

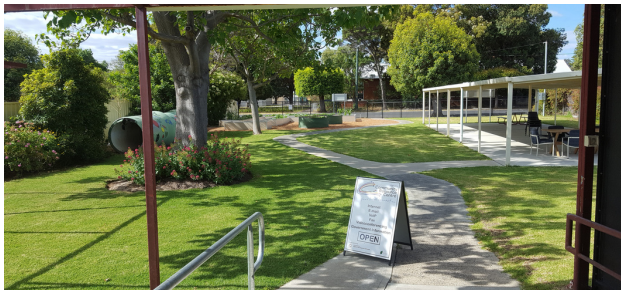
HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

MARCH 2023



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Back to Basics - Let's talk work...
- Yoga in the Garden
- Foodbank Delivery to Harvey & Brunswick CRC
- Tai-Chi Tuesday's
- Article - Oodgeroo Noonuccal
- Poem - Oodgeroo Noonuccal
- Alcoa - Volunteer Assist
- Cancer Council Article
- Warrior Wellbeing Article
- Backyard Buddies Article
- Accordwest Open Hours
- Justice of the Peace Services
- Eventbrite
- Outreach Services
- Community Service Announcement
- Meet the Team
- Where are we located?

... and much more!

Happy International Women's Day



International
Women's Day

#EmbraceEquity
#IWD2023

Flip to page 7 and read our article
for International Women's Day



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.

April advertising notices and articles due by Tuesday, 14th March 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

WORKOUTS IN THE GARDEN

TAI CHI - Tuesdays 9.30am

YOGA - Fridays 9.00am

READY FOR WORK PROGRAM

9.00am to 12.30pm

Quarterly Rotations

NOONGAR WAANGKINY (LANGUAGE) & CULTURE PROGRAM

Mondays 5.30 to 7.30pm

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.



BACK TO BASICS

Let's talk work...

STARTING MARCH 2023

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

In collaboration with
The Wright Way Ahead



- 7th March - 9am to 12pm
- 14th March - 9am to 12pm
- 21st March - 9am to 12pm
- 28th March - 9am to 12pm
- 4th April - 9am to 12pm

CONTACT US:

events@harveycrc.com.au
9729 1669

REGISTER NOW



Harvey Community Resource Centre
5 Gibbs St, Harvey WA 6233



FREE



Yoga in the Community Garden

Join Chloe and Gabriella at the Harvey CRC Community Garden for Yoga each Friday morning from **9am to 10am** during Term One.

You will be guided by experienced teachers who offer classes suitable to all levels.

Yoga helps with supporting good mental health outcomes and improves flexibility as well as many other benefits.

Join Now

Kids - FREE
Seniors - \$10
General - \$15



Contact us:

9729 1669
events@harveycrc.com.au

MOVE MORE 4-WEEK CHALLENGE

COMPLETE AN ACTIVITY EVERY DAY TO **SIT LESS, MOVE MORE, FEEL GREAT!**

<p>2 SETS of 10 CLAMS alternating each side</p>	<p>EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing</p>	<p>1 TO 2 SETS of 10 LUNGES on each leg</p>	<p>FIND YOUR 30 Get your heart rate up doing any kind of movement you like</p>	<p>1 TO 2 SETS of 10 SQUATS [or squat jumps for an extra challenge]</p>	<p>DANCE IT OUT Have a dance party in your lounge room</p>	<p>1 TO 2 SETS of 10 CALF RAISES</p>
<p>FIND YOUR 30 Get your heart rate up doing any kind of movement you like</p>	<p>1 TO 2 SETS of 20 MOUNTAIN CLIMBERS</p>	<p>MOVE STRONGER Complete our 3 minute workout plan (see next page)</p>	<p>1 TO 2 SETS of 10 PUSH UPS</p>	<p>MOVE HARDER Jog on the spot for 3 to 5 minutes</p>	<p>10 LEG LIFTS alternating left and right, hold pose for 5 SECONDS</p>	<p>EXERCISE YOUR MIND 2 to 5 minutes of mindful walking</p>
<p>1 TO 2 SETS of 10 BURPEES</p>	<p>MOVE STRONGER Complete our 3 minute workout plan (see next page)</p>	<p>2 TO 5 MINUTES of AIR BOXING</p>	<p>EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing</p>	<p>1 TO 2 SETS of 10 V-SITS</p>	<p>FIND YOUR 30 Get your heart rate up doing any kind of movement you like</p>	<p>HOLD PLANK for 30 SECONDS TO 1 MINUTE</p>
<p>EXERCISE YOUR MIND 2 to 5 minutes of mindful walking</p>	<p>1 TO 3 MINUTES of HIGH KNEES</p>	<p>FIND YOUR 30 Get your heart rate up doing any kind of movement you like</p>	<p>HOLD SUPINE BRIDGE for 30 SECONDS TO 2 MINUTES</p>	<p>MOVE STRONGER Complete our 3 minute workout plan (see next page)</p>	<p>1 TO 2 SETS of 10 SIT-UPS</p>	<p>MOVE HARDER Jog on the spot for 3 to 5 minutes</p>



