

September Newsletter

THE SPIERS CENTRE

September 2024



Celebrating Achievements and Community Support: August Highlights from The Spiers Centre

Dear Community Members,

August has been an exciting month for The Spiers Centre!

We are thrilled to share that we were finalists for two awards at the Joondalup Business Association. It was inspiring to see so many local businesses thriving, and we extend our heartfelt congratulations to all the winners. We look forward to collaborating with these outstanding businesses to strengthen our local community.

A special thanks to the Joondalup Business Association committee for organising such a wonderful awards evening. Your hard work made the event truly exceptional!

Our team remains dedicated to tirelessly supporting those facing financial hardship.

TSC Team x

Both our Community Services and Creche teams are committed to providing a wide range of services and programs aimed at engaging families.

We warmly invite you to participate in our diverse and enriching programs, which include playgroups, women's health initiatives, and activities designed to keep kids active and healthy.

Additionally, we want to highlight our efforts during Homelessness Week in collaboration with Uniting WA, Fortuna Foundation and Beacon Fight for Life. The Wellness Truck was out in full force, providing support to the homeless community in the City of Stirling, Wanneroo, and Joondalup. It was a humbling experience to connect with and assist those in need.

Thank you for your continued support and involvement in our programs. Together, we can make a positive impact in our community.

In this newsletter
you can expect:

Homelessness
Week +
Joondalup
Business
Association
Awards

Service
Highlights

Upcoming
Events

WA Connect

Recipe of the
Month

Stories of Impact

Free Household Energy Audit



Get help to understand and manage your energy use. Receive a report with customised energy saving tips and a **FREE pack of energy efficiency items** to get you started. Available to Synergy customers experiencing financial hardship.



Service Highlights

Take control of your energy use through free energy audits, coaching and workshops.

<https://energyahead.thefwc.org.au/?sourceid=63bdbb7e-3551-ee11-be6f-000d3a79148f>

We know that life can be a lot sometimes, so we're here to help. We can support you to take control of your energy use and your electricity bills, so you can get ahead. Energy Ahead is free and available to Synergy residential customers who are experiencing financial hardship. Energy coaching is a practical way for you to learn more about your household energy use and how you can make positive changes to reduce use and costs. Our Energy Coaches can support you at home, over the phone or online – whatever works best for you. You'll receive a report with customised tips on how to take control and reduce your household energy use along with providing you complimentary energy efficiency items to get you started.

- In-home audits take about 2 hours and can be delivered Monday to Friday within business hours.
- Our Energy Coaches can also provide virtual audits which require you to have an active internet connection and a mobile or tablet with a camera.
- We can also provide shorter phone coaching sessions over one or two Synergy bill cycles.

energy ahead

Take control of your energy use and reduce electricity bills with FREE energy audits, coaching and workshops.

Household Energy Audits
We provide in-home and virtual audits to help you understand and manage your energy use. You receive a report with customised tips and a free energy efficiency items to get you started.

Energy Coaching
Energy coaching helps you learn more about your energy use and how you can make positive changes to reduce use and costs. We provide coaching over one or two Synergy bill cycles and a customised report.

Community Workshops
We run community workshops to help you understand and manage your household energy use. We provide practical energy saving tips that can help you to reduce your electricity bills and get ahead. Find out more about our free services at energyahead.thefwc.org.au.

Sign up or find out more at thefwc.org.au/energyahead

Financial Wellbeing Collective synergy

Energy Ahead is funded as a commitment of the Western Australian Climate Policy and is delivered in partnership with the Financial Wellbeing Collective and Synergy. The Financial Wellbeing Collective is a collaboration of not-for-profit community service organisations and a government.

Donations

We would like to express our gratitude to all of our donors and volunteers who continue to help us support the community.

Your generosity and dedication allow us to keep our services and programs running smoothly.

We want to remind everyone that our charity relies on the kindness and support of our community.

If you are able to donate your time or resources, please do not hesitate to reach out to us - info@thespierscentre.com.au or phone us on 08 9401 2699.

<https://tsc-winterappeal.raiselysite.com/>



Volunteer at TSC

Do you have a special skillset you'd like to share with our community?

