

Denmark Community Guide

We Support, Empower and Engage our Community

19th - 2nd October 2024 Issue #298

Seniors
Handbook
Available
Now!

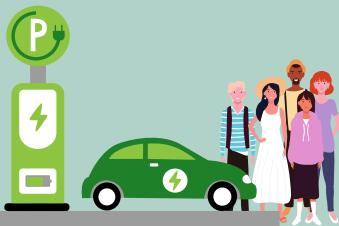
E Vehicle Trial Month!



Throughout November, the Denmark Community Resource Centre, in partnership with Don Anderson, is offering an electric vehicle trial for transport around Denmark!

Every Tuesday morning, he will provide transport for up to four community members, with pick-ups scheduled between **9-10 AM** and return drop-offs between **12-1 PM**.

The service is offered by donation. To secure your spot, please call **9848 2842**.



Centennial Exhibition!

On Tuesday, September 3rd, we celebrated the Morgan Richards Community Centre's Centennial with around seventy people in attendance. The exhibition beautifully captured the building's history and was brought to life by vibrant artworks from Denmark Senior High School and Kwoorabup Nature School students.

The event also featured stories and memories from our community, which were displayed on large panels. The full interviews will be preserved by The Denmark Historical Society for future generations.

We received heartwarming feedback, with one guest noting, "Congratulations on a fantastic event—there was so much joy and connection. It truly nourished the soul and strengthened community ties. Thank you!"



Cuppas & Clicks - Beginning October!

Are your digital devices stressing you out? Need help with logins and passwords? Help is here at the Denmark CRC.

Beginning **October 3rd**, Cuppas & Clicks will be happening at Denmark CRC every **Thursday from 10am-11am**.

Come along, grab a cuppa, bring your troublesome electronic device, and let us help you out!

For more information, contact our friendly reception staff on **9848 2842**.



New financial support is now available for St John transport services.

For more information, call 9848 2842 !!



99.7
DENMARK
FM



www.denmarkcrc.com.au/events

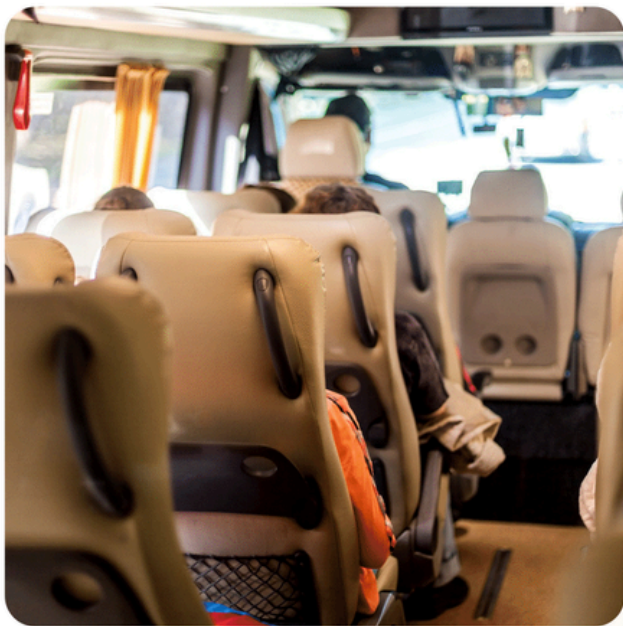




DENMARK
COMMUNITY eBUS

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

Did you know that there is Emergency Relief Support at the CRC?

Showers

Open 9-4, Monday-Friday



Laundry Facilities

Open 9-4, Monday-Friday



Food Pantry

Wednesdays 10am-2pm



Food Bank

Order by Friday 12noon.

Pick up Tuesday after 1pm.



Free Internet

Fridays 12pm-4pm



For further Emergency Relief Support please contact Denmark CRC directly on 9848 2842.

We are open 9am-4pm weekdays and we are always happy to help.

Local Events

**Forget-Me-Not
Dementia Support Inc**



**You Are
Invited!**

**A Morning Tea for those living with
Dementia, and their Partners or Carers
High Tea in the Garden Room**

Denmark Community Resource Centre,
THURSDAY 26 th September
10am to 12 noon

An opportunity to meet & mingle!

