

October 2026 Issue

The

HARVEY HAPPENINGS

NEWSLETTER

Harvey Community Resource Centre, your local community support hub

Government Services:
Centrelink, Medicare,
Aged Pension

Support Services:
Foodbank, HCRC Village Hub

Staying in Place (SIP)
Government Funded Aged
Care in the comfort of your
HOME

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.

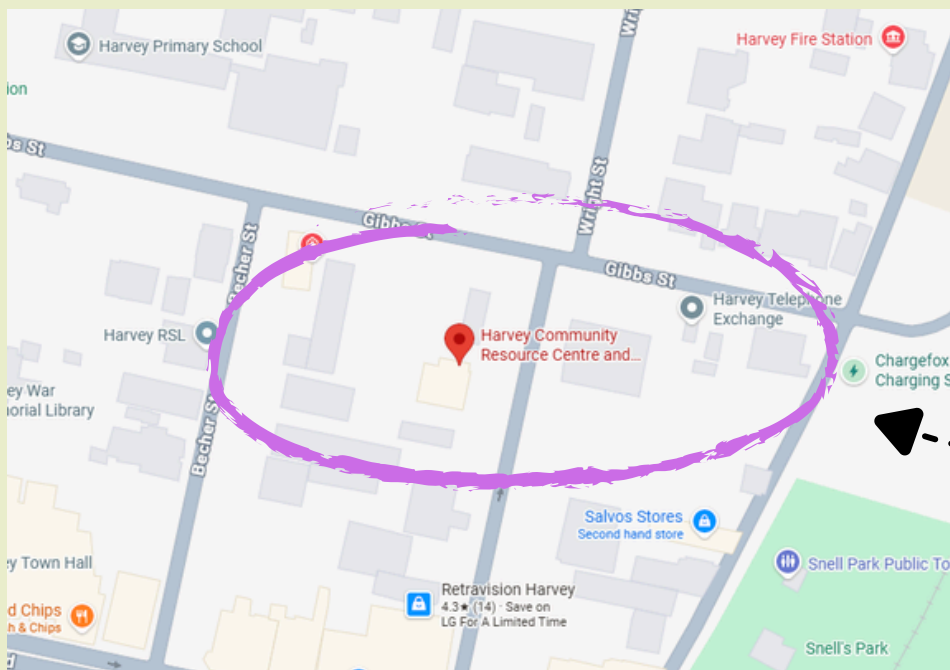
Would you like to subscribe to this newsletter?

You can do that by going to the website,

www.harveycrc.com.au 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)

HCRC VILLAGE HUB

Community Supporting Community



*Your
HCRC Team*

We are open on weekdays,
from 8.30am to 2.30pm.
Come and talk to us, we
are happy to assist you
with anything.

Upper: Jehan (left), Jo (Middle), Jess (right)
Bottom: Sarah (left), Ness (right)





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 06 OCTOBER 9:00 - 9:45 am

THURS 08 OCTOBER 12:00 - 12:45 pm

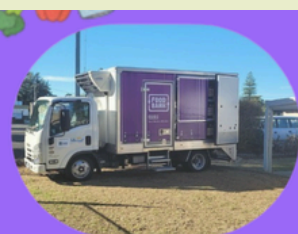
TUES 20 OCTOBER 9:00 - 9:45 am

THURS 22 OCTOBER 12:00 - 12:45 pm

FOOD
BANK



Payment by
Card Only



CINEMA AT THE CENTRE THE MAGIC FARAWAY TREE

Based on Enid Blyton's best-selling children's classic "The Magic Faraway Tree" follows a modern family who find themselves forced to relocate to the English countryside where the children discover a magical tree with eccentric residents.

G | 105mins

🕒 1:00pm

📅 Tuesday 6 October



DRAGGED THROUGH THE DESERT A PRISCILLA CELEBRATION

Buckle up for a fabulous, full-throttle tribute to Priscilla, Queen of the Desert! This glitter-drenched spectacular celebrates the iconic Aussie story with electrifying drag performances, dazzling costumes, and the anthems you know and love.

🕒 6:00pm Pre-show Cocktail Event
7:30pm Show

📅 Fri 23 October



MORNING MELODIES WITH CARMINE DUO

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.

🕒 10.30am

📅 Tues 17 November



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



STRENGTH FOR LIFE

Improving the health, wellbeing and
independence of people over 50.

11:00am Monday | Tuesday | Friday

1:00pm Monday | Wednesday | Thursday

Get stronger.

Stay active.

Make friends.



