

Denmark Community Guide

We Support, Empower and Engage our Community

2nd October- 15th 2024 Issue #299

Seniors Handbook Available Now!



Repair cafe

Come along to the **Repair Café** on **Saturday, 5th October**, from **10am to 12pm** here at the **CRC!**

If you've got a bike that needs a tune-up, a blunt knife, small electrical appliances that have seen better days, or clothes needing some mending, our team of local volunteers is here to help.

We can even fix small toys, furniture, and other household items.

This is a great way to save money, reduce waste, and connect with your community.

Whether you need something repaired or just want to drop in for a chat, everyone is welcome!



Cuppas & Clicks

Struggling with online tasks like paying bills or sending emails? You're not alone, and we're here to help!

Join us for **Cuppas & Clicks** every **Thursday**, starting **3rd October**, from **10am to 11am** here at the **CRC**.

It's a relaxed, friendly space where you can enjoy a cuppa and get help with all things digital. Whether you're a beginner or just need a bit of guidance, we'll help you feel more confident online.

No need to book—just drop in! For more information, call **9848 2842**

Everyone's welcome!



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

For more information, call 9848 2842 !!



Great Southern Migrant Services 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 Licenses
- English Skills
- Community Connections
- Family Support

... AND MUCH MORE!



For more information, contact Great Southern Migrant Services:

0400 684 756

jcsslalbany@rcnc.org.au



Government of Western Australia
Department of Training and Workforce Development



99.7 DENMARK FM



www.denmarkcrc.com.au/events

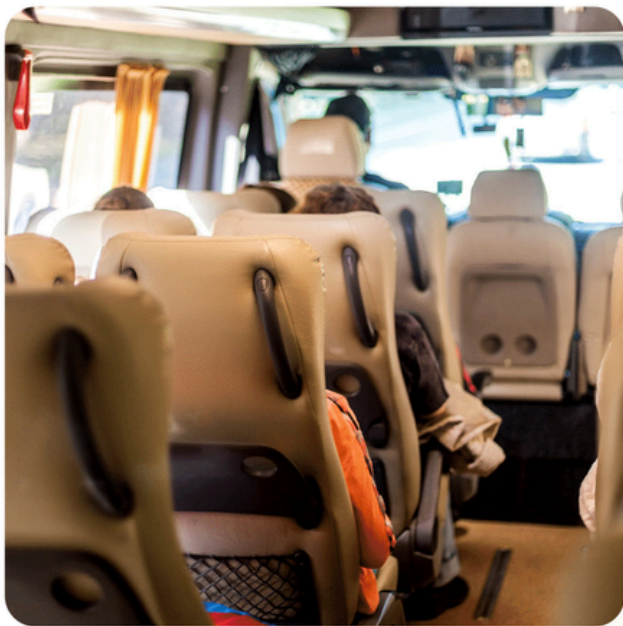




DENMARK
COMMUNITY eBUS

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



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



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!

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.

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



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

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, 98482842, or the current Chairperson, Von – von@denmarkcrc.com.au.



Local Events



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

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

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



ArtSouthWA and the Southern Art and Craft Trail
www.artsouthwa.com.au
[southernartcrafttrail](https://www.facebook.com/southernartcrafttrail)




ALBANY COMMUNITY FUNDRAISER Hospice THE DAM

JOIN US FOR A FUN-FILLED DAY

12 - 3 PM | FRI 15 NOV | CHARITY EVENT

INCLUDES:

- Sumptuous 3-course meal
- Glass of wine on arrival
- Entertainment provided by acclaimed international cellist, Michael Goldschlager
- Auction

MAKE A DAY OF IT!

BONUS ~
Visit two beautiful gardens, open one day only.

113 SHEOAK DRIVE, DENMARK
Open 10 - 4 | Entry \$10

TIX AVAILABLE AT PAPERBARK MERCHANTS IN-STORE & ONLINE

TICKETS \$130



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




Small Business
Development Corporation
Regional

Xero Basics Workshop



xero

Xero basics training and Q&A to streamline your financial workflow and take your business to new heights

 Denmark Community Resource Centre
2 Strickland Street



Denmark

Thursday
12-2pm



**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 24 October

10am to 12 noon

An opportunity to meet & mingle!

