

# Denmark Community Guide

We Support, Empower and Engage our Community

19th April - 2nd May 2024 Issue #287

## RURAL AID

Rural Aid is committed to providing support to farmers and rural communities.



**REGISTER NOW**

For Farmer Assistance and Support



ruralaid.org.au  
1300 327 624

### FREE NBN Internet Available for Households with School Aged Children

If you've got a school-aged kid at home, no current NBN service, and are able to get standard NBN at home, you could be eligible for **FREE** NBN internet service provided by the Australian Government until December 31, 2025.

Give the National Referral Centre a call on 1800 954 610 to see if you're eligible, or get referred by your participating organisation.

Let's make sure every kid gets a shot at learning online, regardless of financial situation.

### Mingle with Singles

Join us for an evening of laughter and make new connections from **5:30pm on May the 10th**. It's simply a chance to meet new people.

In today's world, feeling socially isolated is all too common. That's why we invite you to join us for a drink/dinner with members of our wonderful community.

All ages are welcome to attend.

No RSVP needed just come along and keep an eye out for our sign on the table.

### WA Student Assistance Payment

Families in WA with children in school are eligible to receive a cost of living payment for each child in their family.

The WA Student Assistance Payment is an initiative starting on April 15th providing financial support to families for school expenses. The payment is available for parents/carers of students in all schools from k-12.

*Applications open 15 April and close 28 June.*

Payments per child available are \$150 for kindy and primary school students, \$250 for secondary school students.

The ServiceWA app is the quickest way to claim this payment, or for other methods follow this link:

<https://www.education.wa.edu.au/wasap/alternative-claim-methods>



99.7  
**DENMARK**  
FM



[www.denmarkcrc.com.au/events](http://www.denmarkcrc.com.au/events)



# Did you know about the support services that work out of the CRC?

## Anglicare Financial Counselling

Erin Grover - Weekly  
Tuesdays



## Palmerston Counselling for D&A

Deb  
Weekly Thursdays



## WA Country Health - Child Development Services

Kate Van Den Berg  
Fortnightly Wednesdays



## Worklink Career Guidance Services

Tina  
2nd Wednesday of the month



## Centrelink Assistance

Weekdays 9am-1pm





Email your event information to  
[events@denmarkcrc.com.au](mailto:events@denmarkcrc.com.au)

Submissions to be received by  
**4pm Tuesday**

# Denmark Community Resource Centre

[www.denmarkcrc.com.au](http://www.denmarkcrc.com.au)

98482842



## Friday April 19th

**Denmark Bridge Club**  
 1pm @ Karri Mia Function  
 Centre Mt Shadforth Rd,  
 Denmark  
 Ph: Michelle 0408094730

## Open Mic Night

**The Denmark Hotel**  
 5:30pm @ 36 Hollings Road  
 Denmark  
 Ph: 0461321057

## Karaoke

**The Denmark Tavern**  
 8pm @ 135 South Coast Hwy  
 Denmark  
 Ph: 98481084

## Saturday April 20th

### Indoor Markets

8am @ Denmark Scout Hall  
 McLean Park  
 Brazier Street, Denmark

### Garden Outing Tour

**Green Skills**  
 Denmark Kwoorabup  
 Community Garden Workshop  
 2-4pm @ Denmark Community  
 Garden - Behind the Denmark  
 Community Resource Centre  
 Ph: Basil 0429481019

### Rosie Williamson & Tony King

### Musical Performance

**Bar Tarifa**  
 5-7pm @ 89 Strickland St,  
 Denmark  
 Ph: 0400426063

## Sunday April 21st

**Mahayanna Buddhist  
 Meditation**  
 10am @ Garden Room  
 Denmark Community Resource  
 Centre  
 2 Strickland Street, Denmark

**Bike Ride**  
 Totally Renewable Denmark  
 10:30am @ Kwoorabup Nature  
 Park, Denmark RSVP Humanitix

## BSWA Meditation

4-6pm @ Garden Room  
 Denmark Community Resource  
 Centre  
 2 Strickland Street, Denmark

## Kwoorabup Markets

9am @ Denmark Senior High  
 School  
 956 South Coast Hwy Denmark  
 Ph: 0493510470

