



HARVEY HAPPENINGS

OCTOBER 2025



ADVERTISE IN THIS NEWSLETTER

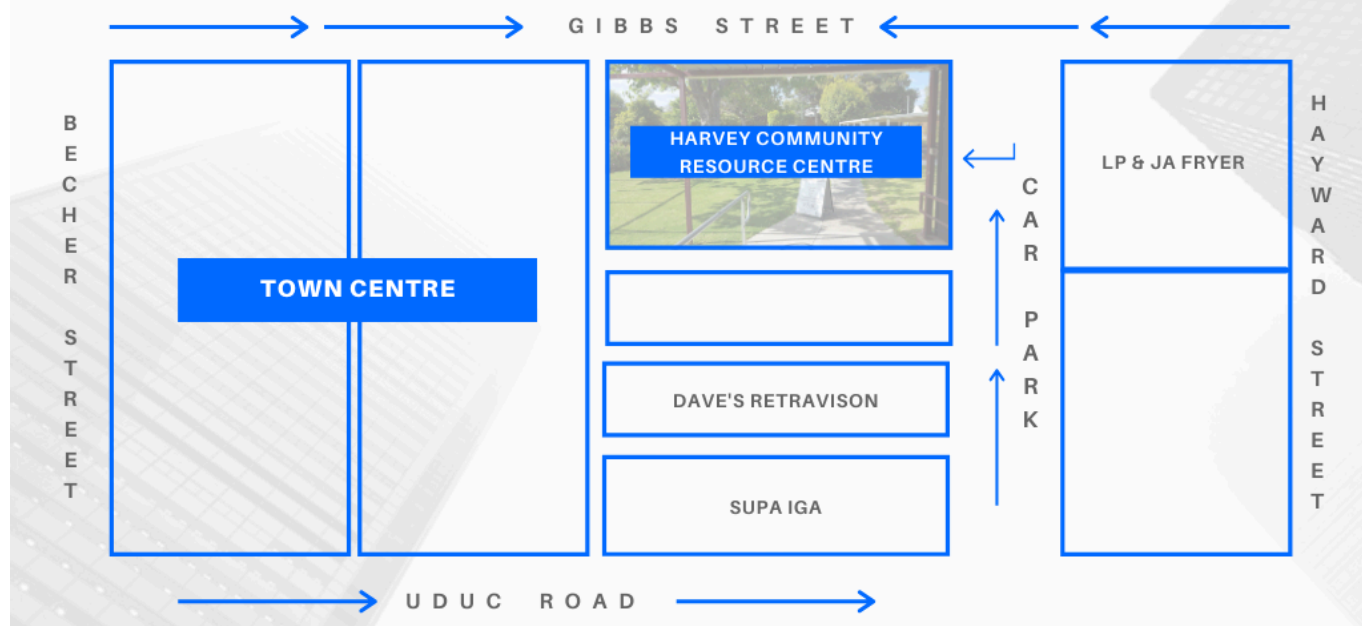
Black & White or **Colour**
Business Card Sizing - \$12.00
6cm x 6cm - \$15.00
12cm x 6cm - \$17.00
1/4 Page - \$20.00
1/2 Page - \$40.00
Full Page - \$60.00
Advert Design / Hr - \$32.00

Ring 9729 1669
or email marketing@harveycrc.com.au
for more information.



Harvey the Orange

WHERE IS YOUR CRC LOCATED?



Centre Trading Hours

Monday to Friday
8:30am to 2:30pm
(With the exception of
Public Holidays)

Would you like to subscribe to this newsletter?

You can do that by going to the website,
www.harveycrc.com.au and completing the
details on the home page, drop us an email at
marketing@harveycrc.com.au

OR

Just ring us on 9729 1669 and one of our friendly
staff would be happy to help you you.

OUR 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



HAPPENINGS AT THE CRC



FOOD FOR THOUGHT

Need help with your device, we can help teach you.

