

# APRIL NEWSLETTER

Issue 2 - April 2026

## WELCOME

Welcome to the TSC Newsletter for April — a snapshot of the many ways our community continues to come together, support one another, and take that first step when it matters most.

Alongside our regular programs, we have a number of events coming up, including Neighbourhood Centre Week — a celebration of connection and the role local centres play in bringing people together.

It's a reminder that strong communities are built through everyday moments of care and shared experience.

Our programs continue as usual, with the exception of Community Closet, which will be closed on 6 and 13 May as we transition into its new home — an exciting step forward.

## AT A GLANCE

- Our Regular Programs
- Upcoming Events
- Energy Ahead
- Blog no 14 - 'Walking in someone else's shoes'
- How you can get involved

"There's something powerful about a community that looks out for one another.

Every day at The Spiers Centre, we see people showing kindness, offering support, and taking that first step — sometimes the hardest one.

It's a privilege to be part of that journey"



**NEIL STARKIE**

CEO

# OUR REGULAR PROGRAMS

## CONNECTING COMMUNITY

Across the Centre, there are many ways people are coming together - to connect, learn, and support one another.



Yoga 2 Fitness

### CHAIR YOGA

Join us for Chair Yoga classes

This gentle practice enhances flexibility, balance, and strength, while being easy on the joints.

Experience the benefits with Bettina from Yoga2fitness and Lynn from Dru Yoga.

Don't miss out!

Tuesdays from  
21 April - 30 June 2026  
Class time 1.30pm to 2.30pm  
The Spiers Centre  
2 Albatross Court Heathridge  
Cost - \$5:00 per person  
Bookings essential  
08 9401 2699 or  
info@thespierscentre.com.au



### TSC SOCIAL CLUB

Our social club is where people gather to enjoy activities, meet new friends, learn new skills, and be part of our community.

**EVERYONE WELCOME**

**WEDNESDAYS**  
**10AM TO 12PM**

The Spiers Centre  
2 Albatross Court  
Heathridge



For more information contact 9401 2699  
reception@thespierscentre.com.au

# COMMUNITY CLOSET

9:30am to 12:00pm  
**Wednesdays**  
The Spiers Centre  
2 Albatross Court, Heathridge  
6027



