

Denmark Community Guide

We Support, Empower and Engage our Community

16th-30th of April 2025 Issue #312 online

We Want Your Feedback!

We're trialling a new online format for The Guide and would love to hear what you think. Help us make it better by sharing your feedback to

9848 2842 or reception@denmarkcrc.com.au

Also, for anyone wanting to place an ad or flyer in The Guide, please send your A4 flyer (PNG or JPEG format) to events@denmarkcrc.com.au

To make things easier for our readers, please use high contrast fonts and keep the information short and clear.

Thanks for supporting your local guide!

Better Health Co

The Better Health Coaching Service is a free program for adults in Denmark, Western Australia, offered by the Better Health Company and funded by the Department of Health Western Australia.

If you're over 18 and living in the area, it's available to support you in managing your health. **<https://betterhealthcoaching.com.au/wa/services/>**



www.denmarkcrc.com.au/events



Government of **Western Australia**
Department of **Communities**

Denmark Community Guide

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Food and Debt Relief support

If you're feeling overwhelmed by money or personal issues, it can be hard to know where to turn. You don't have to do it alone.

In an emergency, there are services to help you with food, housing and bills, and emotional support.

If you don't know where to start, call the free National Debt **Helpline on 1800 007 007**.

The helpline is open Monday to Friday, 9:30am to 4:30pm. Or live chat, <https://ndh.org.au/> Monday to Friday, 9:00am to 8:00pm.

Aboriginal and Torres Strait Islander peoples can call the free Mob Strong Debt **Helpline on 1800 808 488**. The helpline is open Monday to Friday, 9:30am to 4:30pm.



www.denmarkcrc.com.au/events



Government of **Western Australia**
Department of **Communities**

Look after your financial health as well as your physical health

If you are struggling with debt or in financial hardship you can get **free** assistance from a financial counsellor.

Visit the National Debt Helpline **ndh.org.au** or call
1800 007 007



We provide **free**, independent and non-judgemental advice.

Financial counsellors work in not-for-profit community organisations. They will guide you through your options and help you deal with your financial situation. They are not financial planners or advisers.



**NATIONAL
DEBT
HELPLINE**
1800 007 007
ndh.org.au



WA Rent Relief Program

The WA Rent Relief Program is an initiative that aims to keep Western Australians with private tenancies in their homes.

What the Program offers

The WA Rent Relief Program offers a single payment of up to \$5,000 per household, supporting private tenants to continue their tenancy by:

- Clearing rental arrears.
- In some circumstances, providing a 50% contribution to future rent costs for up to three months.
- Paying rent relief directly to the landlord or property manager - if agreement is made to continue the tenancy.
- Facilitating access to financial, social and advocacy supports.

To apply, you must meet all criteria below (with evidence):

1. You must live in Western Australia.
2. You Privately rent on one the following formal agreements:
 - Residential Tenancy Agreement (Form 1AA)
 - Standard form on-site home agreement
 - Standard form site-only long-stay agreement
3. Your household is experiencing rental stress – your rent is higher than 30% of your gross household income and you have less than \$3,000 in the bank.
4. Your household is in rental arrears and risks eviction.
5. Your household has not previously received a Rent Relief Program grant from any partner.

For more information and to find out if you are eligible call

Emergency Relief Food Access Service

1800 979 777

between 9.30am and 5.00pm
Monday to Friday

and select Option 3 to speak to
the Rent Relief Triage Team.



[Privacy](#)

[Terms of Use](#)

[Feedback and Complaints](#)

Experiencing Financial Difficulties?

The following agencies can also be contacted:

National Debt Helpline: 1800 007 007

Emergency Relief & Food Access Service: 1800 979 777

Vinnies Emergency Assistance and Support: 1300 794 054

CUPPA'S & CLICKS SHORT COURSE



Be Connected

Every Australian online.

WHAT IS A TEXT OR SMS SCAM?

In this course, you'll learn about text or SMS scams.

You'll find out how to identify if a text or SMS is likely to be a scam, and what steps you can take to protect yourself from text or SMS scams.

