

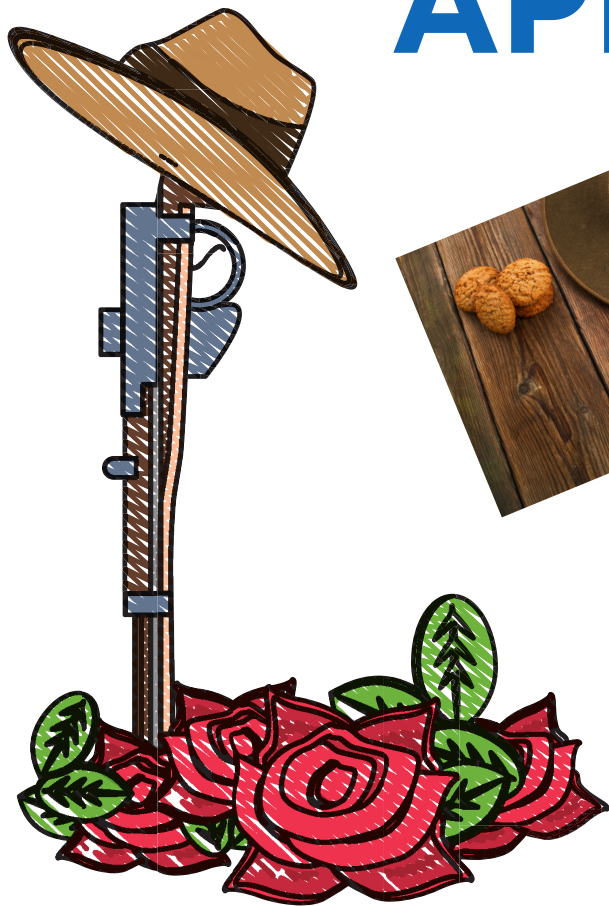


Your local connection



# HARVEY HAPPENINGS

## APRIL 2026



# 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.

# Would you like to subscribe to this newsletter?

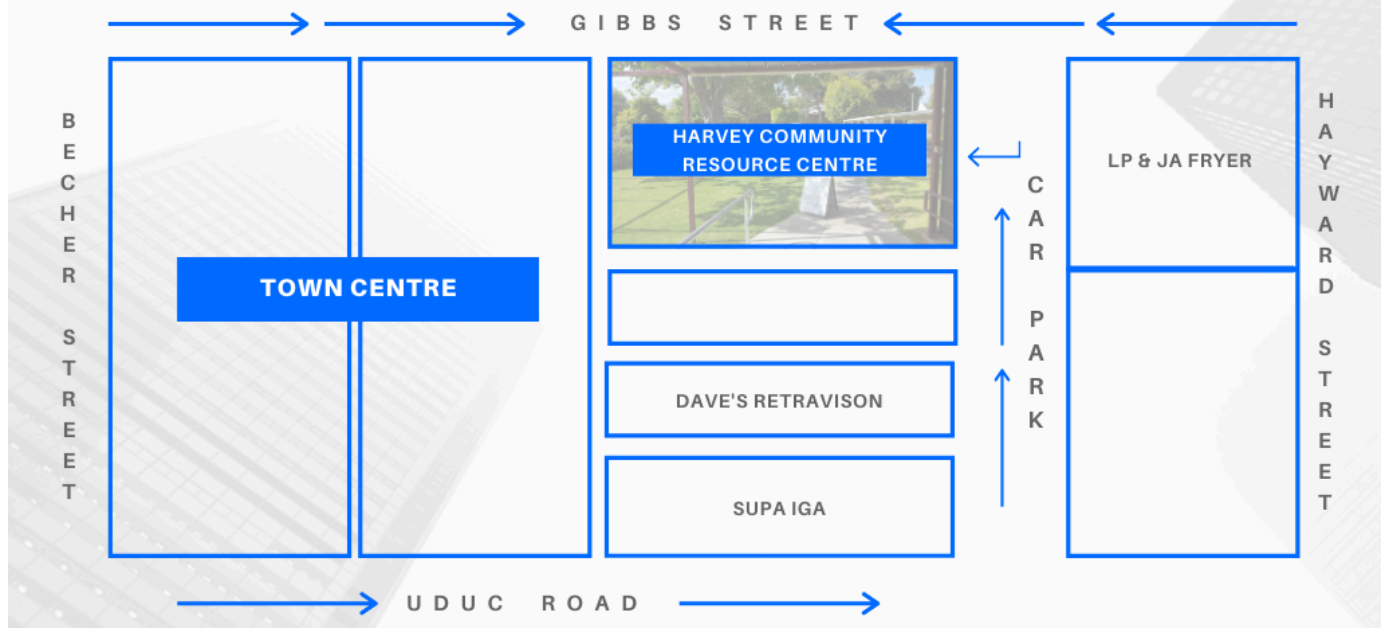
You can do that by going to the website, [www.harveycrc.com.au](http://www.harveycrc.com.au) and completing the details on the home page, drop us an email at

marketing@harveycrc.com.au

OR

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

## WHERE IS YOUR CRC LOCATED?



## Centre Opening Hours

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

Harvey Community Resource Centre  
 Your local connection

Department of Primary Industries and Regional Development  
 GOVERNMENT OF WESTERN AUSTRALIA

# Wellness Expo

Come and join us for all things Health & Wellness

Staying in Place Harvey    Advocare    Cancer Council WA  
 Harvey Church of Christ    Wellington Medical Centre  
 Moon Blossom Yoga    Sound Alchemy  
 Shire of Harvey

