

October Newsletter

THE SPIERS CENTRE

October 2024



September Highlights from The Spiers Centre

Hello Spiers Centre Community!

September was a bustling month filled with exciting activities and valuable services. Here's a recap of all the wonderful events and programs we hosted.

Our Bunnings Plant Workshop was a tremendous success! Mums and kids alike enjoyed getting their hands dirty while learning about plant care. The smiles and laughter were contagious, making it a memorable day for everyone involved.

Our dedicated Energy Coach has been busy conducting energy audits for the community. These audits are helping households become more energy-efficient, saving money and reducing environmental impact. If you haven't had your audit yet, be sure to book a session!

Our playgroup sessions were a hit, with themes that sparked imagination and joy. From Farm Days to Ocean Alive, Rainbow Magic, and Space Crater, each session was well-attended and filled with fun activities for the little ones.

The school holiday program was packed with excitement! Kids enjoyed a variety of activities including music and movement, arts and crafts, and obstacle courses and games. It was a fantastic way to keep the children engaged and active during the break.

Chair Yoga has become so popular that we've added a second session! This gentle form of exercise is perfect for all ages and abilities, helping participants improve flexibility and reduce stress.

Thank you to everyone who participated and supported our events and services. We look forward to another month of community, learning, and fun!

In this newsletter you can expect:

September Highlights

Service Highlights

Financial Independence Workshop

Financial Empowerment Workshop

Recipe of the Month

Stories of Impact

TSC Team x

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 Highlight

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 Coach 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. We receive a report with customised tips and various 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://www.thespierscentre.com.au/donate>



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

Joondalup Family Centre | **the spiers centre** | **Government of Western Australia Department of Communities**

Financial Empowerment for Women

A Series of 8 workshops 12:30pm - 2:30pm every Friday starting Friday 25 October
FREE Lunch Provided + receive a \$100 voucher if you attend all workshops.
FREE Crèche services are available! Spots are limited so register now!

- Discovery Session**
Start by scheduling a consultation with our expert financial counsellors. We'll get to know you, your goals, and your financial situation to tailor a plan just for you. Complete a budget, know your income and expenses and how to interpret bank statements.
- Financial Abuse & Scams**
Learn how to identify financial abuse and common scams targeting women. Discover practical strategies to safeguard your finances and personal information. Gain confidence with tools and resources to prevent and respond to financial threats.
- Superannuation / Pensions**
Learn the basics of superannuation and how it impacts your future. Discover strategies to grow your superannuation effectively. Get updates on the latest superannuation rules and benefits. Understand key components of your payroll and what they mean.
- Reduce your costs of living**
Learn effective budgeting techniques to manage your expenses by distinguishing between needs and wants. Discover practical tips to reduce everyday living expenses and understand the true cost of things. Explore ways to maximise your savings and make your money work harder for you.
- Debt Management / Afterpay**
Learn practical tips for handling and reducing debt, including understanding interest rates and repayment strategies. Discover how to use Afterpay responsibly to avoid overpaying and accumulating debt. Gain insights into maintaining a balanced financial life by integrating debt management and smart spending habits.
- Guest Speakers**
Hear from a range of Guest Speakers across 3 of our remaining workshops covering topics like tenancy, savings, insurance, reducing your power usage and learning energy efficient tips. Join us for a special celebration in Week 8 on Friday 13 December.

Joondalup Family Centre
25 Jolstra Cres, Joondalup
Starting Friday 25 October

Call to register
08 9401 2699
or Scan the QR Code

EMPOWERING TEENS FOR FINANCIAL SUCCESS

We are excited to invite you to our upcoming set of workshops every Friday starting Friday 1 November to Friday 29 November.

HIGHLIGHTS
Engage in various fun and meaningful activities to learn how to be financially fit.

Activities
Engage in various fun and meaningful activities to learn how to be financially fit.

Learn while being entertained
Experience captivating speakers with practical information you can use.

Delicious Food
Enjoy pizza and refreshments throughout the workshop.

Voucher
If you attend all 5 workshops every Friday from 1 November, you will receive a \$50 voucher. **SCAN QR CODE to register**

Or call for more info
08 9401 2699

More Information
thespierscentre.com.au

4:00PM - 5:00PM
1 NOVEMBER

HEATHRIDGE COMMUNITY CENTRE
SAIL TERRACE HEATHRIDGE

the spiers centre

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

the spiers centre | **Government of Western Australia Department of Communities**

Financial Empowerment for ALL

A series of 8 workshops 10:00am - 11:00am every Tuesday starting Tuesday 22 October
FREE Morning Tea provided + receive a \$100 voucher if you attend all workshops.
 Spots are limited so register now!

