

# Denmark Community Guide

We Support, Empower and Engage our Community

1st November - 14th November 2024 Issue

#301

Christmas  
Day Lunch  
Bookings  
open now



## Christmas Giving Tree 2024

Drop off new, near to new, or handmade items under the CRC's Giving Tree. Starting November 4, come by and take a gift for a loved one. Let's give, share, and reduce waste this Christmas! For info,

call

9848 2842.



## Catch a Ride on Our Free Electric Vehicle Trial

Throughout **November**, the CRC, in partnership with Don Anderson, is offering free electric vehicle rides from surrounding areas into Denmark. Every **Tuesday**, Don will be **picking up** passengers between **9:30 AM and 10:30 AM**, with return **drop-offs** from **12:30 PM to 1:30 PM**. This is a great chance to try sustainable transport and connect with the community. Spots are limited, so don't miss out—call **9848 2842** to **book** your spot and let us know where to pick you up!

## WA Seniors Card Information Session

Wondering what benefits you could be missing out on? Join us at the CRC on **Thursday, 21 November**, from **10:00 AM to 11:30 AM**, for a WA Seniors Card Information Session. Learn about membership perks, eligibility, and how to apply. Topics include the Cost of Living and Safety Rebates, WA State concessions, and monthly discount opportunities. The Older People's Rights Service (OPRS) will also be attending to offer additional support and resources. **Already a cardholder?** Bring ID to **replace** any lost or **worn cards on the spot!**

## Community Christmas Lunch - Let's Celebrate Together!

Don't spend Christmas alone! Join us for a joyful and welcoming Community Christmas Lunch on **Wednesday, 25th December**, from **12 PM to 3 PM at the Denmark Riverside Club**. Enjoy a festive day of delicious food, music, and fun in the company of other community members. This is a **free event** for everyone in the community, but bookings are essential – please **RSVP by 18th December**.

Whether you'd like to attend or volunteer, reach out to us at 9848 2842 or email [reception@denmarkcrc.com.au](mailto:reception@denmarkcrc.com.au). Donations are welcome to help bring us all together this holiday season

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



Denmark  
Community  
Resource  
Centre



## WA Seniors Card Information Session

**Thursday 21 November 2024**

10:00am - 11:30am

Denmark Community Resource Centre,  
2 Strickland Street, Denmark WA

Come along to find out about the latest membership benefits,  
or to sign up if you are not yet a member.

If your WA Seniors Card is worn, damaged or lost, bring  
along a form of identification (**Driver's licence or  
Centrelink card**) to have your WA Seniors Card replaced  
on the spot!

Topics covered will include:



Eligibility



Cost of Living Rebate



How to Apply



Safety and Security Rebate



WA State  
Concessions



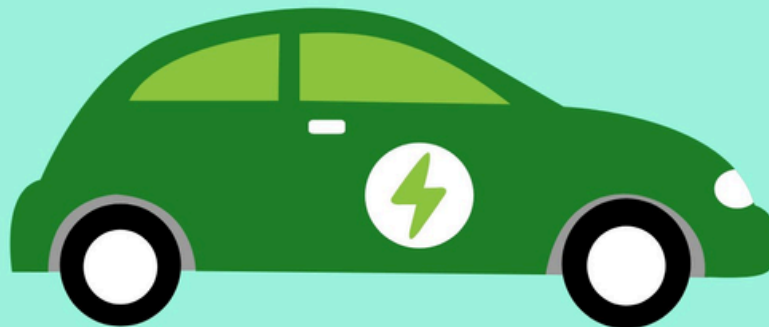
Discount Directory and  
Monthly Competitions



I ♥ my WA Seniors Card



## 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 **9:30 - 10:30 AM** and return drop-offs between **12:30 - 1:30 PM**

This is a free service. To secure your spot, please call

**9848 2842**



**DON'T MISS  
OUT!**

# CHRISTMAS GIVING TREE 2024

Inspired by the Buy Nothing Project... Lets give more  
and buy less this Christmas!

