



Harvey the Orange

# HARVEY HAPPENINGS

**AUGUST 2025**  
Harvey CRC's  
Community Newsletter



# 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**







**Do you have a senior family member or friend who needs support to be able to stay in their own home?  
Talk to us, we can help!**



**9729 1669**



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



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



5 Gibbs Street, Harvey WA 6220





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:**

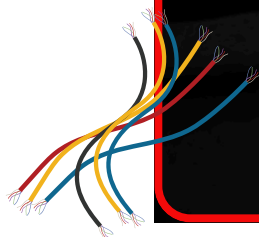
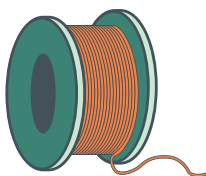
Personalised connectivity reports  
Phone assistance hotline

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)

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

Reg No: T50600

**Morrissey**  
*Actively Supporting You*

**40 Years**  
ANNIVERSARY

**Services Offered**

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

**Specialising in Respite**

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



**Contact the Team today!**

08 9725 4699

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



Fully compliant organisation - trust and reliability





# Did you know you can switch to monthly direct debit rego payments to help balance your budget?



## One month renewal option

The one month renewal direct debit option is a bill smoothing service that spreads the cost of your vehicle licensing into monthly payments, so it's better suited to your budget.

This is available as an additional renewal option to the 3-month, 6-month and 12-month renewal periods.

- The option is open to individuals who own an eligible light vehicle or motorcycle.
- The option is not open to companies for vehicles licensed in its name.

## Which vehicles are eligible?

To be eligible for the option, the vehicle must be a:

- light vehicle with a gross vehicle mass (GVM) of 4.5 tonnes or less,
- LAMS approved motorcycle (R-E class), or a
- Motorcycle with engine capacity exceeding 660 cc or a power to weight ratio greater than 150 kW/t (R Class)

The option is not available to:

- Mopeds
- Trailers, including semi-trailers
- Caravans or mobile homes
- Heavy vehicles (those with a GVM over 4.5 tonnes)
- Vehicles subject to an annual inspection
- Vehicles already receiving a concession or charge exemption
- Vehicles subject to conditions preventing the renewal of the vehicle licence for e.g.:
  - a suspended or cancelled vehicle licence
  - the transfer fee and vehicle licence duty has not been paid
  - recorded on the written-off vehicle register
  - recorded as stolen
- Class B and C vehicles, licensed for limited road use.



A Vehicle Renewal Direct Debit Request Agreement applies to the one-month payment option.

- Applications can only be made online, using [DoTDirect](#).
- You will need to enter into a direct debit agreement with DoT and your financial institution, to enable monthly payments to be debited from your account.
- There must be at least one month remaining on your current vehicle licence to be eligible to apply for the monthly renewal direct debit option.
- A reminder will be sent to you five days prior to the direct debit transaction in your nominated bank account. DoT will make two attempts to directly debit from your account. If there are insufficient funds for payment after the second attempt, the direct debit option will be disabled and you will be issued with a vehicle renewal notice for the 3, 6 or 12 month payment option.

## How to sign up

1. Log into your DoTDirect account,
2. Select your profile,
3. Select Manage Direct Debit, and
4. Enter into a Direct Debit Request Service Agreement with DoT and a direct debit agreement with their financial institution for each eligible vehicle that you wish to renew the licence for monthly.



**FOODBANK**

# Mobile Food Van

**IN HARVEY TWO TUESDAYS A MONTH**

**05 AUGUST 2025, 9:00 - 9:45am**  
**19 AUGUST 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.





## Is There Anybody Out There? 13 August

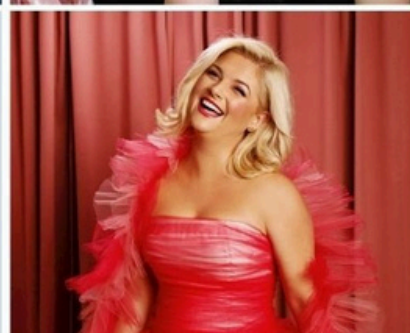
Looking for a show that will move you, lift you up and remind you of what community really means? Is There Anybody Out There? is a powerful play where fairy tales meet real-life struggles. Set in a preschool classroom, it explores love, gender roles, and community through raw, honest conversations.



