

Denmark Community Guide

We Support, Empower and Engage our Community

5th - 18th April 2024 Issue #286

Repair Cafe
This Saturday
6th April

WORKER ACCOMODATION SURVEY



The GSDC and local authorities recognize challenges in attracting and housing workers in the region.

They are currently preparing a strategy to address these issues and are seeking input via a short survey for businesses struggling with worker accommodation shortages.

Survey closes on April 7th, so don't miss out on having your voice heard.



• Safer Online Shopping Be Connected Webinar

• Each year over \$100 million is lost in Australia due to online shopping and banking scams. In today's digital age, it's crucial to navigate the online world safely. We're here to help you master the art of secure online transactions.

• Come along to our FREE Be Connected Safer Online Shopping and Banking webinar on **Tuesday 9th April from 1-2pm** at the Denmark CRC, and learn how to confidently manage your privacy and security so you can enjoy the benefits of being online.

• Join the presentation to learn:

- the benefits of online shopping and banking
- how to safely shop and pay for things online
- how to do everyday banking safely online
- what to look out for

• But that's not all! On **Tuesday 16th April from 1-2pm**, come along to another Be Connected Webinar, focusing on spotting scams. Enhance your internet savvy, and add onto your skill set of how to navigate the world safely online.

• Bookings are essential for both of these webinars, so please call 9848 2842 to book.

• Youth Week Celebrations Commence in Denmark!

• Youth Week Celebrations begin this week, kicking off with the 4 Youth Fest at McLean Park on **Friday 5th April from 12-4pm**. Get involved with the arts and crafts workshops, friendship bracelet making, glitter tattoos, photo booth, skate board competitions, mountain biking, support agencies, listening post and more! Bring your own helmet, bike, skateboard and water bottle. For more info, visit www.denmark.wa.gov.au/YouthWeek.

• On **Saturday 13th April, from 12-4pm**, Youth Week will wrap up at Denmark Visitor Centre with Splendour on the Lawn. Come on down for an aerial performance from Natural Wings, markets, youth bands, and food from Denmark Grass Fed Meat and Gin Lao. While you're there, check out the exhibition of artwork from Denmark SHS and TAFE students inside the visitor centre, open from 2-26 April.

• For more info on Youth Week events happening around Denmark, check out the School Holiday Program on the Shire of Denmark Website.



99.7
DENMARK
FM



www.denmarkcrc.com.au/events



Have you heard of any of the wellbeing activities that happen at the CRC?

Mahayana Buddhist Meditation

Sundays 10am-11am



Yoga with Lyndal Galloway

Tuesdays 5pm-6.30pm



Buddhist Society of WA Meditation

Sundays 4pm-6pm



Qi Gong with Lyndal Galloway

Fridays 8.30am-9.45pm



Karen Cussons Pilates

Mondays 8.45am-9.45am



Afterschool Hangout Space

Wednesdays 3pm-5pm



Have you heard about our After School Hang Out Space?

Bored after school? Why not come along to our After School Hangout Space!

Every Wednesday from 3pm-5pm in Term time, we're transforming the Denmark CRC Garden Room into the ultimate hangout spot for teens Year 7- Year 12.

Led by the fantastic Deb Farmer, a social worker and youth worker, the Hangout Space will be a safe environment full of creative activities and places to chill and chat.

Discover new interests, share your passions, and forge new friendships.

Got questions or want to know more? Don't hesitate to reach out to us at the CRC on 9848 2842.

Join us at the After School Hangout Space and make Wednesday afternoons the highlight of your week!



