

HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

MAY 2024



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Where are we located?
- Happy Mother's Day
- Visiting Outreach Services
- TRANSWA Update
- HCRC Village Hub Collective
- Tai Chi Classes
- Back to Basics - Work Program
- Suicide Prevention Training
- Literacy Tutoring for Adults
- Harvey TAFE
- ZONTA Small Grants
- Southwest Early Years Noticeboard
- What's Happening in the Southwest?
- Cancer Council Update
- Backyard Buddies article
- Warrior Wellbeing Article
- Foodbank Mobile Food Van Schedule
- Newsletter Business Advertisers

... 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 MyGov, 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.

Here's to the Mums



The foster mums



The step mums



The not-yet mums



The furbaby mums



With children here



Those without mums



The should be mums



The grieving mums



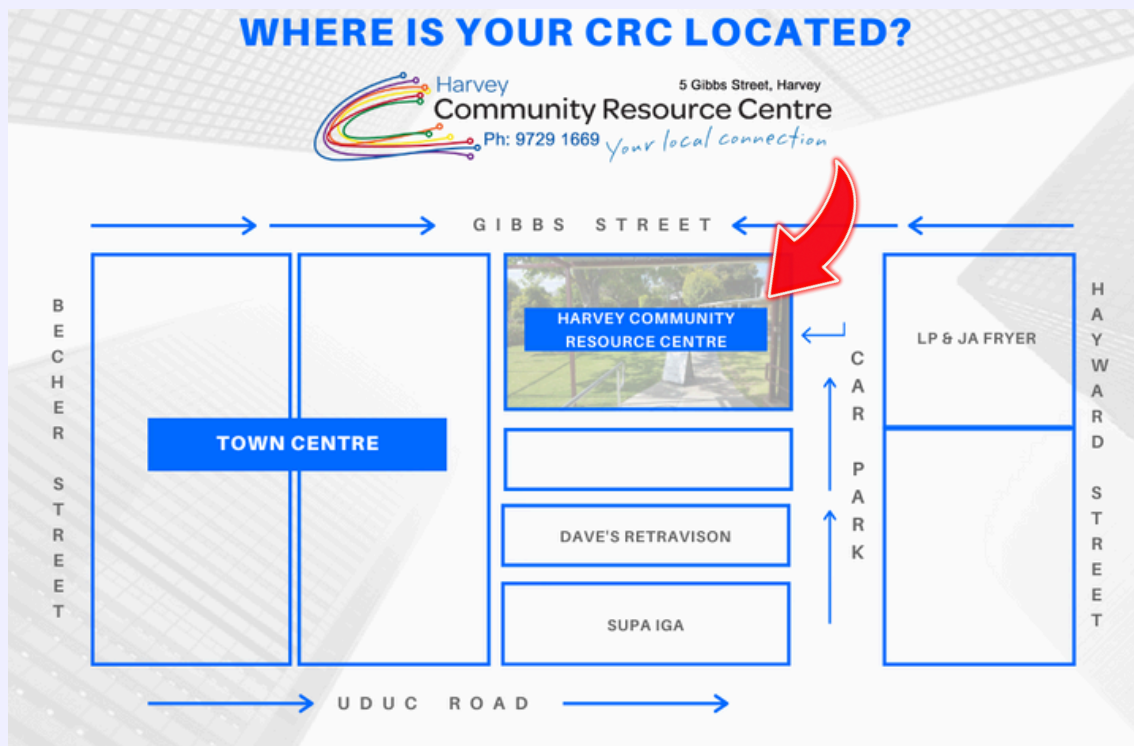
The solo mums



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





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

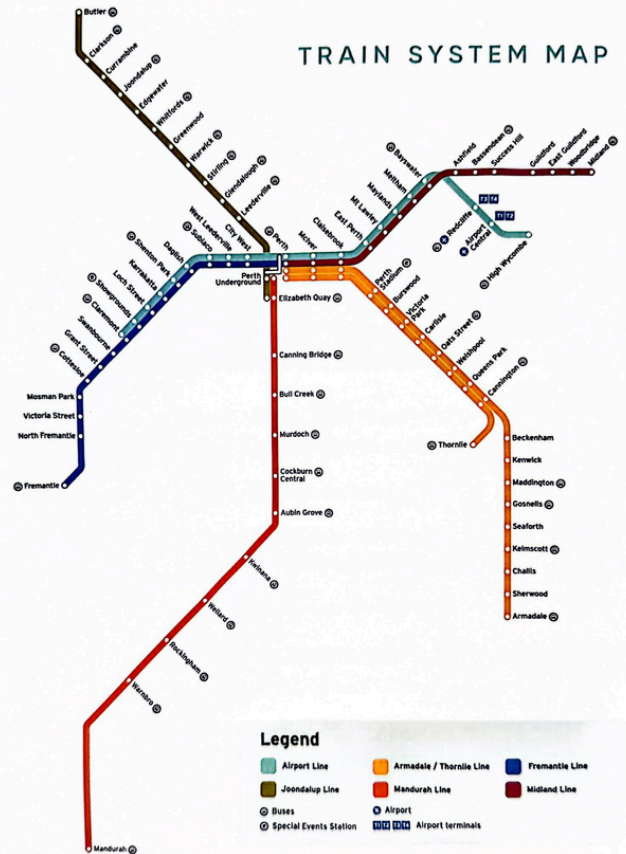
Catch the train to Redcliffe Station, then transfer to bus Route 292 from Stand 5.

Plan your journey before you travel using our JourneyPlanner.

TRANSPERTH.WA.GOV.AU

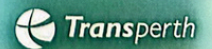


TRAIN SYSTEM MAP



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**

HCRC VILLAGE HUB COLLECTIVE

Community Supporting Community -

Collaborating to rebuild the village

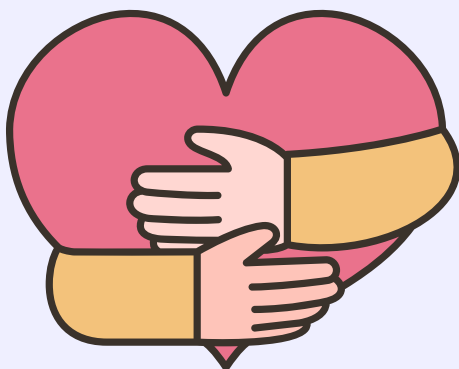
Harvey CRC (HCRC) commenced a new initiative in 2022 to address the rise in hardship within the community.

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!*

**MIND AND BODY
TAI CHI**



EVERYONE WELCOME

TUESDAYS here at the Harvey CRC Community Garden undercover area from 9.30am to 10.30am

Please bring your own water bottle and gold coin donation

JOIN NOW

08 9729 1669 | events@harveycrc.com.au | www.harveycrc.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

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 
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**




Wesley LifeForce Suicide Prevention Training

We deliver a robust and evidence based program which focuses upon educating people about suicide, challenging attitudes and teaching basic engagement and engagement and suicide intervention skills.

