



Harvey the Orange



# HARVEY HAPPENINGS

JANUARY / FEBRUARY 2025

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

## WHERE IS YOUR CRC LOCATED?



# VISITING OUTREACH SERVICES

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## 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**

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## 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**

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## 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.

**By Appointment Only**  
**Call 9479 7566 for appointments**

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## 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**

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## 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**

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## 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**

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## 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 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](mailto:support@harveycrc.com.au)



This initiative is made possible through a Partnership Agreement with the Shire of Harvey

# WE RISE BY LIFTING OTHERS

ASK ABOUT

## HARVEY VILLAGE HUB - SUPPORT COLLECTIVE



Community Supporting Community -  
We Grow Stronger Together!

### WE OFFER:

- Advocacy & Support through life's most challenging situations
- Referral to local and professional support agencies
- Emergency Relief
- Referral to financial counsellors
- Support to complete documents of any sort

Something else? Just Ask!



[events@harveycrc.com.au](mailto:events@harveycrc.com.au)  
[www.harveycrc.com.au](http://www.harveycrc.com.au)

9729 1669







# 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.

#### 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.

#### HEALTH DIRECTIVE

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

#### 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.

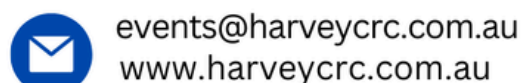
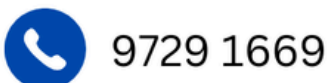
#### MY AGED CARE WA

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



**Palliative Care**  
Western Australia  
*Living, dying & grieving well*

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



# THE LAST GOODBYE EXPO - 2025



**Palliative Care**  
Western Australia  
*Living, dying & grieving well*

## END-OF-LIFE PLANNING

**Featuring:**  
Guest Speakers &  
Conversations with  
Groven Legal,  
Barretts Funerals, Harvey  
SW Compassionate  
Communities Network



**FRIDAY, 28 MARCH**  
9.30 AM TO 2.00PM

### Core Themes of the Event:

- ✓ Having the Conversation!
- ✓ The importance of a Will
- ✓ Funeral Planning
- ✓ Enduring Power of Attorney
- ✓ Enduring Power of Guardianship
- ✓ Advanced Health Directive

**The Boundary  
Room - Harvey  
Recreation &  
Cultural Centre**  
Tom Latch Drive,  
Harvey

**Contact Us**  
**9729 1669**

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





**NEW**



## LOCAL AGED CARE SERVICES COMING TO HARVEY IN 2025!

### Seeking workers with and without qualifications

to contract their services in Harvey. Choose your preferred tasks, hours, and pay rate. We'll help you to set up your business.

### Do you need support to stay at home?

We can assist you to apply for an Australian Government subsidised home care package and coordinate your services.

### Why Choose Us?

- ✓ Preference for local contractors
- ✓ Support for contractors to apply for an ABN and set up their business
- ✓ More choice and control over who comes into your home
- ✓ Lower fees than traditional providers

*Please note that our packages are not for CHSP plans!*

### More Information

Call Us  
**9729 1669**



Or email us at:  
**events@harveycrc.com.au**







# Share our Passion!

**START YOUR JOURNEY WITH US!**

Share your talents and skills, have fun, make someone's day!



**Share our passion**  
start your volunteer journey with us!



## 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

4 February 2025, 9:00 - 9:45am

18 February 2025, 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



ADVERTISEMENT

# Tackling cost of living is our number one priority



**Robyn Clarke**  
Member for Murray-Wellington



# IRIDOLOGY

Find out what your eyes tell you about your health!