CONGRATULATIONS!
YOU'VE COMPLETED THE MOVE MORE CHALLENGE



Government of Western Australia
Department of Health



FOODBANK DELIVERING TO HARVEY AND BRUNSWICK JUNCTION CRCs!

Harvey and Brunswick Junction CRCs are partnering with Foodbank to have essential grocery items delivered to our community members who may need a little helping hand. We will take individual orders and payments by EFTPOS and submit a bulk order to Foodbank who will deliver to the centre on the allocated monthly date. For more information, give us a call or pop in and have a chat!

PACKS AVAILABLE:

Assorted Fruit & Veg	\$5.00
Hamper of Assorted Goods	\$10.00
Beverage Pack <i>(2 x Beverage, 1 x Milk, Biscuit, 1kg Sugar, Muesli bars)</i>	\$9.00
Breakfast Pack <i>(1 x Cereal, 1 x Milk, 1 X Basic Spreads, 1 x Donated Product, Fruit in Jelly)</i>	\$8.00
Essential Pack <i>(1 x Spaghetti, 1 x Baked Beans, 1 x Rice, 1 x Dry Pasta, Pasta Sauce)</i>	\$8.00
4kg Frozen Varied Meat Packs	\$15.00
Tuna Pack <i>(2 x Tuna Tins + Pantry Items)</i>	\$10
Junior Meal	\$1.50
Frozen Meal <i>(Adult Serving)</i>	\$3.00
<i>(2 Adult Serving)</i>	\$6.00
<i>Family Sized Tray)</i>	\$12.00
House Pack <i>(Dishwashing Detergent, Washing Powder, Wipes, etc.)</i>	\$10.00



MOBILE FOODBANK

Orders and payment to
the CRC:

Tuesday, 14th March 2023

Delivery:

Tuesday, 21st March 2023

Harvey - 9729 1669

Brunswick Jn - 9726 1452



Mentally Healthy WA

TAI CHI

Mind and Body

EVERY
TUESDAY

9.30 TO
10.30AM

5 Gibbs St, Harvey 6220
Community Garden
UNDERCOVER AREA



Please bring your own water bottle and gold coin donation.

 (08) 9729 1669

 events@harveycrc.com.au

Aboriginal and Torres Strait Islander people are advised that this article contains images and names of people who have passed away.

To celebrate Women's History Month and World Poetry Day (21st March) 2023, Harvey Community Resource Centre will be taking the opportunity to highlight an Australian woman who contributed to our history in various and significant ways.

OODGEROO NOONUCCAL

Activist, educator, environmentalist, veteran and poet.

Southeast of Brisbane, Queensland, on the sub-tropical island of Minjerribah, a young Oodgeroo Noonuccal spent her youth immersed in the nature landscapes that would later be the subject muse in her life to come. Born Kathleen Jean Mary Ruska on November 3rd, 1920, Oodgeroo was, and continues to be, recognized as one of Australia's leading literary figures, who used her pen to defend and give voice to the Indigenous struggle for rights and justice.



Prevalently known in her public life as Kath Walker, Oodgeroo (translating to 'paperbark tree') adopted her traditional name in 1988, adorning with it the warm nickname of Aunty Oodgeroo Noonuccal.

In 1934 at the tender age of thirteen, Oodgeroo left school to pursue work as a domestic servant. Her family, like many enduring the Depression, could not offer her the nursing training her older sister was afforded. Despite being paid at a lower rate than white domestic servants, Oodgeroo was attentive in equipping herself with skills like bookkeeping and writing, which she would later harness to produce the pioneering poetry we know today.