Join Now call
9848 2842 to
book



24th April
CRC
10AM – 11AM



COMMUNITY PILOT BUS PROJECT

**Planning a fun day in
Albany?**

**Did you know about the
CRC's community bus
pilot project?**

Donation based service

**Children under 18 must
be accompanied by an
adult**

Wheelchair accessible

**Spaces are limited – book
your spot today!**

BOOK NOW

9848 2842

reception@denmarkcrc.com.au



SCHOOL HOLIDAYS IN DENMARK

Valley of the Giants Tree Top Walk

www.treetopwalk.com.au

Children MUST be accompanied by an adult for all activities.
Bookings: at www.treetopwalk.com.au or (08) 9771 7915

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.

Best for all ages

Meet: Tree Top Walk ticket office

When: Monday April 14 & Thursday April 24

Time: 10.30 am - 11.30 am

Cost: Free (Min 4/Max 18)

Essential: Closed in shoes



Bug Hunt

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

Best for ages 4+

Meet: Tree Top Walk ticket office

When: Tuesday April 15 & Tuesday April 22

Time: 10.30 am - 11.30 am

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

Essential: Closed in shoes



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: Thursday April 17

Time: 10.30 am - 11.30am

Cost: Free - (Min 4 / Max 18)



Denmark Public Library

Movie Fun | Runt Rated PG

Due to popular demand, re showing of Runt. Runt is based on Craig Silvey's beloved best-selling novel. This charming Australian family movie is the heartfelt and hilarious tale of eleven-year-old Annie Shearer and her best friend Runt, an adopted stray dog with remarkable abilities. Rated PG

When: Monday 14 April

Time: 2pm



Waste for Craft

In this workshop we will be creating little mobiles out of old lenses and beads. Everything will be supplied, but we invite children to have a look at home to see if they have anything to add to their special project.

When: Thursday 17 April

Time: 10:30am - 12.00pm

Age: 6 years +



Lego Challenge

Use your imagination to build cool things at the School Holiday, Library Lego challenge.

When: Wednesday 23 April

Time: 3.30pm - 4.30pm

Age: Children 6 years +



STEM: Coding with Angus

This is a free, workshop for those who want to learn how to code. Using the Micro:Bit. This activity is #1 STEM topic for fun and learning. Using Micro:bit you can learn how to make fun games and animation.

When: Thursday 24 April

Time: 10.30am - 11.30am

Age: Children 12 years +



Bookings essential! Limited places available.

For more info, contact the Library

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

www.denmark.wa.gov.au/library



Valley of the Giants Tree Top Walk

www.treetopwalk.com.au

Children MUST be accompanied by an adult for all activities.
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Cost: Free - (Min 4 / Max 18)



Valley of the Giants Tree Top Walk

Under the Tree Top Walk

Take this unique opportunity to see the Tree Top Walk from a very different perspective. Learn about the history and construction of this iconic structure.

Best for ages 6+

Meet: Tree Top Walk ticket office

When: Wednesday 16 April & Wednesday 23 April

Time: 10.30 am - 11.30 am

Cost: Free - (Min 4 / Max 18)



Sunlight to Starlight - tickets valid all day!

Daytime: Adventure awaits in the captivating tingle forest

Sunset: Experience the tranquil beauty of the tingle forest as the sun sets

After Dark: Take in the breathtakingly stunning night sky from the top of the Tree Top Walk... then explore the Ancient Empire trail and discover the elusive forest inhabitants that come out at dusk. Recommended: Warm clothing, torch.

When: Saturday 19 April & Saturday 26 April

Time: 9.00am - 9.00pm (last ticket sales 8pm)

Cost: Regular Tree Top Walk entry prices apply.

Purchase tickets online at www.treetopwalk.com.au or at ticket office on the day.



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

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

Best for all ages

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

When: Tuesday 15 & 22 April and Thursday 17 & 24 April

Time: 7.30pm - 9.00 pm

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 or (08) 9771 7915



Children MUST be accompanied by an adult for all activities.

Bookings: at www.treetopwalk.com.au or (08) 9771 7915

Accessibility at Tree Top Walk
www.treetopwalk.com.au/accessibility



School Holiday Fun!

www.denmark.wa.gov.au



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

SCHOOL HOLIDAYS IN ALBANY

APRIL 2025 SCHOOL HOLIDAY & YOUTH WEEK EVENTS

Events are tailored for different age groups. Use the legend below to find the perfect event for you.

