

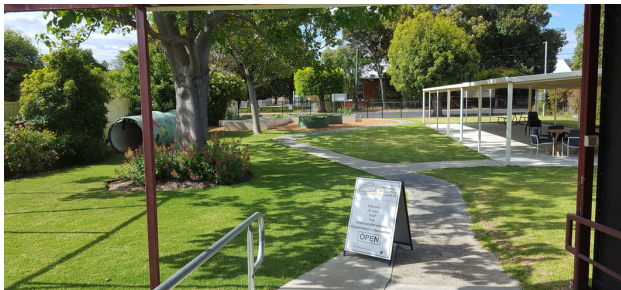
# HARVEY HAPPENINGS



Harvey the Orange

## Harvey CRC's Community Newsletter

DECEMBER 2023/JANUARY 2024



### 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 so much more!



★ Love ★  
Peace  
★ Joy ★



**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**

**- Let's Talk Work**

**9.00am to 12.30pm**

**Quarterly Rotations**

### **MULTICULTURAL SERVICES**

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

### **TECHNOLOGY ASSISTANCE**

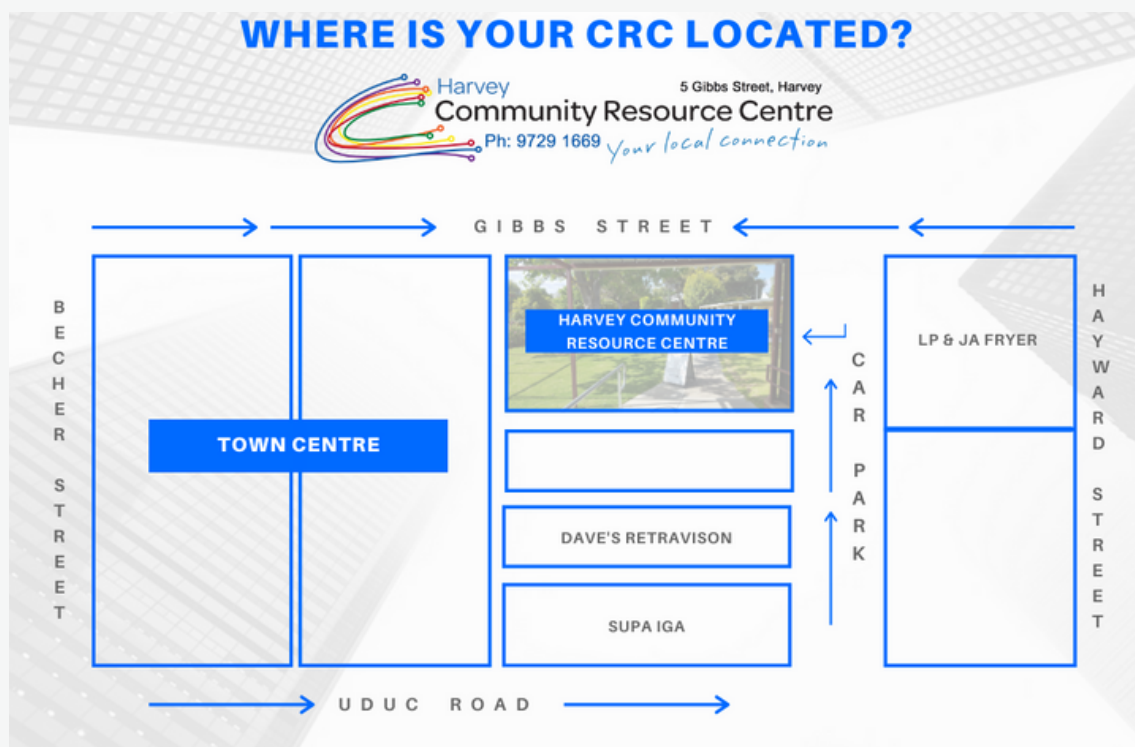
Available by appointment.



Formerly known as *Harvey Telecentre*, the Harvey Community Resource Centre (HCRC) is a non-government, not-for-profit organisation 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 Centre Network (WACRN), which is supported by the Department of Primary Industries and Regional Development (DPIRD) Royalties for Regions initiative.

Additional to many other services, HCRC is also the community's hub for **SUPPORT SERVICES** that provide assistance in areas such as legal aid, finance management, mental health and grief counselling, employment, disability, and multicultural services.



