



THEY HAPPENING

NOVEMBER 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

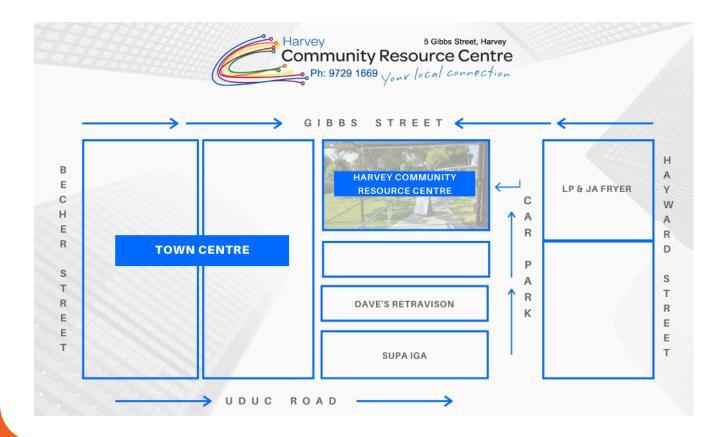
- Referrals to social support services, i.e. NDIS and other health and welfare professionals
- Facilitation of social development activities, seminars and initiatives
- Information and support
- Free computer and technology lessons for seniors, and beginners aged 30 to 50

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-forprofit, 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, notfor-profit organisation supporting and protecting the rights of older people in Western Australia through information, advocacy and education.

> By Appointment Only 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.

By Appointment Only 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 by appointment

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



Harvey Village Hub - Support Collective

Harvey Christmas & Community Appeal

Thank you for you donation to families in the local Harvey area...

COMMUNITIES STAY STRONGER TOGETHER!











Street Appeal

Thursday, 21 November 8.30am to 4.00pm

Outside Parton's IGA



Community Supporting Community 'We Grow Stronger Together'

Harvey CRC (HCRC) commenced an initiative in 2021 to address the increase in hardship experienced within the community from the onset of Covid and, later, cost of living and homelessness challenges.

Key stakeholders in the Collective are Harvey St Vincent de Paul, Harvey Family Support Service, Harvey Church of Christ, Harvey Hospital (Social Worker), Harvey/Yarloop Youthcare, and Harvey Community Dinner - organisations that have supported the community for many years and were keen to collaborate, pool resources, and collectively approach the diverse range of challenges presented by our mutual clients.

Our local churches, Anglican, Catholic, Seventh Day Adventist, and BaHa'i Faith, Harvey Recreation & Cultural Centre, and local schools have also been a valuable part of the Collective over the past three years, as have several of our local community residents.

A partnership Agreement with the Shire of Harvey supports us to operate an advocacy/support service which initiated the development of the Harvey Village Hub - Support Collective and has evolved to collaboration with approximately 30 agencies, mostly local, to help and support Harvey and surrounding towns.

If you or someone you know is interested in collaborating with us, don't hesitate to call $9729\ 1669$, or email support@harveycrc.com.au

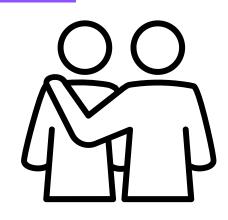


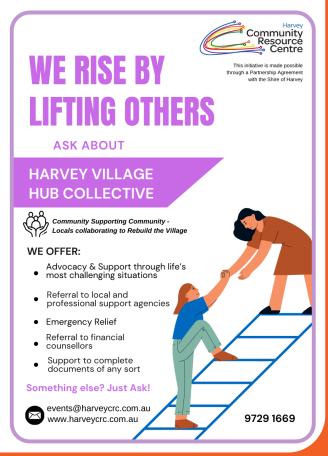














Friday, November 22 9 to 11 am

Harvey CRC undercover area

END-OF-LIFE PLANNING

MORNING TEA

FREE EVENT

Reduced priced Wills' available to attendees as a post-event booking By appointment Only

