



Harvey the Orange

HARVEY HAPPENINGS

SEPTEMBER 2025
Harvey CRC's
Community Newsletter



HELLO
SPRING



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
 ✉ SIP@harveycrc.com.au
 📍 5 Gibbs Street, Harvey WA 6220



**Come and have a chat to us at the
Harvey Library to find out more..
Friday 5 September - 1:00pm
See you there!**



☎ 9729 1669
 🌐 www.harveycrc.com.au
 ✉ 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:

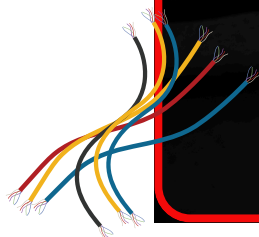
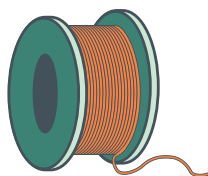
Personalised connectivity reports
Phone assistance hotline

Online information and resource hub
Escalation support

regionaltechhub.org.au

1300 081 029

facebook.com/RegionalTechHub



Ron Kruger

Manager/Director

RK Cabling

0402 810 071

ron@rkcabling.com.au

Harvey and surrounding suburbs

www.rkcabling.com.au

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

Reg No: T50600



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
www.mhi.org.au



Fully compliant organisation - trust and reliability

What's New at Your CRC!



Thanks to the amazing efforts of Tracey-Ann and our Committee, we were successful in receiving a grant from Lotterywest to enable us to purchase equipment to use in and improve our outdoor space.

We have installed a new shed which will house our outdoor furniture and equipment. We have also been able to install outdoor heaters and fans under the roofed area.

Our lawns will be reticulated to assist us in keeping this space looking amazing.

We would like to thank our staff, families and volunteers who have assisted us to see this project completed.

Sincere thanks to Harvey Water for providing assistance with labour in erecting our shed. This was invaluable.

This space is available to hire for events.
Please do not hesitate to contact us for more information.



Ring **9729 1669**
or email

events@harveycrc.com.au



FOODBANK

Mobile Food Van

IN HARVEY TWO TUESDAYS A MONTH
02 SEPTEMBER 2025, 9:00 - 9:45am
16 SEPTEMBER 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

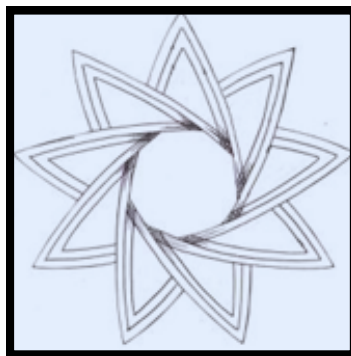



Financial Counselling.
It's more than budgeting.

We visit Harvey CRC
 Wednesday fortnightly

Call 9720 9200 for an appointment.





Harvey Bahá'ís Support the Community Resource Centre

Spiritual Assembly of the Baha'is of Harvey

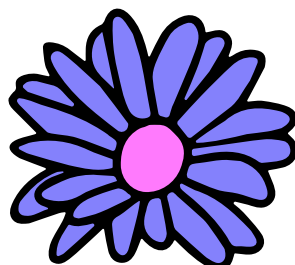
In a spirit of unity and service, the Harvey Bahá'í community continues its commitment to supporting the well-being of the broader community through regular donations to the Harvey Community Resource Centre. This ongoing initiative reflects the Bahá'í principle of selfless service and social action as essential expressions of faith.

Several times a year, typically three to four, the Bahá'ís of Harvey organise donation drives in consultation with the Harvey Community Resource Centre. This collaboration ensures that each round of donations is tailored to meet the Centre's most current and pressing needs, whether that be non-perishable food, toiletries, clothing, or household essentials.

"This isn't just about giving goods—it's about building connections and showing care," says one community member. "It's our way of contributing to a more unified and compassionate society."

The donation drives are open to all who wish to participate, and we welcome all who feel inspired to join in supporting the Community Resource Centre. As this initiative continues to grow, the Harvey Bahá'í community invites friends and neighbours to reflect on a shared question: How can we each play a part in building a more caring and united society?