Note: this is not a respite opportunity, carers are expected to attend.
RSVP 9848 2342 or von@denmarkcrc.com.au




A small donation
would be
appreciated!

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




Be Connected
Every Australian online.

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



Pretty Little Bird Workshop

Saturday 12 & Sunday 13th October


10 to 3 pm

\$70 inc all materials

BYO Lunch and sewing kit. All sewing is done by hand!
Use your own fabric if you have something special!



Book with Denmark Community Resource Centre
98482842, or reception@denmarkcrc.com.au
For more information : von@denmarkcrc.com.au
or 0429 409 122




FREE COWORKING


FREE COWORKING

FREE COWORKING

FREE COWORKING



**EVERY
MONDAY AT
THE CRC**



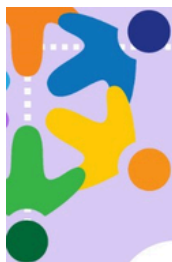
DENMARK COMMUNITY RESOURCE CENTRE

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



Be Connected Webinar Timetable

September

Thursday 5th - Protecting personal information (no times yet/new topic)

Thursday 19th - Government websites (1-2pm)

October

Tuesday 1st - Technology for health (1-2pm)

Thursday 3rd - Using email (no times yet/ new topic)

Thursday 17th - Can you spot a scam? (12-1pm)

Tuesday 22nd - Protecting personal information (no times yet/new topic)

November

Thursday 14th - Using email (no times yet)

Thursday 28th - Online shopping - festive edition (12-1pm)

December

Tuesday 3rd - Staying safe on Facebook (12-1pm)

Wednesday 4th - Connecting with others (12-1pm)

RSVP essential two days before each webinar

Be Connected



REPAIR CAFE

Saturday, 5th Oct
10am - 12pm

Bike Repairs & Maintenance
Knife Sharpening
Electrical Appliances
Clothing and Textile Mending
Glue & Screw Toys, Small Furniture, etc

at
Denmark Community Resource Centre



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



DENMARK
EMBROIDERY
GROUP

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

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

Where
Community Resource Centre (CRC)
2 Strickland Street, Denmark

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

Contact
Linley Radalj 0407 944 063 or
Louise Hoskins 0419 916 131



DENMARK
EMBROIDERY
GROUP



Member of
The Embroiderers' Guild of
Western Australia Inc.

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

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

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

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

**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

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



Denmark Death Cafe

Monday 21st October
1-3pm



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

at....  Denmark Community Resource Centre



invites anyone and everyone to

GAMES NIGHT

Every Thursday
from 7pm onwards

at Denmark CRC Garden Room



Learn a new game or bring your favourite!

Children 16 must be accompanied by a responsible adult.

Great Southern Men
presents

Men's Weekend 2024

A gathering of wild-hearted men to celebrate and re-consecrate the resilient spirit of masculinity in all its diversity

4pm Fri 11 Oct. - 3pm Sun 13 Oct. 2024
New Farm (Cnr Sth Coast Hwy & Tindale Road)
\$200 inc. food (camping only, bell tents on request).
Bookings: greatsouthernmen@proton.me
Mobile: 0431 211 887 (Jeff); 0459 576 587 (Nigel);
0479 120 237 (Sonny)



MINGLE WITH SINGLES!

Connecting people, drinks, dinner & good conversations.

@ Boston Brewery
4th of October
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

INDOOR MARKETS

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

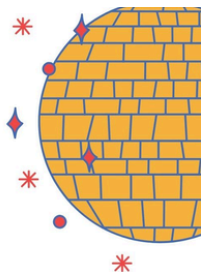
LESSON + SOCIAL DANCING

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

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



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

Presented by



ArtSouthWA

Southern Art + Craft Trail Event 2024



16 days to discover the artistic talent of the Southern Region!

