

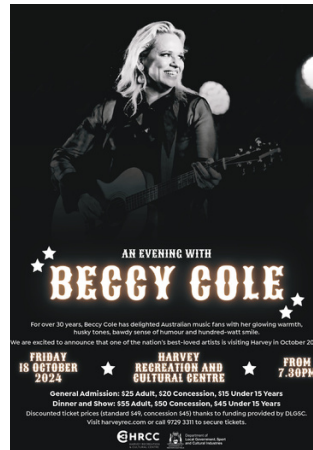
HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

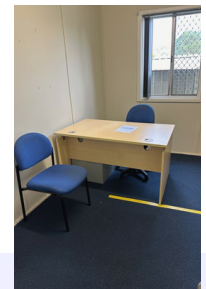
JULY 2024



What's in this issue?

- Advertising - Prices
- Regular Events
- Centre Trading Hours
- Where are we located?
- HCRC Village Hub Collective
- Visiting Outreach Services
- Community Lunch Wednesdays
- HRCC Beccy Cole Concert
- Tai Chi Classes
- Back to Basics - Work Program
- SaverPlus
- NAIDOC Week events
- What's Happening in the Southwest?
- Cancer Council Update
- Backyard Buddies article
- Warrior Wellbeing Article
- BreastScreen Van WA HARVEY
- Foodbank Mobile Food Van Schedule
- Newsletter Business Advertisers

... and so much more!



Our Beautiful Spaces

Don't let the cooler weather put you off.
The undercover area in our community garden is set up to run events all through the year.

If you're 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, fundraisers, 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.

**Advertising notices
and articles due by
18th of every month**

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!

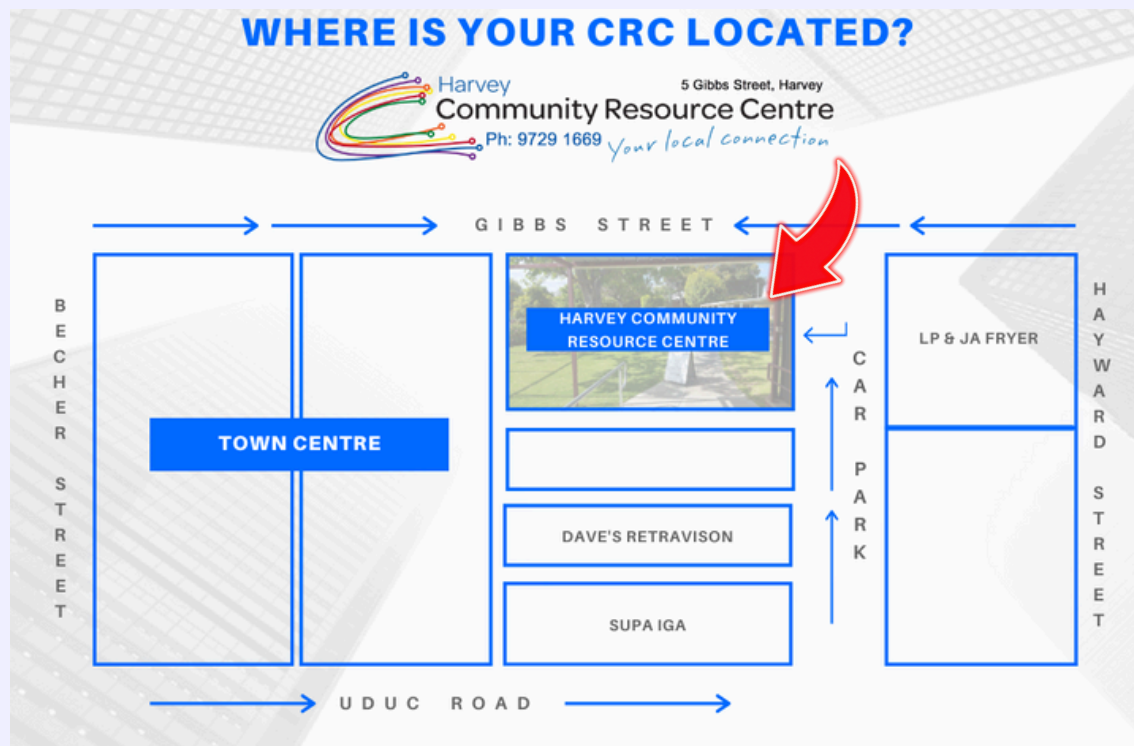
TECHNOLOGY ASSISTANCE

Available by appointment.