GUEST SPEAKER

Stephen Venter - Groven Legal Bunbury

- 😢 Last Will & Testament
- End of Life Planning
- Advanced Health
 Directive

- Enduring Power of Attorney
- Enduring Power of Guardianship



0 9729 1669

REGISTRATION
ESSENTIAL FOR
CATERING PURPOSES





This project has been made possible through a Linkwest grant funded by WA Primary Health Alliance as part of the Australian Government's PHN Program



ADVERTISEMENT

We're delivering a



ELECTRICITY CREDIT

TO EVERY WA HOUSEHOLD

➤ From December your second \$350 electricity credit will appear on your power bill



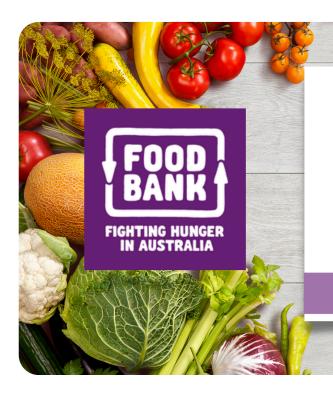
Robyn Clarke MLA

MEMBER FOR MURRAY-WELLINGTON

9531 3155

Robyn.Clarke@mp.wa.gov.au

Authorised by R Clarke Shop 1 Pinjarra Junction Shopping Centre, 21 George Street, Pinjarra WA 6208.



FOODBANK

Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH

5 November 2024, 9:00 - 9:45am

19 November 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



Celebrating WA Seniors Week

<u>WA Seniors Week</u> will take place from 10–17 November 2024. It provides the opportunity to recognise and celebrate the contributions of older Western Australians and their active participation in community life. For Act Belong Commit, the aim of the WA Seniors Week initiative is to motivate and inspire older adults to get involved in mentally healthy activities, and highlight opportunities to 'Do something' (Act), 'Do something with someone' (Belong) and 'Do something meaningful' (Commit).

Mental wellbeing for older adults

Being mentally healthy is important as you age, as it can increase your capacity to live a healthy and fulfilling life. Changes to employment, lifestyle, and physical health can all influence mental health. With a good support system and the Act Belong Commit principles, improving mental wellbeing and increasing levels of social connection is possible for older adults.

Visit the Act Belong Commit website for more information and advice on mental wellbeing for older

Seniors within the Community

WA Seniors Week also highlights the importance of the roles that seniors play within our communities. As an example, seniors are the cornerstone of volunteering in Western Australia, with 23.5% of all volunteers and 64.3% of volunteer managers being aged 50 years or older in 2023. This not only provides a significant benefit for their communities, with seniors volunteering their time and skills, it also provides seniors with a sense of purpose.

Volunteering has been demonstrated to improve enjoyment of social interaction and feelings of self-worth among older people, and helps retirees find a new sense of purpose. It is also a great example of 'Commit – do something meaningful' in the Act Belong Commit message.

Harvey CRC encourages everyone to attend a WA Seniors Week activity to celebrate the older members of our community.













Bank impersonation scammers

There's a rise in criminals calling, emailing or messaging people and pretending to be from the bank so that they can steal your money.

The scammers ask you for personal or financial information or to transfer funds or to give them a one-time security code over the phone. They often claim to be from the bank's fraud department and might say that there has been a compromised account or suspicious transaction.

They may use technology to make it look like the call is coming from the bank's phone number. They may send a message that looks like it comes from the same conversation thread as genuine bank messages.

How to spot the scam

You may get a call, message or email from a scammer claiming to be from the bank and asking for personal and bank details.

The scammer may tell you there is a problem with your account and ask you to transfer money to 'keep it safe'. They may say it's an urgent problem to get you to respond. Anyone calling and behaving like this is probably a criminal.

What you can do:

- Do not use any phone numbers in a message.
- Ask for a reference number and contact your bank directly through a phone number that you find and confirm yourself.
- Hang up if you receive a call from someone claiming to be from your bank requesting you to transfer money.
- Don't click on any links in an email or message on your phone, even if it looks like it comes from your bank.