At Harvey CRC

**Thursday 13th February 9am-1.30pm**

*20-minute bookings - \$55 – book online at*

[www.thehealthyalternative.com.au](http://www.thehealthyalternative.com.au)

**Natural Health Consults also  
available**

Contact Jacqueline for information & to book

**0428 921656**

Bachelor of Health Science (Naturopathy) / Bachelor of Health Science (Clinical Nutrition)







## Your Natural Health Questions Answered

with Jacqueline Stenhouse, Naturopath, Nutritionist & Iridologist

Natural health is all about empowering you to take charge of your wellbeing through a holistic approach. It's about supporting your body's ability to heal and thrive using nutrition, lifestyle changes, and natural remedies. Whether you're curious about how natural health can help with stress, fatigue, or specific health challenges, this column is here to provide clarity and practical advice.

To make this as helpful as possible, we want to hear from you! What's on your mind about natural health? Have you ever wondered if herbal remedies could complement your current treatments? Or maybe you're curious about the best foods to boost energy and vitality? No question is too big or small, and we'd love to feature your questions (anonymously) in future columns. Simply send them to the Harvey Community Resource Centre email [marketing@harveycrc.com.au](mailto:marketing@harveycrc.com.au) and stay tuned for answers in upcoming issues.

For this month, let's tackle some common questions to get us started:

### **What is natural health?**

Natural health focuses on supporting your body's natural ability to heal by using nutrition, herbs, and lifestyle changes. It's about treating the root cause of health issues rather than just the symptoms.

### **How is natural health different from conventional medicine?**

While conventional medicine often focuses on managing symptoms, natural health takes a holistic approach by addressing the underlying imbalances (causes) and aims for long-term wellness. It can also work alongside conventional medicine for a complementary approach.

### **What are the benefits of choosing a natural health approach?**

- It's personalised: Treatments are tailored to you and your specific needs.
- It's preventive: Focuses on preventing illnesses, not just treating them.
- It's empowering: Encourages you to take an active role in your health.

### **How can natural health help with stress and fatigue?**

Natural health can offer solutions like tailored nutritional advice, herbal remedies, supplements and lifestyle adjustments to improve your energy levels and resilience to stress.

### **Is natural health safe for everyone?**

While natural health is generally safe, it's important to remember that just because something is natural doesn't automatically mean it's safe for everyone. If you're on medication, there can be drug-supplement or drug-herbal interactions that may affect your health. That's why it's essential to consult a qualified health practitioner before starting any natural remedies or supplements. A professional will guide you to make safe and effective choices tailored to your individual needs.

**Jacqueline offers iridology consults and natural health advice at Harvey CRC on the second Thursday of every month.**



# 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.

**Ron Kruger**

Manager/Director



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

0402 810 071

[ron@rkcabling.com.au](mailto:ron@rkcabling.com.au)

Harvey and surrounding suburbs

[www.rkcabling.com.au](http://www.rkcabling.com.au)

Reg No: T50600

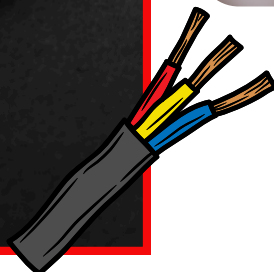


**Financial  
Counselling.**

**It's more than  
budgeting.**

We visit Harvey CRC  
Wednesday fortnightly

Call 9720 9200 for an  
appointment.







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

### Find Cancer Early this Summer season

**The best New Years resolution you can give to yourself, is looking after you! The holiday season gets hectic, often with a lot of focus on other people, so it's easy to forget about ourselves. Cancer Council WA is urging those over 40 years of age, in the South West, to be aware of any new symptoms and have them checked, with evidence showing a delay in treatment of four weeks can result in poorer survival outcomes.**

**We surveyed almost 1250 adults aged 40 years and over who lived in regional WA, about the Find Cancer Early campaign and found 15 per cent of participants who had experienced a symptom in the last six months, delayed visiting a doctor because of time issues or competing priorities.**

**Taking time during the summer season to see your doctor about possible cancer symptoms may save your life. If you know something isn't right, we encourage you to see your doctor, clinic nurse, or Aboriginal health worker early. Getting our symptoms checked out and treated early means we can get back to the people we cherish and the things we love doing.**