### 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.



# Christmas

## ❄️ Trading Hours ❄️

Dec 25 Monday .....**CLOSED**

Dec 26 Tuesday.....**CLOSED**

Dec 27 Wednesday.....OPEN

Dec 28 Thursday.....OPEN

Dec 29 Friday.....OPEN

Jan 1 Monday.....**CLOSED**

Jan 2 Tuesday.....OPEN

**BACK TO NORMAL HOURS**

from Jan 2 onwards







## 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.**





# VISITING OUTREACH SERVICES



## 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.

**Consultations: Monday fortnightly and Wednesday weekly**

**Call 9754 3662 for appointments**

## South West Community Legal Centre

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

**Call 9791 3206 for appointments**

## Advocare

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

**Available monthly  
Appointments Essential**

**Call 9479 7566 for appointments**

## atWork Australia

### **Building Better Working Lives**

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

**Available every Wednesday and 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**

## 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**



## EXPRESSION OF INTEREST

### FIRST NATIONS MENTAL HEALTH AND WELLBEING TRAINING

### BUNBURY



Become a certified first aider and gain the confidence and skills to help support your mob that are experiencing mental health problems or crisis in a culturally safe way

**FREE TRAINING AVAILABLE**

**FIRST NATIONS YOUTH MENTAL HEALTH AND WELLBEING TRAINING**

Training is 18+ years only  
Nationally recognised and accredited 14-hour training course

**WHERE - BUNBURY PCYC**

**DATES - 15-16 JANUARY 2023**

**TIME - 8.45AM-5PM**

Free Morning tea & lunch provided

Interested?  
Please contact Candice on  
0473 878 151 [candice@nationalwellbeing.com.au](mailto:candice@nationalwellbeing.com.au)

**WHAT DOES THE TRAINING COVER?**

- Social and Emotional Wellbeing
- Mental health in communities
- How to provide initial help
- Where and how to get professional help
- How to provide support in a crisis
- The importance of yarning with family and friends
- Connecting with your culture and country as a way of staying strong
- Improving your awareness and understanding of what causes depression, anxiety and suicide

**National Wellbeing Alliance** | 1300 285 242 | [training@nationalwellbeing.com.au](mailto:training@nationalwellbeing.com.au)

## Workforce Australia

Local Jobs

South West WA

# Embrace !

## Employment, Skills and Participation

### Register your interest to be a stallholder for our 2024 events





**Upcoming events:**

- 13th February: Busselton/Dunsborough
- 20th February: Collie
- 16th April: Margaret River
- 21st May: Harvey/Yarloop
- 11th June: Bunbury

A community event to inspire and uplift individuals, increase networks and support, and identify pathways for growth and potential employment or training opportunities.

Reach out to Kate via [support@swlocaljobs.com.au](mailto:support@swlocaljobs.com.au)

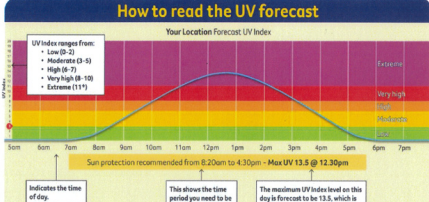



**Julie Rose**  
South West Regional Education Officer  
Cancer Council Western Australia  
[Julie.Rose@cancerwa.asn.au](mailto:Julie.Rose@cancerwa.asn.au)  
[cancerwa.asn.au](http://cancerwa.asn.au)

### How to be SunSmart

Often called our 'national cancer', Australia has the highest rate of skin cancer of the world. Two in three Australians will develop skin cancer in their lifetime, and every year around 2,000 Aussies will die from this disease. The good news is that skin cancer is largely preventable by minimising exposure to ultraviolet (UV) radiation from the sun. Being SunSmart is a simple and effective way to reduce your risk of developing skin cancer. For your local UV forecast go to: <https://www.myuv.com.au/?location>

#### How to read the UV forecast



UV Index ranges from:  
 • Low (0-2)  
 • Moderate (3-5)  
 • High (6-7)  
 • Very High (8-10)  
 • Extreme (11+)

Sun protection recommended from 8:30am to 4:30pm - Max UV 13.5 @ 12:30pm

Indicates the time of day.

This shows the time period you need to be SunSmart on this day.

The maximum UV index level on this day is forecast to be 13.5, which is extreme.

