

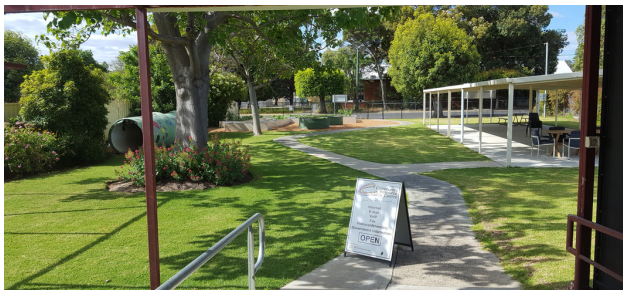
HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

FEBRUARY 2024



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Where are we located?
- Visiting Outreach Services
- HCRC Village Hub Collective
- Tai Chi Classes
- BizCom Meeting
- NBN Info Session
- Volunteer Recruitment Meeting
- TAFE- Harvey Campus
- Back to Basics - Work Program
- Community Resilience Network
- Happening in the Southwest
- Media Release - Southwest NRM
- Water Corporation
- Cancer Council
- Backyard Buddies article
- TRANSWA Update
- Human Services Feedback
- Foodbank Mobile Food Van
- Newsletter Advertisers
- Warrior Wellbeing Article
- CRC Community Impact
- Recipe of the Month

... and so much more!



Our Beautiful Spaces

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

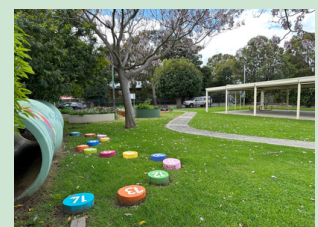
HCRC Community Garden

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.





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 for more information.

March advertising notices and articles due by Wednesday, 14th February 2024

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

REGULAR EVENTS

SERVICES AUSTRALIA AGENT

for Centrelink, Medicare, Child Support and My Aged Care Services

FITNESS IN THE GARDEN TAI CHI - Tuesdays 9.30am

BACK TO BASICS PROGRAM - Let's Talk Work 9.00am to 12.30pm Quarterly Rotations

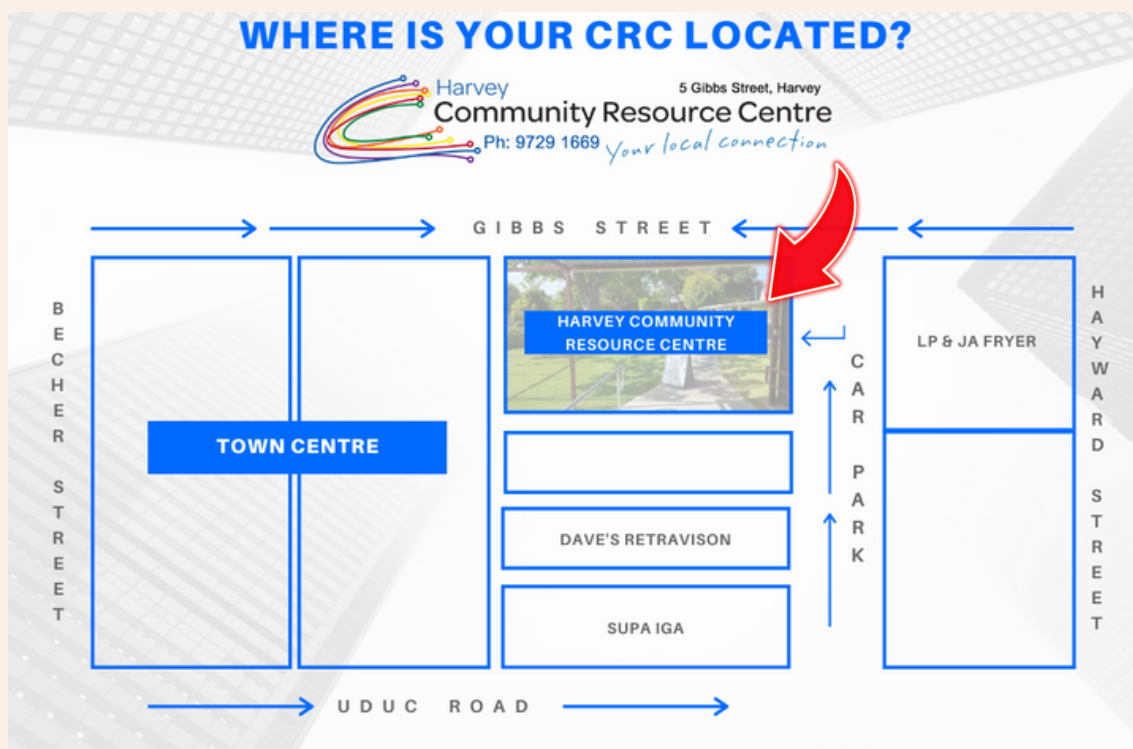
MULTICULTURAL SERVICES How can we support your community? We'd love to hear your suggestions!

