

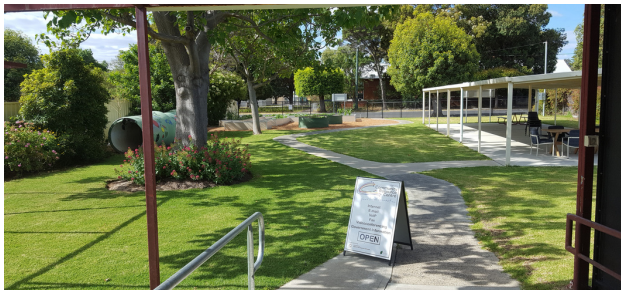
# HARVEY HAPPENINGS



Harvey the Orange

## Harvey CRC's Community Newsletter

SEPTEMBER/OCTOBER 2023



### What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Where are we located?
- Visiting Outreach Services
- Our Beautiful Spaces - Room/Venue Hire
- Tai Chi Classes - Upcoming
- Yoga Classes - Upcoming
- Branches & Brews Family Tree Workshop
- Backyard Buddies article
- Back to Basics - Work Program
- Read Write Now - Adult Literacy Tutoring
- Harvey Accessible Highway Expo - Family Fun Day (Community Disability Access Network)
- Emerging Minds Survey
- What's Happening in the South West
- Transwa Shutdown
- NBN "All About Apps" Information Session
- e-Cigarettes, vaping & School Communities Information Session, Dalyellup
- LGBTQIA+ Social Group
- Meet the Shire of Harvey Council Candidates!
- Volunteer Recruitment Meeting
- Warrior Wellbeing Article
- Eventbrite
- Community Service Announcement

... and much more!



Harvey Community Resource Centre

## Meet the Harvey Council Candidates 2023

Morning Tea **OCTOBER 2** 2023

10:00-11:30 AM  
HCRC COMMUNITY GARDEN  
5 Gibbs Street, Harvey

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



## 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 [admin@harveycrc.com.au](mailto:admin@harveycrc.com.au) for more information.

November advertising notices and articles due by Wednesday, 18th October 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](mailto: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.



Formerly known as the **Harvey Telecentre**, the **Harvey Community Resource Centre (HCRC)** is a non-government, non-for-profit organization that has been serving the community since 2001.

**Community Resource Centres (CRCs)** are friendly, locally owned and operated service and information centres. There are 147 centres across the state that create the Western Australian Community Resource Network (WACRN), which is supported by the Department of Primary Industries and Regional Development (DPIRD) Royalties for Regions initiative.

HCRC is the community's hub for SUPPORT SERVICES that provide advice and counselling in areas such as legal aid, finance management, mental health counselling and employment support.

### OUR TEAM

*Tracey-Ann (Manager), Leesa (Admin/Events), Jo (Finance), Sarah (Customer Service), Jehan (Marketing, Advocacy & Support)*

### 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](http://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.



# VISITING OUTREACH SERVICES

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## 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.

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## 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**

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## 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**

