

HARVEY HAPPENINGS



Harvey the Orange

Harvey CRC's Community Newsletter

JUNE 2024



What's in this issue?

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- Regular Events
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- Warrior Wellbeing Article
- Foodbank Mobile Food Van Schedule
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- Anglicare Financial Counselling
- HCRC Traineeship Experience

... and so much more!

Enroll today for the next rotation
9 Gibbs Street, Harvey WA 6220
events@harveycrc.com.au
9729 1669

Harvey Community Resource Centre

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

JUSTICE OF THE PEACE
SERVICES AVAILABLE
By appointment only.

CONTACT US TO MAKE A BOOKING
(08) 9729 1669
events@harveycrc.com.au

It's time to claim the WA Student Assistance Payment
Helping you get the things you need for your kids.

\$150
For each Kindergarten and primary school student.

\$250
For each secondary school student.

To help ease cost-of-living pressures on families with school-aged children, the State Government is offering the WA Student Assistance Payment.

This is a one-off payment to help you get the things you need for your kids, from new school shoes, backpacks and sports equipment to uniforms, healthy meals, school excursions and more.

SUBMIT YOUR CLAIM BY FRIDAY 28 JUNE

To submit your claim:

- download the ServiceWA app to your mobile
- use the online form education.wa.edu.au/wasap/claim, or
- print and post a claim form.

Find out more education.wa.edu.au/wasap

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.

**July advertising notices
and articles due by
14th June!**

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!

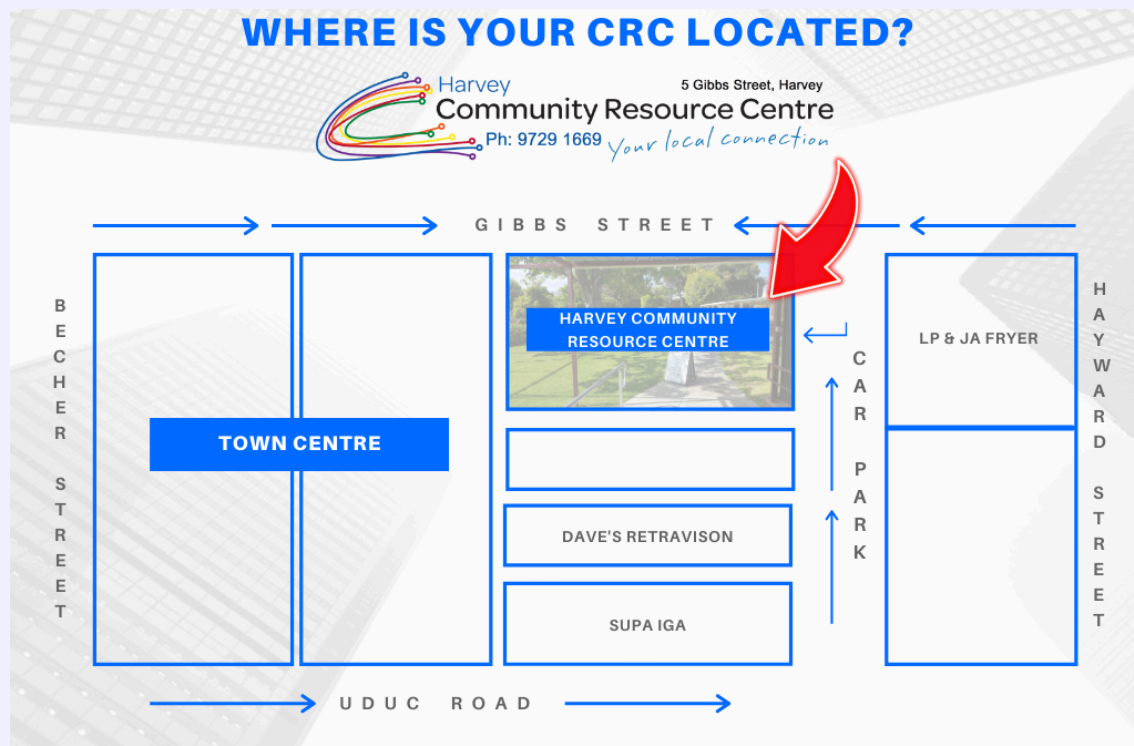
TECHNOLOGY ASSISTANCE

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.