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 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

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



HCRC Village Hub Collective

Community Supporting Community -

Collaborating to rebuild 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.





TAI CHI

Mind and Body

EVERY TUESDAY | 9.30 TO 10.30AM

5 Gibbs St, Harvey 6220
Community Garden
UNDERCOVER AREA



Please bring your own water bottle and gold coin donation.

(08) 9729 1669

events@harveycrc.com.au



BIZCOM MEETING

MONTHLY CATCH UP 2024

21ST FEBRUARY
10AM-11.30PM, WEDNESDAY

HARVEY CRC UNDERCOVER AREA
5 Gibbs St, Harvey

WHAT'S IT ABOUT?

A casual cuppa and chat for any businesses, community organisations, and/or individuals who would like to network, promote community events, or open conversations.

CONTACT US

08 9729 1669
events@harveycrc.com.au
visit our website @ www.harveycrc.com.au



OUR LOCAL COMMUNITY



LOCAL BUSINESSES



SERVICE PROVIDERS



FREE EVENT

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 a conversation at

Harvey CRC
5 Gibbs Street, Harvey

TUESDAY, 27 February 2024
9am to 10.30am

Guest:

Shamara Williams
Volunteer Southwest



(08) 9729 1669

events@harveycrc.com.au



Come along to a free Online Banking workshop and learn more about how to use online banking on a computer or mobile device

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

- Learn about online banking applications
- Discover how to download and use your banks mobile application
- Tips on using secured passwords
- Understand how to be safe when using online banking

Your children have the opportunity to experience virtual reality with our VR headset and controls. This is a great school holiday activity that your kids will love!

Place

Harvey Community Resource Centre
5 Gibbs Street, Harvey WA 6220
Friday 23rd February 2024
10.30am – 12.00pm

To attend, you will need to RSVP with the Harvey Community Resource Centre
Call (08) 9729 1669 or email admin@harveycrc.com.au

SHORT COURSES

We are registering **expressions of interest** for short courses in

AusChem Accreditation (MAA18)

AHCCHM307 – Prepare and apply chemicals to control pest, weeds and diseases

AHCCHM304 – Transport and store chemicals

AusChem Reaccreditation (MAA19)

AHCCHM307 – Prepare and apply chemicals to control pest, weeds and diseases

Chemical Handling Skill Set (MAA95)

AHCCHM101 – Follow basic chemical safety rules

Chainsaw Skill Set (MAA11)

AHCMM213 – Operate and maintain chainsaws

Business Ready Skill Set (AE378)

BSBOPS203 – Deliver a service to customers

BSBPEF202 – Plan and apply time management

BSBTEC201 – Use business software applications

BSBWHS211 – Contribute to the health and safety of self and others

Operate a Small Business Skill Set (AE617)

BSBESB403 – Plan finances for new business ventures

BSBTEC301 – Design and produce business documents

BSBTEC302 – Design and produce spreadsheets

BSBWHS307 – Apply knowledge of WHS laws in the workplace

ICTWEB306 – Develop web presence using social media

Provide First Aid (MAB70)

HLTAID011 – Provide First Aid

Digital Literacy Skill Set (AE820)

GATTEC102 – Apply basic digital literacy for training or workplace purposes

Contact the campus for dates and availability of short courses.