✧ Thanks For
Your Generosity



♥ Thanks For
Your Support

Star Hearing Consultants
Audiology and Tinnitus Clinic

Clinic Location: **HARVEY CONNECT**
Experts in discreet hearing solutions

Check our Google reviews to see what our patients say!

These days...
Hearing loss is more visible than hearing aids

Are you a Pensioner / Veteran?
You are eligible for **FREE** Assessment and **FREE** Hearing Aids
Fully funded by Government-Hearing Service Program (HSP)

Do you HEAR
Ringing?
Buzzing?
Chirping?
Whistling?

It's probably TINNITUS. WE CAN HELP!
Tinnitus is the perception of sound when no external source is present.

To book an appointment
CALL: 1800 11 4327 / 1800 11 HEAR
Clinic Location: Harvey Connect, 105 Uduc Road, Harvey
www.starhearing.com.au | starhearing@outlook.com



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



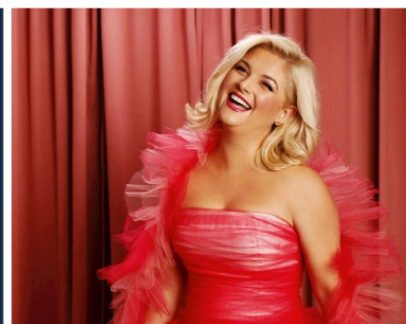
Learn more:
www.ncwa.com.au/neuro-kids
(or scan QR code)

UNMISSABLE EVENTS

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 Sinead.



ZAP Circus

15 October

A Circus Sensation

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.

★ Morning tea included



Rick Price

28 November

30th Anniversary Album Tour

Don't miss Aussie music legend Rick Price live in concert! With hits like Heaven Knows, gold & platinum albums, and 30+ years of soulful songwriting, this unforgettable night is more than a show - it's a heartfelt musical homecoming. Supported by Jax Morton.

★ Dinner + show available



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





Department of Local Government,
Industry Regulation and Safety



Regional Column

Consumer Protection 140 William Street Perth Western Australia 6000

Email: cpmedia@lgirs.wa.gov.au | www.consumerprotection.wa.gov.au | www.wa.gov.au

With Senior Regional Officer for the South West - Annetta Bellingeri

One year on: WA's rental reforms

It's been one year since major rental reforms moved into Western Australia. With them they brought stronger protections for renters and more clarity for landlords.

These reforms recognised the fact renting is a more permanent living solution for many Western Australians, and they deserve stability, fairness and the ability to make their rental feel like a home.

Since July 2024, four major changes have reshaped the renting experience. Tenants are allowed to keep pets and make minor modifications to the home in most cases, rent increases are limited to once a year and a process called 'Commissioner's Determination' means the Commissioner for Consumer Protection can decide disputes over a request to have pet or make small changes at a rental home.

If you're living in a rental home and considering getting a family pet or thinking about hanging some artwork in your lounge room you may have forgotten about the changes to the law.

A landlord is only allowed to refuse a pet or a small change to the home for very specific reasons. For example, a request to have a dog could be refused if it would break a strata by-law to keep one. A minor change to a property that would disturb asbestos can also be refused.

If they want to refuse your request for a pet or minor modification, the landlord may have to apply to the Commissioner for Consumer Protection to make a decision. This simple online process allows both you and the landlord to submit your views without the stress and formality of going to court.

If you're concerned this process will mean the Commissioner will likely decide in favour of the landlord, remember that you are allowed to keep pets and make small changes to the home unless the landlord can prove, with evidence, that one of the grounds for refusal listed in the legislation applies. That's right, the law backs you up. In fact, less than five per cent of applications were decided in favour of the landlord.

You should feel confident in being honest with your landlord about keeping a pet or making a change to the home. No more hiding the pets during rent inspections or moving a bookshelf in front of a picture hook.

From time to time some of the Commissioner's decisions are published on the Consumer Protection website (<https://www.consumerprotection.wa.gov.au/commissioners-decisions>).

These provide both tenants and landlords with valuable information and insights into the decision-making process regarding applications for both pets and minor modifications.

The big changes in July 2024 followed on from a ban on rent bidding and giving tenants stronger rights to fight back against retaliatory action by landlords.

If you require more information on your rights as a tenant head to consumerprotection.wa.gov.au or call 1300 30 40 54.

