

Denmark Community Guide

We Support, Empower and Engage our Community

6th - 19th September 2024 Issue #297

Seniors
Handbook
Available
Now!

RAISING MONEY FOR DENMARK COMMUNITY EBUS



CURRENT
GO-FUND-
ME
DONATIONS
\$1660

CURRENT
CASH
DONATIONS
\$220



TOTAL - \$1880
**THANK YOU FOR
YOUR SUPPORT**

Centennial Celebration of the Morgan Richards Centre

Come along to Denmark CRC Gallery between the 3rd & 11th of September to check out our centennial exhibition! Open 10am-3pm, 7 days.

Help Us Make a Difference!

We need your help to show how our Centre is positively impacting the community. By completing a short survey on end-of-life and advance care planning, you'll help us prove our value and secure more support.

Why It Matters: Your feedback will highlight our Centre's impact and help guide future improvements.

How to Help: Fill out the survey by 30 September. It's quick and easy! Just click [<https://www.surveymonkey.com/r/LZYXSR>] or scan the QR code.

Thank you for your support!



Help us raise funds for the Denmark Community eBus

Help us bring an eBus to Denmark!

We are raising funds to acquire a small, electric community bus.

We are \$40,000 short of our funding goal and would be grateful for your assistance to make this happen.

To donate, head over to: <https://www.gofundme.com/f/denmark-community-eBus-working-group>

FREE Donated CPAP Machine Available -

If you would like it, please let us know on 9848 2842 so we can pass the message along.



99.7
**DENMARK
FM**



www.denmarkcrc.com.au/events

Denmark
Community
Resource
Centre

Centennial Celebration of the

MORGAN RICHARDS CENTRE



**3-11
SEPTEMBER
10AM-3PM**

DENMARK CRC GALLERY,
2 STRICKLAND STREET DENMARK

OPEN 7 DAYS A WEEK | FREE ENTRY



COMMUNITY

FUNDRAISING



HELP US BRING AN EBUS TO DENMARK

We are raising funds to acquire a small, electric community bus. We are \$40,000 short of our funding goal and would be grateful for your assistance to make this happen.



**Community
eBus**



**Reducing
Emissions**



**Connecting
Community**



**Enhancing
Lives**

IN PARTNERSHIP WITH



SCAN TO DONATE



FEEDBACK

**WOULD YOU USE A
COMMUNITY BUS?**



**SCAN HERE TO
BEGIN SURVEY**

We want to bring a community eBus to the residents of Denmark, but we need your input. Help us by completing our quick, two minute survey.

IN PARTNERSHIP WITH

Denmark Community Resource Centre is a not for profit organisation who is managed by a committee of community members on a voluntary basis. Its' key role is to be responsive to the needs of the Denmark community, provide access to government information and services and to link people together in meaningful and positive ways.

Day to day management of all programs is the responsibility of the Manager but the Committee is responsible for overseeing the planning, policies, financial health and adherence to all related laws and regulations.

The Committee meets on a monthly basis for a couple of hours, either in person or by Zoom or Teams, usually early evening but the times and day depends on the availability and preference of Committee members.

This year, a new strategic plan will be adopted at the same time as a new Committee is elected, so it is an ideal opportunity to get involved in a some new directions, based on the identified needs of our community.

All Committee positions become vacant at the AGM in October, and a new committee, comprising Chair, Secretary, Treasurer and 4 committee members is elected. There are ample opportunities for training and support, and to contribute in a worthwhile manner to our great organisation.

If you are interested in becoming involved with the DCRC in this manner, please reach out to our Manager, Petra, 98482342, or the current Chairperson, Von – von@denmarkcrc.com.au.



Local Events

REPAIR CAFE

Saturday, 7th Sept
10am - 12pm

Bike Repairs & Maintenance

Knife Sharpening

Electrical Appliances

Clothing and Textile Mending

Glue & Screw Toys, Small Furniture, etc
at

Denmark Community Resource Centre



Cuppas & clicks

Are you getting frustrated trying to do things online?

Is paying bills online confusing?

Help is here!

Drop in EVERY THURSDAY

Starts 3 October
10am - 11am

For more information: 98482842



image: freepik-Free vector flat-hand drawn seniors using technology illustration



Be Connected
Every Australian online.



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**



**FREE COWORKING
FREE COWORKING
FREE COWORKING
FREE COWORKING**



DENMARK COMMUNITY RESOURCE CENTRE

**EVERY
MONDAY AT
THE CRC**



9AM-4PM, EVERY MONDAY!

DROP IN & OUT AS YOU PLEASE

**TRAINING ROOM A&B, DENMARK CRC
2 STRICKLAND STREET, DENMARK**

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

Local Events

Would you like to improve the energy efficiency of your home?

Book a Home Energy Audit Kit



Identify appliances that are high energy users, when your home is using the most power and areas in your home that could use more insulation or are leaking cold air.

Contact Green Skills

9848 3310

denmarkprojectofficer@greenskills.org.au

 Green Skills Inc The Home Energy Audit Kit is supported by the Shire of Denmark Community Environment Education Projects Grant



Wednesdays TERM 3

3.30pm-5pm

31st July
7th August
14th August
21st August
28th August
4th September
11th September

Programs used,
but not limited to:
Scratch
Gamemaker
Arduino

A fun space to
explore technology



New laptops!!