Digital skills covered at this event:

- Getting to know your device
- Online searching
- Understanding technology



21st OCTOBER 2025
10.30am
HARVEY CRC
5 GIBBS ST HARVEY

**REGISTRATIONS
NOW OPEN**
BYO DEVICE
PLEASE ADVISE WHICH DEVICE
WHEN REGISTERING


SAUSAGE SIZZLE INCLUDED





Be Connected
Every Australian online.


CONTACT
📞 9729 1669
✉ events@harveycrc.com.au
📍 5 Gibbs Street, Harvey WA 6220





JP Services now available on Tuesday's

By appointment only

Contact us on
9729 1669
to make a booking





events@harveycrc.com.au





FOODBANK
Mobile Food Van
IN HARVEY TWO TUESDAYS A MONTH

07 OCTOBER 2025, 9:00 - 9:45am
21 OCTOBER 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





HAPPENINGS AT THE CRC



Let's talk about aged care

Drop in for a free chat with Ven Sykes and Brian Gallacher from the Department of Health, Disability and Ageing about Commonwealth funded aged care services.

Ven and Brian will be available to guide you through the range of aged care services, explain the assessment process, and help you understand how to find services that suit your needs.

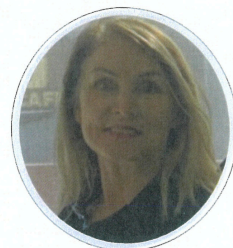
We are also on hand to talk about recent reforms in aged care and what quality care services should look like.

Where: Harvey Resource Centre, 5 Gibbs Street, Harvey

When: Wednesday 22nd October 2025

Time: 10:00am-1:00pm

Register: No registration required — just drop in!



ndis
ndis.gov.au

Meet the National Disability Insurance Agency Staff

Harvey Community Resource Centre

5 Gibbs St, Harvey

10:00am to 1:00pm on the following days:

~~Tuesday 12th August~~

~~Monday 8th September~~

Wednesday 22nd October

Let us change aged care together.

We invite Australians to continue to have their say about the aged care reforms.



Visit agedcareengagement.health.gov.au

Phone 1800 318 209 (Aged care reform free-call phone line)

For translating and interpreting services, call 131 450 and ask for 1800 318 209.

To use the National Relay Service, visit nrschat.nrs.gov.au/nrs to choose your preferred access point on their website, or call the NRS Helpdesk on 1800 555 660.

Did you know the NDIA can help you if you have trouble with walking, talking, listening, seeing or thinking?

If you want to know more about NDIS, the team will answer your questions and speak about what we do:



What is the NDIS?



What is a Disability?



How to get NDIS?



What are supports and services?

Connecting Harvey in partnership with our Partners in Community



STAYING IN PLACE

To support you living independently with your
Home Care Package



WE CAN HELP YOU WITH:

Cleaning
Gutters
Housework
Transport
Shopping & Errands
Chop & Stacking Wood
Social Outings



**Come in to the CRC and
speak with Michele**

GUESS WHO'S COMING TO TOWN?.....

....(No it's not him!)



THE BIG BLUE VAN

No Appointments needed,
Just pop in and Chat
to the nbn local Community
Engagement Team



THU 23 October



9:00AM to 2:00PM



Harvey CRC - 5 Gibbs St

- **Connectivity Advice**
- **Check Your Address for updates and upgrades**
- **Troubleshoot any issues you may be experiencing**
- **Home Optimisation tools and advice**
- **Understand what speed means for you and know the right questions to be asking your retailer**





Photos from left to right: a Marri tree demonstrating branch dieback, the trunk of the same tree stained with kino (gum like substance produced as a protective response), this tree was diagnosed with Marri canker. A stressed verge tree with peeling bark showing signs of secondary attack by boring insects.

When Trees Send Distress Signals

Trees across Western Australia have faced a multitude of threats in recent years including pests, disease and environmental stress. Learning to spot the warning signs can help save our trees.

Disease or drought?