We're looking for passionate volunteers to join us in making a difference. Whether it's packing and weighing food or offering other valuable services, your contribution is greatly appreciated.

If you're interested, please contact us at 08 9 401 2699. We look forward to hearing from you!

Upcoming Community Events + Information

School Holiday Program

the spiers centre
caring for our community

9.30am to 11.30am

Thurs Sep 26 MUSIC AND MOVEMENT
Only \$5.00 per family

Tues Oct 1 ARTS AND CRAFTS

Thurs Oct 3 OBSTACLE AND GAMES

2 Albatross Court, Heathridge
08 9401 2699
info@thespierscentre.com.au

energy ahead

Take control of your energy use and reduce your electricity bill with FREE energy saving workshops.

Community Workshops
We run community workshops to help you understand and manage your household energy use. We provide practical energy saving tips that can help you reduce your electricity bills and get ahead.

FREE WORKSHOP TUESDAY 1st October 2024 - 1pm
Learn practical tips for cutting your power bills and saving energy!
Light Refreshments Provided
The Spiers Centre
2 Albatross Ct, Heathridge
Contact energyaheadworkshops@thefwc.org.au

Interested in booking the Energy Ahead team to host a workshop? Find out more at thefwc.org.au/energyahead

the spiers centre
caring for our community

THE SPIERS CENTRE PLAYGROUP

MONDAY 1.00PM TO 2.30PM
Crafts, games and fun with a Play-Based Learning approach

Week 1 - 19th August Farm Days
Week 2 - 26th August Ocean Alive
Week 3 - 2nd September Rainbow Magic
Week 4 - 9th September Space Crater

thespierscentre.com.au
2 Albatross Court, Heathridge

WOMEN'S HEALTH WEEK

2-6 September 2024
womenshealthweek.com.au

Discussions on Women's Health Checks
Monday 2nd September - 1pm to 3pm
The Spiers Centre
2 Albatross Court, Heathridge

LUMA
Luma's health experts will empower you with the tools to know which health checks you need, what symptoms to look out for, and how to understand your reproductive hormones better. Luma aims to inform and empower women to take control of their health and wellbeing, letting women lead the discussion about their wellness. Expect to feel connected, inspired and knowledgeable at the end of this interactive and engaging talk. **FREE!** to attend, door prizes and afternoon tea provided.

Yean Hollis
Women's Health Week

Work & Development Permit Scheme
For Reducing Court Fines

ARE YOU IN HARDSHIP?
CAN'T PAY YOUR COURT FINES?
WANT TO ORGANISE YOUR MONEY?

Come along to learn more about how to reduce your court fines by attending financial counselling workshops and other approved activities

Every Tuesday
22nd October to 10th December
10am to 11am
The Hepburn Centre
46 Highclere Boulevard
Marangaroo

CALL NOW
Register by contacting our reception team on 08 9401 2699
info@thespierscentre.com.au
www.thespierscentre.com.au

Consumers of Mental Health WA
Listen. Advocate. Change.

City of Joondalup
in association with
The Spiers Centre Community Group

Let's get together to build connection and support each other

Join us on the 4th Friday of every month
Commencing 30th August 2024*
10am - 12pm (Midday)
2 Albatross Court, Heathridge

COME ALONG AND HAVE A YARN, SHARE STORIES AND FIND WAYS TO LIVE A HAPPIER AND MORE MEANINGFUL LIFE

This event is open for all members of the community so come along and find out more! No bookings required.

MORNING TEA PROVIDED

FOR MORE INFORMATION, CONTACT US:
Elaine at CoMHW - 9258 8911 or eashurst@comhwa.org.au
The Spiers Centre - 9401 2699 or reception@thespierscentre.com.au

TAKE A BREAK
RESET

FinWA
The Family Network of WESTERN AUSTRALIA INC.

