

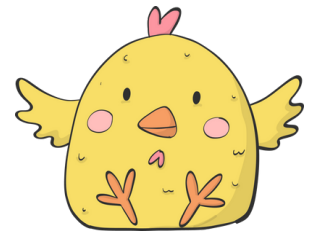
Harvey the Orange

# HARVEY HAPPENINGS

APRIL 2025  
Harvey CRC's  
Community Newsletter

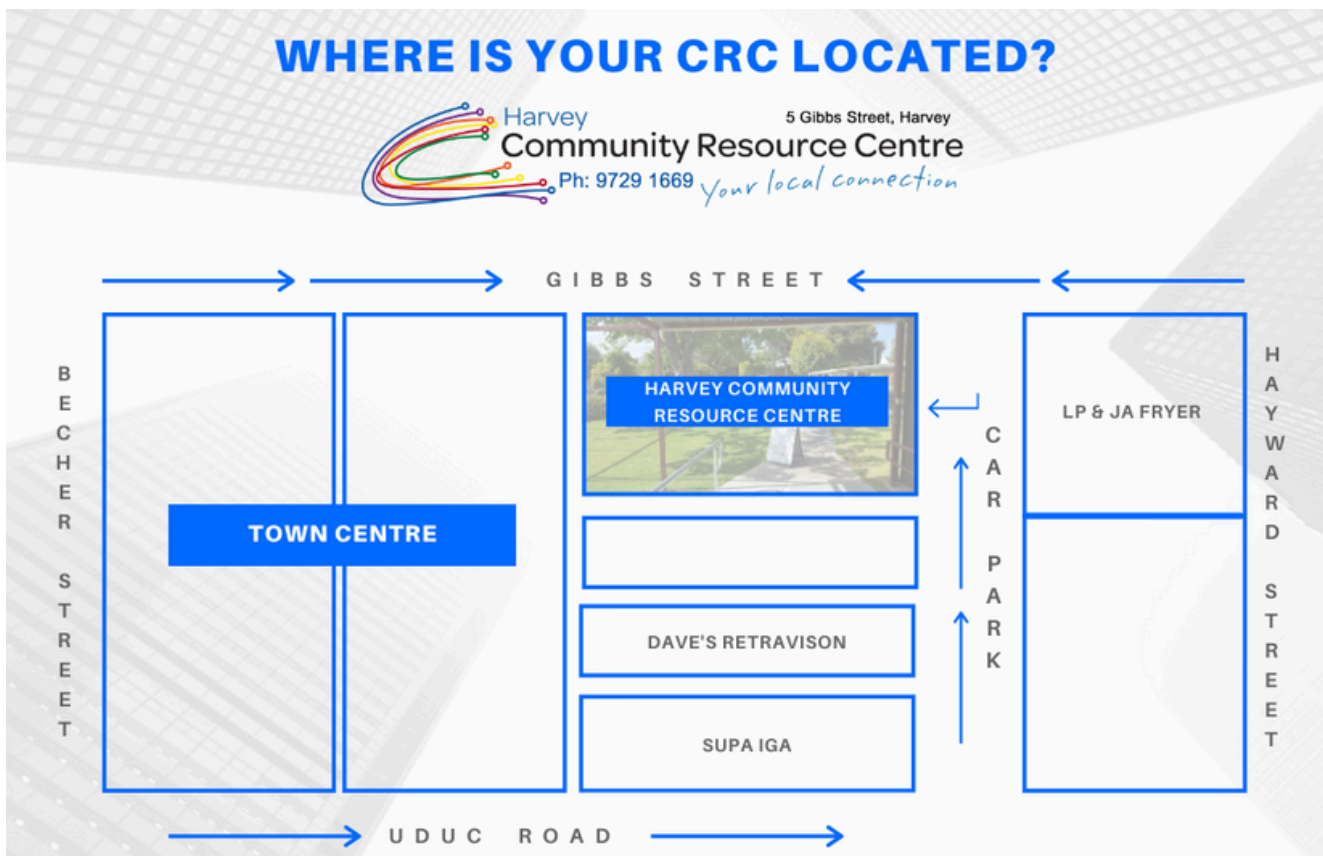


## Do you know what services your CRC provides to the community?



<b>Access to government services</b>	<ul style="list-style-type: none"> <li>• Access to local and state government information and services</li> <li>• Centrelink/Medicare and Child Support Services Access Point</li> <li>• Department of Veterans Affairs enquiries</li> <li>• Multicultural Affairs enquiries</li> <li>• General information and support</li> </ul>
<b>Economic and business development support</b>	<ul style="list-style-type: none"> <li>• Referral services to business development and employment support</li> <li>• Facilitation of business development activities, seminars and initiatives</li> <li>• Business incubation support services; i.e. hot office and internet</li> <li>• Video conference services</li> <li>• Information and support</li> </ul>
<b>Social development support</b>	<ul style="list-style-type: none"> <li>• Referrals to social support services, i.e. NDIS and other health and welfare professionals</li> <li>• Facilitation of social development activities, seminars and initiatives</li> <li>• Information and support</li> <li>• Free computer and technology lessons for seniors, and beginners aged 30 to 50</li> </ul>
<b>Services and products</b>	<ul style="list-style-type: none"> <li>• 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</li> <li>• Essential secretarial services such as; faxing, printing, photocopying, scan/emailing, photo printing, binding, laminating and typing</li> <li>• Room hire for private or business use</li> </ul>
<b>Building community connections</b>	<ul style="list-style-type: none"> <li>• Communication strategies including our community newsletter, website and social media</li> <li>• Community social events</li> <li>• Engagement with community via feedback, surveys and community group meetings</li> </ul>