Note: this is not a respite opportunity, carers are expected to attend.

RSUP 9848 2842 or von@denmarkcrc.com.au



**A small donation
would be
appreciated!**



Soupy

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



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

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.



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 Community Café

Have a say on your local health service

Join us to meet your local District Health Advisory Council members (DHACs).

DHACs are made up of community members who are passionate about supporting and improving their local health services.

This event is an opportunity for you to ask questions and share feedback about our health service.

Date:
Thursday
10 October 2024

Time:
10am - 12pm

Location:
50 Scotsdale Rd,
Denmark WA 6333

Registration is essential as there are limited places available.

Please RSVP by email to GS.healthpromotion@health.wa.gov.au or phone 9842 7504.





Mustard Seed

8 Price St, Denmark / Ph: 0498 345 793

You'll get more than just retail therapy when you shop at Mustard Seed, situated conveniently in the middle of Denmark town. Not only will you pick yourself up an array of recycled fashion pieces, toys, and books, your purchase helps the parish donate to local, national, and international causes.

ReInspire Denmark

3/19 South Coast Hwy, Denmark
Ph: 0408 691 309



ReInspire is a pre-loved thrift boutique with hand-picked, consciously curated clothing focusing on natural fibres, unique trends and vintage pieces. You can bring your own clothes in to sell on consignment or trade for store credit. Our goal is to educate the community on the dangers of fast fashion - focusing on sustainability and individualism. Check out their social media pages or google maps for up to date opening hours as they are always changing.



Red Cross

4 Mitchell Street, Denmark / Ph: 08 9848 2330

Red Cross Shops are a treasure trove of pre-loved, new and vintage clothing, homewares & accessories for the fashion conscious and budget shopper alike. Red Cross Shops rely on the generosity of the public to donate quality pre-loved items. Red Cross believes in the humanitarian principle to help those people most in need, whoever they are and wherever they are.

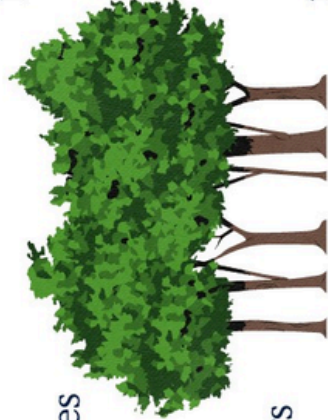
Tip Shop

46 East River Rd, Denmark
Ph: (08) 9848 3310



The Denmark Tip Shop is more than just a place to bring your unwanted goods – it's about a sustainable future. With large sheds of adult & children clothing (inc school uniforms) alongside all other household items, Green Skills goal is to give waste a new life through re-use and repair. The Tip Shop is now a vital part of the community fabric and a must for any visitor to Denmark.

Denmark's SECOND-HAND CLOTHING MAP



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)

WILSON INLET ESTUARY FORUM 2024

Join the Wilson Inlet Catchment Committee & the Department of Water & Environmental Regulation for our Inlet's health, scientific research & ongoing projects to improve it



Tuesday 12th November
at the Denmark Country Club

5:15pm to 7:30pm, presentations start at 5:30pm

A light supper will be served, RSVPs essential for catering, RSVP by the 2nd Nov

LIMITED PLACES REGISTER NOW!