74 Exhibitions & Open Studios

**SATURDAY 21ST SEPTEMBER
TO SUNDAY 6TH OCTOBER 2024**



Booklet available from regional Visitor Centres, Libraries and Art Trail venues.

Enquiries: trail@artsouthwa.com.au

**FREE GUIDE • FREE EVENT
ART TRAIL TOURS**



Connect with us!

ArtSouthWA and the Southern Art and Craft Trail

www.artsouthwa.com.au

[southernartcrafttrail](https://www.facebook.com/southernartcrafttrail)



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

Local Events



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/



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



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




Soupy

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




CWA 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!

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



REGIONAL COLUMN

www.demirs.wa.gov.au www.wa.gov.au

5 September 2024

How can something so tiny kill in a matter of hours?

These days, stimulating toys are all about interactivity, lights, and movement. To activate, a button sized battery generally needs to be inserted, but if swallowed by a child has the power to cause severe injury in less than two hours and can even kill.

Button batteries are a small power source used not just for toys but for an increasing number of common household items such as remote controls, watches, clocks, and hearing aids.

A University of Sydney-led research study showed batteries 20mm or more in diameter are the most dangerous. They are small enough to be easily swallowed but not small enough to reliably pass through a child's throat.

What happens next will shock you, literally!

An electrical current is immediately triggered by saliva, causing a chemical reaction to cause severe burns to the child's throat and major internal organs within as little as two hours and the results can be fatal.

The study, which examined over 400 cases of button battery injuries and fatalities worldwide, shows while Australia has introduced the world's first mandatory safety standards with child-resistant packaging, the industry still needs to do more.

Once the packaging is open there is a vital need for safe storage, safe use, and safe disposal of batteries.

When buying button battery operated products, parents should look for products where the battery compartment can't be opened without the use of a tool.

If the compartment is not securely fastened with a screw or similar fastener, the product may not comply and could be added to the product recall list.

Even when old or used, button batteries can still be a threat, so safely dispose of them by wrapping them in sticky tape and putting them in a child resistant container, out of reach of children until you can recycle them safely. Recycle collection points can be found at www.bcycle.com.au.


If you suspect a child has swallowed a button battery do not let the child eat or drink and do not induce vomiting. Immediately call the Poisons Information Centre on 13 11 26 for additional treatment information.

Parents can check the product recall list for items with button batteries on the Product Safety Australia website: <https://www.productsafety.gov.au/recalls>.

If parents spot non-compliant button batteries or devices containing them on shop shelves, report them to Consumer Protection at consumer@demirs.wa.gov.au or call 1300 30 40 54.

For more information about button battery safety, guides and disposal see Consumerprotection.wa.gov.au

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

REVIVE

SUSTAINABLE SCULPTURE AWARD

15 NOVEMBER
-
8 DECEMBER 2024

2024 THEME WIND

ENTRIES OPEN 16 SEPTEMBER



GRAND ACQUISITIVE PRIZE \$ 2000
sponsored by Shire of Denmark

SMALL SCULPTURE \$ 500

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

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 'blesh' 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



SENIORS CARD



Are you
over 64
years?

WA SENIOR CARD REGIONAL ROADSHOW

The WA Senior Card Regional Roadshow is coming to Denmark on Thursday the 21st of November at 10am

Learn about details on the cost of living, how to replace lost or outdated cards, and much more

RSVP: 18th of November

Join us to learn more!



