



Harvey the Orange



HARVEY HAPPENINGS

SEPTEMBER 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**

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

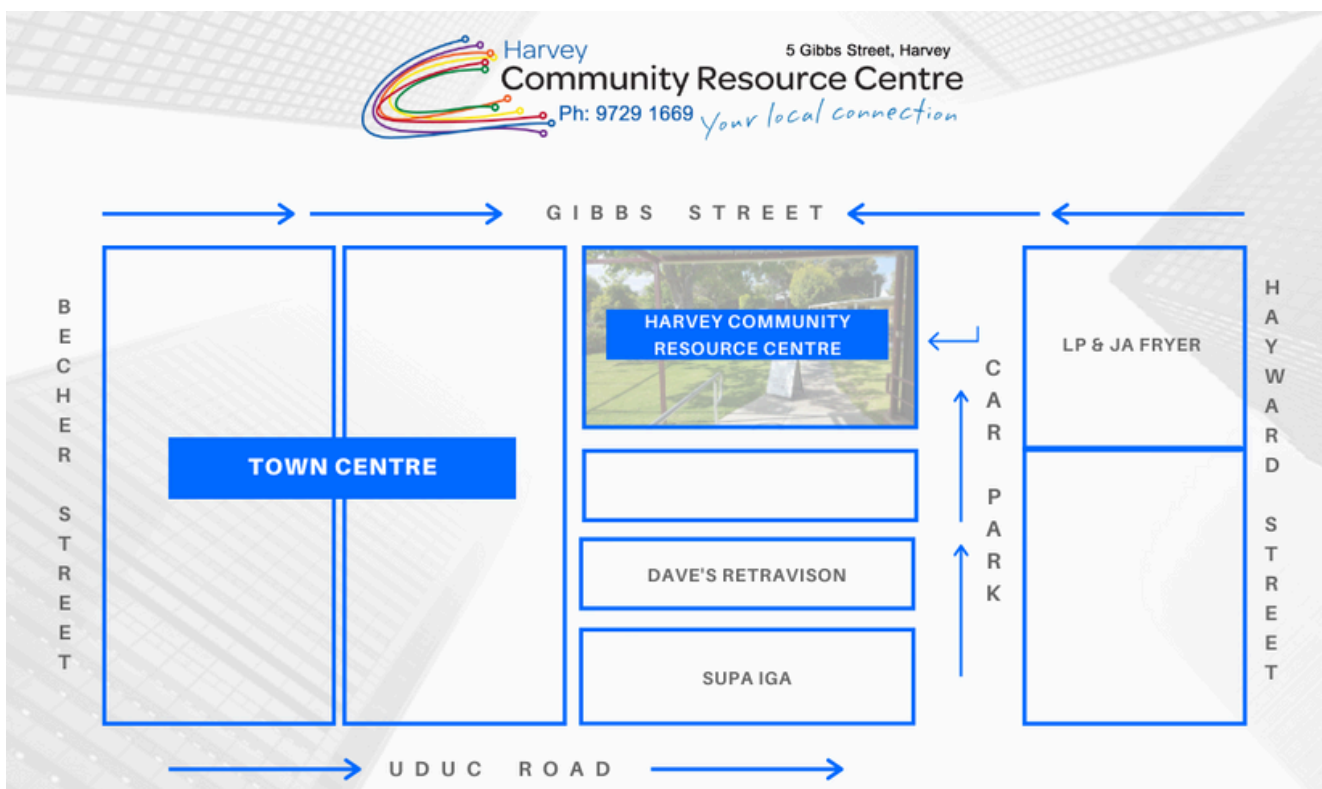
- Referrals to social support services, i.e. NDIS and other health and welfare professionals
- Facilitation of social development activities, seminars and initiatives
- Information and support
- Free computer and technology lessons for seniors, and beginners aged 30 to 50

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 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





2024 Upcoming Shows

SEPT

13-15 September 2024 - Multiple Sessions Available
Mama Stitch

Stories about Mums.

Mama Stitch is a storytelling experience, celebrating Mums in all their imperfections, challenges and triumphs. A cross section of people from the community are interviewed, ranging in age, experience and background. These interviews are edited and presented as “Headphone Verbatim” (meaning the actor wears headphones and delivers the text as they hear them, live, without embellishment).



