



# **NEWSLETTER**

### The Spiers Centre



It was a pleasure to host Hon. Sabine Elisabeth Winton MLA, Minister for Early Childhood Education; Child Protection; Prevention of Family and Domestic Violence; Community Services, at The Spiers Centre.

It was an opportunity for the Minister to witness the work we do and to see the invaluable services (financial counselling, emergency relief and support groups) that we provide to the community.

We are proud to be part of the Linkwest network and to share our stories of community empowerment and engagement. We appreciate Linkwest's advocacy and support for the issues that affect our sector and our communities.



#### IN THIS MONTH'S EDITION:

Taste The World Event

City of Joondalup Grant

**Energy Ahead Program** 

More exciting events & news!

### WHAT'S ON THIS MONTH

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
26 Women's Recovery Group	27	28 Social Club	29	1 Craft Group	2	3
4 Labour Day	5	6 Social Club	7	8 Craft Group	9	10
11 Women's Recovery Group	12	13 Social Club	14 Get Scrubbed	15 Taste the World	16 Walk for Brody	17
18 Women's Recovery Group	19	20 Social Club	21 Energy Ahead Workshop & Wellness Wagon	22 Craft Group	23	24
25 Women's Recovery Group	26	27 Social Club	28 Wellness Wagon	29 Good Friday	30	31

### **KEY EVENT: TASTE THE WORLD**

We are thrilled to invite you all to join us at The Spiers Centre on Friday, 15th March from 12pm to 2pm. Come and celebrate the rich tapestry of our community through a culinary journey around the world!

This event is a wonderful opportunity to appreciate the diversity of our community, meet new people, and of course, enjoy some delicious food!

We look forward to seeing you there!

Register here online at Humanitix 
https://events.humanitix.com/the-spiers-centretaste-the-world-celebrate-diversity-through-food











#### What is Energy Ahead?

Energy Ahead is a program that helps participants to take control of their energy use, helping them to:

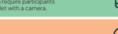
- Understand and confidently use energy within their household

- Reduce their energy use and costs Have a positive impact on the environment

Energy Ahead is funded as a commitment of the Western Australian Climate Policy The program is delivered by the Financial Wellbeing Collective in collaboration wit Synergy which means all of our services are free for residential Synergy customers

#### Household Energy Audits - In Home









**Community Workshops** 

Find out more or sign up at thefwc.org.au/energyahead



The Financial Wellbeing Collective is a collaboration of not-for-profit community service organisations and local government.

















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- Understand and confidently use energy within their household
- Reduce their energy use and costs
- Have a positive impact on the environment

Why is it FREE?

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Find out more or sign up at thefwc.org.au/energyahead

### **WOMEN'S RECOVERY GROUP**

Women's Recovery group is an open supportive group for women experiencing issues-now or in the past -associated with addiction and/or mental health challenges. The group covers topics including Breaking the Cycle of addictive patterns, mindfulness, understanding triggers, healthy boundaries and wellness and emotional selfmanagement.

Mondays 10am – 12pm at The Spiers Centre, 2 albatross court Heathridge



#### WALK FOR BRODY - SAT 16TH MARCH 3:30PM - 8PM

The Spiers Centre will be hosting a stall at the family friendly event being held at Mirror Park.

Visit our stall and register to Walk -

https://www.brodywoodkenneylegacy.org/registration-form/

### THANK YOU TO CITY OF JOONDALUP

We are immensely grateful to the City of Joondalup for their unwavering support in 2023 through the Neighbourhoods Friends Grant. This grant has been instrumental in providing opportunities for residents in the City of Joondalup to engage in social interaction and foster a sense of belonging. The impact of this initiative has been profound, leading to an improved sense of well-being and mental health for many in our neighbourhood centre community. We look forward to continuing our work in creating a supportive and inclusive environment for all.



### THANKS FOR READING!



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