

HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

APRIL 2024



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Where are we located?
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- HCRC Village Hub Collective
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- What's Happening in the Southwest?
- Media Release - Southwest NRM
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- Cancer Council
- Backyard Buddies article
- TRANSWA Update
- Foodbank Mobile Food Van
- Newsletter Business Advertisers
- Warrior Wellbeing Article

... 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.

**APRIL advertising notices
and articles due by
Thursday,
14th March 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**

CRC 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 12.00pm
Quarterly Rotations

MULTICULTURAL SERVICES

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

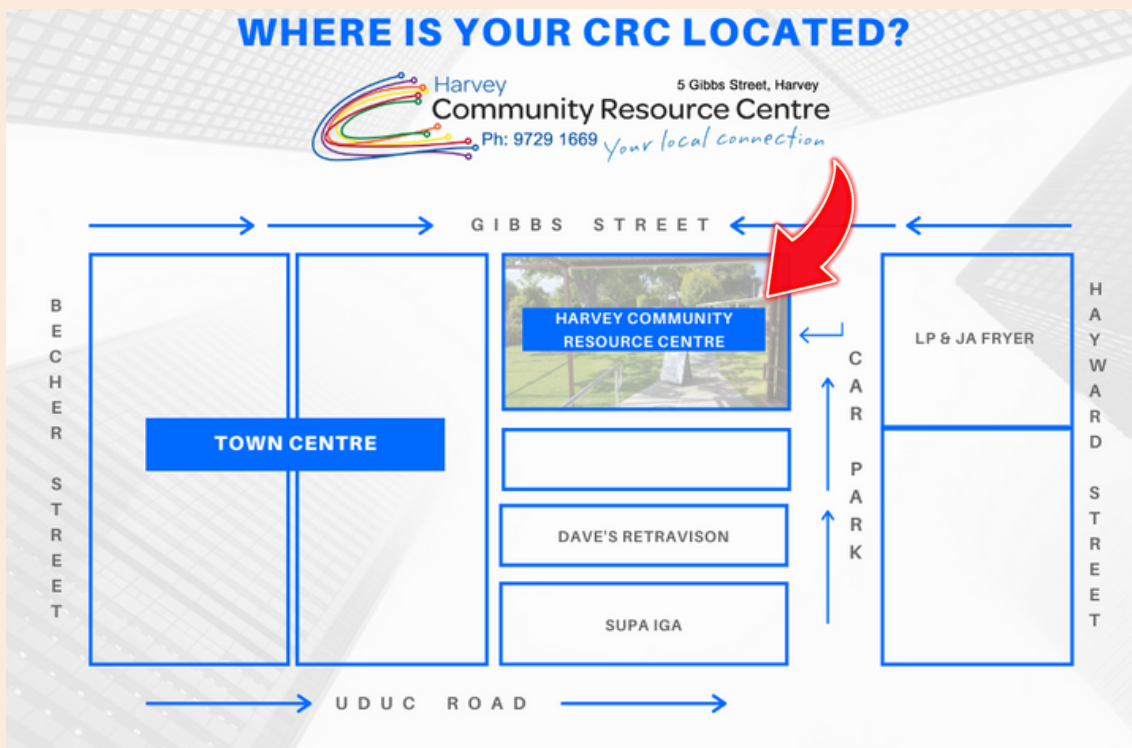
TECHNOLOGY ASSISTANCE

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

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.

Schedule : To Be Arranged

Appointments Essential

Call 1300 192 632 for appointments

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

The Wright Way Ahead

Back to Basics: Let's Talk Work!

Job search, Resume writing, Cover letter and selection criteria, what to wear to your job interview and practicing interview techniques.

Available every Tuesday on a quarterly rotation from 9.00am to 12.00pm

contact Sandra Della on her mobile at 0438 163 755 email: sandra@thewrightwayahead.com.au or visit website at www.thewrightwayahead.com.au

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**

Appointment is 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.

Our local churches, Anglican, Catholic, Church of Christ, and Seventh Day Adventist, have also been a huge support to the Collective over the past two years.