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

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

For further information call 9848 2842

First Tuesday PARENTS' Club

"The best way to predict the future is to create it". Abraham Lincoln.

What future are you helping your child to create?

Come along to our FREE parent discussion groups. Celebrate successes. Discuss issues. Learn from each other.

Facilitated by Ingrid Jansen-Neeling - experienced educator and school leader.

When - 5:30pm - 6:30pm
First Tuesday of every month
August to December, 2024.

Where - Writers' Room.
Community Resource Centre, Denmark.

Contact Ingrid on 0409 680 617 to book.

ingridjansenneeling.com
peacefulschoolsproject.com

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

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

Local Events

G-TRAIN SWING SWING DANCE PARTY




DENMARK COUNTRY CLUB

6 p.m. SATURDAY 14th SEPTEMBER

DOORS OPEN 6 P.M. SWING DANCE LESSON 6:30 P.M. LIVE MUSIC 7 P.M.
ENTRY \$30, \$25 DANCERS / CLUB, \$20 CONC. (HCC/PENSIONER) U/18 FREE – HUMANITY / DOOR
LICENCED BAR (NO BYO). U/18 TO BE SUPERVISED BY PARENT/GUARDIAN
FOOD PLATTERS AVAILABLE BY PRE-ORDER FROM CLUB BY 9th SEPTEMBER: 98948143
ALL WELCOME, WHETHER DANCING, WATCHING OR LISTENING

DENMARK DANCE



TEACHER &
CHOREOGRAPHER
INGE VAN WINKEL

CONTEMPORARY
&
WORLD DANCE

EVERY FRIDAY 9.30–10.45 CLASS

INFO: 0414995556
FB: DENMARKDANCE
FB: DENMARK DARING DIVAS

@SCOUT HALL

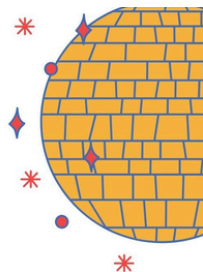
LESSON + SOCIAL DANCING

RSL Memorial Hall

6.30–7.30pm: *Swing Lesson*

7.30–8.30pm: *Social Dancing*

Cost: \$10



DENMARK

Swing Dancing

EVERY TUESDAY NIGHT



Andrew Kowald - 0417 930 497

social sip, sketch and paint

WATERCOLOUR &
MIXED MEDIA
WORKSHOP

Re-find your creativity
through the relaxing
processes of
watercolour painting
and mixed media
sketching.
Every week we explore
a new theme.
Grab yourself a cuppa
and your favourite,
comfy clothes and
we'll see you there!

Every Thursday 6–7:30pm

All skill levels welcomed | \$25
per person | Materials and tea
provided (no alcohol)

Located at the Denmark Art
Club

Contact Carolina on 0449 986
455

**NINA
ART** 

@NINAART
HTTPS://WWW.FACEBOOK.COM/
NINAART.AU

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

Local Events



**Therapeutic
Massage/Bodyworks**

Qigong/Neigong

Breathwork/Meditation

Zenergy Wellness delivers individualised, holistic treatments and practices to help you manage pain, stress and illness. Based on both Eastern and Western practices, Zenergy Wellness equips you with powerful tools to help you realign, recentre and reclaim your health.



0407429280
Denmark & Mount Barker

Contact Jaime




UNRAVEL STRESS & TENSION WITH

Sunday Rest Club

A 90 minute session of [Rest]orative Yoga

Sundays Monthly
3pm-4.30pm
@Denmark Yoga Centre

Jul 28, Aug 25,
Sept 29 & Oct 27



To reserve your place
www.spargo.net.au
@katherinespargoyoga on FB & Instagram




Soupy

Community
Soup
Kitchen
Every
Tuesday
5-630pm
Denmark RSL Hall
All Welcome
BYO Bowl and Spoon



YOGA & MEDITATION RETREAT

WITH TIM & ALEX ALMOND



12 - 16
SEP 2024

THE COVE
DENMARK WA

DETAILS
SACRED-FLOW.COM

CONTACT
0415 340 848
ALEX@SACRED-FLOW.COM

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

Local Events

DJILBA ARTIST IN RESIDENCE

MADODA FANI



Denmark Arts
welcomes
Madoda Fani, our
2024 Djilba Artist in
Residence



Born in 1975 in Western Cape, South Africa, Madoda Fani now lives and works in Cape Town.

Inspired by his African heritage, Madoda's works carry a dramatically unique sensibility. They are large in scale, bold and emblazoned with character.

His hand-coiling, burnishing and smoke-firing techniques are a contemporary evolution of traditional ceramics indigenous to Southern Africa.

Represented by Southern Guild Gallery, Madoda has work in the Philadelphia Museum of Art and Mint Museum (USA) and in the collections of the LOEWE Foundation and HRH Franz, Duke of Bavaria and has been included in Christie's London annual design auction.

Fani comes to Denmark thanks to the generous support of Indian Ocean Craft Triennial and Maker + Smith.

