

Harvey the Orange

# HARVEY HAPPENINGS

MAY 2025  
Harvey CRC's  
Community Newsletter



*Do you have a few minutes to spare?*  
*.. Please give us your feedback..*  
*See Page 23 for our survey or click here*



# Ripples of Change

## Guided Tai Chi Session and Morning Tea

Celebrate the transformative power of small actions with a peaceful Tai Chi session followed by a relaxed morning tea.


This event will embody the theme of "Ripples of Change," focusing on how mindful practices and community connections can create positive impacts.

Whether you're a Tai Chi expert or curious beginner, all are welcome to join us for a peaceful and enriching morning.

*Tuesday, 13th May 2025*

*9:00am*

No tickets are required. An entry donation is appreciated.

 5 Gibbs Street, Harvey

 [harveycrc.com.au](http://harveycrc.com.au)





### 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 be 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

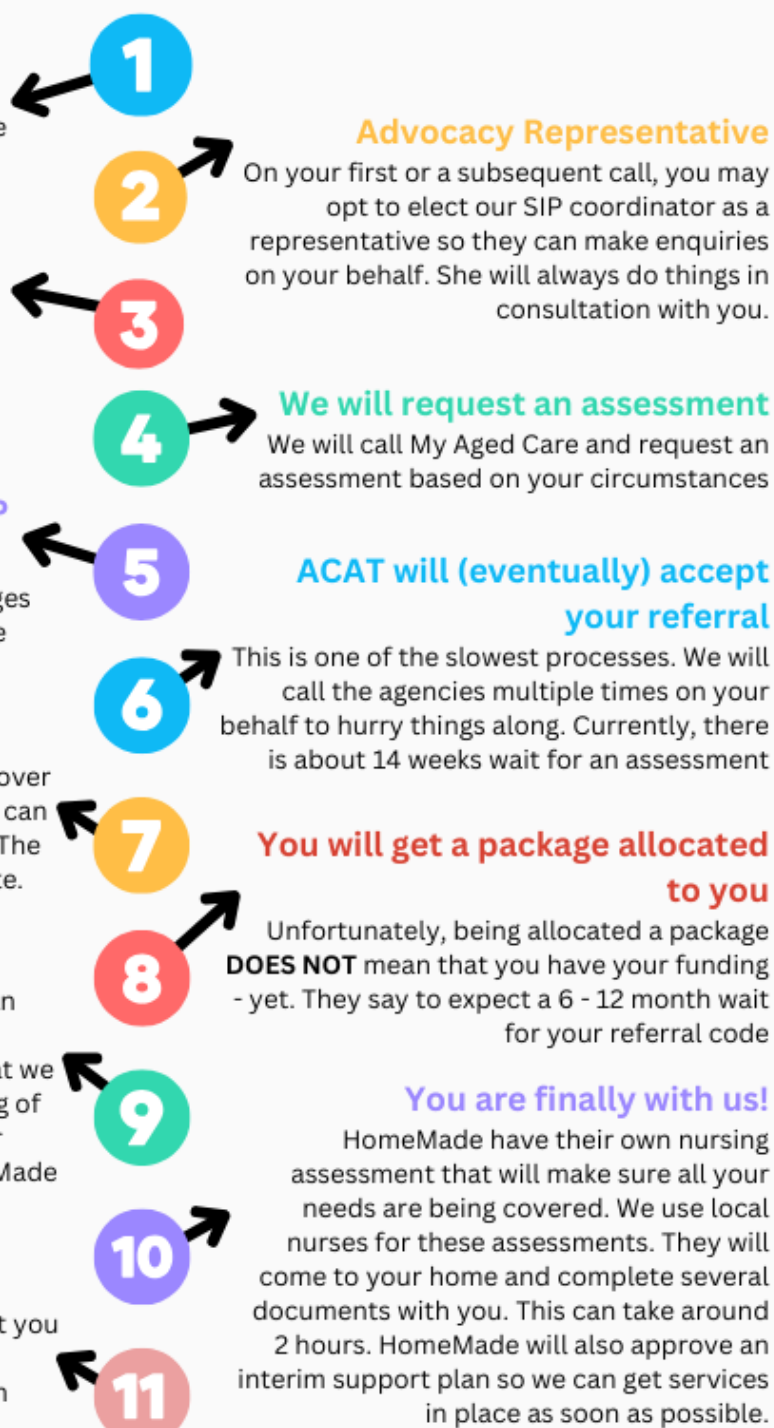
This assessment may happen in person or over the phone. Someone from Staying in Place can be with you for the assessment if you like. The assessment will take 1 - 3 hours to complete.

