



Harvey the Orange



Harvey

Community  
Resource  
Centre

# HARVEY HAPPENINGS

AUGUST 2024

Harvey CRC's  
Community Newsletter



**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](mailto:events@harveycrc.com.au)**

## Do you know what services your CRC provides to the community?

### Access to government services

- Access to local and state government information and services
- Centrelink/Medicare and Child Support Services Access Point
- Department of Veterans Affairs enquiries
- Multicultural Affairs enquiries
- General information and support

### Economic and business development support

- Referral services to business development and employment support
- Facilitation of business development activities, seminars and initiatives
- Business incubation support services; i.e. hot office and internet
- Video conference services
- Information and support

### Social development support

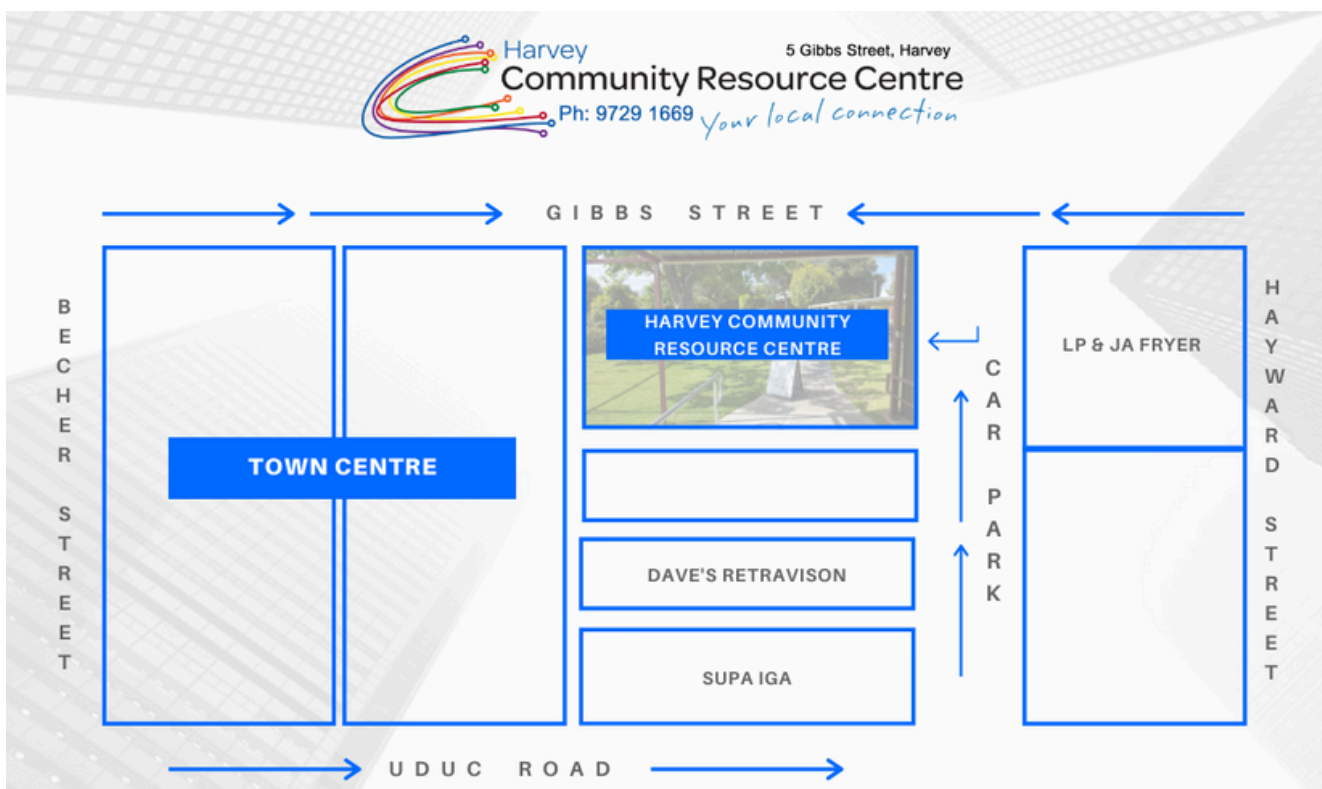
- Referrals to social support services, i.e. NDIS and other health and welfare professionals
- Facilitation of social development activities, seminars and initiatives
- Information and support
- Free computer and technology lessons for seniors, and beginners aged 30 to 50