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



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
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

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



Department of
Education

It's time to claim the WA Student Assistance Payment

Helping you get the things you need for your kids.

\$150

For each Kindergarten
and primary school student

\$250

For each secondary
school student



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SUBMIT YOUR CLAIM BY FRIDAY 28 JUNE

To submit your claim:

- download the ServiceWA app to your mobile
- use the online form education.wa.edu.au/wasap/claim, or
- print and post a claim form.

Find out more
education.wa.edu.au/wasap

Claim on the
ServiceWA app





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**

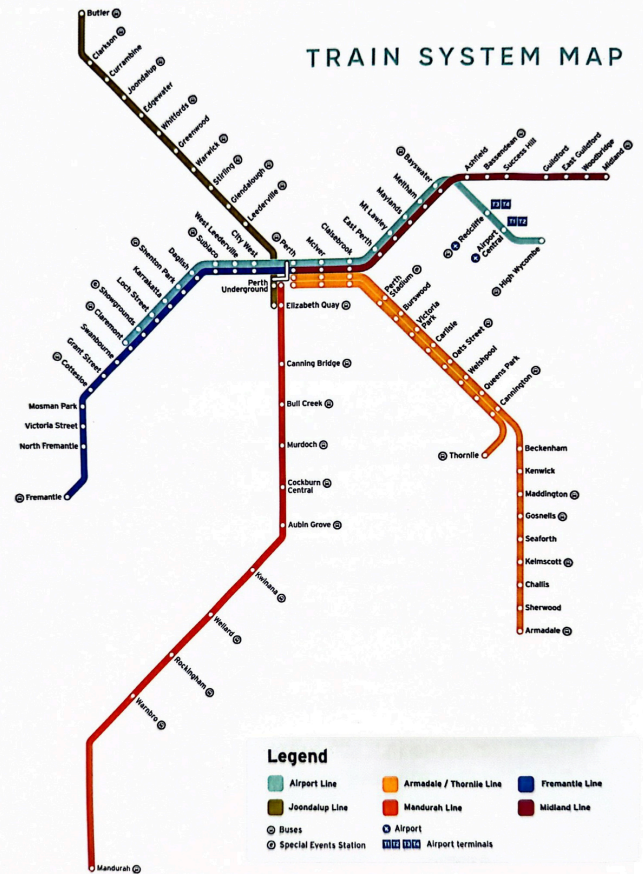
Catch the train to Redcliffe Station, then transfer to bus Route 292 from Stand 5.

Plan your journey before you travel
using our JourneyPlanner.


TRANSPERTH.WA.GOV.AU



TRAIN SYSTEM MAP



TRANSWA UPDATE AIRPORT LINE



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!

**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!**


- ✓ 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>

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


 **Harvey
Community
Resource
Centre**


**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!"**



**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/3rB4SGb or by scanning the QR code.

Contact: SouthwestEarlyYears@outlook.com

Logos included: Playgroup WA, Parenting Connection, Investing in our Youth Inc., WA Country Health Service, Health & Community, Child and Parent Centre, Parenting Ways, Bunbury Regional Toy Library, Nixi Families, Communicare, one|tree, ndis, Waralpa, The People Place, Harvey Community Resource Centre, City of Busselton, Waratah, Harvey Community Play & Learning Centre.



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's mobile will be located at:

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

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



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!

Workforce Australia
Local Jobs
South West WA

Personality and Your Career Workshop

Empowering Women Returning to Work



Tuesday 18th June
Eaton Family Centre
Lot 10 Charterhouse St, Eaton



A fun and interactive workshop!
Discover how insights into your personality can build confidence and help you to embrace your unique skills and abilities for a fulfilling career or business.

12pm

Join us for a delicious free lunch at Eaton Family Centre



12.30pm

Personality Dimensions Workshop Begins

2.30pm

Personality Dimensions Workshop Concludes
Afternoon Tea Served



2.45pm

Hear from JSW Jobs and Skills about free employment support services, programs and resources.

3pm

Learn more about free training and development programs available through SMYL.



3.15pm

Ever considered running your own business? Come along and hear from APM Self Employment Assistance about how to get started.

