

Denmark Community Guide

We Support, Empower and Engage our Community

24th July - 7th August 2025 Issue #319

Noteworthy Events

**Need a Lift?
We've Got You
Covered!
Heading into
Denmark or off
to Albany?
Our Community
Bus is here to
help!
Book your ride
today – call
9848 2842
Friendly,
wheelchair
accessible**



Guard Against Identity Theft

Senior Regional Officer Chadd Williams warns of rising identity theft risks in the July 10 2025 Regional Column. Scammers use stolen data like names or emails from breaches like Qantas - to open accounts, access superannuation or commit crimes.

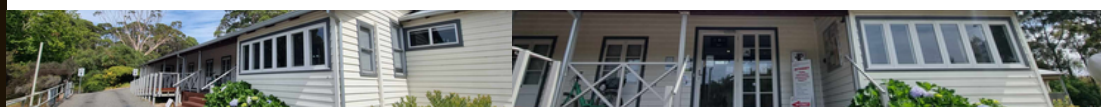


Protect yourself with multifactor authentication, strong passwords, and logging out of devices. Western Australians can block their driver's license via the Department of Transport. Stay alert for phishing scams. See the full column on the next page for details.

Stay Safe Online with CRC's Cuppas and Clicks

Join tech guru Michelle & Robin every Thursday at 10am for the CRC's Cuppas and Clicks program to boost your online safety. Learn to protect your personal information from scams, phishing and identity theft.

This engaging session offers practical tips to secure your devices and navigate the internet safely. Don't miss this chance to enjoy a cuppa while gaining essential digital skills! For more info please call **9848 2842**



www.denmarkcrc.com.au/events



Denmark
Community Resource Centre
your local connection



Department of
Primary Industries and
Regional Development

Regional Column

10 July 2025

With Senior Regional Officer for the Great Southern, Chadd Williams

It's not just stolen data, it's stealing YOU

Scammers love to steal your money, but do you know what they also love to nick? Your identity.

Your identity can be used to open bank accounts, get a credit card, apply for a passport, access your superannuation, apply for government benefits, register a car and even to conduct illegal activities where someone needs to disguise their real identity, such as drug trafficking and money laundering. Having your identity stolen can cause a devastating and long-lasting impact.

Data hacks are sadly becoming a regular occurrence, with the most recent large scale cyber-attack hitting Qantas. Stolen personal information included name, phone number, email and date of birth.

Even with a small amount of personal information, a scammer can steal your identity. They can put the pieces of the puzzle together using public sources such as social media or you may unwittingly hand over further identification through a phishing attack. This could be a fake email, phone call or SMS pretending to be a real business or government service asking for copies of your driver's licence and passport to verify your identity, when their actual aim is to steal it.

If you are a victim of the Qantas hack, or any data breach there are steps you can take to safeguard yourself from identity theft.

Chalk up a few quick wins by turning on multifactor authentication for everything from banking to your social media, log out of all your accounts on all your devices and then update your passwords.

Western Australians can put a block on their driver's licence to help prevent identity theft. When you block your licence through the Department of Transport, it means scammers can't use it for online identity verification through the Australian Government's Document Verification Service (DVS). This is a service used by sectors such as banks, real estate, and telecommunications.

You can add and remove a driver's licence block anytime using [DoTDirect](#) by navigating to the 'Protect your identity' section on the 'Driver's licence' page. Your authority to drive is not affected by having a block on your driver's licence.

The hackers might not use the information they have on you straight away. It could get sold on the dark web at any time so it's important to stay on high alert for unusual emails, calls or texts and keep an eye out for any suspicious transactions.

Get a copy of your credit report to see which organisations have checked your credit history. If a scammer is using your identity to apply for products such as credit cards or loans you will see these in the report. You're entitled to a free copy every three months and you can usually access it online within a day or two of applying. Go to moneysmart.gov.au to apply to one of the three credit reporting agencies for your free report.

If you think you have handed over your personal identification to scammers or believe your identity has been stolen contact WA ScamNet on 1300 30 40 54 or lodge a report to scamnet.wa.gov.au. The team will help you with the next steps you need to take.