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## Accordwest

*"Here for you in your time of need"*

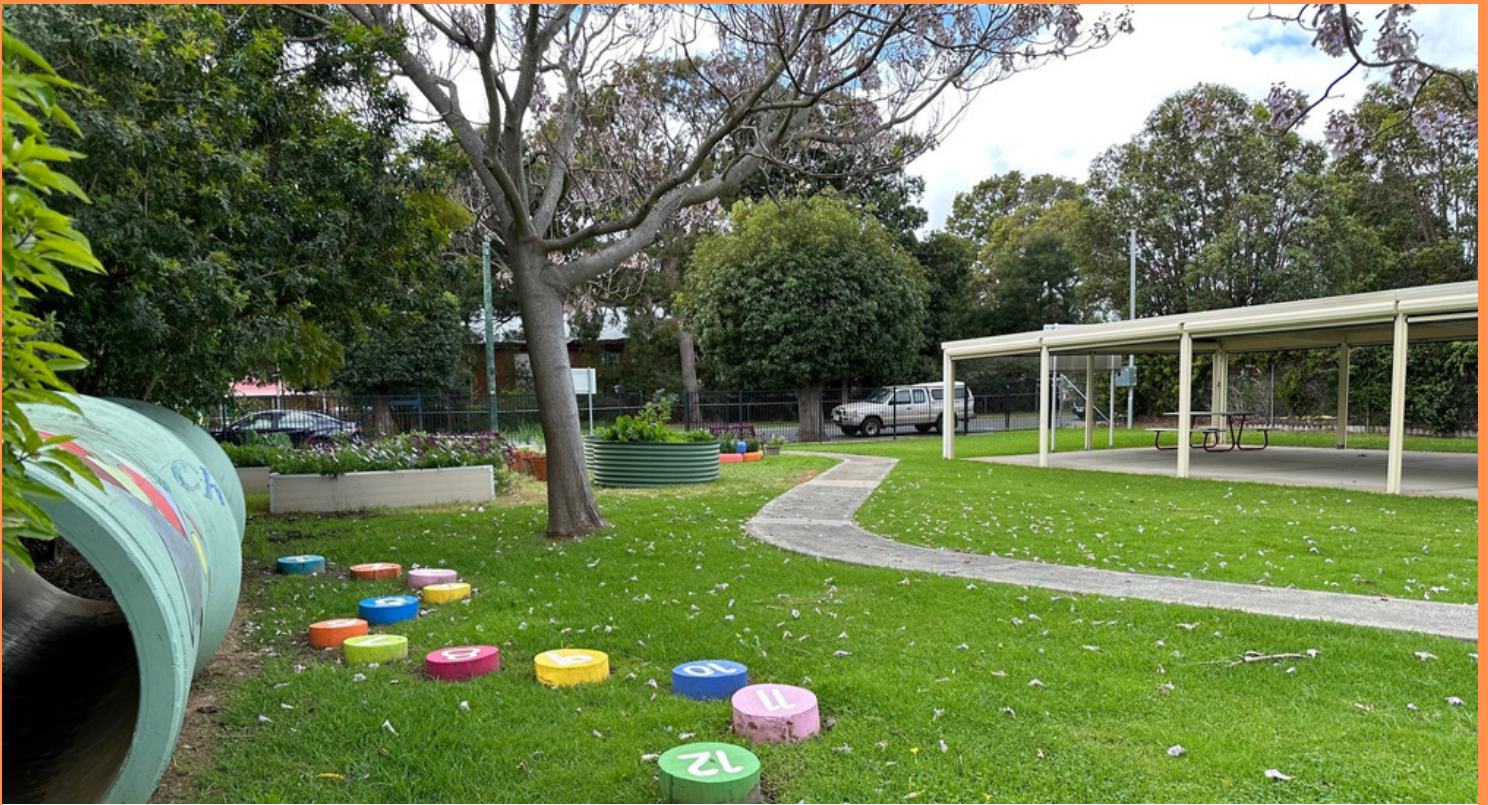
Emergency Relief is available to individuals and families throughout the South West Region. The following will be required: 2 forms of ID, recent income statement or payslip and further documents may be requested.

**Available fortnightly Friday  
Appointments Essential  
Call 1800 115 799 for appointments**

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## Our Beautiful Spaces

With warmer weather approaching, you may be looking for a family-friendly space to:

### HCRC Community Garden

Enjoy picnics, family celebrations, or children's birthday parties - with a play area suitable for the littlies, (8 yrs and under).

Host small weddings (up to 80), family and/or cultural celebrations, fund raisers, and outdoor meetings and/or workshops.

### In-Centre Room Hire

Or you might be looking for a room inside that can be hired for meetings, hot office, studying, webinars, and videoconferencing sessions.

**Ask our friendly team about hiring one of our beautiful spaces for your next community event, or personal and/or professional booking.**







Get Online Week @ Harvey CRC


# Branches *and* Brews


A morning tea adventure in Genealogy. Come along and discover how to research your family tree using online resources. See what Harvey CRC has to offer you!

RSVP to 9729 1669  
by 17 October



**Thursday 19 October  
at 10am**

 5 Gibbs Street, Harvey

 [harveycrc.com.au](http://harveycrc.com.au)





# YOGA

## IN THE COMMUNITY GARDEN

Join Chloe at the Harvey CRC Community Garden for Yoga each Friday morning from 9am to 10am during Term Four, beginning 13th October 2023.

You will be guided by a qualified yoga instructor who offers classes suitable to all levels.

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

**KIDS - FREE**  
**SENIORS - \$10**  
**GENERAL - \$15**

Call Chloe on 0407 966 175 for more details

**Join now!**

Contact us:

☎ 9729 1669

✉ [events@harveycrc.com.au](mailto:events@harveycrc.com.au)



*Bring along warm clothes and a rug for the cooler months.*

*Look for something positive in each day, even if some days you have to look a little harder.*



# Tai Chi Class

Mind and Body



**TUESDAYS from 9:30 - 10:30 AM**

CRC Undercover Area, 5 Gibbs St, Harvey

**REGISTER NOW**

✉ [events@harveycrc.com.au](mailto:events@harveycrc.com.au)  
☎ (08) 9729 1669



*\*Please bring your own water bottle and gold coin donation.*





Department of  
Primary Industries and  
Regional Development

# Backyard Buddies

Your monthly guide to pests, weeds and diseases

October 2023

## Don't tip toe through these tulips!



From left to right. One-leaf Cape Tulip (*Moraea flaccida*). Two-leaf Cape Tulip (*Moraea miniata*). Cornils on stem.