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.

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, Harvey and Family Support Service, Harvey, 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 MAKE A
DIFFERENCE

VISITING OUTREACH SERVICES

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

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

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

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

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

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



HARVEY COMMUNITY RESOURCE CENTRE

JOIN US FOR A WEEKLY COMMUNITY LUNCH

Every Wednesday
12NOON to 1PM

Starting 3 July 2024

Maximum of 20 - Bookings Essential!



SHARING FOOD, BUILDING COMMUNITY
TOGETHER - ALL WELCOME!



Harvey CRC
Community Garden
5 Gibbs Street, Harvey
9729 1669
events@harveycrc.com.au



AN EVENING WITH
BECCEY COLE

For over 30 years, Beccy Cole has delighted Australian music fans with her glowing warmth, husky tones, bawdy sense of humour and hundred-watt smile.

We are excited to announce that one of the nation's best-loved artists is visiting Harvey in October 2024.

**FRIDAY
18 OCTOBER
2024**

**HARVEY
RECREATION AND
CULTURAL CENTRE**

**FROM
7.30PM**

General Admission: \$25 Adult, \$20 Concession, \$15 Under 15 Years

Dinner and Show: \$55 Adult, \$50 Concession, \$45 Under 15 Years

Discounted ticket prices (standard \$49, concession \$45) thanks to funding provided by DLGSC.

Visit harveyrec.com or call 9729 3311 to secure tickets.



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

**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



Enroll today for
the next rotation

5 Gibbs Street, Harvey WA 6220
events@harveycrc.com.au
9729 1669



Our Back2 Basics Program is
proudly supported by:

- Department of Primary Industries & Regional Development (DPIRD)
- WA CRC Network
- Linkwest

- **Harvey CRC**
- **Back2Basics**
- **Program**
- **"Let's Talk Work!"**



Get up to \$500 extra in the bank to lighten the load of education expenses



Count me in.

Commit to saving up to \$50 a month for 10 months and we'll double it.

saverplus.org.au
1300 610 355



Save \$500 and ANZ will top up your bank account with another \$500.

Yes, it's true. No catch, no scam.

Just real knowledge and information for real people that's easy to understand... It's just, down-to-earth money talk - and a \$500 incentive to build your savings!

Join Saver Plus and get



Free financial education



Your savings doubled (up to \$500)

What can the \$500 be spent on?



Laptops and tablets



Uniforms and shoes



Vocational education



Lessons and activities



Books and supplies



Camps and excursions

Can I join Saver Plus?

To be eligible, you need to meet these requirements:

- ☒ Be 18 years or older
- ☒ Have a current Health Care or Pensioner Concession Card
- ☒ Have a child in school, starting school next year, or be studying yourself
- ☒ Have regular income (you or your partner)
- ☒ Agree to join in free online financial education workshops

Ready to start saving? Let's talk.

saverplus.org.au | saverplus@bsl.org.au | 1300 610 355

* Most types of income are valid. Speak to your local Saver Plus Savings Coach if you're not sure.



KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD

7-14 JULY 2024



Presents

Ticket Prices:
\$120

South West NAIDOC Ball Celebration Awards 2024

VENUE - BUNBURY REGIONAL ENTERTAINMENT CENTRE

6pm till 11pm | Friday 12 July

Book your group together or call the box office on
1300 661 272

Get in quick! Bookings close on the 30th of June

bunburyentertainment.com



3 on 3 Basketball Tournament

headspace
Healing and Wellbeing
NAIDOC Week Youth Event

Monday 8th July 2024

South West Sports Centre



Team age groups: under 12s, under 14s,
under 16s, and under 18s.

Registrations close on 24th June.

Late registrations on the day from 9 - 9.40am.

Games start at 10am.

Food available

Giveaways and gift bags

Art space DJ

For more information or to register, please scan the QR code or contact headspace Bunbury community team on 61640680 or community@headspacebunbury.org.au



South West Women's Health



Dementia Carer's Support Group Eaton

Staying healthy and vibrant is as important as your role as a carer. Come and join us for a coffee or a cup of tea, cake and a chat with others in the same situation.