### 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.







# UNMISSABLE EVENTS

## The Great British Songbook

Saturday 10 May

Get ready for a musical journey through decades of British chart-toppers! UK singer Craig Martin and band delivers unforgettable hits from the biggest British bands, singers, and songwriters of all time.



## Thirst

Saturday 31 May

A funny, tender romantic comedy, full of song and heart. The Glass Slipper Tavern desperately needs repairs but it's not easy operating on a shoestring budget. Can a karaoke night fundraiser, with the help of Roxy, a savvy barmaid with secret talents, help them save the pub?



## Celebrating The Seekers

Tuesday 3 June

Join Keith Potger, founding member of The Seekers, for an unforgettable tribute to the legendary group that took the world by storm. Through songs, rare footage, and heartfelt stories, Keith brings to life the music and memories that shaped The Seekers' rise to fame.



## Indoor Markets & Toddler Playdate

Saturday 7 June

Free entry  
Huge range of market stalls  
Live music  
Food stalls

PLUS

Harvey Libraries will be  
hosting a free Toddler  
Playdate for 0 - 5 years



## Little Red Riding Hood and The Lost Little Llama

Monday 30 June

Two magical performances with "The Lost Little Llama", a heartwarming tale of a lost llama's journey home, and "Little Red Riding Hood", a classic story of bravery told through the art of ballet!



Scan to book tickets or to find out more  
information about upcoming events!





# IRIDOLOGY

Find out what your eyes tell you about your health!



At Harvey CRC

**Thursday 8<sup>th</sup> May 9am-1.30pm**

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

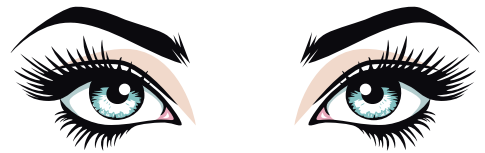
[www.thehealthyalternative.com.au](http://www.thehealthyalternative.com.au)

**Natural Health Consults also  
available**

Contact Jacqueline for information & to book

**0428 921656**

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



## What Do Your Eyes Reveal?



**Regional  
Tech Hub**

**Helping regional Australia to get  
connected, improve connectivity,  
and stay connected.**



The Regional Tech Hub provides FREE, personalised, independent advice and support on internet, phone and mobile options for anyone living and working in rural, regional, and remote Australia.

**OUR SERVICES INCLUDE:**

Personalised connectivity  
reports  
Phone assistance hotline

Online information and  
resource hub  
Escalation support

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

 1300 081 029

 [facebook.com/RegionalTechHub](https://facebook.com/RegionalTechHub)



## Your Natural Health Questions Answered Iron Deficiency: More Than Just Tiredness



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

Iron deficiency is one of the most common nutritional deficiencies in Australia, affecting people of all ages — particularly women, children, and those with chronic health conditions. While it's often associated with fatigue and low energy, iron deficiency can impact everything from cognitive function to immune health, and it's not always as simple as "eat more steak."

Iron is essential for producing haemoglobin, the protein in red blood cells that carries oxygen throughout the body. When your iron stores are low, your body struggles to get the oxygen it needs, leaving you feeling tired, weak, and often short of breath. Other symptoms can include pale skin, dizziness, headaches, poor concentration, and even hair thinning or brittle nails.