Local Events

**OCEANIQUE
SKYLINES**
ALBUM TOUR 2025

ALBUM OUT JUNE 27TH

SAT 26TH JULY
★ DENMARK ARTSHOUSE

✦ With special guests String and Bone & The Jig Is Up
Doors 6pm

TICKETS AND INFO AT OCEANIQUEMUSIC.COM

CWA Denmark
Soup Day
Friday July 25th 2025
11.30am to 1pm

Bottomless Bowl

with Bread Slices

Cuppa and Cake

Craft Stall

\$15.00 per Person
CWA Hall, 9 Mitchell Street
Denmark
All Welcome

NURTURING CONNECTION WITH NATURE & PLAY

KARRT KIDS

**Winter
SENSORY
STORYTIME**

- ✓ ALL AGES AND ABILITIES WELCOME (UNDER 8 YEARS OF AGE AS A GUIDE)
- ✓ 5 THEMED MULTI SENSORY ACTIVITY STATIONS EACH WEEK
- ✓ FACILITATED MUSIC/MOVEMENT TIME TOO
- ✓ INDOOR VENUE WHERE WE CAN STAY DRY AND HAVE A HOT CUPPA

WEEK 1
FAIRY BEACH
23RD OF JULY

WEEK 2
WOMBAT STEW
30TH OF JULY

WEEK 3
We're Going on a Bear Hunt
6TH OF AUGUST

SCOTSDALE HALL - SCOTSDALE ROAD / WALTER ROAD - DENMARK
WEDNESDAY - 9:30 - 11:00 AM - BOOKINGS ESSENTIAL VIA - WWW.TRYBOOKING.COM/DDKJK

Impact Café: From Issue to Impact

Join Lotterywest for a hands-on, community workshop series where you'll grab a cuppa and learn to turn ideas into real-world change. We'll work through defining outcomes, designing strong initiatives, and using simple measurement tools so you can tell your impact story with confidence.

Supported by the Shire of Denmark (refreshments provided)

Date: Wednesday, 30th July 2025 (Note change of date)
Time: 9am - 12pm
Location: Training Room, Denmark CRC, 2 Strickland Street, Denmark


You'll walk away with:

- A clear project purpose and community need
- A simple logic model or theory of change
- Practical measurement tools for grants and reporting

Scan to register your free ticket or visit the Community Impact Hub here:
<https://communityimpacthub.wa.gov.au/learn-from-others/learning-opportunities>

lotterywest

SHIRE OF DENMARK

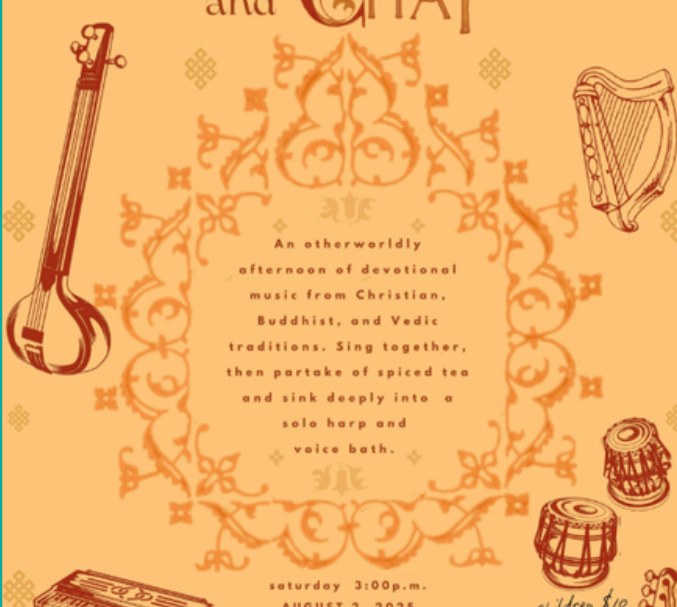


Send us your events in a PNG or JPEG format to events@denmarkcrc.com.au

Local Events

SWANHARP STUDIOS & DENMARK BHAKTI BAND PRESENT



ANCIENT CHANT and CHAI



An otherworldly
afternoon of devotional
music from Christian,
Buddhist, and Vedic
traditions. Sing together,
then partake of spiced tea
and sink deeply into a
solo harp and
voice bath.

saturday 3:00p.m.
AUGUST 2, 2025
DENMARK ARTS CENTRE
ARTSHOUSE LOUNGE

Adults \$20 Children \$10
Tickets via Humanix



Fresh Food Feeding

How to feed your dog a
wholesome & balanced diet.
Presented by Dani Flynn -
Canine Naturopath & Herbalist