Madoda Fani will be visiting Koorabup from early August until late September.

WHAT'S ON...

SATURDAY
14 September

CERAMICS WORKSHOP:

HAND COILING, CARVING & BURNISHING
WITH MADODA FANI
tickets \$150 - \$180

FOR MORE INFORMATION
ON MADODA'S RESIDENCY

CALL
9848 3623

SATURDAY
21 September

ARTIST TALK & OPEN STUDIO

tickets/ RSVP via www.denmarkarts.com.au

VISIT
Denmark Arts House
2A Strickland Street
EMAIL

REVIVE

SUSTAINABLE SCULPTURE AWARD

15 NOVEMBER
8 DECEMBER 2024

2024 THEME
WIND

ENTRIES OPEN 16 SEPTEMBER



DENMARK
ARTS

GRAND ACQUISITIVE PRIZE \$ 2000
sponsored by Shire of Denmark
SMALL SCULPTURE \$ 500
PEOPLES CHOICE \$ 250



CONTACT DENMARK ARTS
(08) 9848 3623
admin@denmarkarts.com.au
for more information

An introduction to
learning and sharing
traditional wonder tales

THE WAY OF STORY

4-6 OCTOBER 2024

Fri 4th: 7pm-9pm at The Sanctuary
Sat 5th & Sun 6th: 10am-4pm at Lyra House,
77 Inlet Dve, Denmark
Cost: \$200, \$180 Concession/D'Arts Members,
\$160 Earlybird price until Thurs Sept 5

Age 16+
All stories, materials and morning/afternoon tea provided

For more information and to book your place:
Silvia 0435 006 228 or Jeff 0431 211 887
greatsouthernstorytellers@gmail.com

STORYTELLING WEEKEND WORKSHOP

4-6 October, 2024

Fri: 7-9pm at The Sanctuary,
off South Coast Hwy, Denmark
Sat & Sun: 10am-4pm at
Lyra House,
77 Inlet Dve, Denmark

Age: 16+
Cost: \$200, \$180 Concession/
D'Arts Members
\$160 Earlybird price until Thurs
Sept 5

Learn how to make a story your own - and tell it
by heart!

Unlock the ancient wisdom in traditional wonder
tales and develop your imagination, empathy and
connection through the transformative power of
oral storytelling.

Silvia is an experienced facilitator who will hold
a safe and nurturing space, allowing trusting and
playful relationships to emerge. All are welcome.
No prior performance experience necessary.

Over the weekend you will learn all you need to
confidently tell a captivating story, including:

- techniques to remember story 'bones'
- how to 'bush' a story with your unique words
- how to pace and adapt a story to make it your own
- easy theatre games to build confidence
- tools and practices useful in everyday communications
- confidence in your own inner storyteller!

For more information and to book your place:
Silvia 0435 006 228 or Jeff 0431 211 887
greatsouthernstorytellers@gmail.com



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



DENMARK ARTS PRESENT

DEATH BY CARROT

AND  **14TH SEPTEMBER**

Death by Carrot (QLD)

7-11PM

TIX \$20 DArts Members
\$30 Non-members \$10 for U18's
(OR ON THE DOOR)
@ www.denmarkarts.com.au/whats-on

ARTSHOUSE BAR OPEN
NO BYO - LICENSED 18+

DENMARK ARTSHOUSE



Great Southern Storytellers
invite you to an evening of tales from


Scotland

Sunday 22nd September 2024, 5-8pm @ Arts House
2A Strickland St. Denmark

\$10/\$15 Per Person, Cash at door, please bring a plate of finger food to share (cultural themed food encouraged!)

R.S.V.P - greatsouthernstorytellers@gmail.com • Jeff: 0431 211 887 • Silvia: 0435 006 228

Local Events



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



C W A Denmark

Craft Day

Third Wednesday of the month

10am - 12pm

CWA Hall, 9 Mitchell St

Bring along a current craft you may be working on, join the ladies on a group project or even just come for a cuppa & a chat!

Denmark Crafty Quilters Triennial

QUILT & CRAFT EXHIBITION

3 Days of Beautiful
Quilts, Refreshments,
Craft Stall & Raffles

Fri 27 - Sun 29 September 2024
10am - 4.30pm
Scout Hall, 1086 Brazier St. Denmark WA

Entry by donation
All Profits to the Community



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



Government of **Western Australia**
WA Country Health Service

Denmark Community Café

Have a say on your local Child and Adolescent Mental Health Services (CAMHS)

We are developing a new service within Great Southern CAMHS which will help children and young people, their families, and carers in times of crisis and when they need more intensive support.

Join us for afternoon tea and help contribute towards designing a service that meets the needs of our community.

**Afternoon
tea will be
provided**

Date:

Tuesday

25 September 2024

Time:

4pm – 6pm

Location:

Denmark Community
Resource Centre
2 Strickland Street
Denmark

Registration is essential. Please RSVP by email belinda.brett@health.wa.gov.au phone 0430 524 601 or scan the QR code below:



Scan here to register:



Local Events

FireWise GARDEN WORKSHOP

&

Scones DEVONSHIRE TEA



Denmark Garden Design | www.denmarkgardendesign.com.au

Creating a FireWise Garden & Devonshire Tea!