Dark staining, bark splitting, blackened areas on trunks, and leaf discolouration are common symptoms of tree disease. Many fungal pathogens attack trees that are already stressed from environmental factors.

Root diseases caused by *Armillaria* and *Phytophthora* are particularly common in WA, with symptoms including thinning canopies, branch dieback, and bleeding trunks. Drought-stressed trees exhibit symptoms that can easily be mistaken for disease. The most common being, wilting or curling leaves, premature leaf drop, browning leaf margins and thinning of the canopy. A key point of difference is that drought symptoms typically appear uniformly across the tree, while disease often begins with flagging or wilting of individual branches before spreading.

The secondary attack

Both diseased and drought-stressed trees can become more vulnerable to attack by pests. Wood-boring insects that normally can't penetrate healthy trees take advantage of weakened defenses, evident by small holes and sawdust-like material around trunks.

This could be seen as a domino effect, the initial stress compromises the tree's natural defense systems, allowing opportunistic organisms to establish.

When Trees Send Distress Signals Cont.

Treatment options

Is professional diagnosis worth it? If low-cost, simple efforts don't lead to improvements, engaging a qualified arborist to help identify and guide treatment options is a good idea, especially for valuable or heritage trees. Plant health laboratories, including DPIRD's, offer fee-for-service diagnostic testing. Treatment will vary by problem, but in general:

- For root diseases: improve drainage, avoid overwatering.
- For drought stress: provide slow, deep watering and adequate mulching, especially if the tree is young.
- Prune affected branches with sterilized tools.
- Apply appropriate fungicides and pesticides as necessary and as per label instructions.
- Protect trees from physical damage.

Remember good garden biosecurity - check any new addition to the garden for signs of pests and diseases.

Prevention is key

Think carefully about what you're planting, a tree well suited to the environment it is being planted in will require less intervention and be more resistant to both disease and environmental stress. Consider species adapted to local conditions such as drought-tolerant natives and pest resistant species that can withstand WA's challenging climate.

Be vigilant - keep an eye on your trees and the trees in your community. The faster an issue is identified the sooner the tree can be helped - it might be as simple as a few deep waterings to help get it through a particularly long summer.



Report your observations

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

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

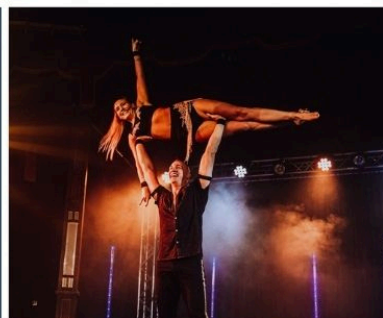


ZAP Circus

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

14 November

Our Rock n Roll Journey

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



Harvey Indoor Markets

6 December

Harvey Indoor Markets is the place to browse, shop, and soak up good vibes with family and friends. With 50+ stalls, live music, food offerings and a fun-filled atmosphere, this is your chance to support local makers, find that one-of-a-kind gift, and maybe even treat yourself (because why not?).



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



BE BREAST AWARE THIS OCTOBER

Cancer Council WA is urging everyone in the South West region to take Breast Cancer Awareness Month as an opportunity to familiarize themselves with the common symptoms of breast cancer.

In 2021, 1,862 women were diagnosed with breast cancer, and sadly, 279 women and one man lost their lives to the disease. In the South West region, 175 women were diagnosed with breast cancer, and 31 died from it.

Common symptoms of breast cancer include:

- A lump or hard area in your breast or underarm, especially if it is only on one side
- A change in the size, shape or feel of your breast
- Change in the look of your breast, including redness, rash, or your skin looks like the skin of an orange, or is wrinkling in small folds
- Changes to the nipple, like it's pulled inwards, leaking, itchy or has a sore that won't heal
- Breast pain or discomfort, especially if it is only on one side
- An area of the breast that feels different to the rest

If you have had any of these symptoms for more than four weeks, tell your doctor, clinic nurse or Aboriginal health worker as soon as possible.