Denmark

Community
Resource
Centre

Phone: 9848 2842

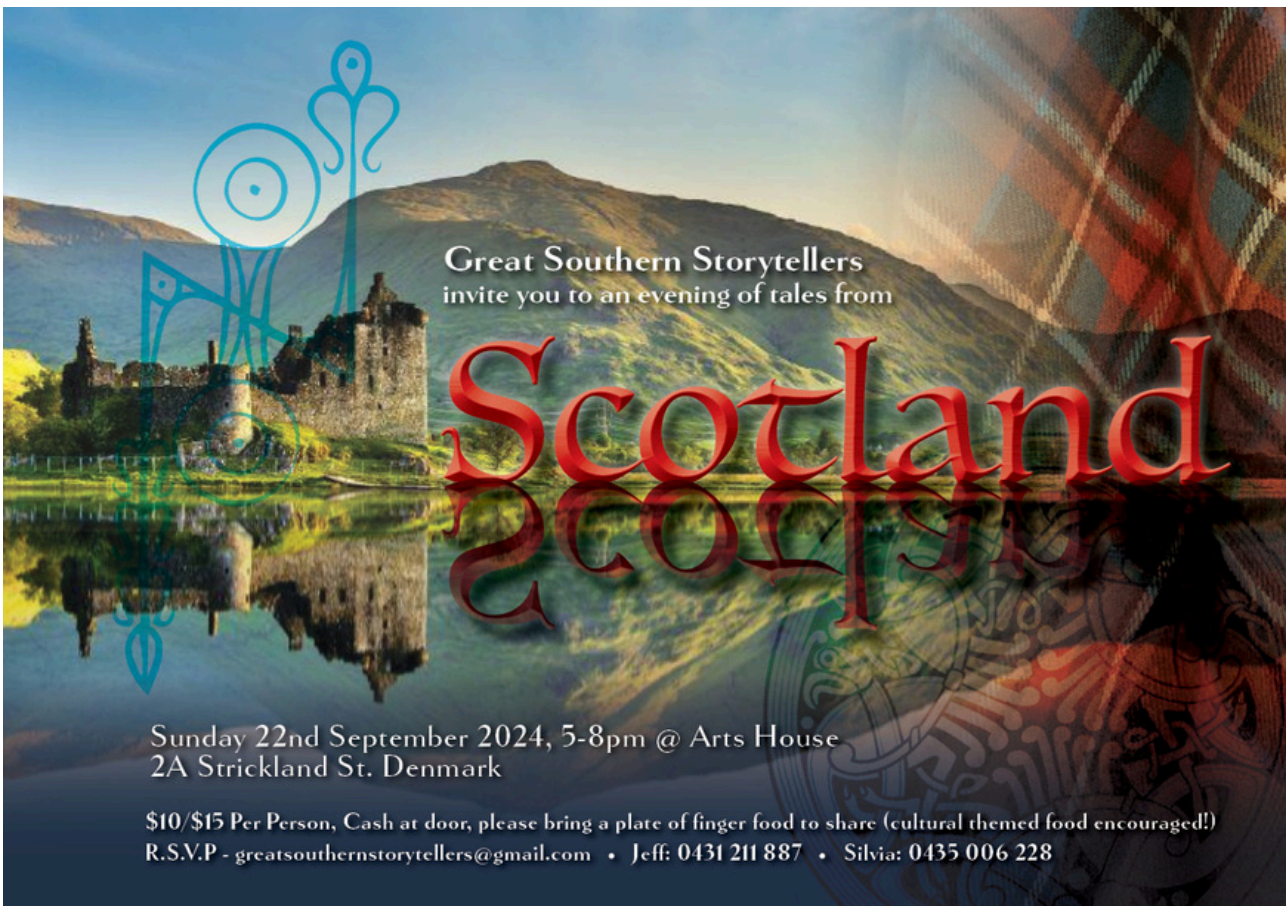
Denmark Crafty Quilters Triennial

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



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



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:

Wednesday

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:



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>

Local Events

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



CircuitWest & Australian Baroque present a Shows On the Go Tour

VIVALDI FOUR SEASONS

This show is Vivaldi's Four Seasons, performed live, on baroque instruments, as Vivaldi would have heard it himself! Under the direction of Artistic Director and violinist Helen Kruger, Australian Baroque presents an awe-inspiring program for string orchestra, performing the well-loved fiery works of Vivaldi.

DOOR OPEN
6.15 PM



SATURDAY, 5 OCTOBER 2024

WALPOLE COMMUNITY HALL
Cnr Pier St & Latham Ave, Walpole

Adults \$35
Concession \$30
Early Bird \$30 (until 20 Sept)
Children (5-17yrs) \$10

BUY TICKETS ONLINE
southernforestarts.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



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.



Local Events


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

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

ANNOUNCING...