## Monday April 22nd

**Denmark Bridge Club**  
 1pm Karri Mia Function Centre  
 Mt Shadforth Rd, Denmark  
 Ph: Carole on 0417897659

## Karen Cussons Pilates

8-45am @ Denmark Community  
 Resource Centre: Garden Room  
 2 Strickland St, Denmark  
 Ph: Karen 0418927045

## Tuesday April 23rd

**Yoga with Lyndal**  
 5pm @ Garden Room  
 Denmark Community Resource  
 Centre  
 2 Strickland St, Denmark  
 Ph: Lyndal 9848 2730

## Soupy

**Community Soup Kitchen**  
 5pm-6:30pm @ Denmark RSL  
 Hall  
 BYO Dishes

## Trivia Night

**The Denmark Hotel**  
 6:30pm @ 36 Hollings Road  
 Denmark  
 Contact to RSVP  
 jared@hoteldenmark.com.au

## Swing Dancing

7pm Swing D Lesson /  
 8pm Social Dancing @  
 Denmark RSL Hall  
 Ph: Andrew 0417930497

## Denmark Bridge Club

6:50pm @ Denmark Community  
 Resource Centre: Garden Room  
 Ph: Jo on 9848 2035

## Wednesday April 24th

**Afterschool Hangout Space**  
 3-5pm @ Garden Room  
 Denmark Community Resource  
 Centre  
 2 Strickland St, Denmark  
 Ph: 9848 2842

## Yoga with Lyndal

5:30pm @ Denmark Community  
 Resource Centre: Garden Room  
 Ph: Lyndal on 9848 2730

## Thursday April 25th

**Denmark Bridge Club**  
 9am @ Karri Mia Function  
 Centre Mt Shadforth Rd,  
 Denmark  
 Ph: Dale on 0447299451

## Yoga with Lyndal

11am @ Denmark Community  
 Resource Centre: Garden Room  
 Ph: Lyndal on 9848 2730

## Games Night

7pm @ Garden Room  
 Denmark Community Resource  
 Centre  
 Ph: Jenny on 9848 2723

## Friday April 26th

### Centenary of CWA

10am @ CWA Hall  
 9 Mitchell St, Denmark  
 Entry \$10 per person

## Denmark Bridge Club

1pm @ Karri Mia Function  
 Centre Mt Shadforth Rd,  
 Denmark  
 Ph: Michelle 0408094730

## Open Mic Night

**The Denmark Hotel**  
 5:30pm @ 36 Hollings Road  
 Denmark  
 Ph: 0461321057

## Karaoke

**The Denmark Tavern**  
 8pm @ 135 South Coast Hwy  
 Denmark  
 Ph: 98481084

## Sandcastle

**Rock & Blues Youth Band**  
**Bar Tarifa**  
 6-8pm 89 Strickland St,  
 Denmark  
 Ph: 0400426063

## Saturday April 27th

## Sunday April 28th

**Kwoorabup Markets**  
 9am @ Denmark Senior High  
 School  
 956 South Coast Hwy Denmark  
 Ph: 0493510470

## Sandcastle

**Rock & Blues Youth Band**  
**The Denmark Tavern**  
 4-7pm 135 South Coast Hwy  
 Denmark  
 Ph: 98481084

## Mahayanna Buddhist Meditation

10am @ Garden Room  
 Denmark Community Resource  
 Centre  
 2 Strickland Street, Denmark

## BSWA Meditation

4-6pm @ Garden Room  
 Denmark Community Resource  
 Centre  
 2 Strickland Street, Denmark

## Denmark Chess Club

3pm @ Training Room B  
 Denmark Community Resource  
 Centre  
 2 Strickland Street, Denmark  
 Ph: Alasdair 0409229918

## Monday April 29th

**Denmark Bridge Club**  
 1pm @ Karri Mia Function  
 Centre Mt Shadforth Rd,  
 Denmark  
 Ph: Carole on 0417897659

## Karen Cussons Pilates

8:45am @ Garden Room  
 Denmark Community Resource  
 Centre  
 2 Strickland St, Denmark  
 Ph: Karen 0418927045