Sunday 22nd September 2024

Tickets available: <https://events.humanitix.com/firewise-garden-workshop-informative-interesting-and-delicious-learn-how-to-incorporate-fire-resistant-plants-in-your-garden-and-enjoy-devonshire-tea>



Open Daily 10am to 4pm September 21st to October 6th
CRC Gallery 2 Strickland Street Denmark

Free Entry

All Art is for Sale

Free Entry

This year we have the pleasure of sponsoring and featuring 6
Art Students from the Denmark Senior High School,
along with 21 of our own member artists



Artists in residence

Sunday September 22nd 11am to 1pm

Wednesday September 25th 1pm to 3pm

Saturday September 28th 11am to 1pm

Wednesday October 2nd 1pm to 3pm



Viewer's Choice Voting
Available
Win a Piece of Art Free

Follow us on
facebook.com/MillArtGroup/
and
[Instagram.com/millartgroupdenmark/](https://instagram.com/millartgroupdenmark/)




CWA Denmark
Soup Day
FRIDAY, 30TH AUGUST
11:30 AM - 1 PM
9 MITCHELL ST, DENMARK
\$15 PER PERSON
JOIN US FOR A BOTTOMLESS
BOWL OF SOUP, BREAD,
CAKES & SLICES


**The Denmark Futures 2024 Seniors
Handbook is now available online for
FREE download at
www.denmarkfutures.org.au**



2024 SENIORS HANDBOOK

Your Guide to Local Services and Support

Local Events

UWA ALBANY OPEN DAY

SUNDAY 8 SEPTEMBER | 10AM-4PM



Join us to explore our vibrant campus with interactive displays, exciting research, and family-friendly activities. Meet our team, discover scholarships, and get all your questions answered.

Register now
uwa.au/albany-open-day



CRICOS: 00126G | PRV12169, Australian University | BMR-1471932821



DENMARK EMBROIDERY GROUP

Sub-group of the
The Embroiders' 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 Embroiders' 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.



Would you be a champion?

Forget-Me-Not are looking for champions for each of our
Memory cafe's.

Feel like you've got what it takes to host a Cafe?

The roll of Champion is to greet members, set up the
tables with provided name tags, information boards and
activities and be the familiar face for your local cafe.

Information on our Champions can be found on our
website: www.forgetmenotmemorycafe.com under our
'Meet the Team' page.

for more information, contact us today!

VON 0429 409 122 or
von@denmarkcrc.com.au



CHESS AT THE TEAHOUSE

EVERY THURSDAY MORNING
FROM
11AM TO 1PM

COME ALONG AND ENJOY A GAME WITH
A FRIEND OR ONE OF OUR MEMBERS.

TUITION AVAILABLE FOR BEGINNERS.
BOARDS AND PIECES SUPPLIED

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

Local Events



Country Women's Association of WA

Est. 1924

Denmark Branch CWA

New Members Welcome

Meeting Days =
1st Wednesday of the Month
10am Start

"Nanna's Next Door"
Intergenerational Play Group =
2nd Wednesday of the Month
10am Start

Craft Days =
3rd Wednesday of the Month
10am Start

CWA House
9 Mitchell Street
DENMARK WA 6333

Age is no barrier.
More than Tea and Scones.
Help us Help our Community.

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 or contact the Carers WA Social Support team on 1300 227 377 or email socialsupport@carerswa.asn.au.

www.carerswa.asn.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



WESTERN AUSTRALIAN
COLLEGE of AGRICULTURE
Narrogin



Western Australian
College of Agriculture
Narrogin

OPEN DAY

Friday 13 September 2024
9am to 3pm

216 Cooraminning Road, NARROGIN WA 6312
t: (08) 9681 9700
e: narrogin.wacoa@education.wa.edu.au
w: www.narroginag.wa.edu.au

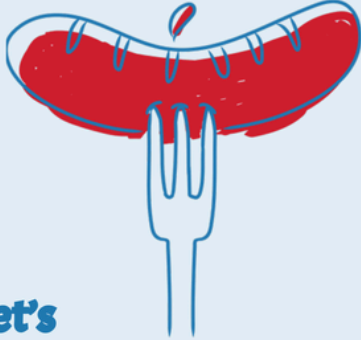
Follow us on Facebook
@WACOA Narrogin

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

An Independent Public School

Local Events

**FIRE
UP FOR
MEN'S
HEALTH**



**Together, let's
#FireUp for Men's Health**



This September, we're asking you to Fire Up for Men's Health by hosting a BBQ with your loved ones and raise vital funds for men's health research through The Hospital Research Foundation Group.

Every dollar raised together makes an impact in the fight to progress men's health research!



Scan the QR to register

www.FireUpForMensHealth.com.au #FireUpForMensHealth

a fundraiser for
The Hospital Research
Foundation Group

TOGETHER FIGHT

Palmerston
Improving your wellbeing



Palmerston Great Southern are interested in offering more services to the Denmark and Mount Barker Areas.

Are you interested in a free support group to help change your problematic behaviours?

Scan the QR code below to let us know your thoughts.