● 3+ years of age
 ● 5/6+ years of age
 ● 7/8+ years of age
 ● 10+ years of age
 ● All ages
 ● N/A (No booking required and/or free event)

DATE	TIME	LOCATION	EVENT	DESCRIPTION	AGE	BOOKING REQUIRED	COST
FRI 11 APRIL	6:00pm - 7:30pm	ALAC - Courts	Wheelie Fun Party (Scooters allowed)	Bring skates, blades or scooters for this fun session on the courts with disco lights and glow sticks.	5+		\$7.50 pp
MON 14 APRIL	9:00am - 11:00am 12:30am - 2:00pm	Vancouver Arts Centre	Easter Cookie Decorating	Easter themed cookie decorating workshops.	10 - 17 yrs	BOOK HERE	\$10.00 pp
	9:30am - 11:00am	ALAC - Courts	Skate Zone (Rollerskates & blades only)	Whizz around the courts to some tunes, bring your own skates or blades or borrow some of ours.	5+		\$5.00 pp
TUES 15 APRIL	10:30am - 11:30am	Albany Public Library	Easter Sun Catchers	Create stunning sun catchers, just add cellophane.	5+	BOOK HERE	
	9:00am - 12:00pm	Vancouver Arts Centre	Easter Cupcake Decorating	Easter themed cupcake decorating workshops.	10 - 17 yrs	BOOK HERE	
	9:30am - 12:00pm	ALAC - Courts	Court Chaos	Drop the kids into ALAC's care for the morning. We have soccer, dodgeball, roller skating, bouncy castle, arts & craft, and more.	7 - 11 yrs		\$12.00 pp
WED 16 APRIL	3:30pm - 4:30pm	Albany Public Library	Garden Grubs	A Tree Festival Event: Hands-on activities intertwined with delightful storytelling.	3+	BOOK HERE	
	11:00am - 2:00pm	Town Square	INFLATADAY (Youth Week)	Four large inflatable activities in Town Square (bouncy castles, obstacle runs), entertainment from Jamie the Clown plus food vendors and stalls!	All Ages		
	10:00am - 3:00pm	Town Hall	Bazaarium Youth Markets (Youth Week)	Market stalls run and operated by young people aged from 10 - 25. Selling handmade or thrifted items and all funds raised go to the stall owners.	All Ages		
THU 17 APRIL	10:30am - 12:00pm	Tjuirtgellong / Lake Seppings	Story Walk at Tjuirtgellong	A Tree Festival Event: Join us for a Story Walk adventure and hunt exploring Honey Possum's Bush Cafe.	3+	BOOK HERE	
	10:00am - 3:00pm	Town Hall	Bazaarium Youth Markets (Youth Week)	Market stalls run and operated by young people aged from 10 - 25. Selling handmade or thrifted items and all funds raised go to the stall owners.	All Ages		
	1:30pm - 3:00pm	Albany Public Library	Family Movie: The Secret Garden	Grab your popcorn because it's movie time.	8+	BOOK HERE	
	2:00pm - 4:00pm	ALAC - Pool	Full Pool Inflatables	Both pool inflatables go in the water, test yourself on the giant obstacle course or try and get to the end of the Wobble Log.	6+ (swimmers stage 4+)		\$9.00 pp
FRI 18 APRIL	10:30am - 11:30am	Mt Lockyer Child & Parent Centre	Kids in the Kitchen	Unleash your inner chef with our hands-on cooking event for kids.	5+	BOOK HERE	
	9:30am - 11:00am	ALAC - Courts	Skate Zone (Rollerskates & blades only)	Whizz around the courts to some tunes, bring your own skates or blades or borrow some of ours.	5+		\$5.00 pp
WED 23 APRIL	10:30am - 11:30am	Albany Public Library	Family Board Games	Learn to play a selection of exciting games for children and their families.	5+	BOOK HERE	
	9:00am - 3:00pm	Retravision Stadium	AI Workshops	This workshop offers hands-on experience where young minds can dive deep into the fascinating world of AI. Designed to spark creativity and critical thinking, this program allows participants to explore AI concepts, train AI models, and create exciting projects such as images, music, and games.	10 - 17 yrs	BOOK HERE	\$10.00 pp
	9:30am - 11:30am	ALAC - Courts	Laserscape	Laser Tag using high-tech, infrared equipment, players will strategise, dodge, and compete in a thrilling, action-packed experience. Bookings required.	7 - 10 yrs	BOOK HERE	\$25.00 pp
	2:00pm - 4:00pm	ALAC - Courts	Laserscape		10+	BOOK HERE	\$25.00 pp
THU 24 APRIL	9:00am - 3:00pm	Retravision Stadium	AI Workshops	This workshop offers hands-on experience where young minds can dive deep into the fascinating world of AI. Designed to spark creativity and critical thinking, this program allows participants to explore AI concepts, train AI models, and create exciting projects such as images, music, and games.	10 - 17 yrs	BOOK HERE	\$10.00 pp
	10:30 - 12:00pm	Princess Royal Sailing Club	Teddy Bear's Picnic	A Tree Festival Event: Bring your favourite teddy and a picnic for a beary great Storytime.	3+	BOOK HERE	
	2:00pm - 4:00pm	ALAC - Pool	Full Pool Inflatables	Both pool inflatables go in the water, test yourself on the giant obstacle course or try and get to the end of the Wobble Log.	6+ (swimmers stage 4+)		\$9.00 pp
SAT 26 APRIL	8:00am - 12:00pm	ALAC - Courts	3x3 Basketball Competition	Basketball Competition at ALAC. Enter with teams of 4. Prizes available for 1st, 2nd and 3rd places.	10 - 25 yrs	BOOK HERE	\$10.00 per team