During World War II, after the capture of her brothers in Singapore, Oodgeroo joined the Australian Women's Army Service (AWAS), saying "I joined the AWAS principally because I did not accept fascism as a way of life. It was a good opportunity for Aboriginal to further their education. In fact, there were only two places where an Aboriginal could get education, in jail, or the army, and I didn't fancy jail!" Oodgeroo was one of at least nine Aboriginal and Torres Strait Islander women to do so. During her enlistment, she ascended through the ranks to become a lance corporal and sustained that role until discharged in January 1944. Later, she and her husband, Bruce Walker, became involved in the Communist Party of Australia, who were the only party at the time that did not support the White Australian policy. Oodgeroo eventually left because "they wanted to write my speeches" – an insult to a woman who made history captivating her audience

through language and literature. Oodgeroo and Bruce's union did not last and as a single parent, she struggled to provide and care for her sons and returned to domestic service work.

In the 1960's Oodgeroo Noonuccal and her pen took their place in the field of poetry, starting with her debut collection *We Are Going* (1964) selling over 10,000 copies. She became the first Aboriginal Australian to publish a work of poetry, and with this status, continued to promote rights and equality for Aboriginal people. Though her critics scorned her work as "protest poetry", Oodgeroo continued to write, publish, and win several prestigious literary awards including the Dame Mary Gilmore Medal. Mary Gilmore, respected for her honorable contributions to Australian literature, left Oodgeroo with words of counsel before passing away shortly after. "These belong to the world. Never forget you're the tool that wrote them down only".

"Black tribe, yellow tribe, red, white or brown, From where the sun jumps up to where it goes down, Hens and pukka-sahibs, demoiselles and squaws, All one family, so why make wars?" - All One Race

Parallel to her literary career success, Oodgeroo was making her mark in the political regime, turning her efforts towards Aboriginal-run activist organisations, and joining the newly formed *Brisbane Aboriginal and Islanders' Council*, and the *National Tribal Council (NTC)*.

Both Indigenous organisations, with Oodgeroo as leading member, fought hard for the Constitutional change to end State control over Aboriginal people. The campaign resulted in the historical 1967 Referendum breakthrough, where Australians voted to include Aboriginal people in the census and ensured they were covered by Commonwealth laws. Oodgeroo earned her distinction as a committed and established leading voice for Aboriginal rights and activism, blazing a trail for emerging Aboriginal artists and advocates to succeed and be seen.

In 1971 at age fifty, Oodgeroo returned to her childhood home of Minjerribah, where she established the Noonuccal-Nughie Education and Cultural Centre - *Moongalba* (the sitting-down place). Here she taught those who visited the island about Aboriginal culture and Country, and affectionately shared her wisdom and sanctuary with thousands of school children, educators, and travelers.

In recognition of a lifetime commitment to Indigenous peoples and her outstanding contributions to Australian literature, Oodgeroo Noonuccal was awarded three honorary doctorates by Universities within Australia.

Oodgeroo passed away in 1993, leaving behind a great legacy.

Oodgeroo Noonuccal spent her life striving to improve the rights of Aboriginal and Torres Strait Islander peoples and pouring painful prose into poetry with the long-lasting synopses of her hopefulness and prospects for a better and brighter future.



Son of Mine by Oodgeroo Noonuccal

To Dennis

My son, your troubled eyes search mine,
Puzzled and hurt by colour line.
Your black skin as soft as velvet shine;
What can I tell you, son of mine?

I could tell you of heartbreak, hatred blind,
I could tell you of crimes that shame mankind,
Of brutal wrong and deeds malign,
Of rape and murder, son of mine;

But I'll tell you instead of brave and fine
When lives of black and white entwine,
And men in brotherhood combine-
This would I tell you, son of mine.

**Article written by
Holly Warner**

Resources:

<https://deadlystory.com/page/culture/articles/anzac-day-2018/oodgeroo-noonuccal>

https://www.qld.gov.au/__data/assets/pdf_file/0024/38751/oodgeroo-noonuccal-biography.pdf

<https://ia.anu.edu.au/biography/noonuccal-oodgeroo-18057>



Does your local community group need some voluntary assistance?

- Do you need to do a busy bee?
- Need some painting done?
- Help man the BBQs?
- Cook in the kitchen?
- Set up the Show?
- Pack down the Show?
- Support a local school?

If your Community Group needs some extra hands we'd like to hear from you!