Saturday 2nd August
Lyra House - Denmark
9am - 12pm. \$70

Bookings essential - 0429 520 249
herbaldogbowen@gmail.com
www.daniflynn.net



DENMARK ART CLUB

WHAT WE OFFER

- KIDS AFTER SCHOOL CLASSES
- TODDLER CLASSES
- SPECIAL NEEDS CLASSES
- WORKSHOPS
- FACE PAINTING
- ARTY PARTIES
- PARTY AND SIPS
- CORPORATE EVENTS

ALWAYS HAPPY TO TAILOR TO PEOPLE'S REQUIREMENTS
ALSO A SPACE TO RENT FOR WORKSHOPS, MEETINGS OR
EVENTS

**AGES 6+
ALL
ABILITIES**

**CONTACT
KENDEL LYNAM
0407192254**

CORNER OF SHORT AND MITCHELL
STREET, DENMARK WA



NEW CLASS TODDLER TUESDAYS

THIS TERM TUESDAYS 9-10AM

**SPEND A MORNING WITH YOUR
LITTLE ONE, HAVING SPECIAL TIME
TOGETHER WHILE GETTING CREATIVE**



**NOTE: PARENTS
MUST STAY AND
JOIN IN THE FUN
WITH THEIR LITTLE
ONE**

**CONTACT
KENDEL LYNAM
0407192254**

CORNER OF SHORT AND MITCHELL
STREET, DENMARK WA

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

Thank You

We're incredibly grateful to both Denmark Futures and the Denmark Animal Carers Club for their generous donations to the Denmark Community Resource Centre. Your support and thoughtfulness are deeply appreciated and will help us continue our work strengthening and supporting our local community. Thank you for contributing to a lasting impact in Denmark.



Department of
Primary Industries and
Regional Development

Local Events

ART WORKSHOP SERIES

with textile artist in residence



SUNDAYS IN JULY & AUGUST

all sessions 10AM to 12PM

- 20 JULY - The Beauty of Nature: Mixed Media Collage Art
- 27 JULY - Colour & Pattern: Stencil & Block Printing on Fabric
- 3 AUGUST - Self Expression & Empowerment: Dying Fabric
- 10 AUGUST - Togetherness: Hand Painting & Drawing on Fabric
- 17 AUGUST - Emotional Landscapes: Weaving Workshop

TICKETS: www.denmarkarts.com.au or call 9848 3623

\$100 per person for all five sessions

OR \$25 each per session

(a parent/guardian can attend with a primary school child on one ticket)



Drumming Circle

12 PLACES AVAILABLE

Join us in a drumming circle with experienced facilitator Terrell – a fun, interactive experience designed to release and regulate life's stresses.

Where PCVC, 77 Sanford Road

When Thursdays 5.15 – 6.15pm

Dates 7 August
14 August
21 August
28 August
4 September
11 September

Organised by the Albany Community Response Committee for the prevention of alcohol and other drugs, this social connection Drumming Circle will run across 6 weekly sessions and, afterwards, indulge in pizza and great conversation!

The 6 week Drumming Circle is **free** to attend and delivered in a safe space. You will find a sense of free thinking through the music and participation in the drumming circle – it's also a lot of fun!

RSVP is essential to secure your place: Email or SMS providing your name and contact number to: albanyaodpreventioncommittee@gmail.com 0422 294 909

Supported by **HOLYOAKE**

art after dark

You are invited to a free
NETWORKING EVENT
for the local creative community

THIS MONTH'S THEME:

Art Power—the Promise of Art,
co-hosted by Denmark Arts

Thursday 14 August 2025, 5pm–7pm
Denmark Arts, 2a Strickland Street

LIGHT REFRESHMENTS PROVIDED



DRAWING FROM LIFE



@ DENMARK ARTSHOUSE

2A Strickland St

EVERY WEDNESDAY 5:30-7:30 PM

FOR UPDATES/
MORE INFORMATION

FACEBOOK GROUP:

Join: Denmark Life Drawing Group

PHONE // EMAIL:

9848 3623 // admin@denmarkarts.com.au

artwork credit: Katia Lamb

2025 DATES:
From 22 JANUARY onwards
\$15 per session (cash preferred)

please bring your own sketchbook
& drawing materials



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

Denmark Community Garden

Denmark Community Garden



Events

July- September 2025



Green Skills

Community Garden Workshops with Neal Collins

- 2-4pm Sat 26 July Garden Workshop &Vege Swap
- 2-4pm Sat 30 August Garden Workshop &Vege Swap
- 2-4pm Sat 27 September Garden Workshop &Vege Swap
- =