**There's more to sun protection than sunscreen. Protect yourself in five ways:**

- Slip** on sun protective clothing
- Slap** on SPF 30 (or higher) sunscreen
- Slap** on a sun- or UV-protected hat
- Seek** shade
- Slide** on wrap-around sunglasses

#### Find Skin Cancer Early

Common skin cancer symptoms:

- A new spot or mole on your skin that is red, pale or pearly in colour
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape

Get to know your skin and what's normal for you, particularly if you're over 40 years of age. If you notice any of these symptoms or any other unusual changes, tell your doctor without delay.

If it's skin cancer, the earlier it's found, the greater the chance of successful treatment.

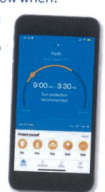
Visit <https://www.findcancerearly.com.au/cancer-symptoms/skin-cancer/> for more information.

**When UV is 3 or above be SunSmart.**

But how do you know when?

Use the free SunSmart Global UV App!

The sun's invisible UV radiation is the major cause of skin cancer. UV cannot be seen or felt and can damage your skin on cool or cloudy days. The sun protection times tell you when UV is forecast to reach 3 or above. **That's the time to be SunSmart.**



Scan to download the SunSmart app

Download the app or go to [myuv.com.au](http://myuv.com.au)


**Call us on 13 11 20**  
[findcancerearly.com.au](http://findcancerearly.com.au)

## 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/zs/MBBNU>



**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)

**emerging minds.com.au**







## BACK TO BASICS

### Let's talk work!

- ✓ Job Searches
- ✓ Resume Writing
- ✓ Cover Letters & Selection Criteria
- ✓ What to wear to your job interview
- ✓ Practicing interview technique

*In collaboration with Sandra Della*  
**The Wright Way Ahead**  
<https://thewrightwayahead.com.au>



**SCHEDULE FOR THE FIRST QUARTER OF 2024**


13th, 20th, 27th February  
Tuesdays, 9am to 12 pm


5th, 12th March  
Tuesdays, 9am to 12 pm

**LOOKOUT FOR THE NEXT QUARTER'S SCHEDULE!**

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

**REGISTER NOW**

 **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)

Government of Western Australia  
Department of Training and Workforce Development

## What's happening in HARVEY?



## INFORMATION SESSION

### NDIS Access and Appeals

Community members and service providers are welcome.  
For more information phone Advocacy WA on 9721 6444.

**WHERE** | HARVEY COMMUNITY RESOURCE CENTRE  
**FRIDAY 15TH DECEMBER 2023**  
**WHEN** | 10:30AM-12:30PM

Presentation and Q&A with light refreshments available.  
For more information and to RSVP, call Advocacy WA: (08)  
9721 6444





## FOODBANK Mobile Food Van

**Tuesday 5th & 19th December 2023**  
**9.00am to 9.45am**

(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

Bring along your Foodbank card and take advantage of their mobile service, or we can refer you to Foodbank for a new card.

## Change in Opening Hours



We will be closed from  
**12 noon Friday, 22 December 2023**  
until **Friday, 5 January 2024**

We will re-open  
**8.30am Monday, 8 January 2024**

In 2024 our new opening hours are  
**8.30am – 2.30pm Monday to Friday**

We wish you and your families a safe  
and happy holiday period







## Media release

17 November 2023

### Building resilience in rural communities

South West NRM is launching a new project designed to connect communities ahead of a predicted increase in drought events.

Amidst growing awareness of the heavy socio-economic impact of drought on entire communities, a Community Resilience Network will improve capability and collaboration between organisations and groups to reduce harm. To build the network community leaders and volunteers are being sought in six South West shires to participate in local working groups that will champion resilience building and support services.

South West NRM Manager Sustainable Agriculture Peter Clifton said the aim of the groups will be to:

- Increase community access to suitable support services, especially early intervention tools that help to build individual and community resilience;
- Share resources and learnings to develop partnerships across the region;
- Develop plans to further build community resilience.

“We encourage a diversity of participants across age, length of residency, cultural backgrounds including Aboriginal, and socio-economic standing,” Peter said.

Support has been sought for the project from Community Resource Centres throughout the region to help form and facilitate the working groups.

“We have partnered with CRCs throughout the region to assist with holding a series of six meetings between February and September 2024 for anyone who might be interested in joining the working groups,” Peter said.