3RD MONDAY OF THE MONTH

(STARTING 15TH JULY)

10:00am - 12:00pm

Dementia information

Taking a much needed self care break

Women and men welcome

Where: Lot 10 Charterhouse St, Eaton

Walk-ins always welcomed

Gold coin donation for tea/coffee and cake

For more details please contact Felicity on 044 888 3773 or fel.neale@icloud.com



StrokeSafe
Prevent Stroke. Save Lives. Enhance Recovery.

INFORMATION SESSION
StrokeSafe
THURSDAY 18 JULY | 10.30 - 11.30AM

In Australia, a stroke occurs every 19 minutes. In 2020, more than 27,000 Australians, of all ages, experienced a stroke for the first time. But the good news is 80% of strokes are preventable. Join StrokeSafe to learn how you could help save a life and reduce your stroke risk!

[LEARN MORE](#)

Bunbury Public Libraries
2 PARKFIELD STREET, BUNBURY
BUNBURY.WA.GOV.AU/LIBRARIES

Bunbury Public Libraries

Free Hearing Checks

THURSDAY 11 JULY | 9AM TO 1PM

Could you be missing any of the sounds you love? Rediscover the sounds you love! Get your FREE 15-minute hearing check at the Withers Library with no booking needed.

[Learn more](#)

Bunbury Public Libraries
2 PARKFIELD STREET, BUNBURY
BUNBURY.WA.GOV.AU/LIBRARIES

Hearing Australia

Bunbury Public Libraries

Colouring Calm

THURSDAY 25 JULY | 10.30AM TO 11.30AM

Come join us for a relaxing and therapeutic colouring session designed to help you unwind and find your inner calm! Supplies and light refreshments will be provided, so just bring yourself and get ready to relax.

[Bookings are preferred but not essential](#)

Bunbury Public Libraries
2 PARKFIELD STREET, BUNBURY
BUNBURY.WA.GOV.AU/LIBRARIES



STAY WELL

this Winter

STAY WELL THIS WINTER



Winter is here and so come the colds, flus and COVID.

These conditions can be severe and could prevent you from doing the things you love, like catching up with friends and family, or going out. Here's how you can prevent it.

TEST FOR COVID-19



GET VAXXED

In WA, getting vaccinated is easy. It's the most effective way to protect yourself from the flu. By getting vaccinated, you're helping to prevent the spread of the flu to your loved ones and the wider community.



PRACTICE GOOD HYGIENE

Keep practicing healthy hygiene habits such as washing your hands, coughing into your elbow, and staying home if you're feeling unwell.



EAT NUTRITIOUS FOODS

Eating food high in nutritional value will feed your body the vitamins, rich carbohydrates and fats that give you the nourishment you need to recover more quickly.

While, it may be tempting to eat more food in winter, it is better to eat a well-balanced diet throughout the year.

Try to include foods in your diet that are:

- high in antioxidants, protein and fibre
- high in vitamins B, C, D and E
- low in sugars and fats.

Eat healthier this winter and try some of our nutrient packed recipes.

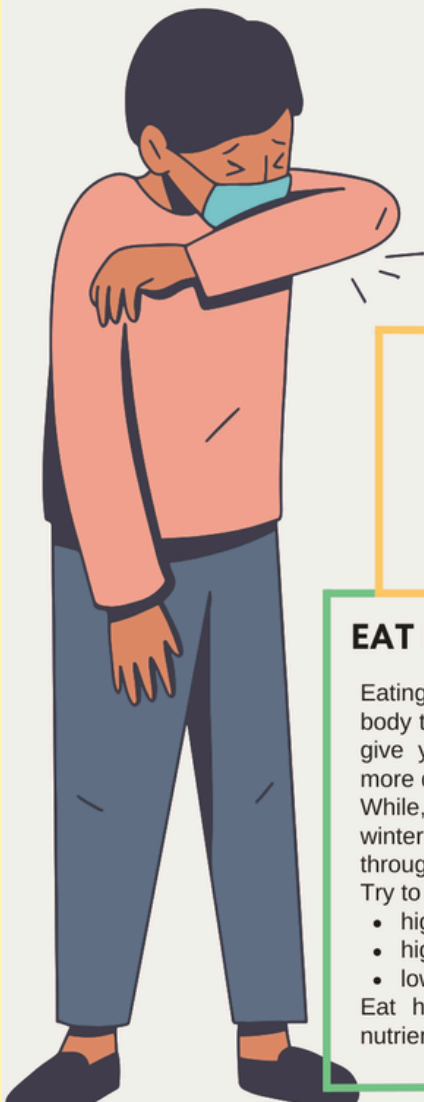
STAY ACTIVE

It's common to feel less motivated during the winter months and even getting out of bed can sometimes feel like a chore.