## How to participate:

Bring in your un-used, unwanted gifts,  
lightly-used secondhand items or  
handmade items to:

Denmark CRC (2 Strickland St) and  
leave them under our tree

## Before you bring it in...

Please consider that the item is something a person would enjoy  
giving or receiving as a gift for Christmas.

The tree isn't just a place to drop-off 2nd hand items. Those old  
DVDs & used appliances might be better off at the tip shop!

## (Don't) Wrap it up!

So that people may select items that  
will be appreciated and used, please  
do not wrap your donations.

## Exchange:

while you're welcome to drop gifts off for  
the giving tree the exchange won't begin  
until the 4th of November.

If you are dropping off a gift and see something under the tree that a loved one  
would LOVE...

**Please take it! This tree is for EVERYONE**

*In an effort to reduce waste and to focus on giving, not consuming, please do not  
purchase new items for the tree* **call 9848 2842 for more info**

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

## COMMUNITY BUS PILOT PROGRAM

Launching on 13th December

We are excited to announce the launch on 13th December of our Community Bus Pilot Program, a collaborative initiative by the Denmark Community Foundation (DCF) and the Denmark CRC aimed at bringing people together, enhancing mobility, and reducing social isolation. With our goal of acquiring a community electric van in the future, we're grateful for the generous support from the Denmark Community Foundation, which has helped us take a significant step toward this vision.

To kick off the program, we've secured a 7-seater van with wheelchair access, ensuring everyone can stay connected and move around more easily. The pilot program will run every Wednesday and Friday, providing transportation for community members from the outskirts and nearby areas into Denmark for shopping, socializing, or whatever you'd like to do during the day. Our plan is to pick you up in the morning and drop you off home after lunch, and we warmly invite all community members to join us.

### **Be a Part Of Our Community Bus Pilot: Your Support Matters!**

To participate in our pilot project, please let us know where you would like to be picked up. This information is crucial for planning our routes.

Fee by Donation

Give us a call at 9848 2842 and share your address.

### **Calling All Volunteers – We Need You!**

We rely on the support of dedicated volunteers to make this service possible. If you're interested in joining our driver roster and helping to make this important community service running, we'd love to hear from you.

**To get involved, please call the CRC at 9848 2842.**

**Thank you for being a part of this initiative!**



# Local Events

## Cuppas & clicks

Are you struggling to remember your many passwords?

qwerty123?

password 123?

fido\*45?

Do you want to improve your digital skills?

**Join us...!**

...for a cuppa & a chat about digital stuff

**EVERY THURSDAY**  
at the DCRC  
10 am - 11 am



**Be Connected**  
Every Australian online.



For more info:  
98482842



# CoderDojo



## Tuesdays

## TERM 4

### 3.30pm-5pm

29th October

5th November

12th November

19th November

26th November

A fun space to explore technology



**New laptops!!**



Programs used, but not limited to:

**Scratch  
Gamemaker  
Arduino**

CoderDojo is a global network of volunteer-led, independent, community based programming club for young people between the ages of 7 & 17

[www.coderdojo.com](http://www.coderdojo.com)

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

For further information call 9848 2842

# REPAIR CAFE

**Saturday, 2nd Nov**  
10am - 12pm

Bike Repairs & Maintenance

Knife Sharpening

Electrical Appliances

Clothing and Textile Mending

Glue & Screw Toys, Small Furniture, etc

at

**Denmark Community Resource Centre**



**MINGLE WITH SINGLES!**

## Connecting people, drinks, dinner & good conversations.

@ Boston Brewery

1st of November

5:30pm

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

All ages are welcome to attend.

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

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

## SENIORS WEEK

10 - 17 NOVEMBER 2024



### MONDAY 11

#### Denmark Rec Centre

10.00am Pilates Fundamentals  
10.00am-11.30am Table Tennis  
11.00am Chair Yoga



### TUESDAY 12

#### Denmark Rec Centre

9am -10am Music & Moves  
10am - 10.45am Weight It Out  
11am Qi Gong -(FREE)  
9.30 -11.30am Badminton

#### Denmark Library

2pm Poetry Reading - Come to read; come to listen; come to celebrate poetry with a group of fellow poetry lovers.