“The meetings will be held online and at CRCs in Boyup Brook, Bridgetown, Donnybrook, Harvey and Manjimup with a sixth group established in the Shire of Capel.”

To find out more or register your interest in the Community Resilience Network and/or leadership training, get in touch with one of the CRCs listed above or contact Peter Clifton on 0409 680 900 or [pclifton@southwestnrm.org.au](mailto:pclifton@southwestnrm.org.au)

This project is supported by FRRR, through funding from the Australian Government’s Future Drought Fund.

**Media contact: Kristy Hitchens**

Ph: 08 9724 2400

M: 0436 328 454

E: [khitchens@southwestnrm.org.au](mailto:khitchens@southwestnrm.org.au)

[southwestnrm.org.au](http://southwestnrm.org.au)





# Public Notice

## Mains water supply cannot be guaranteed during a bushfire

Water Corporation is prepared for bushfire season. However, we cannot guarantee that water pressure or water supply will be maintained in the event of a bushfire. Extreme demand, fire damage and power cuts can all result in a total loss of water.

If you plan to stay and defend your property during a bushfire, you must have your own independent water supply and pumping capability. You cannot rely on mains water.

Details and resources about how to prepare for bushfire season can be found at [mybushfireplan.wa.gov.au](http://mybushfireplan.wa.gov.au). For warnings and advice visit [emergency.wa.gov.au](http://emergency.wa.gov.au).

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



## Water supply in a bushfire

This information could save your life

While leaving high-risk bushfires is the safest option, if you plan to stay and defend your home, you must have an INDEPENDENT water supply and pumping capability. This typically requires water tanks of at least 20,000 litres, pump and generator.

This is required as mains water supply and pressure cannot be guaranteed during a bushfire due to the risk of power cuts, fire damage and extreme demand.

Use the Department of Fire and Emergency Services resources to develop your personal bushfire plan: [mybushfireplan.wa.gov.au](http://mybushfireplan.wa.gov.au). You can also download the My Bushfire Plan app via the App Store or Google Play to access your bushfire plan anytime - even without an internet connection.

To support bushfire plans, if you have groundwater bore access to surface water, you can take and store emergency water without it counting against your annual entitlement. For more information on this, and for the location of emergency bushfire water supplies in dryland agricultural areas, visit the Department of Water and Environmental Regulation website.

### Drinking water

We recommend you keep a supply of drinking water on hand throughout summer in case your water supply is interrupted.

### Assistance for customers affected by bushfire

After a bushfire, we can assist you with issues such as damaged water meters and payment difficulties. If you have been affected by bushfire please call us on **13 13 85**.


The Emergency WA website [emergency.wa.gov.au](http://emergency.wa.gov.au) provides emergency information and community safety warnings. Call **000** in a life-threatening emergency or the **SES 132 500** for emergency assistance.


## MAKE YOUR BUSHFIRE PLAN

A bushfire plan can help keep you and your family safe.  
Create one now in under 15 minutes.  
[mybushfireplan.wa.gov.au](http://mybushfireplan.wa.gov.au)










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



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. 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.

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

All Stops



Limited Stops




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.


**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



BUILDING FOR TOMORROW






**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



BUILDING FOR TOMORROW







5 Gibbs Street, Harvey

**Harvey Community Resource Centre**

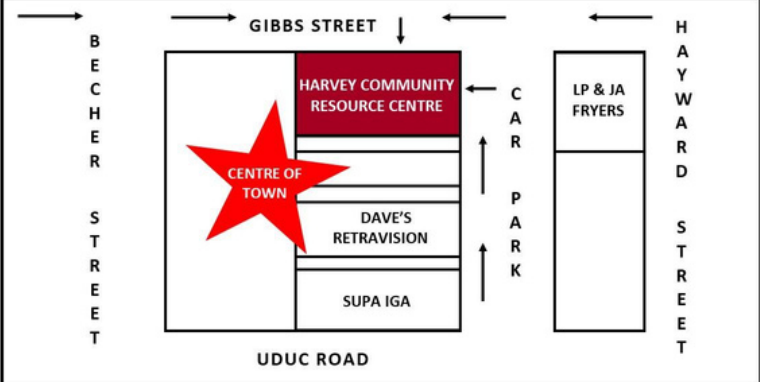
Ph: 9729 1669 *your local connection*

**Transwa tickets for the Australind Train and RoadCoach Services are available from:**

**Harvey Community Resource Centre**  
5 Gibbs Street, Harvey WA 6220  
T: 9729 1669  
E: [admin@harveycrc.com.au](mailto:admin@harveycrc.com.au)

**Tickets available from:**  
8.30am - 2.00pm Monday—Friday





# TRANSWA UPDATE





# Backyard Buddies

Your monthly guide to pests, weeds and diseases

December 2023

## All the Christmas trappings



European wasps feeding from raspberry cake (© Adobe stock) and European wasp surveillance trap hung in a tree.