## Tuesday April 30th

**Yoga with Lyndal**  
 7am @ Denmark Community  
 Resource Centre: Garden Room  
 Ph: Lyndal on 9848 2730

## Soupy

**Community Soup Kitchen**  
 5pm-6:30pm @ Denmark RSL  
 Hall  
 BYO Dishes

## Trivia Night

**The Denmark Hotel**  
 6:30pm @ 36 Hollings Road  
 Denmark  
 Contact to RSVP  
 jared@hoteldenmark.com.au

## Swing Dancing

7pm Swing D Lessons /  
 8pm Social Dancing @  
 Denmark RSL Hall  
 Ph: Andrew 0417930497

## Denmark Bridge Club

6:50pm @ Denmark Community  
 Resource Centre: Garden Room  
 Ph: Jo on 9848 2035

## Wednesday May 1st

**Coder Dojo**  
 3:30pm @ Training Room A & B  
 Denmark Community Resource  
 Centre  
 2 Strickland Street, Denmark  
 Ph: 9848 2842

## Yoga with Lyndal

5:30pm @ Denmark Community  
 Resource Centre: Garden Room  
 Ph: Lyndal on 9848 2730

## Afterschool Hangout Space

3-5pm @ Garden Room  
 Denmark Community Resource  
 Centre

2 Strickland St, Denmark  
 Ph: 9848 2842

## Thursday May 2nd

### Denmark Bridge Club

9am @ Karri Mia Function  
 Centre Mt Shadforth Rd,  
 Denmark  
 Ph: Dale on 0447299451

## Yoga with Lyndal

11am @ Denmark Community  
 Resource Centre: Garden Room  
 Ph: Lyndal on 9848 2730

## Games Night

7pm @ Garden Room  
 Denmark Community Resource  
 Centre  
 2 Strickland St Denmark  
 Ph: Jenny 9848 2723

## Denmark Chess Club

6pm @ Training Room A  
 Denmark Community Resource  
 Centre  
 2 Strickland Street, Denmark  
 Ph: Alasdair 0409229918

# Local Events



## Wednesdays **TERM 2**

3.30pm-5pm

1st May

8th May

15th May

22nd May

29th May

Programs used,  
but not limited to:

Scratch  
Gamemaker  
Arduino

A fun space to  
explore technology



Make new friends



CoderDojo is a global network of volunteer-led, independent, community based programming club for young people between the ages of 7 & 17  
[www.coderdojo.com](http://www.coderdojo.com)

Children **FREE** aged 7 to 17 - Parents Welcome

For further information call 9848 2842  
or email [reception@denmarkcrc.com.au](mailto:reception@denmarkcrc.com.au)

# REPAIR CAFE

Saturday, 4th May  
10am - 12pm

Bike Repairs & Maintenance

Knife Sharpening

Electrical Appliances

Clothing and Textile Mending

Glue & Screw Toys, Small Furniture, etc

at

Denmark Community Resource Centre



Starting May 1st 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)

Fun  
Laughter  
Kindness  
Respect

Any queries and for further  
info  
Call: 9848 2842

[www.denmarkcrc.com.au](http://www.denmarkcrc.com.au)



**MINGLE WITH SINGLES!**

Connecting people,  
drinks & dinner,  
good conversations.

@ Boston Brewery  
10th of May 5:30pm

Join us for an evening of laughter and make new connections.

All ages are welcome to attend.

No RSVP needed just come along and keep an eye out for our sign on the table.

Send us your events in a PNG or JPEG format to [events@denmarkcrc.com.au](mailto:events@denmarkcrc.com.au)



**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



## Alcohol and Other Drug (AOD) Community Response Committees

### Information Session

The **Holyoake AOD Community Prevention Service** invites you to be part of a proactive community group - an exciting opportunity to deliver education and awareness raising activities aimed at reducing the harms associated with AOD use in your Community.

Interested? Come to our upcoming information session to learn more about the Community Response Committee and how you can get involved.

#### Learn about AOD Prevention and

- Why AOD prevention is important
- What AOD 'prevention' looks like
- What the committee involves
- How can you be involved
- Signing up to be a member!

You will also meet your **Regional Community Engagement Officer** and like minded people!