A Partnership Agreement with the Shire of Harvey supports us to operate an advocacy/support service which initiated the development of the **HCRC Village Hub Collective** - and has evolved to collaboration with nearly 30 agencies, mostly local, to help and support Harvey and surrounding towns.




*Together
We Can!*




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
(08) 9729 1669



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

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

SCHEDULE FOR THE SECOND QUARTER OF 2024

7th, 14th, 21st and 28th May
Tuesdays, 9am to 12 pm

4th June
Tuesdays, 9am to 12 pm

LOOKOUT FOR THE NEXT QUARTER'S SCHEDULE!


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

REGISTER NOW

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

Harvey Community Resource Centre
5 Gibbs St, Harvey WA 6233

FREE



Circle of Security PARENTING SERIES

The Circle of Security Parenting group program is an **8 session** course facilitated by qualified Professionals. This program is offered free to parents/carers of children 6 months to 6 years, who want to:

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

Where: Harvey Hospital, 45 Hayward Street, Harvey


Dates: Tuesdays x 7weeks, from 16/4/2024 to 28/5/2024
Times: 10am to 12pm, last 2 sessions on 28/5/24 will be from 9:30 to 12:30am
Facilitators: Ruth Caruana and Nikki Johnston, Community Health Nurses/WACHS-SW

Expressions of Interest: Please Email: WACHS-SWparenting@health.wa.gov.au
Or contact Ruth on 0472 606 272

No Creche available: We apologise a creche facility is not available, however babies up to 6 months are welcome to attend with their parent

Bookings essential

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.



Circle of Security Parenting

Parenthood is an incredible journey, but we all know it comes with its unique set of challenges! If you're seeking a transformative experience to strengthen the bond with your child and gain valuable insights into your parenting journey, you're in the right place. Circle of Security Parenting® (COSP®) is an innovative, widely recognised and evidence-based parenting program that supports the development of children by strengthening the parent-child attachment.

The Circle of Security program provides parents with a framework to understand and respond to their children's emotional needs. It focuses on helping parents become more attuned to their child's emotions and behaviours, fostering a secure base from which the child can explore the world.

Encourage your child to explore the world while providing a safe and secure base for them to return to

Be available and responsive when they seek comfort and support.

Support their natural curiosity and exploration while maintaining a connection with their parent or caregiver.

Helping children understand and regulate their emotions by modeling appropriate responses.

COSP® is a reflective program that helps caregivers focus on the quality of the relationship they have with their child, not just their behaviours.



ANZAC Dawn Service

Tuesday 25th April 2023



Memorial Anzac Cove Gallipoli

Courtesy AWM

**Venue: Harvey War Memorial
Cnr Uduc Road & Young Street**

Time: Commence 6.00 am

**Public most welcome to attend
Followed by "Gunfire Breakfast"**

ANZAC Memorial Service

Tuesday 25th April 2023

**Venue: Harvey War Memorial
Cnr. Uduc Road & Young Street.**

Time: Seated by 10.15 am

Public most welcome to attend.

Followed by light luncheon



Simpson and his donkey

Courtesy AWM



DRUMBEAT

Creative Therapy Program for Children

Term 2, 2024

This child-focused term program is based on DRUMBEAT which facilitates the social and emotional skills for healthy relationships and values. This process of re-connection with self and interconnection with others enables profound social and behavioural change. Participants will engage in the creative process of drum-making (art) and drumming (movement and music) in a fun and engaging 8-week program.



TERM 2: FROM 23 APRIL 2024
TUESDAYS 4PM-5PM - 8 WEEKS



BUNBURY COUNSELLING
Level 2, 123 Spencer St
SOUTH BUNBURY

WHAT'S HAPPENING IN THE SOUTHWEST?



Comic Drawing

WITH JAMES FOLEY AT GRANDFAMILIES FUN DAY

WED 10 APRIL | BUNBURY WILDLIFE PARK

Drop in and create comic strips with writer and cartoonist, James Foley anytime between 10am - 2pm at Bunbury Wildlife Park's Grandfamilies Fun Day.