If you have any of the symptoms, it doesn't mean you've got cancer; often, it turns out to be something less serious, but finding breast cancer early often means that the breast cancer is small, less likely to have spread to other parts of the body and can be more effectively treated.


















































Cancer Information and Support

To find out more about common cancer symptoms, visit www.findcancerearly.com.au, or if you're feeling overwhelmed and you need someone to talk to, call Cancer Council's information and support line on 13 11 20 and speak to one of our cancer nurses



Which Android icon is that?

Get to know some of the features on your Android phone or tablet with the Be Connected guide to common mobile device icons.

						
Menu	Back	Forward	Refresh	Close	Download	Search
						
Battery	Fingerprint unlock	Location	Bluetooth	Wi-Fi	No Wi-Fi	Mobile network strength
						
Hotspot	Accessibility	Flight mode	Mobile data	Trash	Crop	Send
						
More menu	Secured / Locked	Share	Screen share	Attach	Switch camera (front/rear)	Voice recording
						
Message	Settings	Gallery / Photos	Calendar	Contacts	Video call	Quick Share
						
Google Assistant / Gemini	Camera	Call	Incoming Call	Outgoing call	Missed Call	Torch
						
Email	Notifications	New / Add	Scan QR code	Alarm set	Google Wallet	Play Store



OCTOBER - RECIPE

Spinach & Feta Tart



Serves 4 People

INGREDIENTS

- 250g spinach shredded
- 1 sheet short crust pastry
- 150g feta crumbled
- 3 large eggs lightly beaten (reserve 1 tablespoon)



INSTRUCTIONS

1. Preheat the oven to 200C.
2. Heat a large nonstick frying pan, add ¼ cup (60ml) of water and the spinach and cook gently until wilted.
3. Squeeze out excess liquid and set aside.
4. Line a 16cm round cake tin with baking paper and then the sheet of pastry.
5. Add the feta and beaten eggs to the spinach. Mix well and season with sea salt and cracked pepper.
6. Pour the mixture into the pastry case and fold the excess pastry towards the centre.
7. Brush the folded pastry with the reserved egg.
8. Bake for 40 to 45 minutes or until golden and set.

**MORE HEALTHY AND SIMPLE
RECIPES CAN ALSO BE FOUND
ON THE 4 INGREDIENTS WEBSITE**

enjoy!

SOCIAL MEDIA BAN FACTSHEET

Factsheet for **parents** about the social media ban

What's happening?

The Government has made a law raising the **minimum age for social media use** in Australia to **16 years old**. That means children under 16 won't be allowed to access social media.

Why? The Government hopes to **reduce the negative** impacts of social media like cyberbullying, seeing inappropriate content.



When will social media be banned?

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



How will it work?

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



Which platforms will be banned?



...and more

Are there exempt platforms?

The Government *intends* to make exceptions for:

- **messaging** apps
- online **gaming** services and
- services with the primary purpose of supporting **health and education**

but this hasn't happened yet.



What about YouTube?



Kids won't be able to use their YouTube account, but can still watch videos in a browser.

Can I give my child permission?



Parents or guardians won't be able to give their consent for their young people to access social media before they are 16 years of age.

What if they already have social media accounts?

Even if children under 16 years old already have accounts, they **will not** be able to **access social media** once the ban comes into effect. They will be locked out until 16.

What about privacy?

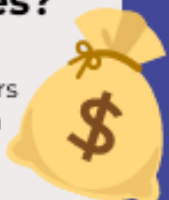


Strict privacy and data collection rules will apply, including that platforms **must not use** age verification data for **any other purpose** unless expressly agreed by the user.

What are the penalties?

There is **no fine or punishment** for children, parents, carers or educators of children who access social media platforms despite the ban.

Fines of up to **\$49.5 million** apply if social media platforms don't take sufficient steps to enforce the ban.



SOCIAL MEDIA BAN FACTSHEET

WHAT CAN I DO AS A PARENT?



What does this mean for my child?