OCT

Thursday, 3 October 2024 (10.30am)
The Lifetime of Deaf and Deafblind

The troubles and triumphs of living in a silent world Peter Blockey and Eddie Szczepanik from Deafinite Connection invite you into their world with this interactive, signed storytelling and song performance. Complimentary light lunch provided.



Friday, 18 October 2024 (7.30pm)
An Evening with Beccy Cole

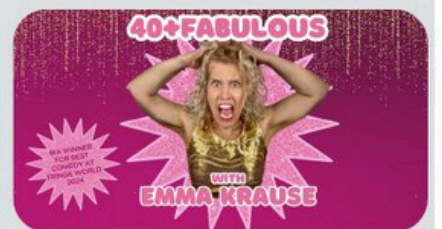
Australian country music royalty is coming to Harvey For over 30 years, Beccy Cole has delighted Australian music fans with her glowing warmth, husky tones, bawdy sense of humour and hundred-watt smile. Join us for this special evening with Australian country music royalty.



NOV

Friday, 8 November 2024 (7.30pm)
40+Fabulous

The ultimate girl’s night out, full of fun and laughter Get ready for a hilarious night of laughter, empowerment and sheer fun at the comedy show that recently won the Best Comedy Award at Fringe World 2024, hosted by Perth comedian Emma Krause.



DEC

Saturday, 7 December 2024 (9am to 1pm)
Indoor Christmas Markets

Snap up a unique gift for your special someone Explore the exciting variety of stallholders and cross a few items off your Christmas list at the popular Indoor Christmas Markets.





How customers can get Tax Help

If customers need help lodging their tax return, they can [check their eligibility for the ATO's free Tax Help program](#) on the ATO website. It's a confidential service for people who earn \$60,000 or less in a financial year. They'll get help preparing and lodging their tax return from a volunteer trained by the ATO to provide Tax Help.

If they're not eligible for the Tax Help program, a free National Tax Clinic may be able to help.

More information

Go to the ATO website to find out more about:

- their free [Tax Help program](#)
- the [National Tax Clinic program](#).



FOODBANK Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH

3 September 2024, 9:00 - 9:45am

17 September 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.

HCRC can refer you to Foodbank for a new card or as a new customer



Social September

Importance of belonging



Relationships and social connections provide us with a sense of belonging, which is essential for our mental health and wellbeing. Belonging to groups, whether formal or informal, large or small, local or even international, contributes to our identity and who we are. Belonging helps define our sense of identity and satisfies our psychological need for friendship.

Increasing social connections can help to reduce the negative outcomes of loneliness, lowering rates of anxiety and depression, increasing self-esteem and empathy, as well as improving the quality of your relationships.

Some effective ways to improve your social connection include building relationships with new people, as well as strengthening your relationships with people you already know.

Joining a sports team, walking group or hobby group is a great way to build your social connections. Joining a club/group not only gives you the opportunity to meet new people and make friends with similar interests, but can also provide you with new support networks.

Reaching out to people you already know, such as co-workers, family, or neighbours can also work to strengthen your social connections.

You can also visit your local Shire or HCRC website or search the [Act Belong Commit Activity Finder](#) to find clubs, groups and activities in your area.



**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

TV Points
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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 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.



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

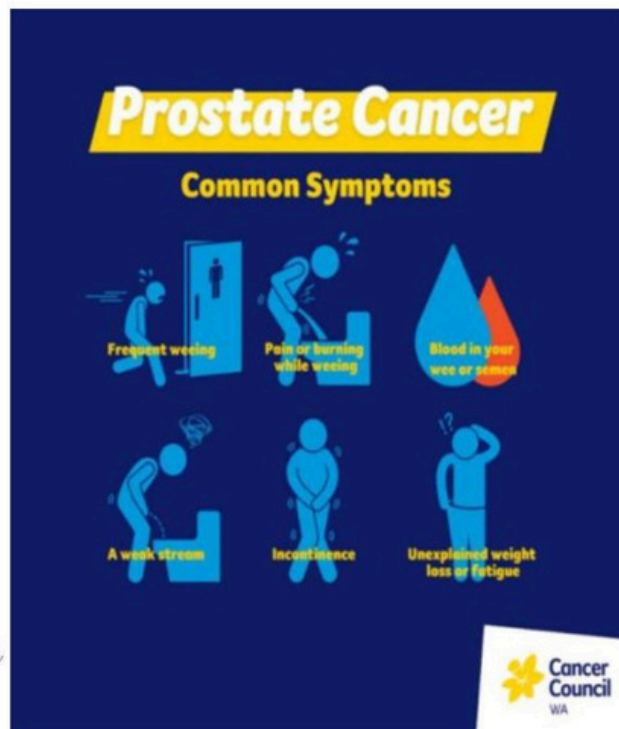
September is prostate cancer awareness month.

