Denmark Community Guide

Next Issue Of The Guide Out on the 8th of January

8th Jan - 22nd Jan 2025 Issue #305

Exciting News

Paid Traineeship Available!

Start your career with a paid traineeship at the CRC! Call 9848
2842 to request an

Application Pack.

Applications close **4**

pm, Monday 20th

January 2025 don't miss out!

We're back!

Opening hours,
9am to 4pm
Monday to
Friday we are
closed on the
weekend.

| Weekly Trips to Albany – Starting 22 January!

From 22 January, we're offering weekly trips to Albany, departing in the morning and returning to Denmark early afternoon. Bookings are essential—**call** us at **9848 2842** to reserve your spot!

We also want to hear from you to ensure this pilot program meets your needs. Let us know where you live, **where you'd like to go**, and when. Your input helps shape a service tailored for our

Don't miss out—**call 9848 2842** today to book your seat and support this vital transport project!



community.





The CRC is excited to offer a new service to support those needing assistance with their **Advance Care Plan**, including:

• Advance Health Directive

• Enduring Power of Guardianship

• Enduring Power of Attorney

Health / is wealth



We're hosting **two information sessions this year** to guide you through the process—one in **March** and another in **June**. Stay tuned for dates!

Already started your Advance Care Plan but need a little help? Book a **one-on-one consultation** with Kit Bewley for personalised support.

Call us on **9848 2842** to schedule your private consultation. Let us help you take control of your future planning!











Denmark Community Bus



CALL 9848 2842 FOR BUS BOOKINGS

Photos by Serena Kirby





Mill Art Group Exhibit on now!









FREE live stream workshops for small business!

Register now and see more upcoming workshops at albanybusinesscentre.com.au/crc or call your local CRC



Excel Basics Tuesday 11am-1pm, 3 December 2024

how to find helpful functions and formulas when making spreadsheets for business

Creating Killer TikToks and Reels Thursday 11am-1pm, 12 December 2024

create engaging portrait video content in-app or in Canva

How to Start a Business Wednesday 11am-1pm, 15 January 2025

so you've got an idea... what's next? Market research, licenses, approvals, will it fly?

Excel Next Step Tuesday 11am-1pm, 21 January 2025

improve productivity with next-step functions and formulas – like a summary page!

Change Your Life with Canva Thursday, 11am-1pm, 13 February 2025

make a basic social media post or flyer in this intro to Canva (free design software)

Backend of Business Tuesday 11am-1pm, 25 February 2025

love the hands-on part of business but not admin? Let's talk GST, super, cost and more

Budgeting and Pricing Thursday 11am-1pm, 13 March 2025

have you priced it right? We'll cover cost versus income and growth strategies

Developing a Social Media Strategy Thursday 11am-1pm, 27 March 2025

create an action plan as we discuss different platforms and who you are aiming at

Bremer Bay | Denmark | Frankland River | Gnowangerup | Jerramungup Katanning | Mount Barker | Ongerup | Pingrup | Tambellup | Wellstead

