

Harvey CRC's Community Newsletter



#### 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

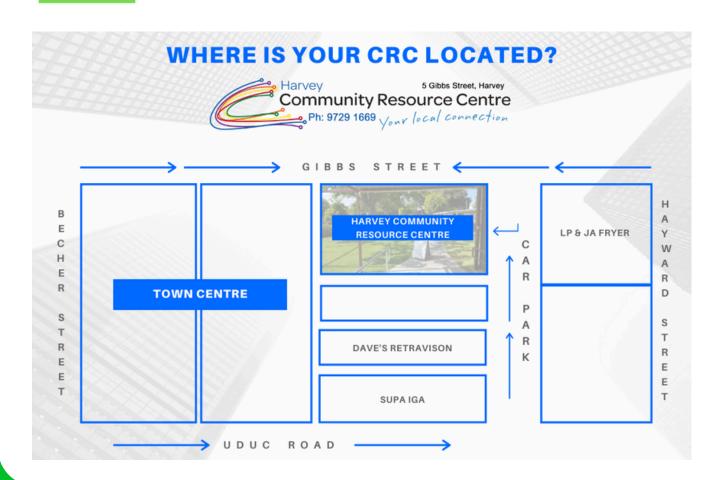
- · Referrals to social support services, i.e. NDIS and other health and welfare professionals
- · Facilitation of social development activities, seminars and initiatives
- Information and support
- Free computer and technology lessons for seniors, and beginners aged 30 to 50

## 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

## 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 huge support to 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** 











#### 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!













AVAILABLE NOW

## END-OF-LIFE PLANNING

FUNDED SUPPORT SERVICE - 2024/2025



#### **HOW CAN WE HELP?**

### ENDURING POWER OF ATTORNEY

Provision of Enduring Power of Attorney Kit and related documents. Alternatively, make an appointment with one of our team to take you through the process.

#### **HEALTH DIRECTIVE**

Access Health Directive documents or make and appointment with one of our team to support you to complete the documents.

## ENDURING POWER OF GUARDIANSHIP

Access to Enduring Power of Guardianship Kit and related documents. Alternatively, make an appointment with one of our team to take you through the process.

#### **MYHEALTH RECORD**

One of our friendly team will assist you to link your MyHealth Record to your MyGov account.

Anything else?

Just ask!

#### WE MAY ALSO BE ABLE TO HELP WITH

#### **WILLS**

Support to complete an online Will - basic Wills only (fees and charges will apply), or referral to a lawyer to draw up a Will for a reduced fee - collaborative partner.

#### **MY AGED CARE WA**

One of our friendly team will help you to apply online for access to My Aged Care WA.





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







#### VOLUNTEER WITH HARVEY CRC

If you have a few hours that you would like to share with the community, give us a ring today. We will place you within the Centre, or connect you with other local community organisations in a job share arrangement. Let us know what your skills and interests are and we'll tailor a position around you.

#### YOU CAN BE ...

Honest and Ethical..

A Creative Thinker..

Eager to Help..

Willing to Learn..

A Problem Solver...

Strong communicator...

FOR MORE INFORMATION CONTACT manager@harveycrc.com.au

(08) 9729 1669





#### **FOODBANK**

## **Mobile Food Van**

IN HARVEY TWO TUESDAYS A MONTH

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

17 December 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.

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





## NOLA MARINO MP

Federal Member for Forrest

Focused on Forrest





















## HARVEY COMMUNITY

Gala Might

FRIDAY 06 DECEMBER 2024

5:30PM-9:30PM

FREE

COME ALONG AND ENJOY...