### The 2023-24 season has started!

In time for Christmas, a 3000+ trap array has been set across Perth and regional sites in WA. Their purpose? To detect the invasive European wasp (*Vespula germanica*); one of the world's worst insect pests.

These gluttonous wasps swarm picnics, parties, cafés, and breweries, feeding on all things; drinks, sweets, and savories. Watch them close enough and you'll see their jaws skilfully carve a piece from your meal and take it to go. This behaviour makes them unique amongst wasp species and a social nuisance and safety concern.

European wasps also forage on fruit crops, impacting home gardeners and commercial producers, and their predation of insects can impact local biodiversity and beehives. When it comes to destructive pests, they take the cake.

The Department-lead European wasp surveillance and eradication program, has to date, prevented the permanent establishment of this species. However, every year fertilised queens hitchhike into WA on vehicles or in freight and cargo from interstate. If undetected, they will leave their mode of transport and make a nest, which is predominantly underground.

Manually searching for a nest, is like looking for a needle in a haystack. The traps help us locate where in this haystack we need to look.

The traps are simple, but cleverly designed. Composed of a clear plastic, lidded jar, wire hook, a yellow label, and four specially designed yellow cones. A trap typically adorns a tree, and the decorative yellow appeals to the wasp, drawing them to the cones. The cones funnel the wasp inside and make it difficult to escape.

Capitalising on the wasps' unique attraction to protein, present inside the trap is a small cube of raw fish. It's this fish that lures the wasp to the trap. If a trap doesn't contain the fish, it's just a plastic ornament.

Traps are strategically placed in the highest risk areas of the state by surveillance staff or hung in home gardens, parks or schools by community or government participants of the 'Adopt-a-trap' program. If diligently lured with fish (fortnightly) and checked for wasps, we'll detect them, find them, and eradicate them.

For more information about the eradication program, how to identify European wasps, or to adopt your own surveillance trap, see [agric.wa.gov.au/wasps](http://agric.wa.gov.au/wasps) or contact our Pest and Disease Information Service.



### Report your observations

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

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





# How did we do?



Your feedback helps us improve our service to you.

Scan the QR code and give us your feedback.



  Services Australia [servicesaustralia.gov.au](https://servicesaustralia.gov.au)



**Australian Government**  
Services Australia



**Australian Government**  
Services Australia



Australian Government



Services Australia



# WARRIOR WELLBEING ARTICLE



## The Importance of Fathers

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
December 2023

Our team at Regional Men's Health talk to a lot of blokes, the other important side to this is we also do a lot of listening. Comments that often come up, especially from men of the older generation is *I wish I had spent more time with my kids, or I spent my life busting my guts working and missed out on a lot of the little things.*

Life can sometimes be a double-edged sword and I personally have the utmost respect for men who saw their primary role as the breadwinner and gave precedence to their work, with the best interest of their family in mind. The downside to this, of course, was that these men were quite often too busy with work, or away from the family, to be able to commit time at home to do some of the little things that are now considered commonplace.

My partner did an amazing job giving birth to all three of our children at home (under the supervision of an experienced midwife) and I was actively encouraged to be involved through all stages of the pregnancy and birthing process. My experience, of course, is vastly different to that of men from my grandfather's era, who were told by the midwife *well you have done your job, we'll let you know when we need you!*



In modern society the family structure varies and there are no set rules on who does what. Women have historically been considered the carers and nurturers, but they may also have careers. The question I have is *are we as open and accepting of men who show a nurturing and caring side as well as a commitment to his working and professional career?* Is this balance possible?

Spending time with the kids is a priority for many blokes and I believe some of the most enjoyable and rewarding times come from being in their company. Don't get me wrong, we will all have times when we're challenged, tested (usually our patience) and sometimes even question our ability as a father, this is normal. In addition to this we need to be aware of and manage our work, spend time with our partner and make time to explore our own passions and interests (self-care).

