Denmark Community Guide

We Support, Empower and Engage our Community

8th - 21st March 2024 Issue #284

Be Connected

Every Australian online.

Join our FREE

Presentations



21st March 2024

12-1pm

Protect yourself against scams

19th March 2024
12-1pm
All you need to know
about data and
public wifi

For more information and to attend the presentation contact the CRC on 9848 2842

Join the Fixing Fun: Repair Cafe

This Saturday 9th!

Have you visited the Repair Cafe at the CRC yet? Every first Saturday of the month, a dedicated group of locals gathers to form a community of fixers, inviting everyone to bring in their cherished items that need a little TLC. Together, they collaborate to breathe new life into these beloved possessions.

From bike repairs and maintenance to knife sharpening, electrical appliances, clothing and textile mending, toy repairs, small furniture, and more, there's a wide array of ways to fix available. If you haven't experienced it yet, this Saturday, 9th March, is one you won't want to miss!



Coder Dojos - A Coding Success!

Coder Dojos has been incredibly popular this term, attracting a significant number of enthusiastic kids eager to delve into the world of coding!

We have just one more class left for this term on the 13th of March.

However, if you're interested in securing a spot for the next term, be sure to keep an eye on the Guide for updates, or reach out to our friendly reception staff at 9848 2842 or via email at reception@denmarkcrc.com.au to receive notifications about upcoming dates.









Onsite Services 2024



COMMUNITY GROUPS

Repair Cafe

1st* Saturday of the month
* 2nd Saturday in March & June

Chess Club

Sundays 3-5pm & fortnightly Thursday 6-8pm

Games Night

Thursdays from 7pm

Denmark Write People

1st Tuesday of month 5.30-7pm

Death Cafe

3rd Monday of month 1-3pm

Embroidery Group

1st & 3rd Tuesday of month 10am-2pm

Coder Dojo

Wednesdays Term 1: Feb 14, 21, 28 & March 6, 13

EMERGENCY RELIEF SUPPORT

Food Pantry

Wednesdays 10am - 2pm

Food Bank

Order by Friday 12pm Pick up Tuesday after 12pm

For further Emergency Relief Support please contact Denmark CRC directly.

ACADEMIC SUPPORT

Great Southern UniCentre

24/7 available study space

Tania Cheung Tutoring
All ages Primary & Secondary Students

Mon to Fri 11am - 7pm

Onsite Services 2024



SUPPORT SERVICES

Anglicare (Financial Counselling)

Erin Grover - Weekly Tues

WA Country Health - Child Development Services

Kate Van Den Berg Fortnightly Wednesdays

Hawthorn House - Dementia Support

Angela Kelton - Weekly Mon (until March 18)

Palmerston - Counselling for D & A

Deb - Weekly Thursdays

Worklink - Career Guidance Services

Tina - 2nd Wednesday of month

ONSITE PSYCHOLOGY SERVICES

Denmark Psychology Services

Lisa Studman Emma Spencer-Percy

Point Hillier Psychology Assessment & Therapy Services

Lesley Wybenga

ONSITE GOVERNMENT SUPPORT SERVICES

Services Australia

(Centrelink Agents) Mon to Fri 9am - 1pm

Trans WA

Mon to Fri 9am - 4pm

WELLBEING ACTIVITIES

Mahayana Buddhist Meditation

Sundays 10-11am

Buddhist Society of WA Meditation

Sundays 4-6pm

Karen Cussons Pilates

Mondays 8.45-9.45am

Yoga - Lyndal Gallaway

Tuesdays 5-6.30pm

Qi Gong - Lyndal Gallaway

Fridays 8.30-9.45am

Afterschool Hangout Space

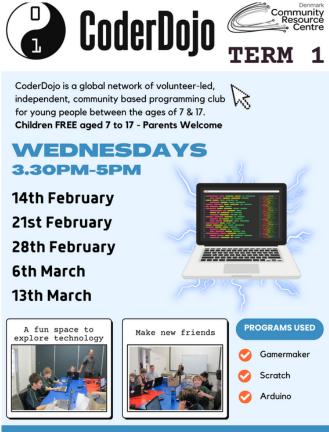
Wednesdays 3-5pm (starting 21 Feb)











9848 2842 | reception@denmarkcrc.com.au | www.coderdojo.com



Free online presentation



Be Connected

Protect yourself against scams

Want to learn how to protect yourself against scams? Join a free live streamed presentation for older Australians, hosted by the eSafety Commissioner.



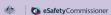
Scammers try to trick people into giving away money, personal information or other items of value.

