

Harvey the Orange

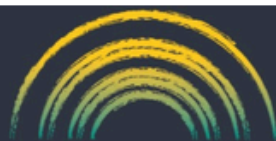
HARVEY HAPPENINGS

JULY 2025
Harvey CRC's
Community Newsletter





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What have your local HCRC - Staying in Place Team been up to!



The HCRC Staying In Place Team recently attended the Harvey Indoor Markets on 7th June 2025.

Our Information table was set up and manned by our lovely Volunteers Karen, Judith and Michele and they were keen to distribute information in the form of 'goody' bags, all about our new initiative of 'Staying in Place' (SIP), together with news about the other services that the HCRC can offer to our Community.

They engaged with market place people to raise awareness of the SIP program and to pass on how the program works and how to gain access. The public were encouraged to make contact through the Harvey CRC either by phone or by dropping in to chat further. They were advised that they would be assisted to find out their eligibility, helped to contact the relevant agencies and to complete any forms if they were not confident to do so themselves.

There was a mixture of interested people ranging from people who thought the program could meet their needs, to people who thought SIP could benefit their older friends, family members and others.

Our volunteers believed the event was very useful and worthwhile. If you would like to know more, please either drop in to the CRC and have a chat or contact us via phone or email: SIP@harveycrc.com.au





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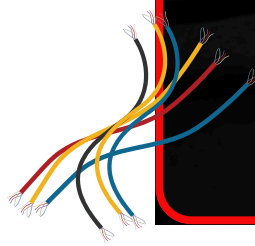
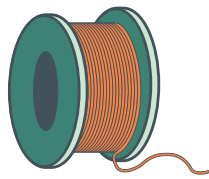
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Manager/Director



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What is Christmas in July All About?

When you think of Christmas, you automatically think about the wonderful holiday that lands on December 25th. The wintertime holiday is associated with things like snow, cold, warm fires and anything else you associate with the winter season. But did you know that we Australians celebrate Christmas in July? It's pretty confusing if you really think about it, but Australians get to celebrate Christmas twice a year. Once on the traditional December 25th, and then once again in July. Although this sounds strange, even a little bizarre, the reason this is done is because December down under is anything but cold.

Because of the seasonal changes in December in Australia, compared to other parts of the world, Christmas is celebrated differently. So instead of being huddled by the fire, drinking hot chocolate, Australians head to the beach, gather in air conditioning or have a day outside in the sun.

Then when July finally rolls around, this is when Australians celebrate Christmas in the traditional sense since it's colder. As it's colder in July down under, Christmas can finally be celebrated with drinks by the fire and getting cozy in warm attire. Some parts of the country also see snow, but there's even fake snow included at various events dedicated to the celebrations.

The July celebration doesn't replace Christmas on December 25th. Australians still celebrate Christmas with gifts and other usual traditions. The festivities in July are just an added bonus that allows them to feel the true spirit of Christmas in the right season. Plus, it's not an official holiday and not everyone celebrates the second Christmas. However, this doesn't mean it's still not popular with the Australian people. As each year passes it becomes more popular.

Celebrating Christmas in July isn't just for Australians, it is also celebrated in other countries.

We Australians love a Christmas feast and family gatherings, Christmas in July is just an awesome way and excuse to bring all family and friends together.





FOODBANK

Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH
01 JULY 2025, 9:00 - 9:45am
15 JULY 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




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

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Vinnies Emergency Assistance

Call 1300 794 054 Monday - Friday 9.00am to 12.30pm

We can help with food, clothing and furniture; financial counselling; vouchers for essentials; utility bills; rent assistance; assistance with pharmacy bills for prescriptions; transport & friendly advice.

vinnies.org.au/wa

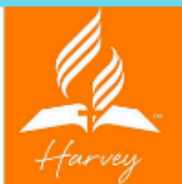



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We visit Harvey CRC
 Wednesday fortnightly

Call 9720 9200 for an appointment.

 **AnglicareWA**



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 10 JULY 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**



ATO warns taxpayers:

Don't lodge yet!