Prostate cancer is the most common cancer affecting men in Western Australia. Book an appointment with your doctor if you have noticed symptoms, such as:

- Blood in your wee or semen (once or more)
- Or, for more than four weeks:
- Waking a lot at night to wee
 - Sudden or urgent need to wee
 - Needing to wee a lot
 - Problems starting or stopping weeing
 - Slow or weak flow when weeing
 - Dribbling at the end of weeing
 - Losing weight without trying

It may not be prostate cancer, but it is important to get symptoms checked out. An early diagnosis results in better health outcomes, meaning the sooner we can get back to doing the things we love with the people we cherish.

To learn more, visit <https://www.findcancerearly.com.au/cancer-symptoms/prostate-cancer/>



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

WARRIOR WELLBEING ARTICLE



Visiting Your GP – Tips for the Average Bloke

BY THE REGIONAL MEN'S HEALTH INITIATIVE

September 2024

We often talk to blokes about the importance of visiting their GP for a routine service visit or *check-up* regardless of whether they feel unwell or not. These visits help you to stay health aware and if you do have specific risk factors, such as a family history of a certain disease, then regular check-ups may help your doctor pick up early warning signs. For example, high blood pressure may be an early warning sign of cardiovascular disease. For a lot of blokes this visit can be a bit daunting and at times a confusing process.



First and foremost there are a lot of benefits in having a regular GP and practice that you visit. It gives you the opportunity to build a relationship over time, to the point where you are more comfortable talking openly about things. Your GP gets to know you and will have a better understanding of your health needs and concerns. Your medical history also stays under the one roof making it easier to keep things up to date.

With the average GP consultation time being around 10 to 15 minutes it's important that you have a clear idea of what you want to talk about (write a checklist starting with the most concerning issue). Usually for two or more health issues you will need to book a longer consultation time. Be prepared.




For a general health check, your doctor will want to talk to you about a range of stuff including your medical history, your family's history, your lifestyle, diet, weight and how much you exercise. Be honest about your health and your concerns and most of all, don't worry too much about being embarrassed. Doctors are usually very difficult people to shock and more than likely have seen or heard it all before.

We all need to take responsibility for our own health and wellbeing. A lot of guys have no idea of what their blood pressure is normally or what it means for that matter. You need to get to know your normal parameters and other things like cholesterol and PSA (Prostate Specific Antigen) blood tests so you can engage in conversation with your GP about them. It often helps to keep your own record of results and a list of any medications you may be on and what they are for.

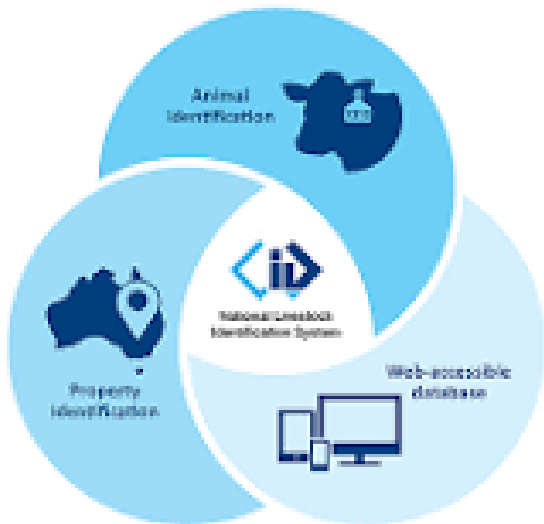
As we get older, we inevitably encounter the increased risk of developing health concerns such as prostate issues (over 40 years). Most GPs are pretty good at prompting us when needed but we still need to be an active participant. Don't feel intimidated, you have the right to request certain tests and question things the doctor suggests. After all, this is about you and your GP working together. We recommend that under the age of 50 you should have a routine service visit at least every two years and for those over 50 at least once a year.