## 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. Special guest - enjoy a soulful opening set by local talent Evivva Doddy. **Dinner + Show available.**



## ZAP Circus A Circus Sensation

15 October

Get ready for fire, flips, freakshow stunts and full-throttle fun! International stars ZAP CIRCUS bring a wild ride of comedy, acrobatics and circus chaos to HRCC in a brand new show that'll leave you breathless, laughing and wanting more. Don't miss the madness!



## The Big HOO HAA!

29 October

Get ready to LOL as two teams of quick-witted comedians battle it out in a high-energy showdown of improv, sketches & songs - all made up on the spot from your suggestions! Every Big HOO-HAA! show is wildly original, unpredictable & ridiculously funny!



## John Wood & Dave Allen Our Rock n Roll Journey

14 November

A vibrant celebration of the greatest hits from the 1950s to the 1980s. This lively stage show blends storytelling and song, as John Wood shares the rich history behind the music that shaped generations, while Dave Allen brings it to life with powerful live performances.



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





NeuroKids is a free paediatric nursing service for children and teens under 18 – and their families or carers. Delivered by the Neurological Council of WA and supported by the Stan Perron Institute in the SouthWest region, NeuroKids provides assessment, advocacy, health navigation, and support tailored to your needs. With over 600 recognised neurological conditions, they support a wide range of concerns – no formal diagnosis is required.

Neurological Council of WA

# NeuroKids

**Free** Support for Children with Neurological Conditions

Do you care for a child or teen experiencing neurological symptoms such as migraines, seizures, an acquired brain injury, or developmental concerns like ASD or ADHD?


We're here to guide, inform and support.

Learn more: 

PROUDLY SUPPORTED BY **teletthon 7**  **STAN PERRON CHARITABLE FOUNDATION**




Free Neurocare  
Telenurse Line:  
**1800 645 771**



**Learn more:**  
[www.ncwa.com.au/neuro-kids](http://www.ncwa.com.au/neuro-kids)  
(or scan QR code)




**PHBG**  
Peel Harvey Biosecurity Group

# PEEL-HARVEY PHOTO COMPETITION

**THEME: PROTECTING YOUR PATCH**

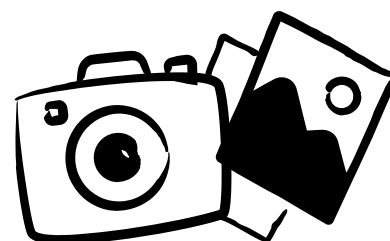
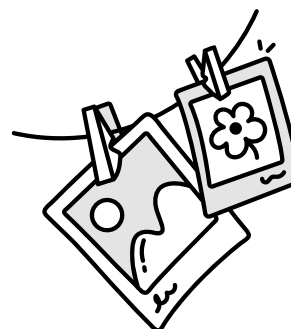
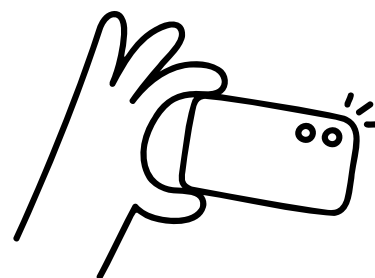
Junior (Under 16s)  
Open (Over 16s)  
Prizes for winners

**SUBMIT YOUR ENTRY BY  
10 OCTOBER 2025**

**SCAN HERE**



[www.PHBG.org](http://www.PHBG.org)



# 31 simple ideas for better mental health

## Active AUGUST

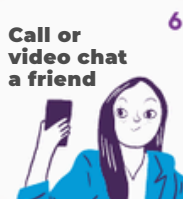


4

Soak up some fresh air

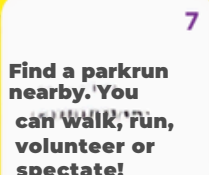
5

Thinking of trying a new skill or hobby? Find what you love



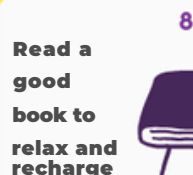
6

Call or video chat a friend



7

Find a parkrun nearby. You can walk, run, volunteer or spectate!