Community Compost Hub Sessions

with Kim Frankowiak, Great Southern Living Soil (GSLs)

- 10am Friday 4 July
- 10am Friday 18 July
- 10am Friday 1 Aug
- 10am Friday 15 Aug
- 10am Friday 29 Aug
- 10am Friday 12 Sept
- 10am Friday 26 Sept



- *Busy bees and Socials from 2pm on other Saturdays, weather dependent.*

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

By Donation (Recommended \$10)

For Info contact : Basil 0429481019 basilschur@gmail.com or Don Hunt 0427446657



The Denmark Community Garden & Compost Hub is supported by the WA State Government through the Waste Authority's WasteSorted grants, Green Skills, Denmark CRC Denmark Community Foundation, the Shire of Denmark's Sustainability Education program, M



Local Events



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!

Embroidery Club

1st and 3rd Tuesday
of every month

9.30am-2pm

@ Denmark CRC

Contact Linley on 0407944063
for more information



**TINY
TREASURES**
OF DENMARK

invites anyone and everyone to

GAMES NIGHT

Every Thursday
from 7pm onwards

at Denmark CRC Garden Room

FREE

Learn a new game or bring your favourite!
Children 16 must be accompanied by a responsible adult.



INDOOR MARKETS



**McLEAN PARK
BRAZIER STREET**

**3RD SATURDAY
OF THE MONTH**

8am - 12 Noon

FREE ENTRY



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

BACK ON 30TH JULY



The



Australian Government

Department of Health and Aged Care

HANGOUT

Wednesdays 3.30-5pm

A safe place for teens 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)



Denmark Recreation Centre
McLean Park Brazier Street

For any queries and for further info, call 9848 2842

Local Events

RHYMETIME

Every Tuesday 9.30am - 10am

Enjoy rhymes, songs and a simple story with your 0 - 2 year olds at Denmark Public Library.

This is a fun and lively activity to share with your family, while learning new songs and meeting friends.

Contact 9848 0306

34A Strickland Street
Denmark Library

LIBRARY STORY TIME

EVERY FRIDAY

9848 0306

34A Strickland Street

Southern Edge Arts

KWOORABUP DENMARK WORKSHOP PROGRAM

TIMETABLE - TERM 3 2025
WEDNESDAYS - WORKSHOPS START 6 AUGUST (WEEK 3 OF TERM)

Circus & Aerials 4-5.15pm 8-11 yrs \$120 per term	Circus & Aerials 5.15-6.30pm 12-15 yrs \$120 per term	Circus & Aerials 6.30-7.48pm 16yrs+ \$120 per term
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Southern Edge Arts is bringing the magic of circus to Denmark!

Our brand new term program combines the most-loved elements of our Circus and Aerials classes into playful, non-competitive workshops. Participants will explore trapeze and silks, flips and tricks on the mini trampoline, and the creative world of parkour, flow arts, juggling, and acrobatics – all in a safe and supportive space. This program is perfect for kids of all abilities to build strength, confidence, and connection through movement.

**SOUTHERN EDGE ARTS
DENMARK WORKSHOPS @
DENMARK GYMNASIUM
MIDDLETON ST, DENMARK**

**ENQUIRES: 0466 123 393
SEAMAIL@SOUTHERNEDGE.ORG.AU**

BOOKINGS: SOUTHERNEDGE.ORG.AU

Photo: Jenny on silks by Ann & Tom Productions

Little Ones at the Library

Come along with your babies and toddlers each Thursday from 10am - 12pm.

Drop in with friends or come to meet new ones and enjoy some informal play time.

34A Strickland Street

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

Local Events



WINTER TALK SERIES

Cults, Sovereignty & the Phoenix

A personal journey of deprogramming from authoritarian dynamics. Exploring subtle and overt forms of control and what it takes to not only ignite inner authority, but to achieve lasting transformation and authentic adult development

Friday 15th August 2025

5pm-6.30pm

RSVP: thaliacentre.com/events

Suggested donation: \$5



STORMIE LILLIS
TRANSFORMATIONAL
COACH

THALIA CENTRE

31 South Coast Hwy,
Denmark



Denmark Death Cafe

3rd Monday of every month
at Denmark CRC 1 - 3pm



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

Denmark
Community Resource Centre
Your local connection

Department of
Primary Industries and
Regional Development
GOVERNMENT OF
WESTERN AUSTRALIA

Denmark Rowers presents

Denmark Classic Boat Show

Sunday 28 September from 9am



Berridge Park

On water and off water classic boat display
Rowing skiff races, Cordless Drill Challenge, Dragon
Boats, Photographic and Model Boat display.