### Services and products

- Social enterprise approach to provide access to services and products which have strong local demand but are not economically viable to deliver in a for-profit business model
- Essential secretarial services such as; faxing, printing, photocopying, scan/emailing, photo printing, binding, laminating and typing
- Room hire for private or business use

### Building community connections

- Communication strategies including our community newsletter, website and social media
- Community social events
- Engagement with community via feedback, surveys and community group meetings



# 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**

## 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**

## 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**

## 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](mailto:sandra@thewrightwayahead.com.au) or visit website at [www.thewrightwayahead.com.au](http://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**



# WARRIOR WELLBEING ARTICLE

## Put Yourself Over the Pits – What is the Fast Track Pit Stop?



BY THE REGIONAL MEN'S HEALTH INITIATIVE

A lot of blokes would appreciate the hard work and effort that goes into maintaining something we love, whether it's a new car, a valued piece of machinery, or our weekend toys (boat, motorbike, 4x4). If we don't service and look after our machines regularly it will eventually affect their performance and easy-fix problems may be compounded, costing us time and money.

So why is this any different to our wellbeing and health? To put it simply, if we neglect our wellbeing and health (whether it be physical, mental or social/spiritual) it will eventually catch up with us and could cost us more than just time and money. Do we think about the way this flows on to affect other facets of our lives, whether it be our relationships (family, work or business), loss of function or participation in the things we enjoy? It is important to recognise that the ageing process throws up all sorts of changes and complications. Sometimes illness and diseases can't be avoided, however, something as simple as a 'routine service visit' or discussion with our GP or treating health professional may assist in the early detection and prevention of certain health and wellbeing issues.

At RMHI we have a simple but effective program that aims to empower men and communities to take responsibility for their wellbeing and health. The Fast Track Pit Stop® is related to the servicing of a vehicle and is a non-clinical, non-invasive way of helping us men become more aware and take charge of our own health and wellbeing.

It involves a 3-Point Health Awareness Check:

1. **Waist Measurement/Chassis:** A waistline of more than 102cm (men) and 88cm (women) gives us an increased risk of developing Type 2 Diabetes, some cancers, stroke, heart disease and high blood pressure. Long term storage of internal fat surrounding the heart, liver, pancreas and kidneys is just one indicator;

2. **Blood Pressure/Oil Pressure:** According to the Heart Foundation, high blood pressure is one of the main risk factors for heart disease, stroke and blood vessel disease. So, it's important to firstly know our blood pressure, but also take steps to manage it if it's getting high;

3. **Coping Skills/Shockies:** We are all affected by life's ups and downs; participants are given 10 questions to help identify stress levels. Encouraging communication and help seeking is part of the problem-solving process.



We think it's about being there, allowing blokes to have a conversation, and listening. Life is hectic, people are busy, but it's about taking a minute to sit down, have a break and think about OUR health and wellbeing. RMHI delivers the Fast Track Pit Stop® program across rural and regional WA and can be set up on the back of the ute, under a marquee or in a hall. Field days, agricultural shows and a whole range of community events and festivals provide our organisation with the opportunity to go where the blokes are, so look out for our red utes and come and have a chat. It's time to start thinking about our service schedule habits!

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



AN EVENING WITH  
**BEGGY 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](http://harveyrec.com) or call 9729 3311 to secure tickets.



with Dianne Weir

# VEGETARIAN COOKING WORKSHOP

Light lunch included

## Program Plan

- 10:30am - Welcome & Introduction
- 10:35am - Health Talk
- 11:05am - Vegetarian Cooking - Hands-on
- 11:35am - Vegetarian Cooking Demonstration
- 12:00pm - Light Lunch - Tasting
- 12:30pm - FINISH



**THURSDAY  
15 AUGUST 2024**

10:30am to 12:30pm  
Harvey CRC, 5 Gibbs St.

**\$10 participation fee**



Contact us to register your interest:

- 9729 1669
- events@harveycrc.com.au



# BACK TO BASICS

Let's talk work!