### WEDNESDAY 13

#### Denmark Rec Centre

9am -10am Balls and Bands  
10am - 11am Chair Yoga  
12.30pm-1.30pm Chair Volleyball (FREE)

#### Denmark Library

1.30 - 3pm Mah-jong  
Play Mah-Jong and enjoy a chat with a cuppa.



### THURSDAY 14

#### Denmark Rec Centre

9am - 10am Body Stretch



#### Seniors Lunch

11.30am-2.30pm Denmark Seniors Luncheon at Boston Brewery  
Bookings Essential  
<https://events.humanitix.com/2024-seniors-week-luncheon>

### FRIDAY 15

#### Denmark Rec Centre

8am - 9am Fundamental Pilates  
8.30am - 10.00am Pickleball



#### Denmark Library

10.30am Bird Calls and Identification Session  
Learn all about our local bird life with Kirsty from the Denmark Bird Group.



Supported by



Government of Western Australia  
Department of Communities



Like or Follow Us  
@shireofdenmark  
[www.denmark.wa.gov.au](http://www.denmark.wa.gov.au)



## SENIORS WEEK

10- 17 NOVEMBER 2024

### Boston Brewery

South Coast Hwy, Denmark

#### Denmark Seniors Luncheon | FREE Thu 14 Nov, 11.30am - 2.30pm

A free celebration hosted by the Shire of Denmark with entertainment, food, fun, prizes and more!

The theme this year is:  
"Explore. Engage. Evolve."

The luncheon is open to Denmark residents aged 60+ and their carers.  
Bookings essential.

To book, scan QR code or follow link below.  
<https://events.humanitix.com/2024-seniors-week-luncheon>



For further information  
Ph: 9848 0336

### Denmark Library

16-20 Strickland St, Denmark

#### Poetry Reading | FREE Tue 12 Nov, 2pm

A great way to enjoy poetry being read out loud. Come to read; come to listen; come to celebrate poetry with a group of fellow poetry lovers.

#### Mah-jong | FREE Wed 13 Nov, 1.30pm-3pm

Come and join in a social game of Mah-jong.  
Play and enjoy a chat with a cuppa.

#### Bird Calls and Identification | FREE Fri 15 Nov, 2pm

Learn all about our local bird life with Kirsty from the Denmark Bird Group.

For bookings or further information  
Ph: 9848 0306



#### Denmark Community Resource Centre (CRC) 2 Strickland St, Denmark

To see what's on at the CRC for Seniors Week, visit  
<https://denmarkcrc.com.au/events/> or call 9848 2842

### Denmark Recreation Centre

Brazier St, Denmark

#### Chair Volleyball and Qi Gong | FREE

**Fitness Programs | Cost \$9.50 session**  
Chair yoga, Slow Flow Pilates, Zumba Gold, Body Core and Balance and Body Stretch are a series of low impact exercise programs suitable for seniors of all fitness levels and abilities.

Refer to schedule on front page for class dates and times.

#### Table Tennis, Pickleball & Badminton Cost \$5.00



For bookings or further information  
Ph: 9848 0344



Supported by



Like or Follow Us



# Local Events



## Small Business Workshop

# GET FOUND ON GOOGLE

- Hands-on SEO workshop for small business owners
- Learn how to boost your business' online visibility
- Improve your local search rankings using Google Business
- No need to be a tech wizard - simple, practical advice
- Lunch & Morning Tea included in ticket price \$247 pp

**Secure your spot today - simply scan the QR code to book!**

 Friday November 22nd, 2024  
 09:30 AM - 2:30 PM  
 Denmark Community Resource Centre





## 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**





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.