**Please note - Closet will be closed on 6 & 13 May.**

Clothes available for FREE  
08 9401 2699

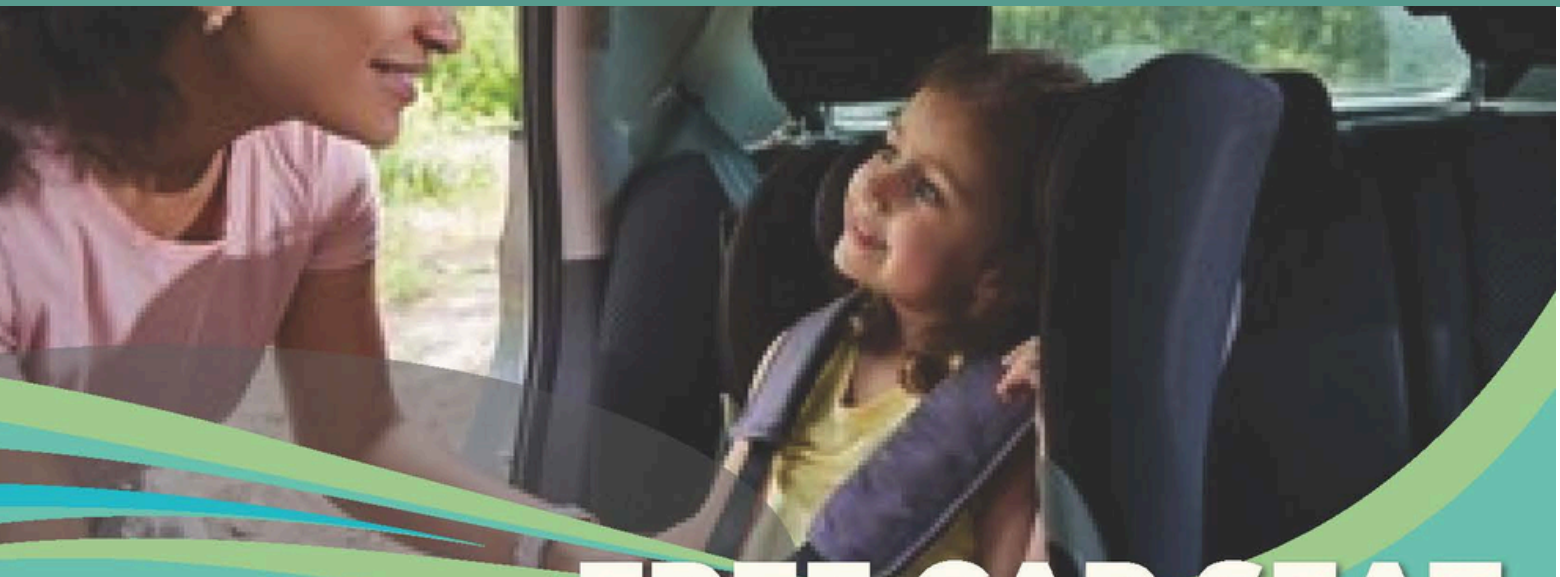
## THE SPIERS CENTRE PLAYGROUP



**COME AND JOIN US!**  
MONDAYS TERM 2  
20/4/26 - 29/07/26  
9.30AM TO 11.30AM  
2 ALBATROSS COURT  
HEATHRIDGE  
94012699  
FREE  
FRIENDSHIP & COMMUNITY  
CREATIVE ACTIVITIES  
BYO PIECE OF FRUIT TO SHARE

**WHY PLAY WITH US?**  
Join us in a safe and stimulating environment where children have the opportunity to learn and develop social, emotional, physical, and cognitive skills through play. Our playgroup provides a wonderful opportunity for parents and children to play together, fostering critical bonds and enhancing healthy development.

# UPCOMING EVENTS



**ENSURE YOUR CHILD'S  
SEAT IS FITTED SAFELY  
AND CORRECTLY**

## **FREE CAR SEAT RESTRAINT CHECKS**

Monday 4<sup>th</sup> May

10:00 am - 12:00 pm

The Spiers Centre: 2 Albatross Ct, Heathridge WA 6027

For more information contact Mel: 94012699

[mel.wright@thespierscentre.com.au](mailto:mel.wright@thespierscentre.com.au)

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**Caitlin Collins MLA**  
**Emily Hamilton MLA**



# NEIGHBOURHOOD CENTRE WEEK

Monday 11th May - Sunday 17th May 2026.

The Spiers Centre and Joondalup Family Centre are your local Neighbourhood Centres supporting your local community!

11

MON

## Community in Bloom

TSC Playgroup Seed Bomb Activity

Take them home and plant in your garden.

9:30 am - 11:30



12

TUE

## Containers for Change

Recycle cans/bottles during this Week for a raffle entry. Free recycling bags and info.

11:30 am - 12:30 pm



13

WEDS

## NHCA Community Led Lunch

Come down to TSC and join your community for a free sausage sizzle lunch.

11:30 am - 12:30 pm



14

THURS

## JFC NHCA Community Led Lunch

Free sausage sizzle lunch 11:30am-12:30 pm

25 Jolstra Crescent, Joondalup



15

FRI

## Community in Bloom

Decorate your own plant pot, plant a seed and take it home 10 am to 11:30 am



# EMPOWERING WOMEN SERIES

## From Survival To Strength

EVERY MONDAY FOR FIVE WEEKS  
EACH WEEK EXPLORE DIFFERENT TOPICS

**4 May to 1 June 2026**

**9.30am - 11.30am**

**The Spiers Centre**

**2 Albatross Court Heathridge**

**Free Creche available bookings are essential**



For more information and bookings

Contact Mel 94012699

[mel.wright@thespierscentre.com.au](mailto:mel.wright@thespierscentre.com.au)

# HEART BEAT CLUB

*Could you save a life in an emergency?*

**Monday 8<sup>th</sup> June**  
**10am-1pm**  
**The Spiers Centre**  
**2 Albatross Court**  
**Heathridge**

**FREE CPR SESSION**

**Designed specifically for parents and grandparents of young children**

- Keeping children safe at home
- Responding in an emergency
- Resuscitation for infants and children
- Basic first aid for common childhood injuries



Registration essential. Please contact Mel on 9401 2699 to register  
Creche available



## Languages of Love and Children

### Workshop Overview:

This simple but effective tool has been helping to improve connection in families, friendship groups and even the workplace. It all comes down to speaking - and hearing - each other's love language. This session will explore how to use Gary Chapman's love languages with your children.

**When:** Monday 22 June 2026

**Time:** 10.00am – 12 noon

**Where:** The Spiers Centre 2 Albatross Court Heathridge

**Cost:** Free

For registrations please contact Mel on 94012699

[mel.wright@thespierscentre.com.au](mailto:mel.wright@thespierscentre.com.au)



## ENERGY AHEAD PROGRAM - TAKE CONTROL OF YOUR ENERGY USE

Find out how you could save money with Energy Ahead. Take control of your energy use through free energy audits, coaching and workshops.

We know that everyday living is hard, particularly at the moment, so we are 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.

### HOW IT WORKS

1. Sign up at [thefwc.org.au/energyahead](http://thefwc.org.au/energyahead) (scan the QR code below to access the website)
2. We will give you a call to discuss your needs and the best service options for you
3. We will help you understand and manage your household energy use, pinpoint ways to save money
4. We'll give you \$100 worth of energy efficient items to get you started.