When visiting your GP, be prepared (take your own checklist) and be involved, it's your health, you are the expert on you.

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

-  @RMHI_4blokes
-  Working with Warriors Podcast
-  regionalmenshealth.com.au





What is NLIS used for?

The National Livestock Identification System (NLIS) is Australia's system for the identification and traceability of cattle, sheep and goats.

We have a new Stick Reader!



How To Use:

- 1.Ensure you have an account with NLIS Database
- 2.Download the 'Shearwell NLIS Connect' app to your phone
- 3.Scan animals
- 4.Link your phone to the reader via Bluetooth and upload numbers



Contact our friendly team if you require more information





Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

September 2024

A picture's worth a thousand mouldy samples



Photos demonstrating a range of features in focus, thumb for scale, close-up of flowers as well as most of the plant. The only thing missing is a picture in situ - it's important to see how and where the plant is growing. This is an aquatic plant but you wouldn't guess it!

Weird plant, who do you call? DPIRD!

Imagine if we could turn back the clock and stop some of WA's worst weeds from becoming established, saving millions in eradication costs and lost agricultural revenue, not to mention the financial and mental burden of management for landholders.

Well, biosecurity is everybody's concern and here at DPIRD we rely on eagle-eyed members of the public to raise the alarm when they see something out of place. Whether that's a weedy looking, unfamiliar plant growing in your paddock, a patch of plants you've never seen before rapidly overtaking a roadside, or just something suspicious being traded online.

How to take quality pictures

You've found something of concern but what then? A few well taken photos offer advantages; they can be easily submitted from anywhere, allow for a rapid assessment and often negate the need to submit a sample. When photographing, remember the three F's, Features, Framing, Focus. Features – try to capture as many as you can, fruit and flowers are especially helpful, but so are the leaves, their arrangement, whether they

are hairy or smooth, differences between the top and bottom surface, any thorns or spines, aim to include as much detail as possible. Framing – try to also capture the whole plant, it's great to have close ups of leaves etc but what are they from? Is it a tree, is it shrub, is it a vine? Stand back, snap a pic and show us. Focus – the most important F of them all, there's no point diligently documenting these features if they aren't in focus!

These photography tips will hopefully prevent wasted efforts in submitting inadequate or mouldy samples, which will be unusable for identification.

If a sample is needed, we will advise on how to collect the most useful material (whole plants, flowers, fruit, seeds etc) and how to package and post it to maintain its freshness for our diagnosticians.

How to submit your photos

You can contact our Pest and Disease Information Service (PaDIS) or report to the MyPestGuide team. Remember to include your contact details, the location of the plant(s) and your concerns when you are reporting. Our teams will review and provide identification and advice.



Report your observations

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

Pest and Disease Information Service (08) 9368 3080 | padis@dpiird.wa.gov.au



What's happening in the Southwest?

28th Annual

ALBANY SHOW & SHINE



Great Southern Street Machine Assoc. Inc

2024

Great Southern Street Machine Assoc. Inc



Friday Evening 20th September 2024- Sponsor & Entrants Cars & Cocktails
Saturday 21st September 2024- Entrants Super Cruise/ Poker Run Sunday 22nd September 2024- Only Indoor Show & Shine, Centennial Pavilion 10am-3pm \$10 per person Kids under 12 free (must be with an adult). Cars from all eras, all makes and models on static display, all vying for the sort after trophies, The much-anticipated Rocker Cover Races, Culinary Delights, music, trade/market stalls, entertainment for the kids, plus much more....

More information Contact: 0477 562572, gssma@hotmail.com
www.gssma.com.au





Ladies Day

Join us for Ladies Day at our Fire Station

Sunday 21st Sept at 10am



Come find out about being a Firefighter with us! No obligation

Meet some of Bunbury's female firies, check out the trucks and fire station.

Find out what's involved and have a go on the hose and other equipment.

