

"Harvey" the
Orange



HARVEY HAPPENINGS

SEPTEMBER 2026

Heal With Sound

Check, Detect, Protect

Do Something Just For You

Bring Out Your Inner Goddess!

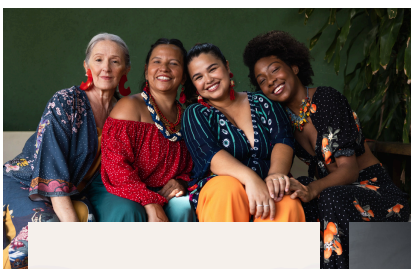
**Come & join us to celebrate
Women's Health Week**

Learn how to have a Stronger Core & Better Posture

**Mini Expo on
Tuesday 10 September**



*Your
HCRC Team!*



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

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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,**

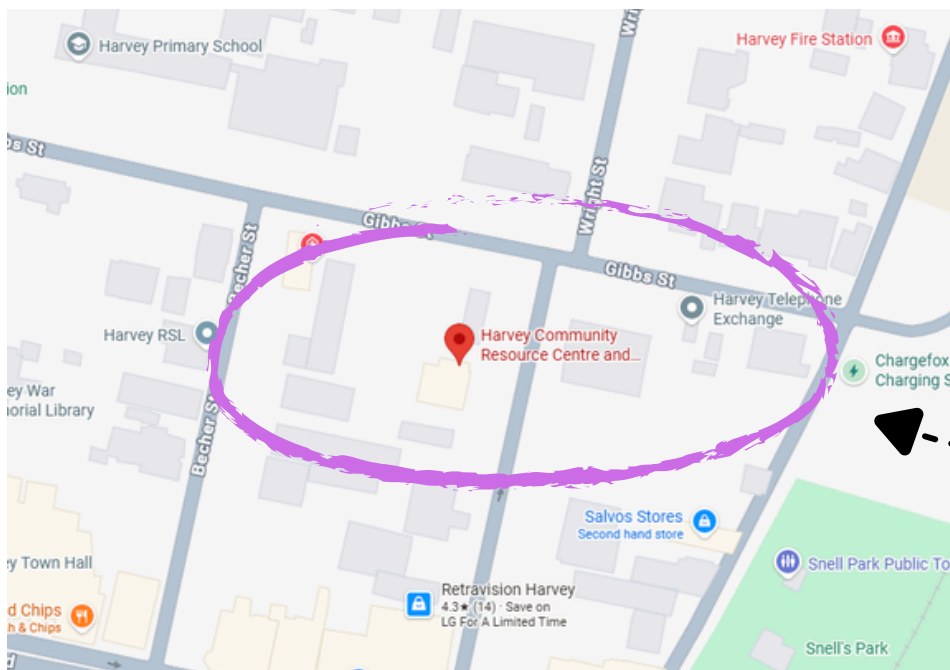
**www.harveycrc.com.au and
completing the
details on the home page, drop
us an email at**

marketing@harveycrc.com.au

OR

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

Where are we located?