Participants will have increased confidence in their ability to identify people who may be at risk of suicide, communicate appropriately with a suicidal person, ask a person if they are considering suicide and conduct a suicide intervention.

Participants will learn:

- Awareness of the requirements for classification of a death as suicide
- Knowledge of the occurrence and demographics of suicide in Australia
- Be able to identify risk and protective factors
- Differentiate between risk factors and warning signs
- Capability to be able to implement the SALT suicide intervention strategy
- Identify national and local suicide prevention resources

Date & Time: Monday, 24 June 2024, 9:00am – 4:00pm

Location: The Boundary
Tom Latch Drive, Harvey, WA 6220

Morning tea and lunch will be provided

In partnership with 

Register with this link:
<https://WesleyLifeForceSPHarvey2024.eventbrite.com.au>

Email lifeforce@wesleymission.org.au or call 1800 100 024 for more information



This program is accredited with Quality Innovation Performance Limited (QIP), assessed against the Suicide Prevention Australia Standards for Quality Improvement.



Wesley LifeForce Suicide Prevention Program gratefully acknowledges the funding provided by the Australian Government

Do all the good you can because every life matters

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



CONTINUING EDUCATION, CHANGING CAREER PATH OR UPSKILLING, COME AND VISIT OUR LOCAL TAFE HARVEY CAMPUS.

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)

AHCMOM213 – 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

BSBWH5211 – 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

BSBWH5307 – Apply knowledge of WHS laws in the workplace

ICTWEB306 – Develop web presence using social media

HLTAID011 – Provide First Aid

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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

Applications for Small Grants

Apply Now!



Zonta's mission is to build a better world for women and girls.

It is envisaged that these small grants for projects in our LOCAL Community would provide access to opportunities and resources to assist this to happen.

Applications close Thursday 30th May 2024

Application form, criteria and guidelines can be requested by private FB message and are also available on our website:

www.bunburyzonta.weebly.com/ go to 'Application for Funding'.


