement. We may also use it to help us improve services to Aboriginal and Torres Strait Islander people. If you choose not to tell us that a child in your care is an Aboriginal or Torres Strait Islander person, this will not change your CCS entitlements.

You do not need to do anything if you already get more than 36 hours of subsidy based on your circumstances.



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

July 2023

European wasp close of season



Entrance of a subterranean (underground) European wasp nest. The nest entrance is easily hidden amongst leaves.

The European wasp 2022-23 season has drawn to a close with 21 nests found and destroyed.

The optimum time to detect and locate European wasps (*Vespula germanica*) has passed. Traps have been cleaned and now is the time to reflect on another fruitful surveillance season. It is also time to say **thank you** to everyone across WA who adopted a surveillance trap, kept an eye out and reported anything unusual!

How did we go?

Nest numbers were much lower than last season; 21 compared to 53. Nest distribution indicates multiple areas of incursion across Perth, predominantly in and around industrial areas – which is typical of this hitchhiking pest. The nests detected did not show signs of 'overwintering', which means they were created this season. This is a promising indication that nests were not missed during last season's surveillance activities.

Public awareness and reporting remained strong. Residents, businesses, and local government all detected wasp activity in good time. This allows for nests to be found and trapping areas expanded where required. And finally, there have been no signs or reports of wasp activity since April!

Season highlights:

- 2,800 surveillance traps deployed across the Perth metropolitan region
- 75 regional traps deployed with 0 detections
- 171 new traps adopted by the community, bringing the total of 'Adopt a trap' subscribers to 1076
- 350 public enquiries, with 4 confirmed detections
- 21 nests found and destroyed across 6 Local Government Areas, all in the Perth metropolitan region
- the majority of nests were found in embankments of water sumps and drains
- a nest was located in a wood log at primary school playground – yikes!
- wasp flight paths were tracked to locate a nest on Perth Airport grounds
- no public injuries were reported from disturbing these cryptic and often hidden nests

Learn more

The surveillance season runs December to May but reports of suspect wasp activity can be made year-round. For more information about the eradication program, how to identify European wasp or how you can Adopt your own surveillance trap, see agric.wa.gov.au/wasps or contact our Pest and Disease Information Service.



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

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.



eventbrite



Harvey Community Resource Centre Inc.

Hosted 8 events total

33 followers

Follow

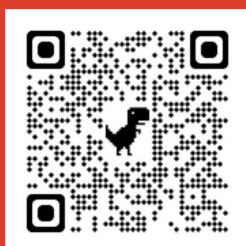
Harvey Community Resource Centre is an independent not-for-profit organisation whose aim is to provide access to government services and economic, business, and social development opportunities to the community of Harvey and surrounding areas. We are supported by the Shire of Harvey and funded by a state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




Robyn Clarke
MURRAY-WELLINGTON

We're in this together

 9531 3155

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

 Robyn Clarke MLA

Authorised by R. Clarke, Shop 1,
Pinjarra Junction Shopping Centre, Pinjarra WA 6208

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Ron Kruger

Manager/Director



Cabling

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ron@rkcabling.com.au
Harvey and surrounding suburbs
www.rkcabling.com.au

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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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DISCLAIMER

The editorial team accepts no liability for any of the information, errors or omissions in this newsletter. All views expressed are those of the contributor.

Thank you for supporting your local CRC!

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