## WHERE IS YOUR CRC LOCATED?





### INNOVATIVE STAYING IN PLACE CONCEPT

**Staying in Place** is making it possible for older people to stay living in their own homes, in their own small rural and remote community until the end of life (if possible), and thrive. It is about local people delivering local services funded by home care packages.

Local people are delivering home care and support services as contractors, earning per hour more than traditionally employed support workers. They also enjoy greater flexibility and autonomy.

**Are you interested in becoming a contractor?** Staying in Place package costs are less. Clients get more services, more regularly, by the same people and on a day and at a time they choose. Our contractors are invaluable – with a variety of skills, awareness and local knowledge. We do not take for granted the many years of cooking, cleaning, socialising, gardening, preparing wood for the fire, driving, shopping, caring, using technology - all manner of skills you have acquired. You can now be paid for helping local people with those things - and much more. These services and funded packages are essential to help many local people stay living at home, in their own community, as they age.

Harvey CRC is working with *Mable* and *HomeMade* to coordinate essential services in the Harvey area - Great flexibility. Choose your own hours/days. Generous remuneration.

**Workers will need to registered on the *Mable* platform - Which we can help you to do!**

More Information :

**9729 1669**

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





## WHAT TO EXPECT STAYING IN PLACE PROCESS

### First Step

Register with My Aged Care by calling 1800 200 422. They will give you an “AC number”. Note down your AC number as we will need this. You can make an appointment to do this with us if you want.

### We will collect lots of info

We will ask you a lot about your circumstances including personal medical information. You can have a support person present if you wish.

### They will try and assess for CHSP services

CHSP are the lower level of funding packages that are available. These can be used while you’re waiting for the ACAT.

### ACAT will assess you

This assessment may happen in person or over the phone. Someone from Staying in Place can be with you for the assessment if you like. The assessment will take 1 - 3 hours to complete.

### You will get a referral code

The referral code is needed to provide to an Aged Care Provider of your choosing. HomeMade are the Aged Care Provider that we have partnered with to manage the funding of the Home Care Packages (HCPs). With your permission we will give this code to HomeMade and sign you up with us.

### Set up your regular support

We will work with you to set up the support you need to stay living independently. We use “Mable” workers to do this. We will check in with you regularly and you can update us whenever you are feeling like you need more supports.

1

2

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11

### Advocacy Representative

On your first or a subsequent call, you may opt to elect our SIP coordinator as a representative so they can make enquiries on your behalf. She will always do things in consultation with you.

### We will request an assessment

We will call My Aged Care and request an assessment based on your circumstances

### ACAT will (eventually) accept your referral

This is one of the slowest processes. We will call the agencies multiple times on your behalf to hurry things along. Currently, there is about 14 weeks wait for an assessment

### You will get a package allocated to you

Unfortunately, being allocated a package **DOES NOT** mean that you have your funding - yet. They say to expect a 6 - 12 month wait for your referral code

### You are finally with us!

HomeMade have their own nursing assessment that will make sure all your needs are being covered. We use local nurses for these assessments. They will come to your home and complete several documents with you. This can take around 2 hours. HomeMade will also approve an interim support plan so we can get services in place as soon as possible.





with Dianne Weir

# VEGETARIAN COOKING WORKSHOP

## Program Plan

- **Welcome & Introduction**
- **Health Talk** - Robert Stankovic
  - "Blue Zones"
  - "The China Study"
- **Workshop** - Hannah Dawes
- **Vegetarian Cooking Demonstration** - Sarann Dawes



## THURSDAY 24 APR 2025

10:30am to 12:30pm

Harvey CRC  
Undercover Area  
5 Gibbs St.

**\$10 participation fee**

Contact us to register your interest:

📞 9729 1669

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



HOLYOAKE



This project is a joint collaboration between these organisations

# FAMILY FUN DAY!

17th APRIL 2025

10.30AM - 1.30 PM

MERIDEN PARK, HARVEY

## FEATURE ACTIVITIES

- Gaming Truck
- Laser Tag
- Bouncy Castles
- Velcro Wall
- Live DJ & Skateboarding
- Workshop with Soggy Bones

## COMMUNITY SURVEY QR CODES

18+ YEARS

12 - 18 YEARS



## HAVE YOUR SAY!

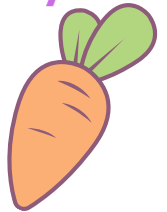
FREE COFFEE for adults & FREE ICECREAM for 12-18 year olds that complete our community survey!