**SCHEDULE FOR THE THIRD QUARTER OF 2024**

**TUESDAYS 9am to 12pm**  
6th, 13th, 20th, 27th August  
3rd September

**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**



## FOODBANK Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH

6 August 2024, 9:00 - 9:45am

20 August 2024, 9:00 - 9:45am

(Concession cards are no longer required to avail this 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

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

## Robyn Clarke MLA

Member for Murray-Wellington

PO BOX 668, Pinjarra WA 6208

- 9531 3155
- robyn.clarke.MLA@mp.wa.gov.au
- Robyn Clarke MLA
- www.robynclarke.com.au





**Financial  
Counselling.**  
**It's more than  
budgeting.**

We visit Harvey CRC  
Wednesday fortnightly

Call 9720 9200 for an  
appointment.



**Ron Kruger**  
Manager/Director

**RK Cabling**

0402 810 071  
ron@rkcabling.com.au  
Harvey and surrounding suburbs  
[www.rkcabling.com.au](http://www.rkcabling.com.au)

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

Reg No: T50600



**NOLA MARINO MP**

Federal Member for **Forrest**

*Focused on Forrest*

Grand Cinema Complex, Units 7 & 8, Cnr Victoria and Clifton Streets, Bunbury WA 6230

9721 3788 [Nola.Marino.MP@aph.gov.au](mailto:Nola.Marino.MP@aph.gov.au) [nolamarino.com.au](http://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.



# 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.

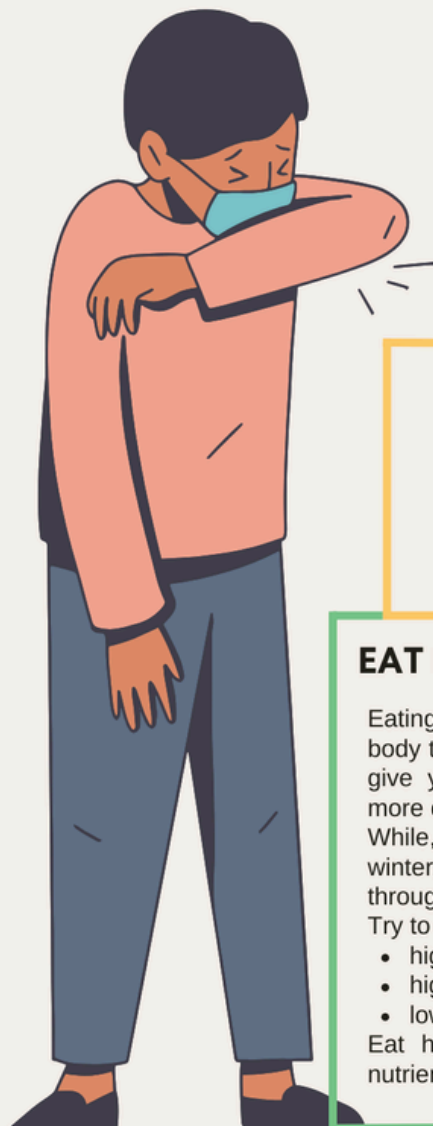
Eat healthier this winter and try some of our nutrient packed recipes.

### STAY ACTIVE

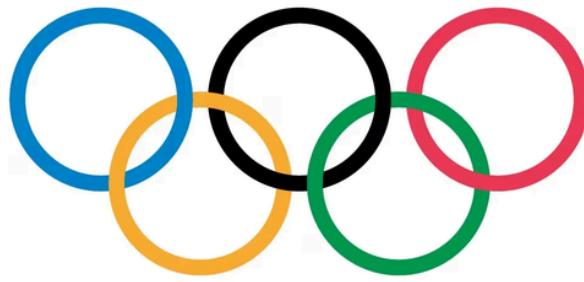
It's common to feel less motivated during the winter months and even getting out of bed can sometimes feel like a chore.

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.