Alcoa employees are provided the option each year to undertake a crew activity in support of a local community group

Expressions of Interest are being call for from Community Groups to put forward projects that they would like an Alcoa Crew to be able to help them complete

If you think you have a project worth putting forward please call Tom on 0404800135 or email tom.busher@alcoa.com

The logo features a row of seven stylized hands in various colors (orange, teal, red, grey, pink, yellow, purple) reaching upwards. Below the hands, the text "Many Hands Make LIGHT Work" is written in a light grey font, with the word "LIGHT" in a larger, bold, yellow font.

Many Hands Make **LIGHT** Work



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

Ovarian Cancer awareness & International Women's Day

International Women's Day is celebrated on 08 March, and this year the theme is embrace equity. Everyone, everywhere can play a part and collectively we can all forge positive change. What better time to highlight, that, with February having been **Ovarian Cancer** Awareness Month – let's remind all women to remain vigilant by paying attention to any health symptoms that are unusual, new, persistent or troublesome.

Ovarian cancer can be difficult to detect in its early stages and sadly there are more deaths from this cancer than any other gynaecological cancer. Ovarian cancer is most common in women over 50, and having a family history of breast or ovarian cancer can increase the risk.

Symptoms to look out for are (these can also be similar to those of other health conditions):

- Pain in lower tummy or side
- Bloating, full feeling in abdomen
- Heartburn, nausea or bloating
- Changes in toilet habits (eg. constipation, diarrhoea, frequent urination due to pressure, increased flatulence)
- Tiredness & loss of appetite, indigestion, or nausea
- Unexpected weight loss or gain
- Changes in menstrual patterns or vaginal bleeding after menopause
- Back pain
- Pain during sex

If you have any symptoms & they happen on most days for 3 or more weeks, go to your GP or Aboriginal Health Professional for a check up.

For more information visit <https://cancerwa.asn.au> and search ovarian cancer

Find Cancer Early

Have you seen our media campaign focussing on Regional Champions on your TV screen over recent months? These contain pearls of wisdom from regional Western Australians who have had a cancer diagnosis and know all too well how important it is to get unusual symptoms you may notice checked out.

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

For more information visit <https://www.findcancerearly.com.au>



HOT off the Press

LiveLighter® has launched **Move**

More - a new campaign encouraging adults in the South West to be more physically active for their mental wellbeing. Go to our website where we have a suite of free online resources to assist in reaching movement goals, including workout guides & a physical activity calculator.

To visit page - livelighter.com.au/being-active



For Cancer information and support call 13 11 20

WARRIOR WELLBEING ARTICLE

Walking up to 20km a Day – Our Ancestors and Exercise

BY THE REGIONAL MEN'S HEALTH INITIATIVE
March 2023

Our ancestors were used to walking up to 20 kilometres per day, they had to, to survive on the Savannah Plains and the Serengeti or they would end up as someone's lunch. We are not designed for sitting around and not exercising. The human body has not had millions of years to adapt to our sedentary lifestyle and we need to change our habits before it is too late.

Blokes have had a significant change because many of the work tasks that have always been manually done are now obsolete or automated.

Exercise is essential for our brain, mind, body and our cardiovascular health. I read a book titled *Brain Rules* by John Medina and rule 1 (out of 12 brain rules) is *exercise boosts brain power*. An enlightening read.

There are a lot of variables, from nurture to nature, that help how we age but one of the greatest predictors of successful ageing is the absence of a sedentary lifestyle. Industrialization has given us many benefits, but it has also meant, that for most of us, we have gradually quit moving. The result of this is more and more Australians are being classified as being overweight, with the fastest growing chronic condition in Australia in 2022 being Type 2 Diabetes.



There is a lot of current research that suggests exercise can:

1. help prevent Type 2 Diabetes (by up to 60%);
2. improve our cardiovascular health thus decreasing the risk of strokes and heart attacks;
3. affect the outcome of both anxiety and depression. The fact that exercise helps regulate the release of chemicals (serotonin, dopamine, and norepinephrine) into our bodies makes it an important element in maintaining the right balance;
4. halve the risk of general dementia through aerobic exercise, just twice a week. It can also cut the risk of Alzheimer's by 60%.

So, what does this all mean for our exercise regime? There is a lot of advice around with different suggestions on exercise requirements. This varies from 5 minutes high intensity, to 30 minutes per day, to 1 hour a day every second day. We are the only one that knows our body's physiology and what will ultimately work for us. A guide is a minimum of 150 minutes per week of moderate exercise.