FULLY FUNDED

To Register please click [HERE](#) or contact JSW

9721 5033

kathyb@jsw.org.au



Workforce Australia Local Jobs is funded by the Australian Government Department of Employment and Workplace Relations

WHAT'S HAPPENING IN THE SOUTHWEST?



THE POWER OF COMMUNICATION

AUGMENTATIVE AND ALTERNATIVE COMMUNICATION (AAC)

- Explore Communication and AAC
- Address barriers to communication and how it links to behaviour and quality of life
- Build awareness of the Human Rights, Rights of the Child and Safe Guarding
- Understand the breadth and depth of communication
- Tackle communication and AAC myths
- Explore AAC modes and devices
- Develop practical strategies to implement, prompt and use AAC
- How to be a Communication Partner

For Educators, Professionals & Parents

TUESDAY 18 JUNE 2024

4:00 PM-7:00PM

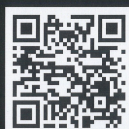
MICAH 21 STIRLING STREET, BUNBURY

Register Now

<https://buytickets.at/micah/1247137>



Emily Northcott
Neurodivergent Behaviour
Analyst, Teacher and
MICAH Case Manager



micahinclusion.com.au

0897229000



Online

free workshop

Term 2 • 2024

Course Schedule



Our Thoughts and Words Create Our Worlds

Transform your mindset and reality, master the ability to overcome negative thoughts, and adapt your outlook in challenging situations.

Wed 12 Jun | 10am-12:30pm



Who Are You? Reconstructing a Sense of Self with a Chronic Illness

Chronic illness can feel limiting. Discover how to regain autonomy and explore self-regulation techniques to help you navigate a fulfilling daily life.

Tue 11 & 18 June | 10am-12:30pm

Who can participate?

Everyone over the age of 18 is welcome to attend

How do I enrol?

Please enrol online: warecoverycollege.org.au/courses

Where are the courses held?

These courses will be held: Online via Zoom

What is the cost?

All courses are free

How can I find out more?

Call: 1300 285 751

Email: info@warecoverycollege.org.au



WA Recovery College Alliance
warecoverycollege.org.au

Coming from all different walks of life, our students and educators come together to share wisdom gained from valuable life experiences to learn, empower and enhance lives.





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.

What is Saver Plus?

Saver Plus is a free online community money skills program funded by ANZ and the Australian Government, and delivered by The Smith Family to:

- helping people to hit their savings goals,
- develop life-long savings habits, and
- receive up to \$500 in matched savings from ANZ to assist with school expenses.

Eligibility Criteria

- have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment
- be studying yourself OR have a child in school (can be starting school next year)
- have regular income from work, child support, Carer's Payment, cash in the hand (either yourself or your partner)
- be 18+ years old

If you would like further information please call Cim Rodgers 0435 266 319 or email cim.rodgers@thesmithfamily.com.au



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

Find Bowel Cancer Early



Living a healthy and fulfilling life is important to us all. But ignoring our health and not seeing a doctor if we have unusual symptoms could have a serious impact on our life and wellbeing. It is important to be aware of cancer symptoms and get checked out by a doctor, clinic nurse or Aboriginal health worker if you notice anything unusual.

Did you know?

Bowel cancer is one of the most common cancers affecting both women and men in Western Australia. Unfortunately, in 2019, more than 1,300 Western Australians were diagnosed with bowel cancer, and just over 400 people lost their lives from the disease. So, it is important to be aware of the common bowel cancer symptoms and to visit your doctor if you have any concerns. If it is bowel cancer, the earlier it is found, the greater the chance of successful treatment.

Common symptoms of bowel cancer include:

- blood in your poo (even just one time) for more than four weeks
- a new pain, lump or swelling in your tummy
- feeling tired
- looking pale
- losing weight without trying
- a change in normal bowel habits such as runny poo, pooing more often or finding it hard to poo.

If you have noticed anything unusual, tell your doctor, clinic nurse or Aboriginal health worker without delay. It doesn't mean you've got bowel cancer – often these symptoms turn out to be something less serious, but it's important to tell your health professional and get checked out to be safe.

An earlier diagnosis can mean a far better health outcome.

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

June 2024

Getting cultured – too dead to diagnose



Left: Close up of a diseased cauliflower stem showing an ideal sample for testing. Right: canola stems which no longer have living tissues or living pathogens, makes a non-ideal sample for testing.