“

*I was in a really tight position when we found out about this program. **It really helped us see a light at the end of the tunnel** and we can't thank you enough. I wish we knew about this sooner.*

### Energy Ahead Client Feedback

*Our free audits and coaching are available to Synergy customers experiencing financial hardship*



## What is Energy Ahead?

Energy Ahead offers free coaching, workshops and home audits to help understand and manage energy use, helping to reduce costs.



*Energy Ahead is free and available to Synergy residential customers who are experiencing financial hardship.*



*Community supporting community!*

We often talk about walking in someone else's shoes. It's a phrase that suggests empathy, understanding and a sense of perspective. The idea that if we could just see life from someone else's point of view, we might better understand what they are going through.

Earlier this week, I was reminded just how difficult that really is.

When staff arrived at our Heathridge centre on Monday morning, they found a man asleep outside. He's someone we know well. We know parts of his story and the struggles he faces each day. The kind of struggles that don't come and go, but stay with you, shaping how you live, how you think and how you cope.

He told us that the night before he had been sleeping under a trailer. During the night, someone had attacked him and stolen what few possessions he had. He managed to make his way to The Spiers Centre and slept on a bench outside. When we spoke to him that morning, he was disoriented, but clear about one thing. He had come here because he feels safe and, in his words, we see him as a human being.

As we were talking, I noticed that he was only wearing one shoe. He thought the other had been taken during the night. It's a small detail, but it isn't really small at all. For someone who relies on his own two feet to get everywhere, shoes are not just clothing. They are everything - his means of transport, his independence and his ability to keep moving.



We checked our Community Closet, but we didn't have anything that would fit. So I went home and grabbed a pair of Crocs that I no longer need. There is something that has stayed with me since that moment. On Monday morning, he walked away in my shoes. And yet, no matter how much I try, I will never truly know what it feels like to walk in his.

That is the tension in that phrase, isn't it? We talk about walking in someone else's shoes as a way of understanding. But the reality is, we can't fully step into someone else's experience. We can listen, we can care and we can try to understand. But we don't carry their history, their trauma and their day-to-day reality.

What we can do is walk alongside them. This week, we have also seen what it looks like when others choose to do the same.

*Community supporting community!*

## BLOG NO 14 - WALKING IN SOMEONE ELSE'S SHOES - CONTINUED

We have recently partnered with Julie and Jaime Cross from Haiven Real Estate, a local business that genuinely lives out the idea of community supporting community. Through their support, we now have advertising on 6iX commencing this week, helping us reach people earlier and ensuring that those who need support know where to find it.

At the same time, our new sea container has been delivered and installed at Heathridge, expertly lifted into place by Urban Cranes and manufactured by Royal Wolf. This will soon become the new home for our Community Closet, providing a dedicated space where people can access clothing in a way that preserves dignity and choice. It follows on from the completion of our outdoor seating areas, all designed with the concept of a psychologically informed environment in mind.

These things don't happen in isolation. They happen because people and organisations choose to walk alongside us.

Even with careful planning, things don't always go smoothly.

At one point during the week, we were watching Cyclone Narelle closely, wondering whether it might delay the installation. In the end, she held off. But the truck carrying the container broke down on its way to Heathridge, a reminder that even the best plans can be tested.

It was resolved quickly, and when the container was finally lifted into place, Deano summed it up simply: "Easy. No problem."

But as I reflect on the week, it is not the logistics or the milestones that stay with me most.

It is that moment on Monday morning.

A man who had lost what little he had, who walked to a place where he felt safe, and who left with something small, but important.

A pair of shoes.

Maybe that is what walking in someone else's shoes really means.

Not that we fully understand someone else's journey, but that we choose to walk alongside them where we can, in whatever way we are able.

And when individuals, businesses and community come together in that way, something powerful begins to take shape. If you are a local business or organisation and have ever wondered how you might make a difference, perhaps it starts by simply walking alongside.

Because sometimes, the most meaningful change doesn't come from standing in someone else's shoes. It comes from making sure they don't have to walk alone.

*Community supporting community!*

# How you can get involved

## CAN YOU HELP US?

As you may have read in last months Newsletter and also mentioned above, we have a new, purpose made sea container which will house our free clothing service. We would love to talk to a local business that can help us out with shelving and racking installation. All ideas and options will be carefully and gratefully considered.



## COMMUNITY SUPPORTING COMMUNITY

At The Spiers Centre, everything we do begins with a simple idea — that community is stronger when we show up for one another.

In a time when many are doing it tough, the need for connection and support has never been greater. Whether you're an individual, a local business, or a corporate partner, there is a place for you in this story.

- ♥ Walk alongside us
- ♥ Partner with purpose
- ♥ Help us reach those who need it most

Together, we can continue to create connection, dignity, and opportunity for our community.

✉ Connect with us today:  
email - [ceo@thespierscentre.com.au](mailto:ceo@thespierscentre.com.au) or scan the QR code to learn more

