

# Denmark Community Guide

We Support, Empower and Engage our Community

31 May - 13 June 2024 Issue #290

Repair Cafe  
8th June!

## WA STUDENT ASSISTANCE PAYMENT



**\$150**

**FOR EACH  
KINDERGARTEN &  
PRIMARY SCHOOL  
STUDENT**

**\$250**

**FOR EACH  
SECONDARY  
SCHOOL STUDENT**

**CLAIM ON THE  
SERVICWA APP**

### Accessible Community Van

We would like to thank everyone who took part in our recent poll concerning a potential commuter service in Denmark. **The top preferences identified were collecting people from the outskirts of town and bringing them into Denmark** and running a weekly bus service to Albany.



At the CRC, we've begun preparations for our Lottery West grant application. We're delighted to share that the **Denmark Community Foundation has pledged \$40,000** towards the vehicle purchase, ensuring Lottery West won't be the sole funder.

We anticipate positive progress by year-end, factoring in the application process and Lottery West's procedures. Our call for volunteer drivers has yielded promising responses, and we encourage interested individuals to contact us at 9848 2842.

It's essential to acknowledge that this project is still in its early stages, requiring careful consideration of numerous details. Sustainability hinges on generating income to cover operational expenses, maintenance, and future vehicle replacements.

Given that Lottery West won't fund replacement vehicles, our grant application must outline our strategy for achieving this. Once we acquire the vehicle, it is crucial that we have as many people as possible utilising the service.

Stay tuned for updates as we refine our plans and provide more info as it becomes apparent to us.



99.7

**DENMARK  
FM**



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



# HAVE YOU HEARD ABOUT OUR AFTER SCHOOL HANG OUT SPACE?

Are you bored after school?  
Why not come along to "The Hangout"!

Every Wednesday from 3.30pm-5pm in Term time, we're transforming the Denmark CRC Garden Room into the ultimate hangout spot for teens Year 6- 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.

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







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

98482842

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



## Friday May 31st

### Denmark Bridge Club

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

### Live Music / Pick a Box

#### The Denmark Hotel

5:30pm @ 36 Hollings Road  
Denmark

### Darby (musician from

#### Fremantle)

#### Bar Tarifa

6pm @ Strickland Street  
Denmark

### Monday June 3rd

#### Denmark Bridge Club

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

### Karaoke

#### The Denmark Tavern

8pm @ 135 South Coast Hwy  
Denmark

## Saturday June 1st

### Indoor Markets

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

### Denmark Ukulele Group

10am-12pm @ Amaroo Village  
Club Room, Hardy Rd Denmark

### Live Music-Western Opening

#### The Denmark Tavern

6pm @ 135 South Coast Hwy

## Sunday June 2nd

### 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

### Kwoorabup Markets

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

### 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

### Denmark Write People

5:30pm @ Training Room A  
Denmark Community Resource  
Centre  
Email: [learnliff@gmail.com](mailto:learnliff@gmail.com)

## Wednesday June 5th

### Coder Dojo

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

### 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 June 6th

### Denmark Bridge Club

9am @ Karri Mia Function  
Centre Mt Shadforth Rd,  
Denmark  
Ph: Date on 0447 299451

### 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

### Live Music

#### Bar Tarifa

6pm @ Strickland Street,  
Denmark

## Friday June 7th

### Denmark Bridge Club

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

### Live Music / Pick a Box

#### The Denmark Hotel

5:30pm @ 36 Hollings Road  
Denmark

### Live Music --

#### Bar Tarifa

6pm @ Strickland Street,  
Denmark

### Karaoke

The Denmark Tavern  
8pm @ 135 South Coast Hwy  
Denmark

## Saturday June 8th

### Denmark Ukulele Group

10am-12pm @ Amaroo Village  
Club Room, Hardy Rd Denmark  
\$3 Donation to join

### Repair café

10am-12pm @ Denmark  
Community Resource centre  
2 Strickland Street, Denmark

## Sunday June 9th

### Kwoorabup Markets

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

### 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  
Ph: Alasdair 0409229918

## Monday June 10th

### Karen Cussons Pilates

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

## Denmark Bridge Club

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

## Tuesday June 11th

### 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, 56 Strickland St, Denmark  
BYO Dishes  
Ph: 0493510470

### 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 June 12th

### Coder Dojo

3:30pm @ Training Room A & B  
Denmark CRC  
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 CRC  
2 Strickland St, Denmark  
Ph: 9848 2842

