

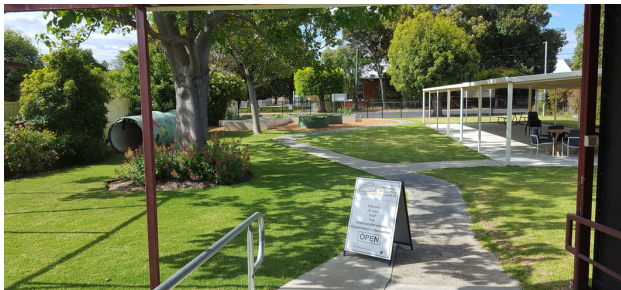
HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

MAY 2023



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Foodbank Mobile Food Van
- Death Cafe Bunbury
- Body Esteem Program
- Using the Cloud Workshop
- Keep kids away from tiny killers
- Mother's Day
- Backyard Buddies Article
- PATS Process and Forms
- Your rights on runaway rents
- Eventbrite
- Outreach Services
- Community Service Announcement
- Meet the Team
- Where are we located?

... and much more!



Harvey CRC would like to wish all our mothers a very happy Mother's Day!
A colouring-in picture can be found inside so the children can wish Mum a Happy Mother's Day too.
Enjoy!



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.

June advertising notices and articles due by Monday, 15th May 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 2nd May 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

Death Cafe Bunbury



Death Café Bunbury is doing things a little differently in May by visiting the Old Harvey Cemetery and following the trail developed by local history group, Harvey History Online.

Death Café is not complete without coffee and companionship – join us at Stirling Cottage afterwards.

The details

When: Sunday, 7 May 2023

Where: Old Harvey Cemetery, South Western Highway, Harvey

Time: 10.30am - meet at the Cemetery

Afterwards: Stirling Cottage, South Western Highway, Harvey, for cake & coffee or lunch.

Wear enclosed shoes as the ground is uneven and an umbrella may be needed if it is raining.

A clipboard and pencil may be handy but not essential.

RSVP to Heather at swcomcomnetwork@gmail.com or phone 0483 802 915 by Sunday 30 April so we can give Stirling Cottage an indication of numbers.

Body Esteem Online Program Flyer

Inspiring freedom from an eating disorder through shared experience and support



For Adults living with an Eating Disorder

BE-OP is a **12 week guided self help online program** for participants who identify with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, or Other Specified Feeding or Eating Disorders.

About the Program:

- Designed for rural and remote-based participants or participants who prefer to work independently on their recovery.
- Every 2 weeks - modules provided with activities completed independently.
- Every 2 weeks - Phone support with BEP Peer Worker.
- Monthly - Optional online support group.
- Promotes sense of self and body.

All participants are required to access individual therapeutic support in addition to this online program.

Register online or contact BEP for more information.

For more information visit: whfs.org.au/services/eating-disorders

Registration is essential

Date	Available from 3 April 2023
Register	https://whfs.org.au/online_course/body-esteem-program/
Support	Phone support every 2 weeks Online support group every month
Cost	\$150 Free for Health Care Card Holders
Contact	For more information contact 08 6330 5400 or BEP@whfs.org.au

Body Esteem Online Program

Inspiring freedom from an eating disorder through shared experience and support



Who We Are

The **Body Esteem Program (BEP)** is the **only community-based, peer supported eating disorder program available in Western Australia.**

The programs are a safe space for individuals impacted by Eating Disorders to make informed decisions about their health and wellbeing, and provide hope that recovery is possible.

Our programs are designed around guided **self-help**. This means that participants set their own goals, take personal responsibility for their learning and make changes at their own pace.

BEP is facilitated by **Peer Support Workers**, who have lived experience of an eating disorder and recovery, and appropriately share their knowledge throughout the programs. All Peer Workers receive ongoing training and professional supervision in their work.

Our Ethos

Person-centered: Our programs are designed with individual needs in mind as we understand the reasons for developing and maintaining an eating disorder are complex and unique.