8

Read a good book to relax and recharge

9

Make someone's day with a thoughtful note



10

Visit a local park



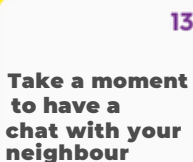
11

Gather friends or family to enjoy a meal together



12

Play games with friends



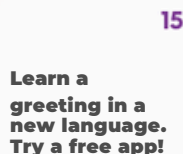
13

Take a moment to have a chat with your neighbour



14

Make time for self-care



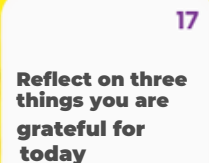
15

Learn a greeting in a new language. Try a free app!



16

Get crafty at home



17

Reflect on three things you are grateful for today



18

Take some stretching breaks during the day

19

Try a class that excites you. In-person or online, whatever suits you!



20

Reconnect with a friend



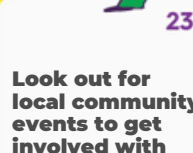
21

Greet people walking by with a smile or hello



22

Join a club or group



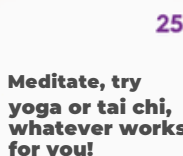
23

Look out for local community events to get involved with



24

Enjoy music or a podcast



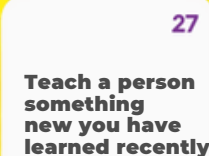
25

Meditate, try yoga or tai chi, whatever works for you!



26

Garden at home or a community garden



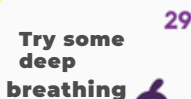
27

Teach a person something new you have learned recently



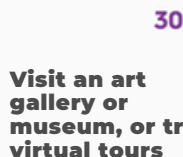
28

Volunteer for what matters to you



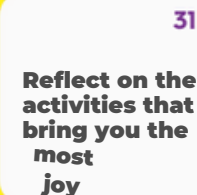
29

Try some deep breathing



30

Visit an art gallery or museum, or try virtual tours



31

Reflect on the activities that bring you the most joy

There are lots of great ways to stay active for our mental health - mentally, physically, socially, spiritually and culturally.

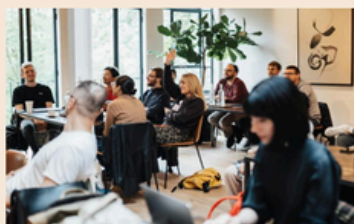


# What's happening in the Southwest?



## How to support a loved one with an eating disorder

### PARENT/PARTNER EDUCATION AND SUPPORT PROGRAM (PESP)



The Body Esteem Program is travelling to Bunbury for the first time, to deliver a one-day workshop for parents, partners, siblings (16yrs+) and carers of someone with an eating disorder. The session is facilitated by peer workers with lived experience of recovering from an eating disorder, or of having supported someone in their care into recovery.

This free, informative workshop will give you information about the nature of eating disorders, and tips on how to care for your loved one, so you can feel empowered in your role as carer and ally.

"Thank you to the facilitators for the outstanding session. Very informative and so grateful our daughter shared with us to help her going forward with her eating disorder."

"It was great meeting with others to hear their experience and relate."

**Saturday  
2nd August 2025**

**9:30am - 5:00pm**

**Headspace Bunbury,  
14 Strickland St**

Learn about our Body Esteem Program: [luma.org.au](http://luma.org.au) >  
Services > Eating Disorders

Telephone: 6330 5400

Email: [bep@luma.org.au](mailto:bep@luma.org.au)

**Register your free ticket:**



## 2025 YOUNG WOMEN LEADERSHIP REGIONAL PROGRAM

13th September | Bunbury

The United Nations Association of Australia, WA Division (UNAAWA) Gender Equality Committee presents the 2025 Young Women's Leadership Development Program for regional participants, a transformative one-day experience designed to equip young women (Year level 10-12) with the confidence, knowledge, and skills to become future leaders.

### Discover Your Strengths. Build Skills. Lead Change.

- ✓ Learn how to build respectful relationships and explore pathways to a meaningful career.
- ✓ Boost your leadership & communication skills with fun, hands-on LEGO activities that teach teamwork, empathy, and active listening.
- ✓ Uncover your personal strengths and set inspiring goals for your future.
- ✓ Understand money management and why gender equality matters in leadership.
- ✓ Get inspired to make a difference — in your school, your community, and beyond.