## Thursday June 13th

### 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

### Live Music --

#### Bar Tarifa

6pm @ Strickland Street,  
Denmark



# Local Events



**appliances**  
**jewelry**  
**sewing & mending**  
**bicycles**  
**knives sharpening**  
**phones**  
**and more!**

**FREE**

## Repair Cafe

**Saturday 8th June 10am to 12pm**

**KEEP STUFF OUT OF THE TRASH**

**ALL DONE BY DONATION**

phone : 98482842  
2 Strickland St Denmark WA 6333

Coffee and snacks served  
Bring your travel mug.

Brought to you by:  Denmark Community Resource Centre

## The Hangout

**Wednesdays 3.30-5pm**

A safe place for teens year 6+ to hang out, have fun, chat, read, learn, laugh, do activities, dance, chill, do crafts and more.

Supervised by Deb Farmer (Social Worker and Youth Worker)

For any queries and for further info, call 9848 2842

**The Garden Room, Denmark Community Resource Centre, 2 Strickland Street**





 Government of Western Australia  
Department of Communities

## WISE UP RISE UP

**against elder abuse**

**13th June 2024 @ Denmark Community Resource Centre**  
**11am onwards**

**Irene Montefiore 11am-12pm**

- Advance care planning
- Establishing our preferences for lifestyle and healthcare as we age.

**Advocare**  
Empowering older people in WA

**Chat with Christine from AdvoCare over lunch**

- Your aged care rights
- Understanding the aged care system and how to access them
- Protecting yourself with forward planning

 Denmark Community Resource Centre

**RSVP by 7th of June to 9848 2842** **Free Lunch Provided**

artwork by Alexis Steyn

# DENMARK FESTIVAL OF VOICE

**31 MAY - 2 JUNE 2024**

TICKETS // PROGRAMME  
[www.denmarkarts.com.au](http://www.denmarkarts.com.au)



proudly supported by

 DENMARK ARTS

 lotterywest

 OFFICE OF DENMARK

 BROWNEWINE

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



# Local Events

## Denmark Death Cafe

3rd Monday of every month  
at Denmark CRC 1 - 3pm



An event where people drink tea,  
eat cake, and discuss death

at.....

 Denmark  
Community Resource Centre



**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

Free online presentation



**Be Connected**  
Every Australian online.

## Technology & your health

Want to learn how technology can help with your health and fitness? Join a free live streamed presentation for older Australians, hosted by the eSafety Commissioner.



Technology can help you keep on top of your health, set health goals, and improve your general wellbeing. Discover how you can monitor your health and get tips and advice from a range of apps, websites, podcasts, and more.

**Join our presentation to explore:** When: Thursday 06/06/2024

- what you need to start monitoring your health
- health apps for your smartphone
- wearable technology
- fitness and wellbeing apps and other resources.

**Time:** 1 - 2 pm Bookings essential

**Where:** Denmark CRC  
2 Strickland St, Denmark  
Ph. 9848 2842



eSafety Commissioner

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

[beconnected.esafety.gov.au/bookings](https://beconnected.esafety.gov.au/bookings)

Free online presentation



**Be Connected**  
Every Australian online.

## Useful tips for using your Android phone

Want to learn how to get the most out of your Android phone? Join a free live stream presentation for older Australians, hosted by the eSafety Commissioner.



Smartphones can help make your life easier by providing access to important information, online services and entertainment. Find out how to do more with your Android phone by exploring its settings and more.