You might have recently noticed these pretty looking flowers when walking through the bush, spotted them growing along roadsides or seen them in paddocks, particularly in the Southwest of the state. Members of the Iridaceae (Iris) family, these lovely looking flowers are actually a serious and widespread weed in Western Australia. They are commonly called the One-leaf and Two-leaf Cape Tulip.

As the name suggests, One-leaf Cape Tulip typically has only one leaf per plant. The flower colour ranges between orange and salmon pink with a yellow centre. It reproduces via both seed and annually renewed corms. The seeds and corms sprout in autumn after rain, with up to 60% of corms potentially staying dormant each year.

Two-leaf Cape Tulip has a similar looking flower but can be distinguished by having two to three leaves per plant. It sprouts in autumn and flowers in spring. However, unlike the one-leaf variety, it doesn't seed, but produces cormils on its stems.

**Why control:** Both varieties of cape tulip are a serious weed of pastures, roadsides, wastelands, and bushland. In pasture, livestock often selectively graze clovers and other more palatable species, which allows cape tulip to flourish. However if eaten, all parts of cape tulip are toxic to livestock while the plant material exists - whether it is alive, dying or dead. Spraying with herbicides does not remove its toxicity.

**When to control:** The optimal time for chemical control of both plants is July to September, when they flower, and the corm is exhausted. After this time the plant material will start to dry out, making any kind of chemical difficult for the plant to absorb.

If you have missed the opportunity to control this year, all is not lost. Take note of where you have seen Cape Tulip so you can be prepared and ready to control it for the next season.

Further information on Cape Tulip can be found on the DPIRD website:

<https://www.agric.wa.gov.au/declared-plants/cape-tulip-what-you-should-know>



### Report your observations

MyPestGuide® Reporter via app or online [mypestguide.agric.wa.gov.au](https://mypestguide.agric.wa.gov.au)

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





**Harvey Community Resource Centre**

# BACK TO BASICS

## Let's talk work...

**STARTING OCTOBER 2023**

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

10th October - 9am to 12pm  
 17th October - 9am to 12pm  
 24th October - 9am to 12pm  
 31st October - 9am to 12pm  
 7th November - 9am to 12pm

In collaboration with **The Wright Way Ahead**

**REGISTER NOW**

**CONTACT US:**  
 events@harveycrc.com.au  
 9729 1669

**Harvey Community Resource Centre**  
 5 Gibbs St, Harvey WA 6233

**FREE**

## Read Write Now

### Free literacy tutoring for adults

Free help for adults with reading, writing, spelling, maths, study and basic computer skills



1800 018 802 | [read-write-now.org.au](http://read-write-now.org.au)

# What's happening in HARVEY?

Harvey CDAN  
Community Disability Advocacy Network

# HARVEY ACCESSIBLE HIGHWAY EXPO

Free family fun day including live entertainment and local food. Also featuring services and opportunities for people with disability and their families

**Sat 4 Nov 10am - 3pm**

Harvey Recreation and Cultural Centre (HRCC)  
Tom Latch Drive, Harvey

To exhibit at this event, please contact [sara@advocacywa.org.au](mailto:sara@advocacywa.org.au) / 0499 014 110 or scan the QR code:



SCAN ME



### Emerging Minds.

National Workforce Centre for Child Mental Health

## Work in health, social or community services sectors?

### Complete our survey today!

The 2023 Emerging Minds National Workforce Survey for Child, Parent, and Family Mental Health is now open.

The survey gathers important data on the capabilities among the Australian health, social and community services workforce by exploring knowledge, skills, confidence, challenges and practice in managing and responding to children's mental health needs. You don't need to work directly with children or have a focus on mental health to take part.

Your participation is crucial in helping us reach as many professionals as possible - ensuring a wide representation across each group. Your survey responses are anonymous.

The survey results will help guide policy, advocacy and learning that addresses the future needs and demands of the Australian workforce. These results will also guide the development of our resources to support you in your work.


We invite health, social and community services practitioners from across Australia to participate whether you:

- have a focus on child clients, adult clients, or families; or
- don't work directly with clients but do work in health, social or community service sectors.

Complete the survey to enter the draw to win one of five iPads!

CLOSES 15 NOV 2023

Scan the QR code or go to the link below to take the survey



<https://survey.zohopublic.com.au/ze/MBBTNU>

Explore the key findings of the 2020/21 survey here:

<https://emergingminds.com.au/researchers/research-evaluation-and-design/key-findings-from-the-2020-21-national-workforce-survey/>

To find out more about the National Workforce Survey, or to disseminate the 2023 survey to your sector, contact our Research and Evaluation team [marshc@emergingminds.com.au](mailto:marshc@emergingminds.com.au)

Visit our web hub today!  
[emergingminds.com.au](http://emergingminds.com.au)

This research has ethics approval by Monash University Human Ethics Research Committee. The National Workforce Centre for Child Mental Health (NWC) is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.