So, what causes iron deficiency? While inadequate iron intake through diet is one factor, it's not the only piece of the puzzle. Chronic blood loss — such as heavy menstrual periods or internal bleeding — can significantly deplete iron levels. But a less talked about contributor is poor absorption. Even if you're eating enough iron-rich foods, your body might not be absorbing it effectively.

Nutrient malabsorption can be influenced by various health conditions, including coeliac disease, inflammatory bowel disease (like Crohn's or ulcerative colitis), and low stomach acid. Food intolerances may also play a role, as they can lead to chronic gut inflammation, impacting the integrity of the digestive lining and limiting how well nutrients — like iron — are absorbed. Additionally, consuming iron inhibitors such as excessive tea, coffee, or calcium supplements with meals can block absorption.

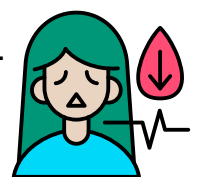
Vitamin C is a key player in helping the body absorb non-haem iron (the form found in plant foods), so low levels of vitamin C may contribute to deficiency as well. A diet lacking in supportive nutrients — or one that's too restrictive — can compound the problem.

If you suspect low iron, it's important to get proper testing done. A qualified health practitioner can assess your levels and explore possible underlying causes. Iron supplements may be recommended, but these should always be tailored to your individual needs — and taken under guidance, as excess iron can also be harmful.

Supporting your gut health is also crucial. A nutritionist can help identify and correct absorption issues through dietary strategies and targeted supplementation. And for a broader view of how your body is functioning, tools like iridology can offer insights that guide more holistic care.

Iron deficiency is common — but it's not something you have to live with.

If you suspect you are iron deficient, see your health professional.



**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 to book an appointment.**





# Regional Tech Hub

## ***Getting You the Right Connection for Where You Live and Work in Regional WA***

For many people living and working across regional Western Australia, staying connected isn't just about convenience—it's critical to running a business, keeping in touch with loved ones, and staying safe in emergencies. Yet, issues with your internet, unreliable mobile coverage, and the complexity of finding the right solution can make digital connectivity feel like a full-time job.

That's where the Regional Tech Hub steps in.

Funded by the Australian Government and run by the National Farmers' Federation, the Regional Tech Hub is a free, independent service designed to help people living in regional, rural, and remote communities understand and improve their connectivity options—whether that's internet, mobile coverage, or digital devices.

### **Personal Help When You Need It**

The beauty of the Regional Tech Hub is that it's made for the bush. It recognises that what works in the city doesn't always work on the farm. From small towns to remote stations, the RTH provides tailored advice that considers your location, your needs, and your current setup.

If you're not sure which internet or mobile solution is best for your area, the Regional Tech Hub team can walk you through the available technologies—like satellite, fixed wireless, or mobile broadband—and help you make an informed decision. They can also troubleshoot existing issues, explain how to boost your signal with external antennas or repeaters, and help you work out whether your setup is actually doing the job it should be.

### **You Don't Have to Be Tech-Savvy**

The team understands that not everyone is a tech expert. They speak in plain English and take the time to understand your situation, whether you're a fourth-generation Wheatbelt farmer or a young couple managing a cattle station up north.

You can contact the RTH by phone, or through their website. They also regularly visit field days, ag shows, and local events across WA to speak with people face to face. It's all about meeting people where they are and providing practical help in a way that makes sense.

### **Keeping Regional WA Connected**

In an age where everything from weather forecasts and machinery updates to financial records and livestock sales rely on connectivity, reliable internet and mobile coverage are no longer luxuries—they're essential tools of the trade.

The Regional Tech Hub is here to help ensure that no matter where you live, you're not left behind. Whether you're trying to install a booster, change providers, switch from one available technology to another, or simply figure out why your connection keeps dropping out, the Regional Tech Hub is your go-to support service.