# 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**





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

## 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

## Join Us for Fun Friday Tennis and Golf

Fortnightly from 1st November 2024

3.30pm start time



- Hit 100 balls at the driving range
- Play 6 holes of golf
- Play tennis
- Supervised kid's games from 3.30-5.30pm
- Meals and bar service available

\*All for \$15 with \$5 off your first drink or meal\*

Unwind and Enjoy at Denmark Country Club

Enquire at [admin@denmarkcountryclub.com.au](mailto:admin@denmarkcountryclub.com.au) or 98481413

# Local Events



## DENMARK EMBROIDERY GROUP

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

### *When*

Meet 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month  
10:00am till 2:00pm

### *Where*

Community Resource Centre (CRC)  
2 Strickland Street, Denmark

### *What we do*

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

### *Contact*

Linley Radalj 0407 944 063 or  
Louise Hoskins 0419 916 131



## DENMARK EMBROIDERY GROUP

Member of

The Embroiderers' Guild of  
Western Australia Inc.

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

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

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

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



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



**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**

**The Denmark Futures 2024 Seniors  
Handbook is now available online for  
FREE download at  
[www.denmarkfutures.org.au](http://www.denmarkfutures.org.au)**

 **denmark futures**  
[www.denmarkfutures.org.au](http://www.denmarkfutures.org.au)



**2024 SENIORS HANDBOOK**

Your Guide to Local Services and Support

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

# GINGERBREAD

## ☆ HOUSE MAKING ☆

LIMITED SPOTS

\$5 Per Child or  
\$10 for 2 or  
more  
children in a  
family



WEDNESDAY, 18TH  
DECEMBER 2024

SESSION 1 | 10-11AM | 18TH DECEMBER

SESSION 2 | 11:30-12:30PM | 18TH DECEMBER

★  
AT THE DENMARK COMMUNITY RESOURCE CENTRE  
\*GALLERY ROOM\*

2 STRICKLAND STREET, DENMARK

RSVP | (08) 9848 2842



# Community Christmas Lunch 2024

**WEDNESDAY** *Free*  
**25TH DECEMBER**  
**12PM SHARP - 3:00PM**

**DENMARK RIVERSIDE CLUB**

Delicious food, drinks,  
music, activities and more!

**Bookings essential for meal planning**

**RSVP by Wednesday December 18th**

Ph: 9848 2842

[christmas@denmarkcrc.com.au](mailto:christmas@denmarkcrc.com.au)

Cash donations for the event are much  
appreciated & welcome.

Volunteers needed



# Local Events

## Hooded Plover Conservation Workshop



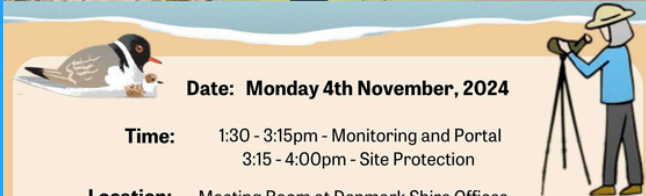
Do you like walking along the beach?  
Ever wanted to get involved in protecting your local threatened species?

Come along to our workshop to learn about Hooded Plovers and what you can do to protect them!

This workshop will include an introduction to monitoring Hooded Plovers, using the MyBeachBird Portal to contribute to conservation and how to set up site protection, including temporary signs and fencing. All welcome!

**Denmark**

**Monday 4th November**



**Date:** Monday 4th November, 2024

**Time:** 1:30 - 3:15pm - Monitoring and Portal  
3:15 - 4:00pm - Site Protection

**Location:** Meeting Room at Denmark Shire Offices  
953 Surf Coast Hwy, Denmark

**RSVP:** By 31st October to [bnb.events@birdlife.org.au](mailto:bnb.events@birdlife.org.au)

Afternoon Tea is provided. Please inform of any special dietary requirements at RSVP.

This project is supported by funding from the Western Australian Government's State NRM Program



## SILVERSMITHING Workshop

**Nov. 2nd-3rd 9.30am - 2pm \$300**  
**or...November 9th-10th**

Jewellery making class, design make & wear home.