How the scam works

Someone calls, emails or messages you saying they're from the bank.

The phone call, email or message looks like it comes from the bank. The message may be in the same message thread as a previous legitimate banking message.

They say they're investigating a problem with your account, like a hacked account, suspicious transaction, or online banking outage. These criminals ask you for personal or financial information like account details or security codes.

They will then use your account details to steal your money.

PTO...



Continued ...

Stay protected

STOP - Don't give money or personal or financial information like passwords, security codes, PINs or tokens. Don't click on any links if you're unsure. Say no, hang up, delete. CHECK - Verify who you are talking to. Contact your bank using your banking app or a phone number you have sourced from your banking app, bank website, statement, or card.

PROTECT - Act quickly. If you have transferred funds, provided access to your account or information to a scammer, contact your bank immediately and report to Scamwatch. Tell your friends and family; it helps to share your experience so they can give you support and to help them stay safe from scams

If you've been affected

- If you have lost money, contact your bank or financial institution immediately.
- If you've had personal information stolen or need support to recover from a scam, contact IDCARE on 1800 595 160.
- · Help others by reporting scams to Scamwatch.
- Tell your friends and family: you can share your experience, get support and help to protect others from scams.

Who is the National Anti-Scam Centre?

The National Anti-Scam Centre is where government and industry work together to protect Australians.

We're harnessing shared resources and smarter analytics to identify blind spots, strengthen weak links and use data to react faster, stopping scams before they happen. Our aim is to make Australia a harder target for scammers.

For more information about how to avoid or report a scam, visit the Scamwatch website





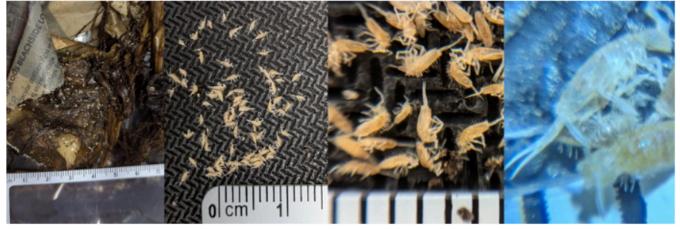


Backyard Buddies

Your monthly guide to pests, weeds and diseases

November 2024

Compost buddies: a boost with springtails



Left to right: Springtails from a compost bin in Booragoon. Each photo shows springtails at higher magnification.

Springtails are usually 1 to 3 mm and inhabit dark, moist environments so you might not have noticed them before. You're more likely to see them after heavy rains, but why not check your compost?

Ecological decomposers

Springtails are wondrous little creatures which can help speed up decomposition processes in our compost bins. There are many species across the world providing this great service. Springtails eat fungi, decaying plant and animal material and other waste products. This breaks those materials into smaller pieces that soil microbes like some bacteria and nematodes can convert into nutritious forms that plants can use, i.e. fertiliser! Because of this beneficial activity, they can also be used in terrariums and pet animal enclosures to consume undesirable mould and animal wastes.

Springtails are also a source of food themselves for beetles, flies and other insects. You may even spot geckos, hanging around the rim of your compost bin looking for a feed.

Springing superpower

Like insects, springtails have three pairs of legs, a head, thorax and abdomen, but no wings. Despite their similarities they are not insects and belong to a different taxonomic group called Collembola.

As their name suggests, most springtails... spring! Those that do, have a little tail-like appendage called a furca on the underside of their abdomen. It's normally held in place under high tension. If danger is detected, the furca can spring open to catapult the springtail up, up and away! It's been suggested this would be comparable to a human jumping higher than a six-storey building. Amazing!

Compost buddy

Seeing springtails in compost is an indicator of a healthy compost ecosystem. If you notice that springtail numbers are decreasing, check there's adequate moisture and that your bin lid fits well. They cannot survive in dry environments for extended periods. Springtails will find their own way into compost from surrounding areas.