Scan QR code for further information



When: Thursday 16th May  
Time: 9.30am - 11am  
Location: Denmark Community Resource Centre  
Morning Tea Provided.  
RSVP and Enquiries to  
njackson@holyoake.org.au  
0422 294 909

*Legal Info Session:  
Family Violence and the law*

**Monday 20<sup>th</sup> May 2024**  
10am - 12pm

@ Denmark Community Resource Centre

Come for a cuppa and a yarn in a safe space



**LAW + YARN**  
FREE LEGAL EDUCATION  
ALL WELCOME!

RSVP or for more info call 9842 7777

The Family Violence Prevention Legal Service is a specialist service for Aboriginal and Torres Strait Islander people affected by family violence and cases of Aboriginal and Torres Strait Islander children. All community are welcome to attend community legal education sessions.

# 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



# Local Events



**CWA DENMARK BRANCH**  
INVITES YOU TO HELP US CELEBRATE

## Centenary

OF THE  
CWA OF WA

APRIL  
FRIDAY **26** 10AM-2PM  
2024

Please join us for light refreshments to celebrate 100 years of The Country Women's Association of Western Australia.

Unveiling of our commemorative bench hand crafted by the Denmark Men's Shed at 10am.

Entry \$10 per person. Proceeds towards the painting of our hall. Home-made crafts & jams available for sale. Cash & card accepted.

CWA HALL  
9 MITCHELL STREET,  
DENMARK

## Learn to Sew

With Plastic Reduction Denmark



Friday 26 April 9:30am - 2:30pm

11 Nockolds Place, Denmark

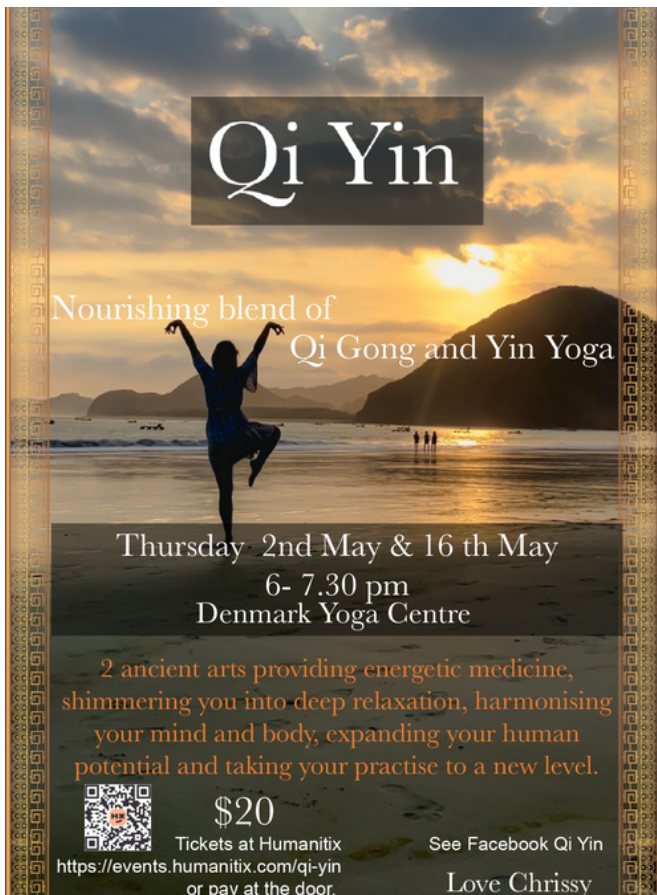
Join us for our 66th free event & learn basic sewing skills or see demo of shopping bag, fruit/veg bags, bunting or nappy making.

Come for an hour or come for the day.

Yummy food.

Bring sewing machine & scissors if possible.

Ring Karen on 0476 205 155 for further information.

## Qi Yin

Nourishing blend of  
Qi Gong and Yin Yoga

Thursday 2nd May & 16th May  
6- 7.30 pm  
Denmark Yoga Centre

2 ancient arts providing energetic medicine, shimmering you into deep relaxation, harmonising your mind and body, expanding your human potential and taking your practise to a new level.