The Australian Taxation Office (ATO) is warning taxpayers not to lodge their tax returns until their income statement is marked as 'tax ready' and data has been pre-filled by the ATO.

Last year 142,000 people who lodged in the first 2 weeks of July had to lodge amendments, or had their returns investigated and amended by the ATO to fix inaccuracies in their tax return, for example, income that had not been declared properly. ATO Assistant Commissioner Rob Thomson said that waiting until late July allows for the ATO to prefill information in your tax return.

'We know doing your tax return is something to tick off your to-do list each year, but there's no need to rush. The best time to lodge is from late July once everything is ready.' 'We pre-fill information from your employer, banks, government agencies and health funds into your tax return to help you get it right the first time – regardless of whether you use a registered tax agent or lodge yourself,' Mr Thomson said.

Waiting for this information to be pre-filled reduces the likelihood of mistakes or omissions, which can often result in taxpayers having to submit an amendment which can cause issues and delays for taxpayers.

'If you wait until late July to lodge, all you need to do is check your information, add anything that's missing and include any deductions or offsets that you're eligible for.'

'If you're keen to get your ducks in a row before you lodge, make sure you have all the necessary records, ensure your personal information and bank details are up to date and check the ATO [occupation guides](#) to see what deductions you may be able to claim.'

'The ATO is also encouraging taxpayers to download the [ATO app](#) and set up a strong digital identity to protect themselves this tax time to ensure your interactions online are safe and secure. The app not only allows you to keep records of your work and general expenses but it will keep your information safe, including notifying you of any suspicious activity on your account,' Mr Thomson said.

Once your employer has finalised your income statement, it will be marked as 'tax ready'. Taxpayers can check if their income statement is 'tax ready', as well as if pre-fill is available in myTax prior to lodging or in the ATO app.





UNMISSABLE EVENTS

Cinema at the Centre

15 July

"The Wild Robot"

After being shipwrecked on an uninhabitable island, robot Roz learns to survive by bonding with animals and raising an orphaned baby goose.
PG | 182 mins



Aladdin & His Magic Smartwatch

29 July

Aladdin swaps his old lamp for a smartwatch—only to discover a glitchy Genie who keeps messing up his wishes! Chaos follows when Aladdin tries to dodge chores and homework. A hilarious modern twist on a classic tale. Perfect for kids aged 4–11.



Is There Anybody Out There?

13 August

The Blind Eye Trilogy is a powerful series exploring social justice, resilience, and hope. **Is There Anybody Out There** tackles domestic violence in Australian homes, revealing its impact on families and challenging ideas of love and gender roles.



An Evening with Lucy Durack

7 September

Enjoy a magical night with musical theatre star Lucy Durack in Harvey! Hear Broadway hits and jazz classics, backed by her musical director. One night only. **Dinner + Show available.**



Zap Circus

15 October

Get ready for thrills, laughs, and jaw-dropping stunts as international stars ZAP CIRCUS light up HRCC with fire eating, acrobatics, hula hoops, comedy, and more in an electrifying, must-see show!



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





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

Scam alert: ACCC phone numbers spoofed by scammers

The National Anti-Scam Centre (NASC) is warning Australians following reports that scammers have been impersonating phone numbers belonging to the ACCC in an attempt to steal personal information.

The ACCC and the NASC (which operates under the ACCC) have become aware of scammers using publicly available ACCC phone numbers, which are listed on the agency's official website.

Here are 2 reported cases:

- The scammers claimed to be representatives of the ACCC and requested sensitive information over the phone.
- Scammers misused the ACCC acronym to impersonate an unrelated organisation and spoke in a language other than English.

The ACCC phone numbers have been spoofed, which means that the scammers have disguised their phone number to make it look like they are calling from a trusted organisation, in this case, the ACCC. They then ask for personal information.

The ACCC and NASC will never:

- make calls from its reception numbers
- charge money for its services
- cold call or email to ask for your personal information like passwords, bank details or answers to security questions
- threaten or pressure you to stay on the line.