Cat's claw creeper - getting its hooks in



An infestation of cat's claw creeper smothering a fence, flowers in full bloom, and the distinctive 3 pronged 'cat's claw' tendril.

It's clear how cat's claw creeper (*Dolichandra unguis-cati*) earned its name. Each pair of leaflets is armed with a three-pronged tendril reminiscent of tiny cat claws. Originally from Central and South America, it was introduced to Australia in the 1950's as a garden ornamental and it's easy to see why. In spring it bursts into bloom and its profusion of bright yellow, trumpet-shaped flowers are hard to miss.

Clawing its way to the top

Once established, cat's claw creeper doesn't stay in the garden. It spreads into bushland through wind-blown seeds, water movement, and an underground network of tubers that can reach densities of up to 1,000 per square metre. These persist in the soil for years after the stems are cut. The vine can climb up to 30 m into the tree canopy, forming dense mats that smother mature trees and deprive undergrowth of light. When trees die and cause breaks in the canopy, fast growing weeds can then move in and take advantage of the extra light to establish in these areas. This fundamentally changes the conditions for native plants and animals.

What to look for

If you suspect you've encountered one of these pernicious vines, look for the tell-tale claws. You'll find them extending from the base of the paired

leaves. In spring, bright yellow trumpet shaped flowers make it unmistakable. By late summer these flowers are replaced with flat seed pods up to 45 cm long. They hang from the vine, each holding up to 80 winged seeds which drop around July/August. Older plants have stems that become thick and woody, and the root system underground is extensive with many tubers.

Found it? What to do:

In WA, cat's claw creeper is a declared pest and must be reported. Is not permitted to be propagated or sold in WA and any plants found are to be eradicated. Cat's claw creeper has previously been found in various localities across Perth including Victoria Park, Como, Guildford, Hovea, Leederville, Floreat and Forrestfield. Regionally it has been found in Broome, Albany, Gidgegannup and Moora.

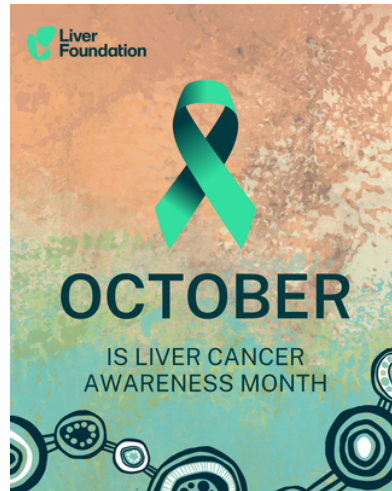
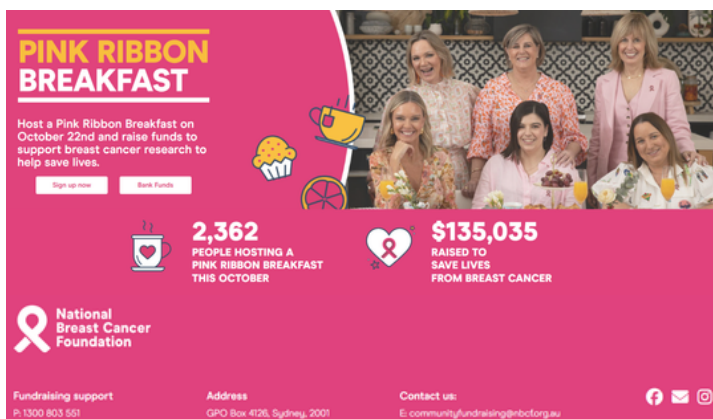
This is the time of year when you're mostly likely to notice this persistent pest. If you suspect you have found this plant please photograph it, note the location, and report it via MyPestGuide® Reporter (app or website), or by emailing the Pest and Disease Information Service. WA's beautiful native bushland is still largely free of this weed. With the assistance of community reporting, it can stay that way!



Report your observations

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

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



Call: 1800 841 118

Email: support@liver.org.au

Webchat: <https://liver.org.au/>

#LiverCancerAwarenessMonth #LiverFoundation



BreastScreen WA mobile service

BreastScreen WA visits almost 100 rural towns every two years. Some towns are visited annually. In planning each visit the needs of the population and best use of resources is considered to ensure the whole region benefits. Appointment times become available for booking approximately a month before the mobile arrives in town. Dates may be subject to change. If visit dates are not suitable you are welcome to book at the clinic in a different town or at any of our permanent clinics.