Learn more

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



April School Holidays



Hay Park Grounds, Parade Road, Bunbury 6230

9795 8690

bunburypcyc@wapcyc.com.au

booking.wapcyc.com.au

SCHOOL'S OUT!

Join us for some school holiday fun!

Morning activities:
- Gymnastics
- Court sport

Afternoon activities:
- Arts & crafts
- Disco-themed music and movement sessions

WHEN

Morning 8.30am - 12.30pm
Full day 8.30am - 3.30pm

- Tuesday 2nd April
- Tuesday 9th April
- Thursday 4th April
- Thursday 11th April

AGES 5 - 12

COST Morning \$40
Full day \$70



20 March, 2024

Collaborative communities key to creating change on mental health

When former Boyup Brook school teacher Renee Knapp came up with a creative new idea for addressing the ever-increasing number of students she was seeing with worsening mental health challenges, she couldn't possibly have realised the flame of change she would ignite.

It was about six years ago when Ms Knapp lead development of an award-winning Community Mental Health Action Team in her town which brought together a teacher, a doctor, a business owner and a range of other passionate community members committed to addressing the issue.

"I set this team up to start looking at the big picture and to start seeing what we could do to improve awareness, education, support pathways and systems that were currently in place," she said.

"I had never in my education career engaged with people in other sectors regarding improvements for our system but I soon came to realise that this was a game changer and could make all the difference to mental health approaches with better outcomes not just for my students but for entire communities."

Now Ms Knapp runs her own consultancy called Think Effective which helps communities improve mental health outcomes using her highly collaborative approach.

That makes her a perfect fit for assisting South West NRM with its current project to develop a Community Resilience Network in preparation for the predicted increase in drought events and evidence of the expected associated social impacts.

Ms Knapp will lead discussion at the third in a series of six workshops being held in several locations across the South West between February and September.

On May 3, she will help participants with developing a framework for community resilience.

"We'll take the amazing strengths that already exist in all of the sectors and from passionate people across communities and put them together to create localised and sustainable change," Ms Knapp said.

"When we have a process for people to work together, that's when we can make a difference."

Ms Knapp said she had attended and presented at conferences across Australia where desires to address mental health challenges in communities with a collaborative, shared and multi-sector approach were often expressed but lacked a clear process to make it happen.

"If you are passionate about improving mental health outcomes across your community or improving wellbeing, whether you are part of a collective group or just one individual I can provide you with a step-by-step process and framework to make this happen," Ms Knapp said.

"Common sense solutions can be created that consider local needs and unique challenges when we work collaboratively in an effective manner. If this sounds like something you are interested in learning more about then this workshop is for you."

South West NRM has partnered with Community Resource Centres throughout the South West to assist with delivery of the meetings.

The aim of the Community Resilience Network project is 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.

Sustainable Agriculture Manager Peter Clifton said: "The meetings are held online and at CRCs in Boyup Brook, Bridgetown, Donnybrook, Harvey, Brunswick and Manjimup."

Workshop 3, with discussion facilitated by Ms Knapp, is on 3 May, 2024 at 12pm for one hour. Participation in previous workshops is not required for joining in workshop 3.

To find out more or register your interest in the Community Resilience Network 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. It is one of five 'Surviving the Dry' projects throughout the South West.

Help us build a:
Community Resilience Network



Attend your CRC or participate online.

Scan to register!



Workshop 3 – Developing our framework for action
 Delivered in partnership with your local Community Resource Centre.
Friday, May 3, 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.

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


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

WA Federal MP's & Senators must support introduction of new vaping laws
 Cancer Council WA is urging the WA community to contact [their Federal MP or Senator](#) asking them to support the introduction of new vaping laws that will assist in putting an end to the current teen vaping epidemic. Ashley Reid, Cancer Council WA's CEO, states that Federal politicians need to hear first-hand the devastating effects that vaping is having on young people.