SOCIAL MEDIA BAN FACTSHEET

Information for **young people** about the social media ban

What's happening?

The Government has made a law which says that **anyone under 16** is not allowed to use **social media**.

Why? The Government hopes to reduce the bad parts of social media like cyberbullying, negative impacts on mental health, and excessive screen-time.



When will social media be banned?



The Government hasn't confirmed a date yet, but the ban will probably start on **10 December 2025**.

How will it work?



Social media platforms will need to check your age to make sure you're not under 16. It's up to each social media platform to decide how they will verify your age. That might be through ID, facial recognition or other age verification technology.

Which platforms will be banned?



...and more

Are there any exceptions?

The Government says they will make exceptions for:

- **messaging** apps
- online **gaming** services and
- services that support **health and education**

but this hasn't happened yet.



What about YouTube?



You won't be able to log into your YouTube account. You can still watch videos in a browser.

Can my parent give me permission?



No. You won't be able to access social media until you are 16 years old, even if your **parents or guardians** are ok with you having social media.

What if I already have social media accounts?

If you are under 16, you **will not** be able to **access your social media** once the ban comes into effect. You'll be locked out until you turn 16.

What about privacy?



Strict privacy and data collection rules will apply. Platforms **must not use** information about your age for **any other purpose** unless you agree.

What are the penalties?

You won't be fined or punished if you find a loophole or use social media before you turn 16. But, we don't encourage anyone to lie about their age.

Social media **companies** can be fined up to **\$49.5 million** if they don't take enough steps to enforce the ban.



SOCIAL MEDIA BAN FACTSHEET

Information for **young people** about the social media ban

What does this mean for me? ???

The reality is that in 2026, if you are under 16 years old, you probably **won't be able to access social media platforms.**

This is going to be a **big change** for you if you've grown up online. But there are a bunch of things you can do to **overcome this challenge** and **support your mates** through the transition off social media.

Let's talk about it

For lots of people, social media is a way to talk to your friends, be creative, stay up to date and be part of a community. It might be hard to lose that part of your life.

Talk to friends, family, and trusted loved ones about this big change and how you're feeling.

You can also contact the **Kids Helpline** by calling 1800 55 1800 if you need to talk.

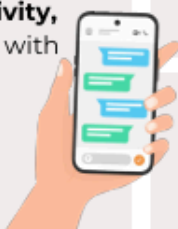
Take the good bits of social media offline

There are so many **good parts** of social media, like expressing your **creativity**, finding **community** and chatting with your **friends**.

Work together with your friends, parents and schools to recreate these positive parts of social media offline.

Think about how you can hang out with your friends without social media. This could be calling on the phone, catching up in person or even sending postcards,

Get creative about how you express yourself offline. Maybe you do this through art, clothing, or music.



How do I help a friend who is struggling with the ban?

- **Talk** about it openly with them
- Be a good **listener**
- Share your **ideas** and **resources**
- **Check in** with them regularly
- **Seek help** if you need to



Replace social media with other activities

While it will be hard, try to think about how this could be a **good thing**.

Imagine what you can do with the **time** you won't be spending on social media?

Make more plans to do **activities** in person with your friends, try new **hobbies** and go on **adventures**.



Use 2025 to prepare

The good news is you will have all of 2025 to get ready for the ban which will happen on 10 December 2025.

Phones at home

Encourage your parents/guardians to see how it feels and do a **"No Social Media Challenge"** with you. Go one hour, one day or even one week without social media see how it feels!



OFFICIAL



Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

September 2025

Biosecurity Blitz 2025: Scanning for Land and Water Invaders

Vigilance is key

Spotting invasive species early helps prevent pest outbreaks and protects our local environment. When community members report what they see, we can identify these species quickly and act before they spread. Your observations make a real difference in managing these threats.

Power in numbers

Keen-eyed observers across Western Australia can sign up to take part in DPIRD's [Biosecurity Blitz 2025 \(16 October to 16 November\)](#) to report not just pests, but also unsung beneficial organisms that play a vital role in maintaining ecological balance, pollination, and naturally help control pest populations.