Noticed new and damaging pests?

Unfamiliar and damaging pests and plant diseases can be reported to our department for biosecurity screening.

Send in photos with your location and details on what's happening, and we'll take a look.



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



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

Spotlight on lung cancer – know the symptoms

Cancer Council WA is using November's Lung Cancer Awareness Month to remind people in the South West region, of the symptoms of lung cancer, and what to do if they notice any unusual chan ges to their bodies.

About 100 people each month are diagnosed with lung cancer in WA. Latest health data reveals that in the South West in 2019, 106 people were diagnosed with lung cancer with 56 people losing their lives. While 80% of lung cancers in Australia are caused by smoking, it is important to know that lung cancer can also occur in people who have never smoked. Other known causes of lung cancer include occupational carcinogens, such as silica dust and diesel engine exhaust. If a person has a family history of lung cancer or previous lung disease, their risk of lung cancer is also increased.

Symptoms to look out for include:

- Coughing or spitting up blood (once or more)
- Or, for more than four weeks:
- · A new cough or change to your usual cough
- A series of chest infections
- · Finding it hard to breathe
- Losing weight without trying
- Not feeling hungry
- Pain in your chest and/or shoulder
- Feeling tired or lacking energy
- · Changes to your voice, such as hoarseness or croaky voice.

If you have had any of these symptoms, tell your doctor, clinic nurse or Aboriginal health worker as soon as possible. it doesn't mean you've got cancer – often, it turns out to be something less serious. The benefit to finding cancer early is that you can be around longer to do the things you love doing with those you love, such as holidaving, camping, seeing your children's milestones, or spending more time with your grandchildren.



Let's Ditch Sugary Drinks & Drink Healthier!



We are bombarded with huge amounts of sugary drink marketing every day. What these companies don't advertise is the serious damage that having sugary drinks regularly can do to our health.

Too many sugary drinks can cause cavities and contribute to weight gain, increasing the risk of heart disease, type 2 diabetes, fatty liver disease and at least 13 different types of cancer.

Our latest sugary drinks media campaign runs from mid October - 21 December 2024, across TV media,

online and social media, including Facebook, Instagram, TikTok, and YouTube.

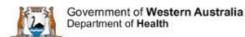
Want to drink healthier, but not sure where to start? Check our website for some low-sugar drink ideas:

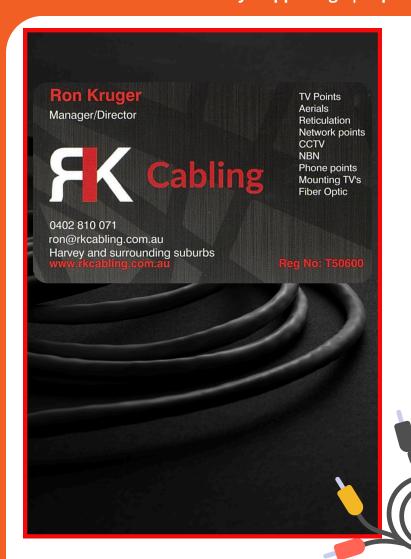
https://livelighter.com.au/recipe/filter/2?CsvKeywords=Drink%20

Cancer Information and Support

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

The Find Cancer Early campaign is an initiative of Cancer Council WA & is funded by Department of Health WA.









Financial Counselling. It's more than budgeting.

We visit Harvey CRC Wednesday fortnightly

appointment.



Anglicarewa



NOLA MARINO MP

Federal Member for Forrest

Focused on Forrest

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











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



BY THE REGIONAL MEN'S HEALTH INITIATIVE November 2024

Listening is a vital part of communication and often we may be accused of not listening. While hearing is an involuntary, physical act, listening requires hearing and combining psychological involvement with the person who is talking.

True listening requires concentration and energy, setting aside our own thoughts and agendas and also not making judgements or evaluations.