Best of all, it's free.

### **Get in Touch**

To get help or find out more, visit [regionaltechhub.org.au](https://regionaltechhub.org.au), call 1300 081 029, or follow the Regional Tech Hub on Facebook to see where they'll be visiting next.

Because no matter how remote your location, you deserve to stay connected.



**FOODBANK**



## Mobile Food Van

**IN HARVEY TWO TUESDAYS A MONTH**

**6 May 2025, 9:00 - 9:45am**  
**20 May 2025, 9:00 - 9:45am**  
(Concession cards are no longer required to avail this service, just come in to the 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**



**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)**



**Financial Counselling.**  
**It's more than budgeting.**

We visit Harvey CRC  
Wednesday fortnightly

Call 9720 9200 for an appointment.







# Care Navigator

## Youth Mental Health

**Looking for support, but not sure where to start? We're here to help.**

Youth Focus has launched a new service to support young people and their families in Capel and Harvey.

The **Care Navigation Service** helps young people aged 12 to 25 connect with the right services and support in their community, based on their current needs.

The Youth Focus Care Navigator can provide you with information, resources, and guide you to the services you need.



Scan the QR code,  
phone 0439 108 380 or email  
[carenavigator@youthfocus.com.au](mailto:carenavigator@youthfocus.com.au)  
for more info.

   @youthfocuswa

[carenavigator@youthfocus.com.au](mailto:carenavigator@youthfocus.com.au) | 0439 108 380





## A Season of Happiness

Turning your dreams into reality



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We are simply here to help you get back on top of things. Regular articles on Money, Health, Special Interest Features and some really great Recipes. Everyone is welcome and it won't cost you a bean to read, copy and print whatever takes your fancy.



### MONEY



Ways to survive on a fixed income and stay within budget. Turn credit and credit-cards from a liability to an asset. Learn how to spot the scams and take the sting out of money. Pick up your Free Monthly Planners from the website.



### HEALTH



Improve general health, self-esteem and confidence. Learn to develop an optimistic view to give yourself a better lifestyle. Diet, exercise, better ways to cope: all here on A Season of Happiness.



### RECIPES



Simple, tasty dishes that everyone can make. Even when you're on a tight budget, you can still enjoy a hearty meal without spending a fortune. Most of them can be made **GLUTEN-FREE**.



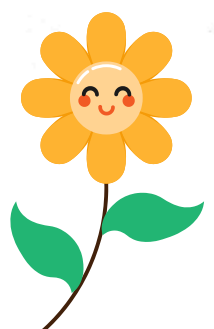
New to the Internet, or having problems finding your way around? A Season of Happiness is a safe website and is very easy to use. You are welcome to come any time. Try out some of the suggestions in Internet Tips, or simply practice skipping around on your own.



Just Google: [www.aseasonofhappiness.com](http://www.aseasonofhappiness.com)