**FREE!!**

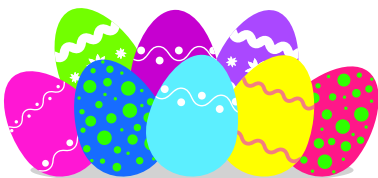


Do you have excess shopping bags taking up space?  
 Please consider donating them to your friendly CRC.  
 We would be happy to receive any clean & sturdy ones (with handles if possible)



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



FOODBANK



## Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH

1 April 2025, 9:00 - 9:45am

15 April 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



Financial Counselling.  
 It's more than budgeting.

We visit Harvey CRC Wednesday fortnightly

Call 9720 9200 for an appointment.



**St Vincent de Paul Society (VIC) INC**  
*good works*

**Vinnies Emergency Assistance**

CALL 1300 794 054 Weekdays 9.00am to 12.30pm

We can help with food, clothing and furniture; financial counselling; vouchers; for essentials; utility bills; rent assistance; pharmacy bills for prescriptions assistance; transport & friendly advice.  
[vinnies.org.au/vic](http://vinnies.org.au/vic)

For free confidential advice from professional financial counsellors please call the National Debt Helpline.

**NATIONAL DEBT HELPLINE**  
 1800 967 087

Monday - Friday  
 9.30am to 4.30pm



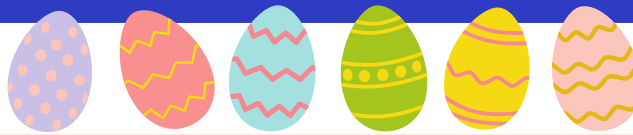
# PROBUS CLUB OF HARVEY

PROBUS is a club for retired and semi-retired individuals, offering opportunities for fellowship, friendship and engagement through social activities, including outings and monthly meetings with guest speakers.  
*Harvey Probus meets on the first Tuesday of each month, Outings are organised for the third Wednesday of the month.*

*Guests are  
always  
Welcome!*



If you are interested in joining us or would like further information, please contact: -  
**Rusty Miller**  
0428 931 105



# Morrissey

Actively Supporting You



# 40 Years

ANNIVERSARY

### Services Offered

- Aged Care Respite
- NDIS-Short term accommodation
- Dementia services
- Social assistance
- Social groups
- Domestic services
- Transport service

### Specialising in Respite

- Homely appointed rooms
- Home cooked meals
- Group or individual activities
- Pick up and drop home
- Short outings to places of interest
- Planned or unplanned



## Contact the Team today!

08 9725 4699



Fully compliant organisation - trust and reliability

Info@mhi.org.au  
www.mhi.org.au



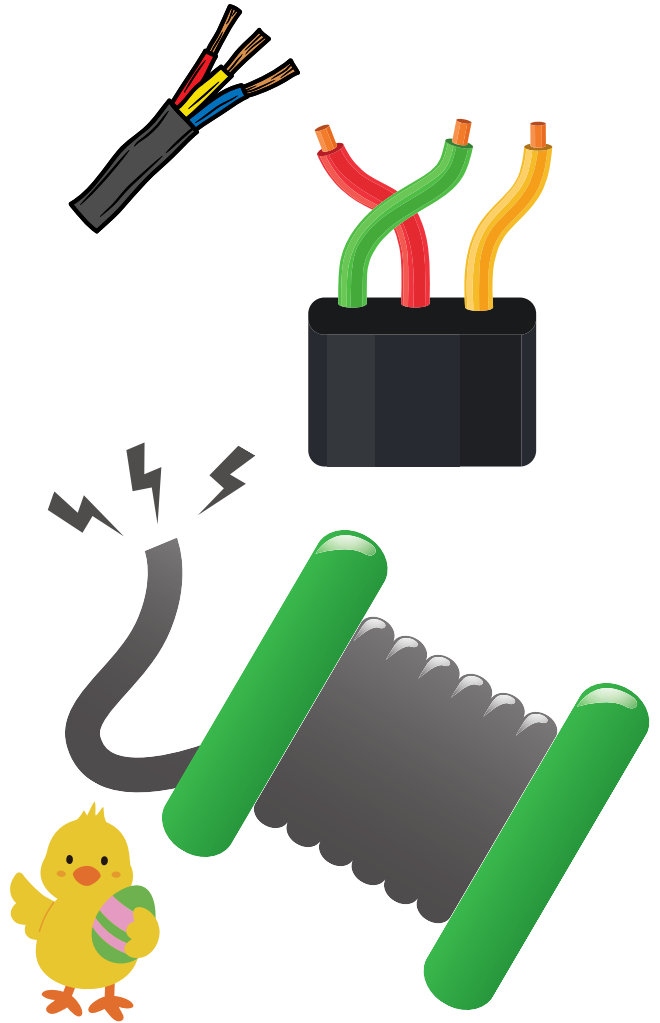
**Ron Kruger**  
Manager/Director

**RK Cabling**

0402 810 071  
ron@rkcabling.com.au  
Harvey and surrounding suburbs  
www.rkcabling.com.au