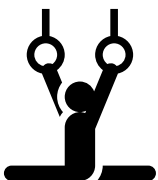






# Test Your OLYMPIC Trivia!

1. Where and when was the first modern Olympic Games held?
2. True or False. In ancient Greek times, Olympic athletes competed naked?
3. Which city hosted the most recent Summer Olympics in 2021?
4. How many sports will be represented in the 2024 Summer Olympic Games?
5. What year were women first permitted to compete in the Olympic Games?
6. Which country has won the most Olympic medals in Summer Olympic history?
7. What sport is making its' debut at the Paris 2024 Olympics, and is based on a style of dance introduced in New York City in the 1970's?
8. What Jamaican athlete holds the record for being the fastest man in history?
9. What are the five colours of the Olympic rings?
10. What are the five rings intended to represent?
11. Which athlete lit the Olympic torch at the 1996 Atlanta Olympic Games?
12. Which continent has never hosted the Summer Olympic Games?
13. What is Australia's most successful Olympic sport?
14. Name the three Sydney 2000 Olympics' mascots, what animals were they?
15. Who was the first Australian female swimmer to win gold in the same event for three consecutive Olympics (100m freestyle in 1956, 1960, 1964)?
16. What event did Cathy Freeman win a gold medal in at the Sydney 2000 Olympics?
17. What were the bronze medals presented to athletes at the 2000 Olympic Games made from?
18. Swimming sisters Cate and Bronte Campbell became Australian swimming's first siblings to qualify for the same event, what was the event?



# What's happening in the Southwest?



INTERVENE EARLY



OFFER SUPPORT



RESPOND IN A CRISIS



REDUCE STIGMA



## Conversations about Non-Suicidal Self-Injury

Equips adults with the knowledge, skills and confidence to recognise, understand and respond to a friend, family member, co-worker or other person, engaging in non-suicidal self-injury.

### DALYELLUP

Saturday 22 June  
1.00pm to 5.00pm  
Yallo (135 Norton Promenade, Dalyellup)

### BUNBURY

Wednesday 9 October  
10.00am to 2.00pm  
City of Bunbury Library  
(2 Parkfield St, Bunbury)

## Youth Mental Health First Aid

Equips adults who teach, care for, or support young people with the knowledge, skills, and confidence to recognise, understand and respond to a young person experiencing a mental health problem or mental health crisis.



REGISTER HERE



## Conversations about Suicide

Equips adults with the knowledge, skills and confidence to recognise, understand and respond to a friend, family member, co-worker or other person, experiencing suicidal thoughts and behaviours.

### COLLIE

Thursday 5 September  
9.00am to 1.30pm  
Collie Family Centre  
5 Forrest St, Collie



MENTAL HEALTH FIRST AID Australia

For all training details and registrations, visit: [blueleaf.org.au](http://blueleaf.org.au)

Supported by:



Feeling overwhelmed? You're not alone.

Becoming a mother can be a great time of joy and also a time of mixed emotions. Mother Baby Nurture is:

- A safe, supportive and confidential space for you to share your experiences.
- For mothers and their babies in the first months of parenthood.
- Facilitated by professionals with expertise in Parent-Infant relationships.

Wednesdays 10am - 12pm  
Runs for 10 weeks in conjunction with school terms  
South West Women's Health  
19 Fielder Street Bunbury (parking best on Plaza St)  
Cost: free • Register interest 9791 3350

[www.motherbabynurture.com](http://www.motherbabynurture.com)



Free support group  
Morning tea provided  
Build your relationship with your baby  
Meet new friends





**Julie Rose**  
Regional Education Officer – South West  
Cancer Council Western Australia  
[Julie.Rose@cancerwa.asn.au](mailto:Julie.Rose@cancerwa.asn.au)

## Daffodil Day 2024

This appeal is one of Cancer Council's most iconic & much-loved fundraising campaigns and is celebrated throughout the month of August. Daffodil Day 2024 falls on 22 August and is a day of hope, when Australians show their support for those who have been impacted by cancer and give hope for a cancer-free future. Every dollar raised makes a vital difference by raising vital funds for those impacted by cancer. Money raised allows Cancer Council to continue its life-saving cancer research, supporting ground-breaking research here in WA.

To register, donate or simply for more information visit <https://www.daffodilday.com.au/>

## Make Smoking History is "Worried About You"

Even though tobacco smoking rates are declining, tobacco use is still the largest cause of preventable death and disease in Australia. In a bid to prompt people who smoke to quit, Cancer Council WA's Make Smoking History Program will re-run the *Worried About You* campaign, across Western Australia.

This narrative campaign, produced by Gatecrasher, focuses on a daughter who is worried that her father will become ill from smoking. The television advertisement uses an emotive and powerful story to remind people who smoke to think about how their smoking affects their loved ones. Research commissioned by Make Smoking History found that a key motivator to help people quit smoking is to remind them how smoking impacts their relationships with the people who matter most.