live and FREE at your local CRC











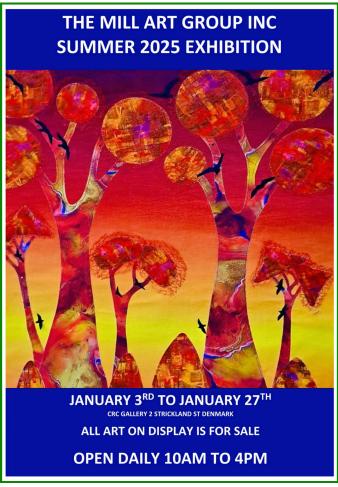








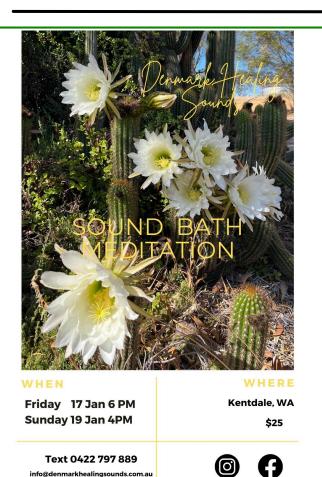


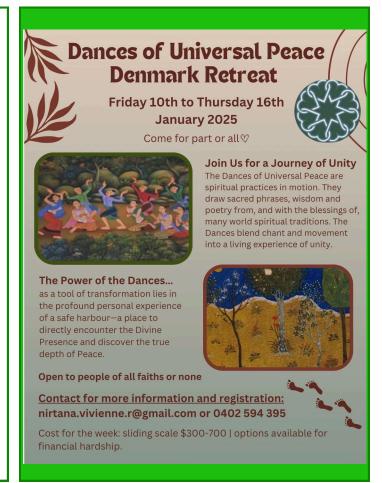








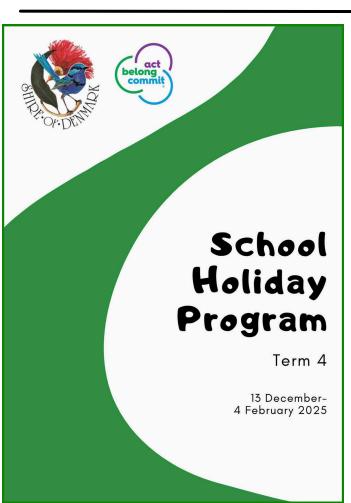


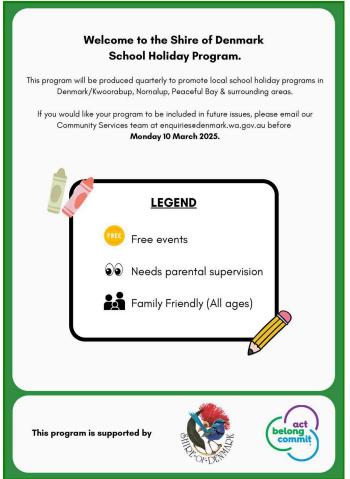














www.denmark.wa.gov.au

School Holiday Fun!





Denmark Art Club

Summer School Textiles

Small group classes facilitated by experienced Denmark local textile artist and teacher Jodie Pollard. You will be guided and supported through easy step by step instructions. No prior skill level necessary. Best suited for ages 12+.

All materials and tools supplied. Includes a delicious home baked morning or afternoon tea. Bring your own machine or use the shared sewing machine and overlocker available.

Cost: \$93 + booking fee per class

Teddy Bear

Want a handmade treasure to give to someone special?

When: Tuesday 7 January 9am - 12pm Tuesday 14 January 1pm - 4pm

Basket Weaving

Using natural fibres dyed with indigenous plant, flower and fruit dyes. Hand weave a basket or mat of your choice.

When: Wednesday 8 January 9am - 12pm Wednesday 15 January 1pm - 4pm

Reversible Shoulder Bag from Denim Jeans

Walk away with it on your shoulder. An upcycled

beach/school/shopping bag. Complete with pockets inside and out. Embellish it your way.

When: Thursday 9 January 9am - 12pm

Thursday 16 January 1pm - 4pm

Macrame Hanger & Hand Dyed Scarf

Your style, your colours. Whilst the dye is steeping on your scarf, we will create a single or double macrame hanger.

When: Sunday 12 January 9am - 12pm Sunday 19 January 1pm - 4pm

Bookings at www.eventbrite.com.au

For more information 0477 554 765





School Holiday Fun!

www.denmark.wa.gov.au



Valley of the Giants Tree Top Walk

www.treetopwalk.com.au

Children MUST be supervised by a parent for all activities.

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: Monday January 6 & Wednesday January 15

Time: 10.30 am - 11.30 am

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

Storytale Trail



Listen to enthralling Aboriginal and nature stories whilst walking through the giant tingles and tall karris.