- The figures for teen vaping are staggering. Between 2019 - 2023, vaping increased five-fold among teenagers aged 14 to 17 years
- The Federal Government plans to introduce a draft law, which, if passed, will end the domestic manufacture, supply, advertising, and commercial possession of non-therapeutic vapes
- This means people with a medical prescription would still be able to buy vapes from a pharmacy, but they would no longer be in easy reach for kids and teens
- As vaping has become more common, schools are grappling with disruptive behavioural issues and how best to support students who have unwittingly become addicted to nicotine
- We know that vaping poses serious health risks, including nicotine addiction, poisoning, seizures, burns and acute lung injuries from inhaling harmful chemicals.

Whether you are a parent, teacher, health professional or concerned member of the public, we have all witnessed the insidious uptake of vaping by young people in our community. Now is the perfect time to tell decision makers that enough is enough. We urge the WA community to download the [Cancer Council letter template](#) and email their Federal MP or Senator to let them know why this issue is so important.


Registrations are now open for Australia's Biggest Morning Tea 2024



This year in May, Cancer Council's **Australia's Biggest Morning Tea** turns 31! People are being encouraged to gather friends, family or workmates for "a cuppa and a bite to eat" whilst raising money to fund cancer research, new treatments and education, all to save precious lives.

This year our signature event aims to raise more than \$1.5 million to continue with life-saving cancer research, prevention, advocacy and support programs. Since it began in 1993, Cancer Council's generous community of supporters across Australia have raised more than \$224 million by hosting morning tea events. Whichever way you choose to celebrate Australia's Biggest Morning Tea, every dollar raised will make a huge difference.

Remember, it doesn't need to be fancy - your Biggest Morning Tea could be at home with friends or family, a simple morning tea in the office with workmates, a virtual get-together, or a gathering in the local community or at school. Simply register online at biggestmornningtea.com.au, set a date in April, May or June and start sending out your invites. Anyone unable to host a morning tea can still get involved by donating directly to Cancer Council via biggestmornningtea.com.au.



Government of Western Australia
 Department of Health

Call us on 13 11 20
findcancercareerly.com.au

Continuing education, changing career path or upskilling, come and visit our local TAFE Harvey Campus.



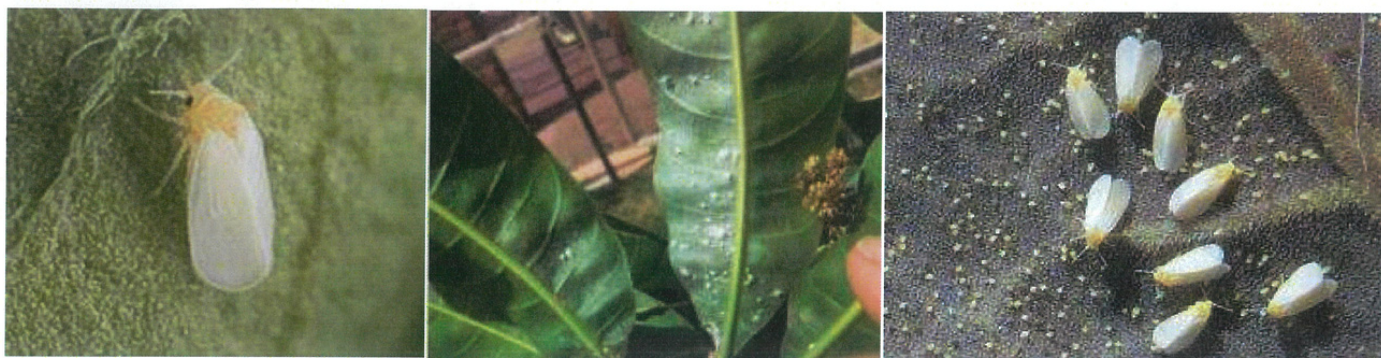
Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

April 2024

Whitefly woes



Close up of adult whitefly on leaf, mango leaves in home garden with evidence of whitefly, eggs and adults on underside of leaf (photo: left & right: DPIRD, centre: MyPestGuide report)

In the intricate world of plant pests, whitefly, from the family Aleyrodidae, have a misleading name, given they are not flies at all. Instead, they belong to the order Hemiptera, sharing kinship with other sap sucking insect pests like aphids, scale, and mealybugs.