ZONTA
BUNBURY
BUILD A BETTER WORLD
FOR WOMEN AND GIRLS



SOUTH WEST EARLY YEARS NOTICEBOARD

Information and flyers about programs, workshops and groups relevant to parents with children aged 0-8 years old.



Access online at bit.ly/3rB45Gb or by scanning the QR code.

Contact: SouthwestEarlyYears@outlook.com

Logos and flyers include: Playgroup WA, Parenting Connection, Investing in our youth inc., WA Country Health Service, Child and Parent Centre, Parenting Ways, Tuart Forest Toy Library, Bunbury Regional Toy Library, Nixi Families, Communicare, one tree community services, ndis Wanslea, The People Place, Harvey Community Resource Centre, and City of Busselton.





Online MEN OF HOPE Online

Get in - Get Healthy & Strong - Get Going

Free Online Connect Groups - Every Wednesday

Join free online chat groups and chat with friends, meet new people, learn new skills and support each other.



menofhope.com.au
08 6559 1482
Sign up now!



Relationship Education: Online
Term 2: April - June 2024

Online*	Date	Time	Cost
Self-Worth: An Introduction	Wed 17 Apr	9.30am-12pm	\$30
Managing Anger and Stress for Women 4 wks	Tues 23 Apr-14 May	6.30pm-9pm	\$95
Express Yourself Assertively	Thur 2 May	6.30pm-9pm	\$30
Parenting Teens	Thur 9 May	6.30pm-9pm	\$30
Emotion Coaching Your Child	Tues 28 May	6.30pm-9pm	\$30
Introduction to Managing Anger-For Men 4 wks	Thur 30 May-20 Jun	6.30pm-9pm	\$95
Stronger Stepfamilies: An Introduction	Thur 13 June	6.30pm-9pm	\$30
Supporting Your Anxious Child	Thur 20 June	9.30am-12pm	\$30
Healthy Conflict	Tues 25 June	6.30pm-9pm	\$30
Dads and Daughters	Wed 26 June	6.30pm-9pm	\$30

*These courses are delivered and attended online via Zoom. Please see website for information on how to attend our online courses.

For information about our courses and workshops, please call 6164 0200 or visit www.relationshipspwa.org.au



WHAT'S HAPPENING IN THE SOUTHWEST?

Centre for Accessibility AUSTRALIA advocacy

Bunbury Business Accessibility Day

Thurs 30 May 2024

9:30am - 4pm (Morning Tea & Lunch included)
Koozbana Room, Mantra Bunbury
Lighthouse, 2 Marlston Dr, Bunbury WA 6230

OUR SPEAKERS

Dr Scott Hollier
Centre for Accessibility Australia

Sara Gunning
Advocacy WA

9:30am - 12:30pm

Beyond Compliance: Implementing Digital Accessibility in Workplace Environments

1:30pm - 4pm

Beyond Accessibility: Improving Facilities and Services for All

SCAN ME

Booking Essential!
RSVP here for this **FREE** event:
<http://tinyurl.com/BunburyAccessibleBusiness>



NEW WORKSHOP ALERT!

Autism Inclusion in the Early Years

A workshop of educators working in childcare and early childhood education settings exploring Autism, practice strategies for inclusion and how to support children and their families on this journey. Presented by Liz Martin, a Neurodiverse Early Childhood Teacher, Behaviour Analyst, and Mother to two Autistic children.

- Understand the diagnostic process and criteria for ASD and how Early Educators can support.
- Explore the spectrum of Autism profiles and neurological differences.
- Learn how to include Autistic children in an education setting authentically.
- Explore how to increase the skills and development of Autistic children.
- Understand the family journey and how to support them.

When: Saturday 11 May 2024
Time: 9 am - 3 pm
Cost: \$220
Limited places!
BYO Lunch

97229000
MICAHA
21 Stirling Street
Bunbury WA 6230



More Information:
0499 014 110
community@advocacywa.org.au

REGISTER YOUR SPOT TODAY!



BUYTICKETS.AT/MICAHA/1220228



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

Find Cancer Early: Tips when visiting your doctor about a possible symptom

As we get older, many of us don't often think too much about a change to our body. This can result in us expecting and accepting changes over time as being normal.

But, it is important to not be tempted to put something unusual down to 'getting older' before you've told your doctor, clinic nurse or Aboriginal health worker. Always have a chat and let them know what you've noticed, even if you're not concerned by it. Chances are it is nothing to worry about, but it's better to be on the safe side.