SMART Recovery
Australia

WARRIOR WELLBEING ARTICLE

**Talk to a Mate!!
Visiting Your GP -
Tips for the Average Bloke**

BY THE REGIONAL MEN'S HEALTH INITIATIVE
September 2024

We often talk to blokes about the importance of visiting their GP for a routine service visit or check-up regardless of whether they feel unwell or not. These visits help you to stay health aware and if you do have specific risk factors, such as a family history of a certain disease, then regular check-ups may help your doctor pick up early warning signs. For example, high blood pressure may be an early warning sign of cardiovascular disease. For a lot of blokes this visit can be a bit daunting and at times a confusing process.

With the average GP consultation time being around 10 to 15 minutes it's important that you have a clear idea of what you want to talk about (write a checklist starting with the most concerning issue). Usually for two or more health issues you will need to book a longer consultation time. Be prepared.

For a general health check, your doctor will want to talk to you about a range of stuff including your medical history, your family's history, your lifestyle, diet, weight and how much you exercise. Be honest about your health and your concerns and most of all, don't worry too much about being embarrassed. Doctors are usually very difficult people to shock and more than likely have seen or heard it all before.

We all need to take responsibility for our own health and wellbeing. A lot of guys have no idea of what their blood pressure is normally or what it means for that matter. You need to get to know your normal parameters and other things like cholesterol and PSA (Prostate Specific Antigen) blood tests so you can engage in conversation with your GP about them. It often helps to keep your own record of results and a list of any medications you may be on and what they are for.

As we get older, we inevitably encounter the increased risk of developing health concerns such as prostate issues (over 40 years). Most GPs are pretty good at prompting us when needed but we still need to be an active participant. Don't feel intimidated, you have the right to request certain tests and question things the doctor suggests. After all, this is about you and your GP working together.

We recommend that under the age of 50 you should have a routine service visit at least every two years and for those over 50 at least once a year.

When visiting your GP, be prepared (take your own checklist) and be involved, it's your health, you are the expert on you.

As always, remember ... before it all gets too much... Talk to a Mate!!!

© 2024 RML 4blokes
Working with Warriors Podcast
regionalmenshealth.com.au

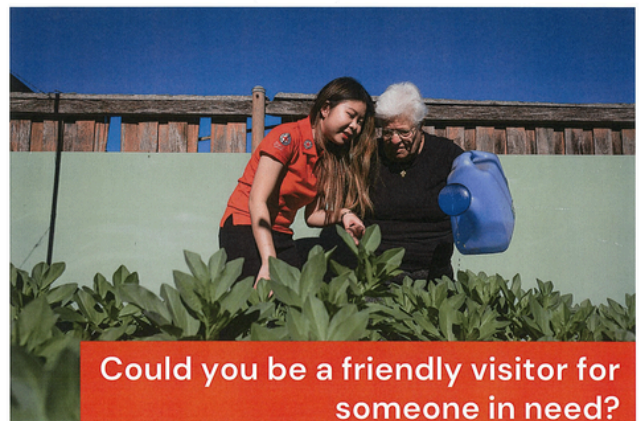


First and foremost there are a lot of benefits in having a regular GP and practice that you visit. It gives you the opportunity to build a relationship over time, to the point where you are more comfortable talking openly about things. Your GP gets to know you and will have a better understanding of your health needs and concerns. Your medical history also stays under the one roof making it easier to keep things up to date.

**Australian
Red Cross**



**Aged Care
Volunteer
Visitors Scheme**



Could you be a friendly visitor for someone in need?

Aged Care Volunteer Visitors Scheme volunteers visit older people in the community on a regular basis to support their social connection and improve their wellbeing.

Your company can make a positive difference to someone's life.

For more information, get in touch with our team:

Sharon Hawkins
Support Officer
Ph: 0416 113 186
E: shhawkins@redcross.org.au

Anna Cytowska
Support Officer
Ph: 0433 414 956
E: acytowska@redcross.org.au

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

Local Events



Advocare
Empowering older people in WA

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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

28th Annual ALBANY Show & Shine

Great Southern Street Machine Assoc. Inc 2024



Friday Evening 20th September 2024- Sponsor & Entrants Cars & Cocktails
Saturday 21st September 2024- Entrants Super Cruise/ Poker Run
Sunday 22nd September 2024- Only Indoor Show & Shine, Centennial Pavilion
10am-3pm \$10 per person Kids under 12 free (must be with an adult).
Cars from all eras, all makes and models on static display, all vying for the sort after trophies, The much-anticipated Rocker Cover Races, Culinary Delights, music, trade/market stalls, entertainment for the kids, plus much more....

More information Contact: 0477 562572. gssma@hotmail.com www.gssma.com.au



ARE YOU IN THE
GREAT SOUTHERN
ON A **WORKING VISA?**

We assist people on **working visas** and their families transition to their new lives in the **Great Southern region**.

WE CAN HELP WITH:

- Orientation to your Town
- Employment and Education
- Driver's Licences
- English Skills
- Connecting you with the Community
- ... AND MUCH MORE!

CONTACT US

0400 684 756
jcssalbany@rcnc.org.au

Government of Western Australia
Department of Training and Workforce Development

Great Southern Migrant Services



Life Now.