A few tips for father and father/mentor figures out there:

- Don't be afraid of the everyday tasks when our child is born; changing nappies, bathing, feeding, they're all important bonding opportunities;
- As our kids grow get to know them and take an interest in their passions, interests, hopes, dreams and schooling;
- Talk to our kids, ask them how their day was, tell them about our day;
- Reading is one of the simplest beneficial things we can do with them;
- There is a saying if we spent twice as much time and half the amount of money on our children we and they would be better off. Keep it simple, time and presence are the most precious gift.

To those men out there who may carry feelings of regret, guilt or loss about what they missed out on with their children, don't forget that any guy can be a Dad, but it takes someone special to be a Father. Even if our children are now adults don't forget every child, no matter what their age, seeks the approval of their father. Tell our kids today that we're proud of them and we love them.

 @RMHI\_4blokes  
 Working with Warriors Podcast  
 regionalmenshealth.com.au







The Harvey Family Support Service in collaboration with St. Vincent de Paul and Harvey Community Resource Centre have placed collection bins at the following locations for donations

to provide Christmas Hampers in support of local families in the Harvey area.

- Super IGA Harvey (80 Uduc Rd, Harvey)
- Team Classique for Hair & body (94 Uduc Rd, Harvey)
- Harvey Community Play and Learning Centre (Harvey Recreational and Cultural Centre, Tom Latch Drive, Harvey)
- Harvey Community Resource Centre (5 Gibbs St, Harvey)



**Communities  
Stay  
Stronger  
Together**

An initiative of St Vincent de Paul & Family Support Services, Harvey - Key stakeholders in the HCRC Village Hub Collective

COMMUNITIES STAY STRONGER TOGETHER

# COMMUNITY WISHING TREE

The Harvey Family Support Service in collaboration with St Vincent de Paul Harvey & The Harvey Community Resource Centre invites you to purchase and donate an UNWRAPPED gift for a local child or teen this Christmas.

We ask that you please deliver the gift in a gift bag rather than wrapping so we can ensure gifts are appropriately distributed for age ranges ~ thank you.

**Gift Drop Opportunities**  
Street stall in front of Parton's IGA 23/11/23

The tree will be in store at Parton's then moved outside for the Gala night 8/12/23.

Contact Emma Curulli for further information or clarification



## HCRC Village Hub Collective

Community helping Community - Rebuilding the Village

Harvey CRC (HCRC) commenced a new initiative in 2022 to address the rise in hardship within the community. Key stakeholders in the Collective are St Vincent de Paul and Family Support Service, organisations that have supported the community for many years and were keen to collaborate, pool resources, and collectively approach the multiple challenges presented by our mutual clients.

HCRC was invited to join their annual Christmas Appeal last year, and we collaborated again this year to raise funds for Christmas hampers and presents for local communities.

**The Village Hub Collective** now collaborates with up to 30 agencies - most of whom are local - to help and support our community.

Thank you one and all, for your support over the last year!





**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)

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**Ron Kruger**

Manager/Director



0402 810 071

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Harvey and surrounding suburbs

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

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# 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)





## Fruity Frypan Cake



Serves

18



Serve with warm custard.



### Ingredients

- 825g tin fruit, in juice
- 1 cup frozen blueberries
- 1 teaspoon cinnamon
- ½ cup sugar
- 4 eggs
- 2 cups of self-raising flour
- 1 cup reduced fat milk

### Equipment

- Can opener
- Chopping board
- Knife
- Frypan and lid
- Baking paper
- Measuring cups and spoons
- Large bowl
- Electric beater or whisk
- Spatula

## How to make it



1. Drain fruit and cut, if required. Line base and up sides of frypan with baking paper. Arrange fruit and blueberries on the baking paper. Sprinkle cinnamon and 1 teaspoon of sugar over the top.



2. Lightly whisk eggs in a bowl. Add sugar and whisk until pale and thick.



3. Add half the flour to eggs and lightly whisk. Add the milk and whisk again. Add the rest of the flour and whisk to combine.



4. Turn frypan on to medium heat. Spread cake mixture evenly over the fruit. Place lid on frypan and cook for 15 minutes or until the cake has risen and cooked through.