UNIQUE STUDENT IDENTIFIER (USI)

All students will require a Unique Student Identifier number before they can enrol.

Visit www.usi.gov.au to apply for a USI Number and for more information.

PAYMENT OF FEES

Three payment options are available to secure your enrolment at South Regional TAFE.

Option 1 – Pay in full

Pay course fees in full at the time of enrolment

Option 2 – Payment plan

If you are planning to undertake a direct debit payment plan, please complete the Direct Debit Form and hand it to the enrolment officer.

Option 3 – VET Student Loan

If you are an Australian citizen, a New Zealand citizen who usually lives in Australia, or the holder of a Humanitarian Visa, you are eligible to apply for a VET Student Loan. Ask us for more details, or visit the website.

ASK US ABOUT CONCESSION FEES

RTO Code 52790

Harvey Campus
7 James Stirling Place

6371 3050

FREECALL 1800 621 445

harvey@srtafe.wa.edu.au

southregionaltafe.wa.edu.au



**Semester 1 2024
HARVEY CAMPUS**



southregionaltafe.wa.edu.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



Help us build a:

Community Resilience Network

Workshop 1 – The Social Impacts of Drought

Date: Friday 23 February, 2024
Time: 12-1pm

Guest Speaker: Dr Leanne Lester
Centre for Social Impact – University of WA

Where: Community Resource Centres in Boyup Brook, Bridgetown, Donnybrook, Harvey & Manjimup. Capel (Venue TBA). Online.

Enquiries: Your local CRC or SWNRM's Peter Clifton on 0409 680 900.

SCAN TO REGISTER

South West NRM

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

NOW SATURDAY 16th MARCH 2024 - 10AM TO 2PM

SOUTHWEST AUTISM & SPECIAL NEEDS SUPPORT GROUP Present

SW Disability Expo

Expression of Interest for providers

10am – 2pm at Eaton Family Centre, 10 Charterhouse Street Eaton

- Local Therapy Businesses and Independent Providers
- Plan Managers
- Support Coordinators
- SW Support groups/Early Intervention Providers
- Not for profit organisations
- Support Worker Services – independents also welcome



Contact - Heidi_green84@yahoo.com.au to register your interest

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

NIGHT SESSION

Parenting Children with ADHD.

Facilitated by Psychologist, Declan Mountford from Sprout Therapy.

Parents and carers, please join us along with Psychologist Declan Mountford to share strategies to support those parenting children with ADHD. Over the course of two sessions there will be opportunities to share strategies, strengths and struggles in the journey of supporting children with ADHD, along with an open question time.

Attendance at both sessions is required:

Session 1: Tuesday 27 February 6.00pm to 8.00pm

Session 2: Tuesday 5 March 6.00pm to 8.00pm

Child and Parent Centre Collie-Valley, 6 Cable Street, Collie.

Bookings essential, light dinner provided.

(please let staff know when booking your spot if you have any dietary requirements)

Please call 9734 3384 to book your spot or inbox us on Facebook.



Sorry, no creche available.



SAFER INTERNET DAY

Protect Yourself from Scammers

MONDAY 5 FEBRUARY | 10AM TO 11AM

From safeguarding your personal information to identifying online dangers. Learn valuable tips, gain insights, and become vigilant when surfing the internet from the experts at Consumer Protection WA.



Book Now

2 PARKFIELD STREET, SUNBURY
SUNBURY.WA.GOV.AU/LIBRARIES





Media release

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

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

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. For warnings and advice visit emergency.wa.gov.au.