Found an event you are interested in? Make sure you book if required.
For more information on an event, please contact the City of Albany.

City of Albany - Community Development
T: 6820 3000
www.cityofalbany.wa.gov.au/events



Albany Leisure & Aquatic Centre (ALAC)
52/70 Barker Road, Centennial Park
T: 6820 3400

Albany Public Library
221 York Street, Albany
T: 6820 3600

Local Events



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



invites anyone and everyone to

GAMES NIGHT

Every Thursday
from 7pm onwards
at Denmark CRC Garden Room



Gold Coin Donation

Learn a new game or bring your favourite!

Children 16 must be accompanied by a responsible adult.

LESSON + SOCIAL DANCING

Denmark Scout 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


Weekly event brought to you by the
community, for the community
EVERYONE is welcome



Pay by Donation


Soupy

RSL Hall
every Tuesday
5-6.30pm



BYO Bowl & Spoon

Proudly Supported by



Local Events



G S U C
GREAT SOUTHERN
UNIVERSITIES CENTRE

STUDYING AT UNI OR TAFE?



Discover 24/7 study hubs in Albany and Denmark and access a world of support to help you thrive.

- ✓ **FREE** WIFI & COMPUTERS
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- ✓ **FREE** STUDY SUPPORT
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FOR FREE 24/7 ACCESS**



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Open to all tertiary students studying at any Australian institution. Supported by the Australian Government through The Regional University Study Hubs Program.



G S U C
GREAT SOUTHERN
UNIVERSITIES CENTRE

Friday Lunchbox Sessions

2025

APRIL 11 **POWERPOINT**
Create a recorded video of your slide presentation.

MAY 2 **ONENOTE**
Keep your readings and notes organised with One note.

MAY 9 **ENDNOTE**
Reference journals and books in a fast and efficient way, using Endnote.

MAY 16 **CANVA**
Create a flyer using Canva.

MAY 23 **REVISLY**
Create flashcards and quizzes to help prepare for your exams.

MAY 30 **SCREENPAL**
Learn to create a short instructional video using screen-capture software.

JUNE 6 **ADOBE INDESIGN**
Start an electronic portfolio for prospective employers or to enter uni.



Sign up to these workshops by
<https://forms.office.com/r/wHVhwR8QE>

All workshops will be presented in the Colab Room at the Albany Study Hub. 46 Fredrick St, Albany. 12.30-1.30 pm

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



Denmark
Community
Resource
Centre
Your local connection

CUPPA'S & CLICKS

JOIN US AT THE DENMARK CRC
EVERY THURSDAY
10AM-11AM



Would you like to feel more confident & safe online?
Want to build your digital skills?
Free program - Call for more information 98482842