Local Events

REPAIR CAFE

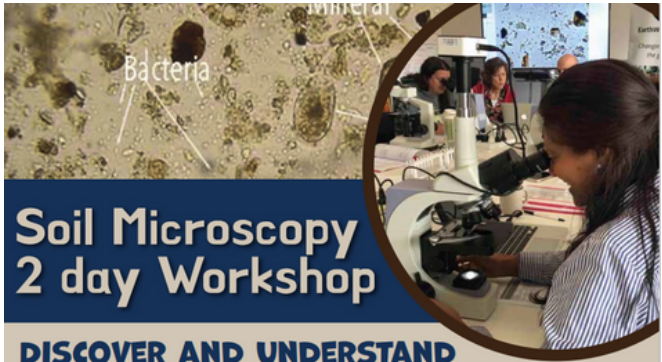
Saturday 6th April
10 AM TO 12 NOON
@ Denmark CRC

Repairs include but not limited to:



and more depending on our volunteers that help on the day!

Photos from previous Repair Cafes



Soil Microscopy 2 day Workshop

DISCOVER AND UNDERSTAND THE BIODIVERSITY IN YOUR SOIL

Soil microbes are essential to healthy soil and healthy soil is essential to healthy plants. Let us teach you how to effectively use brightfield microscopes and build your knowledge of how soil microbes build soil structure, manage water, provide plant nutrition, protect our environment and break down toxins.

Venue: Denmark CRC
April 13th & 14th (Saturday and Sunday)
Day 1: 9am - 4pm, Day 2: 9am - 4pm
Foundation & Masterclass
Reduced rate: \$275 (usually \$550, subsidised by WICC)

Inclusive of workbook, use of microscopes, and consumables. Places are limited, book early to avoid disappointment. Please pack a lunch for both days.

TICKETS: VIA HUMANITIX OR SCAN QR CODE FOR LINK



Toss It? No Way!

Denmark Community Resource Centre
Your local connection

(ph) 9848 2842
(e) reception@denmarkcrc.com.au



EarthWhile Australia

Free online presentation



Be Connected
Every Australian online.

Safer online shopping and banking

Want to learn about shopping and banking safely online? Join a free live streamed presentation for older Australians, hosted by the eSafety Commissioner.



For many Australians, a connected lifestyle includes the convenience of online shopping and banking. Learn how to confidently manage your privacy and security so you can enjoy the benefits of being online too.

Join our presentation to learn:
 • the benefits of online shopping and banking
 • how to safely shop and pay for things online
 • how to do everyday banking safely online
 • what to look out for

When: Tuesday, 09/04/2024
Time: 1- 2 pm Bookings essential
Where: Denmark CRC
 2 Strickland St, Ph 9848 2842



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.

Can you spot a scam?

Want to know how to spot a scam? Find out how at our free live streamed presentation for older Australians, hosted by the eSafety Commissioner.



Australians aged 55 and over lost almost \$141 million to online scammers in 2021*. So it's important to remember that even though the internet is a wonderful place to explore and connect with others, it pays to be savvy.

Join our presentation to learn:
 • about the most common scams
 • tips on how to spot scams
 • what to do and what not to do
 • where to go for help

When: Tuesday, 16/04/2024
Time: 1- 2 pm Bookings Essential
Where: Denmark CRC
 2 Strickland St, Ph 9848 2842

*Source: Scamwatch, Scam statistics 2021, viewed March 2022



eSafety Commissioner

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

beconnected.esafety.gov.au/bookings

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

Youth Week!



YOUTH FEST

McLean Park, Brazier St, Denmark

12pm - 4pm, Friday 5 April 2024

All ages welcome!



What's On

- Arts and Crafts Workshops
- Glitter Tattoos
- Photo Booth
- Skate Board Competitions
- Mountain Biking
- Support Agencies
- Listening Post



..... and more!

Listening Post

McLean House will be returning to a Youth-focused hub in 2024! We want your ideas on how it should look and what activities should happen there.