We're lucky living in WA, as our Mediterranean climate means that while winter is our wettest season, we also enjoy many cool, sunny days.

Try to get into a routine of getting out and doing some exercise, whether it is walking up the stairs instead of taking the lift or escalator instead swap your normal routine by go for a daily walk.

Source:
https://www.healthywa.wa.gov.au/Articles/S_T/Staying-healthy-in-winter





Julie Rose

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

Crunch&Sip® Crunch Bites Podcast

Bite sized children's nutrition information

Aiming to provide parents and families with practical ideas around boosting children's nutrition in an easily accessible, grab and go format.

Crunch Bites is the newest 'grab and go' podcast for parents who want to learn how to feed their family well whilst saving on time, money, and stress. Brought to you by qualified nutritionists, each episode bites off a topic that will help you build those healthy habits in the home. From packing healthy lunchboxes, to building a positive body image, to reaching for rainbow foods in the home, join us as we chat about practical ways to feed your family healthy food.



Crunch Bites Episodes

[Listen now:](#)

- Episode 1: The lunchbox troubleshooting guide: packing lunches that actually get eaten
- Episode 2: Developing positive relationships with food and body image in children with Dr Stephanie Damiano
- Episode 3: From fussy eating to adventurous appetites
- Episode 4: Reaching for rainbow foods with Dr Preeya: making healthy food in the home fun

Coming soon

- Episode 5: Wholegrain wonders: nourishing kids' bodies and minds, one bite at a time
- Episode 6: How to create little veggie lovers
- Episode 7: Meat and greet: the low down on meat and meat alternatives
- Episode 8: Easily influenced? Overexposure to junk food advertising and how it's impacting our kids with Emma Groves
- Episode 9: Daily dairy: building strong bones and healthy teeth

Available on streaming services such as Spotify, Apple podcasts plus so many more
To find out more:

<https://www.crunchandsip.com.au/podcast>



[@crunchandsipbreak](#)



[@crunch&sip](#)

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



Government of **Western Australia**
Department of **Health**

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

July 2024

Splitting the difference



Left: Native longicorn beetle larvae, extracted from jarrah timber. Right: EHB larvae and a cross section of seasoned (dry) pine log showing larvae feeding tunnel.

Larvae in firewood

During the winter period where firewood is often collected and split, our service receives a common enquiry: *"I've chopped some wood and found these grubs! Are these borers? Is this the European house borer? Is my house at risk???"* The first question we ask to split European house borer (EHB) from many other wood borers is: *"What wood are you cutting? Is it pine?"*. If the answer is no, it's not going to be EHB.

EHB larvae will only reproduce in seasoned (dry) coniferous timber and wood, including pine, fir and spruce. Of these, pine trees (*Pinus* species) and pine timbers are abundant in WA.

What if the answer was yes? - If you notice larvae or borer emergence holes in dead pine branches, logs, or untreated pine pallets or timbers, please report this. EHB has the potential to cause major structural damage to buildings constructed with untreated pine timber. Infested wood stored in or around the home is worth investigating.

Who's on the chopping block?

Most firewood burnt in WA is from native hardwood species and pictured in this article are the larvae of native longicorn beetles (*Phoracantha* species) in jarrah. These beetles attack live or recently dead/felled Eucalypt trees

and do not pose a risk to the timbers in your home.

If you have been chopping firewood for years but are only starting to see these borers, it's likely the trees the firewood has come from, were stressed or recently felled. Trees stressed by drought or disease are particularly susceptible to borer attack.

Reporting

We can't all be insect identification specialists, but that doesn't matter. If something isn't familiar to you, it's best to report it rather than ignore it. When reporting, please include as much information as possible about what's occurring. Collect and hold onto any insect samples, and if taking photos, include things like a ruler or a pen so the dimensions of insects, holes or other symptoms can be gauged.

If borers are coming out of furniture, timber, or wooden products like bowls, chopping boards or ornaments – report it as soon as possible and we will provide guidance from there.