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

Reg No: T50600



# NOLA **MARINO** MP

Federal Member for **Forrest**

*Focused on Forrest*

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

9721 3788 Nola.Marino.MP@aph.gov.au nolamarino.com.au nola.marino.mp

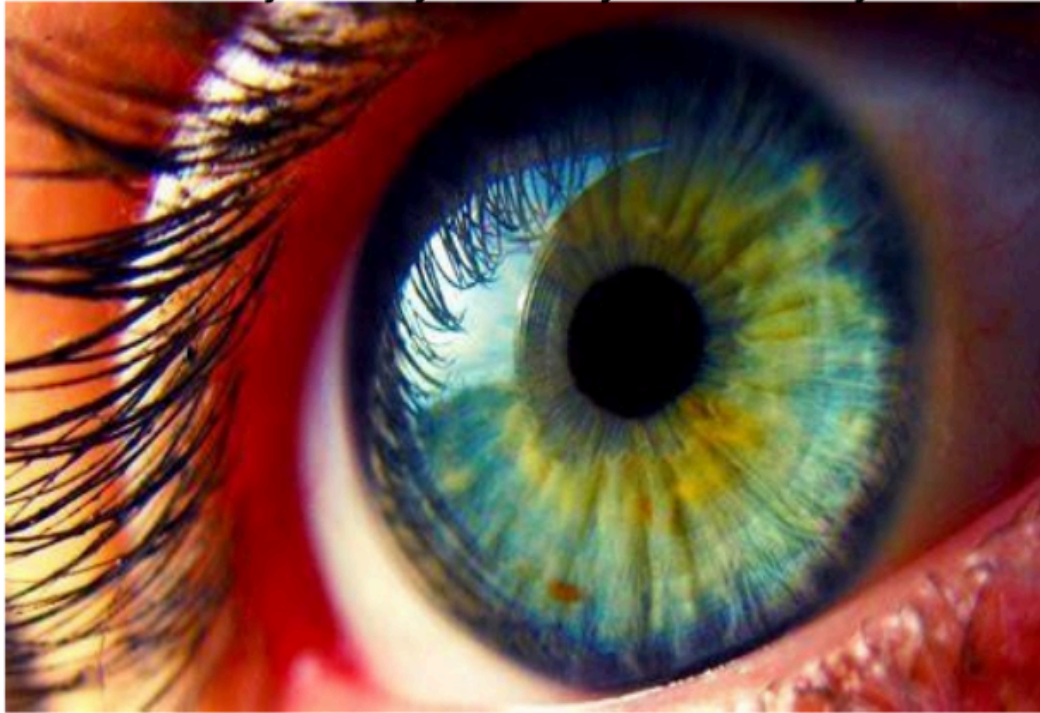
Authorised Nola Marino MP, Liberal Party of Australia, Grand Cinema Complex, Victoria Street, Bunbury WA 6230.





# IRIDODOLOGY

Find out what your eyes tell you about your health!



At Harvey CRC

**Thursday 10th April 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)





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

## New Cancer Council WA campaign empowers young people to break free from vaping

Cancer Council WA, with funding from Lotterywest and Healthway, has launched a new Clear the Air campaign, 'You can break free from vaping', to help young West Australians aged 14-24 who currently vape, to quit.

The campaign involves real young people sharing their stories and experiences on the negative impact vaping had on their health, and the positive impact quitting has had on their lives. This campaign's message is that quitting vaping is possible and many others are doing the same. It aims to empower young people to take control of their health by recognising the signs of addiction and providing them with the resources they need to quit.



People are encouraged to visit [cleartheair.org.au](https://cleartheair.org.au) to access tips to quit, take the 'Am I addicted' quiz, and use the quit savings calculator to see how much they can save by quitting vaping. For more information, please contact [cleartheair@cancerwa.asn.au](mailto:cleartheair@cancerwa.asn.au).

## Registrations are now open for Australia's Biggest Morning Tea 2025

This year in May, Cancer Council's Australia's Biggest Morning Tea turns 32! People are being encouraged to gather friends, family or workmates for "a cuppa and a bite to eat" whilst raising money to fund cancer research, new treatments and education, all to save precious lives. This year, our signature event aims to raise more than \$1.6 million to continue with life-saving cancer research, prevention, advocacy and support programs. Whichever way you choose to celebrate Australia's Biggest Morning Tea, every dollar raised will make a huge difference.



Remember, it doesn't need to be fancy - your Biggest Morning Tea could be at home with friends or family, a simple morning tea in the office with workmates, a virtual get-together, or a gathering in the local community or at school. The official date is Thursday 22 May 2025, and anyone can register to host an event at any time from now until June.

Simply register online at [biggestmorningtea.com.au](https://biggestmorningtea.com.au).