The social media ban will be a big **challenge** for your child who has grown up immersed in technology.

We need to **support our children** to **transition** to life offline and help them to navigate this **significant life change**.



Empathise with your child and their feelings

Imagine that the government made a law which said **you** could no longer use social media...it would be hard for any of us.

Be **open to their feelings** - the ban could feel unfair and like a punishment.

Avoid phrases like "it's for your own good" which shut down conversation.



Model good phone use behaviour

Unhealthy social media habits are not limited to young people.

52% of Baby Boomers and 67% of Gen X said they **spend more time on their phone than they would like** each day.

We can't expect our children to embrace the social media ban when we spend hours each day glued to our phones and mindlessly scrolling on social media.



Replace social media with other activities

Just because social media is banned doesn't mean children will automatically **change their behaviour**.

Given the choice, many kids will replace that time with TV, video games and other screen-based activities.

Encourage and support your children to **build communities** offline. Collaborate with other families to schedule **face-to-face time** where kids can **learn, grow** and **play** together.



Recreate the positive aspects of social media

Young people report a number of **positive aspects of social media**, including **self expression**, finding **community** and interacting with their **friends**.

Collaborate with your kids to find ways to recreate these positive aspects offline.



Phones at home

Set rules for devices in your household.

- Set up **phone free zones** (eg. bedrooms, living room).
- Assign your phone a **bedtime**.
- Schedule **device-free family activities** or device-free time slots.



WARRIOR WELLBEING ARTICLE



Testosterone and Wellbeing

BY THE REGIONAL MEN'S HEALTH INITIATIVE
October 2025

We've all heard of the hormone testosterone, but we might not know just how important it is that we look after our testosterone levels for our physical and mental health and wellbeing. Hormones themselves are the chemical messengers that the glands in our body send through our blood to our organs. They are necessary for growth, reproduction and wellbeing. The ones that are particularly important to men are the male sex hormones called androgens. Testosterone is the most important androgen and affects everything from our metabolism, our recovery time after physical exertion, our mood and of course our sex drive, performance and health. All things that we care about, that help define us as men and that we don't want to compromise on.

As testosterone is such a vital part of living a full and healthy life, it's important to keep a lookout for signs of testosterone issues, most commonly testosterone deficiency. It is normal for men to have their testosterone peak between 20 and 30 years of age; and from there fall gradually as we get older to one third of our maximum amount. In fact, by 45 years of age 4 out of every 10 men have symptoms of male hypogonadism (lowering testosterone). Despite it being common it is still important to keep an eye on it as testosterone deficiency can have severe consequences.

In our youth it can present as failure to go through normal puberty, including not having our voice break, not getting a normal growth spurt or even developing breasts. This is all to be avoided if possible! In adults there are a range of potential symptoms including weight gain, mood changes, reduced strength, difficulty getting erections and a lower sex drive. These symptoms and others can have a detrimental impact on our health and quality of life so being aware of testosterone's role in our lives and the difficulties we can have with it is important to all men.

If we find ourselves experiencing these issues we should go to the doctor and have a simple blood test that will check our testosterone levels. If we are suffering from a severe deficiency it is likely we will be administered Testosterone Replacement Therapy (TRT) in the form of injections, gels, lotions, creams, patches and tablets; some of which can come with negative side effects. Fortunately, there are ways to increase our testosterone short of pharmaceutical help. Primarily through lifestyle choices. That is getting enough sleep, avoiding alcohol and drugs, staying active; especially through weightlifting, minimising stress levels and getting all our vitamins and minerals through a balanced diet, will all have a significant impact on our testosterone levels and general health.

Like with most aspects of our health the same fundamentals affecting everything else also affect testosterone levels. Good health is a holistic process and if we do these things to take care of our testosterone we will enjoy the benefits of healthy testosterone levels throughout our lives. As always if there is any doubt it's important to speak to your GP, especially when something as important as testosterone is involved.