Food and Music into the evening at the Riverside Club.

Bringing a boat? Forming a Rowing Crew?
Entering the Cordless Drill Challenge?
Check out the details on
denmarkrowers.org.au and send an EOI to
DenmarkRowers@iinet.net.au



DENMARK & SURROUNDS

Unleash your inner strength



Men's Weekend 2025: Celebrate The Heart-led Man

Gather with like-minded men for a transformative experience
of **brotherhood**, connection and **discovery** to honour the
authentic **Heart-led Man** within us all.

@ Newfarm - 1 Tindale rd, Bow Bridge

Arrive **Friday 31st Oct 4pm** - Finish **Sunday 2nd Nov 2pm**

\$200 inc. food, Camping only, bell tents on request.

bookings: greatsouthernmen@proton.me

Contact:

0401 196 829 (Bryce)

0439 533 334 (Jackson)

Drug & Alcohol Free

GREAT SOUTHERN MEN

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

Local Events

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

DENMARK WOMEN IN BUSINESS



Networking | Support | Connection

DENMARK WOMEN IN BUSINESS FREE CO-WORKING

COWORKING EVERY MONDAY

of the School Term at the Denmark CRC 9am - 4pm.

- Quiet Working Zones
- Chatty Working Zones
- Meeting Zones
- Tea and Coffee
- Free Internet
- Networking Break Times
- Mini Workshops
- Business Coaching



Each Coworking session is 9am-4pm on Mondays during the school term at the Denmark CRC. You can request a code to start and finish later if you need. Come and go throughout the day as you please.

Morning tea 10:30-11am
Lunch 12-12:30pm
Workshops from 12:30-1pm



LINE DANCING

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

COST: \$5.00

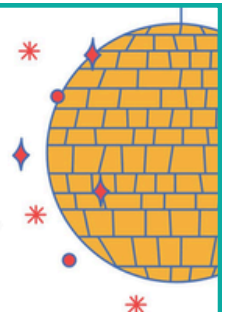
CALL MELANIE
0407420365



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

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

Local Events

Full Moon

SOUND BATH Meditation

Saturday 4pm August 9
Kentdale Studio \$25

Text 0422 797 889

DENMARK HEALING SOUNDS

Denmark
Community
Resource
Centre
Your local connection

CUPPAS & 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

Government of Western Australia
Department of Communities

YOUNGS SIDING - 10th AUGUST

CORALS' LAST STAND

*the fight to
Save Scott Reef*

YOUNGS SIDING HALL
6 p.m. SUNDAY 10th AUGUST
\$10 to cover costs. Some snacks provided, or BYO

coralslaststand.com.au

SUMMER EARLY MUSIC WORKSHOPS 2026

Denmark, Western Australia
11th-16th January

Five days of learning and playing with other instrumentalists and singers and understanding early music from the experts

2026 Tutors
Shaun Lee-Chen - Violin Alix Hamilton - Viola Andy Skinner - Flute Noeline Wright - Cello
Stephen Robinson - Double Reeds Briana Morrison - Vocal
and Ruth Wilkinson - Recorder and Stewart Smith - Harpsichord


Bookings: <https://www.trybooking.com/DCCHA>

Workshop Fees: Adult \$650, Under 24 \$450
Earlybird save \$50 per ticket until 1 August

SARABANDE

Workshop and Accommodation at WA College of Agriculture, Denmark

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



CURTIN VOLUNTEERS! JOHN CURTIN WEEKEND 2025

Would you like a group of enthusiastic volunteers to help out with a project you're working on?

Curtin Volunteers! (CVI) is currently taking **expressions of interests** from regional not-for-profit organisations who could benefit from the help of a group of energetic university students over a weekend in September/early October.

What is John Curtin Weekend?

John Curtin Weekend (JCW) is an annual flagship project run by CVI. First launched in 1999 as a one-day event, JCW has since grown into a large-scale initiative. In 2024, nearly 200 volunteers travelled to over 14 regional towns across five weekends, supporting communities through a wide range of initiatives. JCW honours the legacy of Australia's wartime Prime Minister and Curtin University's namesake, John Curtin, by embodying his values of vision, leadership, and community service.