**from the
street**

Centre Opening Hours

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



WOMEN'S HEALTH WEEK MINI EXPO



Thursday 10 September
9:30am - 12:00pm



FEATURING



9.30am - Expo Open

10.00 - 10.30 Reformer You Pilates

10.30 - 11.30 Cancer Council

11.30 - 12.00 Sound Alchemy / Healing

12.00pm - Expo Closed

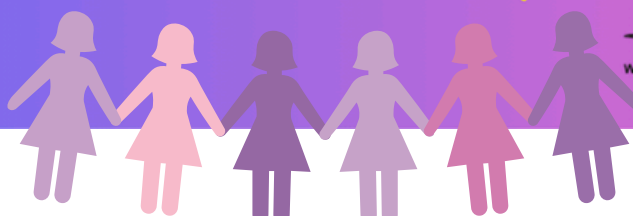


FREE EVENT - ALL WELCOME

Come & Join Us at the CRC
5 Gibbs St, Harvey



Department of
Primary Industries and
Regional Development



Enjoy



Your local connection



JUSTICE OF THE PEACE SERVICES AVAILABLE

CONTACT US TO MAKE A BOOKING

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



Mind and Body



TUESDAYS from 9:30 - 10:30 AM

CRC Undercover Area, 5 Gibbs St, Harvey

REGISTER NOW

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



**Please bring your own water bottle and gold coin donation.*



FOODBANK

MOBILE FOOD VAN

NOW VISITS WEEKLY

TUES 01 SEPTEMBER 9:00 - 9:45 am

THURS 10 SEPTEMBER 12:00 - 12:45 pm

TUES 15 SEPTEMBER 9:00 - 9:45 am

THURS 24 SEPTEMBER 12:00 - 12:45 pm



Payment by
Card Only





Kaartdijin Dandjoo is a **free**, hands-on learning experience across the six Noongar seasons. Developed with the support of Harvey Aboriginal Corporation, this program provides an opportunity to learn, connect and explore Noongar culture and knowledge throughout the changing seasons.

This is the Djilba (growth season) program. Discover the Noongar names for plants and animals associated with Djilba, how they are traditionally used as food resources, and the important role they play in cultural practices including dance, song and storytelling.

Meet and Greet: 1 Sept 2026

Session 1: 8 Sept 2026 - Animals and Storytelling

Session 2: 15 Sept 2026 - Creation Stories

Session 3: 22 Sept 2026 - Common Cultural Uses of Plants

Session 4: 29 Sept 2026 - Dance: Sharing Stories and Culture

Scan QR code to
find out more or
book your spot



Breaksea present

ALIWAH BARDINAR

A vibrant, music-filled adventure bringing a Noongar creation story to life with puppets, dance, colour and playful bilingual storytelling. Don't miss this enchanting and lively adventure - an unforgettable experience for children and their families!

Sat 5 September | 1:30pm

★ Pre-show Family Fun from 11.30am

Dance Makers Collective present

ALL IN

All In is an uplifting, immersive experience that celebrates the richness and power of dance as a community unifier. It reminds us that dance can connect us in ways few other things can, facilitating social connection, joy and reflection.

Wed 16 September | 7:30pm

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





Star Hearing Consultants

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Check our
Google reviews
to see what our
patients say!

Clinic Location: **HARVEY CONNECT**

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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 | EMAIL: starhearing@outlook.com

Clinic Location: Harvey Connect, 105 Uduc Road, Harvey

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Social groups
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Transport service

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Homely appointed rooms
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Planned or unplanned



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www.mhi.org.au





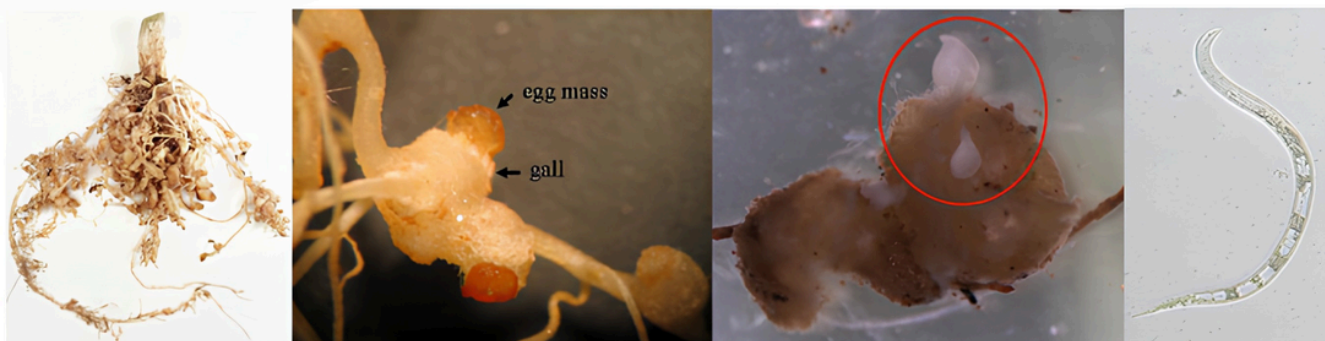
Department of
Primary Industries and
Regional Development