✉ @RMHI_4blokes

📻 Working with Warriors Podcast

🌐 regionalmenshealth.com.au



JOBS BOARD



Warehouse Supervisor





Bidfood Australia Ltd  ★ 2.8 [124 reviews](#) · [View all jobs](#)

-  Bunbury, Bunbury & South West WA
-  Warehousing, Storage & Distribution (Manufacturing, Transport & Logistics)
-  Full time
-  Fulltime, Monday - Friday

Posted 1h ago

Speech Pathologist –Bunbury

Enable Western Australia  [View all jobs](#)

-  Bunbury, Bunbury & South West WA
-  Speech Therapy (Healthcare & Medical)
-  Full time
-  \$100,783 – \$124,065 per year

Swimming Instructor

Place and Community | Regional WA

Position No: 001/2025

Work Type: Permanent - Part Time, Casual

City of Mandurah Recreation Centres

Various hours available – must be available to work both Saturday and Sunday

**MORE JOBS CAN BE FOUND ON
OUR FACEBOOK PAGE POSTED
THURSDAYS AND ON SEEK**

Before your appointment

- Book your video appointment with your healthcare provider.
- Check your email or SMS for a link to your Teams or Zoom call.
- Write down your appointment time.

1

Getting set up

- Use a computer, tablet or smartphone with a camera.
- Make sure you're in a quiet spot with good internet or mobile signal.
- Sit somewhere with good lighting, like facing a window.

2

Joining the call

- Open the email or text message from the clinic.
- Click the blue link that says "Join Zoom" or "Join Teams".
- A window will open - follow the prompts after.

3

During the appointment

- You will see and hear the doctor on the screen.
- Speak normally - just like in person.
- Ask questions if you're unsure.

4

After the call

- Make sure you understand your next steps
- Close the app or browser window when finished.
- If there were video/sound issues, call the clinic to follow up.

5



Regional
Tech Hub

**How to have a
video call with
your doctor**



Need help? Visit regionaltechhub.org.au/health or call us on 1300 081 029
The Regional Tech Hub provides free, independent advice on your phone and internet connectivity options.




Helping you find support for young people in your life

Support is available to help young people improve their mental health and wellbeing. We're here to help you explore pathway options, and connect you with support and services that work for you and those you care about.

Your local Care Navigator can provide you with information and resources for pathways that are available, accessible and specific to your young person's needs.

Email Sarah, your local Care Navigator
carenavigator@youthfocus.com.au

Find out more in
youthfocus.com.au/care-navigator



 Proudly supported by 



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





ScamWatch

Stop. Better safe than scammed.

Scams Awareness Week 2025 ends but we can Stop. Check. Protect. Everyday.

Anyone can be scammed, but together we're fighting back. This Scams Awareness Week (25 to 29 August) we joined government, business, community groups, consumer protection groups, educational organisations and individuals to reinforce the 3 simple steps that can help protect Australians: 'Stop. Check. Protect.' before clicking, sharing, or paying.

You've no doubt seen Scams Awareness Week in the media and in the hundreds of social media posts created by many different organisations and individuals, but it's important that these messages reach beyond this week. Stay protected everyday

We can include these memorable steps in our everyday lives to keep us all safe from scams.

- **STOP.** Always take a moment before giving your money or personal information to anyone. Scammers will create a sense of urgency to pressure you into acting quickly. Don't rush to make decisions about money or sharing personal details.
- **CHECK.** Make sure the person or organisation you're dealing with is real. Scammers pretend to be from organisations you know and trust. Always verify who you're really dealing with before taking any action.
- **PROTECT.** Act quickly if something feels wrong. The sooner you act, the better you can protect yourself and others from scammers.

To find out more about how you can stay safe from scams, visit the Scamwatch website.

Don't forget to share your scam stories

You can share stories with loved ones and talk about your own experiences. Use social media to spread awareness and point others to trusted resources like the Scamwatch website for information on fighting scams. The more we talk, the less power scammers have.