**Join our presentation to learn:** When: Tuesday, 25/06/2024

- Android phone features, settings and shortcuts
- ways to access, view and delete notifications
- how to change your passcode and block nuisance calls
- accessibility features and how to adjust them
- how to share photos with others.

**Time:** 1 - 2 pm Bookings essential

**Where:** Denmark Community  
Resource Centre  
2 Strickland St,  
Phone. 9848 2842 to Book



eSafety Commissioner

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

[beconnected.esafety.gov.au/bookings](https://beconnected.esafety.gov.au/bookings)

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

# Local Events

  
**SACRED WORLD MUSIC  
CHOIR**



**FRIDAY  
7th JUNE  
6.30pm**

**DENMARK ART HOUSE**  
2A Strickland St, Denmark WA 6333

Soaring vocals, rich harmonies and powerful rhythms that will take you on an inspiring musical journey around the globe.

The Sacred World Music Choir from Margaret River, led by Maria Laura Briones invite you to an immersion of ancient languages, sisterhood, magic, connection & celebration. Book via QR code or FB [sacredworldmusicchoir](https://www.facebook.com/sacredworldmusicchoir)



*Cocktails & Crescendos*



**THE DAM x  AUSTRALIAN BAROQUE**

**FRI 14 JUNE | 6 - 10 PM**

**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 929 467



LOOKING FOR A WAY TO  
MAKE YOUR KID'S  
AFTERNOON MORE  
EXCITING? OUR ART  
CLASSES ARE THE  
ANSWER! CALL KENDEL AT  
0407 192 254 TO ENROL  
THEM IN SOME SERIOUS  
FUN!  
KENDEL ON 040 719 2254





# Local Events

## PARRYVILLE 100 YEARS OF GROUP SETTLEMENT

Saturday June 15th  
2024

11am ONWARDS

At the Parryville Hall



Please bring a plate  
of food to share.

### DISPLAY

Bring any old photos  
& articles to display

In March 1924, a  
group of settlers  
came from Devon,  
Cornwall to the "land  
of milk & honey", to  
live and make their  
own farm at  
Parryville.

Group 113.  
Sir James Mitchells  
'scheme' was for  
them to establish  
dairy farming in the  
South West of WA, to  
supply dairy  
products to the  
goldfields. Full of hope, they  
battled huge forests,  
hardship, isolation  
from their homeland  
and mounting debts.  
Many walked off their  
farms.

Call Delys on  
0427 408051  
if you require further  
information

WESTERN AUSTRALIAN  
COLLEGE OF AGRICULTURE  
Narrogin

Western Australian  
College of Agriculture  
Narrogin

## OPEN DAY

Friday 13 September 2024  
9am to 3pm

TOURS  
DEMONSTRATIONS  
PRODUCE FOR SALE  
LUNCHES & MORNING TEAS  
DISPLAYS OF STUDENT WORK

216 Cooraminning Road, NARROGIN WA 6312  
t: (08) 9881 9700  
e: narrogin.wacoa@education.wa.edu.au  
w: www.narrogin.wa.edu.au

Follow us on Facebook  
@WACOANarrogin  
RTO 50506

*An Independent Public School*

## SOUTH COAST BIOCHAR FORUM

Are you interested in Biochar?

- How does biochar improve things?
- Is there evidence that it works?
- What biochar works best for me?
- How do I access biochar?

JOIN OUR INDUSTRY SPECIALISTS AS  
WE PAVE THE PATH TO A BIOCHAR FUTURE



Professor Stephen Joseph  
- Australia's foremost biochar expert.  
Prof. Joseph AM is an expert in producing  
engineered stable biochar from  
agriculture, urban and forestry residues

Euan Beaumont - Co founder Energy Farmers Australia  
Steve Meerwald - Director and COO - Faser & Kochii Eucalyptus Oil  
Doug Powe - Manjimup Farmer and user of biochar  
Dr Xiangpeng Gao - Murdoch University lead - Waste to  
Net Zero (Shire of Denmark feasibility study on making  
biochar from green waste)

MONDAY 17TH JUNE  
10AM - 5PM  
Denmark Country Club

This a FREE event  
with catering included.  
LIMITED PLACES REGISTER NOW  
whats on at wicc.org.au



SCAN TO REGISTER



## 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.





# Local Events

DENMARK YOGA RETREATS

## Roots & Wings Retreat

YOGA - MEDITATION - AYURVEDA  
SATURDAY 22ND JUNE 2024  
DENMARK, WA

Join us for a full day of deep nourishment, as we seek balance between the parts of us that root down for stability, and the parts of us that reach up and out searching for expansion and newness.