Contact: Zoe Phreo Silver/Goldsmith Artist Jeweller  
Ph: 041 9953 639 fb.Soul Gold Insta. soulgoldjewellery

## DENMARK DANCE



**TEACHER &  
CHOREOGRAPHER  
INGE VAN WINKEL**

**CONTEMPORARY  
&  
WORLD DANCE**

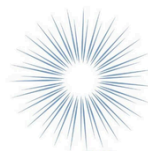
**EVERY FRIDAY 9.30-10.45 CLASS**

**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



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

# Local Events

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



## 3RD ANNUAL BUSHFIRE READY WEEKEND

Getting ready for bushfire season doesn't need to be a confronting task. Bushfire Ready Denmark is here to assist, providing resources and answering your questions. Come along to our third annual Bushfire Ready Weekend to find out what it's all about.

### FRIDAY 1 NOVEMBER

5pm-6pm Bushfire Ready Sundowner @ The Dam

Join us for a relaxed social evening at our Sundowner to kick off our Bushfire Ready Weekend. Connect with your community and bushfire personnel. Hear the latest updates from experts in the field. Speakers include Minister, DBCA, DFES and Bushfire Ready

### SATURDAY 2 NOVEMBER

10am-12pm Brigade Truck Display @ Denmark CBD

Keep an eye out in town from 10am to see the fire trucks and meet brigade members. Follow the truck trail, then afterwards head over to IGA for a yummy sausage sizzle! Children friendly displays with prizes and stickers.

2pm-5pm Introductory Sessions @ Denmark Civic Centre

Workshop 1: Firebreak and Fuel Management Notice and Major Myth Busting  
Workshop 2: Preparing your property for bushfires  
Workshop 3: Creating a bushfire emergency plan

4.30pm Bushfire Q&A with a panel of experts @ Denmark Civic Centre

2pm -5pm Advanced Sessions @ Denmark RSL Hall

Workshop 1: Retrofitting your property to be fire safe  
Workshop 2: Firewise landscaping and gardening  
Workshop 3: Bushfire Behaviour

### SUNDAY 3 NOVEMBER

10am-12pm Bushfire Brigade Games @ Denmark High School Oval

Come along and have some fun with our brigades. Kids and family activities including testing out fire engine hose skills and tug-of-war competitions.

More info at [yourdenmark.wa.gov.au/be-bush-fire-ready](http://yourdenmark.wa.gov.au/be-bush-fire-ready)




# Denmark Death Cafe

Monday 16th December  
1-3pm



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

at....

 Denmark  
Community Resource Centre

## 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



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

# Local Events

y:  
Band



# DNB

November 9th  
Bar Tarifa. Denmark WA  
7PM PM UNTIL END

## IT'S A SWING THING!

WITH LIVE SWING MUSIC BY JAZZTRIX WITH ROSÉ



### DENMARK COUNTRY CLUB SATURDAY 9TH NOVEMBER

DOORS OPEN 6 P.M. SWING DANCE LESSON 6:30 P.M. LIVE MUSIC 7 P.M.  
ENTRY \$30, DANCERS / CLUB \$25, CONC. (HCC/PENSIONER) \$20, U/18 FREE – HUMANITIX / DOOR  
LICENCED BAR (NO BYO). U/18 TO BE SUPERVISED BY PARENT/GUARDIAN  
FOOD PLATTERS AVAILABLE BY PRE-ORDER VIA CLUB: 989481413  
ALL WELCOME, WHETHER DANCING, WATCHING OR LISTENING



# Soupy

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





## 2024 Seniors Week Celebration Lunch

**THURSDAY 14 NOVEMBER 2024**  
**11.30AM - 2.30PM**  
**Boston Brewery, Denmark**

The Shire of Denmark invites residents aged 60+ to join the 2024 Seniors Week Celebration. The theme for 2024 is **"Explore. Engage. Evolve."**  
There will be food, fun entertainment, prizes and more!  
(Drinks are not provided but available for purchase at the venue).  
Places are limited. **Bookings are essential.**  
For catering purposes, there will be no late admissions after 12noon.