1 | August 2023





**INFORMATION SESSION WITH**  
**Volunteer South West**

**THURSDAY 26 OCTOBER | 10.30AM - 12PM**

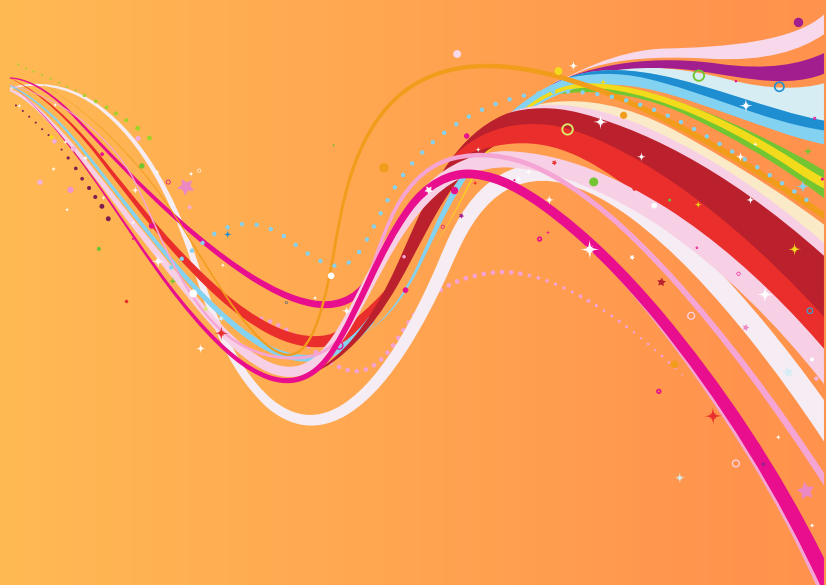
Learn about the benefits of volunteering for yourself and your community!  
 Discover the many possibilities available within your local Bunbury community and how Volunteer South West can find the right position to suit your needs, passion, and skills.

[Book Now](#)

2 PARKFIELD STREET, BUNBURY  
 LIBRARY.BUNBURY.WA.GOV.AU

Volunteer south west | Bunbury Public Libraries

# What's happening in the Southwest?



## Community Wellness Expo

**Thursday 12 October, 9am - 3pm**  
 Shed Markets - Community Hub, 4 Skiff Way, Abbey

Radiance and Lamp Inc. are partners in hosting the free **Community Wellness Expo** for everyone to connect with mind, body and environment. The day also includes an expo of local organisations, music, face painter and coffee.

Scan for more Mental Health Week events:

Community Wellness Expo:	
Registrations	9.00
Movement	9.30 - 10.00
Yoga	10.15 - 10.45
Free morning tea	10.45 - 11.30
Drumming	11.30 - 12.30
Free lunch	12.30 - 1.30
	<i>byo picnic blanket</i>
Choir	1.30 - 2.30

For more info email us at  
 Lamp Inc - [admin@lampinc.org.au](mailto:admin@lampinc.org.au)  
 Radiance - [admin@radiancesouthwest.com.au](mailto:admin@radiancesouthwest.com.au)

MIND. BODY. ENVIRONMENT  
 WA MENTAL HEALTH WEEK

City of Busselton Geographic Bay | WAPHA WA Primary Health Alliance | act belong commit

## Breastfeeding Class Bunbury

**Saturday 18 November 2023 1 - 5pm**

### PREPARING FOR BABY?

We can support you.



**Limited Free Places\***

Australian Breastfeeding Association

[breastfeeding.asn.au](http://breastfeeding.asn.au)

Contact Donna at [southwestWA@breastfeeding.asn.au](mailto:southwestWA@breastfeeding.asn.au) to register your place now

\*100% rebate available when you attend - Saving up to \$90






## FOODBANK Mobile Food Van

**Tuesday 3rd & 17th October 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

What can you expect in a Foodbank pack?



Breakfast Pack

Cleaning Pack





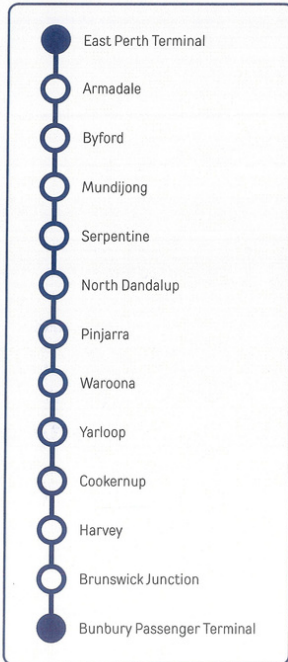
**AUSTRALIND ROAD COACH SERVICES**  
From 20 November 2023