Albany - 6 week Yoga course

Are you or someone you care about affected by cancer?

Life Now Yoga is a free introductory six-week yoga course, for people affected by cancer and their carers. Our senior yoga instructor will guide you through each class and adapt different yoga poses to suit your needs.

Yoga involves stretching, breathing exercises, postures and meditation. Yoga has shown to have great benefits for people affected by cancer. Yoga can help:

- reduce stress, anxiety and depression
- reduce the effects of fatigue
- improve quality of life
- improve sleep and mood
- increase flexibility and balance
- increase muscle strength

"Facilitator was fantastic!
It was a great introduction
to the benefits of yoga."
Past participant

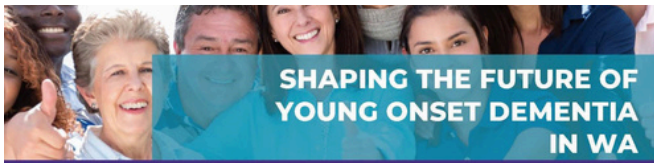
Albany Yoga course	
One-hour class held each week for six weeks	
Day	Tuesdays
Time	11.00am - 12.00pm
Dates	22 October - 26 November 2024
Location	Albany Yoga Room 2 / 90 Frederick Street, Albany

Registrations are essential. To apply to participate in a course visit cancerwa.asn.au and view the Event calendar or call our cancer nurses on 13 11 20.

All events require minimum numbers to run and eligibility criteria apply. Information is correct at time of printing. For up-to-date information, please refer to our website.

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

Local Events



SHAPING THE FUTURE OF YOUNG ONSET DEMENTIA IN WA

Join us as we kickstart a young onset dementia network for WA. This cross-sector community of practice will encourage collaboration, information exchange and better practice for interested stakeholders including people living with young onset dementia, their care partners, and families.

This is an initiative of Joint Solutions, led by the [Young People in Nursing Homes National Alliance \(YPINHNA\)](#), funded by the Australian Department of Social Services.

Date: 27 August 2024
Time: 10.00 am to 12 noon
Venue: Brightwater, 2A Walter Rd West, Inglewood - free onsite parking
Registration: Click [here](#) - either attend in person (capped at 24) or online (open access)
RSVP: 23 August 2024

Event schedule

1 9.30 - 10.00 am

Networking. Refreshments will be available. Take the opportunity to mix and mingle with new faces and colleagues.

2 10.00 - 10.15 am

Welcome and introduction. Setting the intention for the development of the network.
Alan Blackwood, Director Policy, YPINHNA.

3 10.15 - 10.50 am

Pathways to care, gaps barriers and positives for people living with young onset dementia. A/Prof Samantha Loi, University of Melbourne, Dr Clare Beard, Research Assoc, Flinders University, and Dr Priscilla Tjokrowijoto, Research Assoc, Royal Melbourne Hospital, will share the latest findings of the research informing this project.

This event has been generously be supported by



For more information
Vicki Barry
E: vicki@ypinhna.org.au
M: +61 409045373



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Care Shuttle
Specialised transport to and
from appointments.
Pick-up and Drop-Off to your
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Donate Now
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fantastic cause

<https://square.link/u/G0aEdjGP>
Volunteers Welcomed



Available across the
Lower Great Southern
0431 775 649

THE ALBANY & ANTIQUE, VINTAGE & COLLECTABLES FAIR! HOSTED BY S.W.A.C.C

ENTRY FEE: \$3 PER PERSON, CHILDREN UNDER 13YRS FREE

WHEN: 9AM - 4PM FRI 8TH NOV

9AM - 4PM SAT 9TH NOV

& 9AM - 1PM SUN 10TH NOVEMBER

WHRR: THE STIRLING CLUB, STIRLING TERRACE, ALBANY WA

HUGE SELECTION OF ANTIQUES, VINTAGE ITEMS & COLLECTABLES.

- VICTORIAN ITEMS
- ART NOUVEAU ITEMS
- JEWELLERY
- GOLD & SILVER
- OLD COINS
- TOBACCONALIA
- ART DECO ITEMS
- VINTAGE ITEMS
- GARAGINALIA
- MAN CAVE ITEMS
- MILITARIA
- OLD TOOLS & SIGNS
- KITCHENALIA
- CRYSTAL WARE
- OLD TOYS & GAMES
- NICK NACKS
- BRIC 'A' BRAC
- & MUCH, MUCH MORE

FOOD &
DRINK WILL BE
AVAILABLE FOR
PURCHASE

FOR ALL
ENQUIRIES PLEASE
CONTACT BEC ON
0434236076



Shamara de Tissera, Marie Limondin and Adam Cook
invite you to

BELOVED BACH CONCERT

SWANHARP SINGERS
ALBANY CHAMBER ORCHESTRA

SPECIAL GUESTS

DAVID RASTRICK
GOLDEN HILL STEINER SCHOOL CHILDREN'S EURYTHMY (SUNDAY)

Saturday 14 September Wesley Church, Albany
Sunday 15 September Civic Centre, Denmark