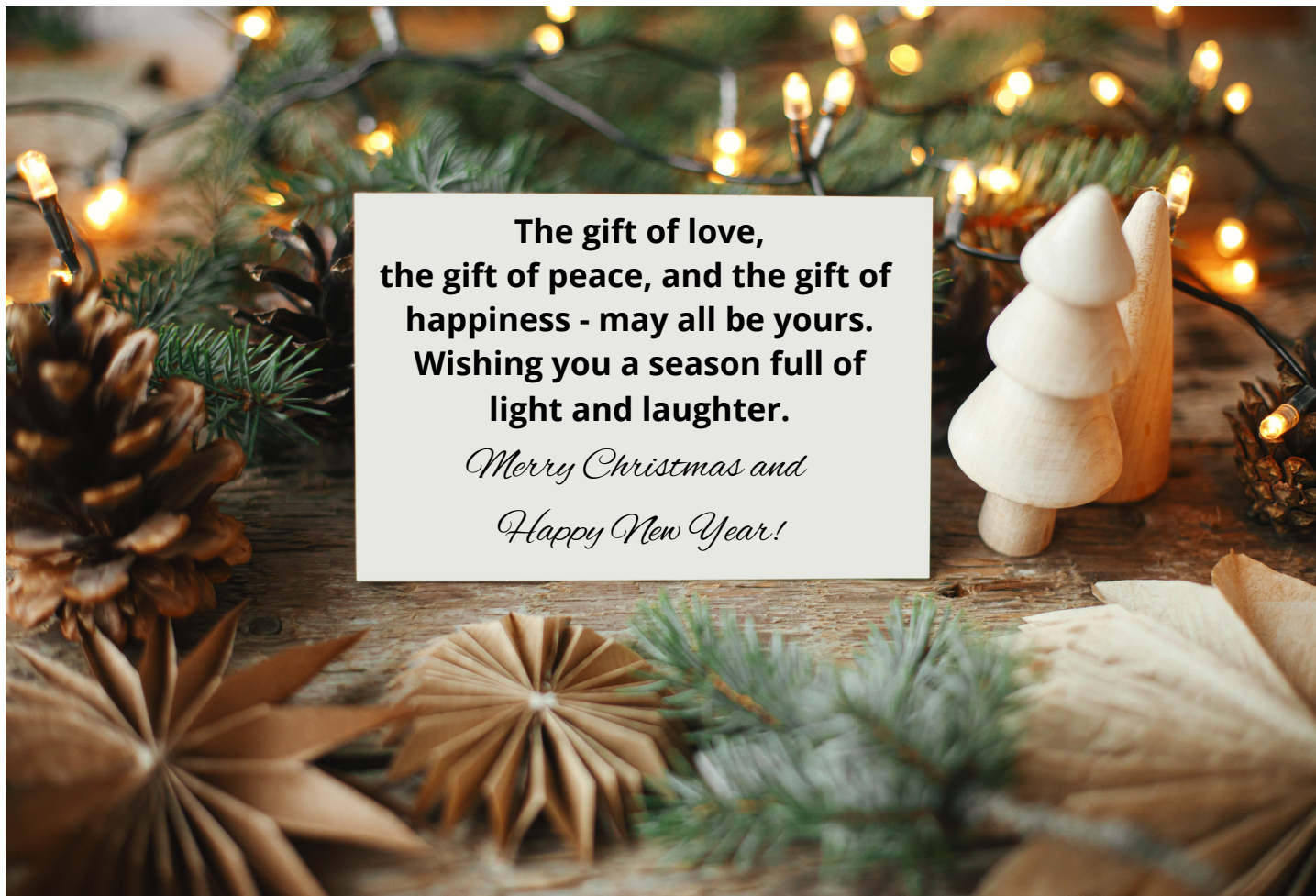
5. Holding edges of baking paper, lift cake from frypan. Cut into pieces and serve fruit-side up.



For more great recipes and resources visit [nom.org.au](http://nom.org.au)



Tasty learning for life



**The gift of love,  
the gift of peace, and the gift of  
happiness - may all be yours.  
Wishing you a season full of  
light and laughter.**

*Merry Christmas and  
Happy New Year!*



# 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)



# Policy & Disclaimer

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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

Proudly supported by:



Department of  
Primary Industries and  
Regional Development



**FRRR**  
Foundation for Rural  
Regional Renewal



**Australian Government**  
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**Australian Government**  
Department of Veterans' Affairs



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