A Season of Happiness Community Awareness Incentive

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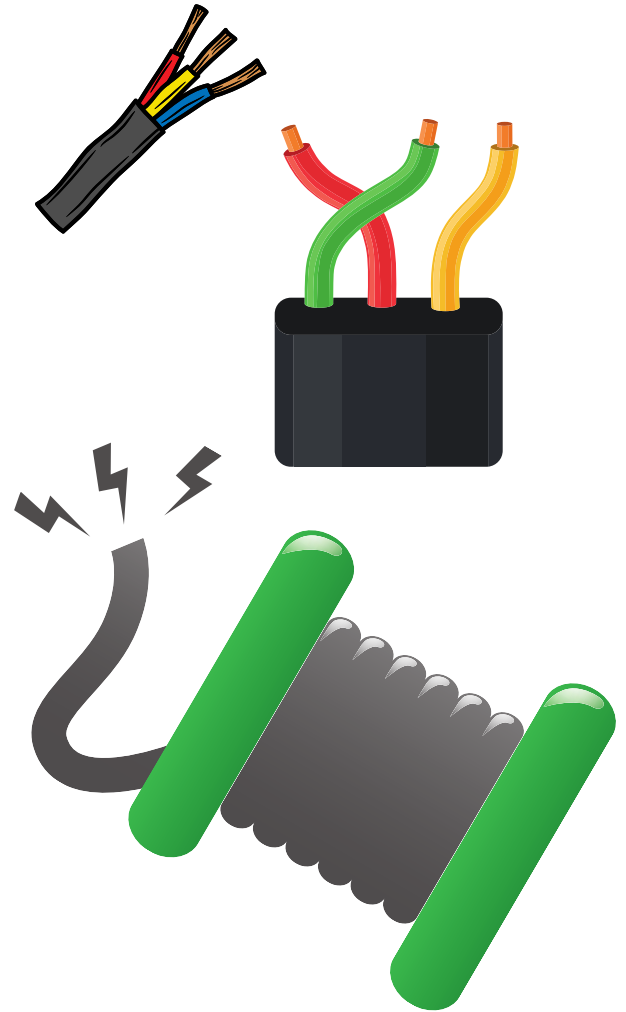
**Ron Kruger**  
Manager/Director

**RK Cabling**

0402 810 071  
ron@rkcabling.com.au  
Harvey and surrounding suburbs  
[www.rkcabling.com.au](http://www.rkcabling.com.au)

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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.





Department of  
Primary Industries and  
Regional Development

# Backyard Buddies

Your monthly guide to pests, weeds and diseases

May 2025

## The Huntsman and the Wolf

### Terrifying or Terrific?

There are hundreds of species of Wolf spiders (Lycosidae) and Huntsman spiders (Sparassidae) in Australia, and they are two of our most feared spiders - inside or outside of the home. But they really don't deserve a bad reputation or our fear and loathing.

Huntsman spiders conjure up images of big hairy Tarantulas terrifying people when they scuttle out from behind curtains or crawl along the ceiling, and Wolf spiders seem to be everywhere - roaming in the garden or running along the floor, disappearing under the lounge.

The fact is these spiders, although sometimes frightening, are completely harmless, and if found in the house it is either by accident or they are only there to help you control insects like moths, crickets and flies, or even other spiders.

### Huntsman spiders

These long-legged spiders, measuring up to 100mm or more across the legs, are grey to brown, sometimes with leg banding. They are nocturnal and are known for having keen eyesight making them excellent hunters - hence their name. Huntsman spiders are very sure footed and quick, often running down or leaping onto prey. They are known for their flattened bodies and sideways, crab-like arrangement of their legs, appearing wider than they are long.

They are found Australia wide, huddled in family groups (Eastern states species), or solitarily in wood piles, under the bark of trees, on rock walls, under leaf litter and logs - and occasionally inside the house. Huntsman spiders have eight eyes

in two rows of four - all the better to see you with!



### Wolf spiders

These spiders measure between 10-80mm across, they are smaller and stouter than Huntsman spiders, with shorter legs. Unlike Huntsman spiders, their legs extend straight out from the body rather than being angled and positioned sideways. Their bodies appear longer than they are wide. They live on the ground and are usually dull brown with white, black or grey variegated markings or radiating bands.

Wolf spiders are found Australia-wide in all habitats and are vagrant hunters making temporary retreats in vegetation, although some build burrows, either open or with a trapdoor. Wolf spiders have eight eyes in three rows of 4, 2, and 2. The 4 rear eyes are greatly enlarged and form a square making them very recognisable. They have excellent eyesight and chase down their prey, much like a wolf - and this is where they get their common name.