Pathogens are microscopic organisms that cause plant diseases. These organisms can be bacteria, fungi, viruses or nematodes. In contrast to plants which make their own food through photosynthesis, plant pathogens 'feed' on plant tissues. Once they are inside the plant, the plant is said to be infected, which in turn, leads to disease and disease symptoms.

Extracting pathogens from plants

Any part of a plant can be infected by different pathogens and there are many different symptoms associated with the infection. Diagnostic pathologists make use of this knowledge to identify what is causing the problem. To do this, plant samples need to be 'half-alive' to ensure the pathogen is still living and can be extracted from the sample for identification.

A dead plant which has either dried out or has been too wet and therefore decomposed, no longer displays clear disease symptoms, and does not provide a source of infected tissue from which pathogens can grow for diagnosis. A rotten plant sample can also become infected with secondary pathogens, which have invaded the already diseased and susceptible plant. This interferes with the ability to culture the disease-causing pathogen.

Culturing

Growing pathogens in the laboratory is often done through culturing. Even when growing pathogen cultures in laboratory settings, the pathogen requires some living plant tissue to feed on in the early stages

of growth. Later, the pathogen will feed on nutrients provided by growth media (agar plates/broths). Some pathogens, such as nematodes may not need to be cultured in growth media to identify them but are viewed through the microscope following specialised extraction from soil or root samples. For the detection of viruses, sap extracts from leaves, shoots, tubers or canes can be used in serological or molecular tests.

All diagnostic testing requires time, specialist equipment, consumables, and labour which makes them expensive!

Contact us early on

If you see something unusual, report it early for biosecurity screening and testing, before the plant is too dead to diagnose! Ensure you contact our team before collecting and submitting samples.

Start by telling us your location, which plants are affected, and provide a background on what you've observed and how long this has been happening. Take clear photos showing the whole plant and close-up photos of all symptoms. Email or report through the MyPestGuide Reporter app or website (see details below). We can then provide advice and determine whether a sample needs to be collected.

Sampling advice (if needed) will be given based on the suspected pathogen, as well as how to transport to prevent specimen degradation. Our department can cover costs where a biosecurity concern is present or test to exclude exotic pathogens.



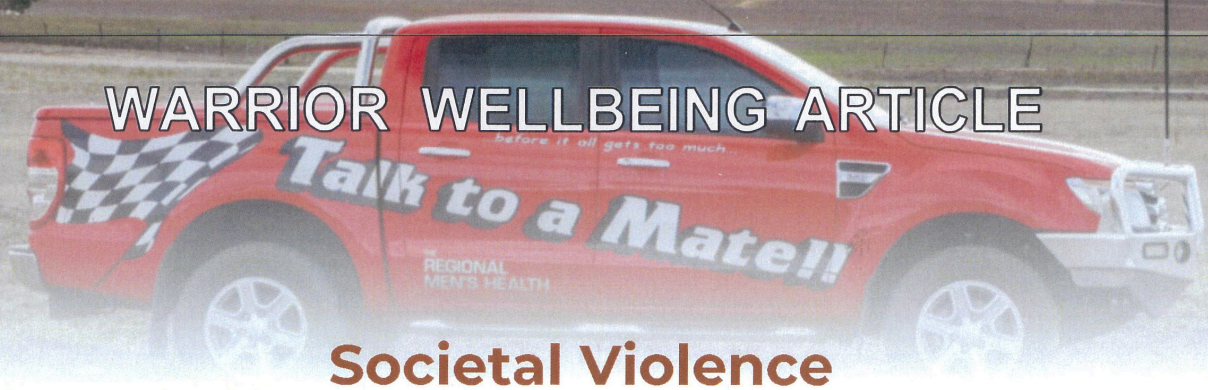
Report your observations

MyPestGuide® Reporter via app or online mypestguide.agric.wa.gov.au

Pest and Disease Information Service (08) 9228 3080 | padis@dpiird.wa.gov.au



WARRIOR WELLBEING ARTICLE



Societal Violence

BY THE REGIONAL MEN'S HEALTH INITIATIVE
June 2024

An important question we all need to be asking ourselves as a community member is *how can we reduce overall societal violence?*

We need to consider that the majority of violence in our society is men on men and it goes largely unreported to the police and has limited exposure in the media because it is too common a subject. Why is all the focus on male violence to females when all violence is abhorrent, evil and sick?