The mobile unit weighs 13,000kg and is similar in dimensions to a mobile home or shipping container. Due to its size and the sensitivity of the equipment the mobile unit can only travel on a sealed road and be transported by a dedicated prime mover. Where unsuitable roads or insufficient numbers prevent the mobile unit from visiting individual communities, arrangements are made to locate the mobile unit in a nearby town within easy access. Group bookings are also available.

A regional screening clinic is located in Albany at 2/2 Barnesby Drive, Yakamia. A screening and assessment clinic is located at Bunbury South West Health Campus, corner of Bussell Highway and Robertson Drive.

Book [online](#) or phone 13 20 50 for a FREE screening mammogram appointment. If you need an interpreter, please call the Translating and Interpreting Service (TIS) first on 13 14 50 and ask to be connected to the BreastScreen WA call centre on 13 20 50.

Raise awareness of cancer supportive care services in your health care setting!

You're invited to host a waiting room or common area display to help raise awareness of the supportive care services available to patients who are navigating the emotional and practical impacts of a cancer diagnosis.

The display will support patients, families, and carers to connect with 13 11 20 to access support outside of clinical care.



How to get involved

1. Order a free resource pack for your display via our [order form](#).
2. Set up your display in your waiting room or common area during November 2026.
3. Take a photo of your display and send it to gp@cancerwa.asn.au by 10 December 2026 to go in the draw to win!



Win a prize!

All health care settings that submit a photo of their display will receive a \$25 gift card for participating.

Photos will also be entered into the major prize draw for a \$300 gift card, which will be judged on:

- innovation and creativity
- use of Cancer Council WA resources
- overall effort

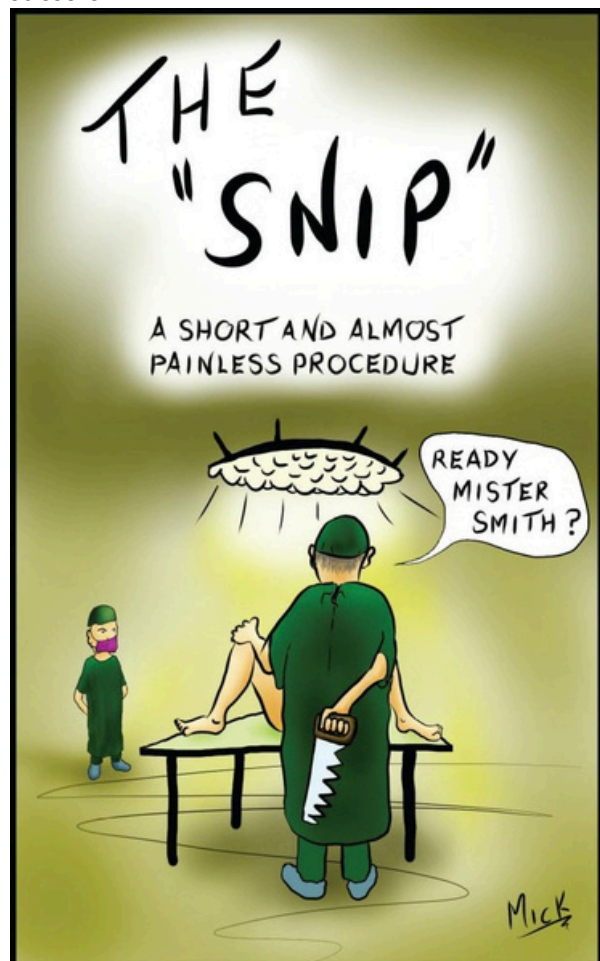
WARRIOR WELLBEING ARTICLE

To Snip or Not To Snip?

BY THE REGIONAL MEN'S HEALTH INITIATIVE
October 2026

When we as blokes, arrive at the decision with our partners that the pitter-patter of tiny feet, 2am feeds and toxic nappies are not on the agenda any more, then some form of permanent contraception is one possible pathway. There are options for the ladies in our lives, but those options can involve major surgery and unwanted side effects. The male version in terms of permanent surgical sterilization is the vasectomy and by comparison it's minor surgery with little to no side effects.

The first question is, what exactly is a vasectomy? Quite simply it is the cutting and sealing of the tubes (vas deferens) that carries sperm from the testes to the penis. It is usually done under local anaesthetic via a very small incision on each side of the scrotum, and despite 'The Snip' being the slang term, it doesn't usually involve scissors.



The most important question in many bloke's minds is, *does it hurt?* and we're well within our rights to ask this. We've already spent a lifetime keeping our crown jewels out of harm's way and on the odd occasion that we haven't, well, it hasn't ended well. The short answer is no. Some bruising and slight discomfort over the first couple of days is normal but not debilitating. A warning to my three-year-old daughter not to jump off the end of the lounge into my lap four hours after surgery would have been useful in hindsight and I definitely wouldn't suggest riding your bike home after the op!