If you receive a call claiming to be from the ACCC where personal information such as passwords or bank details are requested, do not provide this information and hang up. Be extremely wary of urgent requests asking you to act immediately, and never provide personal information if unsure. Do not click on any links or download attachments from messages unless you are sure it is from someone you can trust.





www.aseasonofhappiness.com

STORIES FOR YOUNG CHILDREN and for Story-tellers who love telling them



I would like your help. Young children love stories, particularly at bedtime, and there are none better to tell them than their parents, grandparents and carers. But how often is this special time regarded as an inconvenient chore? To speed the process and to make it easier, story books with pictures help the reader who can narrate the words and point to illustrations, saving verbal explanations that sometimes tax the brain of busy, practical adults. This, however, should be quality time for all concerned, a few minutes of interaction so precious that they need to be savoured. That's what Moonberry Pie is all about.

Our stories don't come with pictures, so the reading of them has to make them come alive. Emphasis means everything to the young and can transport them from bedroom normality to the magical world of make-believe. Without illustrations, only the way the story is told can take them there. To do this, as a narrator you must suspend disbelief, forget your age and start to think again like a child; try to remember how you were delighted in your early years. The magic carpet, the fair Princess, the handsome Prince - they were all real for you back then: your job now is to revive that reality; for yourself as well as for your children.

Moonberry Pie presents to you an opportunity for improving your relationship with the young, to cement yourself as a true mentor who will be remembered for the stories YOU told that sent them to sleep feeling warm and safe; and in later life they will wish to be as loving and caring with their own children as you were with them.

The problem with that, you will be thinking, is they aren't YOUR stories. Not right at this moment maybe, but when you are sitting on the edge of the bed and begin to relate them, you will make them your own. The lilt of your voice, the happy or sad inflexion, the concern for the situation in the story at a particular time will be yours. Moonberry Pie is simply your guide. Whatever the scenario, you will be there, telling it as you see it.

Without the help of pictures, your listeners will ask questions and you will have to fill in the blanks, describing the scene and its elements as you imagine them to be. That's your job to be a true story teller. To achieve this you have to be convincing. It's no good reading off a sheet of paper you've barely glimpsed before. You are telling a story, one you know and can narrate without stumbling over words and events. You have to familiarise yourself with what's coming next, and you need to have created an idea of how characters in the story look and react before you can convince a child that what you are saying is real. That's story-telling, and it requires a little forethought and preparation. Can you be that story-teller?

Too hard, you may be thinking. Well, no it isn't. In fact, most of you will enjoy the experience as will your children, once you get the hang of it. So, I ask you to give it a go. If it works, I believe it will add a new, refreshing relationship between you and your children that you will all be grateful for, a personal gift from you to them that will last a lifetime.

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Saving on Gas

Gas burners are arguably more cost-effective than electric hot-plates. There's no waiting for them to heat up, and they can be adjusted for an almost immediate change of temperature. They aren't, however, always used efficiently.

Obviously, whatever is being cooked determines the temperature; but when the contents need to be heated quickly there is often a tendency to turn the burner on full bore. The base of the pan should be the ultimate guiding factor. Any flames licking out from the base, especially up the sides of the pan, are wasted. So, even when you have to bring something to the boil, turn down the gas until the flames stay within the outer edge of the base. That way there's less chance of ruining your pans, and you'll save on your gas bill.



Hints, Tips & Inspiration

"We are what we believe we are."
- C.S. Lewis

"We're all about progress, not perfection." —
Selena Samuela

"Believe you can and you're halfway there."
- Theodore Roosevelt

Remember, the key to success is to keep moving forward, no matter how many obstacles you face. Stay positive, stay motivated, and you'll achieve your goals.

"Self-love, self-respect, self-worth... there is a reason they all start with 'self'. You cannot find them in anyone else." -
Unknown



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Your Natural Health Questions Answered

When Stress Becomes More Than Just a Bad Day

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

Let's be honest – stress isn't always a bad thing. A little pressure before a deadline or a bit of nervous energy before a big event can give us the push we need. But when stress hangs around like an uninvited guest who doesn't know when to leave... well, that's when the trouble starts.