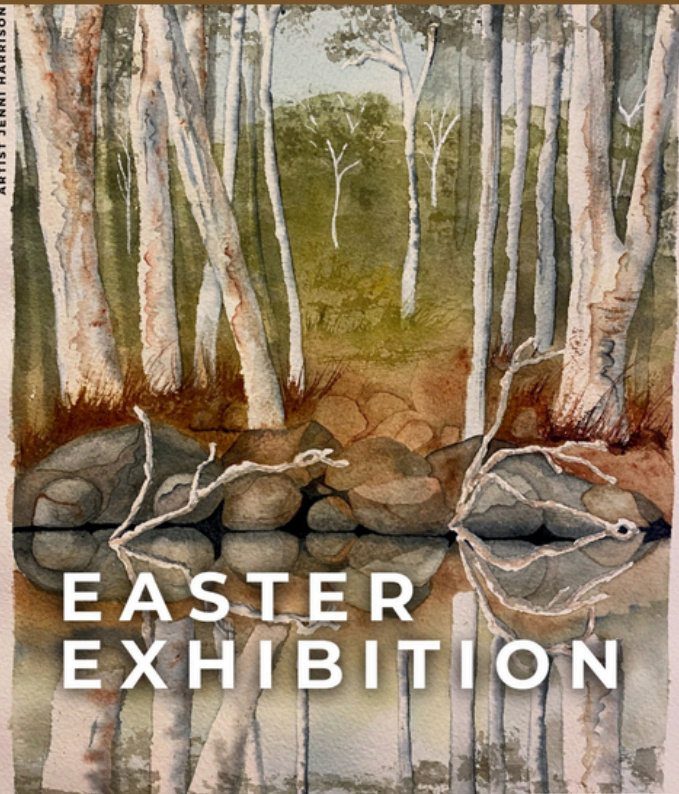
Australian Government

Be Connected
Every Australian online.

www.beconnected.esafety.gov.au


Local Events

ARTIST JENNI HARRISON



EASTER EXHIBITION

10 - 4PM DAILY
SAT 12.04.2025 - SUN 27.04.2025
2 STRICKLAND STREET DENMARK
DENMARK COMMUNITY RESOURCE CENTRE GALLERY



 **THALIA CENTRE**
SUPPORTING WELLBEING

AUTUMN TALK SERIES

Exploring Art Therapy As A Specialist Approach to Wellbeing

Find Out Methods... Interact & Engage

Friday 25th April 2025, 5pm-7pm
Please RSVP: thaliacentre.com/events
Entry by donation

 **CAROLINE LYTTLE**
Art Therapist & Psychotherapist

THALIA CENTRE
31 South Coast Hwy,



MINGLE WITH SINGLES



Mingle with Singles is the perfect opportunity to make new connections, meet new people and maybe even find someone special

Saturday, 26 April, 2025 / 5.30-8.30pm
@ Boston Brewing Co

For more info please join our WhatsApp Group

 Call Us
98482842



 **YOGA WORKSHOP**

[REST]ORATIVE YOGA FOR MENOPAUSE

Join Katherine Spargo in a supportive space to learn the benefits a [rest]orative yoga practice can have throughout the journey of peri-menopause and beyond. Empower yourself by learning simple self-care tools and techniques.

This workshop will explore:

- Poses of rest that counteract menopausal depletion & fatigue
- Gentle movement that supports your body's changing needs
- Self care techniques for mental exhaustion
- A positive bonding experience with women on a similar journey

 Saturday May 3
1.30-3.30pm
@ Denmark Yoga Centre

\$40
\$34 conc



www.spargo.net.au @katherinespargoyoga

Local Events

Pilates with Laura

MONDAY

Pilates 6-7 PM
at CRC Garden Room

TUESDAY

Pilates 9-10 AM
at CRC Garden Room

SATURDAY

Pilates 9-10 AM
at CRC Garden Room

0408 896 661

Multi level group classes
Reformer 1:1 Pilates sessions
Call or text to book in

catch *music*

**Inclusive Music Sessions
Denmark Riverside Club
Mondays • 6.30pm**

www.catchmusic.org.au



LINE DANCING

**EVERY MONDAY 9AM TO 12PM AT THE
SCOUT HALL BRAZIER ST**

COST: \$5.00

**CALL MELANIE
0407420365**



Social Tennis at Denmark Country Club

Come join us for social tennis and coffee
every Monday and Thursday morning.

8.30 start in Summer, 9.00 start in Winter.

Also Saturday afternoon, from 1.30. Bar
open.

All abilities welcome, racquets available for
hire. Casual fee \$10.



Local Events

You're covered in the Great Southern!

Need support? We're here to help.

- We provide support to help you understand your rights as an older person.
- We offer guidance on navigating the aged care system.
- We're here to help, if you or someone you know is experiencing elder abuse.