SCAN NOW

For more info, scan the QR code or visit www.denmark.wa.gov.au/YouthWeek

BYO Helmet, Bike, Skateboard & Water Bottle

THIS IS A SMOKE, VAPE, DRUG AND ALCOHOL FREE EVENT

Supported by



ATTENTION YOUTH MARKET STALL HOLDERS YOUTH WEEK MARKET

FREE STALLS for 14-25 year old stall holders living in Denmark or the Great Southern

WHEN:
Saturday 13 April
12pm-4pm

WHERE:
Denmark Visitors Centre

**CLOTHING
JEWELLERY
BAKED GOODS
AND MORE**

MORE INFO & APPLY NOW
<https://bit.ly/denmarkmarkets>

**YOUTH MONTH
AT THE
DENMARK VISITOR
CENTRE
DCC**
Denmark Chamber of Commerce

**NATURAL WINGS
PERFORMANCE**

**SPLENDOUR
ON THE
LAWN**

**YOUTH WEEK WRAP-UP
SATURDAY 13 APRIL 12-4 PM**

**PERFORMANCE
MARKETS
BANDS
FOOD - DENMARK
GRASS FED MEAT
& GIN LAO**

**EXHIBITION
APRIL 2-26
ARTWORK BY
DENMARK SENIOR
HIGH SCHOOL
AND TAFE
STUDENTS**

**CAREERS
EXPO
APRIL 19
10-12PM**

YOUTH WEEK

5 APR **CARLA GENEVE**
Albany Town Hall
7pm
Carla Geneve returns to her home town with an all-ages show at the iconic Town Hall.

6 APR **GAME ON: ELANDRIAL GAMES SESSION**
Albany Public Library
3-5pm
Get to know, and play some cool new games like Zombie Dice, Exploding Kittens and more!

6 APR **ANIME MOVIE NIGHT**
Albany Public Library
6pm
'Weathering With You' is the highly anticipated new film from the creative team behind the critically-acclaimed 'Your Name'.

10 APR **CLOUDY WITH A CHANCE OF MUSIC**
Eyre Park
10am-4pm
Creative workshops, basketball, summer skate sessions, live music, stalls, drumming and lots more.

10 APR **SUNSET SESSIONS**
Albany Surf Club
6-9pm
Live Music by young local artists overlooking Middleton Beach. Featuring AKA Murka, BIONIXX and Dama Damage.

11 APR **FLICKERFEST SHORT FILM FESTIVAL**
Albany Town Hall
2pm
A delightfully entertaining program of shorts that will appeal to the kid in everyone.

14 APR **FROM THE MAGPIE'S NEST**
Albany Town Hall
11-11.30am & 1-1.30pm
Original scenes by the Southern Edge Arts ensemble exploring issues relevant to their shared experience.

15 APR **SEA AERIAL PERFORMANCE & WORKSHOP**
Albany Town Hall
1pm
Aerial artists showcase their skills on the trapeze at this breathtaking event!

15 APR **BEST FOOT FORWARD**
headspace Albany
4-5pm
Learn about resumes, cover letters and selection criteria. Job preparation skills from the experts.

17 APR **HEADSPACE AFL ROUND**
Centennial Oval
1-7pm
GSFL support the mental health of young men with the headspace Albany Super Round for Sixteens and Coits.

For more details on events, scan the QR code below:

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

Local Events

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

- 📅 16TH APRIL
- 🕒 9:00 - 12:00 NOON
- 📍 DENMARK ART CLUB, SHORT ST

NETWORKING EVENT

- 📅 29TH APRIL
- 🕒 9:00 - 11:00AM
- 📍 DENMARK ART HOUSE

TICKETS VIA OUR
FACEBOOK PAGE

 @Denmark Women In Business



Seasons & Cycles

YOGA DAY RETREAT

Saturday 4th May 2024
Lyra House
rhythm | reflection | connection

Join Emma & Clare for an inspiring & nourishing full day retreat exploring more deeply our relationships with the ever-present seasonal and cyclical changes that we exist within through the lens and practices of yoga & Ayurveda. Held amongst the trees at stunning Lyra House Denmark!