### TRANSFORM YOUR FUTURE:

**83.3% of past participants** were highly satisfied with the program **75% gained key insights into** leadership, resilience & personal growth **80% found the activities &** discussions highly engaging & inspiring

**DATE:** Saturday 13th Sep 8.30am - 4pm

**VENUE:** THE LORD FORREST HOTEL

**LIMITED SPOTS AVAILABLE!**

**Networking Event**  
Friday 12th Sep  
5.30pm - 7pm

Participation in the program is free of charge, but spaces are limited. To secure your place, please email us at [gender.equality@unaa-wa.org.au](mailto:gender.equality@unaa-wa.org.au), briefly outlining your interest in the program by 22 August, 2025. Students can self-nominate or be nominated by a teacher, parent, friend, or other contact. Parental consent is required for participation in this program.





OFFICIAL



Department of  
Primary Industries and  
Regional Development

# Backyard Buddies

Your monthly guide to pests, weeds and diseases

August 2025

## European wasp successful season



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

### The European wasp 2024-25 season has drawn to a close with 31 nests found and destroyed!

Western Australians can now relax and enjoy the coming few months knowing that the aggressive and invasive pest has once again been thwarted in its efforts to establish itself in WA. Every year fertilised queens enter WA via vehicles, freight and cargo from interstate where they are well established and a major social, environmental and economic pest.

WA has been entrenched in a battle for the past 48 years to prevent this pest from calling our state home. Since the first detection in 1977 WA has undergone a surveillance and eradication program, developing early detection techniques and trapping systems to locate and destroy any nests that spawn in WA. A large part of this success is due to public awareness and reporting of wasp sightings. Three of the nests destroyed this season were due directly to public reports.

The majority of nests were detected and destroyed in the City of Belmont and City of Canning in industrial areas that take delivery of interstate freight, as well as around the interstate rail freight yards. There were two regional nests destroyed: one in the suburb of Webberton in Geraldton and one in the town of Napier

just north of Albany. Around 3000 surveillance traps were deployed in the Perth metropolitan area and in strategic higher risk regional centres.

### What to look for

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

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

### Learn more or report

For more information about the eradication program and how to identify wasps see [European wasps: declared pests in Western Australia](#) | [Department of Primary Industries and Regional Development](#) or contact our Pest and Disease Information Service (PaDIS). Reports of suspected European wasps can be made to PaDIS or the MyPestGuide® team. Please include as much information and photos where you can.



### Report your observations

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

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



# Noodle Ninja Mince

## Ingredients

- 1 brown onion
- 2 cloves garlic
- Spray oil
- 500g lean mince
- ¼ cabbage
- 1 carrot
- 2 celery sticks
- 100g green beans
- 2 instant noodles squares (no sachet)
- 1 cup water
- 2 tablespoons salt reduced soy sauce
- ¼ cup sweet chilli sauce

## Method

1. Peel then dice the onion and garlic. Turn frypan on to medium heat, spray with oil. Add onion and garlic to frypan. Cook until softened.
2. Add mince to frypan and cook until browned.
3. Chop cabbage, carrot, celery and beans. Add vegetables to the frypan. Cook for 5 minutes, or until vegetables start to soften.
4. Break up instant noodles into the frypan. Stir into mince mixture. Add 1 cup of water to frypan. Bring to the boil and cook until noodles become soft.
5. Add sweet chilli and soy sauces. Stir to combine

Enjoy!



# WARRIOR WELLBEING ARTICLE



## Understanding Cholesterol

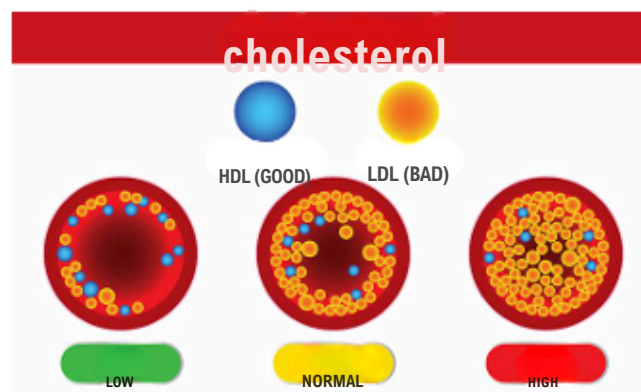
BY THE REGIONAL MEN'S HEALTH INITIATIVE  
August 2025