Local Advocate, Christine will be visiting to provide support and information at this location:

Where: Denmark Community Resource Centre

When: Thursday April 10th

Time: 10:00-1:00pm

Home Visits Available

Great Southern Advocate Christine



Walk-ins & appointments welcome!
Call 1800 700 600

Advocare
Empowering older people in WA



Tuesday
17 June, 2025
10.30am - 2.30pm

Advance Care Planning Workshop



The Future You Will Thank You

Do you know what your healthcare wishes are for the future? Come along to our Advance Care Planning Workshop and get it sorted!

- @ Denmark CRC
- Free lunch provided

Our friendly experts - Jane (Palliative Care Nurse), Sue (St John Ambulance), Kit (Death Doula), and Irene (End-of-life planning) - will help you through the process, answer any questions, and make sure you feel confident about your plans.

Spots are limited! Call us today at 98482842 to save your spot!



 Parenting
Connection

Circle of Security® Parenting™

A Relationship-based Parenting Program

Circle of Security Parenting (COSP) is a FREE 8-session series that focuses on supporting and strengthening parent-child relationships and teaches new ways to understand and respond to your child's needs. It is based on decades of attachment research, and how secure parent-child relationships can be supported and strengthened.

- Understand your child's emotional world and emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self-esteem

When: Wed 9:30 - 11:30 am
21 May - 2 July 2025
Where: Denmark CRC
Garden Room,
Strickland St, Denmark

No cost. Booking essential.

Book online: [PCWA COSP T2](#)

For enquiries: Margot 0448 137 192

E: mmorgan@wanslea.org.au

Supported by



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

Local Events

 **Bird Talks #9**
Threats and Solutions

Saturday May 10th
9:00am - 12:00pm
Shire of Denmark
Reception Room
953 South Coast Highway

Morning Tea Provided

Presenting:

- Dr Aline Gibson Vega - Birdlife Australia and Dr Sarah Comer - Regional Ecologist DBCA *Recovering threatened birds on the south coast of WA: collaborations, partnerships and stories of hope.*
- Dr Nic Dunlop - Independent Ecologist *Seabirds and Climate Change in WA*
- Giles Watson - Writer, Historian and Teacher *Readings from his new book Eungedup - A Wetlands Summer Diary*
- Alison Goundrey - Volunteer Project and Citizen Science Co-ordinator *The Porenjori Hill Sanctuary - A new model for biodiversity conservation on private land.*
- Dr Cheryl Lohr - Senior Research Scientist DBCA *Successful Suppression of Feral Cats*

For more info visit our events page:
denmarkbirdgroup.org

Free Ticketed Event
trybooking.com/DANXY

Photos by:
Nic Dunlop
Mark Davidson
Brendan Kinsella
John Anderson

DENMARK DRAGON BOAT CLUB IS HOSTING THE DRAGONFLY CUP WINGS ON THE WATER REGATTA



SATURDAY 17 MAY

VENUE: DENMARK RIVER NEAR THE RIVERSIDE CLUB

ALL WELCOME TO WATCH THE RACES!

WITH THANKS TO OUR GOLD SPONSOR DENMARK HOTEL



EVENT COMMENCES WITH THE DOTTING OF THE EYES OF THE DRAGONS AT 11.45AM - LAST RACE AT 5.15PM

EVER THOUGHT ABOUT GIVING DRAGON BOATING A GO?

CONTACT MO FOR MORE DETAILS
0409 411 066 OR EMAIL
DENDBCCOACH@GMAIL.COM

THIS IS A DBWA SANCTIONED EVENT



BORNHOLM DINNER DANCE

21 JUNE - 06:30 PM - 11.30PM
BORNHOLM HALL LOCATED ON
LOWER DENMARK ROAD

THREE COURSE MEAL, BYO DRINKS.
BAND: CAMPFIRE COUNTRY. \$35 PER TICKET.

COME ALONG FOR A DELICIOUS THREE COURSE MEAL AND A GREAT NIGHT OF DANCING OR SIMPLY STAY FOR THE MEAL.