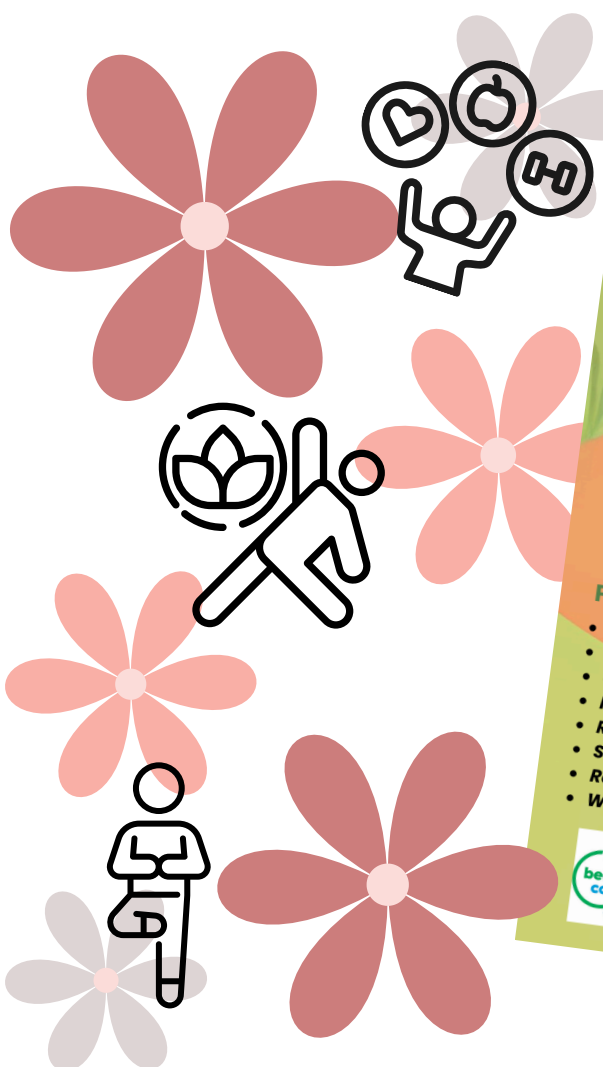
Stop by for a friendly chat with local business participants and learn how they can help support your wellness journey.

**FRIDAY 10<sup>th</sup> APRIL 2026**  
**9:00am - 2:00pm**

Bluebird Bowen    Morning Motivator Coffee Van    DanceFit with B  
 Healing with Natasha    Hendercare    Wings of Change  
 MK Fitt    Thermomix    Mark Rombout  
 Broken Colours Art    Next Gen Wellness    South West Community Care  
 Harvey Bowling Club    Empowerment2Be    Coastal Massage & Day Spa  
 Psyche Counselling    Romy's Health Therapies    Reformer You Pilates



**Come & Join Us..**  
**We Can't Wait to**  
**Welcome You!**



Harvey Community Resource Centre  
 Your local connection

Department of Primary Industries and Regional Development  
 GOVERNMENT OF WESTERN AUSTRALIA

**FRIDAY 10<sup>th</sup> APRIL**  
**9:00am - 2:00pm**

# Wellness Expo

Event Schedule

Activity	Time
<b>EXPO OPEN</b>	<b>9:00 AM</b>
<b>OFFICIAL WELCOME</b> Management Committee Harvey CRC - Staying in Place	<b>9:30 - 9:45</b>
<b>Moon Blossom Yoga Meditation</b>	<b>10:00 - 10:30</b>
<b>LiveLighter Cooking Hamper Giveaway</b> CANCER COUNCIL - DOT'S PLACE	<b>10:45 - 11:30</b>
<b>MK FITT Fitness</b>	<b>11:45 - 12:15</b>
<b>Thermomix Cooking Demo</b>	<b>12:30 - 1:00</b>
<b>EXPO CLOSED</b>	<b>2:00 PM</b>

**Participant Stallholders**

- CRC / Harvey Staying in Place
- Broken Colours Art
- Coastal Massage & Day Spa
- HenderCare
- Reformer You Pilates
- Southwest Community Care
- Romy's Health Therapies- Offering Back/Neck/Shoulder Massages
- Wellington Medical Centre
- Advocare
- Empowerment2Be
- Harvey Church of Christ
- Next Gen Wellness
- Shire of Harvey
- Thermomix
- Blue Bird Bowen Therapy
- Harvey Bowling Club
- Healing with Natasha
- Psyche Counselling
- Sound Alchemy
- Wings of Change

Come and join us for all things Health & Wellness  
 5 Gibbs St, Harvey

# OUR VISITING OUTREACH SERVICES

## Oseca - (Formerly GP Down South)

Oseca (Formerly 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

## 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

## Busy Group

*The BUSY Group is a not-for-profit organisation that began in 1977 with a vision to have more people in jobs, more people learning new skills, and more communities exposed to positive change, in partnership with employers and industry.*

Available Mondays & Thursdays  
Call [\(08\) 6165 3362](tel:0861653362) for more information or to make an appointment

## 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



Harvey

Community Resource Centre

*Your local connection*



**We can support you living independently in your own Home**



We can also support you with managing your funds and services under Support at Home (SaH)

**Michele is now at:**

**HARVEY CONNECT - Thursdays from 8.30am to 4.30pm**

**HARVEY CRC - Fridays from 8.30am to 4.30pm**



## KEY PARTNERS



**AVAILABLE NOW**

## END-OF-LIFE PLANNING

**FUNDED SUPPORT SERVICE**



### HOW CAN WE HELP?

#### ENDURING POWER OF ATTORNEY

Provision of Enduring Power of Attorney Kit and related documents. Alternatively, make an appointment with one of our team to take you through the process.

#### ENDURING POWER OF GUARDIANSHIP

Access to Enduring Power of Guardianship Kit and related documents. Alternatively, make an appointment with one of our team to take you through the process.

#### HEALTH DIRECTIVE

Access Health Directive documents or make an appointment with one of our team to support you to complete the documents.