In their juvenile form the nymphs bear a resemblance to scale, while in their adult stage they take on the appearance of small moths. The only part of their name that is accurate, is the 'white'. This is particularly obvious when adult whiteflies are abruptly disturbed and take flight. The result is a large white plume or cloud of these tiny insects around their host plant. This behaviour is often referred to as 'flushing'.

Biology and lifecycle

Whiteflies are a tiny insect with a rapid and prolific lifecycle. Females lay between 30 to 40 near-microscopic eggs on the underside of leaves. Upon hatching, the 0.3 mm nymphs actively seek a feeding spot. Once found, they stay put, feeding, and moulting until their final form reaches 1 mm. The nymph then transforms into a winged adult, approximately 1.5 to 2.5 mm in size, completing the lifecycle in about one month. In spring and autumn, this lifecycle may be completed in as little as 18 days for some species. This efficient reproduction results in multiple overlapping generations each year, making the management of whitefly populations challenging.

Whiteflies are not fussy eaters and have a broad host range of horticultural plants including tropical fruits,

citrus, and solanaceous vegetables, plus many ornamental species, trees, and weeds. They are relatively weak flyers and rely on wind and human assistance for transportation, hitching rides on clothing, gardening equipment, and plant material. Three of five important species of whitefly in Western Australia were introduced this way. The other two, citrus whitefly and the native strain of *Bemisia tabaci*, are both native to Australia.

Impacts and management

Like other sap sucking insect pests, feeding damage caused by whitefly, in both its adult and nymph stages, can result in cell or leaf death (necrosis), impacting plant growth. Certain whitefly species are also able to transmit plant viruses. Virus symptoms include irregular ripening in tomatoes and blanching in carrots and broccoli.

The key to effective whitefly management is early detection. Check the upper surface of leaves for signs of feeding damage such as yellow mottling, silvery, wilting, curling, or distortion and check the underside of leaves for a sticky excretion (known as honeydew) or sooty mould. If found in the early stages, whiteflies can be reduced by removing infested leaves, hosing down with water, or even vacuuming (suitable for pot plants). If insecticides are needed, there are a range of products available. If treating vegetables or fruit trees, ensure you read the label and abide by any withholding periods. For most products, repeated treatments will be required, and remember to pay special attention to the undersides of those leaves!





HOW TO GET TO AIRPORT TERMINALS

There's no doubt the Airport Line is the best way to get to and from the airport. Operating from Claremont to High Wycombe via Perth Station, it allows for easy bus and train connections in the CBD as well as a fast connection to each terminal.

T1 + T2

GETTING TO TERMINALS 1 AND 2
SERVICED BY VIRGIN AUSTRALIA AND OTHER MAJOR AIRLINES

Catch the train to Airport Central Station.

Perth Airport Terminals 1 and 2 are connected to Airport Central Station by a Skybridge.

T3 + T4

GETTING TO TERMINALS 3 AND 4
SERVICED BY QANTAS AND JETSTAR

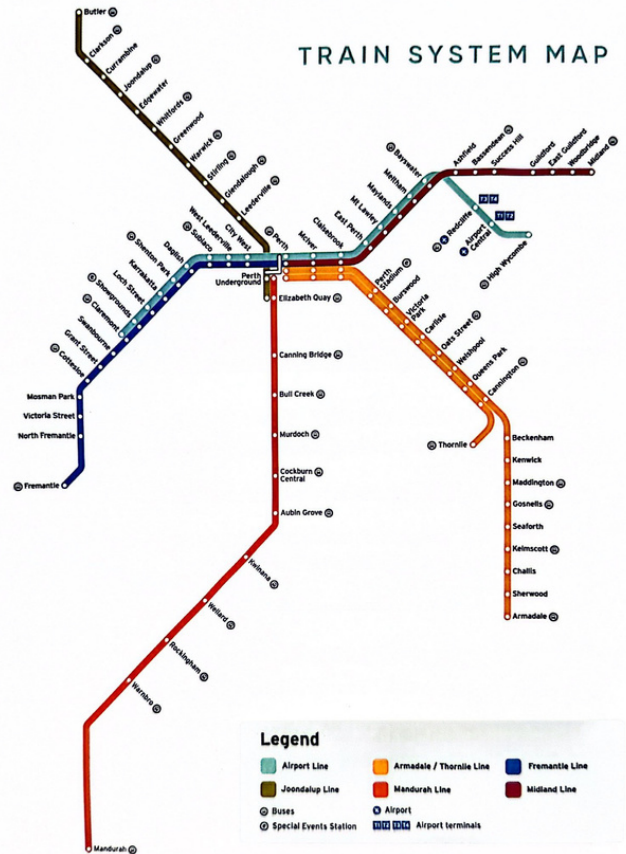
Catch the train to Redcliffe Station, then transfer to bus Route 292 from Stand 5.