When is it?

In 2025, JCW will involve a series of overnight events run over five weekends from 12 September to 12 October that provide mutual benefit for the community and our students alike.

12 to 14 September	19 to 21 September	26 to 28 September	3 to 5 October	10 to 12 October
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Why participate?

This is an opportunity for your organisation to:

- tap into a pool of enthusiastic and motivated volunteers
- support the personal and professional development of students
- engage with Curtin University and the wider community.

And for our students to:

- travel and learn more about regional communities in Western Australia
- engage and give back to the community
- gain experience and develop interpersonal skills
- create positive social impact
- learn more about your organisation and the importance of your mission.



Jam Sessions at Denmark TAFE

Jam Room 101 skill set is one part 'g'at a band together', one-part instrumental lesson for people that want to meet like minded music makers or get started.

Beginners through to experienced musicians are all welcome at weekly Jam sessions. The first part of the session will be a tuition style, warming up and setting up before switching to group playing.

Jam Room 101 is designed for students aiming to begin, increase or continue their participation with local music making. Those completing this skill set will develop skills and confidence to audition for Certificate II or Certificate III in Music.

Term 3 | Wednesday | 10.00am to 2.30 pm

Denmark Campus
972 South Coast Hwy
6371 3222
Freecall 1800 675 781
denmark@srtafe.wa.edu.au

RTD Code 52790 southregionaltafe.wa.edu.au



Denmark Campus Art at TAFE

Certificate III in Visual Arts

Study Options

Certificate III in Visual Arts can be completed:
Full-time over 1 semester by attending 3 days a week OR
Part-time by attending 1 day per week over 3 semesters.

Not interested in a full qualification?
Select from any one of the courses that interests you.

Students enrolling full-time will need to discuss course with Lecturer

	Tuesday	Wednesday	Thursday
TERM 1 and 3	Textiles	Printmaking	Clay
TERM 2 and 4	Painting	Drawing	

Complete the online application and our friendly admin team will be in touch to discuss your course options and fees.

Denmark Campus
South Coast Highway
6371 3222
Freecall 1800 675 781
denmark@srtafe.wa.edu.au

RTD Code 52790 southregionaltafe.wa.edu.au



Denmark TAFE Campus

52877WA Certificate I in New Opportunities for Women (NOW) at Denmark Campus

Looking to re-enter the workforce or change career direction?

This qualification is designed to empower women to develop their own pathways in life. Build the social, personal and employability skills to support your transition into work, further education and community participation, or starting your own business.

Outcomes include the development of communication and problem solving skills, digital and financial literacy, preparation for effective participation in a community or work environment, and the confidence to successfully move into other training courses at TAFE.

NOW is open to women of all ages and backgrounds and is delivered on Monday at the Denmark Campus.

FREE FEE FREE in 2025! The course fees are 100% subsidised by the WA State Government for WA residents. Resource fees and eligibility criteria may apply.

You are welcome to drop into the Campus for more information or to enrol

Denmark Campus
972 South Coast Hwy
6371 3222
Freecall 1800 675 781
denmark@srtafe.wa.edu.au

RTD Code 52790 southregionaltafe.wa.edu.au

Events from Further Away



DID YOU KNOW?

Volunteering is not only a great way to help your local community, it could also help you to meet your JobSeeker mutual obligations?

centrelink

VOLUNTEER EVENTS ASSISTANT
ALBANY & DISTRICT VOLUNTEER SERVICE

VOLUNTEER CONNECTION POINT HOMELESSNESS EVENT - 200 VOLUNTEERS NEEDED
THE CITY OF ALBANY

VOLUNTEER RETAIL ASSISTANT

We want to hear what you think about ...

the different ways you could report and receive support in WA for Family, Domestic and/or Sexual violence that would make you feel safe and secure

If you are a woman living in WA who is over the age of 16 with lived experience we would like to hear from you via an anonymous survey

To find out more information or to complete the survey please scan the QR code or click the link below

https://eaecu.au1.qualtrics.com/jfe/form/SV_cMDS5Wq8b11x578

For more information you can also contact the research team at jocelyn.jones@ecu.edu.au or lroarty@ecu.edu.au