<https://www.wicc.org.au/wilson-inlet-estuary-form-2024.html>



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

Local Events

INDOOR MARKETS

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

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

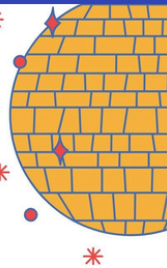
LESSON + SOCIAL DANCING

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

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

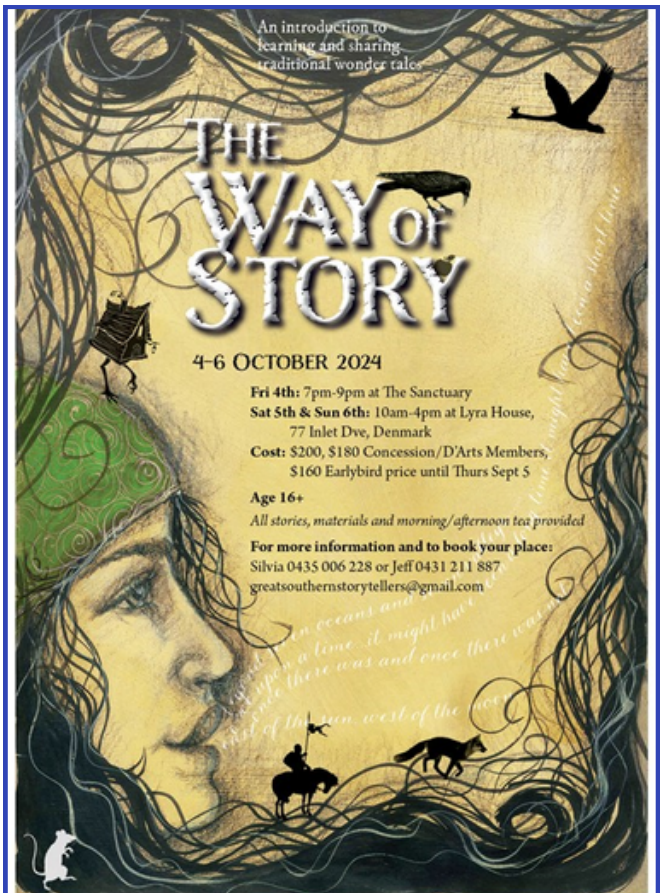
Cost: \$200, \$180 Concession / D'Arts Members,
\$160 Earlybird price until Thurs Sept 5

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



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


 **denmark futures**
www.denmarkfutures.org.au



2024 SENIORS HANDBOOK

Your Guide to Local Services and Support

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



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!



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

BUY TICKETS ONLINE
southernforestarts.com.au

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

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



12 Sanford Road, Centennial Park, Albany, W.A 6330
P: (08) 6820 2828
e: admin@candoalbany.com.au
e: programs@candoalbany.com.au
(LA Wilkinson ABN: 17 538 821 924)

PEERS Social Skills Group For Young Adults.

PEERS is a 16 - session evidence-based social skills intervention for Young Adults who are interested in learning new ways of making and keeping friends. This internationally acclaimed program, used in over 35 countries, was originally developed at the University of California, Los Angeles (UCLA) by Dr. Elizabeth Laugeson. During each group session, participants are taught important social skills and are given the opportunity to practice these skills in sessions during socialisation activities, receiving feedback from Social Coaches. Parent/support person (when available) are then taught skills to support their young adults further develop their social skills. Skills taught assist participants to expand their social network and increase their capacity for engagement and enjoyment in social interactions. PEERS has proven effective for young adults with Autism Spectrum Disorder, ADHD, Anxiety, Depression or other social and behavioural disorders. Group participation is preferred, however program can be delivered one-to-one.



Participants will learn how to:

- Use appropriate conversational skills
- Use humour appropriately
- Enter and exit conversations
- Be a good host during get-togethers
- Be a good sport
- Dating etiquette
- Handle arguments and disagreements
- Change a bad reputation
- Handle rumours and gossip
- Handle rejection, teasing and bullying
- Safe use of electronic communication
- Handling disagreements

Coming soon to Denmark (with enough registered interest)

For enrolment information and enquiries please call Can Do Albany 6820 2828

OR Email: programs@candoalbany.com.au

Can Do Support Services Albany is an accredited provider of the PEERS Social Skills Development Program

Local Events



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



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

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

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/G0aEjGp
Volunteers Welcomed

Available across the Lower Great Southern
0431 775 649



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

Book a **Home Energy Audit Kit**



A Totally
Renewable
Denmark
Initiative

easy to use

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



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

Local Events

Linking TOGETHER



Carer Social Support Groups Denmark

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



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

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

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

Where: Reminiscence 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

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

WARRIOR WELLBEING ARTICLE

The Three Things a Man Needs

BY THE REGIONAL MEN'S HEALTH INITIATIVE
October 2024

A wise man said to me recently *the three things a man needs is to love someone; to do something meaningful and to have something to look forward to.* These three things are a constant through the different stages of a man's life whether it be adolescence, mid-life, transition and/or retirement.