For bookings, scan the QR code or go to denmarkyogaretreats.com.au

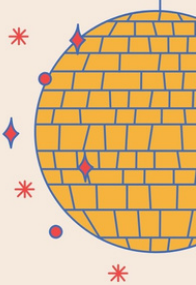


LESSON + SOCIAL DANCING

RSL Memorial Hall

7-8pm: *Swing Lesson*
8-9pm: *Social Dancing*

Cost: \$10



DENMARK

Swing Dancing

EVERY TUESDAY NIGHT



invites anyone and everyone to

GAMES NIGHT

Every Thursday
from 7pm onwards

at Denmark CRC Garden Room

Gold Coin
Donation

Learn a new game or bring your favourite!

Children 16 must be accompanied by a responsible adult.

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

Local Events

MENTAL HEALTH FIRST AID

Sat May 18th & Sun May 19th, 2024

10 am - 5 pm

The Standard Mental Health First Aid® (MHFA™) course equips adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker or another adult experiencing a mental health problem or mental health crisis.

Learn How to:

- ✓ recognise the signs and symptoms of a range of mental health problems
- ✓ respond to emerging or worsening mental health problems
- ✓ apply the Mental Health First Aid Action Plan to assist and support others

Limited spaces available!

\$50 waged
\$40 concession

Venue:

The Men's Shed,
Inlet Drive,
Denmark, W.A

Book now or ask a question by emailing
valiwood.mediation@gmail.com

raising awareness
of depression and
suicide prevention



Learn to play Bridge!



FREE lessons starting
1 May 2024

Denmark Bridge Club is offering *free* introductory lessons to those wanting to learn to play the wonderful game of bridge.


♦ Lessons are low key and fun! ♦

- ♠ **Date:** Wednesday, May 1 for about six weeks
- ♥ **Time:** 6.50 pm, ending around 9.00 pm
- ♣ **Where:** Karri Mia Function Centre, Mt Shadforth Rd, just past Castelli winery

No need to worry about a missed lesson – each participant will receive a book (by Paul Marston) on introductory bridge and additional material will be emailed each week.

After completion of the course there is ample opportunity to continue with bridge. Supervised bridge is run on some Friday afternoons and there are normal bridge sessions on Monday and Friday afternoons and Thursday mornings.

If interested, please contact Bob Stick:

 t: 9892 3003
m: 0480 411 434
e: bobstick44@gmail.com

Jam Sessions at Denmark TAFE



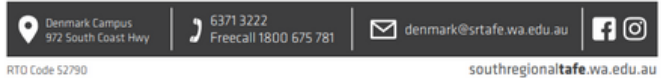
Jam Room 101 skill set is one part 'gat a band together', one-part instrumental lesson for people that want to meet like minded music makers or get started.

Beginners through to experienced musicians are all welcome at weekly Jam sessions. The first part of evening will be a tuition style, warming up and setting up before switching to group playing.

Jam Room 101 is designed for students aiming to begin, increase or continue their participation with local music making. Those completing this skill set will develop skills and confidence to audition for Certificate II or Certificate III in Music.

Term 2 | Wednesday evenings | 5.00pm to 9.00pm

You are welcome to drop into the Campus for more information or to enrol



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

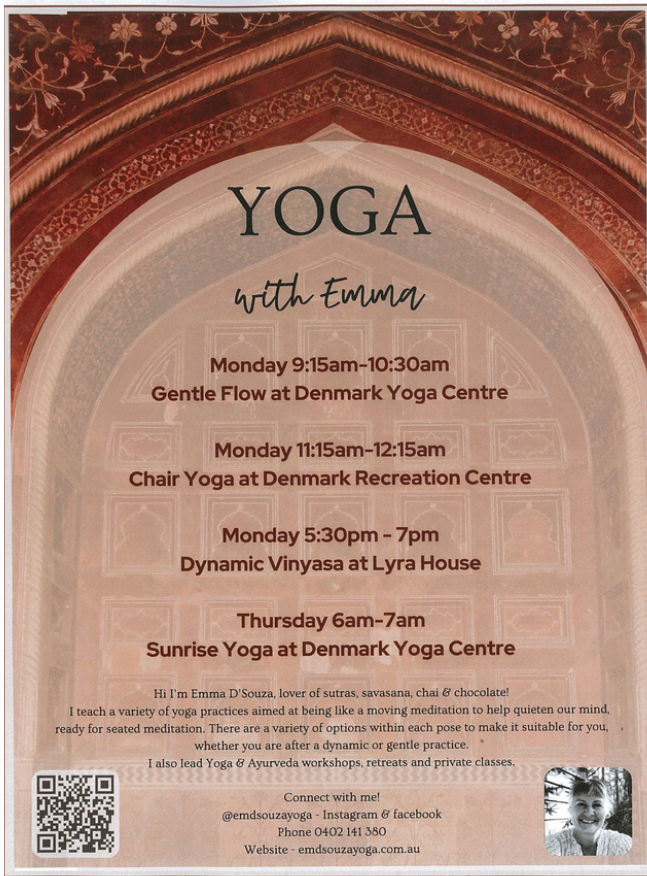
Date: 2nd Thursday of each month 10:00am-1:00pm