Best for ages 4+

Meet: Tree Top Walk ticket office

When: Friday 10 January & Tuesday 14 January

Time: 10.30 am - 11.30am 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: Tuesday 7 January & Friday 17 January

Time: 10.30 am - 11.30 am Cost: Free (Min 4/Max 18)

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







School Holiday Fun!

www.denmark.wa.gov.au



Valley of the Giants Tree Top Walk





Discover the vibrant colors and unique shapes of various plants and seeds, learn about their roles in our ecosystem, and see how they help pollinators like bees and butterflies. Learn and appreciate the wonders of the forest.

Best for ages 6+

Meet: Tree Top Walk ticket office

When: Monday 13 January Time: 10.30 am - 11.30 am

Cost: Free - (Min 4 / Max 18)

Kids on the Beach 💊 💿 🥶





The beach is more than just sand and water. Explore, discover and learn what else makes up our amazing environment.

Best for ages 4+

Meet: Coalmine Beach When: Thursday 9 & 16 January

Time: 10.00 am - 11.00 am







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

Explore the tingle forest by tarchlight 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.

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

When: Tuesday 7 & 14 January, Thursday 9 & 16 January

Cost: \$31.50 adult, \$15.50 child, \$78.50 family (2A, 2C), \$23 concession - (Min 10A / Max 18) Bookings Essential by 4.30 pm each day of the activity at www.treetopwalk.com.au

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





www.denmark.wa.gov.au



A Trip to the Beach 👀 🥶







Our local beach, Ocean Beach, is currently closed for redevelopment works. The project is on schedule to be completed by October 2025. Due to the Ocean Beach closure, we are anticipating extensive traffic and visitor numbers in the Prawn Rock Channel and Ocean Beach Lookout area this summer.

Why not consider a visit to some of these amazing locations instead? Incredible beaches in our local area:

Lights Beach 11km Madfish Bay 20km Elephant Rocks 18km Greens Pool 18km Parry Beach 27km Hillier Beach 29km Boat Harbour (4WD only) Peaceful Bay 50km Cosy Corner 35km Anvil Beach 33km Shelley Beach 38km Mutton Bird Beach 45km



Please remember: Never swim alone, stay within your limits and always have supervision for children.

To feature your event or activity in the next School Holiday Program, send your event details to enquiries@denmark.wa.gov.au before Monday 10 March 2025.













<u>DENMARK</u> <u>EMBROIDERY</u> <u>GROUP</u>

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 nonexperienced 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



<u>DENMARK</u> <u>EMBROIDERY</u> <u>GROUP</u>

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

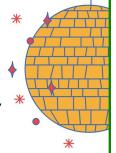


LESSON + SOCIAL DANCING RSL Memorial Hall

6.30-7.30pm: Swing Lesson

7.30-8.30pm: Social Dancing

Cost: \$10



DENMARK

Swing Dancing

EVERY TUESDAY NIGHT









INDOOR MARKETS

Jewelry

AT THE Bric-a-brac

Scones

DENMARK

Dog **Treats**

Plants

SCOUT HALL

McLEAN PARK Craft

BRAZIER STREET

3RD SATURDAY OF THE MONTH

8am - 12 noon

Face Masks

FREE ENTRY

 $C_{Off_{ee}}$

Wooden Toys

Jam's etc.



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









Mount Hallowell Reserve Management Plan Review Underway

It's time to review the management plan for this precious reserve at the heart of our community. Independent consultant Aurora Environmental is conducting a comprehensive review to identify the best path forward for the management of the reserve.

During the review, there will be multiple opportunities for community members to engage with the review, starting with a widescale community survey.

Have Your Say: Community Survey Open Wednesday 20 November - Friday 17 January

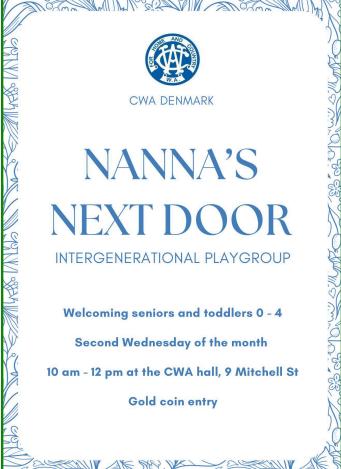
Participate by completing a **hard copy survey available** from the Shire of Denmark Administration Building or **submit a completed survey online**.