Fin WA and The Spiers Centre invites you...
to join us for some self-care and pampering

the spiers centre
caring for our community

MONDAY 14th October
12.30 - 2.30pm
The Spiers Centre
2 Albatross Court, Heathridge

Light lunch
DIY healing balms
Art and craft

For more information text or call
Jacquie: 0411 032 308
www.finwa.org.au

BUNNINGS LET'S PLANT WORKSHOP

MONDAY 30TH SEPTEMBER

All ages can come together to plant their own strawberries in personally decorated terracotta pots to keep and care for at home. This free activity is supported by Bunnings Joondalup.

10.00AM TO 12.00PM
The Spiers Centre
2 Albatross Court, Heathridge
08 9401 2699
info@thespierscentre.com.au

the spiers centre
caring for our community

VOLUNTEER AT THE SPIERS CENTRE

Why Volunteer?

- Skills & experience
- Greater sense of purpose
- Socialise
- Give back

ROLES

Events Team
We need outgoing individuals to help run our weekly social and neighbourhood friend groups and stimulate discussion!

Bread Collection Team
We need volunteers to help collect and deliver fresh bread to our centre

Food packing and weighing Team
We are looking for dedicated volunteers to help pack and weigh food. Your support will make a big difference in our community.

Community Events
We are looking for people who can mind our TSC stalls at events on weekends.

Other
If you have a particular skill set, and a passion for helping people, contact us and we will find something for you! We also may have openings for gardening, flyer delivery, customer service, and much more.

Upcoming Community Events + Information

Help means different things to different people

A good meal? Help with essentials?
A place to stay? Help with bills?

If you're experiencing a tough time and need some help, there's one place you can go to find all of these things and more.
wconnect.org.au

wconnect

the spiers centre
caring for our community

Get Scrubbed
SAVING THE WORLD ONE SEWING MACHINE AT A TIME

Get Scrubbed WA Charitable Sewing Group

Crafting projects for charity groups and hospitals.
This friendly group meets every second Thursday of the month
2.00pm to 5.00pm
The Spiers Centre
2 Albatross Court
Heathridge

the spiers centre
caring for our community

THE SPIERS CENTRE PLAYGROUP

MONDAY 1.00PM TO 2.30PM
Crafts, games and fun with a Play-Based Learning approach

Week 1 - 19th August Farm Days
Week 2 - 26th August Ocean Alive
Week 3 - 2nd September Rainbow Magic
Week 4 - 9th September Space Crater

thespierscentre.com.au 2 Albatross Court, Heathridge

FREE Laundry

the spiers centre
caring for our community

- Washing & Dry
- 2 Albatross Court Heathridge
- 11:30am - 2:30pm
- Every Thursday

08 9401 2699 thespierscentre.com.au

NEW GROUP

Mums and Bubs Recovery Group

The Mums and Bubs group offers psychoeducation, information, group support and opportunities for discussion with the aim of developing skills and a better understanding of how to cease or reduce the harm associated with alcohol and / or other drug use. This group is open and ongoing. All Welcome.

We offer several groups that provide non-judgemental support for all those that want to make a change in their life. 1:1 Drug and alcohol counselling and phone support is also available.

Mondays 10am-12pm
Starting Monday July 15th

The Spiers Centre, Heathridge
2 Albatross Rd Heathridge

Free Creche 6 weeks to Age 4-Registration required
Minimum of 10 participants required
wellness@luma.org.au

Call Karen: 0415 729 877

LUMA FOR HER HEALTH AND WELLBEING

COMMUNITY CLOSET

9:30am to 2:00pm
Every Wednesday

The Spiers Centre
2 Albatross Court, Heathridge 6027

Clothes available for FREE

08 9401 2699

the spiers centre
caring for our community

Yoga 2 Fitness

WELCOME TO CHAIR YOGA

Chair Yoga is a wonderful practice that offers numerous benefits for seniors. It helps improve flexibility, balance, and strength, all while being gentle on the joints. Chair yoga also enhances relaxation, reduces stress, and promotes overall well-being. It is a fantastic way for seniors to stay active and maintain their health, no matter their age or physical condition. Don't miss this opportunity to experience the benefits of chair yoga with Bettina from Yoga2Fitness. Register by calling 08 9401 2699

Returns Tuesday 16 July
2pm - 3pm
at The Spiers Centre
2 Albatross Court
Heathridge
thespierscentre.com.au
Cost - \$5:00 per person

Counselling Service

the spiers centre
caring for our community

You might be in a challenging season of life, struggling with depression, anxiety, or addiction. Or perhaps you are currently amid a relationship difficulty or dealing with issues at work. Whatever the reason, we believe seeking assistance through counselling is a valuable investment in yourself and your well-being as you journey through the challenges life brings your way.

