

Vol 2

NEWSLETTER

The Spiers Centre



WE ARE BACK!

The Spiers Centre Team was back in full swing as of Monday 8th January ready to support you through 2024.



NEED URGENT HELP WITH MONEY?

If you're feeling overwhelmed by money or personal issues, it can be hard to know where to turn. You don't have to go it alone. In an emergency, there are services to help you with food, housing, and bills, as well as emotional support. Don't know where to start? Call us on 08 9401 2699 Monday to Friday 9:00am – 3:00pm. Our team is here to help! A free financial counsellor can help you explore your options, negotiate with your creditors, put plans in place to manage your debts and get your finances back under control.

IN THIS MONTH'S EDITION:

Galentine's Day Clothes Swap Party

Photos from the 2023 Christmas Party

Staff Planning Day

Our New Fridge

WHAT'S ON THIS FEBRUARY

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
29	30	31	1 Wellness Wagon	2 Craft Group	3	4
5	6 Luma	7 Social Club	8 Get Scrubbed	9 Craft Group	10	11
12	13 Luma	14 Clothes Swap Party	15	16 Craft Group	17	18
19	20 Luma	21 Social Club	22	23 Craft Group	24	25
26	27 Luma	28 Social Club NACS	29	1 Craft Group	2	3

HIGHLIGHT EVENT: GALENTINES DAY CLOTHES SWAP PARTY

Wednesday 14th February: 9am - 2pm @ TSC Heathridge

Come freshen up your wardrobe by swapping your unwanted clothes for something different at our fun, eco-friendly event!

- Declutter your closet
- Get new clothes without spending big
- Reduce textile waste
- Have a fun day socialising & meeting new people

Please bring any clean and gently used clothing items that you no longer want and you can swap them for other garments that you like.

Please register your interest at

<https://events.humanitix.com/galentine-s-day-clothes-swap>
by Friday February 9th or by calling (08) 9401 2699 or emailing your contact details to info@thespierscentre.com.au



NEW FRIDGE

FRESHER FOOD FOR LONGER



FEB 2024

PLANNING DAY

We are excited to announce that the Spiers Centre Team has completed their annual planning session and produce some amazing ideas for the upcoming events. These events are designed to be fun, interactive, and informative, and they will give you a chance to connect with other members of the spiers centre community. Whether you are interested in learning new skills, meeting new people, or simply having a good time, we have something for you. Stay tuned for more details on the dates, times, and locations of these events, and don't miss this opportunity to join us in celebrating our wonderful community. We look forward to seeing you soon!

THE WELLNESS WAGON IS HERE THIS WEEK!

thespierscentre.com.au 08 9401 2699

Thursday
25th January and 1st February
11:30am - 1:00pm

I've Been There
Peer support & mentoring

Wellness Wagon

Navigating the Path to Mental Wellbeing, One Conversation at a Time.

With Andy Crocman Pittway

The group is open to anyone interested in improving their mental health and wellbeing. It is suitable for individuals dealing with stress, anxiety, depression, or anyone who wants to learn more about maintaining good mental health.

VOLUNTEER FOR US:

VOLUNTEERS NEEDED

CHANGE YOUR LIFE BY CHANGING THEIRS!

Give back to the community and help those desperately in need, whilst building your own skills, experience, and social group! Join The Spiers Centre today!

LOOKING FOR:

Group Facilitators

IT Support

Reception assistant

Activities/events officer



CONTACT US:

info@thespierscentre.com.au

2 Albatross Court, Heathridge

<https://www.thespierscentre.com.au/volunteer>



THE 2023 XMAS PARTY

It was great to see so many friendly faces. Santa was a huge hit with the kids as usual, The Cat Haven's kittens were adorable and provided us with much entertainment and the Space2Sing Choir was mind blowing. Thank you to all our generous donors who made the event possible with special mention to Ian Goodenough, MP, Emily Hamilton, MLA Joondalup, Woolworths Whitfords and Beldon, Coles Whitfords, Lion's Club of Kingsley and Professionals Carroll Property Group.



THANKS FOR READING!

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