An important point to keep in mind, is the fact that the sperm already in your reproductive system will remain viable little swimmers for up to 3 months or until the *pipes are clear*. It's not uncommon for couples to fall pregnant in the months immediately following a vasectomy, an irony not immediately all that humorous to those affected.

A lot of guys worry that it will affect their experience of sex however this typically isn't the case, as outwardly there is no visible difference to ejaculate nor usually any change to sensation. The vasectomy in no way interferes with erectile function nor with orgasm which no doubt is a relief to those considering the procedure.

A vasectomy should be considered permanent even though there is a procedure known as a vasectomy reversal. A successful reversal is by no means guaranteed, with success anywhere between 40-90 % but falling away rapidly with age, time between surgeries, and other complications. For this reason, you need to be absolutely certain; besides, repeat operations on our 'agates' don't figure very highly on anyone's 'to do' list.

To decide whether a vasectomy is right for you, *the ball is in your court* so to speak. You need to be sure that you and your partner have completed your family and that you want to take responsibility for family planning. On the flip side, a vasectomy is not something to be rushed into if you are relatively young; recently separated, divorced or having relationship problems.

So, all in all it's a decision you and your partner need to make together, it is a major decision.

✕ @RMHI_4blokes

🗣 Working with Warriors Podcast

🌐 regionalmenshealth.com.au

Retirement Village Law Reforms Free Information Session

Join Annetta from Consumer Protection to learn about upcoming changes, key timelines, how to prepare and get your questions answered.



Thursday,
29 October
10am at
Australind
Library





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 | EMAIL: 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

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



Fully compliant organisation – trust and reliability



Need Information About ACAT Assessments? We can help!

Speak to Jess at the
Harvey Community Resource Centre

We can help you understand the process
and connect you with the right
support and information .



You don't have to figure it out on your own.

We're here to help.



Call us on

9729 1669

5 Gibbs Street, Harvey

Local help. Trusted support. Better together. 



Book your tickets with us



We are located at:
5 Gibbs Street Harvey
WA 6220

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

TRAIN	BUS	BUS	BUS	BUS	
B03	AA3	AX3	AA5	AX5	
Mon Wed Fri Sun	Tue Thu Sat	Tue Thu Sat	Daily	Daily	
					From Perth
AM	AM	AM	PM	PM	
9:25	-	-	-	-	Perth City(Platform 3)
-	8:30	8:30	5:15	5:15	East Perth Terminal
-	-	9:10	-	6:15	Kwinana Station (Stand 5)
10:00	9:20	-	6:05	-	Armadale Station (Stand 5)
10:11	9:30	-	6:15	-	Byford*
10:14	9:36	-	6:21	-	Mundijong*
10:21	9:44	-	6:29	-	Serpentine*
10:32	9:58	-	6:43	-	North Dandalup*
10:42	10:12	-	6:57	-	Pinjarra*
11:00	10:32	10:05	7:17	7:10	Waroona*
11:11	10:45	10:18	7:30	7:23	Yarloop*
11:15	10:50	10:23	7:35	7:28	Cookernup*
11:21	11:05	10:38	7:50	7:43	Harvey*
11:36	11:20	10:53	8:05	7:58	Brunswick Junction*
11:55	11:45	11:18	8:30	8:23	Bunbury Passenger Terminal

BUS	BUS	TRAIN	BUS	BUS	
AA2	AX2	B52	AA4	AX4	
Daily	Daily	Mon Wed Fri Sun	Tue Thu Sat	Tue Thu Sat	
					From Bunbury
AM	AM	PM	PM	PM	
6:00	6:00	2:45	2:45	2:45	Bunbury Passenger Terminal
6:20	6:20	3:02	3:05	3:05	Brunswick Junction*
6:35	6:35	3:17	3:20	3:20	Harvey*
6:47	6:47	3:24	3:32	3:32	Cookernup*
6:55	6:55	3:29	3:40	3:40	Yarloop*
7:07	7:07	3:38	3:52	3:52	Waroona*
7:29	-	3:55	4:14	-	Pinjarra*
7:41	-	4:07	4:26	-	North Dandalup*
7:55	-	4:18	4:40	-	Serpentine*
8:04	-	4:24	4:49	-	Mundijong*
8:11	-	4:32	4:56	-	Byford*
8:21	-	4:39	5:06	-	Armadale Station (Stand 5)
-	8:00	-	-	4:45	Kwinana Station (Stand 5)
9:15	9:00	-	6:00	5:45	East Perth Terminal
-	-	5:14	-	-	Perth City(Platform 3)

*Services only stop at intermediate stations if advance bookings are made.