If you are limited in how you can exercise you can still make a difference. If you can physically walk only 50 metres a day, double it! Walking 100 metres per day compared to 50 metres can make a difference. The improvement in your body's physiology will be profound and the positive effect is that starting with a little bit of exercise will make you want to move more.

Exercise options are endless, swimming, hydrotherapy, light gym work, walking groups, belonging to sporting groups, volunteering. Although in regional WA sometimes these options can be limited for people to access.

Don't let it stop you exercising – get moving!

**Remember... before it all gets too much...
Talk to a Mate@!!**

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au





Want to better manage your finances?

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



Additional single-use plastic items phased out from February 27

Stage 2 includes:



Plastic takeaway coffee cups (non-compostable)



Plastic produce bags



Cotton buds (with plastic stems)



Expanded Polystyrene packaging trays



Microbeads



Degradable plastics



Unlined trays



Lids for takeaway bowls, plates, cups, trays and containers

Did you know?

Plan for Plastics Stage 1 saves 430 million single-use plastic items from landfill and litter each year, including:



Plastic straws



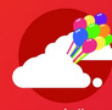
Polystyrene food containers



Plastic shopping bags



Plastic cutlery, plates, bowls and cups



Helium balloon releases



Cold cups



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds & diseases

March 2023

They're breeding like rabbits!



European rabbit (*Oryctolagus cuniculus*).

Have you been watching rabbit numbers increase and need management information? We've collated some of the most useful resources to assist you.

Our online resources

Rabbit control information is available on the Department's agric.wa.gov.au website. A few webpages that are particularly useful for smaller landholders are below:

- Rabbit control options
- Rabbit control in urban and semi-urban areas
- Rabbit biocontrol: RHDV1 K5 national release
- Rabbit control: bait stations
- Rabbit warren and harbourage destruction

Rabbit control for broadacre farming information is also available on our website.

Other key websites & resources

- **Pestsmart.org.au** is a hub of best practice information, management guides and videos for the control of various animal pests in Australia, including rabbits.

- **Feralscan.org.au** – press on the 'RabbitScan' icon to view rabbit sightings made across the country. You can also report rabbits you suspect have died from a virus and request a sampling kit for laboratory identification.
- **Recognised Biosecurity Groups (RBGs), Landcare groups, Natural Resource Management (NRM) organisations etc** – are local resource centres, see what's around you and what's on offer.
- **Licensed Animal Pest Management Technicians** – animal pest controllers are less common than insect pest controllers, but they advertise through the same channels (online, print, white pages etc.). They are fee-for-service providers.

If you aren't a regular computer user and need assistance with printed material, please contact our Pest and Disease Information Service (PaDIS) on 93683080 or padis@dpird.wa.gov.au. Alternatively try your local library or community resource centre to see if they assist you in accessing this online information.

Report suspect pests



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



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

Mindful March 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Set an intention to live with awareness and kindness
- 2 Notice three things you find beautiful in the outside world
- 3 Start today by appreciating your body and that you're alive
- 4 Notice how you speak to yourself and choose to use kind words
- 5 Bring to mind people you care about and send love to them
- 6 If you find yourself rushing, make an effort to slow down
- 7 Take three calm breaths at regular intervals during your day
- 8 Eat mindfully. Appreciate the taste, texture and smell of your food
- 9 Take a full breath in and out before you reply to others
- 10 Get outside and notice how the weather feels on your face
- 11 Stay fully present while drinking your cup of tea or coffee
- 12 Listen deeply to someone and really hear what they are saying
- 13 Pause to watch the sky or clouds for a few minutes today
- 14 Find ways to enjoy any chores or tasks that you do
- 15 Stop. Breathe. Notice. Repeat regularly
- 16 Get really absorbed with an interesting or creative activity
- 17 Look around and spot three things you find unusual or pleasant
- 18 Have a 'no plans' day and notice how that feels
- 19 Cultivate a feeling of loving-kindness towards others today
- 20 Focus on what makes you and others happy today dayofhappiness.net
- 21 Listen to a piece of music without doing anything else
- 22 Notice something that is going well, even if today feels difficult
- 23 Tune into your feelings, without judging or trying to change them
- 24 Appreciate your hands and all the things they enable you to do
- 25 Focus your attention on the good things you take for granted
- 26 Choose to spend less time looking at screens today
- 27 Appreciate nature around you, wherever you are
- 28 Notice when you're tired and take a break as soon as possible
- 29 Choose a different route today and see what you notice
- 30 Mentally scan your body and notice what it is feeling
- 31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

Accordwest Updated Office Opening Hours

Please note we have some temporary changes in the opening hours of our Forrest Avenue (Bunbury) office and availability of our Emergency Relief Program.