**Every minute, every hour, every day.**



## Your Natural Health Questions Answered

# Menopause: What's Really Going On (and What You Can Do About It)

**with Jacqueline Stenhouse, Naturopath, Nutritionist & Iridologist**

*Menopause. It's one of those things we hear about long before it arrives – but when it does, it can feel like no one really warned us what to expect.*

*In simple terms, menopause is the natural point in time when your menstrual cycle stops, marking the end of your reproductive years. It's officially 'menopause' when you've gone 12 months without a period, but the lead-up (perimenopause) and the after-effects (post-menopause) can bring a wide variety of symptoms.*

### **Some of the many symptoms women may experience include:**

- Hot flushes and night sweats
- Trouble sleeping
- Mood swings or anxiety
- Brain fog or forgetfulness
- Weight gain (especially around the middle)
- Fatigue
- Vaginal dryness or discomfort
- Changes in skin, hair, and nails
- Joint aches and stiffness
- Low libido

*Sound like a long list? That's because menopause doesn't just affect your ovaries – it influences your entire hormonal system, which in turn affects your brain, bones, heart, gut, and mood.*

*It's important to note that there is a) no order to any of the symptoms many women experience them in different ways and b) not everyone experiences all of the symptoms it varies, some may experience a few and some more.*



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## Your Natural Health Questions Answered

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**with Jacqueline Stenhouse, Naturopath, Nutritionist & Iridologist**

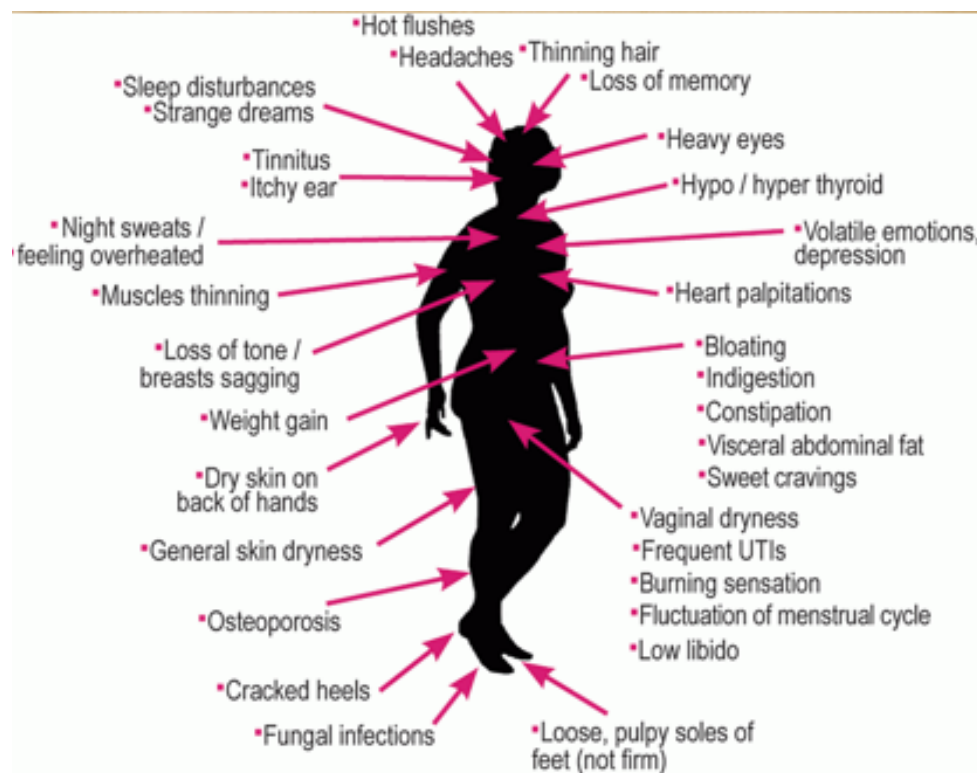
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### **So what can you do?**

The good news is – there are plenty of supportive options to help you feel more balanced and in control:

- Focus on whole, nutrient-dense foods to support hormone balance (especially good fats, fibre, and quality protein)
- Move your body – regular exercise helps with mood, weight management, and bone strength
- Get quality sleep (I know, easier said than done – but it's key)
- Manage stress – your adrenal health becomes even more important at this stage
- See natural support: seeing a qualified naturopath can help. These health professionals look at the big picture – your diet, lifestyle, hormones, gut health, and stress – and tailor natural solutions (herbs, nutritional supplements, and lifestyle advice) to help you feel like yourself again.

*Menopause might be inevitable, but struggling through it isn't.*



Jacqueline Stenhouse, from the The Healthy Alternative offers iridology consults and natural health advice at Harvey Community Resource Centre on the second Thursday of the month.

You can contact her on 0428 921656.



Mentally Healthy WA

# REIGNITING AN OLD ART PASSION



Arts April is an Act Belong Commit initiative that encourages everyone to participate and appreciate the importance of art and its contribution to mental health and wellbeing.

During Arts April, we encourage you to revisit an old hobby or passion. It could be dusting off the paintbrushes, tuning up your instrument, resuming an unfinished knitting or craft project, bringing out your old dance shoes, or taking some inspiration from your old poems and short stories to rekindle your creative interests.

This could be as simple as getting creative in the comfort of your home, or getting involved in a community art class, group or club.