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. 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 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



Julie Rose
South West Regional Education Officer
Cancer Council Western Australia
Julie_Rose@cancer.wa.asn.au

MOVE MORE CONNECT MORE

LiveLighter® Move More Campaign

Being active is great for the body & mind

If you are ready to get a little more movement into your day, we are here to help!

Move More encourages people to discover what motivates them to move, aiming to encourage West Australians to be more active. The campaign highlights the positive and immediate benefits of being more physically active such as:

- Improving mental health
- Having more energy
- Boosting our mood
- Helping us sleep better
- Connecting with others
- Feeling stronger to do everyday tasks with ease

Move More was launched in January 2023 and the latest phase of this campaign has just been launched, and shows members of the public telling their movement stories.

These **'Move More Champions'** aim to inspire us all to find our movement passions through short online videos as well as activities via the **LiveLighter®** website.

Free workout guides & plans

There are so many different ways we can move our bodies. The key is to find something we enjoy doing that fits in to our schedule and lifestyle. To assist you in rediscovering the joy of movement **LiveLighter®** have developed various resources to suit everybody. These include:

- A free workout builder – get your free custom video workout!
- Workout plans
- Workout playlists – with our range of Spotify playlists helping get you in the zone
- How to videos
- Physical activity calculator – to find out if you are meeting Australia's current physical activity guidelines

To find out more: livelighter.com.au/being-active



This Wave of the campaign will run from **21 January – 9 March 2024** on social media and digital channels (including digital video, digital audio and online)

- Facebook: [@LiveLighterCampaign](https://www.facebook.com/LiveLighterCampaign)
- Twitter: [@Live_Lighter](https://twitter.com/Live_Lighter)
- Instagram: [@livelightercampaign](https://www.instagram.com/livelightercampaign)
- LinkedIn: [@livelightercampaign](https://www.linkedin.com/company/livelightercampaign)
- YouTube: [@LiveLighterCampaign](https://www.youtube.com/channel/UC...)

For more information about cancer symptoms, visit www.findcancerearly.com.au or call the Cancer Council Information and Support Line on **13 11 20**.



Call us on **13 11 20**
findcancerearly.com.au



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

February 2024

Eggfruit not so Eggsellent!



Eggfruit caterpillar feeding inside a developing tomato, and the adult moth (Image source: MyPestGuide public reports).

In a world of Solanaceous garden delights such as capsicums, tomatoes, chillies and eggplants, an unwelcome pest often goes unnoticed until harvest time: *Scelodes cordalis*, more commonly known as the eggfruit caterpillar. This common garden grub has a craving for plants belonging to the Solanaceae family and can turn your hard-earned produce into a feast for their insatiable appetite.

Biology and management

Eggfruit caterpillars begin their journey when the small brown moth lays her tiny, white oval eggs. These eggs are predominantly laid on the stem or calyx of the developing fruit. They hatch tiny white ravenous caterpillars, which bore into the fruit through the stem or calyx. This disguises their entry point. Munching and pooing their way through the inside of the fruit, the caterpillars often turn bright pink or red in colour as they mature. Eggfruit caterpillars are particularly hard to detect as there's rarely any external signs of infestation of the fruit. These gluttonous grubs eventually chew their way out of the fruit to pupate, and later emerge as adult moths.

Controlling this pest can be challenging and requires well-timed management during all life stages. Make sure to remove any weeds from the Solanaceous family (e.g., nightshade) to reduce

their breeding sources in the garden. Moths and eggs can be controlled using light traps, or by spraying insecticidal soap on the calyx. These soaps can affect the delicate wings of the adult moth, making it too slippery for her eggs to stick to the calyx, and may also desiccate the eggs. As freshly hatched caterpillars, there is a very short window for control before they enter the fruit. Target the stems and calyx with caterpillar control products. Look for ingredients such as spinosad or the biological control 'BT' (*Bacillus thuringiensis*). These insecticides become virtually ineffective once the caterpillars burrow into the fruit, as they are well-protected inside. If infested fruit is found, remove and discard to break their lifecycle.