PLEASE BOOK TICKETS WITH
JULIE 0408 989858



Great Southern Classic Car Show

Sunday 28th September 2025
10am to 3pm



Strickland St Denmark

For Information email us
gsclassiccars@gmail.com

Enter your Car (Pre 1990) or Bike
www.gsclassiccars.com

Cruise in and enjoy the show
Prizes for top vehicle

Events from Further Away



A LITTLE BIT OF BLUE
LITTLE WING PUPPETS

TUESDAY 22 APRIL 2025 - 10:30AM

GENRE
Theatre

AGE SUITABILITY
Ages 3-8 years

RUNNING TIMES
40 minutes
No interval

WARNINGS
None

TICKETS
All tickets - \$20
Family of 4 - \$75
Babes in arms 2yr and under free with a paying adult

ASK US ABOUT
Colouring in activities from the show

BOOKINGS: Box Office 9844 5005 | artsculturetrust.wa.gov.au

An Interactive Detective Story, told with Puppetry, Where the Kids Help Solve the Case!

The story begins with strange disappearances from Mrs Mavis Hooley's home. Something has just gone missing and it is nowhere to be found. Mrs Hooley has been looking everywhere. But it's not just today. Every day a new thing seems to disappear. Little things: clothes pegs, a ball of wool. It's troubling at first, but then the thief takes it one step too far.

Mavis calls in a Detective to investigate. A stake out is required. In the dead of night, the Detective indeed finds something peculiar... The children's role is to help him solve the mystery...

With puppeteer Jenny Ellis, the audience will unravel a mystery, and learn about the unique habits of an extraordinary Australian creature, the bowerbird, and their fascination with the colour blue.

The young audience gasps with surprise, sighs with the sadness, shouts in outrage, cheers with triumph, and dances with joy as they follow this sneaky bowerbird on his journey to find love.



All-Abilities Laserscape

Join us for an all-abilities Laserscape session. Carers, parents and/or guardians with a Companion Card are welcome to participate for free to accompany their child/client

Date: Wednesday 23 April
Time: 12pm - 1.30pm
Where: Albany Leisure and Aquatic Centre
Cost: \$10

Albany LEISURE AQUATIC CENTRE

For more information, contact Ross Evans on 6820 3008 or commdevel@albany.wa.gov.au



2025 Great Southern

Deadly Jobs & Careers Forum

Employment opportunities, career pathways, training options, interactive exhibits, free sausage sizzle

11 June 2025
10am - 2pm

Retravisition Stadium Albany, 156 Lockyer Ave

Special Guest MC
Ernie Dingo

Credit: Artwork by Ely Anderson, Katanning Senior High School

To RSVP or for more information
Contact Tanya or Belinda Impact Services on 9841 0255 or jsc@impactservices.com.au



3x3 Basketball COMPETITION

BOOK NOW

SATURDAY, 26 APRIL 2025
8:30AM - 12:00PM

PRIZES UP FOR GRABS!

Book here!

PROUDLY SUPPORTED BY **RioTinto** **Albany**

For more information, please contact Dylan Moir at 6820 3130 or commdevel@albany.wa.gov.au

Events from Further Away



Want to give your child a head start?

Active8 is a **free, healthy lifestyle program** for parents, carers and their children.

Do you...

- have a child aged 2-5 years old?
- want to improve mealtimes?
- worry about their health?

We provide evidence based guidance around physical activity, fussy eating and nutrition to help you build confidence during meal times and form healthy family habits!

The program runs for eight weeks and is run by qualified health professionals in either an online or face-to-face format in your local community.



Sign up today!

📄 www.theactive8.org
☎ 1300 822 953



For health tips follow us:

📱 @betterhealthco
📺 @betterhealthcompany

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BETTER HEALTH CO.

theactive8
program

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theactive8
program

Participants receive great freebies and professional advice!



What's included on Active8?



- Informative and supportive weekly online or in person sessions for 8 weeks
- Support from a qualified health professional.
- Personalised goal setting to implement healthy habits.
- Helpful resources that help your family become more active, improve eating habits and live well.
- Access to support through the Active8 community and group discussions.

Sign up today!

📄 www.theactive8.org
☎ 1300 822 953



For health tips follow us:

📱 @betterhealthco
📺 @betterhealthcompany

BETTER HEALTH PROGRAM

Want to prepare your kids for a healthier future?

Is your child...

- primary school age?
- Above a healthy weight?
- In need of support to improve eating and activity habits?

The Better Health Program is a **free**, 10-week healthy lifestyle program for you and your child. Weekly discussions include topics such as good nutrition, forming positive habits, becoming a healthier family and being physically active.