Effective listening involves the following:

- I. VERBAL MESSAGES attention to the words used
- PARAVERBAL MESSAGES attention to how they are said
 NON-VERBAL MESSAGES the body language of the speaker

Here are some basic principles for effective listening that will help the speaker feel listened to:

 Stop talking - don't talk, listen to what they are saying, do not interrupt, talk over them or finish their sentences for them. Men in particular are fixers, we want to jump in with

our best solutions when all that is wanted is for us to just listen.

- Prepare to listen clearing your mind of all the other thoughts that can easily distract you, helps to concentrate on the speaker.
- Encourage the speaker nodding, maintaining eye contact (without staring) and using words that help the speaker to feel at ease will encourage them to continue and shows you are interested.
- Focus remove distractions like the TV or any other noises. A relaxed environment will help.
- Empathise be open-minded. Let go of preconceived ideas which helps to empathise with the speaker.
 Acknowledge a different point of view using statements like "I can understand how you may feel that way but this is how I feel about ..."
- Patience allow the speaker to formulate what it is they want to say. A pause of any length doesn't mean the speaker has finished. Sometimes they may be having difficulty expressing their thoughts. Let them continue in their own time without interrupting.
- Avoid prejudice it can be easy to become irritated by the person's mannerisms like stuttering, accent, constant fidgeting or pacing while talking. Everyone has a different way of speaking. Concentrate on what is being said and try to ignore the style of delivery.

• Be reflective — re-stating the speaker's words into your own words seeks to clarify what was said and also shows you are listening and are interested. Reflecting how they may be feeling also does the same, i.e., "I can see you are frustrated about...", summarising the conversation in your own words but be careful not to misrepresent what was said. • Watch for the non-verbals – noting inconsistencies between the verbal and non- verbal messages. Body language can reveal more than words, you may be listening to someone articulating that all is well but his body language of gritted teeth or tears welling in his eyes tells a different story.



When people talk listen completely. Sometimes just listening effectively is what is required without jumping in to solve a problem.

This is at the heart of our core message... before it all gets too much... Talk to a Mate®!! Nothing is more important than people and listening is how we check in and maintain the wellbeing of ourselves and those around us.





What's happening in the Southwest?



CELEBRATE SENIORS' WEEK NOVEMBER 2024 WITH US



"A STROKE OF LUCK"



A morning full of information and a few laughs!

MONDAY 11th NOVEMBER 2024 from 9.30am for 10am start

At Bethanie Fields Lifestyle Village, Eaton Drive Eaton –



Mary & Sarah - our entertainers

SPEND THE MORNING WITH US ~ALL FREE

Everyone is welcome, singles, couples from the local Community and Bethanie Village residents.

ENJOY:

The Highs, Lows and Laughs from author Sarah Evans
You could bring along a few paragraphs you have written...

2 Some old favourite songs from Mary

PLUS:

- □ **Be STROKE SAFE** and quickly recognize Stroke symptoms
- ☐ End-of-Life Advance Planning hear about and learn how to get involved in this new local service
- ☐ Free Door prizes for 'A Stroke of Luck'!
- Free Coffee Van 'cappuccino' when you arrive and a light lunch

Opportunity to see through Bethanie Fields Lifestyle Village, for those interested.

COTA- Council Of The Ageing, Australia has been approached to assist with funding.

REGISTER NOW:

Please register at Bethanie Fields Office or Eaton Family Centre E: eatonfamilycentre@gmail.com, Phone or message 0493 618 184













Radiance Festival

Sunday 10 November 2024 from 8am
Signal Park, Busselton Foreshore

Freebies galore! Dive into family fun, level up your parenting skills, join the Big Pram Walk, explore market treasures, and much more!













Sharing your story is just the beginning

VOICES OF IN-SIGHT

Lend your voice to suicide prevention in your community.