3 PM

Earlybird tickets: \$30/\$20/\$10

<https://events.humanitix.com/beloved-bach2024>



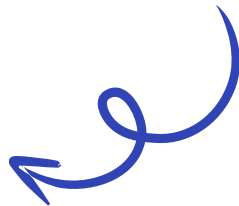
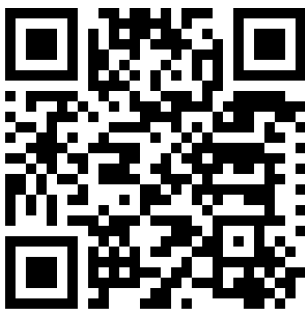
Send us your events in a PNG or JPEG format to events@denmarkcrc.com.au



Tell us about the value of the Albany Airport for your business



www.surveymonkey.com/r/albanyairport



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



School Student Broadband Initiative

An Australian Government initiative
powered by nbn

Are you eligible for free nbn broadband at home until December 2025?

You might be eligible if you:

- have a school-aged child
- have no active nbn broadband connection or have not disconnected in the last 14 days.
- Having the internet on a mobile phone is ok
- live in a premises that is serviced by the nbn network



**Scan this QR for
more information.**



School Holiday Program

Term 3


21 September-
6 October 2024

Welcome to the Shire of Denmark School Holiday Program.

This program will be produced quarterly to promote local school holiday programs in Denmark/Kwoorabup, Nornalup, Peaceful Bay & surrounding areas.

If you would like your program to be included in future issues, please email our Community Services team at enquiries@denmark.wa.gov.au before

Monday 18 November 2024.



LEGEND

-  Free events
-  Needs parental supervision
-  Family Friendly (All ages)

This program is supported by



Denmark Public Library

Lego Club

FREE

Get your creativity buzzing with some holiday Lego fun!
Join us for challenges and LEGO building fun!

When: Wednesday 25 September &
Wednesday 2 October

Time: 3.30pm - 4.30pm

Age: Children 6+



Movie Fridays

FREE



Migration Rated G

80 minutes

When: Friday 27 September

Time: 2pm



Stop Go Animation

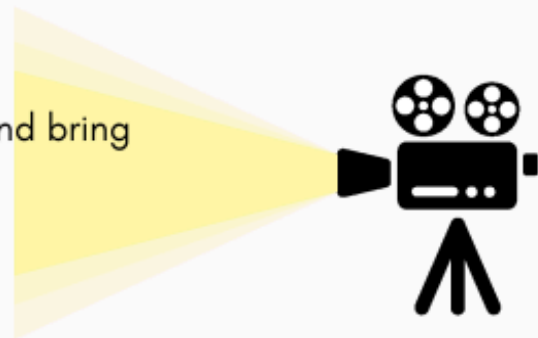
FREE

Discover the magic of stop motion animation and bring
your imaginative stories to life!

When: Tuesday 1st October

Time: 10.30am - 12pm

Age: Children 11 years +



Super Furball Saves the Future

FREE



Rated PG

87 minutes

When: Friday 4 October

Time: 2pm



Bookings essential! Limited places available.

For more info, contact the Library

(08) 9848 0306 or library@denmark.wa.gov.au

www.denmark.wa.gov.au/library



Denmark Recreation Centre



SPORTS4ALL GAMES



Join us for a morning of inclusive games and activities.
(Including WADSA equipment)

When: Tuesday 24 September

Time: 9.00am – 11.00am*

*No need to book ahead. Stay for as long or as little as you wish.

Age: Suitable for ALL ages and abilities.

Children under 11 **MUST** be supervised by a parent.

Cost: \$7.50.



SKATE WITH MATES



Get your friends and family together for a relaxed, free play session of skating without all the hype of a regular disco. Music provided. No need to book ahead.

When: Friday 27 September 3.00pm – 4.30pm

Friday 4 October 3.00pm – 4.30pm

BYO: Skates, or limited skates/blades available for use.

Age: Suitable for ALL ages and abilities.

Children under 11 MUST be supervised by a parent.

Cost: \$5.00 entry covers skate hire.



For more info, contact the Rec Centre

(08) 9848 0344 or reccentre@denmark.wa.gov.au

denmark.wa.gov.au/recreation-centre



Denmark Art Club

Charcoal Drawing Workshop

Come and learn the art of drawing with charcoal.

When: Saturday 28 September

Time: 10am - 12.30pm

Age: 12-adults (for younger ages please contact Kendel to discuss)

Cost: \$55



Lamp Decorating Workshop

Enjoy a relaxing Sunday morning decorating a beautiful lamp.

When: Sunday 29 November

Time: 10.00am - 12.30pm

Age: 12-adults (for younger ages please contact Kendel to discuss)

Cost: \$155



For more information, contact Kendel Lynam
on 0407 192 254 or email twistedart@bigpond.com
facebook.com/Denmarkartclub



Denmark Mountain Bike Club

AusBike - Learn to Bike Free Trial



FREE

AusBike is Australia's national program designed to give kids the essential skills to experience the freedom, fun and adventure of life on a bike. The program has been designed to give kids the skills and confidence for a lifetime of adventures on two wheels!