Report your capsicum criminals!



Although eggfruit caterpillars are a well-established species, it's the small white caterpillars that may be confused with the larvae of the non-established and reportable Queensland fruit fly (Qfly). Qfly is a significant pest of over 300 fruits and vegetables. You can report suspicious larvae in your produce to MyPestGuide or contact the Pest and Disease Information Service by sending in photos of the larvae and cut-open fruits. Report early to keep your Solanaceous garden delights safe from unwelcome feasters!



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

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 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 or call 1300 662 205





BUILDING FOR TOMORROW

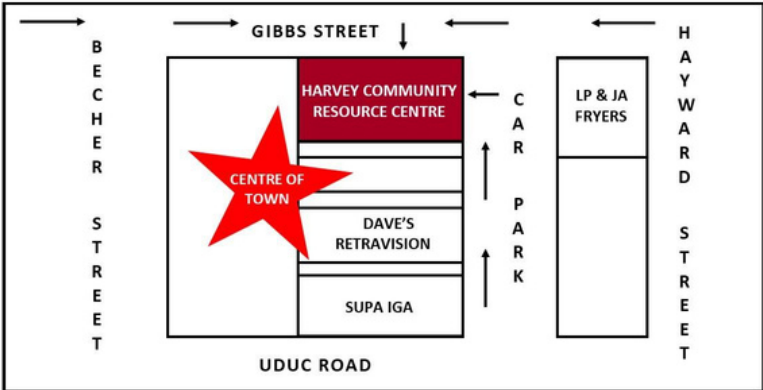
5 Gibbs Street, Harvey
Ph: 9729 1669 *your local connection*

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

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




▶ 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



Australian Government
Services Australia

centrelink



Australian Government
Services Australia

medicare



Australian Government



Services Australia

FOODBANK Mobile Food Van

Tuesday 6th & 20th February 2024

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.**



We here, at Harvey CRC, will do referral forms for new applications to avail of the FOODBANK services. All you need to provide is your concession card.

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

9531 3155 RobynClarkeMLA

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

Ron Kruger

Manager/Director



0402 810 071

ron@rkcabling.com.au

Harvey and surrounding suburbs

www.rkcabling.com.au

- TV Points
- Aerials
- Reticulation
- Network points
- CCTV
- NBN
- Phone points
- Mounting TV's
- Fiber Optic

Reg No: T50600





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.

Help us build a: **Community Resilience Network**



Attend your CRC or
participate online.

SCAN FOR
MORE INFO!



Workshop 1 – The Social Impacts of Drought

Delivered in partnership with your local Community Resource Centre.

Friday, February 23, 12pm to 1pm

Surviving the Dry
Building social resilience for times of drought.



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

WARRIOR WELLBEING ARTICLE



Alcohol - Taking Time to Consider Our Drinking Behaviours

BY THE REGIONAL MEN'S HEALTH INITIATIVE
February 2024

When a new year comes around it gives us a chance to focus on ourselves, our drinking habits and the importance of a healthy balanced lifestyle. Speaking with a group of blokes about this, I asked them to have a think about their attitudes towards drinking which one bloke replied, "I just love the taste". This is a fair enough response, and it's also the same problem I have with my kids, who love ice cream and chocolate, but trying to teach them that you don't have it every day takes effort.

The fact that going alcohol-free for a month is seen as a challenge for many, highlights just how prevalent alcohol use is in Australia. Alcohol is our most widely used and most accepted drug, and over time it has formed part of our Aussie culture and identity. Its use and associations are many, including advertising, sport, social occasions, celebrations and within the workplace culture. Peer pressure does not only happen to teenagers! Think of the last time you were encouraged to have a drink when you were not planning to. As Joe E. Lewis once quoted "I distrust camels, and anyone else who can go a week without a drink". There seems to be an underlying normalisation, glamorisation and justification for drinking which is also present in pop-culture, movies (The Hangover) and social media (my friend who posts it's beer o'clock').