Our office will now be open to the public from 9am - 1pm Monday to Friday.

Our Emergency Relief program will be available 9am Monday and Wednesday only. Please refer to previous communications regarding the requirements to access this service.

We are working hard to increase our availability and service offering, so we can continue to do what we love in supporting others.

Thank you for your understanding.



MENTAL HEALTH RESOURCES

FOR FAMILIES AND COMMUNITY



Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au ehespace.com.au
Lifeline WA [24 hrs]	13 11 14	lifeline.org.au
Kids Helpline [24 hrs]	1800 551 800	kidshelp.com.au
Suicide Call Back Service [24 hrs]	1300 659 467	suicidecallbackservice.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	cahs.health.wa.gov.au/our-services/mental-health
Mental Health Emergency Response Line [24 hrs]	1300 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nmahsmh.health.wa.gov.au
Ngala Parenting Helpline	9368 9368 Callback Service 1800 111 546 Rural	ngala.com.au

ONLINE RESOURCES

Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com
Beyond Blue	beyondblue.com.au

AWESOME APPS

Download these Apps for free in iTunes or Google Play



Smiling Mind



Mindshift



Reachout Worry Time

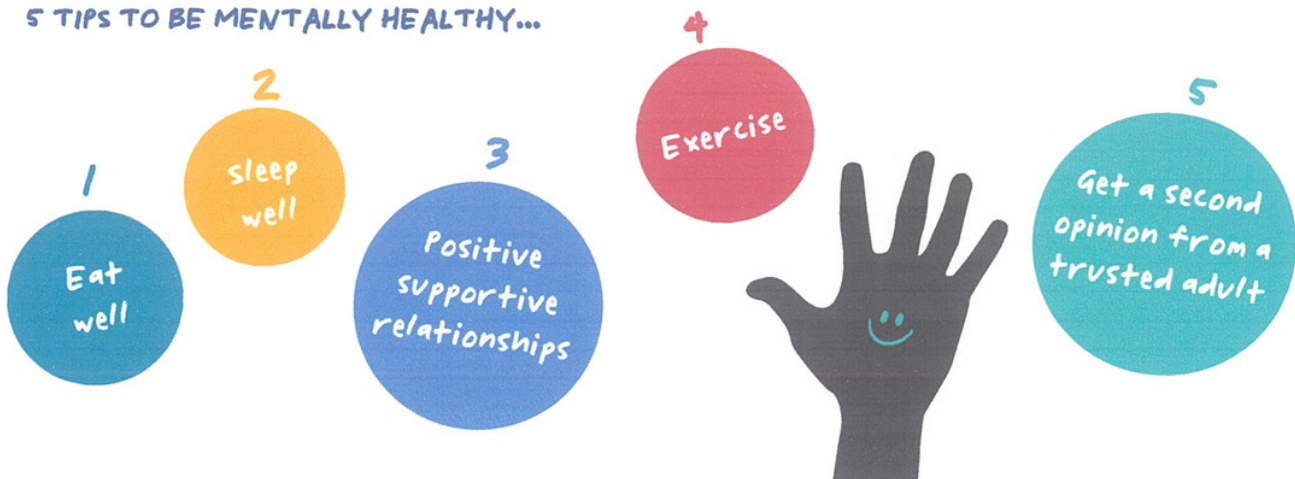


What's Up?



The Check-in

5 TIPS TO BE MENTALLY HEALTHY...



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](#)



Our Eventbrite is officially up and running!

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

<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





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,
Perjara Junction Shopping Centre, Perjara WA 6208

WATER BORES

Call Aquatech Drilling, the water drilling specialists
for an obligation FREE quote

PH 0490 282 023 E:admin@aquatechdrilling.com.au



www.aquatechdrilling.com.au

42831

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

Ron Kruger

Manager/Director



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

TV Points
Aerials
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

SMYL Community Services

For participants of the Parents' Next Program. This program is a "pre-employment" project that assists parents with young children to identify their education and employment goals, develop a pathway to achieve their goals and link them to activities and services in the local community.

**Available every Tuesday
9.00am to 2.30pm**

Appointments Essential

Call 1300 215 391 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

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

The Team's Expanded!



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