Wheelchair accessible toilet facilities available

Road coach connection

Train connection

The Australind coach service connects with the road coach service to Albany (Sunday to Saturday) at Bunbury - see timetable GS3 and Augusta (Sunday to Friday) at Bunbury - see timetable SW1.

The Australind coach service connects with the road coach service to and from Collie/Boyup Brook (Monday, Wednesday and Friday) at Brunswick Junction - see timetable SW4.

TransBunbury operates a daily bus service between Bunbury Passenger Terminal and Bunbury Visitor Centre. This is subject to change on public holidays. For more information call the Transperth InfoLine on 13 62 13 (TIS: 131 450). Hearing or speech impaired? Call via NRS 133 677 and ask for 13 62 13

Amendments may apply on public holidays and during school holidays. Passengers are advised be ready to board 15 minutes prior to departure.

Book Launch Event!

When & Where

Tuesday
October 6th
10am - 12pm

At the old
Church on
Crn Young &
Gibbs Street
Harvey

Join us in celebrating the release
of a new children's picture book -

Icky and Old Scaley Chops

Dress up in your favourite magical
costume for a morning of craft and
storytelling!

Tea and coffee provided; BYO picnic.

Fun Free Activities

- Scavenger hunt
- Sewing Craft
- Story time (11:00 am)
- Colouring-in competition
winner announcement

Book
available for
purchase

Please register with the Harvey Library

Colouring-in competition!

Icky and Old Scaley Chops 18th Sep - 5th Oct

Grab a copy of Icky and Chop's colouring in for a
chance to win a signed copy of the book and a few
extra goodies!

- Colour in Icky & Chops and add your
contact details
- Hand your artwork into the Harvey
Library
- Come along to the launch event to
hear the winners be announced!

Competition age groups (years of age) -

Group 1
7+ kindy

Group 2
PP - Yr 2

Group 3
Yr 3 - 6

Come and grab your hard copy of Icky and Chop's
colouring-in at our front desk

Name: _____

Age: _____

Contact Number _____



BAKED TURMERIC CHICKEN WITH CAPSICUM



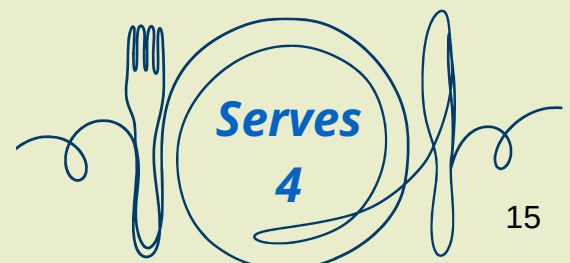
Recipe: Courtesy of Steph de Sousa – The Frugal Foodie

Ingredients:

- 8 (approx. 1.2kg) chicken drumsticks
- 2 tbsp ground turmeric
- 1½ tsp ground cumin
- 1 tsp ground coriander seeds
- 1 large red onion
- 2 capsicum
- salt and pepper to taste
- olive oil, for drizzling
- Greek yogurt, to serve
- Fresh coriander, optional
- Lebanese bread, to serve

Instructions:

- Chop the red onion into quarters and slice the capsicum lengthways, discarding the core and seeds. Place into a pan.
- Put the chicken drumsticks into a bowl.
- Sprinkle olive oil and the ground spices – coriander, turmeric and cumin – onto the chicken.
- Season with salt and pepper.
- Place the chicken on top of your vegetables in the pan.
- Preheat the oven to 200°C.
- Bake for 45-50 minutes until the drumsticks are golden and cooked through.
- To serve, add some Greek yogurt to a plate and place chicken on top.
- Chop Lebanese bread into triangle slices (to mop up the juices). Place on the plate, drizzling olive oil on top. Garnish with fresh coriander.



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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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

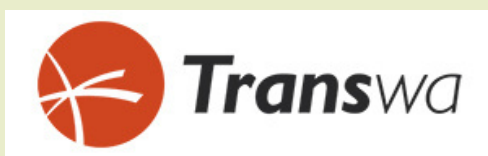
Proudly supported by:



Proud members of:



Agents for:



Contact Us

5 Gibbs Street, Harvey WA 6220

(08) 9729 1669

events@harveycrc.com.au

harveycrc.com.au