

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.



www.denmarkcrc.com.au/events



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

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)

Local Events

Starting 21st February 2024

Join in the Fun at "The Hangout"

Every Wednesday 3.30 - 5.00pm

Where:
The Garden Room at the
Denmark Community Resource Centre
2 Strickland Street

A safe place for teens from Year 7+

Have fun
Chat
Read
Learn
Laugh

Share
Do Activities
Dance
Chill
Do craft

Just hangout

Supervised by Deb Farmer
(Social Worker and Youth Worker)

Any queries and for further
info
Call: 9848 2842

www.denmarkcrc.com.au



Mingle with Singles

Get Ready to Mix & Mingle!

Join us for a fun filled afternoon at the
Denmark Arts House

Saturday, 16th of March 2024
4pm to 6pm
2A Strickland street Denmark WA

WHAT THE EVENT HAS TO OFFER!

Interactive Games
Complimentary Wine & Nibbles
Meet new people

Don't miss out on this opportunity to meet
new friends and expand your social circle!

\$20 per person

book your ticket today to come on down and join in the
fun!



REPAIR CAFE

Saturday, 9th March
10am - 12pm

Bike Repairs & Maintenance

Knife Sharpening

Electrical Appliances

Clothing and Textile Mending

Glue & Screw Toys, Small Furniture, etc
at

Denmark Community Resource Centre



CoderDojo



TERM 1

CoderDojo is a global network of volunteer-led,
independent, community based programming club
for young people between the ages of 7 & 17.
Children FREE aged 7 to 17 - Parents Welcome

WEDNESDAYS
3.30PM-5PM

14th February
21st February
28th February
6th March
13th March



A fun space to
explore technology



Make new friends



PROGRAMS USED

- ✓ Gamedmaker
- ✓ Scratch
- ✓ Arduino

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

Send us your events in a PNG or JPEG format to events@denmarkcrc.com.au

Local Events

Free online presentation



Be Connected
Every Australian online.

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.

Join 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



eSafety Commissioner

This program has been developed by eSafety as part of the Be Connected initiative.

beconnected.esafety.gov.au/bookings

Free online presentation



Be Connected
Every Australian online.

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.

Join our presentation to learn how to: **When:** Tuesday 19th March, 2024

- 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.

Time: 12 - 1pm

Where: Denmark Community Resource Centre



eSafety Commissioner

This program has been developed by eSafety as part of the Be Connected initiative.

beconnected.esafety.gov.au/bookings



Advocare
Empowering older people in WA

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.

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.



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



Send us your events in a PNG or JPG format to events@denmarkcrc.com.au

Local Events

Denmark Yoga
Centre

Saturday 16 March
1 - 3pm



Stress, Anxiety & The Nervous System

A Yogic & Ayurvedic Approach




WORKSHOP
WITH
ALEXANDRA
ALMOND

Bookings via HUMANITIX
Contact: alex@sacred-flow.com
0415340848

denmark YOGA centre OPEN DAY

Saturday March 9th

- 
- 8am Harmonic Coherent Breathwork - Kira
 - 9am Qi Gong flow - Chrissy
 - 10am Meditative yoga flow - Alex
 - 11am Pilates flow - Laura
 - 12pm Purposeful pilates - Paris
 - 1pm Period Power, intro to menstruation awareness (talk) - Sumer
 - 2pm Iyengar based yoga with props - Donna
 - 3pm Yin yoga - Lisa
 - 4pm Yoga & Ayurveda for perimenopause- Emma
 - 5pm Yin, a somatic awareness practice - Sonia



www.denmarkyogacentre.com
0414651331
4/39 Strickland St, Denmark

45 min
'taste tester'
donation-
based
classes

Conscious Connected Breathwork Deep Dive

A workshop series over 4 consecutive Sundays
March 10th, 17th, 24th, 31st 2024
4 pm (allow 2.5 h) | Denmark Yoga Centre

Imagine a journey where each breath you take becomes a conscious step towards unlocking the untapped potential within you. This is an invitation to explore an improved sense of self-awareness, clarity, insights, connection and peace as it activates the body's natural healing processes and opens the doorway for new cellular structures. Through the breath's unique intelligence we may experience a release of stress and anxiety, stored patterns of stuckness and trauma and experience a shift in limiting beliefs.

Full Deep Dive, 4 sessions \$200 | Individual session \$60
Bookings required, limited spaces to intimate group session
www.trybooking.com/CPQXE

All level of experience welcome. 18+ event.
For inquiries, more info, or if money is an issue please get in touch ♥



Kira Schimmelpfennig
breathmedicine@icloud.com
ph 0477 555 141



THE DENMARK & ANTIQUE, VINTAGE & COLLECTOR'S FAIR! HOSTED BY B.O.L.A

ENTRY FEE: \$2 PER PERSON. CHILDREN UNDER 13YRS FREE

WHEN: EASTER LONG WEEKEND!!

SAT 30th March, SUN 31st March & MON 1st April.

TIME: 9am - 3pm Each Day.

WHERE: The Denmark Scout Hall, 1086 Brazier St, Denmark W.A

HUGE SELECTION OF ANTIQUES, VINTAGE ITEMS & COLLECTABLES.