Reconnecting with our creative selves is a great way to look after our wellbeing as it allows us to process and express emotions. Doing these activities in a group setting is also a great way to meet new people with similar interests and stay socially connected. Or perhaps you might like to share your passion by teaching a friend or family member a particular art.

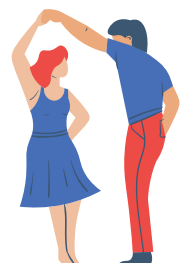
Harvey Community Resource Centre therefore encourages our community to participate in art this April for their mental health and wellbeing.

We suggest visiting your local Council website or searching the Act Belong Commit Activity Finder to find an Arts April activity in your area.

We also recommend visiting the Act Belong Commit website for more information about the link between art and wellbeing.



For good mental health:  
**Act** – do something!  
**Belong** – do something with someone.  
**Commit** – do something meaningful.



OFFICIAL



Department of  
Primary Industries and  
Regional Development

# Backyard Buddies

Your monthly guide to pests, weeds and diseases

April 2025

## Annual Ryegrass Toxicity (ARGT)

### What is it?

Annual Ryegrass Toxicity (ARGT) is a disease present in parts of Western Australia that typically occurs in animals grazing on pasture or cereal stubble containing annual ryegrass infected with a nematode (*Anguina sp*) and a bacterium (*Rathayibacter toxicus*) between late spring and the end of summer. The disease can also occur in animals given feed containing infected ryegrass. The disease results from the ingestion of a toxin produced by the bacterium.

### How does it happen?

The toxin producing bacterium are carried into the ryegrass by the nematode. The nematode invades the developing seeds of the ryegrass, replacing it with nematode galls (abnormal growth on plants). Nematode galls are not toxic and cause no resulting disease when consumed by animals. However, if the bacterium is attached to the nematode it will begin to grow and produce a bacterial gall with subsequent production of the toxin that causes ARGT.

### What does it do?

The toxin that causes ARGT has a cumulative effect, continued consumption of infected feed will increase levels in the animal over time until symptoms develop. Symptoms can become visible within a week or two after introduction of animal to toxic feed or pasture but can take up to 12 weeks. Typically, affected animals show signs of muscle tremors, convulsions, grinding of teeth, nystagmus (rapid, repetitive, uncontrolled movements of the eyes), lateral recumbency (unable to rise from lying on their sides), jumping or swaying gait, aimless wandering and ataxia (poor muscle control that causes clumsy movements), followed by death. Signs are provoked when animals are driven or moved.



Horse eating feed purchased from a supplier that tests for ARGT.

### What can I do?

The Department of Primary Industries and Regional Development Diagnostics and Laboratory Services (DDLs) can carry out testing to detect the bacterium and provide a potential risk rating of feed, with the aim to prevent and limit exposure of the toxin to animals. For sampling and submission instructions please visit <https://www.agric.wa.gov.au/livestock-biosecurity/testing-hay-annual-ryegrass-toxicity-argt-risk>

### Steps to prevent annual ryegrass toxicity ARGT

1. Have your feed (hay, pasture, processed feed and silage) tested for the presence of ARGT.
2. If you are buying in feed, always check the seller has a laboratory report to show the hay sample tested is "No Risk" or "Low Risk" for ARGT.
3. Observe your animals daily when they are on pasture containing ryegrass or being fed hay, as early removal from the toxin can allow animals to recover.

The Department of Primary Industries and Regional Development (DPIRD) Diagnostics and Laboratory Services (DDLs).



### Report your observations

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

## Scam alert: Help to Spot and Avoid Scams

Scams work because they look like the real thing and scammers contact you when you're not expecting it, or busy trying to do many things at once.

Criminals take advantage of new technology, new products or services and major events. They use them to create believable stories that convince you to give them your money, financial or personal details.

Always stop and check before you act. Scammers rely on you not spotting these warning signs because you're in a hurry, you don't want to miss something that looks like a great deal, or because it seems like it's from someone you trust.

Here are some common signs that something is a scam and how to stay protected.

### What is a Scam?

- Scams are economic crimes run by criminals who are often very organised and sophisticated.

### A Scam is:

- when someone deceives you into providing personal or financial information so they can steal from you

### A Scam is NOT:

- Someone hacking your computer, device or account to steal from you
- Buying something that turns out to be poor quality
- Paying more than something is worth

Not all negative experiences are scams. While it's disappointing if you buy something that's not as described, it doesn't make it a scam. You have rights under the Australian Consumer Law for these sorts of issues.



... PTO



**STOP. CHECK. PROTECT.**  
Three small steps to keep Australia safe from scammers.

...Continued

## Common signs of a Scam

It can be very hard to spot a scam, but there are some warning signs to watch for:

### It's an amazing opportunity to make or save money

Scammers trick you into believing you're getting an incredible deal or offer. They pressure you to act quickly so you don't miss out. Remember, deals that seem too good to be true, usually are.

### Someone you haven't met needs your help – and money

Scammers try to use your good nature against you. They tell heartbreaking or tragic stories to convince you to help them and give them money. Always be wary of any appeal for money and never give more money than you are willing to lose if you can't independently confirm that the story is true.