With the world becoming more connected through the internet, online scams have increased. It therefore pays to be cautious and know how to spot a scam.

loin our presentation to learn: When: Thursday 21st March, 2024

• how to protect your personal information

- from scammers • how to safely make friends online
- · how to spot investment scams
- · where to go for help



Time: 12 - 1pm

Where: Denmark Community

Resource Centre

beconnected.esafety.gov.au/bookings

Free online presentation



Be Connected

All you need to know about data and public Wi-Fi

Want to learn about managing your data and using public Wi-Fi? Join our free live streamed presentation for older Australians, hosted by the eSafety Commissioner.



Whether you are using the internet at home or on your mobile when you are out and about, everything you do online uses data. Knowing how and when to use your mobile data or Wi-Fi connection can help you stay safer online and save money.

• get the best value for money from your mobile data plan

- manage your data allowance
 keep your data costs down while out and about
- use public Wi-Fi safely.

Join our presentation to learn how to: When: Tuesday19th March, 2024

Time: 12 -1pm

Where: Denmark Community

SesafetyCommissioner This pro

beconnected.esafety.gov.au/bookings





You're covered in the **Great Southern!**

- Need help with understanding your rights as an older person?
- · Need guidance with the aged care system?
- · Are you, or someone you know experiencing elder abuse?

Local Advocate, Christine will be visiting to provide support and information at this location:



Denmark Community Resource Centre

Date: 2nd Thursday of each month 10:00am-1:00pm

Home visits welcome

Walk-ins & appointments welcome. Call 1800 655 566



Composting & Worm Farm FOGO Workshops!

FREE EVENTS 2024

Presented by Great Southern Living Soil

DATES:

Sunday 24 March Sunday 19 May Sunday 16 June

TIME: 3-4:30pm

VENUE:

WA College of Agriculture -

Denmark

Lecture Theatre 872 South Coast Hwy,

Denmark

Afternoon tea provided, please wear enclosed shoes.

Places are limited. Register to attend with Shire of Denmark on (08) 9848 0300 or



FEED YOUR SOIL not your plants!

As part of the Shire of Denmark's community-oriented Sustainability

Environmental Education Program, this Composting workshop will teach you how to turn your kitchen scraps and yard trimmings into a nutrient rich soil amendment teaming with essential microbes. You will also learn how to set up a worm farm and give you strategies for maintaining a healthy

aerobic worm farm.

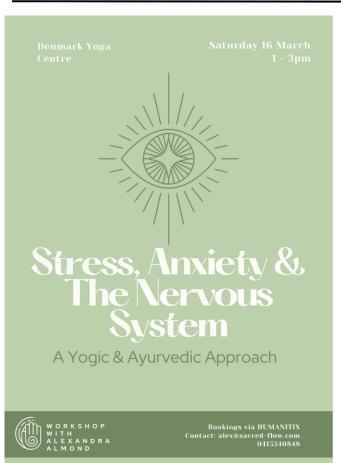




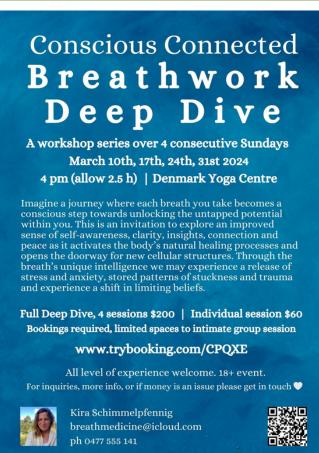


















PEER VOLUNTEER PROGRAM

EXPRESSIONS OF INTEREST NOW OPEN FOR ALBANY AND KATANNING RESIDENTS

Do you have personal experience of recovery from substances? Have you maintained personal wellbeing for 12 months and not been a client of an AOD service for 6 months?

Can you commit to 100 hours voluntary work over 12 months?

Successful applicants will receive free training to use their lived experience and will have the opportunity to volunteer and inspire hope, provide support and connect to others who are in recovery.

BENEFITS

Share your knowledge and experience with people in recovery.
Gain new skills to enhance employment prospects.
Meet other peer workers in the region.
An opportunity to volunteer in a leading organisation.
Potential further training opportunities.



For further information or to register your interest please call Anthony on 98922100 or email on acsermelyi@palmerston.org.au

FREE FINANCIAL COUNSELLING

Let's talk about strategies to manage your money and meet costs during these tough times.

An Anglicare WA Financial Counsellor visits your CRC fortnightly.