For more information on [EHB](#) and other reportable species like the [polyphagous shot hole borer](#) (PSHB), see our webpage agric.wa.gov.au and search EHB or PSHB, or contact us.

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

High Blood Pressure – A Silent Killer

BY THE REGIONAL MEN'S HEALTH INITIATIVE
July 2024

Sadly, lots of blokes don't have their blood pressure (BP) checked because we don't visit our GP for check-ups and/or the GP has not done a blood pressure test. In fact, a lot of blokes don't know what the blood pressure readings mean and have never had it explained to them.

High BP is one of the 3 main risk factors for heart attack and the main risk factor for stroke. Having a consistently high BP isn't a good thing and may become more common as we age. High BP isn't inevitable, nor unmanageable if we have it, but controlling high BP is critical in protecting our long-term health and wellbeing.

Our bodies contain about 5 litres of blood which the heart pumps continuously around an intricate network of blood vessels. This process delivers vital nutrients and fresh oxygen to our body's tissues and organs whilst creating a certain amount of pressure inside our arteries (blood vessels that take blood away from the heart and out to the body).

Our blood pressure depends primarily on two things:

- The amount of blood pumped by the heart and
- How easily the blood can flow through the arteries.

Blood pressure readings are given in millimetres of mercury (mmHg) and consist of 2 numbers:

- The top number - measures the pressure in your arteries when your heart pumps – systolic (sys-tol-ik) pressure;
- The bottom number - measures the pressure in your arteries when your heart relaxes – diastolic (di-as-tol-ik) pressure.

What is normal blood pressure? According to the Australian Health Foundation there is no normal or ideal blood pressure reading. The following figures should only be used as a guide.

Normal	Less than 120/80
High/Normal	Between 120/80 and 140/90
High	Equal to or more than 140/90
Very High	Equal to or more than 180/110

(Source – Heart Foundation Managing High Blood Pressure)

The cause of high BP quite often is a mystery. It can be linked to genetics (family history is important), poor diet, being overweight and/or lack of exercise. The effects of some medicines being used to treat varying health conditions can also be a factor along with underlying health disorders that we may have.

The harm of high BP over time is simple. It can overload both the heart and blood vessels which in turn make us more susceptible to heart attack and stroke.

There are many things that we can do to keep our blood pressure healthy. To help manage high BP many people need medicine but by making the following healthy lifestyle changes blood pressure can be lowered:

- Be a non-smoker
- Lose excess weight
- Eat less fat and salt
- Exercise regularly
- Keep alcohol intake down

It is possible to have high BP for years without knowing it, which is why it's called a silent killer and is most often discovered during routine physical examinations. Remember, be proactive and make an appointment for a service visit with your GP and always have BP on your checklist for your GP to check.

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

 @RMHL_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



On to their
final week
here in
Harvey. Book
for an
appointment!

BreastScreen WA
coming soon to

Harvey

Women aged 40 years
and over, make your
appointment now for a
FREE screening
mammogram.

17/06/2024 - 10/07/2024

(Dates may be subject to change)

Bookings open now!
phone 13 20 50

BreastScreen
WA
WA's only accredited screening service

Book your free screening mammogram online
www.breastscreen.health.wa.gov.au
or phone **13 20 50**



BreastScreen WA's mobile
will be located at:

**Harvey Recreation &
Cultural Centre,
Tom Latch Drive**

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



FOODBANK Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH

2 July 2024, 9:00 - 9:45am

16 July 2024, 9:00 - 9:45am

(Concession cards are no longer required to avail the
service, just come in to CRC front desk,
we can process your referral)

Eftpos or pre-paid vouchers only. No cash.

Harvey Community Resource Centre
5 Gibbs St, Harvey WA 6233

HCRC can assist with new referrals to FOODBANK.

**Star Hearing Consultants**
Audiology and Tinnitus Clinic
Harvey WA 6220



DO YOU HEAR
Ringing?
Buzzing?
Chirping?
Whistling?



Tinnitus is the perception of sound when no external source is present.

Are you a Pensioner / Veteran?
You are eligible for **FREE** Assessment and **FREE** Hearing Aids
Fully funded by Government-Hearing Service Program (HSP)



These days...
Hearing loss is more **visible** than hearing aids
Experts in discreet hearing solutions

It's probably **TINNITUS** WE CAN HELP!