Backyard Buddies

Your monthly guide to pests, weeds and diseases

September 2026

On the lookout for: Guava root-knot nematode (GRKN)



Left to right: severely galled and knotted roots, closeup of gall and egg mass, white swollen females, juvenile root-knot nematode.

Guava root-knot nematode (GRKN), *Meloidogyne enterolobii*, is a highly damaging exotic species of root-knot nematode which was first detected in Australia in the Northern Territory and subsequently parts of Queensland in late 2022. Reports from overseas are that it is highly infectious and polyphagous, meaning that it can feed on or utilize a wide variety of different hosts.

Nematodes are microscopic worm-like creatures. GRKN looks very similar to other more common root-knot nematode species and is difficult to distinguish morphologically. It is best confirmed by molecular testing.

GRKN has not yet been detected in Western Australia and is a declared pest under section 12 of the *Biosecurity and Agriculture Management Act 2007*. Surveillance programs are in place to monitor area freedom.

What plants can it affect?

Tropical species such as guava, banana, ginger, cotton and papaya.

Vegetables such as potato, tomato, pumpkin, beans, cucumber, zucchini, capsicum and more.

Ornamental plants and some weed species are also known to be hosts.

Risk of entry into WA

Quarantine Western Australia (QWA) regularly intercepts plant material being illegally brought into WA from GRKN positive states.

Worse still, much of the smuggled produce tends to be fruit, vegetables and propagatable material from home gardens which represents a high risk for transporting GRKN.

How can it spread?

Movement of infested seedlings, plants, soil, irrigation water and equipment.

Root-knot nematode females are sedentary and produce large numbers of eggs. Juveniles migrate in the soil to roots of susceptible hosts.

What to look for

Significant galls or knots in the plant root system which disrupt growth and yield.

Severely deformed tubers and rhizomes e.g. potatoes, sweet potatoes and ginger.

What to do if you suspect GRKN?

Take photos and record details (e.g. host, location) and report suspect GRKN through MyPestGuide® Reporter or DPIRD's Pest and Disease Information Service (08) 9368 3080 or padis@dpiird.wa.gov.au



Report your observations

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

Pest and Disease Information Service (PaDIS) 08 9368 308 | padis@dpiird.wa.gov.au

Extreme Veggie Nachos



FREE SIMPLE
RECIPE YOU
CAN TRY AT
HOME

Ingredients:

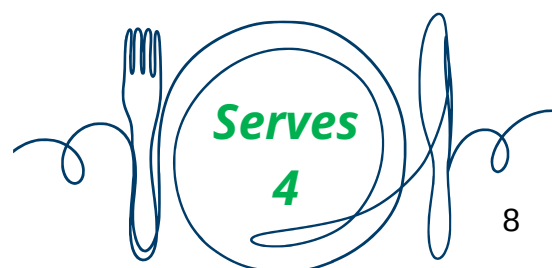
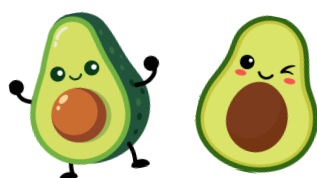
- A splash of oil
- 1/2 onion, chopped
- 1/2 zucchini, chopped
- 1/2 bunch of kale, chopped
- 2 tomatoes, chopped
- 1 tin beans (any kind but kidney beans work best)
- 1tsp cumin powder (optional)
- pinch of salt and pepper
- 50ml water
- 1 packet corn chips
- 100gms tasty cheese (optional)
- 3 spoons sour cream or greek yoghurt

Instructions:

- Put the vegetable oil in a pan on medium high, add the onion and cook until brown.
- Add the zucchini and cook for 1 min
- Add the kale and the tomatoes, cumin powder then the beans and water and heat until starting to boil.
- Turn the temperature down to a simmer and cook for 15min stirring occasionally as to stop it sticking to the bottom of the pan.
- Add a big pinch of salt and pepper.
- Place the corn chips on a plate, spoon over the bean mixture, add a sprinkle of cheese and a spoon of sour cream.