**\$20**  
Tickets at Humanitix  
<https://events.humanitix.com/qi-yin>  
or pay at the door.

See Facebook Qi Yin  
Love Chrissy



## 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](http://denmarkyogaretreats.com.au)

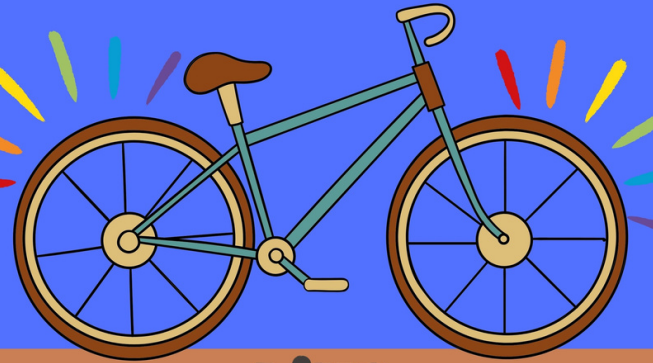
# Local Events

## TOTALLY RENEWABLE DENMARK

SUNDAY 21ST APRIL 2024 **FREE** COMMUNITY EVENT

# BIKE RIDE

10.30AM - 1PM | START/END KWOORABUP NATURE PARK, DENMARK



**ELECTRIC BICYCLE**

INFO SESSION 10.30AM  
BY LOCAL EXPERTS INCL.  
MONKEY ROCK BIKE SHOP

**Live music**



BY LEMON MYRTLE



**11 - 1PM BIKE RIDE  
7KM LOOP**

ALONG RIVERSIDE TO  
MUSIC + PICNIC SPOT ON  
THE INLET

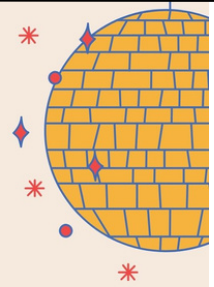
## LESSON + SOCIAL DANCING

RSL Memorial Hall

7-8pm: *Swing Lesson*

8-9pm: *Social Dancing*

Cost: \$10



DENMARK

# Swing Dancing

EVERY TUESDAY NIGHT



Andrew Kowald - 0417 930 497



TAFE  
South  
Regional

52877WA

## Certificate I in New Opportunities for Women (NOW) at Denmark Campus



### Looking to re-enter the workforce or change career direction?

This qualification is designed to empower women to develop their own pathways in life. Build the social, personal and employability skills to support your transition into work, further education and community participation, or starting your own business.

Outcomes include the development of communication and problem solving skills, digital and financial literacy, preparation for effective participation in a community or work environment, and the confidence to successfully move into other training courses at TAFE.

**NOW is open to women of all ages and backgrounds and is delivered on Monday and Tuesday at the Denmark Campus.**

**FREE**

FEE FREE In 2024! The course fees are 100% subsidised by the WA State Government for WA residents. Resource fees and eligibility criteria may apply.

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



RTO Code 52790

southregionaltafe.wa.edu.au



TAFE  
South  
Regional

## Jam Sessions at Denmark TAFE



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

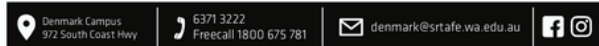
Beginners through to experienced musicians are all welcome at weekly jam sessions.

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



RTO Code 52790

southregionaltafe.wa.edu.au

Send us your events in a PNG or JPEG format to [events@denmarkcrc.com.au](mailto:events@denmarkcrc.com.au)

# Local Events



**WEED MANAGEMENT STRATEGY 2024 - 2034 COMMUNITY BRIEFING**

MONDAY 22ND APRIL 5PM - 7PM  
DENMARK ENVIRONMENT CENTRE  
RSVP [HUMANITIX.COM](https://www.humanitix.com)

- Hear results from assessments of 40 local reserves by South Coast Bushcare Services
- Key ways to manage weeds
- What the shire and we can do together to help
- Why the Strategy is important for all of us

Further information: [lduxbury@greenskills.org.au](mailto:lduxbury@greenskills.org.au)