### The message contains links or attachments

Never automatically click a link or attachment you receive via email or text. Scammers try to catch you off guard and send you to scam websites designed to steal your information and money.

Always make sure that the sender is who they say they are and that you know what you are opening. It's safest to find the information yourself by browsing to the website or app rather than clicking on a link.

### You feel pressured to act quickly

Scammers don't want you to take your time to think things through. They use techniques designed to catch you off guard and rush you, either saying if you don't you'll miss out or threatening that something bad will happen.

### They ask you to pay in an unusual or specific ways

If a person asks you to pay with preloaded debit cards, iTunes cards, or virtual currency like Bitcoin, chances are it's a scam. Once this money is spent, you can't get it back.

### They ask you to set up new accounts or PayIDs

If someone asks you to set up a new bank account or PayID in order to pay them (or be paid by them), this is a clear sign you should be suspicious. It could be a scam, or money laundering. Your bank will never ask you to open new accounts to keep your money safe. Stop and check who you are dealing with.



## Watch out for follow-up Scams

If scammers have been successful, they will try to get more money. Unfortunately, 1 in 3 victims of a scam have been scammed more than once. If scammers have stolen your money, financial or personal information, watch out for new scams - especially if someone contacts you to 'help you get your money back'.





# What's happening in the Southwest?



Join us to hear about how to prepare documents for **your life's last choices.**  
 Explore end-of-life planning in an engaging, accessible way, leaving you feeling confident in knowing what options are right for you and your family



**YOU WILL**  
 Feel more empowered with knowledge of navigating aspects of the end-of-life system.  
 Hear about accessing legal documents through to planning a funeral, understanding palliative care and more.  
 This workshop, in a relaxed, supportive learning environment will cover the essentials to help you navigate 'what's next'  
 A Workshop will also be conducted on a Friday at end of June in Bunbury with keynote speakers – please let us know if you would be interested to attend the Bunbury session  
 Please Register by 2<sup>nd</sup> April to assist with catering.

You are invited to a **FREE INFORMATION SESSION**  
**FRIDAY**  
 4<sup>th</sup> April 2025  
 12.30pm for 1.00pm start – 3.00pm  
**Eaton Family Centre**  
 Cnr Hale & Charterhouse Streets  
 Off Hamilton Street  
 Refreshments Provided

- \* **A FREE EVENT FOR PEOPLE OF ANY AGE**
  - \* **TALK TO Professionals** working in the End-of-Life Planning arena
  - \* **FREE information packs & Prizes**
- It is recommended that people of all ages complete their Life's Last choices & official documents - not just older adults

We look forward to welcoming you, your relatives and friends



**TO REGISTER:** send your Name, Phone, Email, Coming Alone? Number with you? Your Postcode to [eatonfamilycentre@gmail.com](mailto:eatonfamilycentre@gmail.com). Or Text to Diane 0419 190 017  
 Need more information? Call Diane as above or call into Eaton Community Hive Inc. (formerly Eaton Family Centre) Cnr Hale & Charterhouse Streets Eaton – off Hamilton Rd.

## LESCHENAULT MEN'S SHED

### BIG BREAKFAST

# 6.33 am

**GUEST SPEAKER TOPIC**  
**"PREVENTING BEING SCAMMED"**

**DAY:** THURSDAY  
**DATE:** 17 APRIL 2025  
**ENTRY:** BY YOUR WILLING DONATION  
**SPEAKER:** START @ 7.03 AM  
**MENU:** BUFFET STYLE  
**WHERE:** LESCHENAULT MEN'S SHED  
 5 LEISURE DRIVE  
 AUSTRALIND 6233  
 (BEHIND AUSTRALIND POLICE STATION)  
 OPEN TO PUBLIC  
[WWW.LMSHED.ORG.AU](http://WWW.LMSHED.ORG.AU)  
 LIKE US ON FACEBOOK FOR MORE INFO



# WARRIOR WELLBEING ARTICLE



## Understanding Our Prostate

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
April 2025

Recent ABS data indicates prostate cancer is the 2<sup>nd</sup> most common cancer to cause death in Aussie males, with around 3700 deaths each year. In the work we do, great importance is placed on educating men and hearing their individual stories around early detection & diagnosis, treatment options, post-surgery & other treatment recovery, and most importantly being a prostate cancer survivor.