In natural health, we see stress not just as a mental state, but as a full-body experience – one that can quietly (or loudly) impact your physical, emotional, and even hormonal balance.

What Actually Is Stress?

Stress is your body's way of reacting to pressure or perceived danger. That might be something physical – like illness – or emotional, like work deadlines, financial strain, or worrying about your kids at 2am.

Your body responds the same way regardless: it kicks into fight or flight mode, thanks to your sympathetic nervous system. Cortisol and adrenaline surge. Your heart rate climbs. Blood sugar spikes. Digestion slows. You're primed to act – but in today's world, that "threat" rarely goes away. And when stress becomes chronic, it wears us down.

Physical Signs That Stress Is Sticking Around

You might notice:

- Fatigue, even when you've had enough sleep
- Difficulty falling asleep or waking up in the night
- Digestive issues, like bloating, reflux, or constipation
- Heart palpitations or feeling your heart race out of nowhere
- Tension in the neck, shoulders, or jaw
- Headaches or migraines
- Frequent infections or slow recovery, due to reduced immune function
- Hormonal disruptions, like irregular cycles, heavier bleeding, or menopausal symptoms getting worse
- Weight gain, especially around the belly – linked to elevated cortisol

Mentally and Emotionally, Stress Can Show Up As:

- Anxiety – racing thoughts, overthinking, or that "tight chest" feeling
- Irritability or mood swings
- Feeling overwhelmed, flat, or mentally foggy
- Trouble concentrating or making decisions
- Social withdrawal or losing interest in things you used to enjoy
- Sleep disturbance – either trouble winding down, or waking up in the early hours and not being able to get back to sleep



Cont on next page





Your Natural Health Questions Answered

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Cont.....

The Inflammation Connection

Here's where it gets even more interesting (and not in a good way): long-term stress can contribute to systemic inflammation.

When cortisol is constantly elevated, it can lose its ability to regulate inflammation effectively. This low-level, chronic inflammation has been linked to a long list of conditions including:

- Cardiovascular issues
- Autoimmune flare-ups
- Weight gain and insulin resistance
- Joint pain
- Brain fog and cognitive changes
- Skin problems like eczema, acne or flare-ups of existing conditions

In short, when stress becomes the norm rather than the exception, the whole body feels it.

The Natural Health Approach

The good news? You don't have to stay stuck in survival mode. In natural health, we take a step back and look at the full picture – not just the stress, but how your body is coping (or not coping).

We may support:

- The nervous system
- Adrenal and cortisol balance with adaptogenic herbs
- Inflammation with herbal and nutritional strategies that gently bring things back to centre
- Digestive and hormonal function, especially if stress has knocked things out of rhythm
- Sleep with natural support for onset and sleep maintenance
- The emotional load, using flower essences, mindfulness tools, or lifestyle strategies

Stress isn't always avoidable – but how your body handles it can absolutely improve. If you're feeling wired, worn out, and constantly one step behind, it might be time to check in. Your body is wise – it's trying to tell you something



**Jacqueline Stenhouse, from the The Healthy Alternative offers
iridology consults and natural health advice. Check when her next visit to Harvey
Community Resource Centre is & contact her on 0428 921656 to book an appointment.**



OFFICIAL



Department of
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Backyard Buddies

Your monthly guide to pests, weeds and diseases

July 2025

The Curious Case of the Case-Making Moth



Left to right; case moth cocoons (Family: Psychidae) photos courtesy of MyPestGuide reporter.

Spotted a tiny twig caravan mysteriously travelling along a branch recently? You may have encountered one of nature's most underrated engineers — the case moth. These oddball caterpillars turn silk and local materials into tiny, mobile homes they carry everywhere, like little sleeping bags on a mission. Welcome to the weird and wonderful world of case moths, found throughout bushland, urban gardens, and natural areas across Australia.

