

Vol. 4

NEWSLETTER

The Spiers Centre



TSC - A SUCCESS STORY

Emily is a single mother, working multiple jobs to provide for her two young children. Despite her best efforts, due to the increasing costs of living making ends meet, was a constant struggle, and putting food on the table often felt like an impossible task.

One day Emily found out about The Spiers Centre's emergency relief programme providing food vouchers to families in need. Hesitant at first, she finally gathered the courage to phone and make an appointment. To her surprise and relief, Emily received a voucher that would provide groceries for her family for the next week.

With a newfound sense of hope, Emily went to the grocery store, her children in tow, eager to fill their trolley with nourishing food. As they walked through the aisles, selecting items they hadn't been able to afford in months, Emily's heart swelled with gratitude.

With tears in her eyes, Emily realised that this voucher represented more than just groceries—it symbolised support, compassion, and a community coming together to lift each other up in times of need.

From that day forward, Emily vowed to pay it forward, volunteering at the community centre and helping others who found themselves in similar circumstances. Her story became a source of inspiration for those around her, reminding everyone that even in the toughest of times, there is always hope and kindness to be found.



IN THIS MONTH'S EDITION:

EXCITING UPCOMING EVENTS

TASTE THE WORLD EVENT RECAP

INTERVIEW WITH FINANCIAL COUNSELLOR

WHAT'S ON THIS MONTH

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4 Wellness Wagon	5 Craft Group	6	7
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KEY EVENTS:



Craft Kids Holiday Program

Let your kids explore their creativity in our craft and games holiday program. Suitable for ages up to 7 years. Please note: Parents must stay! Tuesday 9 April 9:30am - 11:30am

Join the crafty holiday fun!
The Spiers Centre, 2 Albatross Court Heathridge
08 9401 2699

NEW BEGINNINGS TERM TWO 2024

WHAT IS NEW BEGINNINGS?

It's a group focused program led by experienced Clinical Psychologists and Mental Health Nurses and is designed for women who are experiencing adjustment to having a baby, anxiety, distress, or depression in the postnatal period.

WHERE?

The Spiers Centre
2 Albatross Court
Heathridge

Group offered to North of the River mums only at this stage.

REFERRAL CRITERIA

Mums must be actively engaged with their primary care provider.
Baby should be under 12 months and at least 6 weeks of age.
Mums should not be dependent on drugs or alcohol.
Mums should be English speaking and be able to tolerate a group setting.

WHAT TOPICS DO WE COVER?

Emotional difficulties, perinatal anxiety, perinatal depression, mindfulness, thoughts, mother infant relationship, expectations of parenthood, assertive communication and much more....

FREE CRECHE FACILITIES ONSITE WHILST PARTICIPATING

WHEN?

Term 2 begins the week of the 15th April 2024
The program runs one day per week for 10 weeks
9:30am-12pm

thespierscentre.com.au 08 9401 2699



Every Thursday
March 21 to May 2
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.



TASTE THE WORLD EVENT

On Friday 15 March, The Spiers Centre community embarked on a delightful gastronomic journey that tantalised our taste buds and enriched our cultural palettes. Alongside Sharon Wood-Kenney, proud Noongar Yamatji yorga, together we acknowledged the land we stand upon. [South West Kinships](#) provided an interactive bush tucker experience, reminding us of the privilege we have to reside in this breath-taking country.

We were honoured to welcome esteemed guests:

[Councillor Nige Jones](#), [Emily Hamilton MLA](#), [Caitlin Collins MLA](#), Anukool Sathu, Director of Community Engagement & Strategy from the [Office of Multicultural Interests](#), Sharon Wood-Kenney, proud Noongar Yamatji yorga, Mamta Kochhar, President of [United in Diversity](#), who played a pivotal role in planning this event.

Our heartfelt gratitude goes to the Office Of Multicultural Interests, Sport and Cultural Industries for the grant that enabled us to organise this celebration of diversity. We also extend our appreciation to Annika-Bells Htun, President of [WA Burmese Association](#), who generously donated traditional Burmese dishes.

During the event, we had the privilege of hearing from two remarkable individuals: Ukrainian Mariana Fil and Sri Lankan Upeksha Kalubowilage. They shared their life stories, intricately woven into the fabric of their homelands—rich and diverse, much like the dishes they prepared for us to savour. They were nothing short of exquisite. As we tasted the flavours of their traditional cuisines of cutlets, Holubtsi, and Spartak, we felt nostalgia and hope. Their tales of resilience and dreams reminded us that food transcends mere sustenance; it is a narrative of our lives.

Later, we welcomed the [TIDA](#) group, who graced us with two traditional Okinawa dances. Through their graceful movements, they conveyed stories of unique customs, vibrant history, and the spirited heart of the Japanese people. As the warm summer breeze enveloped us, their mesmerizing performance transported us to another country.



AN INTERVIEW WITH OUR FINANCIAL COUNSELLOR KATRINA

Who are your typical clients?

It's difficult to say as illness, job loss, injury, divorce, domestic violence etc can affect anyone at any stage of their lives. We have a lot of referrals from banks, local governments, social workers, hospitals where people have been identified as being in hardship.

Can you share success stories or impactful moments from your work?

- Successful debt waivers on credit cards, car loans, payday loans, mortgage shortfalls, insurance liability debts.
- Supporting clients experiencing or who have experienced Family Domestic Violence to manage debts so they can move forward with minimal debt and feel in control of their financial situation.
- Arranging payment arrangements on mortgages that are in arrears and enabling the clients to keep their homes.
- Ongoing support of clients with terminal cancer to ensure they have access to nutritional food, and to reassure them they can use their heating and cooling without worry of disconnection through our Emergency Relief assistance.
- Being successful in obtaining a grant for my client with significant disabilities to purchase a new CPAP machine to help save his life.



What resources or referrals do you provide to clients to support them during difficult times?

- There are too many to list! It all depends on what they need. This is why a thorough assessment of the client's situation is made in the interview so we can make sure we provide a holistic service and refer clients appropriately. It can be life changing for clients to have the right assistance, it can be a vital part of the service.

What motivates you to continue helping others despite the challenges in this field?

- It's meaningful work!
- I feel privileged that clients will trust me and open up to me in ways they wouldn't do with anybody else. They trust me with every aspect of their lives, not just financially.
- When you see people getting back on their feet after feeling despair and hopelessness. To be responsible in helping to facilitate this, is the best feeling!!

VOLUNTEER NEEDED

The Spiers Centre is seeking a dedicated volunteer to collect food once a week from Ellenbrook and deliver it to our Heathridge Centre. If you're interested in making a positive impact and contributing to our community, please contact us on 08 9401 2699 and ask for Mel. Your support can make a significant difference! Let's work together to ensure that no one goes hungry.

Book in for a FREE Energy Coach to audit your home energy usage and help you take control to reduce energy use – Audits can take about 2 hours Monday to Friday during business hours.

NEW BEGINNINGS: Join by referral only – All mums who are interested are encouraged to speak to their medical provider to obtain a referral to the group.

THANKS FOR READING!

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