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Remarkably, both these spiders also show some endearingly human traits. For example, Huntsman spider breeding pairs have lengthy courtships involving mutual caressing and dancing. Wolf spiders demonstrate incredible maternal care for their young. You may have seen the little spiderlings being carried on the mothers back until they are able to fend for themselves. Wolf spiderlings are aerial dispersal specialists, where they spin a silken thread to catch the wind and fly away in an act of dispersal called ballooning. Although they do spin silk, neither Huntsman nor Wolf spiders create a web for catching prey but will spin silk for their egg sacs.

We hope you've gained an appreciation for these remarkable creatures, understanding the differences between them and the differing roles they play in our ecosystem.



### Report your observations

Pest and Disease Information Service (08) 9368 3080 | [padis@dpird.wa.gov.au](mailto:padis@dpird.wa.gov.au)  
MyPestGuide® Reporter via app or online [mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)





**Julie Rose**

Regional Education Officer South West  
Cancer Council Western Australia

[Julie.Rose@cancerwa.asn.au](mailto:Julie.Rose@cancerwa.asn.au)  
[cancerwa.asn.au](http://cancerwa.asn.au)

## Know the symptoms: Bowel Cancer

**Your health matters  
to your loved ones.  
Know the symptoms  
of cancer.**

Did you know that bowel cancer, also known as colorectal cancer, is the third most common cancer in men and women in Western Australia. Cancer Council WA is encouraging adults in the South West to know the common symptoms of bowel cancer, with data revealing that 25 people a week are diagnosed with bowel cancer in WA.

Data shows people living in regional Australia are less likely to be alive five years after a cancer diagnosis, when compared to people living in our capital cities, so we urge anyone experiencing a bowel symptom to visit their doctor.

We might feel like we are doing all the right things to stay healthy, but sometimes, even when we think we have everything covered, small changes in our bodies can be missed. Ignoring symptoms or thinking they will just go away can lead

to bigger problems over time. We have a better chance of surviving cancer and being able to enjoy life for longer, if cancer is found early.

**The most common symptoms of bowel cancer include:**

- Blood in your poo (even just one time)  
Or for more than four weeks –
- A new pain, lump or swelling in your tummy
- Feeling tired
- Looking pale
- Losing weight without trying
- Any change in your normal bowel habits including, runny poo, pooing more often, or finding it hard to poo.

## Bowel Screening Test Kits

Bowel cancer can occur with no symptoms, so for eligible Australians aged 45-74 years and NOT experiencing the symptoms above, it is important to take part in the National Bowel Cancer Screening Program, which sends home testing kits to eligible Australians every two years to their registered postal address with Medicare. Bowel screening kits are designed for people who are NOT experiencing symptoms. Waiting to participate in screening when you have symptoms could delay diagnosis and risk a worse health outcome. To request an at home bowel cancer screening kit, go to [www.ncsr.gov.au/boweltest](http://www.ncsr.gov.au/boweltest) or call the National Cancer Register Contact

Centre on **1800 627 701**. You can also ask your doctor about getting a kit.



**For more information about bowel cancer symptoms:**

- Visit the Find Cancer Early program website:  
[www.findcancerearly.com.au](http://www.findcancerearly.com.au)
- Chat to your GP