Ruth is at The Spiers Centre
2 Albatross Court Heathridge
every Friday
10:00 - 3:00pm

Appointments are essential

Ruth Lawless
Anam Cara
Holistic Healing

Find Us:
0403 177 699

Email ruth@anamcaraholistichealing.com.au to make an appointment

the spiers centre
caring for our community

Chat and Play

The Spiers Centre
Every 1st and 3rd Friday (monthly)
12.30pm to 3pm
2 Albatross Court
Heathridge

Ready for some fun times with other families. Australian Breastfeeding Association meet ups are a great way to get out the house, and chat while your child plays.

Australian Breastfeeding Association

Recipe of the Month

Speedy Stew

Dairy free
Gluten free



Serves

6

Cooking time

30

Veg per serve

3



TIP

Use any type of lean mince: chicken, pork, beef or kangaroo will do!



Ingredients

- 1 onion
- 3 carrots
- 2 celery sticks
- 3 garlic cloves
- 3 medium potatoes
- Spray oil
- 500g lean mince
- 4 1/2 cups water
- 2 teaspoons beef stock powder
- 1/2 cup tomato paste
- 2 tablespoons Worcestershire sauce
- 2 teaspoons mixed herbs
- 2 cups chopped vegetables (canned or frozen)
- 2 tablespoons cornflour
- Cooked rice (to serve)

Equipment

- Knife
- Chopping board
- Frypan and lid
- Large spoon
- Measuring cups
- Measuring spoons
- Small bowl
- Spoon

Tasty learning for life

How to make it



1. Chop onion, carrot, celery, and potatoes into small pieces. Finely chop garlic.



2. Spray frypan with oil and turn onto medium heat. Add onion, garlic, carrot and celery, cook for 2 minutes. Add mince and cook, stirring until brown.



3. Add potatoes, 4 cups water, 2 teaspoons beef stock powder, 1/2 cup tomato paste, 2 tablespoons Worcestershire sauce and 2 teaspoons mixed herbs to frypan and mix.



4. Put lid on and cook until potato is soft. Add frozen or drained canned vegetables.



5. In a small bowl, mix 2 tablespoons cornflour with 1/4 cup water. Add to frypan and stir until sauce has thickened and vegetables are cooked. Serve with rice.



For more great recipes and resources visit nom.org.au



Foodbank Superhero Foods HQ



Stories of impact: (The names and identifying characteristics of individuals have been changed)

Hope, a dedicated healthcare professional, had to end her career due to severe injuries from a major accident. Living with her teenage child, she receives Disability Support Pension

Hope's other child, affected by domestic violence, resides in supported accommodation, while the teenage child remains at home, witnessing her partner's erratic and abusive behaviour. Hope is currently hospitalised due to severe mental health concerns, overwhelmed by the emotional toll of her circumstances and the fear of returning home.

She receives ongoing emotional support from a Financial Counsellor, who provides continuous information and collaborates with other agencies to ensure she receives the necessary support. The FC provides continuous financial information and support as new situations arise and collaborates with other agencies to ensure ongoing support for the client.

Immediate legal intervention is crucial, and she has been referred to FDV legal assistance to explore options such as a Violence Restraining Order. The safety of herself and her child remains paramount.

Hope is beginning to see a path forward, with plans to secure a safe and stable environment for herself and her child. Her resilience and courage, combined with the comprehensive support she receives, highlight the possibility of overcoming even the most challenging situations.

This story shows how important our services are in helping people through tough times, emphasising the need for ongoing emotional and financial support.

Thank you for being part of our community!

THE SPIERS CENTRE	08 9401 2699
www.thespierscentre.com.au	2 Albatross Court Heathridge