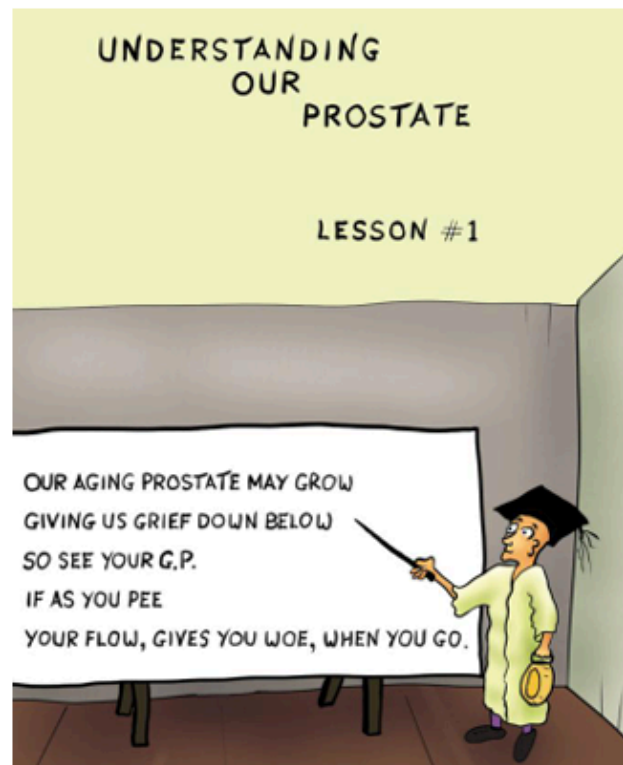
However, there is also a much broader and holistic conversation that needs to be had at the same time about this little gland that makes up an important part of our manhood. Because along with prostate cancer there are two other major issues that can affect the prostate:

- Prostate enlargement (BPH: benign prostatic hyperplasia) – the most common prostate disease in men is enlargement of the prostate gland
- Prostatitis (inflammation of the prostate gland that can cause pain)

The prostate gland is an important part of our reproductive system, it is about the size of a walnut (in a young man) and makes the fluid that protects, transports and feeds the sperm produced.

This little gland is shaped like a donut and the tube we pee with (the urethra) passes right through its centre. The problem is that as part of the ageing process the prostate keeps growing, trebling in size over our life, and as the prostate enlarges it can restrict the urethra, inhibiting our ability to urinate properly.

Most of us know that some older men have trouble emptying their bladder. Sometimes this means getting up often during the night and not being able to urinate when they need to, which is a nuisance and can be embarrassing. Something more serious could be happening such as a blockage, which can cause repeated urinary tract infections or result in bladder or kidney problems, or it could be prostate cancer. Unfortunately, the symptoms of several prostate conditions are similar.



As men, we need to act on any prostate issue that is affecting us and find out if it is part of the natural ageing process or something else. If troubled by urination problems, see a doctor (no matter what our age). If the doctor agrees that our symptoms need further investigation, we may need to undergo a few tests.

Diet is important to prostate health, we know that eating about 150 grams of nuts a week and incorporating natural red foods such as beetroot, tomato and watermelon into our diet, helps keep our prostate and the rest of our body in good condition. Regular low to moderate intensity exercise also plays a big role, a brisk 30min walk can not only make us feel great but can help reduce the risk of prostate problems. Exercises that strengthen our pelvic floor (yes, we do have one!) are not only important for dealing with issues surrounding our prostate health, but also the bowel, bladder and even our sexual function.

📍 @RMHI\_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au



# Hot Cross Chocolate Mug Cake



## Ingredients

- 1 Small Stale Hot Cross Bun
- 80ml (1/3 Cup) Milk
- 1 Egg
- 1 tbsp Caster Sugar
- 3 tsp Dark Chocolate Chips
- Icing Sugar to Serve

## Method

### Step 1

Cut a slice about 1cm thick from the top of 1 small stale hot cross bun.  
Cut remainder of bun into 1.5cm cubes.

### Step 2

Whisk together 1/3 cup milk, 1 egg and 1 tbs caster sugar, in a jug. Place a third of the cubes into a 1 cup heatproof mug and sprinkle with 1 tsp dark choc chips. Pour over a third of the milk mixture. Continue layering with remaining bun cubes, 2 tsp dark choc chips and remaining milk mixture.

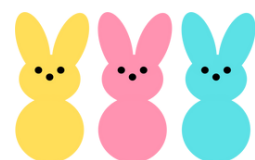
### Step 3

Place bun lid on top and press down slightly so it absorbs some of the milk mixture.

### Step 4

Stand mug on a heatproof plate (it may overflow a little depending on the size of your bun). Microwave on High for 2½ minutes. Dust with icing sugar.

DELICIOUS





# VISITING OUTREACH SERVICES

## GP Downsouth

GP Downsouth is a not-for-profit community organisation providing health and well-being services in the South West and Peel regions of WA.

In the Peel region, they operate Nidjalla Waangan Mia Aboriginal Health and Wellbeing Centre, the Peel Youth Medical Service (including the 3 Tier Youth Mental Health Program) and the Peel Mobile Health Service. In the South West, they provide Mental Health Services, Community Child Health Service and Aboriginal Health Services.

**Consultations: Monday fortnightly and Wednesday weekly**  
**Call 9754 3662 for appointments**

## South West Community Legal Centre

The South West Community Legal Centre is a not-for-profit, independent community organisation committed to delivering legal advice and information to low-income and disadvantaged people in the South West region of Western Australia.

**Call 9791 3206 for appointments**

## Advocare

Advocare is an independent, community-based, not-for-profit organisation supporting and protecting the rights of older people in Western Australia through information, advocacy and education.

**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**





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