The campaign will appear across various media channels including television, radio, audio streaming services, out-of-home, and digital platforms until Sunday 27 October 2024.

### Tips to kick the habit:

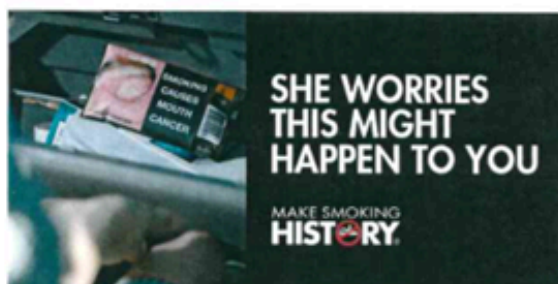
- Visit [makesmokinghistory.tips](https://makesmokinghistory.tips)
- Download the free My QuitBuddy app
- Call the Quitline on 13 7848 or chat online at [quitlinewa.org.au](https://quitlinewa.org.au).
- Chat to your GP, Aboriginal Health Worker, or Pharmacist

For more information about the Make Smoking History Campaign or resources to help people quit smoking, email [makesmokinghistory@cancerwa.asn.au](mailto:makesmokinghistory@cancerwa.asn.au).

*The Make Smoking History Campaign is an initiative of Cancer Council WA and is funded by the Department of Health WA, Healthway and Cancer Council WA*

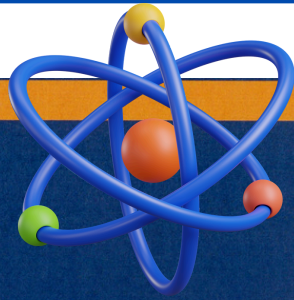
### Where else can I get advice?

- Cancer Council WA – Information and Support line - 13 11 20
- Visit [findcancerearly.com.au](https://findcancerearly.com.au)



Government of Western Australia  
Department of Health

Call us on 13 11 20  
[findcancerearly.com.au](https://findcancerearly.com.au)

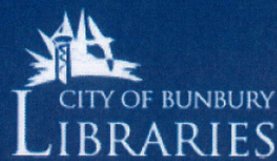


# SOUTH WEST SCIENCE FAIR



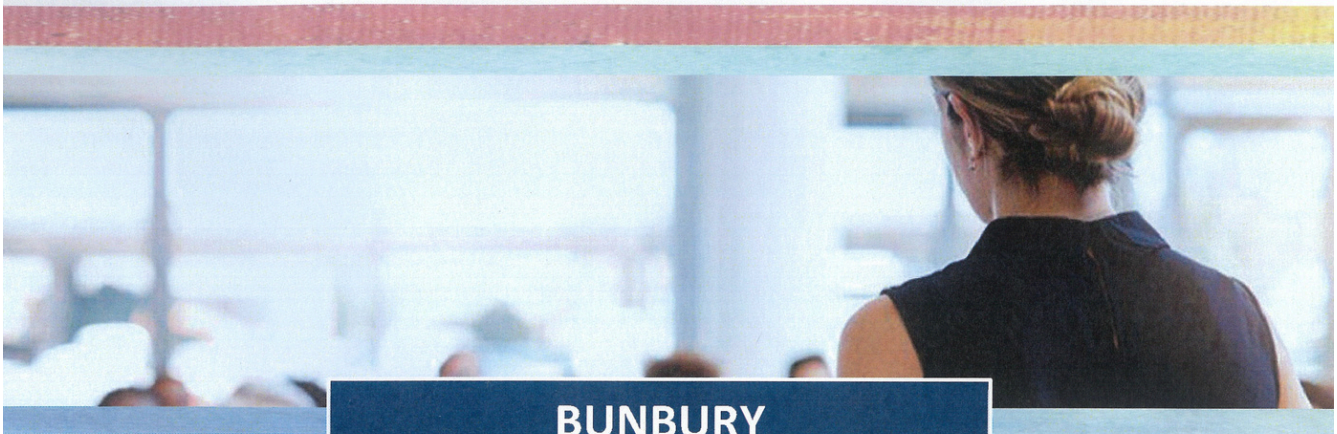
**DAY: EXHIBITORS (9AM - 1PM)**

**NIGHT: DISCO (5PM - 8PM)**



Saturday, 17 August 2024 Bunbury Public  
Library, Parkfield Street





## BUNBURY

# Gatekeeper Suicide Prevention Training

Gatekeeper Suicide Prevention is a 2-day workshop designed for professionals and para-professionals in the human services whose roles bring them into regular contact with people at risk of suicide.