Find out more about the review process.

Visit yourdenmark.wa.gov.au/mount-hallowell-management-plan-review









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





Apply for a \$400 rebate when you have your old single flush toilet replaced by a licensed plumber with a new WELS 4-star dual flush toilet.







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

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

Book a **Home Energy**



A Totally Renewable Denmark Initiative



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





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 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

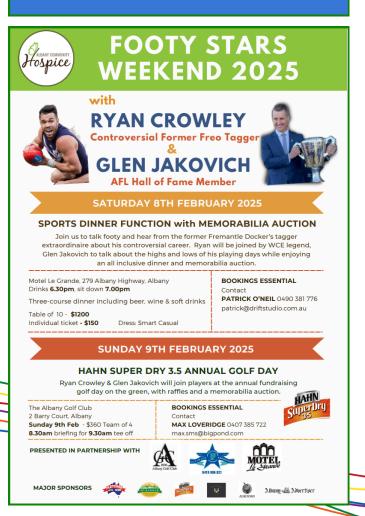
The Denmark Futures 2024 Seniors Handbook is now available online for FREE download at www.denmarkfutures.org.au





2024 SENIORS HANDBOOK

Your Guide to Local Services and Support











Empowering Young Leaders in Disability (WA)

Are you a young person living with disability aged 12-25 in regional WA?

Join the Youth Disability Advocacy Network at our **free** Empowering Young Leaders in Disability workshop!

A peer-led initiative, come to our workshop to:

- Participate in peer led discussions on selfadvocacy and disabled cultural identity
- Learn how to share your story and speak publicly
- Gain confidence navigating employment and community development
- · Develop leadership skills

To express your interest scan the QR code, or find more information at https://ydan.com.au/

Join us at:

City of Albany
Offices 102 North

Rd, Yakamia WA

6330

Civic Rooms

Wednesday, 15th

Jan 2025

11pm-3pm

Proudly supported by the Department of Communities.





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

ALBANY SUMMERS CHOOL. COM. AU

Bookings open 8am Tuesday 24th September

Early Bird Prize Draw for enrolments by 25 Oct





Basket Weaving Workshops Wangee Maaje

Come along, explore and learn about weaving and the Menang (Merningar) culture!

Starting from December 2

Great Southern Museum Co-Op Building 10.30am - 2.30pm

All workshop dates:

December 2, 9 & 16 January 13 - 15, 20 - 22 February - Exhibition











Be a part of Teach Learn Grow's

Growing Together Initiative

The **Growing Together Initiative** is a summer up-skill program for 15-18 year olds to design, develop and run a volunteering or community outreach project of their choosing with the support of our experienced team.

Apply now to start the year strong by developing employable skills and making strong industry connections in your community!

• Who: 15-18 year olds When: January 2025 Cost: completely free















INFORMATION, CALL US AT 9842 2082 4 SANFORD RD (BEHIND HEAD TO TAIL PETS)











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.

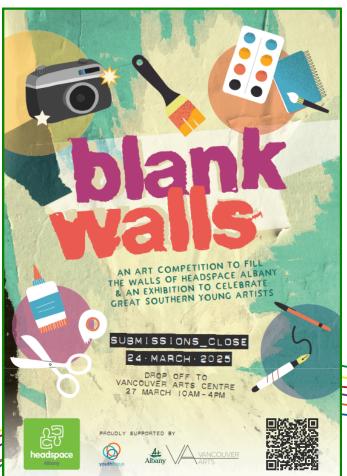


- Use humour appropriately
- Enter and exit conversations
- Be a good host during get-togethers
- Be a good sport
- Handle arguments and disagreements Change a bad reputation
- Handle rumours and gossip Handle rejection, teasing and bullying
- Safe use of electronic communication

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











Practical Skills for the Real World:

In addition to foundational education, our course integrates industry specific "tickets" to make you ready for the workplace.