Holistic: Health and wellbeing is infused into every element of our programs. We also aim to raise the profile and reduce the stigma of eating disorders.

Empowering: We believe that empowering the individual is an essential element of recovery. Our programs encourage participants to use the support and experience of peer-facilitators and take personal control of their journey.

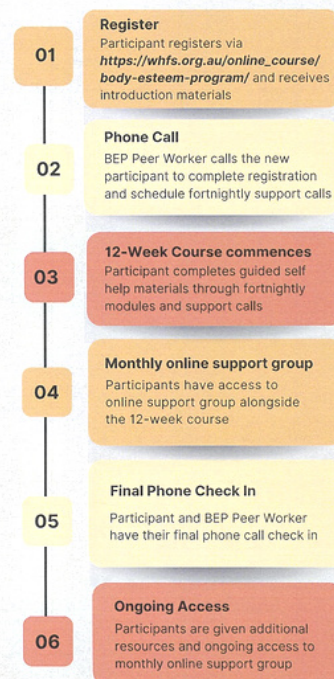
12-Week Online Program

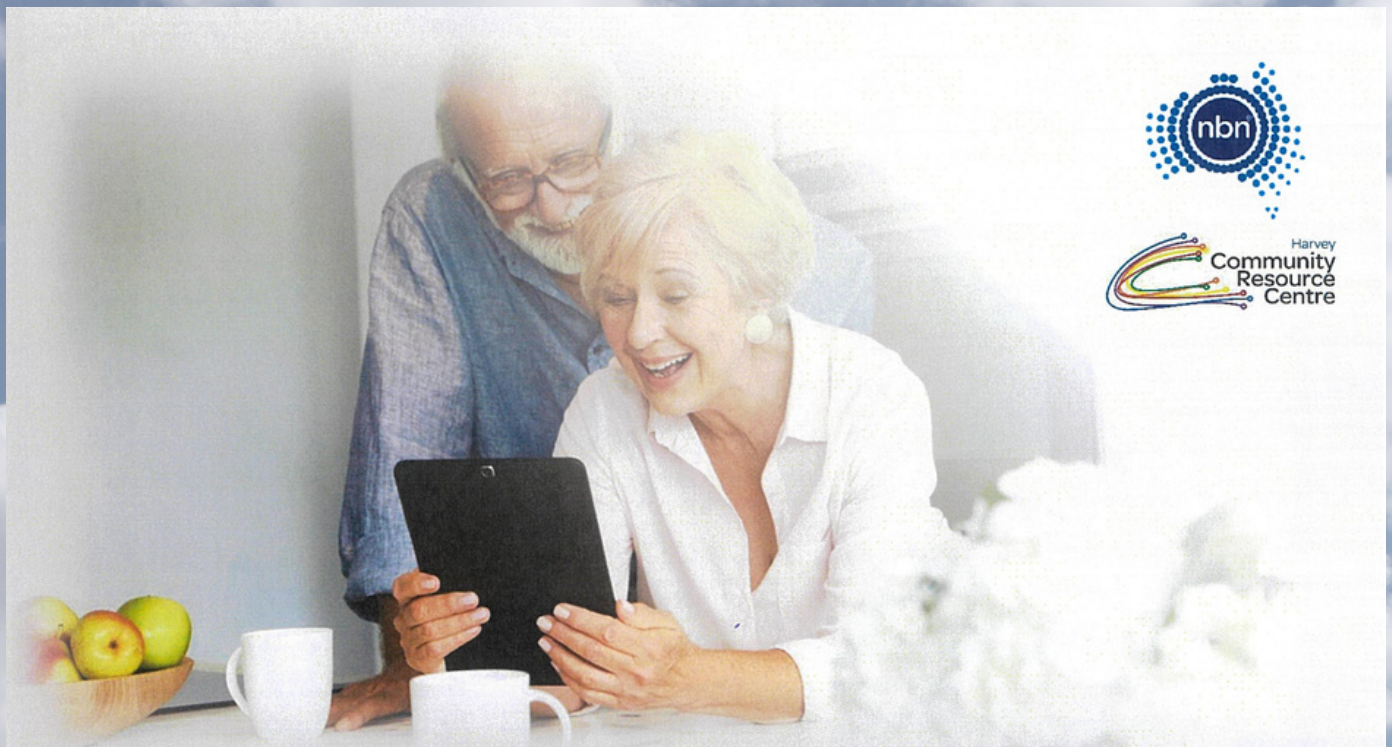
- For individuals aged 18+, who are experiencing any type of eating disorder.
- Designed for rural and remote-based participants who have limited access to services, as well as individuals who prefer to work independently on their recovery, with support from Peer Workers.
- Modules emailed fortnightly requiring activities to be completed independently.
- Peer support phone calls provided fortnightly.
- Monthly Online support group available.
- Upfront fee required for participation, waived for health care card holders.
- The option to continue to access the online support group on an ongoing basis, after completion of the program.
- All participants are required to access individual therapeutic support in addition to this online program.