**This workshop aims to help participants:**

- Gain an understanding of the problem of suicide
- Identify suicide risk
- Provide a framework for risk assessment and intervention
- Develop appropriate intervention skills
- Understand the limits to confidentiality
- Understand the importance of consultation
- Gain an understanding of self-harming behaviour
- Gain an understanding of the link between mental disorders and suicidal behaviours
- Understand the importance of postvention

*We acknowledge that attending a workshop that discusses suicide may bring up difficult and distressing emotions for people, especially for those who have been personally or professionally impacted by suicide. Therefore, we ask that you consider whether this is an appropriate time for you to attend a session before registering.*

*If you are uncertain or wish to discuss further you are encouraged to contact the Department of Education Gatekeeper Coordinator at [gatekeepersuicideprevention@education.wa.edu.au](mailto:gatekeepersuicideprevention@education.wa.edu.au) or Suicide Prevention Coordinators on [suicideprevention.southwest@sjog.org.au](mailto:suicideprevention.southwest@sjog.org.au)*

**ATTENTION Department of Education registrants** - please note that you will also need to register your attendance at this workshop via PLIS for it to be recorded as professional development. To access the registration link, please provide your name and the details of the workshop you have attended to [GatekeeperSuicidePrevention@education.wa.edu.au](mailto:GatekeeperSuicidePrevention@education.wa.edu.au) to receive the PLIS link.

### WORKSHOP INFORMATION

- Date:** Tuesday 3<sup>rd</sup> and Wednesday 4<sup>th</sup> September 2024
- Time:** 9.00am to 4.30pm (Full attendance on both days is essential to complete the course)  
Please arrive by 8.45am each day to ensure a prompt 9am start
- Location:** Stirling Street Arts Centre, Stirling Street Bunbury.
- Cost:** FREE
- Catering:** Coffee/tea and morning tea is provided. Participants will need to bring/purchase their own lunch.

[CLICK HERE TO REGISTER](#)



← Or Scan QR Code

REGISTRATIONS ARE ESSENTIAL – MINIMUM WORKSHOP NUMBERS ARE REQUIRED.



**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 [marketing@harveycrc.com.au](mailto:marketing@harveycrc.com.au) for more information.

## Olympic Trivia Quiz Answers

1. Athens, Greece in 1896
2. True
3. Tokyo, Japan
4. 32
5. 1900
6. United States of America (USA)
7. Breaking
8. Usain Bolt
9. Blue, Yellow, Black, Green, Red
10. The five parts of the world (Africa, Asia, Australia, The Americas, Europe)
11. Muhammad Ali
12. Africa
13. Swimming
14. Olly – Kookaburra, Syd – Platypus, Millie – Echidna
15. Dawn Fraser
16. 400Metres sprint
17. The bronze medals were made from melted down 1c and 2c coins that were made obsolete in Australia in 1996. There is a high possibility that the bronze coins used for the medals passed through the hands of most Australians before being turned into medals for Olympians.
18. Women's 50Metres Freestyle



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



**Would you like to subscribe to this newsletter?**

You can do that by going to the website, [www.harveycrc.com.au](http://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.



# COMMUNITY ANNOUNCEMENT

## Introduction of New Service Fee

In response to increasing operational expenses, it has become necessary for us to introduce a nominal fee for our services.

Starting from September 1st, support provided by HCRC staff will be subject to a service charge.

## First 30 Minutes – FREE!

**Fees will be charged at \$10 for each 15 minutes after the first 30.**

Thank you for your understanding



# Policy & Disclaimer

## POLICY

Articles are included in this newsletter at the editor's discretion and may be edited for clarity and space.

Published articles become public domain and may be reproduced at any time.

## 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



SHIRE OF  
**HARVEY**



**FRRR**  
Foundation for Rural  
Regional Renewal

PROUD MEMBER OF



Proud member of



Agents for