Now I am not saying I'm a shining light leading by example when it comes to abstaining from having a drink, my arm is often twisted a bit too easily. We should all take the chance to have a think about our own individual drinking habits, behaviours and attitudes:


- What example do I set when I drink?
- How often/how much am I drinking?
- Is it to relax?
- Is it to cope or deal with stress?
- Is it habitual or has it become a dependency?


For those who do enjoy a night out, here are a few points to help reduce unhealthy drinking behaviours:

- What mood/state of mind am I in before I drink? Alcohol is a depressant but can also enhance negative behaviours i.e. anger, aggression and reckless risk taking;
- What sort of situation/crowd am I drinking with? Personal safety is up to us! Am I with people I know and trust in a safe environment or am I out with random individuals in a public space?
- Self-regulate by knowing your limits and plan ahead. Organise a designated driver, take a swag, don't risk it!
- Harm minimisation could involve having a decent meal before going out, serve finger food at parties and remember alcohol dehydrates so drink water before, during and after drinking alcohol;
- Having alcohol-free days is important. At least 2-3 days per week will show two benefits: 1, I can go without a drink and 2, has regenerative effects on the liver (along with many other health benefits).

I recently saw a creative post showing a picture of our political leaders with the caption *No matter who wins they will not fix your life, better plan on doing it yourself.* Like a lot of things in life, and especially alcohol, we can't expect governments and multimillion dollar ad campaigns to reduce the risk, control our use and fix alcohol related problems. Moderation, awareness, responsibility, and balance is the key to our alcohol use.

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



CRC COMMUNITY IMPACT

Migrant *Story* ...YES, YOU CAN continue your profession in a new country!

Among the many migrant settlers here in Harvey, Filipinos are the most in numbers. They all came on a skilled Visa and hired by the major processing plants that Harvey is so proud to have. To locals, they are just ordinary overseas workers coming in to make money, yes, it is undeniably one of the reasons why they came to Australia however, majority of them came with hopes and dreams to make a better "life", not just for their own but to the rest of their families. One thing most of us don't know about them is that most of them have University degrees and a whole lot of skill sets and experiences to actually give them the opportunity to pursue a career in line with their skills here in Australia.

Few months ago, while I brought my child to her Karate class, I met a Filipino mum. She is a bit shy as she was new in town and didn't really know anyone, so she pretty much just kept to herself and her little family. Then I started asking her about her job here and her career back in the Philippines. She shared her academic background, her career and her mum-life and so much more information that got me excited to start telling her of the many things she can do to pursue her career in the same industry here in Australia. I encouraged her to do something, start somewhere, research steps, ask people and pursue it before February 2024 when school year starts. I told her to message me if there is anything she wants to know, and I told her where I am and what we do here at the CRC. Few more karate classes and checking up on her was our normal until karate classes finished and I didn't see her again.

Second week of January 2024, I received a late-night message from her, a heartfelt "thank you" for all I did to get her to where she is now and told very good news that she is starting a bridging course on the 5th of February in a university nearby and will soon finish it this year as well. Such a lovely outcome that began with a simple conversation.

Empowering and encouraging people doesn't cost much, let's give it freely. No judgments, no return favours, just pure empathy and love for people to pursue their dreams. I am a migrant myself and our belief (that's me and my husband) is to be "that someone" we wish we had when we arrived 15 years ago.

- JG 

Recipe of the Month



Pan con Tomate

Ingredients:

Sourdough Bread
Prosciutto/Serrano ham- thin sliced
tomato - mashed or finely chopped
2 fresh garlic - halved
olive oil
pepper

Procedures:

1. Sprinkle bread with olive oil and grill/toast until golden brown.
2. Rub fresh garlic on the grilled/toasted bread.
3. Topped with mashed/chopped tomato and ham slices.
4. Sprinkle with fresh milled black pepper.
5. Serve!



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

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