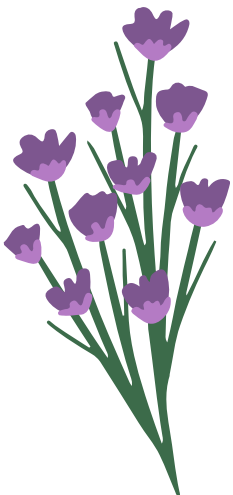


Harvey the Orange

# HARVEY HAPPENINGS

JUNE 2025  
Harvey CRC's  
Community Newsletter



**Happy WA Day!**

***Do you have a few minutes to spare?  
... Please give us your feedback...  
..See Page 22 for our survey..***

**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 office 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

**End of Financial Year Bonus!**

**Are you in need of our Office Services?  
Do you need some Photocopying / Scanning  
/ Emails sent or Printing etc done?  
Quote the "Harvey Happenings Newsletter"  
and receive a 10% discount on all of our  
office services for the month of June**





# Ripples of Change

Guided Tai Chi Session and Morning Tea  
Celebrating Neighbourhood Centre Week

Harvey CRC staff and members of the Centre's Management Committee enjoyed introducing Ripples of Change to the Tuesday Tai Chi group. The focus was on how mindful practices and community connections can create positive impacts and outcomes. The event centred on inviting participants to share how "small ripples"-the impact of a small action or engagement with others led to significant changes in their lives and the community.

The 20 participants had lively discussions and were introduced to CRC initiatives such as Staying in Place and End of Life Planning. Each participant was given a show bag containing information on these current initiatives as well as the range of services available at the Centre. Weaving the ripples of change theme into sharing this information with family and friends could have enormous impacts for family, friends and our community. Weaving a delicious morning tea into discussions ensured connection well past the usual Tai Chi session. From little things, big things grow.





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:**

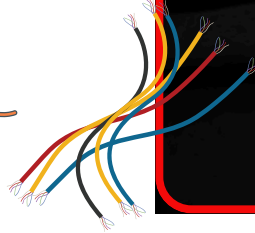
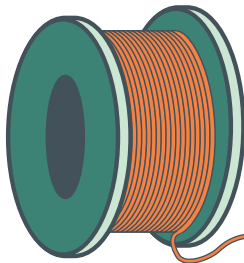
Personalised connectivity reports  
Phone assistance hotline

Online information and resource hub  
Escalation support

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

1300 081 029

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



**Ron Kruger**

Manager/Director

**RK Cabling**

0402 810 071

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

Harvey and surrounding suburbs

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

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ANNIVERSARY

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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



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08 9725 4699



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[Info@mhi.org.au](mailto:Info@mhi.org.au)  
[www.mhi.org.au](http://www.mhi.org.au)







**Tuesday, June 17th**  
**9:00am to 2:30pm**

**Harvey CRC**  
**5 Gibbs St**

# **END-OF-LIFE PLANNING**

## **WILLS**

**Limited  
Appointments  
Available,  
Make your  
booking ASAP**

**Prepared by:**

**Stephen Venter - Solicitor Director**  
**Groven Legal Bunbury**

-  **Last Will & Testament**
-  **Advanced Health Directive**
-  **Enduring Power of Attorney**
-  **Enduring Power of Guardianship**

**Fees available upon request**

**APPOINTMENTS  
ESSENTIAL!**

**Contact us to make  
your appointment  
booking**

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

 **09729 1669**



# GET NAKD @ HOME



## We love supporting rural WA

The Naked Coffee roasters is located in Albany, Western Australia and we love supplying rural WA with its coffee needs. Are you a home barista wanting freshly roasted artisan coffee beans delivered to your PO Box?

Then scan the above QR code and be taken directly to our online store. Sign up and receive 10% off your first order, or better yet become a subscriber to our monthly coffee deliveries and receive 10% of every order.

Use the code: **getNKDrural**

And receive a further 10% off your first order

## [thenakedbean.com.au](https://thenakedbean.com.au)

# NAKED

COFFEE ROASTERS





*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**





**FOODBANK**

# Mobile Food Van

**IN HARVEY TWO TUESDAYS A MONTH**

**3 JUNE 2025, 9:00 - 9:45am**  
**17 JUNE 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*


*We're here for you*

## 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](http://vinnies.org.au/wa)

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

We visit Harvey CRC  
 Wednesday fortnightly

Call 9720 9200 for an appointment.