When you decide to make an appointment, lots of different questions and concerns can pass through your mind, such as:

- The doctor is always too busy.
- It's too hard to get an appointment.
- When I get to my appointment my mind goes blank.
- What could happen when I see the doctor or health worker?
- I don't have a doctor.
- I feel embarrassed or some shame.

Tips when you are visiting your doctor/health professional

- Be clear about your symptoms.
- Calling early in the morning is often the best time to arrange an appointment.
- If your usual health professional isn't available that day, ask for an appointment in a few days time, or ask to see another doctor.
- If you feel you need to speak to a health professional straight away, tell the receptionist it is urgent when you call.
- Write down why you've made the appointment and what you want to tell your health professional.
- Keep a symptom diary of what's been happening, how long for, and how often it occurs – you can take this with you.
- Health professionals are there to help you – don't be embarrassed to let them know about any unusual changes you've noticed in your body.
- Take someone with you as a second pair of ears to listen & perhaps to take notes for you to clarify what is said during the appointment.

Become familiar with common cancer symptoms

We encourage adults, especially those over 40 years of age, to be aware of some common symptoms of cancers. You can give yourself the best chance to **Find Cancer Early**, by going to see a doctor straight away if you have symptoms, so that treatment is easier, and you can be around longer to do the things you love doing with the people you love.

Where else can I get advice?

- Cancer Council WA – Information and Support line - 13 11 20
- Visit findcancerearly.com.au
- GP, nurse practitioner or pharmacist



Government of Western Australia
Department of Health

Have you had any of these...

... for more than 4 weeks?

- Problems peeing
- Runny poo
- Unexplained weight loss
- An unusual pain, lump or swelling anywhere in your body
- Becoming more short of breath
- A persistent cough
- A new or changed spot on your skin

... once or more?

- Blood in your poo
- Coughing up blood
- Blood in your pee



If you have and you are over 40...

Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.

partner



For more information visit findcancerearly.com.au
or call 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

May 2024

In focus – diagnostic photography



Head front and lateral views of an exotic black imported fire ant (*Solenopsis richteri*) worker, focus stacked with a stereomicroscope and dedicated high-resolution digital camera.

Imaging technologies have evolved significantly over the past decade in terms of image resolution, quality, and magnification. It's easy to observe these changes just by looking at the continuous advancements in digital cameras and mobile phones. Less apparent to many is the progress made in macro and micro photography, significantly enhancing the ability to identify invertebrates, fungi, bacteria, and other subjects.

Modern software has evolved too. One such development is a process called 'focus stacking'. Multiple images, focused at different distances are combined, or 'stacked' to form a single, fully focused image. The images featured in this article were produced through focus stacking, making complex diagnostic features easily identifiable.

Our subject

The ant photographed is about 3 mm in length. This species is not present in Australia and is of biosecurity concern. To identify this species, diagnosticians (aka taxonomists) need to be able to see its microscopic features, which include a 2-segmented waist and 10-segmented antennae, with the last 2 segments forming a distinct club.

To get a bit more technical, a characteristic seen only among the 2 species of imported fire ant, is the median tooth centred along the front edge of the clypeus, which is flanked by 2 lateral teeth. The clypeus is one of the plates that form the "face" of an insect.

The digital advantage

Having digital reference material provides so many advantages. Photographing living specimens prior to curation allows for the full colour spectrum of a species to be captured and permanently recorded. Preserved specimens can lose their colours over time, for example, the eye colour of dragonflies and fruit flies fade shortly after they die.

Diagnostic imaging can facilitate fast-tracked identification as photos may be shared directly with specialists across the globe. This is particularly useful when local experts are not available or further verification is required. Utilising diagnostic photos also reduces the need to send specimens and helps safeguard them from damage and loss.

When communicating about the various pests or diseases that are present in WA or highlighting those to look out for, being able to show them in the environment, and the damage they cause is essential. Our department's imaging specialist helps to do this by creating high-quality digital products. Many of which are available on the Pest and Disease Image Library (padil.gov.au) and are featured on our website and communication products like posters, factsheets, and videos.

Flash or not?

If you have taken a photo of something you don't recognise and it's not as flash as the ones featured in this article, don't worry! Please still report it. Photos and the information provided with them help us screen for pests and diseases of biosecurity concern.



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



WARRIOR WELLBEING ARTICLE

Relationships – Personal and Other!

BY THE REGIONAL MEN'S HEALTH INITIATIVE
May 2024

We are all challenged, in both our personal and other relationships in life, whether we have a partner, are single, or involved in the many community groups and workplaces that make our life tick.