Past Biosecurity Blitz observations revealed increased sightings of beneficial bugs like hover flies and lacewings in urban gardens, clear signs that habitat-friendly practices are taking root across local communities. Predators, such as lacewings, ladybirds, and predatory mites, actively hunt and consume pests. Parasitic wasps, hover flies, and even some spiders, lay their eggs on or inside pest species. Their larvae then feed on the host, often killing it in the process.

Community observations help shape the story of WA's biodiversity. What new discoveries will this year's Biosecurity Blitz uncover? DPIRD encourages people of all ages to sign up, download the [MyPestGuide® Reporter](#) app, submit sightings, and share photos to help map beneficial species and confirm the absence of exotic pests across WA.

Don't forget the waterways

Biosecurity Blitz 2025 isn't just about gardens and bushland—it's also about what's lurking in our waterways. Invasive aquatic species like carp and the carpet sea squirt (*Didemnum vexillum*)



Carp (Koi) – Canning River pest survey.

threaten WA's biodiversity and can spread through floods, fishing, boating, and pet release. Other pests like non-native crustaceans, molluscs, and worms, can disrupt ecosystems and impact industries like aquaculture and tourism.

Even hardy aquarium fish can become invasive if released. Pearl cichlids, for example, are not native to Australia and compete aggressively with local species. Originally 5–15 cm as pets, they've grown to over 30 cm in Perth waterways!

While taking part in the Blitz, report any sightings of released aquarium fish using the [MyPestGuide® Reporter](#) app. Your actions help protect WA's aquatic ecosystems. Happy hunting!

Report damaging pests on land or water with [MyPestGuide® Reporter](#)



Report damaging pests on land or water with [MyPestGuide® Reporter](#)

Questions? Call Pest and Disease Information Service (PaDIS) on 08 9368 3080, email padis@dpiird.wa.gov.au.



What's happening in the Southwest?



WOMEN'S HEALTH WEEK

Friday 5 September 2025

**BUNBURY REGIONAL
ENTERTAINMENT CENTRE**
(WELLINGTON SUITE)

5PM-8PM

KEYNOTE SPEAKER

**LUCY
PEACH**

CELEBRATING AND
SHOWCASING THIRTY YEARS
OF WOMEN'S HEALTH

PROUDLY SUPPORTED BY



REGISTRATION ESSENTIAL
VIA THE QR CODE



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, 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.



United Nations
Association of Australia
WA Division



Southern
Aboriginal Corporation



Sandfire



St Hilda's
ANGELICAN SCHOOL FOR GIRLS



What's happening in the Southwest?

SPRING EVENT

WOMEN'S WELLBEING WORKSHOPS & INFORMATION

SATURDAY 13 SEPTEMBER

10 AM-12:30 PM

MILLIGAN COMMUNITY CENTRE

Session Details:
 Doors open at 10 am
 10:15 am Welcoming Address by Club President, Niomi
 10:20-11:05 am Area 1: Craft with Leah (Cheeky Little)
 Area 2: Dance Workshop with Fempower
 Area 3: Role-Playing Games (RPG) with Larissa
 11:15-12:00 Area 1: Craft continues
 Area 2: Tribal dance with Rebecca (Renew With Rebecca)
 Area 3: Learn About Your Dreams with Sue (Saffire)
 12:10 pm Raffle Prize Draw

QR Code: [QR Code]

\$12 ticket includes all activities
 Dragonfly Coffee Van
 Cake Stall & Raffle with amazing prizes!
 Funds raised go towards our projects that support women and girls.
 Book now at <https://events.humanitix.com/spring-event-2025-soroptimist-bunbury>

Soroptimist International Bunbury
 FEMPOWER SOUTH WEST PACIFIC



Legal Aid WA - Busselton Workshops

Topics include:

- What is Legal Aid WA and how can we help
- Young people and the law
- Criminal Justice System
- Age of Criminal Responsibility and Common Offences for young people
- Phones, social media and the law - cyberbullying and online safety
- Sexting and Image Based Abuse
- Your Rights when dealing with the police

For tickets, scan here:



www.events.humanitix.south-west-autism-network

Busselton Community Resource Centre
Meeting Room 1 (Ground Floor)
21 Cammilleri Street, Busselton

Tuesday, 2nd September 2025

Parents and Caregivers: 12.00 noon
 Older Students (Grades 9 and over) & Young adults: 1.30 pm
 Younger Students (Grades 4-8): 3.30 pm

This workshop is part of an Information, Linkages and Capacity Building project funded by the Australian Government.