**For more information visit [findcancerearly.com.au](http://findcancerearly.com.au) or call the Cancer Council Information and Support Line on 13 11 20.**

### Donate to Cancer Research Giving Day

**Cancer Council WA is encouraging people to support WA Cancer Research Giving Day, on Tuesday, 11 February 2025, between 9 am – 9 pm. Every dollar donated, on, or before 9pm, 11 February 2025, will be matched dollar for dollar by a group of generous donors (ie. a \$10 donation translates to \$20 for cancer research).**

**Stopping cancer starts by understanding it, and research is the key to unlocking the answers we need for a cancer free future. Survival rates for some of the most common cancers, including breast, melanoma and prostate cancer is more than 90 per cent, and the overall five-year survival rate for all cancers is now more than 70 per cent. This, in part, is thanks to research that in turn informs improvements in screening, diagnosis and treatment.**

**With 14,000 West Australians diagnosed with cancer every year, we must continue to fund our world-class local researchers to improve diagnosis, detection and treatment for every cancer. The generosity of people donating to research gives hope. Donations enable researchers to innovate and try completely new ideas and approaches, giving them instruments they need to improve diagnostic and treatment outcomes.**

**To donate visit [cancerwa.asn.au](http://cancerwa.asn.au) or call 1300 65 65 85.**



### Have you had any of these...

#### ... for more than 4 weeks?

- Problems peeing
- Runny poo
- Unexplained weight loss
- An unusual pain, lump or swelling anywhere in your body
- Becoming more short of breath
- A persistent cough
- A new or changed spot on your skin

#### ... once or more?

- Blood in your poo
- Coughing up blood
- Blood in your pee



If you have and you are over 40...

### Tell your doctor

The earlier cancer is found, the greater the chance of successful treatment.



For more information visit [findcancerearly.com.au](http://findcancerearly.com.au) or call 13 11 20

\$25 = \$50	Can help our researchers investigate new cancer treatments using up-to-date equipment.
\$50 = \$100	Can help pay for a blood sample to be processed, allowing discoveries in how cancer develops.
\$100 = \$200	Can help pay for an under-mattress sensor to study the effect of sleep on cancer.
\$250 = \$500	Can help our researchers to use tumour samples to improve the way we prevent and detect cancers.

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





## Life Now.

Staying well during and after cancer

### About Life Now

People affected by cancer may experience symptoms of stress, anxiety, pain, fatigue and depression as a result of their diagnosis or their treatment.

The Life Now Program, run by Cancer Council WA aims to improve the quality of life and treatment outcomes for people affected by cancer by offering access to evidence-based supportive cancer care activities, including exercise, meditation, mindful art, mindfulness, tai chi and yoga.

These activities are offered as in person and online introductory courses which are delivered by experienced facilitators in a safe and supportive environment. Courses are free of charge for people affected by cancer and their primary carers, thanks to generous community donations.

### Life Now in the South West

The following courses are being run in the January – March 2025 period.

8 Week Mindfulness course			
Busselton	Thursdays	9:30am – 11:30am	Starts 20 February
Online	Thursdays	2:00pm – 4:00pm	Starts 20 February
12 Week Exercise course			
Bunbury	Mondays & Wednesdays	12:30pm – 1:30pm	Starts 3 February
6 Week Meditation course			
Online	Thursdays	10:00am – 11:00am	Starts 6 February
6 Week Yoga course			
Online	Thursdays	5:00pm – 6:00pm	Starts 30 January
6 Week Tai Chi course			
Online	Wednesdays	9:00am – 10:00am	Starts 5 February
Online	Wednesdays	6:00pm – 7:00pm	Starts 19 February

### Registrations are essential.

To apply to participate in a course scan the QR code or visit [cancerwa.asn.au](http://cancerwa.asn.au) and view the Event Calendar, or call our cancer nurses on **13 11 20** for more information.

Information is correct at time of printing.