Cholesterol is a fatty substance found naturally in the cells and bloodstream of our body. It is mainly produced by the liver, but a small amount also comes from certain foods we eat. Cholesterol has developed a bit of a sinister reputation over the years, but the truth is that it plays an important role in our overall health and is involved in a number of vital functions including the growth and activity of cells. The body needs cholesterol, however according to a lot of medical research, an excess of it floating around our blood can have potential negative implications for our health. It is vital for us older blokes to develop an understanding of cholesterol and especially its relationship to cardiovascular disease.

Finding out the level of cholesterol in our blood is as easy as your Doctor organising a simple blood test. Among other things the blood test will identify the two types of proteins that are responsible for transporting this fatty substance in the body:

LDL (low density lipoprotein) takes cholesterol away from the liver into the blood stream and out to the cells of our body.

● HDL (high density lipoprotein) plays the role of returning cholesterol to our liver where it is broken down.



LDL makes up the bulk of cholesterol in our body and has been labelled as bad cholesterol mainly due to its involvement in the formation of plaque in our blood vessels. It is believed that when the lining of our blood vessels gets

damaged in places due to things like high blood pressure, smoking or diabetes, LDL can start to enter the walls of the blood vessels and eventually build up to restrict or even block blood flow to parts of our heart and brain causing a heart attack or stroke.

There are a lot of factors that influence the levels of cholesterol in a person's blood such as our genes, age and ethnicity which we don't have a great deal of control over, and our diet and lifestyle which we do have control over. This is especially important to consider if we are already at risk of developing heart and circulatory disease due to factors such as smoking, being overweight and having high blood pressure.

Your GP may discuss medication as an option to address high cholesterol levels but will most definitely suggest exercise and changes to your diet and lifestyle. Exercise is a no brainer when it comes to keeping your pump and pipes healthy and reducing your risk for all sorts of health issues. Dietary wise, it will involve being mindful of foods that contain high cholesterol such as meat, milk, cheese, eggs and butter.

There is a lot of evidence to limit our intake of saturated and trans fats which are found in foods such as fatty meat, dairy products and most take away food. Both these fats can raise the levels of LDL and trans fats are even thought to lower the levels of HDL. We still need to eat fat as part of a balanced diet, but this should generally be unsaturated fat found in foods such as fish, avocado and olive oil.

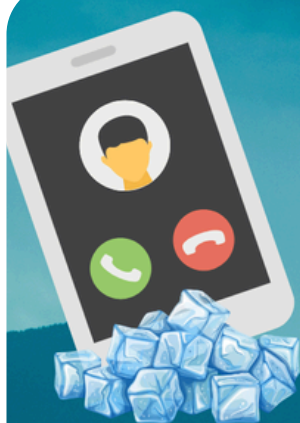
Remember, get your GP to check your cholesterol on your next visit and discuss any associated risks that are relevant to you.

@RMHI\_4blokes

Working with Warriors Podcast

regionalmenshealth.com.au





## Put "ICE" on your mobile phone

ICE

There may come a time when you have an accident and are unable to communicate with whoever has found you. A simple, Internationally recognised word on your mobile phone could save your life and inform others of your predicament.

Enter "ICE" in your phonebook, adding details of a person you wish to be contacted in case of emergency. Include their phone number, name and their relationship to you. If you wish to include more than one emergency contact, list them as: ICE1, ICE2, ICE3, and so on.

Part of the standard procedure for Emergency Personnel is to check your phone for this vital information.

## Hints, Tips & Inspiration

*"The most important thing is to enjoy your life—to be happy—it's all that matters."*

— Steve Jobs

*"Be yourself; everyone else is already taken."*

— Oscar Wilde

*"You have to believe in yourself when no one else does."* —  
Serena Williams

*"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."*

— Bernard M. Baruch

*"Always forgive your enemies; nothing annoys them so much."*  
— Oscar Wilde



Enabled by the kind collaboration  
with: A Season of Happiness





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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[www.harveycrc.com.au](http://www.harveycrc.com.au) and completing the  
details on the home page, drop us an email at  
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# Policy & Disclaimer

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