- VICTORIAN ITEMS
- ART NOUVEAU ITEMS
- JEWELLERY
- GOLD & SILVER
- OLD COINS
- TOBACCONALIA

- ART DECO ITEMS
- VINTAGE ITEMS
- CARACINALLA
- MAN CAVE ITEMS
- MILITARIA
- OLD TOOLS & SIGNS

- KITCHENALIA
- CRYSTAL WARE
- OLD TOYS & GAMES
- NICK NACKS
- BRIC 'A' BRAC
- & MUCH, MUCH MORE

FOOD WILL BE
AVAILABLE FROM
A LOCAL
FOOD TRUCK

FOR ALL
ENQUIRIES PLEASE
CONTACT BEG ON
0434236076



Send us your events in a PNG or JPG format to events@denmarkcrc.com.au

Local Events

Palmerston
Improving your wellbeing

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

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

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



Soupy

Community
Soup
Kitchen
Every
Tuesday

5-630pm
Denmark RSL Hall
All Welcome
BYO Bowl and Spoon

For local events, news & music, check out Denmark FM - www.denmarkfm.com.au

Local Events

You've created a million memories in your home.

Let's keep making more.

Dementia Care in the Home Information Sessions



HOME INFO SESSIONS ALZHEIMERS WA DEMENTIA CARE

With:

ANGELA & LOUISE
from Hawthorn House

- Confused about home care services?
- Don't know where to start?
- Worried about keeping your loved ones safe at home?
- Wondering what Alzheimer's WA, Hawthorn House can offer?



10:00 - 15:00



19TH FEB, 2024
26TH FEB, 2024
11TH MAR, 2024
18TH MAR, 2024



DENMARK COMMUNITY
RESOURCE CENTRE

CALL 9841 3755
TO RSVP

DENMARK WOMEN IN BUSINESS



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!

CO-WORKING SESSION

11TH MARCH

9:00 - 12:00 NOON

DENMARK ART CLUB, SHORT ST



NETWORKING EVENT

25TH MARCH

9:00 - 11:00AM

DENMARK CRC, ROOM 1



TICKETS VIA OUR
FACEBOOK PAGE



@Denmark Women In Business



One Home. One Heart. Embracing Harmony Together.

PRESENTED BY ACT BELONG COMMIT



KATANNING
Harmony Festival
22-23 MARCH 2024

22 MARCH 2024
FRIDAY FOOD NIGHT
5-8PM • TOWN SQUARE

SAT 23 MARCH 2024
STREET FESTIVAL
12-5PM • AUSTRAL TCE

GRILLIN' IT OUR WAY | COOKING TO CONNECT | CULTURAL Q&A
INTERNATIONAL FOOD VILLAGE | FLAG PARADE | TOURS
CULTURAL ENTERTAINMENT | KIDS & YOUTH ZONE | MARKET STALLS
WORKSHOPS | RAMADAN TENT | CRAFT ACTIVITIES & MORE!

FOR MORE INFORMATION VISIT FACEBOOK.COM/KATANNINGHARMONYFESTIVAL

THIS EVENT IS PROUDLY SUPPORTED BY:



OUT OF THE BOX VOLUNTEERING WORKSHOP



WITH ALBANY & REGIONAL VOLUNTEER SERVICE



DATE
13TH MARCH 2024



TIME
9AM TO 12PM



WHERE
211-217 LOTTERIES
HOUSE NORTH ROAD

A NEW PROGRAM AIMED
AT HELPING LOCAL
ORGANISATIONS BUILD
THEIR CAPACITY TO
ENGAGE WITH
VOLUNTEERS FROM
WITHIN THEIR
COMMUNITY.

BOOK NOW



WWW.ARV.S.ORG.AU

For local events, news & music, check out Denmark FM - www.denmarkfm.com.au

Local Events

SAVE THE DATE:
2024 (raising awareness of depression and suicide prevention)
1 DAYER
17TH MARCH 2024
Black Dog Ride

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
one single day to amplify a
national message of hope,
awareness and prevention.

Scan the QR Code to register



For more information contact
ride coordinators

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

ONLINE FARM SAFETY SHORT COURSE

THIS ONLINE SHORT COURSE WILL
PROVIDE YOU WITH A BRIEF OVERVIEW
OF THE LAWS AND REGULATIONS, RISK
MANAGEMENT & DEVELOPMENT OF
YOUR OWN FARM SAFETY RISK
REGISTER, Q & A SESSION.

REGISTER RURALEGE.ORG/EVENTS

SPONSORED BY:



RURAL EDGE

HEALING

SPIRIT SOUL BODY

11AM TUESDAY'S

@ THE DENMARK
LIBRARY,
STRICKLAND ST.

WWW.HARVESTIOC.ORG

CITIZEN AND SPORTSPERSON OF THE YEAR AWARD NOMINATIONS NOW OPEN



Karen Andersson
Recipient 2022



Isabella Campbell
Recipient 2022



Mark Parre
Recipient 2023



Tyler Hartfield & Will Miller
Recipients 2021



NOMINATE SOMEONE TODAY!

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.

Categories:

- Youth Citizen of the Year (Under 24)
- Senior Citizen of the Year (65 and Over)
- Community Citizen of the Year (any age)
- 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.

Categories:

- Junior Sportsperson of the Year (Under 18)
- Senior 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 Recreation
Centre or Shire Administration Building.
WINNERS RECEIVE \$200 VOUCHER.

SCAN ME



Denmark Kwoorabup Community Garden Workshops



January to July 2024



Green Skills

- 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.