For bookings, scan the QR code or go to [denmarkyogaretreats.com.au](http://denmarkyogaretreats.com.au)





## YOGA WITH ALEX

Move | Breathe | Meditate | Rest

Reconnect to yourself, your body & the present moment

MORNING FLOW	RESTORATIVE FLOW
Thursdays 9.00am - 10.15am	Saturdays 2.15pm - 3.30pm
An uplifting blend of dynamic & gentle yoga asana, pranayama, meditation & philosophy.	A gentle flow followed by yin & restorative yoga. The perfect wind down for your weekend afternoon.

0415340848 / [www.sacred-flow.com](http://www.sacred-flow.com)

No bookings required / Suitable for all levels

 LIVING BREATH

## SOMA Body & Breath


TUESDAYS 4 - 5 PM  
DENMARK YOGA CENTRE  
WITH KIRA

Merging gentle yoga, somatics, myofascial release, self massage and breathing practices. A holistic approach addressing patterns in our physical and emotional bodies by considering also nervous system regulation. Connecting to the body's messages and guidance from the inside out. This class is suited for all bodies and abilities.

Mobility - Ease - Release  
Awareness - Alignment - Tone

CASUAL \$18  
CLASS PASS AVAILABLE

Kira | ph 0477 555 141  
[breathmedicine@icloud.com](mailto:breathmedicine@icloud.com)

 CWA DENMARK

## NANNA'S NEXT DOOR

INTERGENERATIONAL PLAYGROUP

Welcoming seniors and toddlers 0 - 4

Second Wednesday of the month

10 am - 12 pm at the CWA hall, 9 Mitchell St

Gold coin entry

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



# Local Events

## INDOOR MARKETS

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



### 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*

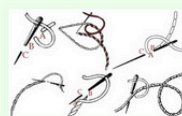
Community Resource Centre (CRC)  
2 Strickland Street, Denmark

#### *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.



### EXCITING LOCAL OPPORTUNITY

## Educator positions

Diploma, Cert III and Students (paid).

Do you have a current qualification or  
are you interested in a career working with children?

**Would you like to work in a warm supportive environment  
that focuses on children, not profit?**

Would you like to work with children from 0-5 years,  
with no afterschool care or set holiday program,  
on a flexible roster that suits your needs?

Gumnut Corner is a small and unique multi age  
occasional care service with a warm family feel,  
we are open Tuesday to Friday 8am to 5pm.

**We are proud of the growth of our centre and we  
are now ready to welcome new team members to  
join a committed group of educators.**

We are looking for those who embody our philosophy  
of nature, play and connection.

The successful candidates will be positive, highly  
motivated, team players, respectful, innovative, and  
passionate about engaging with children  
and their families.

#### **We offer:**

Excellent remuneration reflective of your experience;  
professional development opportunities,  
training and support,  
staff discounts and  
a flexible roster with hours to suit your needs.



#### **Positions available for immediate start.**

Please call 0459 487 999 or  
email Chelsea at [denmarkdaycare@westnet.com.au](mailto:denmarkdaycare@westnet.com.au)

Alternatively drop in to the centre  
at 81 South Coast Highway.

## 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



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

# Local Events

## Linking TOGETHER



### Carer Social Support Groups

#### Denmark

Taking a regular break and having a supportive social network improves wellbeing, is an opportunity to rest and recharge, and helps unpaid family carers to be in the best position to sustain their caring role.

Linking Together Social Support groups allow members to catch up and meet other carers in their local community. Coordinated by experienced volunteers, groups run monthly throughout the metro area and some regional areas.