~ FREE LIONS TRAIN

~ FREE ACTIVITIES

~ STALLS & FOOD

BEST SHOP DISPLAY COMPET

CHOCOLATE WHEEL SPONSORED BY

LOCAL BUSINESSES













Albemarle





Robyn Clarke

Member for Murray-Wellington







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

Julie Rose

### **HEALTHIER HOLIDAYS**

As the weather warms up and the festive season approaches, now is the perfect time to embrace balance feeling good while having fun! Keeping active is a great way to stay healthy during this time, whether it's playing games with loved ones, enjoying a game of frisbee at the beach, or heading out for an early morning hike. Being more mindful with our food choices can also help maintain our health over a busy time; this could include

having less alcohol or adding more vegies to your party platters to enjoy the festivities without feeling overly full. We love this delicious and aesthetic bocconcini



Christmas wreath! Indulging in a festive feast is okay, but it's important to keep in mind that stretching it out across a month can leave us feeling less than great. For practical tips on how to enjoy the holidays while staying healthy and refreshed, check out LiveLighter's Healthier Holidays Hub. Let's come out of this festive season feeling happy, healthy and refreshed!

#### Skin Cancer Action: combatting Australia's 'national cancer'

Don't let the sun catch you off guard this summer

Incidental sun exposure adds up. We're encouraging all Australians to make sun protection a daily habit to reduce the risk of developing skin cancer.

Often called our 'national cancer', Australia has the highest rate of skin cancer in the world.

No matter your age, you can reduce your risk of developing skin cancer by using all five forms of sun protection when the UV level is 3 or above.

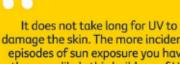




Australians will be diagnosed with skin cancer in their lifetime.

Fortunately, skin cancer is almost entirely preventable.





damage the skin. The more incidental episodes of sun exposure you have, the more likely this build-up of UV damage to your cells will cause a skin cancer in the future.

















## **Backyard Buddies**

Your monthly guide to pests, weeds and diseases

## It's Starting to Look a Lot Like Christmas...Spiders.





Melanistic form of Austracantha minax, and the typically coloured form at Canning regional park. (Photo left: Caitlin Henderson. Photo right: MyPestGuide user David.)

Have you ever been in the garden, or out walking in the bush and spotted a miniature Christmas bauble with legs? You might have encountered Austracantha minax, otherwise known as the Christmas or jewel spider, Australia's very own living holiday decoration! Some might say it gets its common name from the time it's most prolific, but where's the fun in that?

#### All about these beauties

These spiders are found throughout mainland Australia and surrounding islands. They're easily recognised during the summer months by their shiny black bodies adorned with patterns of white, yellow, or orange. Their most striking feature is the six spine-like projections on their abdomen. Females are larger, measuring 7 to 12 mm in length, and brightly coloured, whereas males are smaller at 3 to 5 mm and dark red/brown.

They are skilled web builders, creating intricate, interconnected webs  $\sim 1$  to 2 meters from the ground, there are often as many as 30 individuals in these aggregations. Interestingly, they add white silk tufts to their support threads, making them visible to larger animals and preventing accidental damage.

Christmas spiders may be a sign of summer and the holidays here in Perth, but why don't we see them

the rest of the year? The answer is they're around but don't get those dazzling colours until they reach maturity, so much less conspicuous at other times.

Speaking of colour, it has been observed that later in the autumn months (typically from March to April), some Christmas spiders undergo a dramatic colour change, becoming melanistic - entirely dark brown to black in colour. It's speculated that darker coloration could allow the spiders to absorb heat more efficiently during the cooler autumn months, potentially extending their active period. 'The mysteries of these spiders, like other spiders, may continue to be revealed as the ever passionate but very few spider scientists record observations and do studies in the spiders likewise dwindling bushland homes.' - Dr Leanda Mason.

#### How to encourage them into your garden

As with trying to encourage any wildlife into your garden it is important to minimise the use of pesticides, as well as provide natural habitats and appropriate vegetation. Spiders flourish where there is good hunting, a diverse garden provides food sources and shelter for a greater variety of insect life. Remember, if there's no food for the bugs then there's no bugs for the spiders!

Happy Holidays from the Backyard Buddies team.



#### 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







#### **Scam Alert:**

#### Scammers are targeting Australians in hardship

#### Background

Criminals are impersonating charities and offering fake financial assistance schemes to target people experiencing financial hardship.

Trusted charities like Good Shepherd and the Salvation Army offer no interest loans. These loans support low-income earners and people in hardship who are struggling with payments or unexpected expenses.

Criminals are pretending to offer loans from these charities. They may also impersonate government agencies and programs or other charities.