Home visits welcome

Walk-ins & appointments welcome. Call 1800 655 566

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

Local Events



YOGA

with Emma

Monday 9:15am-10:30am
Gentle Flow at Denmark Yoga Centre



Monday 11:15am-12:15am
Chair Yoga at Denmark Recreation Centre

Monday 5:30pm - 7pm
Dynamic Vinyasa at Lyra House

Thursday 6am-7am
Sunrise Yoga at Denmark Yoga Centre

Hi I'm Emma D'Souza, lover of sutras, savasana, chai & chocolate!
I teach a variety of yoga practices aimed at being like a moving meditation to help quieten our mind, ready for seated meditation. There are a variety of options within each pose to make it suitable for you, whether you are after a dynamic or gentle practice.
I also lead Yoga & Ayurveda workshops, retreats and private classes.

Connect with me!
@emdsouzayoga - Instagram & facebook
Phone 0402 141 380
Website - emdsouzayoga.com.au


You are invited to the

AYURVEDA AUTUMN CLEANSE

Saturday 20th April 2024
Denmark Yoga Centre
12-3pm

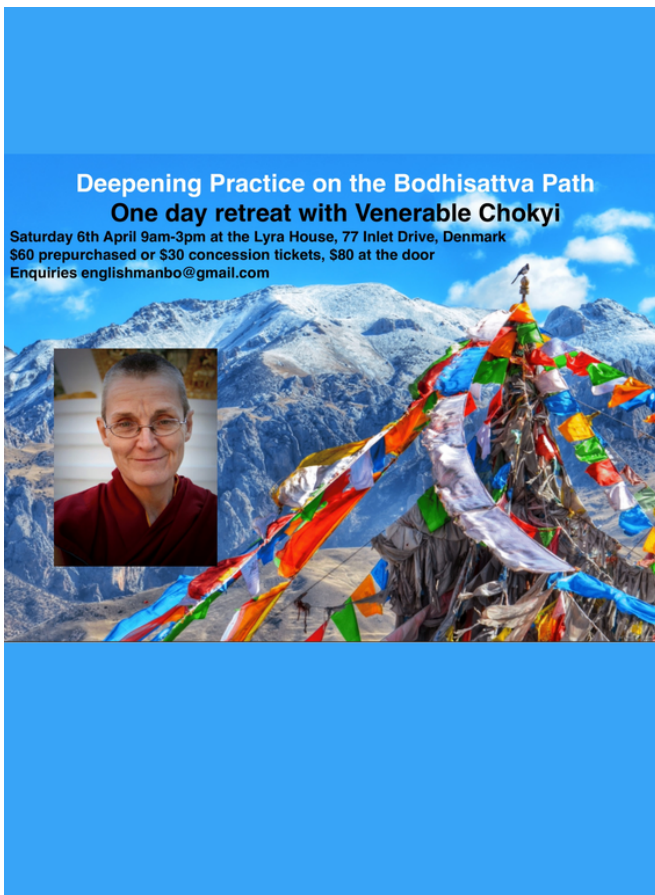
Eat your Easter chocolate and then start afresh!