Participant feedback



The Process





Come along to a free
Using the Cloud workshop
and learn more about the benefits of storing
files in the cloud

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

- Learn what the cloud is and what it does
- Discover how to store files and create backups
- Understand the features and benefits of using the cloud
- Learn about online safety and keeping your files safe
- Tips on how to digitise older photo's and documents

Place

Harvey Community Resource Centre

Friday 26th May 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



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



REGIONAL COLUMN

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

29 March 2023

With Senior Regional Officer for the South West Annetta Bellingeri

Keep kids away from tiny killers

They may well look like lollies to young eyes, but both button batteries and small high-powered magnets are capable of causing devastating internal injuries if swallowed.

The dangers have been highlighted in recent news reports on two young children who were hospitalised after ingesting these incredibly hazardous items in separate incidents.

Small high-powered magnets, which are promoted as shape-shifting toys, are so dangerous they were banned from sale in Australia over a decade ago. If two or more of the magnets are swallowed, they can attract and stick to each other across internal tissue, potentially causing the tissue to die or perforate, before leading to further complications like infection, sepsis and even death.

Likewise, button batteries – which are used to power many devices in our homes – can be deadly if they burn through the oesophagus or stomach due to a chemical reaction that is triggered when they come into contact with saliva.

To protect children from the dangers of button batteries, new rules that became mandatory last year require warnings to be displayed on all products containing them, including advice to seek medical assistance if swallowed. Any toys or other products that are powered by button batteries must have a secure battery cover.

We recently sounded a warning for retailers to ensure they are complying with the new rules or face penalties, after our product safety inspections in Albany uncovered 15 items for sale that were wrongly labelled and failed to display the correct warnings to consumers.

Given button batteries are an enforcement priority for Consumer Protection, our officers will continue checking retailers around WA to ensure the laws are being upheld.

In the meantime, we want consumers to give careful consideration to the toys and devices they buy and how they're powered. If you do decide to allow button batteries into your home, make sure they are kept away from young children and cannot be easily accessed.

If you spot non-compliant button batteries, devices containing them, or any small high-powered magnet products on shop shelves, report them to Consumer Protection at consumer@dmirs.wa.gov.au or call 1300 30 40 54.



mother

You filled my days with rainbow lights,
Fairytale and sweet dream nights,
A kiss to wipe away my tears,
Gingerbread to ease my fears.
You gave the gift of life to me
And then in love, you set me free.
I thank you for your tender care,
For deep warm hugs and being there.
I hope that when you think of me
A part of you
You'll always see.

Happy Mother's Day
14th May, 2023



Homemade
GIFTS MADE EASY



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

May 2023

Prohibited aquatic plants



Left: Salvinia (*Salvinia molesta*) and right: water hyacinth (*Eichhornia crassipes*).

Fret over these floaters

Keep your eyes peeled for aquatic plants such as Salvinia and water hyacinth – two highly invasive weeds that we need to report and eradicate from Western Australia. They have the ability to negatively impact our local ecosystems by out-competing local species and reducing water quality.