Everyone has a story,

Many people within our communities have a lived experience of suicide, be that through having experienced suicidal thoughts; survived a suicide attempt; supported a loved one through suicidal crisis; or being bereaved through suicide.

Your voice, insight and wisdom is critically important to guide suicide prevention activity in your local region and will help enrich the work by St John of God Social Outreach.

An opportunity now exists for you to participate in a lived experience designed and delivered storytelling and speakers training workshops facilitated by Roses in the Ocean, a national lived experience of suicide organisation. 'Voices of In-Sight' workshop is a unique

opportunity to reflect on your lived

experience and learn how to share your personal story for greatest impact and influence. We will work alongside you to help you discover the components of your lived experience of suicide that can help others and present your insights in a meaningful way.

Sharing your lived experience of suicide story is one way of contributing to how suicide and suicide prevention are thought about and approached. There are numerous ways in which your experience can help drive the changes you want to see. Your story is just the beginning.

For more information about the Voices of In-Sight Lived Experience Workshop,

view the Workshop Outline. When considering this opportunity, please read 'My readiness to be involved in suicide prevention' to support you to make an informed decision.







Workshop details:

Date	Fri 22 & Sat 23 November 2024
Time	8:30am - 4:30pm
Location	Bunbury, WA





How do I register?

To register your interest in attending the workshop, click on the QR Code, or scan it with your smart device camera. A Roses in the Ocean team member will call you to discuss the workshops in more detail and help you determine your readiness to be involved. If you require assistance or have any questions, please call us on 1300 411 461.

This workshop is led and facilitated by Roses in the Ocean and is supported by St John of God Social Outreach.



South West Community Alcohol & Drug Service (SWCADS)























Workshop to learn the art of Slam Poetry

Think you know poetry? Think again.

Poets, writers and performers are invited to learn the art (and rules) of competition slam poetry at a half-day workshop in Bunbury on Saturday 9 November.

Raw, powerful and transformative, slam is the competitive art of performance poetry. Whether you are a beginner or accomplished performer or writer, this workshop will be an inclusive and safe space to nourish your talent and develop your skills.

"Slam poetry gives a voice to the unheard. It's poetry like you've never seen before," Balingup poet Karen Louise said. "This workshop is a chance to learn the craft and have fun with like-minded people."

Karen has reached the 2024 national finals at the Sydney Opera House in October, after finishing second in the WA finals in August.

Presented by Perth Slam, the WA Chapter of the Australian Poetry Slam, this workshop will be facilitated by Australian Poetry Slam finalist Allan Boyd.

The Poetry Slam workshop is brought to you by Bunbury Writers Group, with the support of Bunbury Poets Collective, Bunbury Repertory Club and has been made possible with support from the WA Regional Arts Fund.

The workshop comes ahead of Bunbury hosting a WA Heat of the Australian Poetry Slam at Bunbury Fringe in 2025, which workshop attendees will be well-prepared to enter or attend.

Workshop details: Poetry Slam Workshop

Saturday 9 November 2024, 10am-2pm Little Theatre, Pratt Road Eaton Tickets: \$25

https://events.humanitix.com/slam-poetry-workshop/tickets



facebook @swigbunbury



MACARONI BAKE

INGREDIENTS: Serves 4 - 5

- 1½ Cups Small Macaroni
- 1 Big Pan of Boiling Water
- 4 Rashers of Bacon
- 1 Onion, Peeled & Chopped
- 1 x 440g Can Tomato Soup
- ½ Cup Milk
- 1 Cup Grated Cheese







METHOD:

- · Gently drop macaroni into the pot of boiling water
- Keep it boiling well for 8 minutes
- Drain well. Put it into an 8 Cup Casserole Dish
- Chop Bacon. Fry gently with onion until cooked
- Drain & stir into the casserole
- Stir in Soup, Milk & the Grated Cheese
- Bake at 190°C for 45 Minutes
- Serve Hot with a tossed salad & bread stick







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



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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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:





Proud member of



Agents for

LINKWEST



Western Australian