Attendance is free and eligible to all carers, however carers are required to be registered with Carers WA.



**When:** 2nd Tuesday of each month | 10.00am - 11.30am

**Where:** Reminisce Cafe at the Denmark Rivermouth Caravan Park

For more information, visit [www.carerswa.asn.au/social-support](http://www.carerswa.asn.au/social-support) or contact the Carers WA Social Support team on 1300 227 377 or email [socialsupport@carerswa.asn.au](mailto:socialsupport@carerswa.asn.au).

[www.carerswa.asn.au](http://www.carerswa.asn.au)

## Grief & loss GROUP

Guiding you through the complexities of grief with compassion and understanding.

A safe space to explore the journey through grief and loss, in the company of those who have walked a similar path.

**when:** Every Thursday from 9th May to 11th July 2024

**time:** 10.00 - 11.30 am

**where:** CWA Hall  
Serpentine Road, Albany

To register your interest:  
Amity Health  
9842 2797



This service has been made possible through funding provided by the Australian Government Department of Health and Aged Care under the



## Youth Mental Health First Aid

The Youth Mental Health First Aid course teaches participants how to provide initial support to a young person (aged 12-18) who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.



**Intervene early**  
Recognise the warning signs of mental health problems in young people.



**Offer support**  
Learn the skills to speak openly and accurately about mental health.



**Respond in a crisis**  
Respond across a range of crisis situations where a young person may be at risk of harm.



**Reduce stigma**  
Reduce stigma and increase support for young people experiencing and living with mental health problems.

Adults who complete a MHFA course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide mental health information and support when it matters most.



### Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in young people
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Apply self-care practices as a Mental Health First Aider.

The Youth Mental Health First Aid course is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.

**Dates:** Fridays 7 and 14th June 2024

**Times:** 9.15 - 4.00pm

**Cost:** \$0.00

**Facilitator/s:** Sheryl Moncur

**Venue / Delivery Method:** Great Southern Southern sheryl.moncur@gsg.wa.edu.au

\*Costs include course participation and all relevant teaching materials.

To learn more about MHFA training and becoming an MHFAider visit [mhfa.com.au](http://mhfa.com.au)

**Anyone can have a conversation that may save a life. Everyone should know how.**

Mental Health First Aid, MHFA, Mental Health First Aid, MHFAiders, ALICE and For Aspies are registered trademarks of Mental Health First Aid International.

## 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](https://bit.ly/my-anxiety-care)



[anxietyresearch@uq.edu.au](mailto:anxietyresearch@uq.edu.au)



**M:** 0419 638 776

**T:** (07) 3346 5577



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



## 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.





Photograph by John Anderson

# *For the Love of Owls Art Exhibition*

*Expression of Interest Form  
due on 7<sup>th</sup> June 2024*

*Artists are invited to submit their work for an exciting art exhibition featuring Owl images in the medium of your choice.*

*To be held from the 3rd of August to the 25th of August at the  
Denmark CRC Art Gallery*

*The Denmark Bird Group is conducting a Denmark Owl Campaign to raise awareness amongst the community of the negative and deadly effects of secondary rat/mice poisons on our owls and raptors. To commence the campaign, we wish to hold an art exhibition to remind us all of how beautiful and wonderful our owls are and hope to encourage the community to make choices that are safer for our wildlife.*

*To make this successful we need your support and submissions of your amazing artwork. The only cost to enter the exhibition will be \$25, regardless of number of pieces submitted. You will be able to sell your art during the exhibition, commission free, so 100% of profits go back to you.*

*If you are interested in being part of this exciting exhibition, you can: 1. complete the form online by following this [link](#) or 2. Complete the attached, scan or photograph and return as an attachment to [owldbq@myyahoo.com](mailto:owldbq@myyahoo.com) or 3. Print and complete by hand then hand into the Denmark Environment Centre shop no later than 4pm on the 7 June.*