Biology and Lifecycle

While most case moths belong to the family Psychidae, a few other silk case-making moths exist in families such as Tineidae (for example, the case-bearing clothes moth, however these are not the focus of this story). All case moths belong to the vast Lepidoptera order (which includes all moths and butterflies). There is estimated to be hundreds of species of case moths, with a significant number found in Western Australia, however the exact number is not known due to ongoing taxonomic updates and new discoveries.

What makes them so fascinating is not just their DIY homes, but their highly specialised life cycle. After hatching, each larva immediately begins constructing its own silk case using materials from the environment — bark, leaves, twigs, sand, or lichen, depending on the species and habitat.

As the larva grows, instead of leaving the case behind it expands it, reinforcing the structure as needed. The case serves as shelter from predators and weather, and it's always dragged along during movement (think "a botanic onesie with legs"). When the caterpillar is ready to pupate, it seals off the ends and undergoes metamorphosis inside the case, transforming into a pupa and then eventually emerging as an adult moth- or not! In many species, adult females will remain wingless and

larva-like, never leaving the safety of their case. They have underdeveloped legs and no working mouthparts spending their entire adult life emitting pheromones to attract a male. Once mated, the female lays her eggs inside the same case and dies soon after. The cycle then begins anew. Males, on the other hand, emerge with fully developed wings and feathered antennae, which they use to locate females by scent. But it's a brief adult life for males, usually just a few days, living only long enough to find a mate and reproduce.

Impacts and Management

Want to know how to live with (or gently manage) these silk-case residents? The good news is case moths are more fascinating than fearsome. They do not swarm, rarely cause serious or lasting damage to plants, and are not known to be a major pest in Western Australia. In fact, they are generally considered beneficial within the environment. Although some species do feed on living foliage, many others feed on dead leaves, bark, algae or lichens, helping to break down organic material and recycling nutrients back into the soil. They are also an important food source for native wildlife.

Case moth caterpillars are architects, camouflage artists, nutrient recyclers, and a nutritious snack for wildlife, all wrapped up in a snug, organic, portable shelter. They help keep our ecosystems balanced, quietly working away in the background supporting biodiversity, all without asking for much in return. In a world full of flashy butterflies and buzzy bees, it might be easy to overlook the humble case moth. But maybe it's time we gave these miniature marvels their moment, because let's be honest — watching a tiny caterpillar drag around a twig-covered tent like a snail with a fashion sense? That's very cool.



Report your observations

MyPestGuide® Reporter via app or online mypestguide.agric.wa.gov.au

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

Sausage Meatloaf

Serve Hot or Cold



INGREDIENTS

- 800g minced sausage meat
- 1 medium onion, finely chopped
- 1 small celery stick, finely chopped
- 5 cups bread cubes
- 2 eggs (lightly beaten)
- 3 tsps mixed herbs
- a sprinkle of salt & pepper (optional)



METHOD

- In a suitable bowl, combine all the ingredients well.
 - You can do this with a fork or spoon, but it is better by hand
- Line a 24cm x 13cm loaf tin (or larger) with baking paper and pack the mixture in evenly, ensuring there are no air-pockets.
- Bake in the oven on 180°C conventional (165°C fan-forced) for 50-60 minutes.

TIP

If you prefer the top to remain soft instead of crisp and crunchy, cover with foil for 40 minutes and remove for the last 10 minutes or so to finish off.

Enjoy

WARRIOR WELLBEING ARTICLE



Ego – It's Okay to Talk

BY THE REGIONAL MEN'S HEALTH INITIATIVE
July 2025

A bloke's ego is made up of all those things which help us define who we are as individuals, it is a construct of our personality, character, self-image, self-esteem and self-worth.

In some conversations that we have, we may think "That man has such an enormous ego – I've never known anyone so full of themselves!" One dictionary definition states *someone's ego is their sense of their own worth*. For example, if someone has a large ego, they think they are very important and valuable. "He had a massive ego; never would he admit he was wrong." It is the latter part of this definition that often leads blokes into spaces they would rather not be i.e. not talking about the stuff which is important to our wellbeing. This can be personal issues such as relationships, finance, family, work and/or any other challenges.