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 Kwoorabup 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
9488 3623

VISIT

Denmark ArtsHouse
2A Strickland Street

EMAIL
admin@denmarkarts.com.au

SATURDAY
21 September

ARTIST TALK & OPEN STUDIO

tickets/ RSVP via www.denmarkarts.com.au
or @ Denmark ArtsHouse



**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.



Contact Jaime

0407429280

Denmark & Mount Barker

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

Local Events

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

Older Person Mental Health First Aid

The Older Person Mental Health First Aid course teaches participants who work with, care for or support adults aged 65+ how to provide initial support to someone 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 older adults, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.

<p>Intervene early Recognise the warning signs of mental health problems in older adults.</p>	<p>Offer support Learn the skills to speak openly and accurately about mental health.</p>	<p>Learning Outcomes Upon completion of this course participants will be able to:</p> <ul style="list-style-type: none"> Recognise the signs and symptoms of mental health problems in older adults 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.
<p>Respond in a crisis Respond across a range of crisis situations where an older adult may be at risk of harm.</p>	<p>Reduce stigma Reduce stigma and increase support for older adults experiencing and living with mental health problems.</p>	<p>The Older Person Mental Health First Aid course is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.</p>

Adults who complete the Older Person 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.

Dates	Times
Cost	Facilitator/s
Venue / Delivery Method	

*Costs include course participation and all relevant teaching materials.

To learn more about MHFA training and becoming an MHFAider visit mhfa.com.au

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

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.

... AND GET THE MECHANIC TO CHECK YOUR SPARE TYRE. I THINK IT'S OVER INFLATED.

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.

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!!!

#RMH4Blokes
Working with Warriors Podcast
regionalmenshealth.com.au

Zenergy WELLNESS

Join me Wednesdays

Qigong/Neigong with Jaime

\$18 per class

2pm, Scout Hall, Denmark 0407429280

Local Events



Sponsored by **OPTUS** *yes*

Presenting the
Care Shuttle
Specialised transport to and from appointments.
Pick-up and Drop-Off to your door

Donate Now to this fantastic cause
<https://square.link/u/g0aE0jgP>
Volunteers Welcomed

Available across the Lower Great Southern
0431 775 649




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



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

a fundraiser for
The Hospital Research Foundation Group

TOGETHER FIGHT!

CONNECTMEPSYCHOLOGY.COM

AH.....
NOW I GET YOU!

Understand Your Child's/Teenager's Communication Style

PARENTING WORKSHOP

- ✓ WOULD YOU LIKE TO LEARN NEW STRATEGIES TO MORE EFFECTIVELY CONNECT WITH AND UNDERSTAND YOUR CHILD/ADOLESCENT?
- ✓ WOULD YOU PREFER TO SUPPORT YOUR CHILD ACCORDING TO THEIR INDIVIDUAL NEEDS RATHER THAN APPLYING GENERALISED PARENTING STRATEGIES?
- ✓ ARE YOU CURIOUS ABOUT HOW YOU CAN SUPPORT YOUR CHILD BY CHANGING YOUR OWN BEHAVIOURS?

JOIN THIS INTERACTIVE WORKSHOP AND LEARN ABOUT YOUR CHILD'S/ADOLESCENT'S PERPLEXING BEHAVIOURS THAT ARE SURPRISING ATTEMPTS TO COMMUNICATE AND CONNECT WITH YOU! ALONG WITH NEW TOOLS TO GET CLOSER, FEEL MORE CONNECTED, AND TACKLE DIFFICULT INTERACTIONS.

USING A STRENGTH-BASED ATTACHMENT PERSPECTIVE, FIND THE ANSWERS TO THE

WHY ...kids do what they do.



When: Saturday November 16, 9am - 4pm.
Where: Denmark, TBA
Cost: \$120, including morning & afternoon tea.