The costs and efforts taken to remove these aquatic plants once they enter our environment are massive. They can impede water flow, increase flooding and erosion, block agricultural irrigation channels, create health hazards and displace natural vegetation. Some aquatic plants can even form thick mats to resemble groundcover, creating drowning hazards for people and livestock.

Salvinia, (*Salvinia molesta*), is a non-flowering, free-floating aquatic weed that has pairs of oval leaves connected by a horizontal stem. They have a multitude of hair-like structures on top of the leaves which split and re-join at the tips to form eggbeater like structures helping them to be buoyant. They produce vegetatively - meaning that even small stems that break apart can form entirely new plants.

Water hyacinth, (*Eichhornia crassipes*), is a notorious floating weed with large funnel-shaped lilac flowers that have 6 petals and a yellow centre.

These flower summer to early autumn. The leaves are hairless, glossy and have a spongy base that helps them to float. This weed can double in size in just two weeks via flower pollination, or vegetatively. They have submerged fruits that can carry up to 300 seeds each, and these 1 mm seeds can be viable for up to 20 years!

Don't get caught out!

These plants are sometimes advertised on platforms like Facebook Marketplace, Gumtree or other channels, but they're illegal to have in WA. Salvinia and water hyacinth are prohibited species under the *Biosecurity and Agriculture Management Act 2007* and cannot be sold, traded or cultivated. This also applies to several other aquatic plants including *Rotala rotundifolia*, water lettuce (*Pistia stratiotes*) and Sagittaria (*Sagittaria platyphylla*).

You can be a responsible gardener and report any suspect illegal plant sales, or the presence of these declared weeds in the environment. Reporting options include the Pest and Disease Information Service (PaDIS), the MyPestGuide® Reporter app or webpage, or you can anonymously report an illegal agricultural matter on [crimestopperswa.com.au](https://www.crimestopperswa.com.au) or phone 1800 333 000. If you're unsure about the plant, report it anyway.



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
WA Country Health Service

PATS process and forms have changed

(Patient Assisted Travel Scheme)

Your GP no longer needs to sign your PATS application form

What is the new process?

- 1** You complete a PATS application form and include any requests for consideration outside the current guidelines.
- 2** You submit your PATS application form in person, by post, fax or email to your local PATS office.
- 3** Your application will be assessed internally by WACHS. Your GP may be contacted for additional information, as required to support the decision.



Ready to get started?

Contact your local PATS team or scan the QR code to visit the PATS internet page.

South West Region

1800 823 131

pats.southwest@health.wa.gov.au





WARRIOR WELLBEING ARTICLE

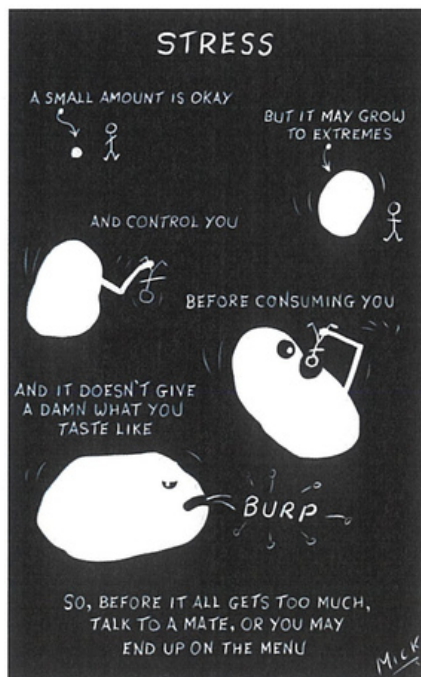
Understanding Stress

BY THE REGIONAL MEN'S HEALTH INITIATIVE
May 2023

Stress is usually associated with not being in control of a situation or an environment leading us to feel uncomfortable in body and/or mind. It is a part of life and it affects everyone at one time or another. Stress is normal, a certain amount of stress energizes people consequently improving performance and efficiency.