Government of Western Australia  
North Metropolitan Health Service

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



### 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



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www.mhi.org.au



## 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





## WARRIOR WELLBEING ARTICLE

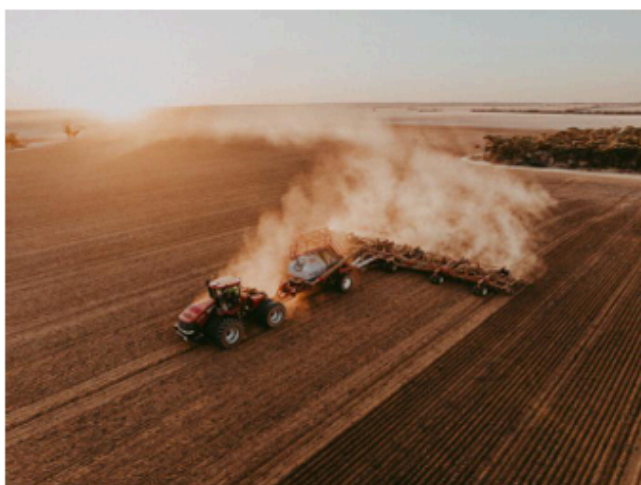


### Finding Ourselves in Solitude

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
May 2025

We live in a world where there seems to be an increasing need to be busy and connected all the time. We are trying to pack more and more into our lives, and it is no wonder many of us often find ourselves feeling over-extended with our work and personal commitments. In a rapidly changing society are we forgetting the benefits a bit of solitude can bring to our lives?

For many people, having quiet time alone is often not on the radar. In fact, these days it is almost developing a reputation as time that is in effect, wasted! It's realistic to imagine that a lot of people would find it difficult being alone with their thoughts for too long. The struggle not to think about deadlines and commitments or reaching for our mobile phone to get the latest newsfeed, email or Facebook update is persistent. Our constant focus on the need to stay connected to the outside world could be leading us to a disconnection with our true inner self and a sense of peace.



We often talk about the importance of looking out for our mates but first and foremost we need to start with ourselves. Taking quiet reflective time out even to do nothing can be good for our wellbeing.

It gives us the chance to reconnect with our innermost thoughts and enhance our self-awareness. This is by no means a new philosophy, many religions such as Buddhism have long practiced exercises like meditation and mindfulness to promote the virtues of being alone and still in the moment. As human beings, we are simply not designed to be going full tilt all the time, we need regular down time to help restore energy and give us the space to adjust to life's situations and demands. In his book *The Call of Solitude: Alone time In a World of Attachment*, Ester Schaler Buchholz sums this up beautifully with the simple statement *alone time is fuel for life*.

The social and spiritual aspect of our health is fundamental to our general wellbeing. The experience of solitude can allow us to really delve into our sense of self and purpose, enabling a broader understanding of our identity. It unlocks our curiosity about the world around us giving us space to explore our individual hopes and dreams. Importantly, it can also foster the development of a good relationship with our self which in turn helps us to connect with others in healthy and meaningful ways.

Building some alone time into our lives can be a challenge. How often do we hear the saying there is never enough hours in a day! There are also those periods of time when it's head down bum up as any farmer or small business operator will tell you. Nonetheless if we are to achieve a healthy balance in our lives and given the way everything seems to be speeding up, then now more than ever we need moments of solitude.



@RMHI\_4blokes



Working with Warriors Podcast



[regionalmenshealth.com.au](http://regionalmenshealth.com.au)







# Mother's Day

## QUIZ



*Mums ... what would we do without them? Always there to cheer you up and get you through the tough times, Mums make the world go around, there's no doubt about it!*

1. Where was Mother's Day originally celebrated?
2. What flower is associated with Mother's Day?
3. In what month does Mother's Day take place in Australia?
4. Traditionally, what was freshly baked for Mothers on Mother's Day?
5. Which alcoholic spirit is also known as 'Mother's Ruin'?
6. Who is the famous actress mother of Kate Hudson?
7. What animal mother has the longest pregnancy at 22 months?
8. Which historical Mother famously said: 'If you bungle raising your children, I'm not sure whatever else you do matters much'?
9. Which Oscar-winning musical actress is the daughter of Judy Garland?
10. What percentage of annual flower purchases does Mother's Day account for?
11. What is the name of Harry Potter's Mum?
12. What does a white carnation represent on Mother's Day?
13. What Latin word did 'Mother' originate from?
14. Who was known as the 'Mother of Modern Physics'?
15. What is the highest number of children born to one mother?