# Feelgood Feb!



Mentally Healthy WA



HCRC is a proud Act Belong Commit Partner and in support of the Feelgood Feb initiative would like to highlight the mental health and wellbeing benefits of enjoying hobbies and regular meetups.

Relationships and social connections provide us with a sense of belonging, which is essential for our mental health and wellbeing. Belonging to a group contributes to our sense of identity, and satisfies our psychological need for friendship. You don't have to belong to a particular type of group – it's more important that you get amongst something of value to you.

Joining a hobby group/club not only gives you the opportunity to meet new people and make friends with similar interests, but also can provide you with new social networks that can support you!

We would also like to highlight the mental health and wellbeing benefits of being active and meeting mates. Being active is not just limited to physical activity! It could also include being mentally, socially, spiritually, and culturally active, all of which have been proven to boost your mental wellbeing.

Spending time with friends fuels your sense of belonging, contributing to defining your sense of self, and satisfies the psychological need for friendship. Keeping active with mates also increases your enjoyment of the activity, making it more likely that you will do it again!

Spending time outdoors and connecting with nature improves and maintains your mental health and wellbeing. Regularly getting active outdoors and having a strong sense of connection with nature has been demonstrated to boost your energy and brainpower, as well as feelings that your life is worthwhile. A great way to spend time outdoors is by helping others! Volunteering is a great way to build your sense of purpose and meaning in life, as well as develop a strong sense of connection to your community. This could be as simple as lending a hand at your local community garden, or volunteering to help clean up your favourite park or beach!

There are mental health and wellbeing benefits of friendly chats and hanging out.

Chatting and connecting with others is not only enjoyable, but also provides us with a support base when we need it. Sharing the good times and being supported in the not-so-good times is what friendships are all about. Getting together with friends and family, and doing it regularly, increases your mental wellbeing.

Just being around people has mental health benefits. A good start is greeting or saying hello to your neighbour or acknowledging people as they walk past. Any positive social interaction is beneficial.

OFFICIAL



Department of  
Primary Industries and  
Regional Development

# Backyard Buddies

Your monthly guide to pests, weeds and diseases

February 2025

## European wasp surveillance in full swing



European wasps feed on grapes and other fruit, human and pet food, insects and dead animals like rats, kangaroos and bandicoots.

### The annual hunt to detect and eradicate European wasps (*Vespula germanica*) from WA is in full swing!

Guard your BBQs, monitor your pet's food and check the insects you scoop from the pool! European wasps, we are looking for you!

The European wasp is a declared pest and must be reported. It has threatened to establish in WA since nests were found and destroyed near Fremantle in 1977. Thanks to ongoing collaborative surveillance between the Department, community, local governments and businesses, WA has prevented the permanent establishment and spread of this species, to date. This is globally unique, and an extraordinary achievement.

European wasps are widely established across most of southern Australia and Tasmania which aren't subject to such a coordinated program. Consequently, new queens hitchhike their way into WA each year, and this is our 48th year spent competing in a sophisticated game of 'hide and seek' against this highly adaptable and destructive pest.

These wasps have the proven potential to establish nests from Kalbarri to Eucla, with outbreaks historically

in Kalgoorlie, Kalbarri, Geraldton and regional towns across the south-west. Most detections are made in the Perth Metro, but current regional detections include the Bunbury, Geraldton and Albany regions. These are huge areas to monitor, so please keep your eyes peeled.

#### What to look for

There are similar looking black and yellow wasps in WA, so look for these key characteristics:

- Scavenging on human food and drinks, fruit like grapes, apples and stone fruit, pet food and roadkill (carrion). Nest underground - nests are
- HUGE, grow larger than a basketball in a single season, and have a small (golf ball sized) entrance hole.
- Completely black antenna.
- Legs up in flight (rear legs don't dangle).

#### Learn more or report

For more information about the eradication program and how to identify wasps see [European wasp: declared pest | Agriculture and Food](#) or contact our Pest and Disease Information Service (PaDIS). Reports of suspected European wasps can be made to PaDIS or the MyPestGuide® team. Please include as much information and photos where you can.