Tip:

- Want to add an extra touch of nutritional tastiness?
Mash an avocado and serve on top.





Social September



This Social September we're encouraging everyone to join in, reach out, include someone and best of all, keep it simple!

Join in

Shared interests are a great way to connect with others – whether you're learning to knit at your local community centre, painting a mural, logging on to your weekly online group or volunteering at the local dog shelter.

You just never know who you might meet along the way.

Reach out

Send that letter. Make the call. Check in with someone you haven't spoken to for a while.

Sometimes connection starts with one person making the first move.

Include someone

Invite someone along. Welcome a new neighbour. Make space at the table. Think about someone who might appreciate being included and ask them to join you.

We all like to feel like we belong.

Keep it simple

Sometimes it's a big smile, a simple hello or a chat about last night's footy game.

Connection can be that simple.





Volunteer South West Initiative Helps Local Organisations Rethink Volunteering and Reach More People

Regional Out of the Box Volunteering

- **Target Location:** Shire of Harvey
- **Core Support:** Free one-on-one mentoring sessions for those leading volunteers, relevant training workshops and access to useful resources.
- **Key Focus:** Designing unique roles and inclusive recruitment strategies for priority groups

Volunteers are the lifeblood of many regional communities. They keep sporting clubs running, support community services, organise local events and help create the strong connections that make our towns great places to live. Yet for many organisations, finding and keeping volunteers is becoming increasingly challenging.

At the same time, there are many people in our communities who would like to contribute but may face barriers to getting involved. Young people, people living with disability, First Nations people, new migrants, vulnerable women and job seekers often have valuable skills, experience and enthusiasm to offer, but traditional volunteering models do not always make participation easy.

Volunteer South West (VSW) is helping local organisations respond to these challenges through its **Regional Out of the Box Volunteering** initiative.

Working with community groups, sporting clubs and other volunteer-involving organisations across the Shire of Harvey, the initiative is designed to help organisations explore fresh approaches to volunteer recruitment, engagement and retention.

The program provides free mentoring, practical tools, resources and training to help volunteer managers and coordinators build stronger, more sustainable volunteer programs. A key focus is supporting organisations to create volunteer opportunities that are more flexible and inclusive to a broader range of people.

Recognising that many volunteer managers are already stretched for time and often balancing multiple responsibilities, the initiative focuses on practical solutions that can be applied in real-world community settings. From reviewing volunteer roles and processes to sharing proven templates and best-practice resources, the support is designed to make volunteer management easier, not more complicated.

Importantly, the initiative is not about asking organisations to do more. It is about encouraging them to do things differently. Small changes can often open the door to new volunteers, strengthen community connections and create opportunities for people who may never have previously considered volunteering.

By building the confidence and capacity of local organisations, Volunteer South West hopes to create more inclusive pathways into volunteering, expand the volunteer pool across the region and ensure community organisations remain strong and sustainable for years to come.

Volunteer South West encourages any organisation that relies on volunteers and would like support, mentoring or access to resources and training to get in touch. Together, we can create more inclusive volunteering opportunities and build stronger, more connected communities throughout the region.

Please contact our Program Coordinator Susanne if you would like to make an appointment or are interested in receiving more information.

Email: programs@volunteersouthwest.org.au

Phone: [9791 3214](tel:97913214)

This project is supported through Volunteering WA's Volunteer Management Activity, funded by the Department of Social Services.