**Bookings via Humanitix:**  
<https://events.humanitix.com/shire-of-denmark-seniors-week-luncheon> or scan code.



**FREE**

**FOR FURTHER INFORMATION**  
Contact Natalie Pescud on 9848 0336 or [natalie.pescud@denmark.wa.gov.au](mailto:natalie.pescud@denmark.wa.gov.au)

Supported by  
 Government of Western Australia  
Department of Communities

 COTA  
WILSON AUSTRALIA

 Denmark  
Community  
Resource  
Centre

 act  
belong  
commit

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

# Local Events



## DENMARK Visual Art Showcase



Helena Zlatnik

Michelle Moore

Carol Almond

Gee Whizz

Leanne Miffin

**DENMARK COMMUNITY RESOURCE CENTRE**  
Thursday, 21 November - Sunday, 1 December

Opening Celebration 6pm  
**THURSDAY 21 NOVEMBER 2024**

Denmark CRC Gallery  
2 Strickland Street, Denmark  
Opening Times 10am - 4pm

Contact [denmark@srtafe.wa.edu.au](mailto:denmark@srtafe.wa.edu.au) or 6371 3222 for further information



**DENMARK MTB CLUB**  
**ROCKCLIFFE CLASSIC XC**  
**SATURDAY 2 NOVEMBER 2024**

DENMARK MOUNTAIN BIKE CLUB PRESENTS THE ANNUAL CROSS COUNTRY MTB RACE. ENJOY AN AFTERNOON OF FAMILY FRIENDLY RACING FOLLOWED BY A SUNDOWNER AT ROCKCLIFFE WINERY.

**WHERE: ROCKCLIFFE WINERY, 18 HAMILTON RD, SCOTSDALE WA 6333**

REGISTRATION 12.30PM, RACING FROM 1.30PM FOLLOWED BY PRESENTATIONS AT 4.00PM

CHOOSE FROM THE FOLLOWING CATEGORIES:  
NEW TO CYCLING? TRY THE INTRO TO MTB CATEGORY  
SENIOR (MALE/FEMALE) - A/B/C GRADE/E-BIKES  
JUNIOR (BOYS/GIRLS): UNDER 9/11/13/15

**PRIZES** ENTRY FEES \$15 JUNIORS (UNDER 19 YEARS) \$25 SENIORS.

**SPECTATORS WELCOME**

ROCKCLIFFE CELLAR DOOR OPEN

MONKEY ROCK DENMARK DIESEL & AGRICULTURAL REPAIRS MCC ROCKCLIFFE DENMARK BUILDING CO.

WWW.DENMARKMTB.COM.AU  
WWW.FACEBOOK.COM/DENMARKMOUNTAINBIKECLUB

## 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.

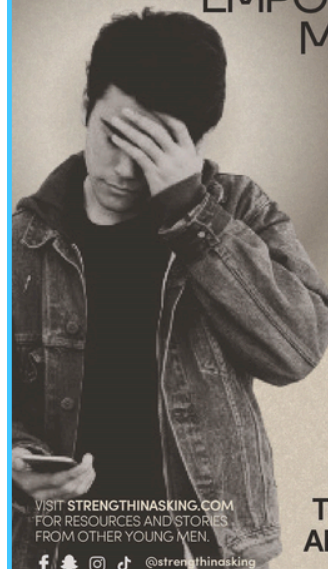
Contact Ingrid on 0409 680 617 to book.

[ingridjansenneeling.com](http://ingridjansenneeling.com)  
[peacefulschoolsproject.com](http://peacefulschoolsproject.com)

## STRENGTH IN ASKING

YOU'RE NOT ALONE.

### EMPOWERING MEN'S MENTAL HEALTH



MANY YOUNG MEN FACE MENTAL HEALTH CHALLENGES. STRENGTH COMES IN SEEKING HELP. DISCOVER RESOURCES AND SUPPORT TO NAVIGATE YOUR MENTAL WELL-BEING. JOIN THE CONVERSATION.