**AnglicareWA**





### 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)





# Share our Passion!

## START YOUR JOURNEY WITH US!

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



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



### VOLUNTEER WITH HARVEY CRC

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

### YOU CAN BE ...

Honest and Ethical..  
A Creative Thinker..  
Eager to Help..  
Willing to Learn..  
A Problem Solver..  
Strong communicator..

FOR MORE INFORMATION CONTACT  
manager@harveycrc.com.au  
(08) 9729 1669







## Indoor Markets & Toddler Playdate

Saturday 7 June | 9am to 1pm

Join us for a fantastic day out with the whole family! Discover a buzzing community of local creatives, small businesses, and passionate hobbyists - all coming together under one roof. With live entertainment, unique market stalls, and plenty of activities for the kids, there's something for everyone to enjoy. **Entry is free!**



### Markets

- Free entry
- Huge range of market stalls
- Live music
- Food stalls
- Bouncy Castle

### Toddler Playdate (0-5yrs)

- Free entry
- Messy Play
- Farm animals
- Kindy Gym
- Painting
- Jo Jingles



## Tjaabi - Flood Country

Saturday 19 July | 7:30pm

Tjaabi-Flood Country is a moving performance blending music, theatre, and storytelling to share life in the Pilbara. Led by Ngarluma man Patrick Churnside, it invites all into the world of tjaabi-traditional songs rich with poetic lyrics, humour, and heartfelt stories that connect land, language, family, and community.



## An evening with Lucy Durack

Sunday 7 September | 7:30pm

Join us for a magical night with musical theatre star Lucy Durack. Known for roles in Wicked and Legally Blonde, Lucy brings charm and powerhouse vocals to Harvey for one night only. Enjoy Broadway hits like For Good and What Baking Can Do, plus jazz classics like Bye Bye Blackbird and Dream a Little Dream of Me. Backed by her musical director. **Dinner + Show available.**

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





The Brunswick Mens Shed Presents

# ONLINE SCAMS & INTERNET SAFETY WORKSHOP

**'Act Now, Stay Secure'**



Stay one step ahead of online scams! Whether you're a digital expert or just starting out, join this free community event to gain essential knowledge and protect yourself in the digital world.

Location: The Leschenault Sporting Pavilion, Leisure Drive, Australind

Time: 9am to 1pm

Date: Tuesday, 3 June 2025

*Free morning tea provided*

Registration is required for catering. To register or for more information, scan the QR code below or contact the Brunswick Junction Community Men's Shed

Phone 0472 592 016 or E: [shed@bjcmshed.org.au](mailto:shed@bjcmshed.org.au)



Supported by the Commonwealth Government and the Shire of Harvey







Department of  
Primary Industries and  
Regional Development

# Backyard Buddies

Your monthly guide to pests, weeds and diseases

June 2025

## Compost buddies – nema-totally fabulous



From left to right: Juvenile pratylenchus x 4000 magnification, Sting nematode head region, carrot with root knot nematode.

### A fabulous, food-fertilizing foundation!

Nematodes are a type of invertebrate roundworm. They are the most abundant animals on earth and are in every ecosystem; from our oceans to lava fields, Antarctica and yes sometimes even inside us and our animals. Soil nematodes are usually microscopic, and most are amongst the 'good guys' that are crucial for the making of healthy soils. There are probably billions of them thriving in your compost bin. One of the amazing roles they perform in the soil is converting organic matter into mineral forms that can be taken up and used by plants. Life would be at a loss without those types of nematodes helping to circulate nutrients in the environment and there are many undescribed species still to be found!

### They are what they eat

Scientists like to classify living things and group them together based on similarities. Nematodes are so diverse that we often put them into groups based on what they eat. For soil nematodes we tend to identify them based on these feeding groups: Bacterivores eat bacteria, Fungivores eat Fungi, Predators eat other nematodes and animals, Plant Parasites feed from plants, Plant Associates eat algae, lichen, mosses and roots of plants, and Omnivores have a variety of food sources. Identifying numbers of nematodes by feeding groups in a soil sample is a good way to estimate a soil's biological diversity and to indicate the rate of nutrient cycling occurring. Healthy soil has a higher abundance and diversity of free-living nematodes and low numbers of plant parasites.