For further information contact SWAN:

☎ 0499 819 038 ✉ info@swanautism.org.au



What's happening in the Southwest?



LIVINGWORKS
safeTALK

MAKE A CONNECTION HELP SAVE A LIFE

! TELL. ASK. LISTEN. KEEPSAFE.

safeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide alert helper.

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. **Through their words and actions, they invite help to stay alive.**

Used widely by professionals and the general public, safeTALK-trained helpers recognise these invitations and take action by connecting them with life-saving intervention resources. To learn more about safeTALK and to see the evidence visit the LivingWorks website.



Date: Tuesday 16 September
Time: 9:30am-1:00pm
Location: Hudson Road Family Centre,
95 Hudson Road, Withers

Registration essential:

www.blueleaf.org.au/youth-safe

Please bring your own food to eat in the break time.

Supported by:



SOUTH WEST EARLY YEARS FORUM

EARLY YEARS
SOUTH WEST

Join early years professionals, educators, health providers, community organisations and local governments from across the South West for a collaborative forum focused on shaping the future of our region's children.

EVENT DETAILS

- Wednesday 17 September 2025, 1pm to 4pm
- City of Bunbury - Function Room
- 4 Stephen Street, Bunbury WA 6230

WHAT TO EXPECT

- Insights from the latest AEDC results and South West Parents Survey
- Interactive discussion to identify strengths, gaps, and opportunities for collaboration across the region
- A chance to connect, share, and strengthen partnerships across early childhood sectors



WITH THANKS TO



Government of Western Australia
WA Country Health Service

Playgroup WA

Parenting
Connection WA

TUART FOREST
TOY LIBRARY

Investing in
our youth Inc.



CITY OF
BUNBURY

REGISTER NOW

<https://events.humanitix.com/sweyf>

LET'S
TALK!



RECIPE OF THE MONTH



Mushroom Frittata

Ingredients

- 1 tablespoon olive oil
- 3 cups mushrooms, roughly chopped
- 2 tablespoons fresh thyme leaves
- 2 teaspoons balsamic vinegar
- 1 cup cheese (feta, ricotta or cottage)
- 6 eggs
- 2 cups spinach (or any leafy greens- kale, beet greens, rocket), chopped

Method

1. Preheat oven to 180 degrees.
2. In a large bowl, whisk eggs. Crumble in cheese. Set aside.
3. In a large frypan, heat olive oil and add mushrooms. Cook for 5-7 mins until softened.
4. Add balsamic vinegar, spinach and thyme. Continue to stir for 1-2 mins.
5. Take off heat and allow to cool for 5 mins. Once cooled, combine mushroom mixture to egg mixture.
6. Transfer to a small baking dish and cook in oven for 20-30 mins.
7. Serve warm or cold with your fav salad.

Food Fact

- Mushrooms contain B vitamins, antioxidants, potassium and copper which are important for nervous system function and healthy bones.

Enjoy!

WARRIOR WELLBEING ARTICLE



Looking After Our Back

BY THE REGIONAL MEN'S HEALTH INITIATIVE
September 2025

As blokes we are all guilty of just wanting to get the job done and we sometimes throw our bodies on the line without considering the possible consequences. We see this with both young and old blokes alike, and injuring our back is one possible consequence. In fact, the Australian Institute of Health and Welfare suggest that 70% – 90% of the population will experience lower back pain in some form during their life.

Back problems can be caused by a multitude of factors ranging from: a pre-existing issue or weakness we may have from childhood; wear and tear caused by the physically demanding jobs blokes undertake; or just a fact of life due to our modern-day sedentary lifestyle (i.e. hours sitting in trucks/tractors, office chairs and on the couch). There are also those situations where we push ourselves that bit too hard or things just go pear shaped. It's important to recognise that our back is a precious commodity, just ask anyone who has suffered a back injury resulting in chronic pain... it can be debilitating!