As we shift into a new season we may find the effects of a busy summer & social gatherings creating fatigue, stagnancy, digestive complaints and skin issues.

Join me for a Yoga & Ayurveda workshop (and join the online private group) on how to do a home-based, 5 day Ayurvedic seasonal cleanse to reset, balance & heal your gut with simple recipes, herbs & spices from your kitchen cabinet.
Approach your Autumn & Winter with improved digestion, better sleep & renewed vitality!

Bookings \$55 - Yoga, Lunch, Workbook & recipes provided


Emma D'Souza Ayurveda & Yoga
0402 141 380 emdsouzayoga@gmail.com www.emdsouzayoga.com.au

Deepening Practice on the Bodhisattva Path

One day retreat with Venerable Chokyi

Saturday 6th April 9am-3pm at the Lyra House, 77 Inlet Drive, Denmark
\$60 prepurchased or \$30 concession tickets, \$80 at the door
Enquiries englishmanbo@gmail.com




Night CALLING

Denmark Bird Group Inc. Presents:
Saturday 6 April 9 - 12 NOON
SHIRE OF DENMARK RECEPTION ROOM
THEME: CITIZEN SCIENCE

SPEAKERS:
• CITIZEN SCIENTISTS DEMONSTRATE THE BENEFIT OF WILDLIFE FRIENDLY GARDENING
DR. BRONTEVAN HELDEN - LUWA ALBANY
• DENMARK CITIZEN SCIENCE OPPORTUNITIES PANEL OF SPEAKERS - WICC, DEC, BA, DBG, FRIENDS OF MT HALLOWELL

MORNING TEA
• SHOWING OF HIS NEW FILM "NIGHT CALLING"
DR BOYD WYKES - MARGARET RIVER MASKED OWL RESEARCH & RODENTICIDE CAMPAIGN

Bird Talks 8

Citizen Science at Work
Mount Hallowell Biotitz
Cookies for Cookies



Shorebirds Survey Data: Number of Species Birds by Survey

Survey	Wetlands	Wetlands	Wetlands	Wetlands	Wetlands	Wetlands
2018	1	1	1	1	1	1
2019	1	1	1	1	1	1
2020	1	1	1	1	1	1
2021	1	1	1	1	1	1
2022	1	1	1	1	1	1
2023	1	1	1	1	1	1

INGEDUP WETLANDS
WETLANDS FOR WILDLIFE

birdlife
Denmark Environment Centre
Great Southern Science Council
WICC

For more details see our website: denmarkbirdgroup.org

FREE EVENT. Tickets from: <https://www.trybooking.com/CPQET>



Design by Helen Halkerton

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



DENMARK EMBROIDERY GROUP

Sub-group of the
The Embroiderers' Guild of Western
Australia Inc.

When

Meet 1st and 3rd Tuesday of the month
10:00am till 2:00pm

Where

Community Resource Centre (CRC)
2 Strickland Street, Denmark

What we do

All types of embroidery stitch
techniques embraced. Come and join
us. Experienced and non-
experienced welcome. Learn
something new, try something new.
Tutors / teachers on hand to assist.

Contact

Linley Radalj 0407 944 063 or
Louise Hoskins 0419 916 131



DENMARK EMBROIDERY GROUP

Member of

The Embroiderers' Guild of
Western Australia Inc.

We are a very friendly group of
approximately 20 members who meet the 1st
and 3rd Tuesdays of the month at the
Community Resource Centre, in the centre of
Denmark township.

We have an annual program that is flexible to
meet the demands of the members. Usually,
a focus on a particular type of embroidery is
encouraged by way of workshops on a
regular basis. Occasionally a Tutor from
Perth visits us to hold workshops.

We hold Stitches by the Sea every third year
at a local venue - and invite the two Albany
Groups to join us.

We have a small library that is growing all the
time.



Local Events

Art in the Porongurup 2024

A free family friendly nature trail in the surrounds of the Porongurup Hall



2022 Winner
Kelly Barker's "Self Repair"

Vote for your favourite sculpture!