# Hash Brown Egg Cups



## INGREDIENTS

- 6 medium potatoes, peeled, coarsely grated
- 1 brown onion, coarsely grated
- 40g butter, melted
- 2 bacon rashers, finely chopped
- 2 tbsp finely chopped chives
- 6 Free Range Eggs
- Multigrain Sourdough Vienna Bread (or whatever bread you prefer)
- Baby rocket leaves, to serve



## METHOD

### Step 1

- Preheat oven to 200°C. Grease 6 holes of a muffin pan. Line each base with baking paper. Combine the potato and onion in a colander. Use your hands to squeeze out as much liquid as possible. Place in a bowl. Add the butter. Season well.

### Step 2

- Divide the potato mixture evenly among prepared pans and press firmly against the side and base of the pans to create a 1cm-thick shell. Bake for 20-25 mins or until golden brown.

### Step 3

- Meanwhile, cook the bacon in a small frying pan over medium heat for 5 mins or until crisp. Transfer to a plate lined with paper towel.

### Step 4

- Sprinkle the hash brown shells with half the bacon and half the chives. Carefully crack an egg into each hash brown shell. Sprinkle with the remaining bacon and season. Bake for 10-12 mins or until eggs are cooked to your liking.

### Step 5

- Use a small knife to run around the side of each muffin pan hole to release the hash brown egg cups. Divide among serving plates. Sprinkle with remaining chives. Serve with toast and rocket.

*enjoy!*



## 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

## 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**





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

**Advertise  
With Us**

**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.

**Mother's Day Quiz Answers**

1. *Ancient Greece*
2. *Carnations*
3. *May*
4. *Bread*
5. *Gin*
6. *Goldie Hawn*
7. *Elephants*
8. *Jackie O (Jackie Kennedy Onassis)*
9. *Liza Minelli*
10. *24%*
11. *Lily J Potter*
12. *Mother that has passed*
13. *Mater*
14. *Marie Curie*
15. *69*



## Centre Trading Hours

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



Ring **9729 1669**

or email



**events@harveycrc.com.au**



**Would you like to subscribe to  
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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

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Thank you for supporting your local CRC!

*We are proud to have received the support of the following organisations over the last twelve months*

***Proudly supported by:***



Department of  
Primary Industries and  
Regional Development



PROUD MEMBER OF



Proud members of



Agents for







## ***Do you have a few minutes to spare? .. Please give us your feedback..***

**Thank you for taking the time to provide feedback. Your responses help us to improve our services and better support our community. Please either complete this page by circling your answers & dropping it into the centre when you're next passing, blank forms also available in the CRC, or, if you prefer, complete online by clicking the link:**

**<https://www.surveymonkey.com/r/CG6YPNJ>**

### **1. Overall Satisfaction**

**On a scale of 1 to 5, how satisfied are you with our organisation's services?**

**(1 – Very Dissatisfied, 2 – Dissatisfied, 3 – Neutral, 4 – Satisfied, 5 – Very Satisfied)**

### **2. Service Quality**

**How would you rate the quality of the services you received?**

**(1 – Poor, 2 – Fair, 3 – Good, 4 – Very Good, 5 – Excellent)**

### **3. Accessibility**

**Did you find our services easy to access?**

**(Yes / No / Somewhat)**

### **4. Communication**

**How satisfied are you with our communication and responsiveness?**

**(1 – Very Dissatisfied, 2 – Dissatisfied, 3 – Neutral, 4 – Satisfied, 5 – Very Satisfied)**

### **5. Impact**

**Do you feel that our services have positively impacted your life or situation?**

**(Yes / No / Somewhat)**

**If yes, what changed for you?**

**Would you like to follow up on an issue?**

### **6. Areas for Improvement**

**What could we do better to improve our services? (Open-ended response)**

### **7. Additional Comments**

**Do you have any other feedback or suggestions? (Open-ended response)**

**Are you happy for us to contact you for further information?**

**If so, please complete:**

**Name**

**Contact no.**