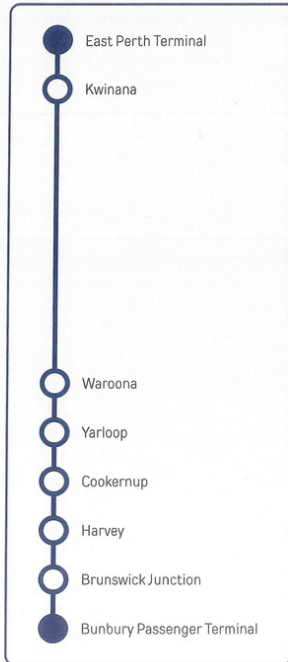
AUSTRALIND SERVICE CHANGES  
**SHUTDOWN**  
FROM 20 NOV '23



**All Stops**



**Limited Stops**



**What's happening**

The Armadale/Thornlie Line will close from 20 November until mid-2025. During this time, Transwa road coaches will operate between Bunbury and East Perth.

The shutdown is part of METRONET's Victoria Park - Canning Level Crossing Removal, Byford Rail Extension and Thornlie-Cockburn Link projects, as well as rail revitalisation works.

**Service changes**

Each Australind train service will be replaced by two road coaches - one being an all stops service and the other a limited stop service. Services will operate between Bunbury and East Perth terminals.

Because coaches operate on roads instead of dedicated tracks, they take longer and are affected by traffic. There will be some changes to the timetable to maintain connecting services.

The limited stop service will allow passengers to transfer to the Mandurah Line at Kwinana and connect to the Perth CBD in approximately the same amount of time as the current journey.

The timetable will be available in September.

**Discounted fares**

We're offering a 50% discount on Standard, Concession and SmartCommuter fares when travelling on Australind replacement road coaches during the shutdown. This discount applies to Australind replacement services only.

Want to know more about the shutdown?  
Visit the Transwa website [transwa.wa.gov.au](https://transwa.wa.gov.au) or call 1300 662 205

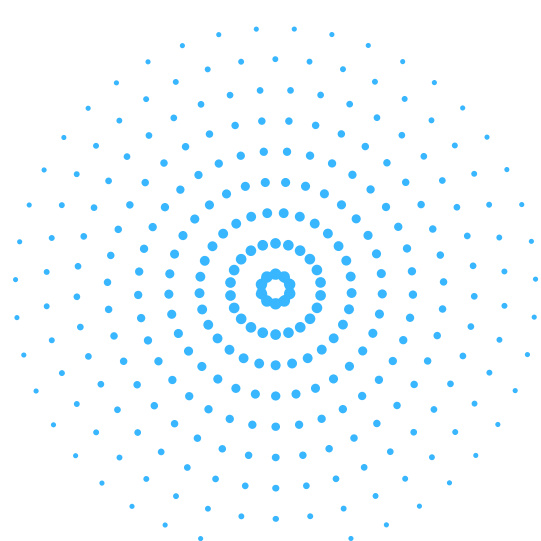
Want to know more about the shutdown?  
Visit the Transwa website [transwa.wa.gov.au](https://transwa.wa.gov.au) or call 1300 662 205



BUILDING FOR TOMORROW



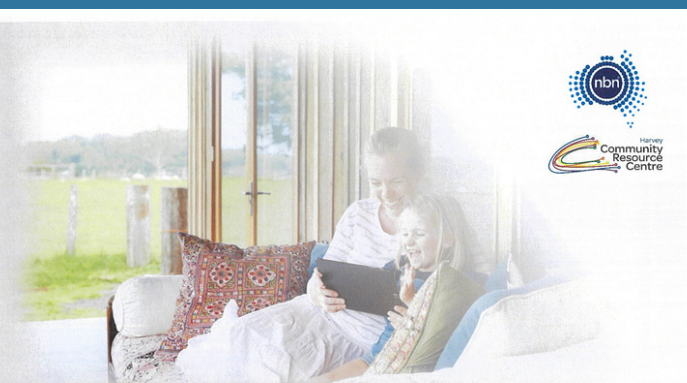
TRANSWA  
UPDATE



FREE APPS  
WORKSHOP



Australia's  
broadband  
network



Come along to a free  
**All About Apps workshop**  
and learn more about applications for your  
smart devices

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

- Learn about apps and what you can do with them
- Discover how to download apps using your Apple or Android devices
- Great tips on how to organise your apps on your smart devices
- Learn how to be safe while using apps on your smart devices
- Paid vs Free apps

**Place**

Harvey Community Resource Centre

Friday 24<sup>th</sup> November 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](mailto:admin@harveycrc.com.au)

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Department of  
Education

## E-cigarettes, vaping and school communities

1. Parent Information session - Face to Face Dalyellup College
2. Parent Information session - Webinar (Microsoft Teams)

### Face to Face Session

Tuesday, 17 October 2023  
5.30 pm - 6.15 pm  
Auditorium  
Dalyellup College  
Wake Drive

### Webinar Session

Monday, 23 October 2023  
6.00 pm – 6.40 pm  
Microsoft Teams  
Webinar – [Click here to join the meeting](#) Meeting ID: 413 971 088 490  
Passcode: Uoap7N

### *Vaping is a growing concern. Do you know the harms?*

These sessions offer an insight into the uptake of vaping among young people and the role parents/carers can play in addressing this emerging issue.