Perhaps part of this ego equation for blokes is enshrined in the main things we worry about, which quite often are about the traditional expectations of society, our place in society - career-wise and success wise. As a collective us blokes are still perceived by how much we are earning and how well we are doing, that is being defined by the work we do. We are more than this.

Additionally, social/spiritual wellbeing needs to be better understood and made a higher priority by all blokes and society. We talk about it in all our education sessions, *it is where we find: our identity, our individuality, our culture, our own sense of self, our sense of belonging, our passions and interests*. It is what each of us wants it to be.

In practical terms this is us blokes talking about and being more than our work. In

conversations with each other we should be talking about the fact that we are a great dad, a brother, a grandfather, an uncle, a husband, a family man, a rally driver, BBQ king, handyman, and/or chef. By talking about what makes us tick (in part, our ego) we can put a positive spin around the meaning of ego, the main one being admitting when we are wrong and/or when we are struggling with life.



Culturally blokes in general are fixers "I'll fix this myself", so we must always question what we are fixing, how we are fixing it, and when we are fixing it? We know all men need to talk, the million-dollar question is to whom and where? Everyone needs their personal space, for blokes to engage and have a conversation we need a safe place and quite often a place with a masculine vibe. This can be the men's shed, a sporting club, a social club, just leaning over the back of the ute or even the barber shop.

We need to have this conversation now; Our ego is not that complex, it is part of our DNA so remember our saying... *before it all gets too much... Talk to a Mate@!!*

✕ @RMHI_4blokes

📢 Working with Warriors Podcast

🌐 regionalmenshealth.com.au





VISITING OUTREACH SERVICES



Oseca - (Formerly GP Down South)

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
Appointments Essential
Call 9754 3662 for appointments

Forrest Personnel

Forrest Personnel support and empower people with disability, injury and illness find meaningful, suitable and sustainable employment. They also work with job candidates seeking employment in the commercial labour hire market.

They have the networks to assist people find work. They deliver Disability Employment Services (DES), the National Disability Insurance Scheme (NDIS), a range of support services, in addition to specialist labour hire services.

Available fortnightly on Tuesday
1.00pm to 4.00pm
Appointments Essential
Call 1800 224 548 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

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

Youth Focus

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

Available fortnightly on Tuesday
Call 0439 108 380 for more information
or to make an appointment



ADVERTISE WITH US

Submissions due by
THIRD FRIDAY
of every month

To advertise in this newsletter

Black & White or Colour

6cm x 6cm - \$15.00

12cm x 6cm - \$17.00

1/4 Page - \$20.00

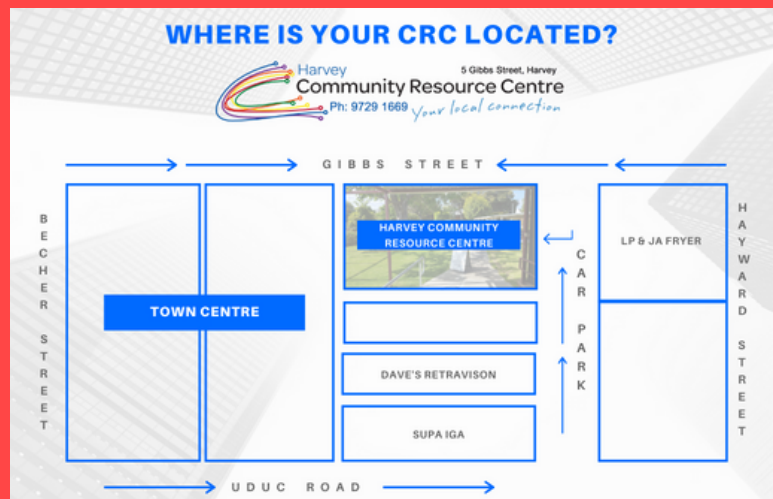
1/2 Page - \$40.00

Full Page - \$60.00

"For Sale" ads (2 lines) - FREE

Ring 9729 1669

or email marketing@harveycrc.com.au
for more information.



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



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details on the home page, drop us an email at
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