Acquire credentials such as:

CPCWHS1001 Prepare to work safely in the

construction industry HLTAID011 Provide First Aid

SITHFAB021 Provide responsible service of alcohol

These certifications enhance the practical dimension of your education, positioning you as a highly valuable candidate in today's competitive job market.

Foundation Skills

Discover the key to personal and professional advancement through our Certificate II in General Education for Adults. This program is meticulously crafted to elevate your literacy and numeracy skills, providing a solid foundation for further education, employment opportunities, and community engagement.

The Certificate II in General Education for Adults (CGEA), acomprehensive program designed to empower you with the essential skills needed to thrive in today's dynamic world. Whether you're looking to access further study, secure employment, or actively participate in your community, this course is tailored tomeet your unique needs.

08 9376 2800

RTO#: 0361

Location

St Emilie Way Albany WA 6330

Course Start Date: 10th February 2025

What is the study mode?

The Certificate II in General Education for Adults is a face-to-face course. The course is delivered 4 days per week (Tuesday-Friday), 4 days classroom-based over a 9 week period. Catch-up sessions are available for addition sions are available for additional

How do I get in?

You must be between 15 and 24 years of age to study the course. Applications are through Skill Hire. You'll need a Unique Student Identifier (USI).

To set up your USI, visit www.usi.gov.au

What do I need to bring?

All other learning resources will be supplied by Skill Hire during the program. A device may be provided for use by Skill Hire however use of a personal device is encouraged





Life Now

Albany six-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 andmeditation. 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



Albany six-week yoga course	
Days	Tuesdays
Time	11:00am – 12:00pm
Dates	18 February – 25 March 2025
Location	Albany Yoga Room 2/90 Frederick Street, Albany

All events require minimum numbers to run and eligibility criteria will apply.

Registrations are essential.

To apply to participate in a course scan the QR code or visit cancerwa.asn.au and view the Event Calendar, or call our cancer nurses on 13 11 20 for more information.

Information is correct at time of printing





WEDNESDAY 12 MARCH 2025 | 6.00pm-8.00pm

Light refreshments available. Limited places. (This is a ticketed event).

The University of Western Australia Albany,

35 Stirling Terrace, Albany. Registrations are essential, visit: ruralhealthwest.eventsair.com/gshpn120325e-alb/registration or scan the QR code (right) with your mobile phone.



The Great Southern Health Professionals Network and the WA Voluntary Assisted Dying Statewide Care Navigator Service (SWCNS) are proud to deliver this education evening event with support of the Great Southern Palliative Care team and Albany Hospice, who will all be present on the night.

This event will help all health professionals to understand Voluntary Assisted Dying (VAD) and how this can apply to your practice and the patients and families you care for. Gain insights into your legal responsibilities, patient communication, the role of multidisciplinary care and the lived experience of VAD in WA.

This event is EREE for m















Understanding voluntary assisted dying

Great Southern COMMUNITY **EDUCATION EVENT**

FREE AND OPEN TO ALL **COMMUNITY MEMBERS**



THURSDAY 13 MARCH 2025 | 9.30am-11.30am Albany Public Library Meeting Rooms, Albany

REGISTRATION IS ESSENTIAL

Visit ruralhealthwest.eventsair.com/com-ed-vad-albany/reg or scan the QR code with your mobile phone camera.



An informative COMPASSIONA/e workshop

Rural Health West and the WA Voluntary Assisted Dying Statewide Care Navigator Service are proud to deliver this free workshop designed to share understanding of what voluntary assisted dying is, the lived experience and processes

Whether you're seeking clarity or just want to be informed, this workshop offers a respectful space for learning and discussion.

Team members from the Great Southern Palliative Care Service and the Albany Community Hospice will also be involved in the worksh

For further information, please contact familysupport@ruralhealthwest.com.au

THIS WORKSHOP IS SUPPORTED BY Government of Western Au Department of Health End-of-Life Care Program



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.