#### MYHEALTH RECORD

One of our friendly team will assist you to link your MyHealth Record to your MyGov account.

Anything else?  
Just ask!

### WE MAY ALSO BE ABLE TO HELP WITH

#### WILLS

Support to complete an online Will - basic Wills only (fees and charges will apply), or referral to a lawyer to draw up a Will for a reduced fee - collaborative partner.

#### MY AGED CARE WA

One of our friendly team will help you to apply online for access to My Aged Care WA.



**Tai Chi**  
**Every Tuesday**  
**from 9:30am...**  
**Enjoy morning tea after**




events@harveycrc.com.au  
5 Gibbs Street, Harvey WA 6220



**Palliative Care**  
Western Australia  
*Living, dying & grieving well*

This project has been made possible through a Linkwest grant funded by WA Primary Health Alliance as part of the Australian Government's PHN Program




events@harveycrc.com.au  
www.harveycrc.com.au



**JUSTICE OF THE PEACE SERVICES AVAILABLE**  
Tuesdays by appointment only

**CONTACT US TO MAKE A BOOKING**

(08) 9729 1669  
events@harveycrc.com.au




### Financial Counselling.

**It's more than budgeting.**

We visit Harvey CRC Wednesday fortnightly

Call 9720 9200 for an appointment.



# The Unknown Soldier

As we approach the 2026 ANZAC Day commemorations, I thought it appropriate to discuss The Tomb of The Unknown Soldier and how it came to be.

The Unknown Soldier was selected from the unknown dead of the battlefields of France and Belgium and was buried in Westminster Abbey on Armistice Day 1920 with great respect, pomp and ceremony as a symbol of the sacrifices of all nations of the British Empire, as it then was, in the 1914-1918 war. He rests there now in the company of Kings and Princes, the great and illustrious leaders who have led our Commonwealth through the ages.



The inscription on the stone covering the grave is quite poignant and reads:

*"Beneath this stone lies the body of a British Warrior, unknown by name or rank, brought here on Armistice Day, November 11, 1920, in the presence of His Majesty, King George V, Ministers of State, The Chiefs of his Forces, and a vast concourse of the nation.*

*Thus are commemorated the many multitudes who, during the Great War of 1914-1918, gave the most that man can give, life itself, for God, for King and Country, for loved ones, Home and Empire, for the sacred cause of Justice and the Freedom of the World,*

*They buried him among the Kings because he had done good towards God and towards his House,"*



Around the world there are many monuments and cenotaphs where services of remembrance are conducted to the memory of an unknown warrior. In days of old, Kings, Chiefs and famous men were often buried in magnificent tombs of honour and respect held for them by the living, in pyramids, mausoleums and the like. After a great battle the victors would often set up a trophy of arms, helmets and armour and even a cenotaph of an empty tomb.

But the idea of an unknown man buried with honours sprang from the imagination of an Army Chaplain, The Rev. David Railton MC who had noticed during WW1 a grave bearing a pencilled inscription "An Unknown Soldier of the Black Watch". It was this which gave him the idea that culminated in the interment of The Unknown Soldier. In 1920, Rev Railton MC put the idea forward to government, which set about planning for an unknown soldier to be disinterred in France and brought to Westminster Abbey for re-burial.

Brigadier General Wyatt, was given instructions that the body of a British Soldier, which it would be impossible to identify, should be brought in from each of six battle areas. - The Aisne, Marne, Cambrai, Somme, Arras and Ypres, on the night of the 9th November, and placed in the Chapel of St. Pol. Whilst blindfolded he selected one of the bodies to ensure there was no chance of anyone identifying the body.

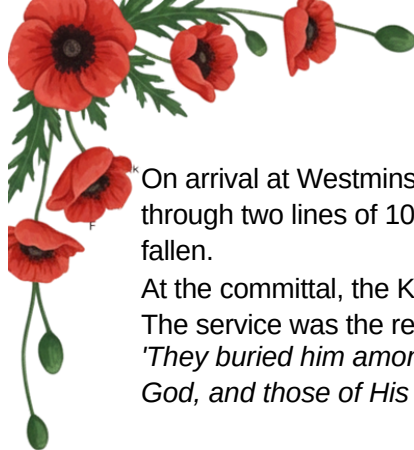


The specially built coffin had wrought iron bands, through one was passed a crusader's sword from the Tower of London.

From that time on, the coffin was heavily guarded and transported with grandeur. On the way to the coast the accompanying cortage often exceeded 1.5 kilometres in length.

A British destroyer carried the coffin across the channel with a further six destroyers escorting. At Dover, it was transferred to the saloon of a luxury train specially built for the trip.

From Victoria Station in London, the coffin, covered by a Union Jack, was put on a gun carriage drawn by six horses. The gun carriage, started a long route to reach the Cenotaph where the King, royal family, dignitaries and government ministers joined the procession.



On arrival at Westminster Abbey, the coffin, borne by non-commissioned officers of the Guards, passed through two lines of 100 wearers of the Victoria Cross. Behind these were widows and mothers of the fallen.

At the committal, the King scattered earth from the battlefields. The service was the representative mourning of the whole nation. *'They buried him among Kings, because he had done good towards God, and those of His House.'*



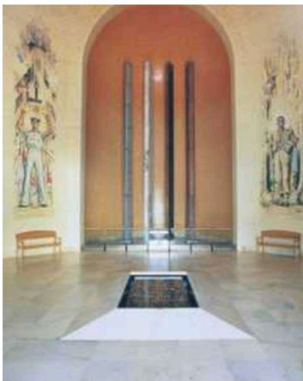
By the 27th November 1920, it was estimated that one and a half million people had passed slowly by in homage.