**Green Skills Inc**  
**South Coast Bushcare Services Inc**



**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](mailto:valiwood.mediation@gmail.com)

raising awareness of depression and suicide prevention

**Black Dog Ride**



**DENMARK EMBROIDERY GROUP**

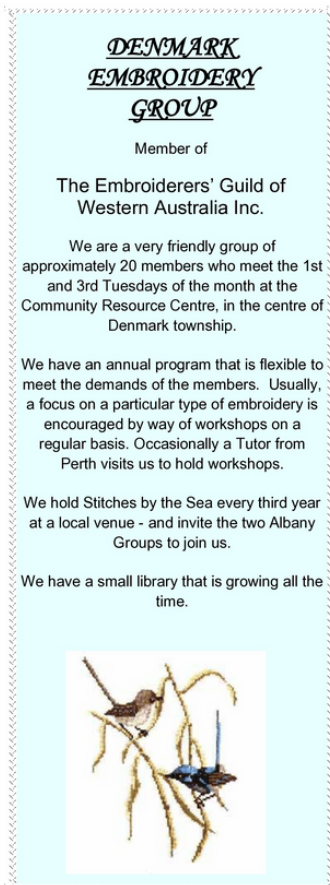
Sub-group of the The Embroiderers' Guild of Western Australia Inc.

**When**  
Meet 1<sup>st</sup> and 3<sup>rd</sup> 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**

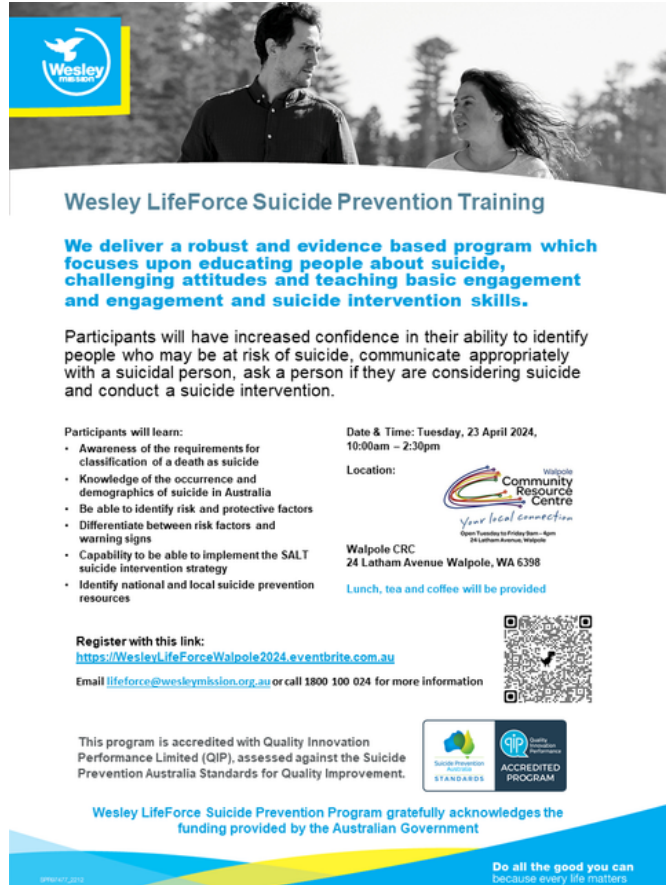
Member of  
The Embroiderers' Guild of Western Australia Inc.

We are a very friendly group of approximately 20 members who meet the 1<sup>st</sup> and 3<sup>rd</sup> 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.



**Wesley LifeForce Suicide Prevention Training**

**We deliver a robust and evidence based program which focuses upon educating people about suicide, challenging attitudes and teaching basic engagement and engagement and suicide intervention skills.**

Participants will have increased confidence in their ability to identify people who may be at risk of suicide, communicate appropriately with a suicidal person, ask a person if they are considering suicide and conduct a suicide intervention.