SCAN ME

CANVA

CENTRE FOR Women's Safety and Wellbeing

Kurongkurl Katitjin
Edith Cowan University

ECU
EDITH COWAN UNIVERSITY

CHAPMAN VALLEY

LET YOUR LOVE FLOW

JASON OWEN TANIA KERNAGHAN

WESTERN SUNTONES : CODEE-LEE

RAY JONES & ELIAS BARTHOLOMEO

KATHY CARVER : AMBERLEY MARYELLEN

REAL GOOD QUESTION

KIMBERLEY GOLD

DARREN GILLIS : CONNIE KIS ANDERSEN

BAND OF MATES - GINGER COX, EVAN PLATSCHINDA, KEVIN & TYSON LANDELL, TERRY BENNETTS

17 OCT 18 OCT

NANSON SHOW GROUNDS

CAMPING INCLUDED

BROUGHT TO YOU BY CHAPMAN VALLEY COUNTRY MUSIC FESTIVAL

GOPP SUPPLIER

Rigters

Chapman Valley

TICKETS TRYBOOKING

COMMUNITY Perimenopause & Menopause FORUM

RURAL HEALTH WEST

Supported by **Great Southern HEALTH PROFESSIONALS NETWORK**

INVITATION TO COMMUNITY MEMBERS

FRIDAY 1 AUGUST 2025 | 5.30pm-9.00pm

Retravision Stadium, Lockyer Avenue, Albany

5.30pm - complimentary drink | 6.00pm - forum starts

FREE EVENT - REGISTER NOW

A social, informative and free evening created to bring together the women of Albany and surrounds. Whether you're curious, currently navigating changes, or well onto the journey, join our panel of local presenters who will share real and relatable knowledge, focused on the signs, symptoms and management of perimenopause and menopause.

PRESENTERS

Dr Lauren Neppe
Women's Health Practitioner

Katie Stan-Bishop
Physiotherapist

Bronwyn Cutler
Mental Health/ Sexology

Georgie Loughridge
Exercise Physiologist

Nicole Forgiome
Nutritionist

REGISTRATIONS ARE ESSENTIAL

To register, visit:
ruralhealthwest.eventsair.com/rhw010825e-albanyreg/reg
or scan the QR code with your mobile phone camera

For more information, please contact Jen Maughan familysupport@ruralhw.com.au T 08 6389 4500

Rural Health West is proud to deliver this community education initiative through funding from the Australian Government Department of Health, Disability and Ageing.

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

Events from Further Away

Mental Health Training

Albany Sessions
12, 13, 14 August

Richmind
WA

Richmind WA's Training Manager is coming to Albany to deliver a series of workshops designed for people working in the mental health sector. We believe in the importance of upskilling and building capacity in our staff and would like to extend an invitation to you and your teams to join these upcoming sessions.

We are pleased to deliver the following training sessions in Albany.

Trauma Informed Practice 12 August, 9am-3:30pm

Traumatic events can be one off, ongoing and prolonged, or experienced second-hand (vicariously). Any type of trauma has the potential to be very damaging to a person's mental health. In this training, we look at the core principles of trauma informed care and explore some of the neuroscience to understand how trauma impacts on the brain and behaviour. We explore healing relationships and equip participants with the knowledge they need to work compassionately with people who have experienced trauma. We also look at vicarious trauma and how we can manage self-care to support our own mental health.

Working with AOD 13 August, 9am-3:30pm

The Working with AOD training focuses on our attitudes, beliefs, and values, basic alcohol and drug information, the process of dependency, the impact of AOD, harm minimisation, motivational interviewing, and safe search practices. We provide attendees with a broad knowledge of the skills and information needed to work with consumers who may be experiencing the effects of AOD use.

It takes courage



De-escalation & Suicide Prevention 14 August, 9am-4pm

The first half of the day explores precursor behaviours that can sometimes lead to aggression or violence. We learn to implement dynamic supervision skills and apply our knowledge of trauma informed practice in crisis situations. We teach participants to not only hold more safety and deescalate behaviours, but we also look at last resort physical non-restrictive practices.

The second half of the day helps workers to recognise when someone may be at risk of suicide or to respond to disclosures around suicide and self-harm. It explores how to connect with them in ways that understand and clarify that risk and increase their immediate safety. We also cover post crisis responses including debriefing and incident reporting.

Meet Our Facilitator

Paul Peacock is a passionate mental health professional who has a unique ability to incorporate music, media and creativity to empower, uplift and inspire. Paul has a wealth of experience delivering mental health training to community and corporate groups.