VISIT OUR WEBSITE



USE THE HASHTAG  
**#STRENGTHINASKING**  
TO SHARE YOUR STORY  
AND BREAK THE STIGMA

VISIT [STRENGTHINASKING.COM](http://STRENGTHINASKING.COM)  
FOR RESOURCES AND STORIES  
FROM OTHER YOUNG MEN.

[f](https://www.facebook.com/strengthinasking) [i](https://www.instagram.com/strengthinasking) [t](https://www.tiktok.com/strengthinasking) [y](https://www.youtube.com/strengthinasking) @strengthinasking

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



SARABANDE ENSEMBLE PRESENTS

## DARLINGTON STRING QUARTET

SUNDAY 3 NOVEMBER 4PM

DENMARK UNITING CHURCH Tix \$40 trybooking



### 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.



## Denmark's SECOND-HAND CLOTHING MAP



### 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.

# Local Events



G S  
U C

GREAT SOUTHERN

**TAPAS TEMPTATIONS**  
for  
**Denmark Study Hub**  
students

**CELEBRATING  
SUCCESS: END OF  
UNI YEAR**



Eat, drink, relax! You've earned a fun night out.  
Tuesday 27 November  
from 5.00 til late

**Bar Tarifa**  
89 Strickland Street  
Denmark

\$10 GS Unicentre  
Registered student  
\$35 for your +1

RSVP 20/11/24  
[admin@gsunicentre.edu.au](mailto:admin@gsunicentre.edu.au)



**Golden Hill  
Steiner School**

**SPRING \* FAIR  
+ OPEN DAY**  
10AM - 2PM  
16TH NOVEMBER

LIVE MUSIC \* ARTISAN MARKET \* RAFFLES & PRIZES  
FRUIT, VEG, BAKERY AND MORE


FOOD STALLS \* SCHOOL TOURS \* FACE PAINTING

CIRCUS \* ACTIVITIES & GAMES \* MAYPOLE \* MINIATURE PONIES

LOCAL ARTS & CRAFTS \* COFFEE CART

PETTING ZOO \* KIDS CRAFT \* CANDLE DIPPING  
DUCKLINGS & CHICKS

222 SCOTSDALE ROAD, DENMARK  
[WWW.GOLDENHILL.WA.EDU.AU](http://WWW.GOLDENHILL.WA.EDU.AU)



Government of Western Australia  
North Metropolitan Health Service



*BreastScreen*  
WA's only accredited screening 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:

**Denmark**  
Denmark Health Service Carpark, 50 Scotsdale Road  
08/11/2024 - 18/12/2024  
Dates may be subject to change


For an appointment  
book **online** or phone 13 20 50




*BreastScreen*  
AUSTRALIA  
A joint Australian, State and Territory Government Program



NOV 2023



**DENMARK  
CHESS  
CLUB**



**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](mailto:events@denmarkcrc.com.au)

# Local Events



## Walk with us

TO SUPPORT PEOPLE IN  
THE GREAT SOUTHERN

- Family Separation Services
- Family & Domestic Violence
- Counselling Services
- Financial Counselling
- Housing Advocacy
- Disability (NDIS provider)



*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!



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

## INDOOR MARKETS

Jewelry

**AT THE**

Bric-a-brac

Scones

**DENMARK**

Dog  
Treats

Plants

**SCOUT HALL**

**McLEAN PARK**

Craft

**BRAZIER STREET**

**3RD SATURDAY**

Tea

**OF THE MONTH**

**8am - 12 noon**

Face

Masks

**FREE ENTRY**

Coffee

Wooden Toys

Jam's etc.