#### Report your observations

MyPestGuide® Reporter via app or online [mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)

Pest and Disease Information Service (08) 9368 3080 | [padis@dpird.wa.gov.au](mailto:padis@dpird.wa.gov.au)





**STOP. CHECK. PROTECT.**

Three small steps to keep Australia safe from scammers.

## Stop. Check. Protect. to keep us safe from scammers

Scams are getting harder to spot. Scammers increasingly take advantage of new technology, new products or services and major events to create believable but deceptive stories.

That's why we are tackling the threat of scams with the launch of our Stop. Check. Protect. campaign. The campaign will spread awareness of sophisticated scam tactics, remind people that anyone can lose money, financial or personal details to a scam, and encourage everyone to report scams to Scamwatch.

The ads feature everyday people speaking to mini versions of themselves, which represent their inner voices and remind them to Stop. Check. Protect. These 3 simple steps can help keep you safe from scams. When we all take these steps together, we build community resilience to scams.

Head to the Scamwatch website to watch the ads and help us spread the message by sharing with others. Together we can make Australia a harder target for scammers.



### Stay protected

To avoid being scammed:

**STOP** – Don't give money or personal information to anyone if unsure.

**CHECK** – Consider who you're dealing with and ask yourself: could the message or call be fake?

**PROTECT** – Act quickly if something feels wrong and report scams to Scamwatch. Your report will help us protect others.

### If you've been affected

Don't be embarrassed about being scammed.

If you have shared financial information or transferred money, contact your bank immediately. If you have given away your personal information, you can call IDCARE for help on 1800 595 160.

When you report the scam, the people who read your report understand how you are feeling. You are not alone. Contacting support services can help you understand what happened but also tells authorities about scam activities so they can work on making it harder for scammers to succeed.

Help others by reporting scams to Scamwatch.

### Who is the National Anti-Scam Centre?

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

# WARRIOR WELLBEING ARTICLE



## Returning to Work – Getting Ourselves Back on Track

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
February 2025

After we have returned to work, the kids have headed back to school and the holiday season is well and truly behind us, it's healthy to ask ourselves the question, how am I feeling? Am I happy to be back, energised and ready to tackle another year or am I feeling a little out of sorts?

Often referred to as the back to work blues or beating the holiday hangover, returning to work can be an overwhelming and challenging time for us. Whether we are back in the office, on the farm, in the truck, back on site or responsible for the never-ending household chores and important caring duties of children, elderly parents or family. The circumstances are different for all of us, however an important part of self-care is checking in on how we are travelling and being aware of how we are feeling.



What is our state of mind after returning to work? Feelings one could expect to experience may be:

- Regret – I should have taken more time off
- Overwhelmed – Where do I start? There is so much to do!
- Worry/anxious - What will this season / year bring?
- Jealous/Resentment - I'm back at work, the other party (wife/husband/colleague) is still on holidays.

- Lack of motivation – After being off work for so long I forgot what it is that I pretend to do around here (ha-ha).

Some useful tips that may help to beat the back to work blues are:

- Be realistic: Don't put too much pressure on yourself. Don't expect everything to be done in the first week. Set achievable goals. Give yourself some space to ease back into the swing of things.
- Prioritise: Looking at everything that needs to be done can cause us to become overwhelmed. Make a list, break things down into manageable tasks. Recognise your achievements.
- Don't feel guilty: If you overindulged, enjoyed a bit too much Christmas cheer, or just did nothing. Accept the break for what it was, it's been and gone. It's time to look forward.
- Get back into routine: One reason we may be feeling worse for wear, is because we have been out of our regular routine. Try to start working on this as soon as possible. Three important areas: Diet, sleep and exercise. It's amazing how much better we can feel if we get some balance back in these areas.
- Communicate how you feel: Talk to your kids, partner, wife and/or work colleagues. Everyone is probably feeling a bit hungover. Don't feel isolated and alone
- Normalise your reaction: Remember feeling a little flat can be a normal reaction after holidays

*Holidays are an important part of managing our wellbeing, now it's time to get back on track and get energised for another big year.*

- @RMHI\_4blokes
- Working with Warriors Podcast
- regionalmenshealth.com.au







# What's happening in the Southwest?





## International Women's Day GALA QUIZ NIGHT

with Special Guest MC: Shauna Willis!