#### How to spot the scam

This scam can be hard to spot because criminals can set up fake social media accounts that look genuine.

The scammers will ask for your identity information and myGov login details.

#### How the scam works

Criminals pretend to offer services such as no interest loans. They also offer fake emergency relief services, rental assistance, and programs such as the Australian Emergency Rental Assistance Program.

Once the scammers get someone's identity information, they can log into myGov accounts, lock people out, and stop people getting government benefits like Centerlink and NDIS payments. They can steal support from charities.

Someone who is already experiencing hardship can be left without any money and be further behind on payments such as rent.

#### What you should know

Real support to people experiencing financial hardship is available, but criminals will try to target people in need.

Check independently that an organisation offering financial help is legitimate. Don't rely on social media advertisements. Don't assume that someone contacting you is who they say they are.

A real organisation will never ask for your personal information through social media.



... Continued ...

#### Find out more

This scam is a type of impersonation scam.

Scammers pretend they are from charity organisations. They ask for personal details so they can steal government benefits and charity support.

#### Stay protected

**STOP -** Don't give money or personal information to anyone if unsure. Say no, hang up, delete.

**CHECK -** Scammers pretend to be from organisations you know and trust – like your bank, charities, the police or government. If you're not sure, call the official phone number of the organisation to check.

**PROTECT -** Act quickly if something feels wrong. If you have had money or personal information stolen contact your bank and Services Australia immediately. Help others by reporting scams to Scamwatch.

#### If you've been affected

There is no shame in getting scammed. It can happen to anybody.

If you have provided personal information call IDCARE on 1800 595 160.

If you did give your myGov or Centrelink details to someone, call Services Australia's Scams and Identity Theft Helpdesk on 1800 941 126 for advice and support.

See more information about Services Australia and myGov scams.

Help others by reporting scams to Scamwatch.

#### Resources for people experiencing financial hardship

The official number for the National debt helpline is 1800 007 007.

Call the Good Shepherd No Interest Loans (NILs) team on 13 64 57 or find a community service NILs provider near you.







# Are You a True Christmas Fan? Try our Christmas Quiz!

- 1. In which country did the tradition of exchanging gifts on Christmas originate?
- 2. Which plant is often associated with Christmas and is believed to bring good luck?
- 3. What is the name of the villain in Dr. Seuss who tries to stop Christmas?
- 4. In Australia, instead of reindeer, what animal is said to pull Santa's sleigh?
- 5. What was the first song to be played in space using a musical instrument?
- 6. What's a popular Australian Christmas dessert?
- 7. In which country are letters to Santa addressed to the postcode "HOH OHO"?
- 8. What are the names of Santa's reindeer?
- 9. What are the two most popular Christmas colours?
- 10. What is the title of the most famous Christmas ballet of all time?
- 11. What would be your star sign if you were born on Christmas?
- 12. Which country traditionally eats KFC for Christmas dinner?
- 13. Before the invention of Christmas lights, what did people put on their Christmas trees?
- 14. What vegetable do most kids leave for Santa's reindeer?
- 15. How many ghosts appeared in "A Christmas Carol?"
- 16. In what year was the first Christmas card sent?
- 17. Tinsel was initially made from what?
- 18. The idea of Santa Claus dressed in a red and white costume started as an advertisement by what beverage company?
- 19. Which country started the tradition of putting up Christmas trees?
- 20. Traditionally, what ornament do people place on top of a Christmas tree?



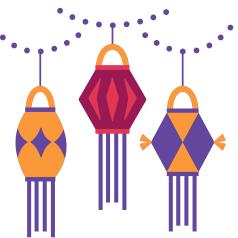




# What's happening in the Southwest?



















### WARRIOR WELLBEING ARTICLE

# Give Credit Where Credit Is Due -What Are Our Expectations?

#### BY THE REGIONAL MEN'S HEALTH INITIATIVE December 2024

The world operates on the back of the people who show up! This saying is so true, and we see it in action throughout so many of the amazing communities we visit in regional, rural and remote Western Australia. Our small but durable communities are filled with individuals that have a huge capacity to endure the multiple challenges of working and living in the bush. That's why it's especially important to recognize our community champions who go above and beyond to keep things ticking over so everyone can enjoy a bit of work/life balance in their patch. We all do things daily without expecting a pat on the back, but it's not hard to show a little appreciation to those who spread themselves too thin.