HAVE YOUR SAY: EARLY CANCER DIAGNOSIS IN RURAL WA

HELP US IMPROVE CANCER CARE FOR RURAL AND REMOTE COMMUNITIES



We are exploring attitudes, experiences, and barriers around seeking medical help for possible cancer symptoms. Findings will help improve cancer campaigns and services for rural Western Australians.

Eligibility:

- ✓ 40 years and older
- ✓ Living in rural or remote Western Australia
(regions: Kimberley, Pilbara, Mid West, Goldfields, Great Southern, South West, Wheatbelt)

Participation involves completing an online survey taking only 20 minutes. Click the link or scan the QR code to find out more!

[\[CLICK HERE\]](#)



Send your resume to:
hello@reallygreatsite.com



Curtin University

Curtin University Human Research Ethics Committee (HREC) has approved this study (HREC number HRE2025-0613).

WARRIOR WELLBEING ARTICLE

Drugs and Alcohol – Your Health & Wellbeing is at Stake

BY THE REGIONAL MEN'S HEALTH INITIATIVE

September 2026

We promote the point that choice around our lifestyle is mostly up to us. While genetics, environment and the health system can also impact on our health and wellbeing, in the context of drugs and alcohol the choice is ultimately ours and the consequences of use and misuse are clear and so are the laws.

As a community we need to have an honest conversation on why people use and abuse drugs and alcohol.

Some reasons are:

- Risk taking – as boys and men we are hard wired to take risks
- Experimental and boredom
- Peer pressure
- Habit/addiction
- Recreation – to have fun
- To feel good and forget, to cope with difficult times in our life, to self-medicate and mask

The reasons are complex and varied and through our life at various stages we have been challenged and we will continue to be challenged.

Recent research reveals some alarming statistics around drug use:

- 46 % of drug users use for fun
- 54% of drug users used for self-medication

Regarding using drugs for fun, surely there are many other things we can do that don't damage our body and mind (i.e. embrace and explore our passions and interests).

The consequences of drug use are serious from several angles:

- The risk factor is extremely high for many illicit drugs, we may only have three chances with a drug before we are affected either medically and/or by addiction
- Purity of the drug is unknown and varied (often we don't know what's in it?)
- Health effects can be permanent (psychosis)
- Many legal and financial implications for users
- Relationships become fractured (conflict, violence, distrust)

With regard to self-medication, we need to acknowledge some of the *stuff* going on in our lives and some of the pain we may be suffering. Denial of this, exacerbated by drug use, and the shit will hit the fan. We need to talk about and ultimately deal with stuff in our life, not self-medicate.



Alcohol is our biggest societal drug of choice, there is a lot of literature and research suggesting how alcohol is dangerous to our body when misused. This usually focuses on the appropriate daily standard drinks consumption, links to various diseases such as cancer and then societal issues around binge drinking. On an individual level we need to work out if we can drink, and how do I behave when drinking (do I get angry and aggressive, take unnecessary risks). Because alcohol is a mood enhancer, we need to know what is our safe limit? Have regular alcohol-free days and not use it to self-medicate (when distressed) but enjoy it.

The difficulty in life is choice, illicit and excessive use of drugs and alcohol is all our personal responsibility. What then can we do, as a society, about the misuse/abuse of drugs and alcohol? Primary care is standing up and saying no it's not all right (culture). As a collective we can make a difference whether that is in the family, community group and/or workplace you are not alone. As peers we can make a difference whether it be in the school, workplace or footy club by saying no it's not all right. We all have a right to a safe place!