Practice Address: Harvey Physio, 44 Uduc Road, Harvey WA 6220
Website: www.starhearing.com.au | Email: starhearing@outlook.com

HARVEY WA 6220

To book an appointment
CALL: 1800 11 4327 / 1800 11 HEAR

Star Hearing Consultants - Audiology and Tinnitus Clinic

Independent Specialist Audiology Service in HARVEY

(not owned or affiliated to any hearing aid manufacturer)

Clinic Location: Harvey Physio, 44 Uduc Road, Harvey 6220

To book and appointment call: 1800 11 4327

Email: starhearing@outlook.com | Website: www.starhearing.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)

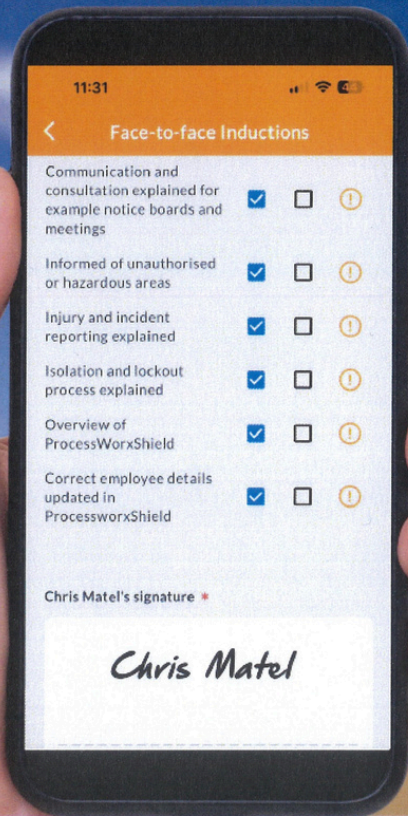
Authorised Nola Marino MP, Liberal Party of Australia, Grand Cinema Complex, Victoria Street, Bunbury WA 6230.

Workplace Human Resources & Safety experts: supporting your business and your people

INTRODUCING THE MOBILE APP



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Inductions & Training
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Task/Action Tracking
Site Inspections
Equipment Pre-starts
Hazard Reporting
Incident Reporting
ThinkFirst® Risk Tool
Chemical Registers
Works offline
Available November 2023

For all your HR and Safety needs contact us today
processworx.com.au | 08 9316 9896



Providing approachable, personalised yet pragmatic HR and WHS solutions with integrity and care





Financial Counselling. It's more than budgeting.

We visit Harvey CRC
Wednesday fortnightly

Call 9720 9200 for an
appointment.



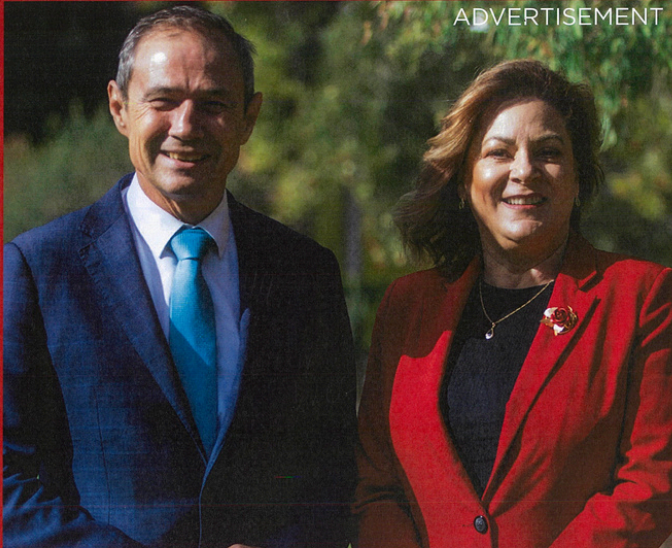
FINANCIAL COUNSELLING

Let's talk about
strategies to manage
your money and meet
costs during these
tough times.

An Anglicare WA
Financial Counsellor
visits Harvey every
fortnight on
Wednesdays.

**free and confidential
appointment*

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. 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
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Reg No: T50600



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DISCLAIMER

The editorial team accepts no liability for any of the information, errors or omissions in this newsletter. All views expressed are those of the contributor.

Thank you for supporting your local CRC!

We are proud to have received the support of the following organisations over the last twelve months

Proudly supported by:



Department of
Primary Industries and
Regional Development



FRRR
Foundation for Rural
Regional Renewal



PROUD MEMBER OF



Proud member of



Agents for