Outcomes
<b>Examine</b> the health and safety concerns associated with e-cigarettes/vapes.
<b>Explore</b> information, resources and support available for school staff, parents/carers and young people.
<b>Discuss</b> current strategies aimed at preventing and reducing e-cigarette use.
<b>Understand</b> how you can approach the issue with your child.

Road Safety and Drug Education  
Department of Education

Chris Symington  
Regional Coordinator (Bunbury)

[rsde.rfa@education.wa.edu.au](mailto:rsde.rfa@education.wa.edu.au)

9402 6415

Department of Health

Naomi Pedrochi  
School Health Nurse,  
WACHS – SW

[WACHS-SWPHHudsonRdAdmin@health.wa.gov.au](mailto:WACHS-SWPHHudsonRdAdmin@health.wa.gov.au)

9795 2888

TRIMnumber  
[Publish date]



Exclusions may apply



# LGBTQIA+

## Social Group



Age 18+  
Welcome!

**FREE  
EVENT!**

Join us in the  
Harvey CRC Community Garden  
for a **Fish & Chip Night** and casual get together  
**BRING YOURSELF AND A FRIEND!**

**Tuesday, 10 October**

**WHERE:** Harvey CRC, 5 Gibbs Street, Harvey

**WHEN:** 5:30pm - 7:00pm

**Registrations essential for catering purposes!**

 [events@harveycrc.com.au](mailto:events@harveycrc.com.au)

 9729 1669



This event is proudly supported by



SHIRE OF  
**HARVEY**



Mentally Healthy WA







# Meet the Harvey Council Candidates 2023

## Morning Tea

OCTOBER

2

2023

10:00-11:30 AM  
HCRC COMMUNITY  
GARDEN

5 Gibbs Street, Harvey



### CONTACT:

✉ [events@harveycrc.com.au](mailto:events@harveycrc.com.au)

☎ (08) 9729 1669







**VOLUNTEER RECRUITMENT MEETING**

Are you a volunteer organisation looking for volunteers, or a volunteer looking for a place to work?

**Let's talk about the Volunteer Hub starting in Harvey!**

**CUPPA AND CONVERSATION AT**  
**HARVEY CRC**  
**5 GIBBS STREET, HARVEY**  
**Tuesday, 31 October 2023**  
**9am to 10.30am**

**GUEST SPEAKER - SHAMARA WILLIAMS**  
**VOLUNTEER SOUTH WEST**

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



# UPCOMING EVENTS

**OTHER EVENTS HAPPENING IN OCTOBER.**

**REGISTER THROUGH EVENTBRITE,**


**OR CALL US ON 9729 1669**

## Renting with Confidence

Learn about your rights when renting, helpful tips for communicating with your property manager / housing officer and where to go to for support.

Our free workshop for people who are renting has been designed by people with practical experience.

Morning Tea and Lunch will be provided.




**Date:**  
Wednesday 18 October

**Venue:**  
Harvey Community Resource Centre,  
5 Gibbs Street, Harvey  
10:30am - 1:30pm

[www.rentingwithconfidence.org.au](http://www.rentingwithconfidence.org.au)

Contact Aimee or Donna at:  
 ✉ [renting@shelterwa.org.au](mailto:renting@shelterwa.org.au)  
 ☎ 0456 162 897



Funded by the Australian Government Department of Social Services

**FREE EVENT**

**REGISTER NOW 9729 1669**  
[events@harveycrc.com.au](mailto:events@harveycrc.com.au)

# HEARING LOSS MAY CAUSE DEMENTIA...

**17.10.23 TUESDAY 10:30-11:30am**

**Guest Speaker DR. SAR**  
 Consulting Audiologist at Sammy's Medical Centre, Harvey.  
 Soon also outreaching at Harvey CRC

\*Morning tea provided








**Parenting Ways**  
WITH DEBORAH WOODS

# Online Circle of Security Parenting

## 8 Week Program for Parents of Children Aged (0–6)

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure



**Wednesdays**  
**6.30pm - 8.30pm**

**Starts: 27th September**

**Phone: 0405 116553**

**Email: [Admin@parentingways.com.au](mailto:Admin@parentingways.com.au)**

[www.parentingways.com.au](http://www.parentingways.com.au)

Only \$250 each (reduction for concession card holders and couples booking on the same workshop)