### Some nematodes are pests

Those of us who have cats or dogs (or children!) will be familiar with needing to provide regular worming treatments to stop parasitic nematodes in the gastrointestinal system. Other parasitic nematodes may live in different organs of a variety of animal species or humans and when travelling it is important to avoid them. Parasitic nematodes that attack plants can have huge impacts for growers and we must protect our state to prevent the introduction of exotic pest species. Even turf can be affected. When a patch of 'hallowed ground' was moved from the Melbourne Cricket Ground to the Brisbane Cricket Ground for the 2020 AFL grand final it carried a plant parasitic nematode in the turf and accidentally introduced 'Southern Sting' nematodes to Queensland!

### How can you help?

Good garden hygiene practices are important. When buying or moving plants or seeds, check up on quarantine requirements - you may need to remove soil from the roots or have seeds tested. If you are growing vegetables in the garden, purchasing nematode-resistant varieties and avoid planting the same plant family in the same location in consecutive years. And finally, backyard composting is a wonderful way to put our 'good' nematodes to work so that soil can be brought into good health too. They may be microscopic, but nematodes are mighty. They make nutrient cycling possible. Thanks nematodes!



### 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)



**NEVER** ASSUME THERE WILL BE TIME TO DO ANYTHING BUT GRAB AND GO!

**NEVER**, AT ANY TIME, LET THE CAR FUEL TANK DROP BELOW A QUARTER!  
**AND ALWAYS** KEEP A MAP OF THE AREA WHERE YOU LIVE IN THE CAR

KEEP A SMALL BATTERY RADIO TUNED TO A LOCAL RADIO STATION

THE FOLLOWING SHOULD BE KEPT WHERE THEY CAN BE GRABBED AT A  
 MOMENT'S NOTICE, PREFERABLY BY THE BEDSIDE OR CLOSE TO AN EXIT:

**IN A SMALL WAIST OR HANDBAG:**

Driver's Licence, ID card, credit and bank cards, Medicare and Health Insurance cards, a small supply of any regular medication, some cash money, a small pocket knife, car and house keys. On a card kept in your wallet or purse, write any personal medical details - this could help the ambulance officers if you lose consciousness.

Also your mobile phone. Add to the phonebook - ICE, then the name and number of someone to contact. If you wish more than one person to be contacted, use ICE 1, ICE 2, and so on.

**KEEP THIS BAG, PLUS A SMALL FLASHLIGHT BESIDE THE BED AT NIGHT.**

**IN AN EASY-TO-CARRY BACKPACK OR SPORTSBAG:**

A basic First-Aid kit containing bandaids, cotton and stretch bandages, sterile pads, antiseptic cream and lotion, pain-killers and prescription medications sufficient for at least a week.

A small torch, preferably the LED type.

A space blanket or two.

Combination sun block and insect repellent.

BOTTLED water.

Spare car and house keys.

Mobile phone chargers.

**IF YOUR HOME IS DESTROYED, YOU WILL NEED TO HAVE THESE WITH YOU:**

A list of important numbers: Emergency Services, insurance policies, bank account details, phone numbers and addresses of friends and family.

Passports, visas and entry permits, birth and marriage certificates, citizenship certificates.

On CDs, DVDs, or a plug-in hard drive: backups of important computer files, including copies of those photos that can never be replaced once lost.

**DON'T TRUST USB FLASH DRIVES - THEY ARE UNRELIABLE.**

**IN ANOTHER BAG:**

A set of warm clothes for each member of the family like full-length trousers and long-sleeve shirts. Avoid synthetic material such as nylon: cotton and wool are best. Include fold-up wide-brimmed hats.

**REMEMBER: SOMEONE WILL HAVE TO CARRY THESE BAGS...**

**...MAYBE FOR A LONG TIME.**

This Community Awareness sheet has been prepared by A Season of Happiness  
 A FREE PDF copy is available. Just Google: [aseasonofhappiness.com](http://aseasonofhappiness.com)







## Your Natural Health Questions Answered

### Understanding Sleep Difficulties: Causes and Practical Solutions

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

Many people struggle with falling asleep, staying asleep, or both. Known as sleep-onset and sleep-maintenance insomnia, these issues are increasingly common and can significantly impact quality of life. Sleep is essential for physical restoration, mental clarity, immune function, and hormone regulation—so when it's disrupted, everything suffers.

There are several reasons why sleep can become difficult, ranging from hormonal changes to daily lifestyle habits. Understanding the underlying causes is the first step towards improving it.

#### Common Causes of Sleep Disturbance

##### Cortisol Dysregulation

Cortisol, the body's primary stress hormone, follows a natural rhythm: it should peak in the morning and gradually decline by evening. However, ongoing stress, poor sleep habits, or disrupted routines can reverse this cycle. As a result, individuals may feel exhausted during the day and wired at night, making sleep elusive.