The program is available in **online** and **face-to-face** formats.

Both versions include a bunch of **great freebies**, and a **reward** at the end!



Sign up today!

📄 betterhealthprogram.org
☎ 1300 822 953



For health tips follow us:

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BETTER HEALTH PROGRAM

Participants receive great freebies and advice. **Plus a reward at the end!**



Available in two formats



Online – complete fun, online sessions with your child plus a weekly call with your own personal health coach.

In a group – attend 2-hour group sessions with your child, once a week in a local venue. Participate in family learning sessions, games and physical activity for your child.

Sign up today!

📄 betterhealthprogram.org
☎ 1300 822 953



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BETTER HEALTH PROGRAM

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

Events from Further Away

Better Health Coaching Service for Western Australians

The Better Health Coaching Service is a **FREE**, telephone-based health program designed to help adults in Western Australia prevent or manage chronic health conditions.



BETTER HEALTH CO.

Are you looking for support to:

- Make healthier food choices
- Be more active
- Manage stress better
- Improve your sleep routine
- Drink less alcohol
- Quit smoking
- Build social connections with family and friends
- Manage health conditions like diabetes, heart disease, or cancer

You are eligible for FREE support if you are:

- Over 18 years of age
- Living in Western Australia
- Looking for healthy lifestyle support to prevent or manage a newly diagnosed health condition

Talk to your GP to see if this service is suitable for you, or sign up using the details below:

1300 822 953
Monday to Friday 9am-5pm (AWST).

betterhealthcoaching.com.au/wa



Government of Western Australia
Department of Health

The Better Health Coaching Service is funded by the Department of Health Western Australia and delivered by Better Health Company.

What's included?

- Personalised support**
Up to 10 x 30-minute health coaching appointments with a tertiary-qualified health professional, delivered over 6 months, either weekly or fortnightly.
- Motivational interviewing**
One-on-one support for client-centered goal setting, problem solving, and overcoming barriers to form healthy habits.
- Wellbeing tools**
Hands on resources, factsheets and recipes to help adults achieve their health goals.
- Online moderated forum**
Access to a closed Facebook community, moderated by our team of health coaches, to connect with others also on their health journey.
- Regular updates**
Referring GPs and health professionals will receive updates on their patient's progress throughout the program.

Talk to your GP to see if this service is suitable for you, or sign up using the details below:

1300 822 953
Monday to Friday 9am-5pm (AWST).

betterhealthcoaching.com.au/wa

Scan the QR code to sign up online





Government of Western Australia
Department of Health

The Better Health Coaching Service is funded by the Department of Health Western Australia and delivered by Better Health Company.



Community Living Association



Your road to confidence starts here!

Drive Forward
Driving Access & Equity Great Southern.

We will assist people with disability and culturally and linguistically diverse (CALD) community members to gain the skills to get your licence and provide you with support to navigate the process.

- ✓ Get help to achieve your Learners.
- ✓ Practice your skills and gain confidence in our state of the art driving simulator.
- ✓ Get free driving lessons.
- ✓ Go at your own pace with support from qualified instructors.
- ✓ Free program!

Albany & Great Southern

SCAN ME



DRIVING ACCESS & EQUITY
A not-for-profit community service

Contact us phone: 9842 3855
Web: mycla.org.au





22473VIC

Certificate II in General Education for Adults

SCAN HERE:



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.

Overview

The Certificate II in General Education for Adults (CGEA), a comprehensive 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 to meet your unique needs.

Location

The Link Centre, Suite 6 & 7,
St Emile Way Albany WA 6330

Course Start Date: **Week 2 of Each School Term**

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 additional assessment support.

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.

08 9376 2800
skillhire.com.au

RTO# 0361

SKILLHIRE
int@work



CRC Emergency Relief Support



Showers

Open 9-4, Monday-Friday

Shower is available during open hours and is Wheelchair accessible.



Laundry Facilities

Open 9-4, Monday-Friday

Washer, Dryer available and Drying Rack



Food Pantry

Wednesdays 10am-2pm

Offering financially affordable goods to low-income households and individuals.



Food Bank

Order by Friday 12noon.

Pick up Tuesday after 1pm.

Available to concession card holders and more, Call the CRC for more info!



Free Internet

Fridays 12pm-4pm

Open to the public every Friday multiple computers available.

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.

**Did you know
we offer
Binding?**