On the Scamwatch website you can watch Julian, Katy, Aurnab and Shankar talk about how scammers manipulated them into giving them money and personal details. Their videos also have captions in Arabic, Korean, Simplified Chinese, Traditional Chinese and Vietnamese.

Ron Kruger
Manager/Director



0402 810 071
ron@rkcabling.com.au
Harvey and surrounding suburbs
www.rkcabling.com.au

Reg No: T50600

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



**Regional
Tech Hub**

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



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

OUR SERVICES INCLUDE:

Personalised connectivity reports
Phone assistance hotline

Online information and resource hub
Escalation support

regionaltechhub.org.au

1300 081 029

facebook.com/RegionalTechHub



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



Fully compliant organisation – trust and reliability

Info@mhi.org.au
www.mhi.org.au



Recognising the Voices Making a Difference for WA Consumers

Across the Western Australian community, countless individuals and organisations dedicate themselves to supporting and empowering consumers, whether through education, advocacy, promoting product safety, or driving change. The search is on for outstanding WA individuals, organisations and groups who are strong advocates for consumer rights, with nominations now open for the prestigious Consumer Protection Awards.

Now in its 21st year, the awards shine a spotlight on the great and important work being carried out in the community such as educating the public on tenancy, scams, debts and contracts, promoting safe product use to prevent childhood injuries, or advocating for vulnerable consumers. They also recognise achievements in creating a greater understanding of consumer law, improving complaints and dispute processes, and influencing policy reform. There are four categories: Rona Okely – for individuals; Richard (Dick) Fletcher – for groups, services or projects; Ruby Hutchison Media – for stand out media and Kidsafe WA – for individuals or groups raising awareness for product safety and injury prevention for children. Each category winner will receive a \$2,500 cash prize, a trophy and a certificate, presented by Commerce Minister Tony Buti on Friday 13 March 2026.

Winners from the 2024 Consumer Protection Awards included a project that empowers tenants with disabilities to prevent evictions and reduce homelessness, a financial counsellor who works with vulnerable Aboriginal communities in remote areas, and a regional journalist who reported on cruise refund issues that prompted a class action and improved accountability. If you know an incredible person or group doing amazing work to benefit the community and contribute positively to consumer protection in WA, consider nominating them for an award. It's a great way to recognise those making a real difference in the lives of WA consumers and tenants. Nomination forms can be completed on the Consumer Protection Awards website consumerprotection.wa.gov.au and will close on Thursday, 30 October 2025.

Annetta Bellingeri





What's happening in the Southwest?



The Lost & Found Festival returns in 2025 with a jam-packed weekend of 26 incredible events across 25 unique venues, bringing together food, wine, culture and connection in the heart of the Bunbury-Geographe region.

This year's festival showcases the talent and creativity of more than 50 local businesses, including distilleries, restaurants, wineries, bars, and creatives collaborating to deliver unforgettable experiences.

What's on in the Bunbury Region:

- Oktoberfest Trail at Froth Brewery
- Secret Picnics Adventure (Friday & Saturday)
- Barrels and Burlesque at Cuprum Distillery
- Bottomless Brunch at Funkee Monkey (Saturday & Sunday)
- Live Music & Cocktails + Paint & Prosecco at Bar 31
- Battle of the Bizarre at Market Eating House
- Bun Geo Wines at The Old Lyric
- Whisky event at Lost Bills (details coming soon)
- Family Fun at Dolphin Discovery Centre, including:
 1. First Nations art displays
 2. Kite + flower making
 3. Drumming workshops
 4. Live music, roving entertainment & more!

Children's Counselling.

Free Counselling Sessions.

We provide up to 6 free counselling sessions for children who are diagnosed with cancer, or who are impacted by a loved one's diagnosis.*

This is possible thanks to the support from the Channel 7 Telethon Trust.

Our qualified counsellors offer a range of therapeutic approaches - including play and music therapy, to help children of all ages safely explore and express their emotions.

**eligibility criteria apply*



We put you first, then cancer.