We need to remember these three needs and actively stay engaged as they are a strong conduit to maintaining a healthy disposition and aid in building something else into our lives, other than just our work to identify ourselves by.

We often talk about our random capacity to deal with stuff in our lives (this varies from person to person). Most of us operate within the bounds of a rubber band (non-stretched and stretched). This innate capacity often boils down to how we are individually hardwired, and it may also reflect our upbringing and/or events experienced through our life journey. What we do know is that we all need to unplug the dam to let some stuff out every now and then so that the dam doesn't burst its banks and cause us to crash.

When we link the three things a man needs (that is to love someone; do something meaningful and to have something to look forward to) to our capacity to deal with stuff in our lives (i.e. stopping the dam wall from bursting), it helps life run more smoothly, and helps to:

- maintain balance;
- make sense of some of the fundamentals in our DNA (our warrior attitude); and
- improve our individual capacity to both survive and thrive.

We need to be mindful of living in the present and connecting with others. For a bloke, this connectedness is important and can be maintained simply by attending a local men's shed, playing sport (i.e. football, bowls, golf, tennis or participating/watching our preferred sport with a friend), having a cuppa with a

neighbour or spontaneously dropping in on a mate. So, remember to take time to laugh with others and enjoy what we do, Talk to a Mate® about our health and wellbeing and/or ask him how he is going, and make sure we block out some time at the end of our busy periods to have a break.



As our priorities change in life, we need to reflect on our own values. Three of these are; healthy living, having purpose and being connected to community. These are important values to us at every age and stage of our lives and when we line these up with 'the three things a man needs, that is:

- to love someone – i.e. healthy living;
- to do something meaningful – i.e. purpose, sense of achievement;
- to have something to look forward to – i.e. connectedness to community.

Then life starts to make some sense.

Us blokes need to recognise and talk about these significant aspects of our lives, so we can fulfil our potential and ultimately enjoy the journey. Don't take anything for granted, we don't know what will happen tomorrow.

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

@RMHI_4blokes
Working with Warriors Podcast
regionalmenshealth.com.au



Government of Western Australia
North Metropolitan Health Service



Women 40 years or over,
have a FREE breast screening
mammogram every two years.
Once is not enough.



BreastScreen WA's mobile service will be at a [new location](#) at:

Dates may be subject to change

For an appointment
book online or phone 13 20 50



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



MENTAL HEALTH FIRST AID AUSTRALIA

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.

Intervene early
Recognise the warning signs of mental health problems in older adults.

Respond in a crisis
Respond across a range of crisis situations where an older adult may be at risk of harm.

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

Reduce stigma
Reduce stigma and increase support for older adults experiencing and living with mental health problems.

Learning Outcomes
Upon completion of this course participants will be able to:

- 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.

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.

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.

Mental Health First Aid (MHFA), Mental Health First Aiders (MHFAiders), MHFA, AIDEE and For Aged are registered trademarks of Mental Health First Aid International.



Parenting Connection

Circle of Security® Parenting™

A FREE 8-week online workshop for parents and caregivers

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

This workshop will cover:

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

Presented by **Stephanie Rea of 360 Family Health.**

BOOKINGS ESSENTIAL.
TO BOOK: COSP@E.ONLINE.T4
T: 0448 137 192
E: GreatSouthernPCWA@wanslea.org.au

When: Tuesdays
10am – 12 noon
15 Oct – 3 Dec 2024
Where: Online

Supported by   



Cancer Council WA

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.



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

WHYkids do what they do.

Jessica Heller-Bhatt, Clinical Psychologist Registrar, is a trainer specialised in assessing parent-child relationships. She also supports adults and couples across the developmental lifespan.

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

REGISTER NOW

JESSHBHATT@GMAIL.COM
0478633993



ALBANY SUMMERSCHOOL 2025

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
Bookings open 8am Tuesday 24th September
Early Bird Prize Draw for enrolments by 25 Oct


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





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

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 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.