A *neglectful attitude* is something else a lot of blokes are guilty of, and this attitude can exacerbate many health conditions. This is a common attitude that underpins the often unspoken but hardwired attitude that *I am a warrior and it will not happen to me*. How many times have you heard a bloke experiencing pain say, *she'll be right, I'll see how it goes?* and puts up with his issue for weeks, months, and even years. If we're lucky we do 5 minutes of stretching and remember to sit up straight for the rest of the day, but that's about as far as it goes.

Proper back care should be part of our regular routine and there are simple steps we can take that will not only decrease the chances of back problems but also benefit our overall wellbeing, such as:

Exercise and stretching; the better shape our body is in with a good range of movement decreases the risk of putting our back under

unwanted pressure. Try some yoga!

Proper posture; whether it's sitting in a tractor, behind a desk or with our feet up enjoying Saturday arvo footy, our body is not designed to be in a seated position for extended periods. Get up and stretch out as often as possible and make sure we don't slouch or slump in our chairs. Place a rolled-up towel behind the lower back for good lumbar support.



Bulging belly; we can't all have a raging six pack like some of the pin up boys out there but losing a few kg's off the guts and increasing strength around our core muscles, especially our pelvic floor, takes unwanted pressure off our lower back.

Lifting logically; we need to bend our knees, keep our back straight, and keep the load centered to our body. Also, when we are helping our mate lift those heavy loads or rearranging furniture for the wife remember **Prior Planning and Communication Prevents Piss Poor Performance**.

If back pain is not resolving itself with some of these basic back care tips consult a GP or book in to see a physiotherapist for more specific treatment and back care exercises.

✕ @RMHI_4blokes

🎧 Working with Warriors Podcast

🌐 regionalmenshealth.com.au





Smoke Detectors



All homes should have them. The trouble is, once they are fitted, they tend to be forgotten. They really do need checking regularly and, if they are the battery-operated type, the batteries should be changed annually.

Those that are wired into the home electrical circuit would seem to be the better option, but they still need checking. We had a disturbing incident when the entire house was engulfed in smoke. Despite the fact that the indicator lights of the wired-in detectors were glowing reassuringly green, they were as silent as the grave!

To check your detectors, don't just prod the test-button with the end of a broom handle! Get up there on a chair or a ladder with some paper tightly folded into a taper and moistened with water in the middle - then set light to the end and hold it under the detector (not so close that you melt the case!). It may take a few seconds for the smoke to filter into the vents, but it should eventually give off that ear-piercing beep. If it doesn't, complain loudly to whomsoever you bought it from, or chuck it out and replace it with one that works.

The lives of you and your family may depend on it.

Hints, Tips & Inspiration

"What you
have to give,
the world
needs"
- Aditi Shah

"Acknowledge the
fear and do it
anyway"
- Emma Lovewell

"I Am, I Can,
I Will, I Do"
- Christine
D'Ercole

"Don't be defined
by other people's
expectations.
Define your own
strengths"
- Susie Chan

"Start where
you are. Use
what you have.
Do what you
can"
- Arthur Ashe



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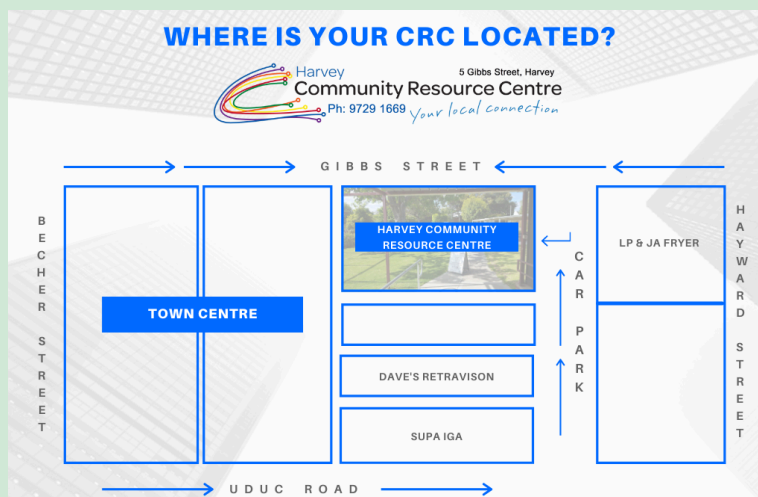
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