Minimum
\$6,500
in prize money

When: 29 March to 6 April, 2024
Time: 9 am to 4.30 pm (only til 12 on 6th)
Where: Porongurup Hall Surrounds
2257 Porongurup Road, Porongurup 6324
Entries close: 22 March 2024
Theme: Open concept
\$2,500 Open Award + Runner Up
\$1,000 People's Choice Award + Runner Up
\$1,000 Youth Award

TALK TO US
artintheporongurup6324@gmail.com

EVENT

ART IN THE PORONGURUP + ART BAZAAR

Runs for a week from Easter Friday

@Porongurup Hall

www.poronguruphall.asn.au/events



The Mill Art Group

AUTUMN ART EXHIBITION



"Mill Village" - Colin Edgeley

You are invited to experience the latest local
art exhibition
presented by The Mill Art Group

Please visit and spend some time relaxing while feasting your eyes upon this medley of works by a selection of established and emerging local artists displaying rich and diverse works in a wide range of disciplines, ranging from traditional oils and acrylics to sculptures, multimedia, photography, fibre art, origami, linocut and much more.

Open Daily 10am - 4pm
29th March 2024 - 14th April 2024

Community Resource Centre Gallery
2 Strickland Street,
Denmark, WA.

facebook.com/MillArtGroup/

https://www.instagram.com/millartgroupdenmark/

ROB ZIELINSKI



NEW MUSIC FROM THE SOUTH WEST

with

ROB ZIELINSKI, MANUELA CENTANNI, MELINDA FORSYTHE, JIM GREEN

3 • APR • 2024 DENMARK CIVIC CENTRE 7.00-9.00 PM



5 • APR • 2024 TORBAY HALL 7.00-9.00 PM



TICKETS

General admission \$30
Concession \$20
Children under 16 free

ON THE DOOR
AND ONLINE AT TRYBOOKING.COM
WWW.ROBERTZIELINSKIMUSIC.COM

DENMARK, GREAT SOUTHERN REGION, WA

Nonviolent Communication (Foundations Training) Weekend Workshop

Learn skills for easy communication
in all areas of your life!!

with Tanya Babaeff

Friday 19 April - 4.30pm - 6.45pm
Saturday 20 April - 9.15am - 4.45pm
Sunday 21 April - 9.15am - 1.00pm

Pay by Fri 29 March - \$395 individual, \$730 bring a friend
Pay after Fri 29 March - \$495 individual, \$920 bring a friend

Venue: CRC - Community Resource Centre, Denmark, WA

To register - Go to <https://www.trybooking.com/CPRYJ>

Queries or financial support email: tanyababaeff@icloud.com
Terms & Conditions - see details at the Trybooking link above.
No refunds available. Ticket may be transferable by agreement.





Department of Energy, Mines,
Industry Regulation and Safety



REGIONAL COLUMN

www.dmirs.wa.gov.au www.wa.gov.au

28 March 2024

With Senior Regional Officer for the Great Southern Cheryle Dennis

Ride a quad bike, not an ambulance

Quad bikes are the leading cause of death and serious injury on Australian farms. School holidays and good weather often mean farm visits and quad bike adventures. Consumer Protection urges families to prioritise safety when it comes to quad biking.

Sixty per cent of quad bike fatalities occur during a roll over. Even at slower speeds, these bikes can topple over and crush the rider with hundreds of kilos of machine.

Despite being marketed as “all-terrain vehicles”, quad bikes cannot safely go anywhere and everywhere. Steep slopes or rough terrain increases the risk of a roll over.

Since October 2021, general-use quad bikes must have an Operator Protection Device (OPD) fitted or integrated into its design so if the bike rolls over, it's held off the ground, and the rider can avoid injury or death as a result of being crushed or pinned by the weight. If you own an older quad bike, consider retrofitting an OPD.

Since 2020, 10 West Aussies have been killed in quad bike accidents. Of the three deaths last year, one was a girl aged under 10.

