

MARCH NEWSLETTER

Issue 1 - March 2026

WELCOME

Welcome to our restyled Newsletter.

This is Edition 1 of a monthly update where we'll share what's happening at The Spiers Centre — the activities, opportunities, and stories that make up our community.

Each month, we'll provide a snapshot of the work taking place, the support available, and the many ways people can connect, get involved, save money or simply stay informed.

As our community continues to grow and change, so too does our commitment to ensuring support is available when it's needed most.

We hope you enjoy reading this Newsletter.
And keep an eye out for our regular blogs — a copy of our blog from earlier this month is included at the end.

AT A GLANCE

- Energy Ahead
- Program Highlights
- Infrastructure & Community
- Blog no 13

"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

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 (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!

PROGRAM HIGHLIGHTS – 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



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.





ADULT CRAFT GROUP

Ready to spark your creativity and make new friends?

Bring your craft projects with you and join us in our group that offers a relaxed and welcoming atmosphere for everyone.

Let's create, connect, and have fun together!

FRIDAYS

10AM TO 12PM

The Spiers Centre

2 Albatross Court Heathridge

Cost - FREE

For more information contact 94012699

reception@thespierscentre.com.au

INFRASTRUCTURE & COMMUNITY

OUTDOOR SEATING

You may have noticed some changes around our Heathridge centre.

Our new outdoor seating areas are now complete - creating spaces that feel welcoming, calm, and safe. Spaces where people can sit, pause, and talk. Our local contractors, Heathridge based Transforming Homes & Gardens did a great job.



NEW SEA CONTAINER

We're excited to finally have our purpose built sea container installed at Heathridge. The container will become the new home for our Community Closet service every Wednesday.

This space has been developed in response to growing demand for clothing from our community and will enable us to support more people and create a more visible, welcoming entry point into services. We are immensely grateful to Emily Hamilton MLA for the pre-election commitment providing funding for these two projects.



This morning, some external works began outside my office window at The Spiers Centre in Heathridge, and Tommy, our landscape contractor was listening to a soundtrack that was unmistakable. Somewhere among the hum of machinery and the scrape of shovels, The Long and Winding Road by The Beatles, drifted through the air. It felt fitting.

At The Spiers Centre, we walk alongside people whose lives have rarely followed a straight line. For many, the road has been long, uncertain, and shaped by hardship, trauma, and disruption. Our role is not to rush that journey, but to create spaces, physical and relational, that offer safety, dignity, and welcome along the way.

Today marks the beginning of an important step on that road.

Thanks to a pre-election funding commitment from our local member, Emily Hamilton MLA, we have commenced works to improve the physical environment of our Heathridge centre. This investment allows us to translate intention into action, ensuring the way our space looks and feels reflects the care, respect, and compassion that sit at the heart of our service.

The first phase of works now underway focuses on landscaping and the creation of new seating areas. These are not cosmetic upgrades, they are a deliberate move towards a Psychologically Informed Environment (PIE) - one that recognises how deeply space, safety, and dignity influence how people feel when they seek support.

For someone arriving for an appointment, the experience of waiting matters. Being able to sit in a welcoming outdoor space, rather than standing or perching uncomfortably, communicates something powerful before a single word is spoken: you are welcome here; you matter.



There will always be different ways of seeing decisions like this. Recently, someone commented that creating seating areas might “encourage loitering.” I understand that perspective. It reflects a very real tension between risk and welcome, order and dignity. We chose to see the glass half full.

From a Psychologically Informed Environment perspective, seating is not about loitering, it is about safety, regulation, and respect. It acknowledges that people often arrive early, anxious, hungry, tired, or overwhelmed. Having a place to sit can be the difference between escalation and calm, disengagement and trust. As the music played on outside, another Beatles lyric came to mind, from Across the Universe: “Nothing’s gonna change my world.”

It felt like a quiet reminder that values matter most when they are tested and that choosing dignity, even when it feels uncomfortable, is often where the real work begins.

This focus on the physical environment is a key part of our broader trauma-informed approach.

Community supporting community!

BLOG NO 13 - THE LONG & WINDING ROAD - CONTINUED

Psychologically Informed Environments recognise that relationships are central to change but those relationships are shaped by the spaces in which they occur. A calm, non-institutional setting helps people regulate, engage, and feel safe enough to take the next step.

The second phase of this project will see the installation of a purpose-designed sea container, which will become the new home of our free clothing service, Community Closet. This space will allow people to select clothing in a way that is respectful, dignified, and welcoming not rushed, not exposed, and not transactional.

Clothing may seem like a small thing. But the ability to choose what you wear, to feel comfortable and presentable, can restore a sense of control and self-worth that hardship so often erodes.

As The Long and Winding Road played on this morning, one line lingered:

"The long and winding road that leads to your door..."

At The Spiers Centre, our door is here for people at many different points along their journey. These works are about ensuring that when people arrive however long or winding their road has been, they are met with dignity, warmth, and a space that reflects our belief in their worth.

We are deeply grateful for the support that has made this possible, and we look forward to seeing these spaces come to life in the weeks ahead.

The road continues. And today, it feels like it's leading somewhere good.

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 or scan the QR code to learn more



Community supporting community!

THE SPIERS CENTRE

08 9401 2699

2 Albatross Court Heathridge

www.thespierscentre.com.au