As the British Unknown Soldier was being interred the French unknown soldier was interred under the Arc De Triomphe in Paris. One year later, the United States interred their unknown warrior complete with Medal of Honour and Victoria Cross.



## THE AUSTRALIAN UNKNOWN SOLDIER

11 November 1993, then Prime Minister, Paul Keating said: *"We do not know this Australian's name and we never will. We do not know his rank or battalion. We do not know where he was born, nor precisely how he died ... We will never know who this Australian was ... he was one of the 45,000 Australians who died on the Western Front; one of the 60,000 Australians who died on foreign soil. One of the 100,000 Australians who died in wars this century. He is all of them..... And he is one of us."*



These powerful words were part of a Eulogy he delivered at the entombing of the Australian Unknown Soldier.

Since 1860, over 102,980 Australians have paid the ultimate sacrifice. This includes 61,645 in World War One and 39,654 in World War Two. 23,000 Australians killed in World War One have no known grave. Except for their nationality, they could not be identified. They were buried beneath headstones bearing the words 'An Australian soldier of the Great War, known unto God'.

Plans to honour an unknown Australian soldier were first put forward in the 1920s, but it was not until 1993 that one was at last brought home.

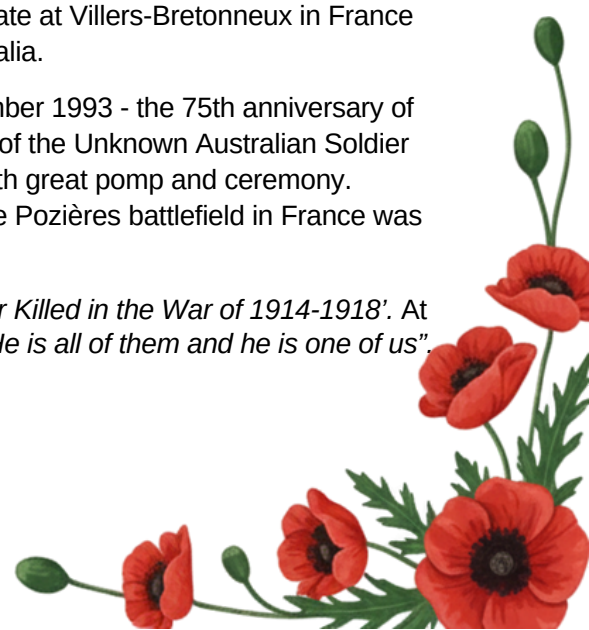
Marking the 75th anniversary of the end of the First World War, the body of an

unknown Australian soldier was recovered from Adelaide Cemetery near Villers-Bretonneaux in France and transported to Australia. The body was exhumed under cover to prevent any possibility of identifying him. Placed in a simple Tasmanian blackwood coffin, the remains laid in state at Villers-Bretonneux in France and at Menin Gate at Ypres in Belgium before being returned to Australia.

After lying in state at Old Parliament House in Canberra, on 11 November 1993 - the 75th anniversary of the Armistice which ended fighting on the Western front - the remains of the Unknown Australian Soldier were interred in the Hall of Memory at the Australian War Memorial with great pomp and ceremony. Upon the coffin was placed a bayonet and sprig of wattle. Soil from the Pozières battlefield in France was scattered in his tomb.

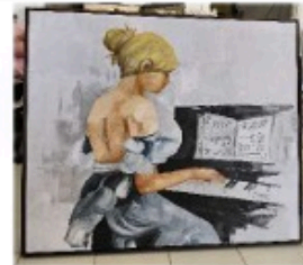
The grave bears the simple inscription *'An Unknown Australian Soldier Killed in the War of 1914-1918'*. At the head of the tomb is inscribed *"Known unto God"* and at the foot, *"He is all of them and he is one of us"*.

LEST WE FORGET



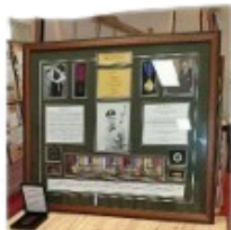
# Framed By Tony: Craftsmanship, Community, and a Legacy of Service

*Framed By Tony* represents a lifetime of craftsmanship, military heritage, and a genuine commitment to the community.



Proprietor Tony Banner, along with his wife Shelagh, chose Harvey as their permanent home 12 months ago. With more than 15 years of experience in the framing, trophy, and medal industry, Tony has built a reputation for meticulous workmanship and a deep respect for the stories behind the items he handles.

## A Craftsman Shaped by Service



As a sixth-generation soldier, Tony understands the emotional weight carried by medals, photographs, and service memorabilia. His specialty custom military service tribute framing-reflects that lived experience. For many families, these items represent sacrifice, pride, and legacy, and Tony approaches each tribute with the care of someone who knows exactly what they mean.



## Services for the Harvey Community

Framed By Tony offers a wide range of services, including:

- Custom picture framing
- Bespoke trophies and displays
- Medal refurbishments and replacements
- Personalised framing for sports, weddings, achievements, and family history

Whether it's a treasured photograph, a child's first sporting medal, or a family heirloom, Tony's focus is always on preserving stories and creating displays that will last for generations.

## A Travelling Exhibition with National Impact

Alongside his framing work, Tony has spent the past 15 years curating The ANZAC Victoria Cross Story, a mobile exhibition that shares the extraordinary stories behind Australia and New Zealand's highest military honour. The exhibition has travelled widely, educating and inspiring audiences with rare artefacts and compelling storytelling.

While the plan is to establish a permanent home for the exhibition, Tony's focus now is firmly on Harvey-building a sustainable business and contributing to the community that welcomed him.



## A Welcome Addition to Harvey



Every frame, every restored medal, and every custom display is part of Tony's commitment to his new hometown. His work preserves personal histories while supporting a broader vision to enrich the region culturally and economically.