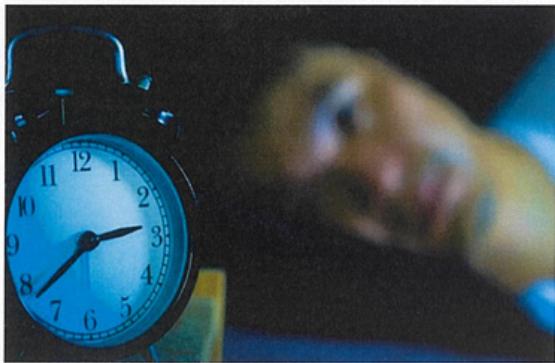
## WARRIOR WELLBEING ARTICLE



### Getting a Good Night's Sleep

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
October 2023

There are times in business when it's all go, whether it's on the farm during seeding and harvest or meeting deadlines at work. It may mean working longer than normal hours and possibly becoming sleep deprived. A lack of sleep not only reduces our ability to perform work effectively, it also reduces our ability to work safely. Some have regarded sleep as a useless waste of time with no purpose - NOT TRUE. Science and medicine are discovering more and more about the role of sleep and its influence on our wellbeing and health.



How much sleep do we really need?

- Infants and toddlers - 9 to 10 hours at night plus day naps;
- School age including teenagers - do best with 9 to 11 hours at night;
- Most adults - 7 to 8 hours a night;
- Older adults need the same as younger adults but sleep lighter and for shorter periods.

Some people just need fewer hours of six or less a night without ill effects. The need for less or even more sleep can run in families (suggesting a genetic basis but it is incredibly rare).

What are the effects of lack of sleep? While we're sleeping, our body is busy tending to our physical and mental health and getting us ready for another day. Lack of sleep can lead to:

- Drowsiness and irritability during the day;
- Poor concentration hindering memory and our ability to pay attention;

- Poor physical coordination increasing the risk of accidents;
- High blood pressure which is one of the main risk factors for heart disease;
- Depression.

Regularly sleeping less than 5 hours is associated with poor physical and mental health and wellbeing.

Sleep may be more difficult to come by as we age, and this can be traced to treatable health issues that cause interrupted sleep. Some factors that could cause sleep difficulties:

- Sleep disorders like sleep-apnoea, restless leg/arm syndrome, leg cramps;
- Pain from conditions like arthritis, heartburn, back pain, headaches;
- A frequent need to urinate;
- Illness - depression, coughing, shortness of breath;
- Medications.

Some helpful tips for getting a good night's sleep are:

- Go to bed and get up at the same time each day, this synchronizes our body clock;
- Aim for daily exercise before evenings;
- Relax before bed i.e. warm shower, reading and avoid caffeine, nicotine and alcohol;
- Establish your pre-sleep routine (usually 3 things);
- Use bedroom/bed only for sleeping or intimacy – not as a lounge room for watching TV.

Generally, if we can't sleep, we shouldn't lie in bed. Leave the bedroom and do a quiet activity that doesn't stimulate us. To help maintain a healthy lifestyle we all need to contemplate what is an adequate amount of sleep for us personally and visit our GP for treatment if we are amassing a huge sleep debt.

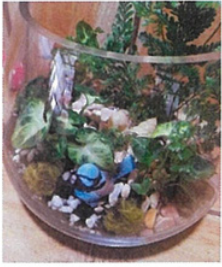
@RMHI\_4blokes

Working with Warriors Podcast

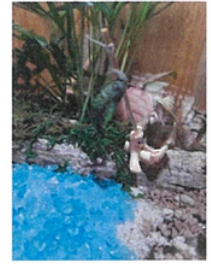
regionalmenshealth.com.au







# Terrarium Workshop Harvey



Proudly presented by:



## Included Solutions

"Solutions, NOT Problems"



**Check out Our Pages For More Info about us:**

**Plants'N'Logs**

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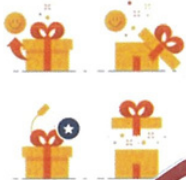
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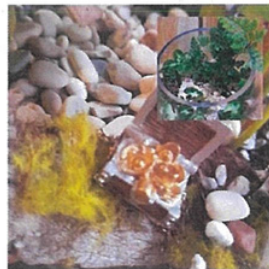
Website: <https://www.includedsolutionsgroup.com/>



**Door Prizes!**



**Where:**  
71 Uduc Road  
Harvey, WA



**Times and Date:** Friday 15th September 23  
Morning 9.30am until 11.30am  
Afternoon 1.30pm until 3.30pm

**NUMBERS ARE LIMITED, SO ACT FAST TO SECURE YOURS NOW!!**

**COST AND INCLUSIONS:**

\$55 PER PERSON

ALL MATERIALS REQUIRED FOR THIS CLASS ARE PROVIDED TO CREATE YOUR OWN AMAZING TERRARIUM, TO TAKE HOME WITH YOU.