Participants will learn:

- Awareness of the requirements for classification of a death as suicide
- Knowledge of the occurrence and demographics of suicide in Australia
- Be able to identify risk and protective factors
- Differentiate between risk factors and warning signs
- Capability to be able to implement the SALT suicide intervention strategy
- Identify national and local suicide prevention resources

Date & Time: Tuesday, 23 April 2024, 10:00am - 2:30pm

Location: **Walpole Community Resource Centre**  
24 Latham Avenue, Walpole, WA 6398

Lunch, tea and coffee will be provided

Register with this link: <https://WesleyLifeForceWalpole2024.eventbrite.com.au>

Email [lifeforce@wesleymission.org.au](mailto:lifeforce@wesleymission.org.au) or call 1800 100 024 for more information

This program is accredited with Quality Innovation Performance Limited (QIP), assessed against the Suicide Prevention Australia Standards for Quality Improvement.

Wesley LifeForce Suicide Prevention Program gratefully acknowledges the funding provided by the Australian Government

Do all the good you can because every life matters



# Local Events



Parenting  
Connection

## Circle of Security® Parenting™

A FREE 8-week online workshop for parents and caregivers

This parent education program is designed to enhance attachment security between parents and their children. At times, all parents feel lost or without a clue about what their child might need from them. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

This workshop will cover:

- Exploring and strengthening secure parent-child relationships
- An awareness of children's needs and behaviour
- The Circle of Security and why recognising and acting on this dynamic promotes strong attachment and healthy mental development

Presented by Stephanie Rea of  
360 Family Health.

BOOKINGS ESSENTIAL.

TO BOOK: <https://bit.ly/GSCOSP7>

T: 0448 137 192

E: [GreatSouthernPCWA@wanslea.org.au](mailto:GreatSouthernPCWA@wanslea.org.au)

When: Tues 9.30 - 11.30am  
23 Apr - 11 Jun 2024  
Where: Online

Supported by



## Protecting Your Family

Free eSafeKids workshops for parents & caregivers of children.

Parenting  
Connection  
Supporting WA parents

### Workshop 1: Cybersafety and Digital Wellness

Tues 6 - 8:30pm 23 April 2024 | Albany Lotteries House

Parenting in the digital age can be complex and challenging. Whilst there are many benefits for our children being online, there are also risks. As the trusted adults in our children's lives we can support them to maximise the benefits and minimise the risks.

**Topics covered:** Screen time and healthy boundaries | Social media, gaming, media literacy | Explicit content and pornography | Online grooming behaviours | Interpersonal conflict, managing emotions and digital reputation | Parental controls - safer devices and homes.

To book: <https://bit.ly/GSSAFETY1>



### Workshop 2: Protective Behaviours & Body Safety

Wed 9 - 11:30am 24 April 2024 | Albany Lotteries House

Teaching children water safety, road safety and sun safety tends to come more naturally to many parents, carers and grandparents. However, personal safety and body safety can be more challenging.

**Topics covered:** Child Abuse & Grooming Behaviours | Social Norms & Gender Stereotypes | Feelings, Emotional Intelligence & Emotional Regulation | Body Clues (Warning Signs) | Safety - Assessing Risk & Problem Solving | Safe & Unsafe Secrets | Public & Private Concepts | Body Safety Rules | Body Autonomy, Body Boundaries, Consent & Respect | Personal Space & Assertiveness | Help Seeking & Persistence.

To book: <https://bit.ly/GSSAFETY2>

You will leave these workshops with up-to-date information, conversation starters, practical strategies and resource recommendations.  
Enquiries: [GreatSouthernPCWA@wanslea.org.au](mailto:GreatSouthernPCWA@wanslea.org.au) | 0448 137 192

Supported by



## Farmers ... need a hand?

If you need a hand on your farm, why not post a job on Rural Aid's Farm Army?

The Farm Army website is a job posting platform for primary producing farmers.

Paid or unpaid jobs are advertised to a volunteer, worker and grey nomad database of more than 10,000 people.



If you'd like to volunteer we'd love to hear from you too!



Register your farm job, or sign up as a volunteer by visiting

[farmarmy.com.au](http://farmarmy.com.au)



## Are you a farmer who could use some help?

Rural Aid is committed to providing support to farmers and rural communities.

Whether you're coping with or recovering from a serious event, or preparing for future challenges... we're here and ready to help.

REGISTER NOW

for Farmer Assistance & Support



[ruralaid.org.au](http://ruralaid.org.au)

1300 327 624



## 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.

