

August Newsletter

THE SPIERS CENTRE

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August 2024



A month of Community, Compassion and Connection at The Spiers Centre

In the past month, The Spiers Centre has been a hive of activity, bringing people together and providing vital services to those in need.

Here's a snapshot of our recent initiatives:

Fresh Food Access: We've partnered with Feed it Forward and OzHarvest to offer fresh produce every week. This initiative ensures that nutritious food reaches the tables of our community members, free of charge.

Support for Sobriety: Alcoholics Anonymous meetings continue to offer a lifeline to those seeking support with alcohol-related challenges, with sessions held three times a week.

Compassionate Friends: On the fourth Thursday of every month, The Compassionate Friends provide a supportive environment for those dealing with the loss of a loved one.

Social Club Gatherings: Our Social Club continues to thrive, meeting every Wednesday to enjoy crafts, games, and the warmth of friendship. It's a space where stories are shared, and new bonds are formed.

Get Scrubbed WA: Once a month, we unite sewing and crafting enthusiasts to create and connect. It's a wonderful opportunity for skilled individuals to contribute to the community while fostering a sense of belonging.

These are just a few highlights of the incredible work being done at The Spiers Centre. Our doors are always open, and our hearts are committed to serving the community. Join us as we look forward to another month filled with hope, help, and healing.

TSCTeam x

In this newsletter you can expect:

Community Events

Fundraising Update

New Group

Volunteer Spotlight

Recipe of the Month

Stories of Impact



TSC Community Highlights

Firstly, we would like to express our gratitude to all of our donors and volunteers who have continued to support us during these challenging times. Your generosity and dedication have allowed us to keep our programs running smoothly and effectively.

This July, the spirit of community was alive and well, thanks to the Lions Club Whitford. Their dedication to service shone brightly as they hosted a delightful sausage sizzle fundraiser. The aroma of grilled sausages filled the air, bringing smiles and a sense of togetherness to all who attended.

In a generous show of support, Bunnings Joondalup opened their doors, providing us with the perfect space in their foyer for our fundraising raffle. The event was a hit, with many lucky participants walking away with wonderful prizes. It was a testament to the power of community collaboration.

Thanks to everyone's participation and support, we're able to continue making a positive impact in our community.

Finally, 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.



Volunteer Spotlight

This month's volunteer is Michele, one of our star volunteers.

It's wonderful to recognise Michele for her volunteer work this month. Her selflessness and dedication to helping others are truly inspiring.

Let's take a moment to appreciate her efforts and encourage others to follow in her footsteps.

Michele volunteers with our community closet, our fundraising events and soon tax help.



New Group

Join us every 1st and 3rd Friday of the month - share some fun times with other families, chat while your child plays.

- Date: 02 August 2024
- Time: 12:30pm - 3:00pm
- Location: 2 Albatross Court Heathridge
- All are welcome to participate and volunteer.

We look forward to seeing you.

TSC Community Events

HOMELESSNESS ACTION NOW

The Spiers Centre, Fortuna Foundation, Uniting WA, Beacon Fight for Life and Sudbury Community House are combining their efforts to help those experiencing homelessness or at risk of facing homelessness.

The Wellness Truck will be at several locations throughout Homelessness Week from 10:00am to 3:00pm.



LOCATIONS:

Monday 5 August - The Spiers Centre, 2 Albatross Court Heathridge
 Tuesday 6 August - 935 Wanneroo Rd, Wanneroo
 Wednesday 7 August - Wandjoo Garden, Mildale Way Mirrabooka
 Thursday 8 August - The Spiers Centre, 2 Albatross Court Heathridge
 Friday 9 August - 70 Davidson Terrace, Joondalup

Services will include:

Mental Health Counsellors
 Financial Counsellors
 Food, blankets, toiletries,
 sleeping bags and clothing

Help means different things to different people



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.
waconnect.org.au



waconnect

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

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 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 tickets to one of our free events at energyahead.eventbrite.com

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

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

Counselling Service

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

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 create 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 Croche '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

Yoga 2 Fitness

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

BOOK WEEK PLAYGROUP

Join us for a morning of fun, crafts, games and lots of stories! Local author Deb Hassett will be doing a special reading. Dress as your favourite book character

WED - 21ST AUGUST
9.30 TO 11.30AM

The Spiers Centre
 2 Albatross Court Heathridge
 For more information contact us on
 94012699 info@thespierscentre.com.au

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

Recipe of the Month

Chicken and Corn Soup

Dairy free
Gluten free



Serves

6

Cooking time

30

Veg per serve

3



TIP
Leftover soup can be frozen for later.



Ingredients

1 onion
1 carrot
2 spring onions
400g can corn kernels
Spray oil
6 cups water
1 tablespoon chicken stock powder

400g can creamed corn
1 cooked chicken breast shredded (250g)
2 eggs
Pepper (to taste)

Equipment

Knife
Ladle or large spoon
Chopping board
Strainer
Frypan
Large spoon
Measuring cups
Measuring spoons
Small bowl
Fork

Tasty learning for life

How to make it



1. Chop onion, carrot and spring onions into small pieces. Drain the canned corn kernels using a strainer.



2. Spray frypan with oil and turn onto medium-high heat. Add onion and carrot and cook for 5 minutes or until soft.



3. Add 6 cups water, 1 tablespoon stock powder and drained corn kernels to the frypan. Once water is boiling, add creamed corn, shredded chicken and mix.



4. In a small bowl, crack 2 eggs and mix with a fork. Slowly pour eggs into the frypan while stirring. Turn off the heat.



5. Add spring onions and pepper. Serve soup into bowls using a ladle or large spoon.



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





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

John has been doing it tough. He had been feeling like he had hit rock bottom and didn't know where to turn.

That's when he discovered The Spiers Centre on a cold wet winter's day. We helped John with some warm dry clothes, wet weather gear, food and Foodbank vouchers. We made him a hot cup of tea which he enjoyed in the warmth of our centre.

The support and guidance from our charity organisation is giving John hope.

John's story is a powerful reminder that everyone deserves a safe space they can reach out to for help without stigma or judgement.

By creating environments that feel like home, we can help those who have experienced hardships feel a sense of comfort, security, and hope for the future.

Thank you for reading!

Jane, a mother, juggles part-time work with the demands of a mortgage, all while battling cancer. Her husband, managing depression, contributes through part-time work as well. Their son, who lives with a disability, adds to the family's unique challenges.

Jane reached out to us for help. With the support of a Financial Counsellor, she navigated the complexities of applying for hardship assistance and discovered untapped resources like the Family Tax Benefit and the National Disability Insurance Scheme.

The family received immediate relief. The ongoing support from their Financial Counsellor guides the family towards stability and empowerment.

Jane's story highlights the intersecting challenges faced by families dealing with health crises, financial strain, and complex family dynamics. By addressing both immediate financial needs and providing holistic support, Financial Counsellors play a crucial role in empowering clients to navigate financial difficulties and personal hardships effectively.

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