But quad bikes are not children's toys. The safest option is for children not to ride quads, even as passengers, as they lack the size, and physical strength or skill to safely operate quad bikes built for adults. Even the smaller youth quads have been involved in fatal incidents in Australia.

Consumer Protection urges quad bike riders and passengers to “Prepare Safe, Wear Safe, Ride Safe.”

Prepare Safe by ensuring you are trained to ride a quad bike, check the quad has been maintained and is in safe condition. It's also a good idea to tell someone where you plan to go and when you expect to return. When you purchase a new quad bike, use the mandatory hang tag to compare the stability of different models.

Wear Safe with a helmet that meets Australian Safety Standards. Put on protective clothing and gear such as goggles, long sleeves and pants, boots and gloves.

Ride Safe by ensuring children are supervised near quad bike activity and never let them ride quads meant for adults... even as passengers. Never ride under the influence of drugs/alcohol and don't carry passengers on quads meant for one person. Try to ride on familiar tracks and always carry a mobile phone or two-way so you can call for help in an emergency.

If you Prepare Safe, Wear Safe, Ride Safe when using quad bikes, it will help you and your loved ones, friends and work colleagues reduce the risk of injury or death.

For more information visit the Consumer Protection product safety page - <https://www.commerce.wa.gov.au/consumer-protection/quad-bikes>



Rural Aid Counselling Service

Rural Aid's counsellors are based across Australia. Our counsellors are qualified and nationally recognised. We can connect with you via telephone or in person. **Rural Aid** counsellors regularly travel to properties for 'farm gate' sessions.

The benefits of counselling can include improved communication between you and your family, increased confidence, stronger boundaries, trauma and grief support, and finding solutions to personal challenges as a team.

Farmers, their family members, and their employees can access this free service. Retired and hobby farmers are also eligible.



Counselling
creates a
safe space
to be heard and
understood

Counselling is...

- delivered by a trained professional
- confidential and non-judgemental
- about the topics you want to explore
- tailored to your individual needs
- free of charge

Counselling line:
1300 175 594 | ruralaid.org.au/counsellors

For our mates in the bush 

Counselling line:
1300 175 594 | ruralaid.org.au/counsellors

For our mates in the bush 

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.



INDOOR MARKETS

Jewelry **AT THE** Bric-a-brac
Scones **DENMARK** Dog Treats
Plants **SCOUT HALL** Craft
McLEAN PARK
BRAZIER STREET
3RD SATURDAY
Tea **OF THE MONTH**
Face **8am - 12 noon**
Masks **FREE ENTRY** Coffee

Wooden Toys

Jam's etc.

Feeling more anxious or worried lately?

Our Australia-wide online research study is tailored specifically to **help those living with dementia or mild cognitive impairment** who experience anxious or worrisome thoughts.

We are seeking volunteers to participate from the comfort of their own homes.

LEARN MORE ABOUT THE STUDY



bit.ly/my-anxiety-care



anxietyresearch@uq.edu.au



M: 0419 638 776

T: (07) 3346 5577

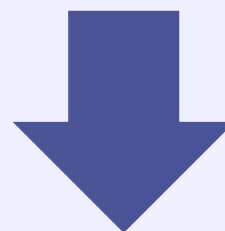


Help Us Connect With You



**Scan the QR code to
take our survey
online or go to the
next page to fill in
the paper copy.**

**We appreciate your
participation.**



Help Us Connect With You

We're dedicated to our community, and keeping you informed and involved in our events is key. Your feedback is crucial for us to improve. Please share your thoughts in this brief survey.

How do you find out about events and services at the CRC and in the community?
(Circle all that apply)

Facebook	Instagram	The Guide (Physical Copy)	The Guide (Email)	Denmark CRC Website	99.7 Denmark FM	Word of mouth	Other:
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Do you think the CRC is communicating with the community well?
(Please rate - 1 worst, 10 best)

1	2	3	4	5	6	7	8	9	10
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How do you think the CRC could improve communication with the community?
(Please write)