To access these sessions call the Cancer Information and Support Line on **13 11 20** or **scan the QR code**

 Cancer Council WA acknowledges all the Traditional Custodians and owners of Country throughout Western Australia.

PROUDLY SUPPORTED BY
telethon 7



SOUTHERN
ABORIGINAL
CORPORATION

SOUTHERN ABORIGINAL
CORPORATION PRESENTS:

Ladies Morning Tea

Thursday 13th
November, 10am

Bunbury SAC Office
16 Zoe Street, Bunbury

Scan QR code
for tickets:



MENTAL HEALTH WEEK WA 2025 SOUTH WEST ART EXHIBITION

Exhibition runs 6 October - 10 October 2025

BREC



pathways
southwest
Towards better mental health



 **headspace**
Bunbury

You're invited headspace Day Open Morning

Help us celebrate headspace Day with a barista coffee on us. Come and meet the team, learn more about our services and explore our new location.

Thursday 16th October
9am - 10am

14 Strickland Street Bunbury

Please RSVP via email to
community@headspacebunbury.org.au
Please park behind the Highway Hotel



JUST A FARMER

Movie screening to launch Bunbury Mental Health Week 2025 followed by a Panel Discussion about suicide and mental health in the South West region with special guests

Monday 6 October

Bunbury Regional Entertainment Centre

Light refreshments from 5pm and view the Bunbury Mental Health Week Art exhibition

Movie screens at 6pm followed by panel discussion

Tickets here

TICKETS
\$15
(\$11.50 + \$3.50
BOOKING FEE)



PATRON ADVICE: This film contains themes and depictions of suicide

PROUDLY SPONSORED BY



pathways
southwest
Towards better mental health



waso West Australian
Symphony Orchestra

BRASS & BEATS

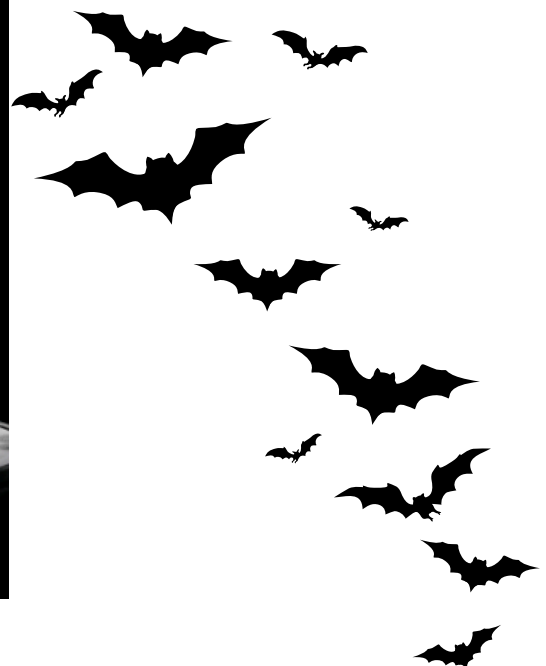
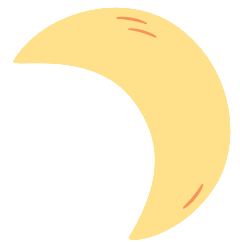
**GOLD
AND BOLD**

Fri 31 Oct, 7pm | Sat 1 Nov, 2pm
The Cube, Bunbury Regional
Entertainment Centre

Wesfarmers Arts
Principal Partner



WASO's Regional Tour is supported by MM Electrical Merchandising and the Western Australian Government.





POLICY

Articles are included in this newsletter at the editor's discretion and may be edited for clarity and space. Published articles become public domain and may be reproduced at any time.

DISCLAIMER

The editorial team accepts no liability for any of the information, errors or omissions in this newsletter. All views expressed are those of the contributor.

Thank you for supporting your local CRC!

Further Information



9729 1669



events@harveycrc.com.au



5 Gibbs Street, Harvey WA 6220



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

Proudly supported by:



Proudly Members of



Agents for