##### Hormonal Imbalance

Fluctuations in oestrogen and progesterone, particularly during perimenopause and menopause, can interfere with sleep. These hormones influence melatonin production, body temperature regulation, and mood stability—all key elements in maintaining restful sleep.

##### Stress and Anxiety

Psychological stress and anxiety are significant contributors to sleep problems. Worry and mental overstimulation can prevent the mind from winding down, leading to difficulties falling asleep or waking in the early hours and struggling to return to sleep.

##### Poor Sleep Hygiene

Irregular sleep schedules, excessive screen time in the evening, caffeine intake late in the day, and using the bedroom for work or entertainment can all disrupt the body's natural sleep-wake rhythm. The result is a confused internal clock and reduced sleep quality.

##### Excessive Evening Fluid Intake

While hydration is important, drinking large amounts of fluid too close to bedtime can lead to frequent waking for bathroom visits. This interrupts deep sleep and can make it harder to settle back into rest.



Cont on next page



## Your Natural Health Questions Answered

### Understanding Sleep Difficulties: Causes and Practical Solutions

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

Cont.....

#### Practical Strategies to Improve Sleep

##### Establish a Consistent Routine

Going to bed and waking at the same time each day helps reinforce the body's circadian rhythm. Exposure to natural morning light also supports cortisol and melatonin regulation.

##### Support Magnesium Intake

Magnesium plays a vital role in muscle relaxation, nervous system function, and the production of calming brain chemicals like GABA.

- Dietary sources include leafy greens, nuts, seeds, bananas, and whole grains.
- A warm bath with Epsom salts may aid relaxation by allowing magnesium to absorb through the skin.
- Supplementation can be useful, but it's important to choose the correct form and dosage based on individual needs—ideally under the guidance of a health professional.

##### Improve Sleep Environment and Habits

- Dim lights in the evening to signal to your body that it's time to unwind.
- Avoid screens for at least 30 minutes before bed to reduce exposure to stimulating blue light.
- Keep the bedroom cool, dark, and quiet, and reserve it for sleep only.
- Limit stimulating conversations or activities late in the evening.

##### Manage Fluids Wisely

Drink plenty of water during the day, but reduce intake in the hour or two before bed. A small herbal tea earlier in the evening may assist with relaxation without overloading the bladder.

##### Address the Root Cause

If sleep problems persist, it may be worth exploring underlying factors such as nutrient deficiencies, hormonal imbalances, or chronic stress. A professional health consultation can help identify the root cause and offer a personalised approach to improving sleep naturally.

##### In Summary

Sleep issues are complex, but often manageable with a few targeted changes. Restoring quality sleep can have a powerful impact on overall health, energy levels, and emotional wellbeing.

If sleep has become a struggle, consider reaching out for support. A tailored approach can help you identify what's interfering with your rest—and what to do about it.



**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.**





# WARRIOR WELLBEING ARTICLE

before it all gets too much...  
**Talk to a Mate!!**  
 THE REGIONAL MEN'S HEALTH INITIATIVE

## Capacity, A Wellbeing Driver

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
 June 2025

A word that we feel is over-used and out of context in the modern world today is the word resilience and we would like to question the use of that word. There is even a whole industry built around resilience in the form of providing training and education services in this space.

Resilience is the correct word if used in the context of a person's ability to *bounce back* i.e. recovering from shock or trauma. However, when it is used in other contexts to describe:

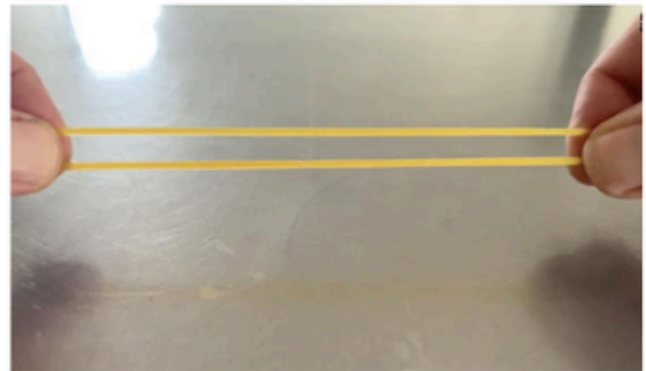
- our ability to cope with everyday life;
- going through a shared adversity such as a natural disaster;
- an adverse personal event (i.e. death or illness);

then it is often used out of context because these experiences encompass much more than *just bouncing back*.