✉ Captainbunburyvbf@gmail.com


📘 [facebook.com/bunburybushfire](https://www.facebook.com/bunburybushfire)

Register here: <https://www.eventbrite.com.au/e/ladies-day-bunbury-volunteer-bushfire-brigade-tickets-995980353047>



FREE Bunbury Epilepsy/Seizure Support Group

epilepsywa

BENEFITS OF A SUPPORT GROUP

- Emotional Support:** Offers a safe space to share feelings & experiences.
- Sharing Experiences:** Exchange practical tips & coping strategies with others.
- Validation & Understanding:** Feel understood and validated in supporting, living with or caregiving challenges.
- Education and Information:** Access expert & peer advice & learn about Epilepsy care.
- Building Relationships:** Form connections with others facing similar experiences.

Join our Epilepsy Support Group, a compassionate community dedicated to providing understanding, resources, and encouragement for individuals and families affected by Epilepsy. Led by experienced facilitators, our group offers a safe space for sharing experiences, coping strategies, and emotional support. Whether you're a caregiver, family member, or individual living with Epilepsy, our meetings provide valuable insights, practical advice, and a sense of solidarity. Together, we navigate the challenges of this journey, fostering resilience and empowerment. Join us to connect, learn, and find strength in community.

You are not alone on this journey.

First Tuesday of every Month
12-1:30 PM
DOMES, BUNBURY FORUM
Sandridge Road, Bunbury
<https://www.epilepsywa.asn.au>

VISIT OUR WEBSITE FOR MORE INFORMATION. OUR GROUPS ARE FOR THOSE WITH, CAREGIVERS, FAMILY MEMBERS AND FRIENDS OF PERSONS LIVING WITH ANY TYPE OF EPILEPSY.



Test your General Knowledge

1. What is the national animal of Australia?
2. How many days does it take for the Earth to orbit the Sun?
3. What is the national flower of Japan?
4. What is the smallest country in the world?
5. Name the longest river in the world?
6. Which language has the most words (according to dictionary entries)?
7. What happened on July 20th, 1969?
8. Which city do The Beatles come from?
9. How many keys does a classic piano have?
10. What was the clothing company 'NIKE' originally called?
11. Name Disney's first film?
12. What do you call a group of Flamingos?
13. What is the only food that can never go bad?
14. What was the first animal to ever be cloned?
15. What identity document is required for travelling to different countries?





Meet Our Trainee - Riley

Some of you may have wondered who the charming young gentleman sitting in reception at Harvey CRC is. He's likely to have assisted you with your enquiries since June this year. We'd like to introduce Riley Olde, our Certificate III Business trainee.

The Department of Primary Industries and Regional Development (DPIRD) opens a traineeship grant round every year, which we've been fortunate to receive multiple times. Some of you may remember the lovely trainees who assisted you over the last six years; Brooke, Holly, and more recently, Jehan.

Traineeship Guidelines encourage us to work with our local businesses to offer training that best supports our trainees to stay in their local towns and we were well supported. We thank our partners once again for their collaboration - The Shire of Harvey, Harvey Recreation & Cultural Centre, and Harvey Aboriginal Corporation (partnering with us this year). This year's 12-month traineeship will involve us sharing Riley with Harvey Aboriginal Corporation (Boola Bidi Dreaming Centre), 16 hours with HCRC, and 22 hours with HAC, so keep an eye open when you enter each centre, for a smiling young person eager to please.

Traineeships offered by us over the last few years are:

- Cert III Administration - 2018/19 (18-months)
- Cert III Community Service – 2021/23 (18-months)
- Cert III Community Service – 2022/24 (18-months)
- Cert III Business – 2024 (12 months)

LUNCH TIME



Community Lunch
Every Wednesday at 12:00 Noon
Come & Join Us.....
Bring a Friend!

**Free Event but donations
always welcomed**



Watch This Space!
Coming Soon ... Recipe of the Month!



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





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
for more information.

Advertising notices and articles due by 20th of every month

General Knowledge Quiz Answers

1. Red Kangaroo
2. 365 Days
3. Cherry Blossom
4. The Vatican
5. The Nile - 6650km
6. English - 200 000 words
7. Apollo 11 landed on the Moon
8. Liverpool - England
9. 88 Keys
10. Blue Ribbon Sports
11. Snow White (1937)
12. A Flamboyance
13. Honey
14. A Sheep
15. A Passport



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.



Policy & Disclaimer

POLICY

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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



FRRR
Foundation for Rural
Regional Renewal

PROUD MEMBER OF



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Agents for