Personal relationships go through many stages that challenge the ever-changing dynamic of our relationships. These stages can be the catalyst for relationships ending, through people growing apart and being challenged by their own emotional insecurity and identity. Some of these stages may include:

- having children and/or 'empty nesting' when the kids leave home;
- a death or sickness in the family or community group we belong to;
- the stages of a man's life when our identity is challenged, usually around late adolescence, mid-life, and retirement. Finding that sense of purpose along with passions/interests is the key for balance in our life;
- menopause has many phases which often challenge ladies, as blokes we quite often do not observe changes in those women around us even though it is happening under our eyes. It is necessary to adapt our habits to suit;
- diminished testosterone levels due to ageing (male menopause);
- the people we choose to associate with.

We must remember - It is not your responsibility to make your spouse happy. It is up to each person to make that happen for themselves. We do, however, play a significant role in whether or not our spouses feel appreciated, which is a good start for a healthy relationship.

"If your home environment is good, peaceful and easy, your life is better and easier." (Lori Greiner)

As blokes our relationships are also quite often challenged in the community setting/workplace and the 'my way or the highway' approach. If we have been single all our life or have lost a partner recently, being connected to community through groups of interest is important.

Accepting diversity and being prepared to try new interests will lead us down the path of many new and enduring relationships.

Being able to agree to disagree respectfully is a skill that seems lost on society, and an important one to maintain good relationships. We do not have to believe in the many things that people may say, but with compassion, compromise and empathy (the ability to understand and share the thoughts of another person) we can still be involved in that community group. Many blokes butt heads and walk away, missing the many benefits of being connected.



All relationships are ongoing and a work in progress. It is imperative that we communicate, communicate, and communicate more to have healthy relationships and reap the health benefits that go with it. It is also important that if the relationship (in any setting) is not working and/or unrecoverable, it is alright to walk away.

I read an article recently on relationships which included the following summation: "Honesty is the most valuable attribute you can bring to a relationship, along with a willingness to communicate and compromise," remembering compromise is about give and take, not one-sided sacrifice."

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

 @RMHL_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au





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 7th MAY 2024
Tuesday 21st MAY 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**



Would you like to become involved and support the elderly in our community?

Do you have some spare time during the week?

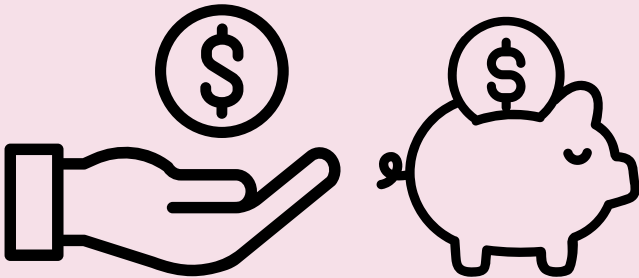
We are looking for volunteers who would be able to drive our consumers to local appointments during the week.

You can choose the days and times you would like to commit to this activity.
Note: Current and Valid 'C class' Drivers' Licence is essential. Fleet vehicles will be provided for use during outings.

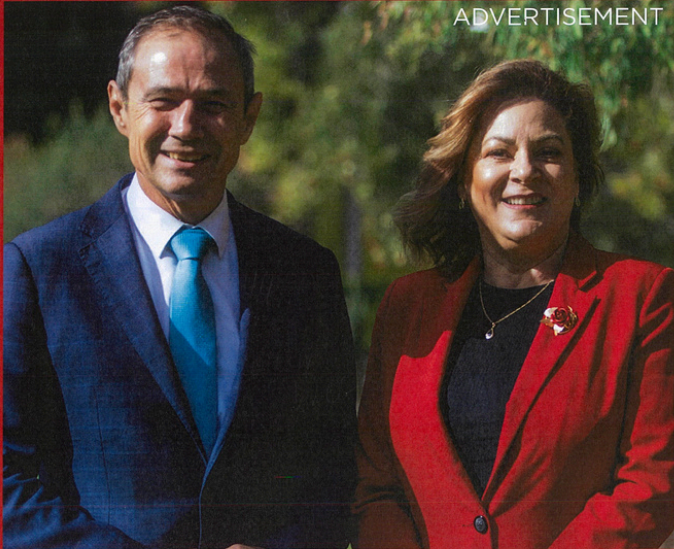


**Call us for more information on
08 9782 4000**

volunteers needed



ADVERTISEMENT



We're in this together

Robyn Clarke

Member for Murray-Wellington

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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

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