## *Expression of Interest - Due no later than 5pm the 7th June 2024*

*CRITERIA: You are welcome to enter more than one item but the final decision on number of pieces to be displayed at the exhibition will be based on size and what we can fit into the space. All pieces must focus on Australian owls, Owlet Nightjars and Tawny Frogmouths and invoke a love for owls.*

*It is at the discretion of the Denmark Bird Group which items and the number of items from each artist will be displayed for the event. If you require further information, please contact Judi at [owldb@myyahoo.com](mailto:owldb@myyahoo.com)*

*Full Name of artist: \_\_\_\_\_*

*Contact email: \_\_\_\_\_*

*Contact phone: \_\_\_\_\_*

*Name of Town/Suburb artist resides: \_\_\_\_\_*

*A brief description of your style/medium of art i.e. painting, drawing, sculpture, photography, pottery etc.*

-----  
-----  
-----  
-----

*Estimated number of pieces you will submit, estimate only as we may increase or decrease numbers at a later date? \_\_\_\_\_*

*Please Note: At this stage we do not have the means to display artforms in an electronic/digital format. If you have something of this nature which directly relates to Owls, please contact Judi at [owldb@myyahoo.com](mailto:owldb@myyahoo.com)*

*More about rat and mice poisons -*

*<https://www.denmarkbirdgroup.org/owl-friendly-denmark/>  
South West WA Owls -*

*<https://www.denmarkbirdgroup.org/southwest-wa-owls/>*



## REGIONAL COLUMN

[www.demirs.wa.gov.au](http://www.demirs.wa.gov.au) [www.wa.gov.au](http://www.wa.gov.au)

22 May 2024

**With Senior Regional Officer for the Great Southern Cheryle Dennis**

### **Stage one of WA's rent reforms are now here.**

Rent bidding is now banned, tenants have stronger rights to fight back against retaliatory action by landlords and undercover officers from Consumer Protection will be checking to make sure landlords and agents are doing the right thing.

Welcome to stage one of Western Australia's Rent Reforms, which came into effect on 16 May. The changes to the *Residential Tenancies Act* passed through Parliament last month and here's what it means for renters and landlords.

The ban on soliciting rent bidding means landlords and agents can no longer ask or invite tenants to pay more money to secure an available rental property.

An example of soliciting rent bidding would be, *"there are lots of people interested in this property, you can secure it if you offer more rent."*

Properties must also be advertised at a set amount and cannot include a price range, or 'rent from' figure. Failure to comply with these laws may attract penalties of up to \$10,000 or \$50,000 for a corporation.

Consumer Protection will be keeping a watchful eye on landlords and property managers by sending undercover compliance officers posing as would-be tenants along to property inspections to discuss higher rent offers.

Higher rent offers can be accepted if they are offered freely. If a tenant proposes offering higher rent, the lessor or their agent must respond along the lines, *"that is a matter for you and not something I want to comment on. You need to make your own decision about the value of the property and the rent you wish to pay"*.

While tenants have always been able to challenge an eviction in the Magistrates Court, the new rules around retaliatory action are now broader. If a tenant believes their landlord or agent is taking action against them as payback for exercising their rental rights, they can challenge that action in the Magistrate's Court.

For example, this might be if a tenant thinks their rent was deliberately increased, or their lease agreement not renewed, just because they asked for some basic maintenance or made a complaint about their landlord or agent.

This change gives tenants boosted confidence to stick up for their rights and apply to the Magistrates Court to have decisions by the landlord or agent reversed.

It's important to note this new reform only covers actions since the 16 May 2024.

These are just the first two reforms of seven. A second stage of tenancy reforms is expected to take effect in July 2024. These include reducing the frequency of rent increases to a minimum 12-month intervals, allowing tenants to keep pets or make minor modifications in most circumstances and introducing Commissioner dispute resolution processes.

A streamlined bond release process is expected to be introduced in early 2025.

The Consumer Protection website goes into detail about each of the seven reforms - [www.demirs.wa.gov.au/warentreforms](http://www.demirs.wa.gov.au/warentreforms)