REGISTER NOW

JESSHBHATT@GMAIL.COM
0478633993

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



Government of Western Australia
Department of Training
and Workforce Development

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




A FREE COMMUNITY EVENT TO CELEBRATE
& RAISE AWARENESS FOR MENTAL HEALTH.
REDUCE STIGMA & CREATE CONNECTIONS IN ALBANY



MAD HATTER TEA PARTY

10TH ANNIVERSARY

FRIDAY 4TH OCTOBER 2024

10AM TO 1PM - ALBANY TOWN SQUARE

BEST HAT COMPETITION 12 NOON
LIVE ENTERTAINMENT • ACTIVITIES • FREE CAKE • FOOD • COFFEE

PROUDLY SUPPORTED BY



THIS MENTAL HEALTH INITIATIVE IS PROUDLY BROUGHT TO YOU BY LOTTEREWS & MARRI



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.



FamilySearch Bringing Families Together

Come to the Family History Open House at: 81 Seymour St on
Friday, September 20th. *Albany*

With our help, you can learn how to build your family tree!

This is FREE! Call in any time between 9am and 3pm on the day.



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



 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.

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

WHERE: 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

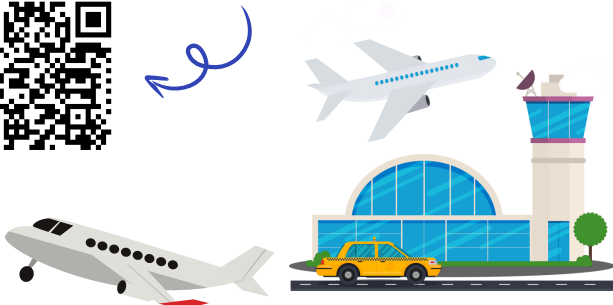
FOR ALL ENQUIRIES PLEASE CONTACT BEC ON 0434236076



 **GREAT SOUTHERN** Development Commission


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

All Course and Tutor Information is on our website
www.albanysummerschool.com.au
 Bookings open 8am Tuesday 24th September
 Enrolment Enquiries: 0492 008 902
 Early Bird Prize Draw for all enrolments by 25 Oct details on website