Harvey hasn't just gained a new shop-it has gained a craftsman, a storyteller, and a neighbour dedicated to giving back.

Tony and his shop can be found in the arcade behind Parton's IGA on Uduc St, Harvey or call on **0409 680 294**.





## Mini Pizza

### Serves 12

FREE SIMPLE  
RECIPE YOU  
CAN TRY AT  
HOME

### Ingredients

- 1 Pack English Muffins
- ½ Cup Tomato Paste
- 1 Small Red Capsicum
- Small Bunch of Basil or Rosemary
- 1 Small Green Capsicum
- 400g Tin Pineapple Pieces
- 150g Reduced Fat Cheese

### Equipment

Knives, Chopping Board, Strainer, Grater, Butter Knife, Oven and Oven Tray OR Sandwich Press, Spatula

### Instructions

- Split muffins in half. Spread with tomato paste.
- Chop capsicum into small pieces. Drain pineapple.
- Grate the cheese. Chop the herbs.
- Cover each muffin with capsicum, pineapple and herbs.
- Sprinkle with grated cheese.
- Cook in sandwich press with lid half open OR Cook in 200°C oven until cheese melts. Cut in half and serve.





**FOODBANK**

# Mobile Food Van

**NOW VISITS WEEKLY**

**TUES 07 APRIL 9:00 - 9:45pm**

**THURS 16 APRIL 12:00 - 12:45am**

**TUES 21 APRIL 9:00 - 9:45pm**

**THURS 30 APRIL 12:00 - 12:45pm**

(Concession cards are no longer required. To make use of this service, just come into the CRC for a referral)

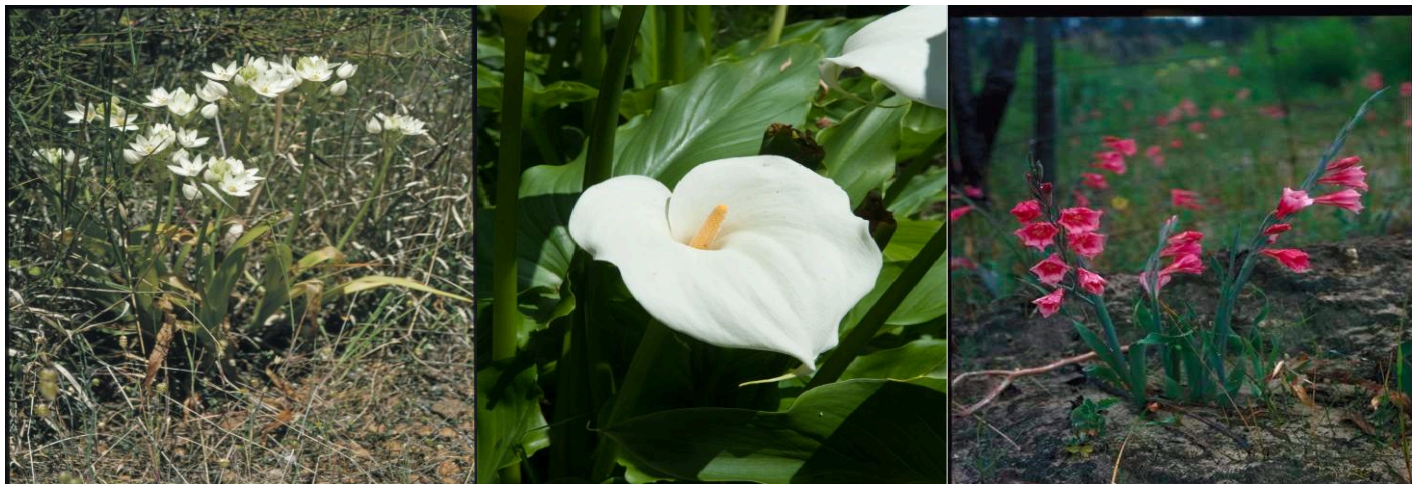
***Eftpos or pre-paid vouchers only. NO CASH.***

Harvey Community Resource Centre  
5 Gibbs St, Harvey WA 6220





## Pretty but problematic – Spring bulbs



Chincerinchee invading bushland, Arum lily with its distinctive flowers and the highly invasive pink gladiolus.

### Choosing spring colour wisely

Autumn is the time to choose and plant our spring bulbs, and gardeners have never had more choice! Local nurseries, garden centres, weekend markets, online retailers, and those irresistible full-colour catalogues. But before you fill your trolley, there are a few things worth knowing. Some popular bulbs are surprisingly toxic to people and animals; others have escaped gardens entirely and are now serious environmental weeds. When it comes to bulbs a little knowledge goes a long way.

### Invasive bulbs

Around two-thirds of weeds in Australia were deliberately introduced as garden plants or fodder crops. The south-west of WA has a Mediterranean-type climate, which means plants from South Africa and other Mediterranean regions grow exceptionally well here, sometimes too well!

Several common bulbs can escape from gardens and invade bushland, outcompeting native plants. Plants to be cautious about include Freesia, Watsonia, Sparaxis and some Gladiolus, particularly older varieties.



### Toxic bulbs

**Capetulips** (*Moraea* spp.) were introduced in the 1800s; they are now widespread, established weeds. It's their toxic glycosides that are responsible for livestock poisoning. **Chincerinchee** (*Ornithogalum thyrsoides*) is toxic to livestock and dogs; it's known to cause gastrointestinal illness and blindness in cattle. Found at a few locations in the south-west of WA, it's one to avoid. **Arum lily** (*Zantedeschia aethiopica*) is beautiful but extremely invasive, and toxic to all livestock, pets and humans. It has colonised thousands of hectares in south-west WA.

### Tips for safe plantings

- Choose non-invasive, non-toxic species where possible.
- Store bulbs safely, away from children and pets, and label anything in the fridge.
- Never dump garden waste in bushland or farmland – a single discarded bulb can establish a new weed population.