For a free and confidential appointment call 9845 6666



LOCATION DENMARK CRC 2 STRICKLAND STREET

FIRST TUESDAY EACH MONTH 5.30-7.30PM



DENMARK WRITE PEOPLE

A writing group to motivate and develop skill in each other writing and give constructive feedback

Open to all levels of writing skill

CONTACT LEANNE MIFFLIN -LEAMIFF@GMAIL.COM OR RECEPTION@DENMARKCRC.COM.AU



· Worried about keeping your

loved ones safe at home?

Hawthorn House can offer?

· Wondering what Alzheimer's WA.





11TH MAR 2024

18TH MAR, 2024

TO RSVP

DENMARK COMMUNITY

RESOURCE CENTRE



Networking | Support | Connection

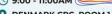
DENMARK WOMEN IN BUSINESS

Are you a woman in business residing in and/or servicing the Denmark area, looking to make quality and authentic connections with likeminded women? Then join us for our next networking and co-working session. Hurry, spaces are limited!





- 25TH MARCH
- (S) 9:00 11:00AM



O DENMARK CRC, ROOM 1



DENMARK ART CLUB, SHORT ST

🚹 @ Denmark Women In Business





GREAT SOUTHERN Begional Development,







DENMARK WESTERN AUSTRALIA

SAVE THE DATE SO YOU **DON'T MISS OUT ON THIS ICONIC** RIDE!

Help us get the country talking and join your local 1 Dayer!

Departing Kwoorabup Community Park, Denmark, WA 6333

www.blackdogride.org.au

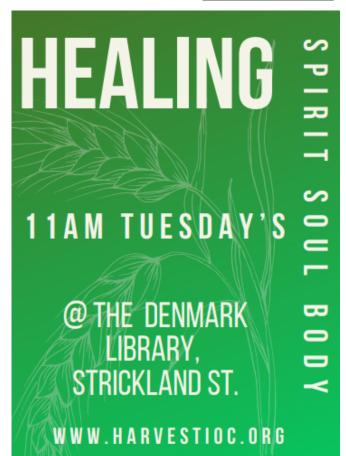
8 AUSTRALIANS TAKE THEIR LIVES EVERY SINGLE DAY, THAT'S ONE **AUSSIE EVERY 3 HOURS** LOSING THEIR LIFE TO THE BLACK DOG.

On the third Sunday of March, Black Dog Ride is uniting under one banner with one voice on



Roger Seeney & Rob Woods denmark@blackdogride.org.au





CITIZEN AND SPORTSPERSON OF THE YEAR AWARD NOMINATIONS NOW OPEN



NOMINATE SOMEONE TODA

CITIZEN OF THE YEAR AWARDS

In recognition of individuals and groups who have gone above and beyond their civic duties and made a significant contribution to our community.

- · Youth Citizen of the Year (Under 24) Senior Citizen of the Year (65 and Over)
- Community Citizen of the Year (any age)
 Senior Sportsperson of the Year
- Group Citizen of the Year (NFP group/organisation)

SPORTSPERSON OF THE YEAR AWARDS

In recognition of athletes who have achieved outstanding results during the past year and individuals who have made a significant contribution to their sport or sporting club.

- Junior Sportsperson of the Year
- (18 and Over)

 Service to Sport Award

NOMINATE SOMEONE TODAY!

Nominations open 1 March and close 31 March 2024. The official nomination form is available online via www.denmark.wa.gov.au/citizen-of-the-year or hard copies can be collected from the Denmark Recreati Centre or Shire Administration Building. WINNERS RECEIVE \$200 VOUCHER







Denmark Kwoorabup Community Garden Workshops



January to July 2024





- 3-5pm Sat 27 Jan with Neal Collins
- 3-5pm Sat 17 Feb Garden Outing Tour
- 3-5pm Sat 16 March- with Neal Collins
- 2-4pm Sat 20 April- Garden Outing Tour
- 2-4pm Sat 11 May- with Neal Collins
- 2-4pm Sat 25 May Garden Outing Tour
- 2-4pm Sat 22 June with Neal Collins
- 2-4pm Sat 13 July Garden Outing Tour

Busy bees from 2pm on other Saturdays, weather dependent.

Meet at the back of the Denmark CRC, on Strickland Street. (Please park at the front)



By Donation (Recommended \$10)

For Info contact: Basil 0429481019

basilschur@gmail.com or Don Hunt 0427446657

The Denmark Community Garden is supported by the Department of Communities, Green Skills, Denmark CRC Denmark Community Foundation, the Shire of Denmark's Sustainability Education program, Mt Lindesay and Jenkins family farms.