Under the umbrella of societal violence, *men on men* violence, statistically is the largest category (69% of all murder victims) and until this is recognised, talked about and addressed, all the other statistics relating to violence, in particular family/domestic violence, will be hard to change.



This is a tough conversation to have but it needs to be had. The historical background of our society, through thousands of years, has defined men by events that have condoned, championed, accepted and normalized violent actions. Many historical and current events are horrific and violent, such as the invasion of other countries, civil war, ethnic cleansing, and sporting contests both in the gladiator/roman days and today with modern day cage fighting as an example. This type of violence, usually men against men, is often called entertainment. Society justifies and supports it every day.

Traditionally for blokes our fight or flight sequence is fear, anger and then aggression.

When we are talking with angry young (and old) men we need to continually put into place positive strategies reinforcing that physical aggression and violence against *anybody* is not condoned and should not be part of modern society.

Family/domestic violence can happen in any relationship and can happen to any socioeconomic group. Victims can be men, women or children, perpetrators can be men or women. Family/domestic violence encapsulates not just physical abuse but also emotional or psychological abuse, verbal abuse, sexual abuse and financial abuse. Recognising that you are in a violent relationship is an important first step. Things will not change for the better if you do nothing.

There are many commentators on family/domestic violence, and it is disappointing that the majority ignore men and children. Do people realise that one in three victims of reported domestic/family violence is male? Therein lies the philosophical problem when we don't balance out the whole discussion. We need to be having an ongoing holistic community discussion on the broader issue of societal violence.

Just to repeat family/domestic violence is a subset of the total picture of violence, and in our opinion, we will struggle to stop family/domestic violence without discussing the bigger picture. Random violent acts are being broadcast by social media continually, thus delivering instant gratification, adoration and promoting this violence in society as acceptable and normal.

All of us men need to be having a serious discussion about tackling violence in our lives and saying yes to stopping violence against each other, against women, against children, and against the community.

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

@RMHI_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

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 this mobile service, or we can refer you to Foodbank for a new card.



FOODBANK
Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH
4 June 2024, 9:00 - 9:45am
18 June 2024, 9:00 - 9:45am
(Referral is needed to access this service)
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. Your concession card needs to be viewed for validity before the application can be processed.



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

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

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My HCRC Traineeship Experience

I used to own and run an Asian Grocery business in town when I became a first-time mum and my life took a 180-degree turn...I gave up the business, I became a fulltime mum plus pandemic came, the timing of it all was orchestrated in my favour, in a somehow good way. I was liking motherhood, no doubt about that, but not the isolation it brought me, so I decided to take courses in TAFE to upskill and change career path as I am a Veterinarian by profession. Alongside this was a longing in my heart to serve the community through volunteering to a local community organisation and so one day, a friend brought me to Harvey CRC just in case they might be needing a volunteer, little did I know that it became the start of my beautiful journey in this organisation. In December 2020, I officially became a Management Committee Member of Harvey Community Resource Centre and volunteered one day a week.

A year into volunteering, I was offered an 18-month Traineeship in Community Services, and I took it without hesitation. The traineeship has opened doors of opportunities for me both in new learnings and employment.

When I completed the Traineeship in late 2023, I became a fulltime employee of HCRC and have two more part-time positions in other organisations both in Community Service and Mental Health Industries.

Traineeship is a good avenue to acquire new skills, for self-development and professional growth. It gave me the opportunity to be in a real working environment whilst finishing the course and getting paid at the same time. As a mum who tried to get back to the workforce that time, it was the best opportunity given the flexibility of a student and an employee at the same time - studying, working and getting paid.

I am grateful to the HCRC Management Committee and to my beautiful team, for giving me wonderful support and boundless opportunities that allowed me to find my own journey in this industry. It has molded me to become the person I am now to myself, family, friends and the community. **JG** 



JEHAN SAZ GAVIOLA

HCRC Advocacy/Support Officer

HCRC Marketing Officer

HRCC Cultural Officer

Trainer - CALM and CALM CARE Suicide Prevention

Facilitator - Love Bites Respectful Relationships Education for
(Anti-Bullying and Domestic Violence in youth and adults)

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