### ⚠ If you suspect poisoning

**People:** Call the Poisons Information Centre immediately on 131126 (24 hours, 7 days)

**Livestock or pets:** Contact your vet without delay



### Report your observations

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

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

# Strengthening Connections Harvey

Please join us at the Harvey Forget Me Not Cafe for a community conversation led by dementia advocate, Lil Mirtl, who is living with dementia.

The Strengthening Connections project brings together Dementia Advocates, members of the Dementia Australia Advisory Committee, Dementia Australia staff and community members in regional areas of Australia to share stories and build stronger local relationships. The project aims to connect people living with dementia, their family and or carers across Australia, reducing isolation, and increasing connection.



**SHIRE OF  
HARVEY**



## Suitable for:

Attendees of the Forget Me Not Cafe and anyone impacted by dementia

## When:

Wednesday, 13th May 2026 -  
10am to 12pm (2 hours)

## Where:

Harvey Connect  
105 Uduc Road, Harvey


## Cost:

Free


## Additional information

Morning tea provided thanks to the support of the Shire of Harvey and Harvey Connect. Contact Renae Brennan - Consumer Engagement Coordinator - with any questions [Renae.Brennan@dementia.org.au](mailto:Renae.Brennan@dementia.org.au) or 0482 163 704


# Forget-Me-Not Memory Cafe



The Shire of Harvey welcomes people living with memory loss and Dementia and their carers to join us for tea and coffee, stay for a fun table-top activity and share experiences with others in the community at one of our 2026 Forget-Me-Not Memory Cafés.



The Memory Café aims to provide social opportunities for community members living with memory loss and Dementia-related conditions.



Memory Cafés will be held at Harvey Connect from 10am-12pm every second Wednesday:

18 March	1 April	15 April	29 April
13 May	27 May	10 June	24 June
8 July	22 July	5 August	19 August
2 September	16 September		
30 September	14 October	28 October	
11 November	25 November		
9 December	23 December		



No RSVP is required – just drop in and have a cuppa with us!



Doing any form of art that you enjoy can increase relaxation and improve your mental wellbeing.

Love the arts but not the spotlight? Get involved behind the scenes with a local drama, ballet, opera or theatre group.

Music is good for the soul! Listen to it, join a choir, play an instrument, write a song.

You don't need to create a masterpiece to feel the mental health benefits. It's about the process, the doing bit, experimenting and getting lost in an idea.

You've heard it many times - dance like nobody is watching - it keeps you active physically and mentally!

Creativity is an opportunity to master a skill and learn something new - like writing a poem, joining a dance group or learning the piano - all great ways to Act, Belong and Commit.

Art is everywhere! Perth is filled with outdoor public art and you don't need a ticket. Explore local art trails and enjoy creativity in your community.

Make some time each week for creative activities, whether that is colouring, journaling, knitting, woodwork, photography or learning to play the trumpet - find what works for you. However you tap into your creativity, it's a great way to express your emotions, slow down, focus your mind and support your mental wellbeing - a simple way to Act, Belong and Commit.

Creativity can bring people together. Join a choir, a craft group, a writing circle or attend local cultural events and connect with others who share your passion.

Whether it's a painting in a gallery, street art, ballet, a musical or watching a local musician perform, experiencing creativity can lift your mood and give your mind a moment to slow down.



# WARRIOR WELLBEING ARTICLE



## Men and Cancer

BY THE REGIONAL MEN'S HEALTH INITIATIVE  
April 2026

Men in Australia are much more likely to be diagnosed with and die from Cancer than women. In fact, according to the Cancer Council of WA the lifetime cancer risk is 1 in 2 for men and 1 in 3 for women. Men are over represented in all gender shared cancers including the most common - lung, bowel and skin. The experience of cancer in one form or another is never good, but it does beg the question, why the gender disparity? There is no simple answer, but we do know that men in general are less likely to visit their GP to report or act on any unusual symptoms or changes.

- a persistent cough or hoarseness, coughing up blood;
- unexplained weight loss;
- moles that have changed shape, size or colour, or bleed, or an inflamed skin sore that hasn't healed;
- blood in a bowel motion;
- persistent changes in toilet habits or urinary problems or changes.


It is important to note that these symptoms are likely to be related to more common, less serious health problems. However, we still need to discuss them to ease our concerns or pick up something early rather than later.


Unfortunately, it is often only when blokes find they are progressed with cancer that they actually start to think about modifying their behaviour and making healthy changes. So, what can us men do to prevent or lessen our chances of developing cancer?

- Stop smoking – lung cancer is the leading cause of cancer death in Australian men
- Be SunSmart – protect our self in the sun and take care not to burn
- Stay in shape – aim for a healthy body weight, watch our waistline
- Move more – be physically active for at least 30 minutes on most or all days
- Eat for health – A varied diet with lots of fruit/vegetables and limit red meat
- Limit alcohol – no more than two standard drinks a day and try to have one or two alcohol-free days a week
- Have a chat with our GP about our prostate especially if we are over 45 years
- Use our bowel screen kit when you get it
- Get to know our family history of cancer

Remember it's our health, if we have any concerns or questions, we need to go and chat with a GP, don't wait and leave it till it's too late.

 @RMHI\_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



Cancer is a disease driven by changes in our DNA/genes which causes a group of abnormal cells to divide and grow out of control. It usually occurs in a specific spot but can spread to other parts of the body. We are still some ways from finding a cure, but we do know that finding cancer early improves our chances of successful treatment and long-term survival. For the average bloke, general things that warrant a chat with a GP could include:

- unusual lumps or a sore that isn't healing properly;
- unusual changes in our testicles – changes in shape, consistency or a lump;



## Now is the perfect time to check your skin!

The end of summer is a perfect time to check your skin. Months of outdoor activities in the sun can leave behind subtle changes you might not notice day to day.