A field known as *Positive Psychology* (focusing on one's strengths) has come up with findings that this aids in increasing wisdom, satisfaction and a sense of purpose. It's common sense really: how good do we feel when someone tells us we have done a good job?

There are three main areas where we can have a direct influence and use some positive psychology: in our family lives, in and around our working lives and in our community groups (Sporting Clubs, Rotary/Mens' Sheds, Church Groups).

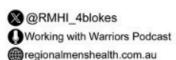


The interesting thing is that it's almost a social and personal expectation to continually commit ourselves to our family, working, and community lives, and rightly so. These are all important areas and putting time and effort in gives us satisfaction.

Getting the balance right, however, between these three commitments is tough, especially when expectations are not understood. In the work we do we come across a lot of misunderstanding and distress caused by individuals not communicating what their expectations are. For example, a husband and wife discussing personal versus relationship expectations, a parent and teenager discussing boundaries, a boss and staff member discussing working conditions/priorities, and/or a footy coach discussing positions/roles within his team. Some simple tips:

- Challenge negative thoughts and behaviours; is this helpful to me and my situation or only going to make it worse?
- I can't control what happens around me, but I can choose how I respond to things.
- Focus on and encourage the positive things in ourselves and others. Studies have shown that gratitude is linked to positive emotions, satisfaction and overall wellbeing.
- Provide feedback in private. Best and fairest, employee of the month and the school certificate presented in front of all our peers is fine, but to give someone individual feedback and let them know they're doing a great job will have a longer lasting impact.
- People can't hear what we don't say. Express our feelings and expectations and be willing to not only discuss these but we may need to be open to negotiation.

Having high expectations can be positive. They can help us grow as individuals and/or as a collective, reach achievements and hit our targets. However, many of us can also take this too far. We can easily become cynical about ourselves and others, especially when it comes to making mistakes. Shaming and blaming doesn't help! Look for the strengths in others and yourself and don't forget to give credit where credit is due.









# Celebrating Mentally Healthy WA International Day of People with Disability

International Day of People with Disability (IDPwD) is a United Nations observed day celebrated throughout the world each year on 3 December. It aims to increase public awareness, understanding and recognition of people with disability and celebrate their achievements and contributions.

Western Australia has its own theme for IDPwD which is 'Confident, Capable and Creative: Come with Me', which highlights the strength, resilience and capability of people with disability, and recognises the value of driving change together as an inclusive community.

Harvey CRC takes this opportunity to recognise the lived experience of people with disability, and supports the removal of physical, technological and attitudinal barriers. Everyone should be able to participate fully, safely and free from prejudice in everyday life.

In recognition of IDPwD, Act Belong Commit have created two short videos featuring people with disability who have found their own ways to boost their mental wellbeing through activities such as those provided by Ballroom Fit and Riding for the Disabled (RDA) Carine.

Watch these videos on the <u>Act Belong Commit YouTube channel</u>, or follow @actbelongcommit on <u>Facebook</u> and <u>Instagram</u>.





| Protect | Grow | Innovate

### Media release

20 November 2024

#### WA eID Tag Incentive Payment extended to 2025

The Western Australian Tag Incentive Payment (TIP) discount will be extended to include 2025 white electronic identification (eID) tags to support the State's sheep and goat producers transition to the new national traceability system.

The first step in the phased introduction of the mandatory system in WA will commence on 1 January 2025, moving to full operation by 1 July 2026.

The system is being introduced to enable traceability and enhance a rapid response to an emergency animal disease or food safety incident, as well as underpin valuable trade relationships and export markets. Since the TIP scheme inception in April 2023, more than 4 million eID tags have been sold under the WA program, administered by the Department of Primary Industries and Regional Development (DPIRD). The 75 cent discount per eID tag will remain unchanged for all National Livestock Identification System (NLIS) accredited white eID tags from 1 January 2025 to 31 December 2025.