Phone Photography with Sophie Smart
 Short Courses 129 & 130



Marie Otero Book Arts
 Course 401



Joshua Bunn's Nightscape Astrophotography
 Short Course 206



Writing for Film Adam Morris
 Course 201



Paper Clay with Graham Hay
 Course 114



Janine Judge is Thread Painting
 Course 410

65th Albany Summer School
 Week 1 – January 6 to 10
 Week 2 – January 13 - 17



Program 2025
 Embracing Life's Journey: -
 Learning, Improving, Socialising, Having fun along the way
 ~~~~~  
 59 Courses  
 New Tutors and Firm Favourites

| WEEK ONE – MORNINGS                                                                   | WEEK TWO – MORNINGS                                                                        |
|---------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 101: How to Write a Short Story<br>Tutor: Alan Hancock                                | 123: Writing with Robots<br>Tutor: Alan Hancock                                            |
| 102: Wireless Lithography<br>Tutor: Helen Fitzhardinge                                | 124: Improvisation and Theatre Sports<br>Tutor: Alan Hancock                               |
| 103: Crochet Basics<br>Tutor: Kym McGlinn                                             | 125: Coffee Express: Columbia to Java and Beyond<br>Tutor: Ron Goodwin                     |
| 104: Painting Still Lives in Pastels<br>Tutor: Sarah Ponderise                        | 126: The Art of Illustrating Picture Books and Carbons<br>Tutor: Colin Montefiore          |
| 105: Ukulele for Complete Beginners<br>Tutor: Marj Wilson                             | 127: Painting Landscapes in Pastels<br>Tutor: Sarah Ponderise                              |
| 106: Feldenkrais<br>Tutor: Pam Goodwin                                                | 128: Ukulele – the Next Steps<br>Tutor: Marj Wilson                                        |
| 107: Singing Together for Beginners<br>Tutor: Anne Robinson                           | 129: Sophie's Smart Phone Photography<br>Tutor: Sophie Xiang                               |
| 108: Felted Flowers with a Wire Twist<br>Tutor: Martien van Zulen                     | 130: Sophie's Smart Phone Photography<br>Tutor: Sophie Xiang                               |
| 109: Photography Fundamentals<br>Tutor: Jerome Argue                                  | 131: Life Free Conversations<br>Tutor: Helen Bolton & Kall Caramia                         |
| 110: Natural Fibre Basketry<br>Tutor: Maureen James                                   | 132: Singing Together for Experienced Singers<br>Tutor: Anne Robinson                      |
| 111: Begin Writing Your Memoir<br>Tutor: Rosemary Argue                               | 133: Creating Landscapes & Panoramas in Handmade Felt & Stitch<br>Tutor: Martien van Zulen |
| 112: Slow Fashion<br>Tutor: Bella Szyver                                              | 134: Developing Photography Skills<br>Tutor: Jerome Argue                                  |
| 113: Songwriting for Beginners<br>Tutor: Joel Smoker                                  | 135: Bring Your Story to Life with a Vibrant Setting<br>Tutor: Rosemary Argue              |
| 114: Masterclass in Ceramic Paper Clay<br>Tutor: Graham Hay                           | 136: Creating Characters for Fiction or Life Story<br>Tutor: Rosemary Argue                |
| 115: Painting from Life in Oils<br>Tutor: Leon Holmes                                 | 137: Drawing: Beyond the Basics<br>Tutor: Andy Dolphin                                     |
| 116: Course Withdrawn                                                                 | 138: Cooking From Scratch<br>Tutor: Courtney Satchell                                      |
| 117: Learn to Draw<br>Tutor: Andy Dolphin                                             | 139: Dramatic Landscapes in Acrylics<br>Tutor: Tony Windberg                               |
| 118: Blooming Brush Strokes<br>Tutor: Hayley Kruger                                   |                                                                                            |
| 119: Persian Cooking<br>Tutor: Mahshid Fardowsian                                     | <b>Beginners</b> ●<br><b>Intermediate</b> ●<br><b>Advanced</b> ●<br><b>Short Course</b> ●  |
| 120: Painting Trees in Acrylics<br>Tutor: Tony Windberg                               |                                                                                            |
| 121: Bites & Baking<br>Tutor: David Merrill                                           |                                                                                            |
| WEEK ONE – AFTERNOONS                                                                 | WEEK TWO – AFTERNOONS                                                                      |
| 201: Writing for Film<br>Tutor: Adam Morris                                           | 206: Nightscape Astrophotography Workshop<br>Tutor: Joshua Bunn                            |
| 202: Introduction to Urban Sketching with Watercolours<br>Tutor: Andy Dolphin         | 207: Course Withdrawn                                                                      |