Finding skin changes early can help you stay well for longer and keep you doing the things that matter to you.

Common symptoms of skin cancer include:

- A new spot or mole on your skin that is red, pale or pearly in colour
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape

To learn about the early symptoms of cancer visit <https://www.findcancerearly.com.au/> or call our 13 11 20 Information and Support Line.





# Star Hearing Consultants

Audiology and Tinnitus Clinic

Check our Google reviews

to see what our patients say!

Clinic Location: **HARVEY CONNECT**

Experts in discreet hearing solutions

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

## Are you a Pensioner / Veteran?

You are eligible for a **FREE** Wax Removal **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**

WEBSITE: [www.starhearing.com.au](http://www.starhearing.com.au) | EMAIL: [starhearing@outlook.com](mailto:starhearing@outlook.com)

Clinic Location: Harvey Connect, 105 Uduc Road, Harvey

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





# What's happening in the Southwest?



## WILD WEST Youth Fest

### BE PART OF THE YOUTH WEEK EVENT

**FRIDAY 10<sup>TH</sup> APRIL, 2026**  
**1PM TO 6PM**  
**ERLE SCOTT RESERVE, CAPEL**

#### YOUTH MARKET STALL HOLDERS

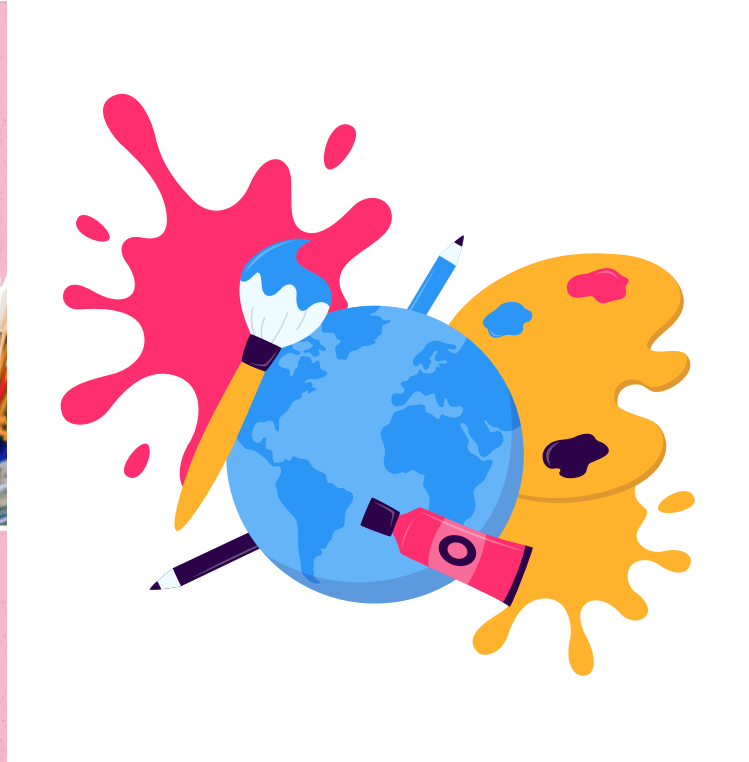
Young Creator? Craft Queen? Aged 10 to 25? Sell your creations, run your own stall and show the South West what you've got! Art, crafts & handmade goods Jewellery, clothing & accessories Plants, eco-products & digital creations Youth-run small businesses **FREE stall space!**

#### YOUTH ARTISTS ART EXHIBITION

Young Artist? Aged 10 to 25? This is your moment! Showcase your work in a youth-led exhibition at WA's biggest youth celebration. Painting, drawing, digital, photography, sculpture, illustration, textiles & animation and more! Emerging & established artists welcome **FREE exhibition space!**

**SCAN THE QR CODE TO REGISTER AN EXPRESSION OF INTEREST OR EMAIL US**

**Follow us!** Shire of Capel Youth Services @capelyouth



[capel.wa.gov.au/community/youth](http://capel.wa.gov.au/community/youth)  
 9727 0222  
[youth@capel.wa.gov.au](mailto:youth@capel.wa.gov.au)

**YOUTH WEEK WA 10-16 April 2026**

ALCOHOL-FREE DRINKS  
KANGAROO STEW + FISH KEBABS

## Koombana Bay Sundowner

VOLLEYBALL • LIVE MUSIC • ART ACTIVITIES • GAMES • FREE BOOKS

**SUNDAY 12 APRIL**  
**3:30PM - 5:30PM**  
**KOOMBANA BAY AMPHITHEATRE**





# What's happening in the Southwest?






## TRIAL A TRIKE DAY BUNBURY

**Experience the Ride:  
Try Modified Bikes & Trikes Tailored Just for You!**



Registered NDIS Provider

***This event is for people with disability, their carers, OTs and physios.***

Come along to view and have a go on our range of modified bikes and trikes

**Wednesday 10 June 2026 | 9.30am - 2.30pm**

**Hay Park North Pavilion, Bunbury**

Contact our Recreation & Mobility Team to Learn More

 08 9379 7479  [recreation@tadwa.org.au](mailto:recreation@tadwa.org.au)

**Life Your Way** ✨

[WWW.TADWA.ORG.AU](http://WWW.TADWA.ORG.AU)



BUNBURY,  
COME SAY KAYA!



WE INVITE YOU TO THE  
**KwabaBidi** COMMUNITY DAY  
Good Path, Good Journey

Come meet our team, learn more about what we do, enjoy some giveaways and have a bite on us!

**Kwaba Bidi HQ**  
(8 Spencer Street)  
**Friday 31<sup>st</sup> July**  
**10am-2pm**

Have a yarn on (08) 9783 5008 to learn more.