- How to Reduce Your Court Fines**
Join our session to learn how you can reduce or clear your fines through the Work and Development Permit (WDP) Scheme. Don't let court fines hold you back. Take the first step towards a fresh start!
- Complete a Budget**
Complete a budget, know your income and expenses and how to interpret bank statements.
- Reduce your Costs of Living**
Learn effective budgeting techniques to manage your expenses by distinguishing between needs and wants. Discover practical tips to reduce everyday living expenses and understand the true cost of things. Explore ways to maximise your savings and make your money work harder for you.
- Reduce your Energy Use**
Take control of your energy use and reduce your electricity bill. Gain an understanding of how to manage your household energy use with practical energy saving tips that can help you reduce your electricity bills and get ahead.
- Tenancy Breaches**
Join our informative session to understand your rights and responsibilities regarding tenancy breaches.
- Savings and Insurance**
Anyone looking to improve their financial literacy and secure their financial future. Join our comprehensive session on savings and insurance to learn how to manage your money and protect your assets.
- Pros and Cons of Applying for Bankruptcy**
Filing for bankruptcy is a significant decision with both advantages and disadvantages. Bankruptcy can provide a much-needed fresh start for those overwhelmed by debt, but it comes with significant drawbacks that should be carefully considered.
- Guest Speakers**
Learn from expert guest speakers to help you manage your money and protect your assets throughout this series of workshops.

The Hepburn Centre
46 Highclere Blvd, Marangaroo
Every Tuesday starting 22 October to 10 December
10am - 11am

Call to register
08 9401 2699
or Scan the QR Code
or Email info@thespierscentre.com.au

Counselling Service

the spiers centre

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

CHAIR YOGA

WELCOME TO

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

Our financial literacy workshops are FREE and if you attend all sessions you receive \$\$\$ Voucher

Recipe of the Month

Power-Up Pizza



Makes **18**



TIP
Add different toppings such as cooked chicken, baby spinach or olives.



Ingredients
Base:
3 1/2 cups self-raising flour (plus extra for kneading)
2 eggs
1 cup low fat milk
2 tablespoons olive oil
1 tablespoon dried herbs
Toppings:
100g tomato paste
100g lean ham

80g tinned pineapple
1/2 red capsicum
6 small mushrooms
1 tomato
1 small bunch fresh basil
100g reduced fat cheese

Equipment
Large bowl, sieve, measuring spoons, measuring cups, spatula, rolling pin, chopping board, knife, grater, can opener, frypan with lid

Tasty learning for life

Foodbank Superhero Foods HQ

How to make it



- 

1. Base: Sift flour into bowl. Make a well in the centre, add eggs, milk, oil and dried herbs. Use a spoon to mix together until just combined.
- 

2. Sprinkle a little flour onto clean surface, knead dough gently until it is smooth. Roll dough into large rectangle shape to fit frypan.
- 

3. Spray frypan with oil. Place dough into frypan.
- 

4. Toppings: Spread pizza base with tomato paste. Dice or slice all pizza toppings. Spread evenly over pizza base.
- 

5. Grate cheese and sprinkle across pizza, place the lid on frypan and cook on medium heat for 20 minutes.

FOOD BANK **nom!**

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



Sarah's Journey to Financial Stability

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

We are excited to share Sarah's inspiring story. Sarah, a 38-year-old single mother of two, came to us overwhelmed by debt after losing her part-time job. Her income relied on government assistance and sporadic child support, with rent arrears, overdue utility bills, and credit card debt piling up.

Sarah's financial situation was dire:

- \$1,500 in rent arrears
- \$3,200 in credit card debt
- \$800 in overdue utility bills
- Monthly income: \$2,200
- Monthly expenses: \$2,600

We helped Sarah by:

1. Budgeting: Created a realistic budget and set up direct debits for bills.
2. Debt Negotiation: Negotiated payment plans and applied for a HUGS grant.
3. Rental Assistance: Accessed the WA Rent Relief Programme.
4. Employment Support: Connected her with training programs and job services.

Sarah's situation improved significantly:

- Rent arrears cleared.
- Manageable debt payment plan.
- Reduced utility bills.
- Increased confidence in managing finances.
- Started a part-time course and applied for jobs.

Three months later, Sarah has now secured part-time work and maintained financial stability. Her story highlights the power of support and resilience.

Thank you for being part of our community!

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