# Local Events



12 Sanford Road, Centennial Park, Albany, W.A 6330  
P: (08) 6820 2828  
E: admin@candoalbanby.com.au  
E: programs@candoalbanby.com.au  
(LA Wilkinson ABRN: 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@candoalbanby.com.au](mailto:programs@candoalbanby.com.au)

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

## 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>




# Soupy

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

Denmark  
Community  
Resource  
Centre

SHIRE OF DENMARK  
PRESENTS

# Carols by Candlelight

BERRIDGE PARK  
14 DECEMBER 2024

FROM 4.00PM  
MARKETS | FOOD  
ACTIVITIES

6.00PM  
CAROLS BY  
CANDLELIGHT

Bring a rug, picnic and your family and enjoy  
an evening of carols under the stars.

Denmark  
Community  
Foundation

**FREE EVENT**

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

# Local Events

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.




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



 Zenergy  
WELLNESS

## Join me Wednesdays



### Qigong/Neigong with Jaime

\$18 per class

12-2pm, Scout Hall, Denmark 0407429280  

 Australian Red Cross

 Red Cross acknowledges the Traditional Owners of this land, their ancestors and Elders, past and present.

 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
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**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

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

# Events From Further Away

## 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:** Reminisc Cafe at the Denmark Rivermouth Caravan Park

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

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



## Childhood Sleep Q & A

A FREE online workshop for parents and caregivers with children that are having sleep issues (Up to 5 years)

Sleep is an essential building block for your child's mental health and wellbeing. This workshop will cover:

- What is adequate sleep
- Sleep problems with young children
- Tools and strategies to assist my child with sleep
- Q & A about sleep and concerns you may have

Presented by Stephanie Rea,  
360 Family Health.

Bookings Essential.

Booking link: [GS SLEEP T4](#)

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

T: 0448 137 192

**When:** 10am – 12pm  
**Wed 6 Nov 2024**  
**Where:** Online



## The Power of Play: Strengthening the Family Bond Through Movement

FREE workshop for parents and carers of children  
2-10 years

Discover fun, easy ways to connect with your child through play and movement. Learn to:

- Boost your child's development
  - Enhance family communication
  - Create joyful memories together
- No special skills needed - just bring your enthusiasm and wear comfortable clothes to move in.

To book:

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

T: 0448 137 192

**When:** Wed 13 November  
2024

9.30 – 11am

**Where:** Albany Family  
House, 219 North Rd,  
Yakamia.



## Child Behaviour & Emotional Regulation

A FREE online workshop for parents and caregivers discussing tools and strategies to manage behaviour in children up to 12 yrs.

"Children learn how to regulate their emotions through co-regulation"-  
Stuart Shanker

This workshop will provide you with:

- Research about brain development that will help you understand how and why children behave the way they do
- Evidence-based parenting theories and strategies that will help you to better support your child's behaviour
- Knowledge about emotional regulation

Bookings Essential.

Booking link: [Emotional Reg GS T4](#)

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

T: 0448 137 192

**When:** 10am – 12pm  
**Wed 13 Nov 2024**  
**Where:** Online



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

# Events From Further Away



Denmark  
Community Resource Centre



**Great Southern Ability Festival**  
Celebrating Abilities and Talents  
**Tuesday 3 December 2024**  
10am - 2pm  
**Albany Town Square** **Free Event**

Markets, arts and crafts, entertainment, info, refreshments and giveaways.  
Ace Camera Club, Chill Zone, drumming, Singability, Zumba, sausage sizzle and more!

**Fun for the whole family**  
Celebrating International Day of People with Disability  
[www.facebook.com/greatsoutherndisabilitynetwork](http://www.facebook.com/greatsoutherndisabilitynetwork)

**Logos:** Great Southern Disability Network, International Day of People with Disability, Southern Ports, CLIA, Government of Western Australia, Department of Communities, Albany, TAFE, South Regional, RioTinto.



**65th 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 Plein 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



**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](http://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.



**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**

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

## Denmark Kwoorabup Community Garden Workshops & 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.



# CRC Emergency Relief Support

## 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.



# Community E Bus Fundraiser

On the 27th of October we successfully Raised \$1300!

Thankyou to our amazingly supportive community