## TransWA tickets for the Australind Replacement bus services available here at the Harvey CRC

### Location

5 Gibbs Street Harvey WA  
6220

### Opening Times

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

**We advise against same day bookings as it can be difficult to contact the driver once the service has departed**

REGIONAL TRAVEL FOR

**KRAZY  
80'S  
PRICES**



**80'S PRICES**  
Modern Savings

Primp the perm, mousse up the mullet, and plan your next adventure at [transwa.wa.gov.au](http://transwa.wa.gov.au)

OFFICIAL



### Transwa One-Way Fares From Harvey

For Travel Commencing After: 1 January 2026

Destination	Adult Fare	Child/Concession Fare
Armadale	\$13.30	\$6.65
Brunswick Junction	\$4.65	\$2.35
Bunbury Terminal	\$5.60	\$2.80
Byford	\$9.95	\$5.00
Cookernup	\$4.65	\$2.35
East Perth	\$13.30	\$6.65
Mundijong	\$9.95	\$5.00
North Dandalup	\$8.20	\$4.10
Pinjarra	\$5.60	\$2.80
Serpentine	\$9.95	\$5.00
Waroona	\$4.65	\$2.35
Yarloop	\$4.65	\$2.35

#### Conditions of sale:

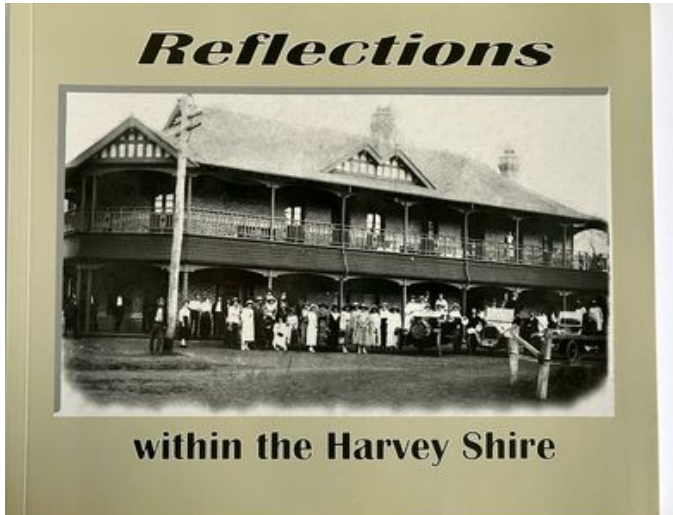
- Adult, Child and current West Australian concession single fares shown.
- Return fares are double.
- Fares shown are indicative only and can alter depending on route taken and break of journey.
- Fares are subject to increase without notice.

For more information, please contact us on:

P: 1300 662 205

W: [transwa.wa.gov.au](http://transwa.wa.gov.au)

# WHATS FOR SALE AT HARVEY CRC



*Reflections within the Harvey  
Shire by Harvey History  
Online*

**\$10.00 Ea**  
**CASH ONLY**

*SIP 2026 - Calendars*  
**FREE or**  
**A Gold Coin Donation**



*End of Life Planners*

- **\$6.00 - (Dark)**
- **\$12.00 - (Light)**

# HOW IS YOUR CRC SUPPORTING YOU?



Access to Government Services



Economic & Business Support



Social Support



Services & Products



Building a Stronger Community

We aim to enhance community access to vital services and information that promote the economic and social development within the Shire of Harvey.

This is achieved through the delivery of community-led training, effective communication services and accessible information sharing..

## CONTACT US OR CALL IN FOR A CHAT



(08) 9729 1669



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



5 Gibbs St, Harvey



Department of  
Primary Industries and  
Regional Development





## Access to Government Services

- Access to local and state government information and services
- Services Australia - Centrelink Agent
- Multicultural Affairs enquiries
- General information and support



## Economic & Business Support

- Assistance with business development and employment support
- Facilitation of business development activities, seminars and initiatives
- Business incubation support services; i.e. hot office and internet
- Video conference services
- Information and support



## Social Support

- Referrals and/or contact information for social, health and welfare support services
- Facilitation of social development activities, seminars and initiatives
- Information and support
- Free ½ hour computer and technology lessons



## Services & Products

- Provide access to services and products which have strong local demand but are not economically viable to deliver in a for-profit business model
- Essential office services such as; printing, photocopying, scan/emailing, binding, laminating etc
- Internal / External areas for hire - Private or Business use



## Building a Stronger Community

- Communication strategies including our community newsletter, website and social media
- Community social events
- Engagement with community via feedback, surveys and community group meetings

*\*Please note: fees apply to some services, prices available upon request*



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## **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!



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

***Proudly supported by:***



Department of  
Primary Industries and  
Regional Development



Western Australian  
Community  
Resource  
Network

PROUD MEMBER OF



***Proudly Members of***



***Agents for***



**Contact Us**

5 Gibbs Street, Harvey WA 6220

(08) 9729 1669

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

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



## WE WANT TO HEAR FROM YOU!

We here, at the Harvey Community Resource Centre are here for you, and we're shaping our programs for 2026.



### EXPRESSION OF INTEREST

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

#### Event Interests

One-on-One    Group events

#### Contact me via

EMAIL    SMS    FACEBOOK

#### All Events?

YES    NO

\*If answered no, what types of events/assistance would you be interested in?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Contact Us

5 Gibbs Street, Harvey WA 6220

(08) 9729 1669

events@harveycrc.com.au

harveycrc.com.au

#### Opening Hours

Monday to Friday 8.30am - 2.30pm

Ways you can let us know:

- Fill in the form above and return it to the CRC
- Come in and have a chat or,
- Email events@harveycrc.com.au

Your voice genuinely guides what we do.