Each eID tag contains a microchip that is read via a scanning wand or panel reader, which is uploaded to the NLIS database to record an individual animal's movements between Property Identification Codes. DPIRD Chief Veterinary Officer Michelle Rodan commended producers on their uptake of the new eID tags, which she said would aid a smooth transition to the new mandatory system.

"The early adoption has enabled industry to start using the eID technology and test the complete system before it becomes mandatory," Dr Rodan said.

"I congratulate WA producers who have been proactive in adopting the eID tags and moving to better protect their businesses and the broader industry from the impact of an emergency animal disease."

Under the staged implementation of the scheme in WA, sheep and goats born from 1 January 2025 onward will be required to be fitted with a year-of-birth eID tag.

Those born before 1 January 2025 will require an eID tag when departing any property or facility from 1 July 2026.

Visual tags for stock born prior to 1 January 2025 can still be used for movement purposes until 1 July 2026

Saleyards and abattoirs will be required to scan any eID tagged sheep and goats from 1 July 2025.

The WA eID system will come into full operation by 1 July 2026, when all sheep and goats will be required to be eID tagged before leaving the property and scanned at the point of arrival.

For more information about the Tag Incentive Payment visit <a href="www.agric.wa.gov.au/EID-sheep-and-goats">www.agric.wa.gov.au/EID-sheep-and-goats</a>.

#### Picture captions

DPIRD's eID tag discount will continue for 2025 white tags to support a smooth transition to the new national program.

#### Media contacts

Megan Broad/Jodie Thomson, media liaison

+61 (0)8 9368 3937





#### Ingredients:

- 3 Zucchinis, grated (Squeeze out excess moisture)
- 1 Onion, finely chopped
- 200g Rindless Shortcut Bacon, finely diced
- 150g Grated Cheddar Cheese
- 150g Self-Raising Flour

- 3 tbsp Olive Oil
- 7 Eggs
- Salt & Pepper
- 120g Smooth Ricotta
- 6 Cherry Tomatoes, halved

#### Method:

- Preheat oven 180°C/160°C (fan forced)
- Grease or Line a 30 x 20cm pan with baking paper
- Combine grated Zucchini, Onion, Bacon, Cheese & Flour
- Whisk Oil & Eggs together & stir into flour mixture. Season with Salt & Pepper
- Pour into prepared pan & smooth the surface. Dollop Ricotta & arrange Cherry Tomatoes over the top.
- Bake 35-40 minutes or until top is golden.
- Serve Warm or Cold



# Easy Chocolate Coconut Balls



#### **Ingredients:**

- 1 Pkt Arnotts Marie Biscuits or similar
- 395g can Sweetened Condensed Milk
- 2 tbsp Cocoa Powder
- 2 Cups Shredded Coconut

# R QUOS

#### Method:

- Crush the biscuits into small, about 1cm pieces and place into a bowl
- Add the sweetened condensed milk, cocoa powder and
   3/4 cup coconut. Mix together until well combined.
- Using 'damp' hands, roll heaped tablespoons of mixture into balls. Coat each ball in remaining coconut
- Put onto a plate and refrigerate for about 15 mins





## 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.

#### **Christmas Quiz Answers**

- 1. Italy
- 2. Poinsettia
- 3. The Grinch
- 4. Kangaroo
- 5. Jingle Bells
- 6. Pavlova
- 7. Canada
- 8. Comet, Prancer, Cupid, Dasher, Dancer, Blitzen, Donner, Vixen & Rudolph
- 9. Red & Green
- 10. The Nutcracker
- 11. Capricorn
- 12. Japan
- 13. Candles
- 14. Carrots
- 15. Four Ghosts
- 16, 1843
- 17. Strands of Silver
- 18. Coca-Cola
- 19. Germany
- 20. A Star or An Angel

#### **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

#### **PLEASE NOTE**

Our Centre will be CLOSED on the following Dates over the Festive Period 25,26,27 Dec 2024 & 01,03,10 Jan 2025



## 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



#### Proud member of