Both on an individual basis and as a community, it is not until we experience a traumatic event or have been pricked by a challenging circumstance, that we will find out how resilient we are. The communities and blokes we deal with tell us that all the time. Consequently, when we use the word *resilience*, we are pigeon-holing an individual and/or community into a category that so called experts want us to fit into. For example, after a traumatic event the experts are quick to say that the community and/or individual is resilient rather than acknowledging that we all have a random *capacity* when operating outside our comfort zone. I suggest that a better word to use to encapsulate all the times in our lives (the good as well as the challenging) is the word *capacity*.

Capacity is the capability to contain and accommodate stuff in our lives. This conveys a positive vibe to us as we endeavour to maintain the right balance. We are all born with a random capacity to deal with life's issues. It is a bit like a rubber band, and we all know and recognise an individual's *capacity* to operate

fully, half, or to not appear stretched at all. No matter what we are challenged by, we all have ups and downs, and the word capacity allows us to capture our entire range of qualities be they good, bad or ugly and to then carry on and cope with what hand we are dealt with.



Our total state of physiological wellbeing is encapsulated in our individual capacity to both build stuff into our lives (something that is important for us blokes) and deal with stuff thrown at us from time to time through our life's journey. When we combine the capacity of us as individuals with us as a collective community, we have harnessed an enormous capacity to live and thrive in regional, rural and remote Western Australia.

The biggest issue surrounding our wellbeing from the capacity perspective, is building the collective as a community when we are constantly challenged by population decline in regional, rural and remote Western Australia.

When talking about individuals / communities we should coin our comments around capacity from a strength base platform rather than resilience - this in turn will have a positive influence on our wellbeing.

✉ @RMHI\_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au





## Keeping Potatoes Longer



When you buy them you can never know how old potatoes are, and often they start sprouting eyes before you use them. We were always told to store them in a cardboard box left in a cool place, which didn't make a lot of difference. Then our friend and ASOH team member in the UK said: "I put mine in the fridge." He also mentioned that it was best to let the potatoes reach room temperature before cooking. Anyway, we tried it, placing half a dozen spuds in the vegie drawer of the fridge and left the rest in the box. As you can see from the picture it works. Why not give it a go - what have you got to lose, except for a few unwanted eyes?

## Hints, Tips & Inspiration

1. "If it doesn't challenge you, it doesn't change you." —Fred DeVito

"Don't let your past dictate who you are. Let it be the lesson that strengthens the person you will become." - Unknown

"May your week be filled with good thoughts, kind people and happy moments" - Unknown

"It's not what others think, it's what you think about yourself that counts." - Unknown



Enabled by the kind collaboration with: A Season of Happiness



# 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

## To advertise in this newsletter

**Black & White or Colour**

**6cm x 6cm - \$15.00**

**12cm x 6cm - \$17.00**

**1/4 Page - \$20.00**

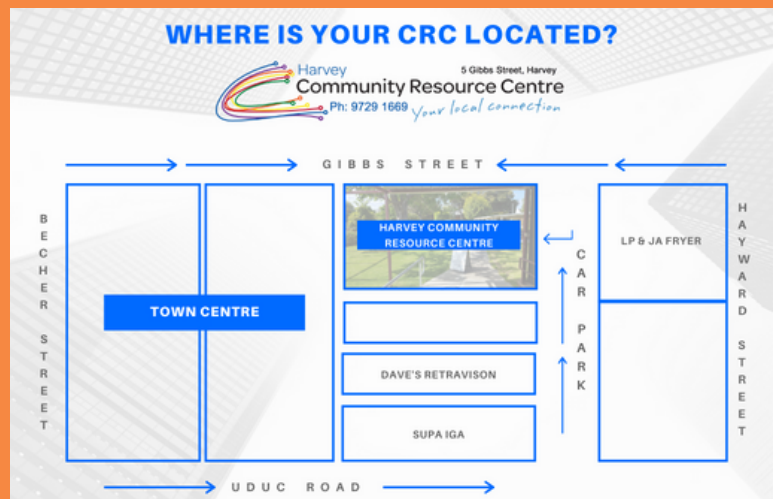
**1/2 Page - \$40.00**

**Full Page - \$60.00**

**"For Sale" ads (2 lines) - FREE**

Ring **9729 1669**

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



## Would you like to subscribe to this newsletter?

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# Policy & Disclaimer

## POLICY

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## ***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.**