Plan your journey before you travel using our JourneyPlanner.

TRANSPERTH.WA.GOV.AU



TRAIN SYSTEM MAP



Legend

- Airport Line
- Armadale / Thornlie Line
- Fremantle Line
- Joondalup Line
- Mandurah Line
- Midland Line
- Buses
- Airport
- Special Events Station
- Airport terminals



**TRANSWA
UPDATE
AIRPORT LINE**



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.

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



FOODBANK
Mobile Food Van

Tuesday 2nd & 16th April 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

HCRC can assist with new referrals to FOODBANK. *Your concession card needs to be viewed for validity before the application can be processed.*

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



Volunteers Needed

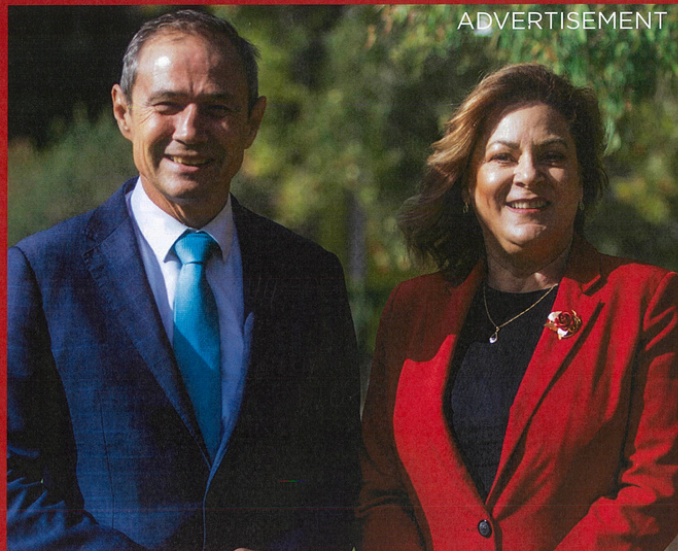
Do you have some spare time???
Would you like to become involved and support the elderly in our community???

SWCC are looking for Volunteers who would be able to drive our consumers to appointments during the week. Fleet vehicles will be used for this.

Choose the days and hours you can commit
9782 4000



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](https://www.facebook.com/RobynClarkeMLA)

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

Ron Kruger
Manager/Director



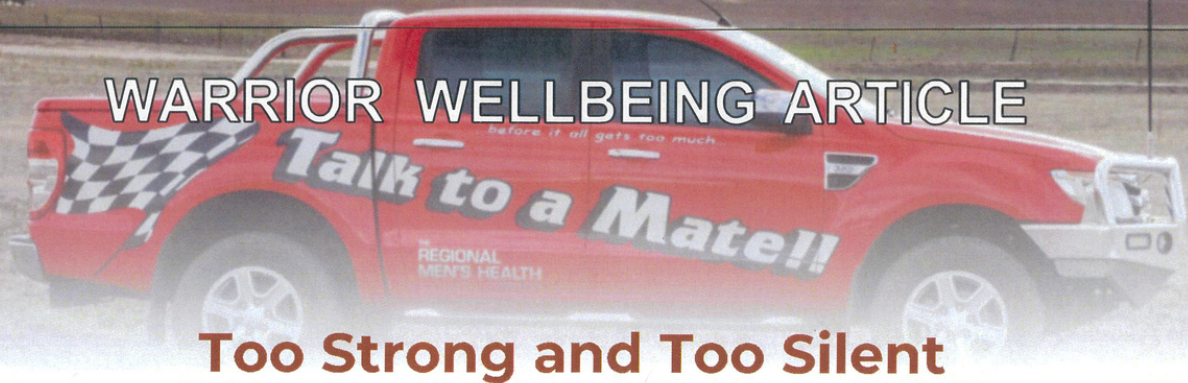
0402 810 071
ron@rkcabling.com.au
Harvey and surrounding suburbs
www.rkcabling.com.au