### Friday 14th March 2025

A night full of fun to help raise funds for SWWHIC

- ~ Finger food included
- ~ Tables of 8
- ~ No BYO - Bar available

**~ Bring gold coins for quiz games, raffles, silent auction & fun!**

**Venue:** Waters Edge Cafe & Restaurant, Bunbury  
**Time:** 6:30pm arrival for 7pm start




**Tickets:**  
 Single Adult: \$30  
 Table of 8: \$240

For any enquires, please email:  
[admin@swwhic.com.au](mailto:admin@swwhic.com.au)



Supported by



## Bringing up great kids - for Dads

Shelter Brewing Co    Tuesday 11 February - 11 March  
 11 Foreshore Parade Busselton    From 5.30pm - 7.30pm  
 Light meal provided    Free 5 week course

The Bringing Up Great Kids - First 1000 Days group program is a free parenting course that nurtures new dads and dads-to-be as they commence their journey into parenthood.

Join us to:

- explore your parenting style
- understand parent communication and its impact on families
- overcome obstacles to parenting
- learn to support yourself and each other
- meet other dads

Parenting Connection WA are the proud sponsors of this program.



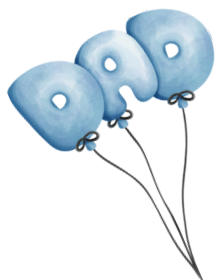
*"The best part is that you'll meet like-minded dads who aspire to be the best versions of themselves for their children."*  
 Bringing Up Great Kids Dad 2023

**Get in touch, register or find out more**  
 Anne - 0490 094 994  
 Catherine - 0407 900 248  
 < radiancesouthwest

radiancesouthwest.com.au  
 parentingconnectionwa.com.au  
 shelterbrewing.com.au

Scan QR code to register  
<https://events.humanitis.com/bringing-up-great-kids-for-dads-first-1000-days-term-3-2025>







# Signal Park Sellathon

It's on again!  
Join us to sell or buy at our popular reuse market

8am - 12pm - Saturday 8 March 2025

8am -12pm - Sellers set up from 7am  
Signal Park, Busselton Foreshore

Inspired to clear out your clutter? Convert your second-hand books, furniture, tools, to sporting goods and other household items to cash and reduce waste going to landfill! Or join us to rummage for a bargain, support reuse and mingle with your community. Hosted by the City of Busselton.

Simply register your stall online by searching Signal Park Sellathon/humanitix or use a registration form available at the City Administration Building at 2 Southern Dr, Busselton. Remember the theme of the market is re-use and reduce!

Please bring your second-hand goods only.  
We look forward to seeing you there.



Come along to your annual, local reuse market!

Visit [www.busselton.wa.gov.au/events](http://www.busselton.wa.gov.au/events) or scan QR code



TICKETS

SCAN ME



an initiative of VALUED LIVES

## A Home of Your Own Workshop

Date: Tuesday 25 February 2025  
Venue: Hudson Road Family Centre, 95 Hudson Road, Withers, WA 6230  
Time: 10 a.m. - 2 p.m.

### Creating Home: Design an Individualised Living Arrangement Tailored to You!

Turn your vision into reality—discover practical steps for people with disability who choose a path outside of group homes.

We invite you to participate in a transformative workshop led by individuals who have successfully made their home dreams a reality. You will:

- Gain insights on how to set your vision and the actionable steps to achieve it.
- Explore valuable tips and tricks to navigate obstacles and create a thriving, sustainable living environment.
- Understand the power of unpaid supports to enhance your journey.