| 203: Elegant Petals: Painting Traditional Flowers in Acrylics<br>Tutor: Hayley Kruger | 208: Dramatic Landscapes in Oils<br>Tutor: Tony                                            |
| 204: Painting Trees in Oils<br>Tutor: Tony Windberg                                   | WEEK TWO – FULL DAYS                                                                       |
| 205: Permaculture to Preserving<br>Tutor: Susanna Cook                                | 408: How to Launch a Profitable Podcast<br>Tutor: Tracey Cook                              |
| WEEK ONE – FULL DAYS                                                                  | 409: Scrappy Applique<br>Tutor: Janine Judge                                               |
| 401: Creative Bookbinding – an Introduction to the Book Arts<br>Tutor: Marie Otero    | 410: Introduction to Thread Painting<br>Tutor: Janine Judge                                |
| 402: How to Launch a Profitable Podcast<br>Tutor: Tracey Cook                         | 411: Creative Expression – Art as a Way of Exploring Self<br>Tutor: Caroline Lytle         |
| 403: Course Withdrawn                                                                 | 412: Drawing and Painting Birds in Watercolour<br>Tutor: Leon Neuzerling                   |
| 404: Drawing and Painting Wild Flora in Watercolour<br>Tutor: Leon Neuzerling         | 413: Taking Nature Dying and Botanical Printing to the Next Level<br>Tutor: Arnette Nykel  |
| 405: Introduction to Natural Dyeing and Botanical Printing<br>Tutor: Arnette Nykel    | 414: Introduction to the Paper Clay Revolution<br>Tutor: Graham Hay                        |
| 406: Crochet Baskets<br>Tutor: Kym McGlinn                                            | 415: Plain Air Oil Painting with Leon Holmes<br>Tutor: Leon Holmes                         |
| 407: Introduction to Leathercrafting<br>Tutor: Andrew Leitch                          | 416: All-Grain Brewing<br>Tutors: Hugo Gal & Piet Boomers                                  |



**WEEK ONE** January 6 to 10 | **WEEK TWO** January 13 to 17








Janine Judge is Thread Painting  
 Course 410

Phone Photography with Sophie Smart  
 Short Course 129 & 130

Ukulele Beginners & Next Steps with Marj Wilson  
 Courses 105 & 128

Launch Your Podcast with Tracey Cook  
 Courses 402 & 408

Leon Holmes Plain Air in Oils  
 Course 415

Mahshid with Persian Cooking  
 Course 119

Andrew Leitch Introing Leather Crafting  
 Course 407

ALL COURSE AND TUTOR INFORMATION  
[ALBANYSUMMERSCHOOL.COM.AU](http://ALBANYSUMMERSCHOOL.COM.AU)  
 Bookings open 8am Tuesday 24<sup>th</sup> September  
 Early Bird Prize Draw for enrolments by 25 Oct  
 Enquiries 0492 008 902





# 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](mailto: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

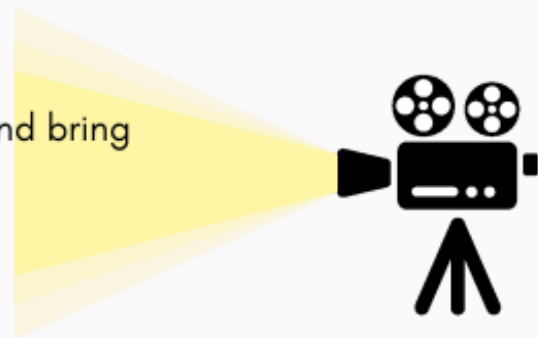
FREE

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](mailto:library@denmark.wa.gov.au)

[www.denmark.wa.gov.au/library](http://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](mailto:reccentre@denmark.wa.gov.au)

[denmark.wa.gov.au/recreation-centre](http://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:** \$120



**For more information, contact Kendel Lynam**  
on 0407 192 254 or email [twistedart@bigpond.com](mailto:twistedart@bigpond.com)  
[facebook.com/Denmarkartclub](https://www.facebook.com/Denmarkartclub)



# Denmark Mountain Bike Club

## AusBike - Learn to Bike Free Trial

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](http://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](http://www.denmarkarts.com.au)

Booking/Paying Deadline: 4pm, 18 September 2024





# Valley of the Giants Tree Top Walk

[www.treetopwalk.com.au](http://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](http://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](http://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](http://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](http://www.treetopwalk.com.au) or (08) 9840 8263



**Bookings: at [www.treetopwalk.com.au](http://www.treetopwalk.com.au) or (08) 9840 8263**

Accessibility at Tree Top Walk

[www.treetopwalk.com.au/accessibility](http://www.treetopwalk.com.au/accessibility)



**School Holiday Fun!**

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



## Denmark Kwoorabup Community Garden Workshops & Fun Events!

October to Dec 2024



### Green Skills

- 2-4pm Sat 14 October - workshop with Neal Collins
- 2-4pm Sat 26 October - Outing & Garden Tour
- 3-5pm Sat 16 November - workshop with Neal Collins
- 2-5pm Sat 30 Nov- Open Day & Social BBQ
- 3-5pm Sat 21 Dec - workshop with Neal Collins

*Busy Bees other Saturday afternoons (circa 2pm) , weather dependent.*



Meet at the back of the  
Denmark CRC, on Strickland Street.

***By Donation (Recommended \$15 and \$10 concession)***

For Info contact : Basil 0429481019 [basilschur@gmail.com](mailto: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.