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

Reg No: T50600



WARRIOR WELLBEING ARTICLE



Too Strong and Too Silent

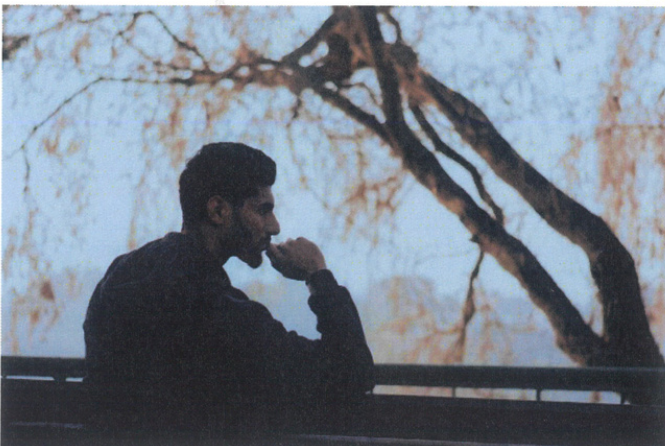
BY THE REGIONAL MEN'S HEALTH INITIATIVE
April 2024

It is common for us to be called to help men in the country with what is a seemingly without notice separation that leaves a dumbfounded male struggling to make sense of what just happened. Today women are more likely to be career-oriented, more independent financially, more educated and empowered. Divorce no longer carries the stigma it once did and rightfully women no longer are as accepting of abuse or not having their needs met.

Given this societal change there is an even greater need now for effective communication in relationships. Getting men to talk more is slowly changing, however, too often men tend to be stoic and un-communicative about how their relationship is going: *Too Strong and Too Silent*.

Relationships breakdown for many reasons. For example, emotional disconnection, differing views on finances, too much work, not enough time with the family, stonewalling, lack of respect, or not being appreciated to name just a few.

If we don't communicate what is going on within us, we are not resolving our issues and setting up our relationships to fail. A common quote is 'I tried but he just never listens', or 'I work hard every day, dawn to dusk to provide, I thought I was doing the right thing'.



If we talk about things as they arise, resolution is more likely. Men tend to be too silent but again women can be bad at communicating as well. I often hear comments like 'if only she had said something', or 'I didn't know'. Chances are maybe we were told or didn't want to deal with it or simply didn't listen. We need to learn to communicate more and listening to our spouse is paramount.

Here are 4 tips to improve listening skills:

1. *Body language*: we may say we're listening to our spouse, but the body language says otherwise. Body language accounts for 93% of communication. Face each other, look into our spouse's eyes. Be cautious about our pose, things like being fidgety or folding your arms, tends to give a message of disinterest.
2. *Ask questions*: asking questions shows that we are interested and heard what was said i.e. 'so, then what happened?' or paraphrase 'so what you're saying is...'
3. *Avoid one-upmanship*: listen to the bad day story without jumping in with your worse bad day. Instead ask questions, listen, and show interest, otherwise the message our spouse gets is we don't really care.
4. *Don't try and fix it*: this is a vital thing to remember for blokes. Men will often offer a solution to the problem and try to fix it. We just need to listen and be engaged. Women prefer that blokes don't jump in with their best solution unless asked. Good effective communication is essential for a healthy relationship, don't be too strong and too silent.

As always, remember ... before it all gets too much...Talk to a Mate®!!

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au

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