

Vol. 3

NEWSLETTER

The Spiers Centre



MINISTER'S VISIT

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.



Fresh food available every week from Monday to Friday 9:00am – 3:00pm at The Spiers Centre 2 Albatross Court, Heathridge

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-centre-taste-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



Why is it Free?

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

Household Energy Audits – In Home

Energy Coaches provide in home energy audits to help participants understand and manage their energy use. They receive a report with customised tips on how to take control and reduce energy use along with various energy efficiency items to get them started. Audits take about 2 hours and can be delivered Monday to Friday within business hours.



Household Energy Audits – Virtual

Our Energy Coaches can also provide virtual audits which require participants to have an active internet connection and a mobile or tablet with a camera.



Energy Coaching

Energy coaching is a practical way for participants to learn more about their household energy use and how they can make positive changes to reduce use and costs. We provide coaching sessions over one or two Synergy bill cycles and a report with customised tips on how to take control and reduce energy use.



Community Workshops

We run community workshops to help participants to understand and manage their household energy use. We provide practical energy saving tips that can help them to reduce their electricity bills and get ahead. Find tickets to one of our free events at energyahead.eventbrite.com or contact us if you are interested in hosting a community workshop.



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



ENERGY AHEAD PROGRAM

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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 self-management.

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

Womens Recovery Group

Womens 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 self-management.

This group aims to 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. Please feel welcome to call Karen on 041 572 9877



Mondays
10am – 12pm

Term 1, 2024

Start Date
Monday Feb 5th

Free Creche
(please call to register)

2 Albatross Rd
Heathridge

wellness@luma.org

Call Karen
041 572 9877



LUMA FOR HER HEALTH AND WELLBEING



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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