When stress levels get too high, problems can develop and start to take their toll on our mental health, physical health and social/spiritual wellbeing, sometimes with dire consequences. At RMHI we refer to *situational distress* to explain those times in our lives that create extreme stress which can start from situations that are unresolved in our lives. If we are always saying things like *I haven't got enough time, I must get this done before..., I'll never finish in time, I can't get anything done;* we might be in danger of moving from *stressed* to being *distressed*.

It is important to remember that what might be stressful for some may not be stressful for others. We all deal with things differently and have different capacities to cope.



How do you currently cope with stress? Are your coping strategies healthy or unhealthy, helpful or unproductive? Many people cope with stress in ways that compound the problem.

Below are unhealthy strategies that may temporarily reduce stress but will cause more damage in the long run:

- Sleeping too much;
- Filling up every minute of the day to avoid facing problems;
- Withdrawing from friends, family and activities;
- Taking out your stress on others (lashing out, anger outbursts, physical violence);
- Drinking too much;
- Procrastinating;
- Overeating or undereating;
- Over analysing;
- Smoking;
- Using pills/drugs to relax;
- Zoning out for hours in front of the television or the computer.

Here are some tips that may help deal with stressful situations:

- *Avoid* the stressor. Learn to say *no*, limit time with those who stress you out (if possible), control your environment i.e. turn the news off if it makes you anxious, give the bookwork to the bookkeeper.
- *Alter* the stressor. Communicate your concerns i.e. *Talk to a Mate*®, ask for a behaviour change but be willing to also compromise, be more assertive, manage your time better.
- *Adapt* to the stressor. If you can't change the stressor, change yourself, look at the stressful situation more positively, will it matter in the long run? If the answer is *no* refocus elsewhere, set reasonable standards not perfectionism, look at all the good things in your life if feeling stressed out.
- *Accept* the stressor. Some stressors are unavoidable, in such cases accept things as they are. This can be difficult but easier than railing against an unchangeable situation.

Finding and creating ways to relax when you are stressed out will also help i.e. exercise, get a massage, listen to music to calm down and/or ... before it all gets too much ... Talk to a Mate®!! Most importantly if you feel you are not coping, despite your efforts to do so, we recommend a visit to your GP before you reach a crisis point.

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

@RMHI_4blokes

Working with Warriors Podcast

regionalmenshealth.com.au





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



REGIONAL COLUMN

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

5 April 2023

With Senior Regional Officer for the South West Annetta Bellingeri

Your rights on runaway rents

A lack of available rental homes in Western Australia means it's becoming harder and more expensive for many tenants to keep a roof over their heads.

With South West median rents reportedly sitting at \$530 per week, existing tenants may be asked to pay more to remain in the same property.

There are strict rules surrounding how often rent increases are allowed to happen – they can only occur after the first six months of a new tenancy agreement and on a half-yearly basis thereafter in both fixed-term and periodic leases.

Tenants in financial difficulty who miss (or expect to miss) a rental payment are urged to explain their situation to their landlord or property manager as soon as possible. A landlord might agree to a rent reduction for a period of time, waive a payment or agree to defer payment over a longer timeframe.