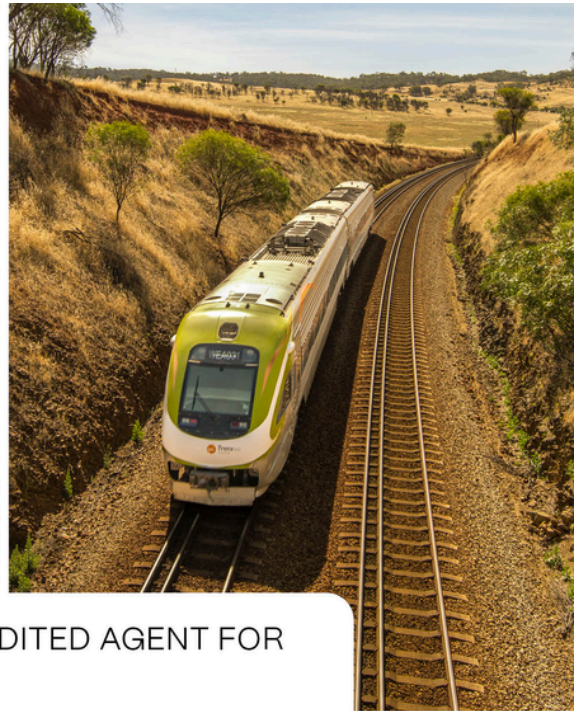
@RMHI_4blokes

Working with Warriors Podcast

regionalmenshealth.com.au



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Rail trip >



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

We are located at:
5 Gibbs Street Harvey
WA 6220

- Need Help - **UNDERSTANDING YOUR ACAT PAPERWORK?**

**Have you already had an ACAT Assessment
but aren't sure what all the paperwork means?**

Jess is here to help!

Come and see Jess at the
**Harvey Community
Resource Centre**

for friendly support to:



Understand your
ACAT assessment
paperwork



Learn about your
available services
and supports



Get answers to
your questions



Feel confident about
your next steps



*You're not
alone.
We're here
to help.*



**Harvey Community
Resource Centre**

Phone: (08) 9729 1669



• Friendly • Supportive • Welcoming •

*Drop in
today
and have
a chat with
Jess!*



*We're here
to help make
sense of it all.*

We're here to support you and connect you with the help you need.

OUR VISITING OUTREACH SERVICES

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

Oseca Health

Oseca Health is a community based primary health care organisation, with a rich history spanning over 30 years. At their core, they believe empowering individuals to enhance their wellbeing is essential for building thriving communities. As a dedicated not-for-profit, community-based organisation, their success is intertwined with the health and wellbeing of communities, enabling them to contribute positively and meaningfully to the lives of those they serve. They run an Integrated Primary Mental Health Care Program in the South West region, offering free support for individuals facing mental health challenges, tailored to fit individual needs at the time. They support the community with a wide range of therapies and services, within a person centred approach.

Consultations: Appointments Essential
Call 9754 3662 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.

By Appointment Only
Call (08) 6165 3362 for more information
or to make an appointment

Training Alliance Group

Parent Pathways

The Parent Pathways program offers mentoring support, financial assistance for approved costs (including training, transportation, driver's licence expenses, and communications and technology needs), and connections to support services to help you succeed.

Parent Pathways is voluntary, flexible, and does not affect parenting payments

By Appointment Only
Call 1300 436 756 for more information
or to make an appointment

Employment

Training Alliance Group helps jobseekers reach their potential through partnerships with employers and support for communities across WA and NSW. Through our quality education and meaningful employment pathways help individuals enter or advance in the workforce.

Whether you're re-entering, changing careers, or starting out, our tailored Employment Services provide the skills and opportunities you need to succeed. We're dedicated to your growth and community development through meaningful employment.

By Appointment Only
Call 1300 436 756 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.

Appointment is Essential
Call 9720 9200 for appointments

Hendercare

HenderCare offers a wide range of allied health and therapy services including, occupational therapy and speech therapy, designed to support children with disabilities. The services can be delivered at home, in schools, or in the community across Australia. Their services are tailored to individual goals and can be provided on a short-term or ongoing basis

By Appointment Only
Call 1300 764 433 for appointments

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