Paul specialises in delivering training for professionals who work with groups presenting with an experience of complex trauma, mental health issues and alcohol and other drugs challenges.



Course Costs

\$150 +GST per day or book all three days for \$350 +GST (save \$100)

Book now



events.humanitix.com/
albany-training

All sessions will be delivered at our newly renovated hub:
Richmind WA Fellowship House
23 Stead Road, Centennial Park WA 6331

For more information, please contact us at
richmind.learning@rw.org.au

Richmind
WA

rw.org.au

Australian Government
Department of Agriculture,
Fisheries and Forestry



Future
Drought
Fund



Department of
Primary Industries and
Regional Development



GRANT INFO SESSION

Inland Great Southern Drought Resilience Grant Program

Join us for an online briefing on the upcoming drought resilience grant funding round

10:30am - 12:00pm | 29 July 2025



Register to attend:
bit.ly/GSgrant-info-session



MENTAL HEALTH
FIRST AID®
Australia

Standard Mental Health First Aid

The Standard Mental Health First Aid® (MHFA®) course teaches participants how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.



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



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



Learning Outcomes

Upon completion of this course participants will be able to

- Recognise the signs and symptoms of mental health problems in adults
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illness, risk factors and treatments and supports available
- Apply self-care practices as a Mental Health First Aider



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



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

Adults who complete a Standard MHFA course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide mental health information and support when it matters most.

The Standard Mental Health First Aid course is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.

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

Events from Further Away



National Drug Research Institute, Curtin University

Giving a voice to country youth

Join our study seeking to explore the experiences of 'partygoing' country youth, including alcohol and other drug use, perceptions of risk and harms that young people experience in party situations, as well as benefits and strategies for staying safe at country parties.

Requirements

- Youth aged 18-24 years old
- Live or have previously lived rurally in WA Wheatbelt, SouthWest, and Great Southern (excluding within 30km of large regional areas such as Bunbury or Albany)
- Experienced country parties while living in the country i.e. you can reflect on earlier experience if you don't currently live in the country

Your Role

- Participate in an in-depth 1 to 1.5 hour interview via virtual Teams meeting and by phone
- Contribute to a study with the potential to inform future policy and services for Australian youth
- All participant data will be grouped, and no one will be named or identified in the study results

Benefit

Past studies conducted by the NDRI have incorporated youth perspective into the development of future programs. We cannot guarantee participants will receive any direct benefits from this study, but there is potential for future benefits to other young people. You will be reimbursed for your time.

How to Register

Contact Nyanda McBride to see if you meet the study entry criteria, and if so, set an interview date and time.
n.mcbride@curtin.edu.au or text 0429 936 793

Approval by Curtin University Human Research Ethics Committee (#HRE2025-0255)



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Join our CEO, Etta Palumbo, and the NeuroKids and NeuroCare nursing team to:

- Hear how we support families to understand, manage and navigate neurological conditions and symptoms
- Learn how to refer into the service - no formal diagnosis is required
- Connect with others supporting local children & families



We warmly invite you to the
ALBANY NEUROKIDS EVENT
Learn, Connect, Refer

NeuroKids is the Neurological Council of WA's free, statewide service improving the health, wellbeing and quality of life of Western Australian children and adolescents impacted by neurological symptoms or conditions. Proudly supported by the Stan Perron Charitable Foundation and Telethon7, NeuroKids provides specialised paediatric community neurological nursing and care navigation across health, disability, education and social services.

This event is for **clinicians, service providers, educators, and community organisations** in the Great Southern region of WA.

Event details:

Date: Wednesday 13 August 2025
Time: 10:00am - 12:00pm (includes light lunch)
Venue: Vancouver Arts Centre, 85 Vancouver St, Albany

RSVP:

By Wednesday 30 July 2025
<https://www.trybooking.com/events/landing/1416502>

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



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.

REPAIR CAFE

First Saturday of the
Month
10 AM TO 12 PM
@ **Denmark CRC**

Repairs include but not limited to:



Bike Repairs

**Tool & Knife
Sharpening**



Textile Mending

**Miscellaneous
'Fix-Its'**



and more depending on volunteers!



Toss It? No Way!

 **Denmark
Community Resource Centre**
Your local connection

(ph) 9848 2842
(e) reception@denmarkcrc.com.au



Department of
Primary Industries and
Regional Development