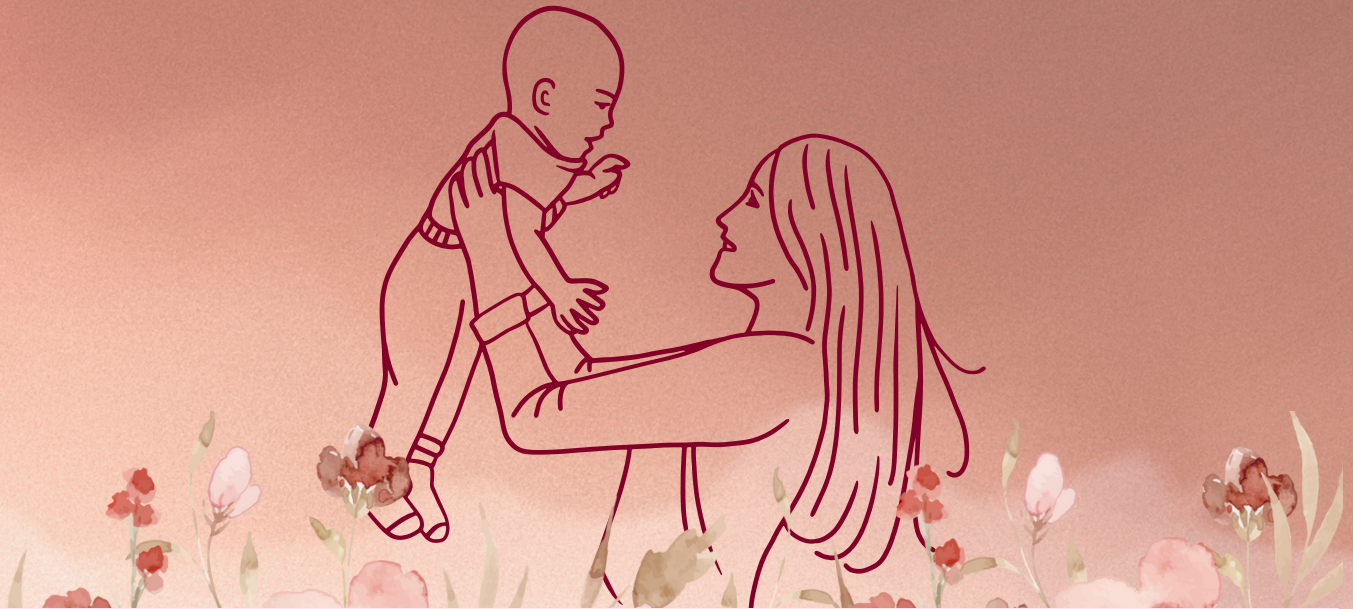
While market forces generally determine rental prices, if a tenant believes what they're paying is too high, they should try negotiating with the landlord before applying to the Magistrates Court requesting a reduction, or to argue against a proposed increase.

The court will consider a range of factors, including whether the rent is comparable to similar properties nearby and what the property costs the landlord in upkeep. The cost of services and contents provided will also be taken into account, along with the property's general condition and whether the rent is simply being raised to force the tenant out.

When it comes to securing a new property, some prospective tenants may offer more than the advertised price in a practice known as 'rent bidding'.

While there is no current legislation relating to rent bidding, Consumer Protection can investigate if there is evidence that a landlord or agent has advertised a rental property for a set price, but subsequently insisted that prospective tenants pay more than what was advertised to secure the home.

If you believe a landlord or agent is misrepresenting the advertising of rent prices, contact us on 1300 30 40 54 or consumer@dmirs.wa.gov.au, or find out more about rent increases on our [website](http://www.consumerprotection.wa.gov.au) at www.consumerprotection.wa.gov.au.



Sending Love to all



MOTHERS THAT HAVE
LOST CHILDREN



THOSE THAT HAVE
LOST THEIR MOTHER



THOSE THAT ARE
LONGING TO BE MOTHERS



MOTHERS THAT HAVE
STRAINED RELATIONSHIPS
WITH THEIR CHILDREN



OUR MOTHER FIGURES IN
ALL FORMS



THOSE THAT HAVE A
STRAINED RELATIONSHIP
WITH THEIR MOTHERS

eventbrite



Harvey Community Resource Centre Inc.

Hosted 8 events total

33 followers

Follow

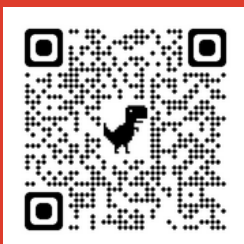
Harvey Community Resource Centre is an independent not-for-profit organisation whose aim is to provide access to government services and economic, business, and social development opportunities to the community of Harvey and surrounding areas. We are supported by the Shire of Harvey and funded by a state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

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

RK **Cabling**

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.



Policy & Disclaimer

POLICY

Articles are included in this newsletter at the editor's discretion and may be edited for clarity and space.

Published articles become public domain and may be reproduced at any time.

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