Date: Thursday 26 September 2024

Time: 3.30pm-4.30pm

Location: Denmark Pump Track

BYO: Helmet and Bike - Limited bikes available

Suitable for ages 5-12 years



Bookings essential.

For more info Call Karis 0430 297 548 www.denmarkmtb.com.au

Denmark Arts Council

Spray painting, Stenciling and Street Art

Date: Wednesday 25 & Thursday 26 September 2024

Time: 11am-2pm

Where: Denmark Arts House, 2A Strickland Street

Cost: \$30 per session, \$55 for both days

(DARTS members/children of members - \$25 per session, \$50 for both)

Suitable for ages 10 - 18years.

(Parental supervision not required but may be present if necessary.)

BYO: Water bottle, snacks/light lunch. painting clothes/apron/overalls & shoes that are okay to get paint on, sketchbooks, pen/pencils.

OPTIONAL: acrylic paint, paint pens, markers, oil pastels.

Bookings essential, register at www.denmarkarts.com.au

Booking/Paying Deadline: 4pm, 18 September 2024



Valley of the Giants Tree Top Walk

www.treetopwalk.com.au

Bug Hunt

Forage in the undergrowth of the tingle forest with this fully-guided, fun, hands-on adventure. Learn about the vital roles our 'bugs' play in the forest ecosystem.

Best for ages 4+

Meet: Tree Top Walk ticket office

When: Tuesday September 24 & October 1

Time: 10.30 am - 11.30 am

Cost: \$5.00 per child - (Min 4 / Max 18)



Mount Frankland Ranger Walk

Mount Frankland is part of the Walpole Wilderness and boasts the spectacular Wilderness Lookout and upgraded Caldyanup walk trail. Join our local ranger for an informative tour of this interesting and diverse site!

Best for ages 6+

Meet: Mount Frankland car park (unsealed road)

When: Wednesday September 25

Time: 10.30 am - 12.00 pm

Cost: Free - (Min 4 / Max 18)



Geo Walk Peaceful Bay

Learn about how our plants and animals have adapted to the geology of the area.

Best for ages 8+

Meet: Gazebo near Peaceful Bay Store

When: Thursday September 26 & October 3

Time: 10.30 am - 11.30 am

Cost: Free - (Min 4 / Max 18)



Kids Nature Walk

Go on a sensory walk along part of the Bibbulmun Track. Learn via hands on activities how our plants and animals have adapted to this unique forest.

Best for all ages

Meet: Tree Top Walk ticket office

When: Friday September 27 & Monday September 30

Time: 10.30 am - 11.30 am

Cost: Free (Min 4/Max 18)



VALLEY OF THE GIANTS
TREE TOP WALK



Bookings: at www.treetopwalk.com.au or (08) 9840 8263

Valley of the Giants Tree Top Walk

Flora Explorer

Discover the vibrant colors and unique shapes of various flowers, learn about their roles in our ecosystem, and see how they help pollinators like bees and butterflies. Don't miss this chance to explore, learn, and appreciate the wonders of the forest.

Best for ages 6+

Meet: Tree Top Walk ticket office

When: Friday October 4 **Time:** 10.30 am - 11.30 am

Cost: Free - (Min 4 / Max 18)

Bookings: at www.treetopwalk.com.au or (08) 9840 8263



Spring Flower Walk

Have fun identifying the wildflowers that grow in the tingle forest. This informative guided walk will take you along part of the Bibbulmun Track, showcasing some special plant features that only occur in this forest.

Best for ages 6+

Meet: Tree Top Walk ticket office

When: Wednesday October 2 **Time:** 10.30 am - 11.30 am

Cost: Free - (Min 4 / Max 18)

Bookings: www.treetopwalk.com.au or (08) 9840 8263



Forest by Night - includes free daytime entry to the Tree Top Walk!

Explore the tingle forest by torchlight with one of our expert guides, who will show you how to find some of the elusive inhabitants who only emerge at night! End the journey with an adventure over the Tree Top Walk under a blanket of stars.

Best for all ages

Meet: Tree Top Walk entry gates - no later than 7.15 pm

When: Tuesday September 24 & October 1, Thursday September 26 & October 3

Time: 7.15 pm - 8.45 pm

Cost: \$31.50 adult, \$15.50 child, \$78.50 family (2A, 2C) - (Min 10A / Max 18)

Bookings Essential by 4.30 pm each day of the activity at www.treetopwalk.com.au or (08) 9840 8263



Bookings: at www.treetopwalk.com.au or (08) 9840 8263

Accessibility at Tree Top Walk

www.treetopwalk.com.au/accessibility



School Holiday Fun!

www.denmark.wa.gov.au



Denmark Kwoorabup Community Garden Workshops



September to December 2023



Green Skills

Workshops



2-4pm Sat 9 Sept - with Neal Collins

- **2-4pm Sat 7 Oct - Garden Permaculture Outing with Megan Hall**
- **2-4pm Sat 4 Nov - with Neal Collins**
- **3-5pm Sat 25 Nov - Garden Outing Visit**
- **3-5pm Sat 16 Dec - with Neal Collins**

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 042744665



These workshops are supported by Green Skills, Denmark Community Foundation, Shire of Denmark, Mt Lindesay Farm and Denmark CRC