YOU WILL ALSO LEARN ALL YOU NEED TO CREATE YOUR OWN INDOOR OASIS.

THIS IS A CALMING, RELAXING & FUN WORKSHOP THAT WILL BE THE PERFECT ANTIDOTE TO YOUR USUALLY BUSY LIFESTYLE.

WITH PLANT EXTRAORDINAIRE LEAH PANUCCIO FROM PLANTS'N'LOGS, LIGHT SNACKS AND DRINKS AND LOADS OF FUN.



**Please RSVP by September 1st at 5pm To RSVP=**

Please contact Included Solutions, In office, On phone 0431 225 221 or email INCLUDED SOLUTIONSPTYLTD@GMAIL.COM

Or

Plants'N'Logs on Phone 0415 187 699 or Email PLANTSNLOGS@GMAIL.COM

**One lucky participant will get theirs COMPLETELY FREE!!**





# 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](mailto:Nola.Marino.MP@aph.gov.au)  [nolamarino.com.au](http://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](mailto: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**



ADVERTISEMENT



**We're in this together**

**Robyn Clarke**

Member for Murray-Wellington

Shop 1, Pinjarra Junction Shopping Centre, Pinjarra

[robyn.clarke.mla@mp.wa.gov.au](mailto:robyn.clarke.mla@mp.wa.gov.au)

9531 3155 RobynClarkeMLA

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

**Ron Kruger**  
Manager/Director



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[ron@rkcabling.com.au](mailto:ron@rkcabling.com.au)  
Harvey and surrounding suburbs  
[www.rkcabling.com.au](http://www.rkcabling.com.au)

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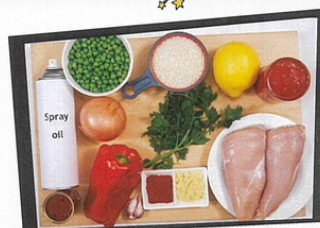






**Ingredients**

- 1 brown onion
- 2 garlic cloves
- 1 red capsicum
- 2 chicken breasts
- Spray oil
- 1 tablespoon paprika
- 1 cup medium or short grain rice
- 2 teaspoons salt reduced chicken stock powder
- 4 ½ cups water
- 2 cups frozen peas
- 2 teaspoons tomato paste
- 400g tin diced tomatoes
- 1 lemon
- ¼ cup fresh parsley



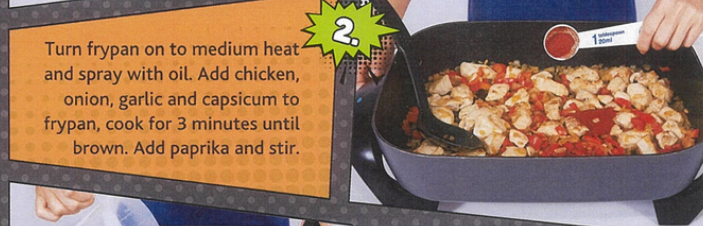
**Equipment**

- 2 chopping boards, knife, frypan with lid, stirring spoon, measuring spoons, measuring cups



**1.**

Peel then dice onion and garlic finely. Chop capsicum into small pieces. On a separate board chop chicken into bite-sized pieces.



**2.**

Turn frypan on to medium heat and spray with oil. Add chicken, onion, garlic and capsicum to frypan, cook for 3 minutes until brown. Add paprika and stir.



**3.**

Add rice, chicken stock powder and water to frypan, bring to the boil. Put lid on frypan and cook on low for 10 minutes, stirring once.



**4.**

Add frozen peas, tomato paste and tinned tomatoes. Put lid on and cook on low for another 10 minutes, stirring once.



**5.**

Chop parsley. Cut lemon in half and squeeze juice over dish, sprinkle with parsley and serve.

**Family Recipes/ Country Delicacies**

**Filipino Spring Roll**

- 1/2 kg minced pork/beef
- 1 carrot
- 1 onion
- 1 whole ball of garlic
- 1tsp salt
- dash of black pepper
- 1 spring onion (finely cut)
- 1 egg (as a binder)

**WRAPPING**

- Spring roll wrapper (thaw)
- eggwhite (sealer)

**PROCEDURES**

1. Process carrot, onion and garlic
2. Combine all ingredients in a bowl and massaging the mixture until sticky or thick batter consistency.
3. Start wrapping, thumb thickness and tight.
4. Deep fat fry them in medium heat oil in a pan or saucepan.
5. Serve with sweet chilli sauce or any sauce you fancy dipping.
6. Uncooked can be frozen and fried later on. (frozen to oil, do not thaw)





# 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](mailto: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](mailto:manager@harveycrc.com.au)



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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**