Don't miss this opportunity to empower yourself and take the next steps toward your ideal home!

[empoweredconnections.org.au](http://empoweredconnections.org.au)

For more info please contact  
[info@valuedlives.org.au](mailto:info@valuedlives.org.au)  
1800 833 944



# Bunbury

Term 2025  
Course Schedule



### Laughter is the Best Medicine

Discover the incredible benefits of laughter as a tool for stress relief and learn practical strategies to infuse joy into every day.

Sat 22 Feb | 10am-12:30pm



### Bloom & Grow: Vision Boarding

Get your creative juices flowing and connect with yourself developing your own vision board to get clear on your intentions for the future.

Thu 13 Mar | 1pm-4pm

**Who can participate?**  
Everyone over the age of 18 is welcome to attend

**Where are the courses held?**  
These courses will be held at: Milligan, Wardandi Country, 35 Milligan Street, Bunbury, WA 6230

**How can I find out more?**  
Call: 1300 285 751  
Email: [info@warecoverycollege.org.au](mailto:info@warecoverycollege.org.au)

**How do I enrol?**  
Please enrol online: [warecoverycollege.org.au/courses](http://warecoverycollege.org.au/courses)

**What is the cost?**  
All courses are free

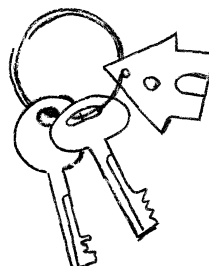


MILLIGAN.

WA Recovery College Alliance

[warecoverycollege.org.au](http://warecoverycollege.org.au)

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





# Easy Chicken Stir Fry

## Ingredients (15)

- 2 tbsp peanut oil (see note)
- 3 chicken breast fillets, trimmed, cut across the grain into thin strips
- 1 brown onion, cut into thin wedges
- 1 red capsicum, deseeded, cut into thin strips
- 250g button mushrooms or mushroom caps, sliced
- 1 bunch broccolini, cut into 4cm lengths
- 2cm piece fresh ginger, peeled, finely grated or chopped
- 2 garlic cloves, finely chopped
- 2 fresh birdseye chillies, deseeded if desired, thinly sliced
- 2 tbsp salt-reduced soy sauce
- 1 1/2 tbsp oyster sauce
- 1 tbsp water
- 100g bean sprouts, to serve
- Coriander leaves, to serve
- White Medium Grain Rice, to serve

## Method:

### Step 1

- Heat wok over high heat for about 1 minute. Add 1 tablespoon of the oil and swirl it around the wok to coat the entire cooking surface and heat for 30-60 seconds or until very hot.
- Add half the chicken strips and stir-fry for 1-2 minutes or until the chicken is sealed and just cooked through.
- Transfer the chicken to a plate and set aside. Add about half the remaining peanut oil to the wok and repeat the process with the remaining chicken strips.

### Step 2

- Add the remaining oil to the wok and heat over high heat until hot. Add the onion and capsicum and stir-fry for 2 minutes

### Step 3

- Add the mushrooms and broccolini and stir-fry for a further 2 minutes.
- Add the ginger, garlic and chillies. Season with salt and stir-fry for 1 minute or until aromatic

### Step 4

- Add the soy sauce, oyster sauce and water and toss for about 1 minute.
- Return the chicken to the wok and stir until the vegetables and chicken are coated with the sauces and the vegetables are tender crisp.

### Step 5

- Remove the wok from the heat, toss through the bean sprouts and coriander and serve the stir-fry immediately with cooked rice or noodles.

enjoy





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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

Submissions due by  
**THIRD FRIDAY**  
of every month

Ring **9729 1669** or email  
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for more information.

"For Sale" ads (2 lines) - FREE

### Centre Trading Hours

Monday to Friday  
8.30am to 2.30pm  
*(With the exception of  
Public Holidays)*



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**Proudly supported by:**



Proud members of



Agents for

