

MAY NEWSLETTER

Issue 3 - May 2026

WELCOME

Welcome to the May edition of The Spiers Centre Newsletter.

As winter approaches, we are seeing firsthand the growing pressures facing many people in our community. More individuals and families are reaching out for support, often carrying challenges that extend well beyond financial hardship alone. Behind every request for assistance is a person doing their best to keep going, care for loved ones and navigate circumstances they never expected to face.

This month has also been one of celebration and gratitude. We were delighted to officially launch our new Community Closet facility, made possible through the support of Emily Hamilton MLA and the Cook Government. The project reflects our commitment to creating spaces that preserve dignity, foster connection and provide practical support in a welcoming environment.

Inside the newsletter, you'll read about our regular programs and upcoming events that continue to strengthen our community. You'll also find our latest blog, *Stock Cubes, Socks and a Warm Jumper*, which reflects on how hope often arrives in the simple ways and reminds us that small acts of kindness can have a profound impact.

On 1 June, we will launch our Winter Appeal. As demand for support continues to grow, we invite our community to once again stand alongside us and help ensure that no one has to face hardship alone. Thank you for being part of a community that continues to care for one another.

"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.



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

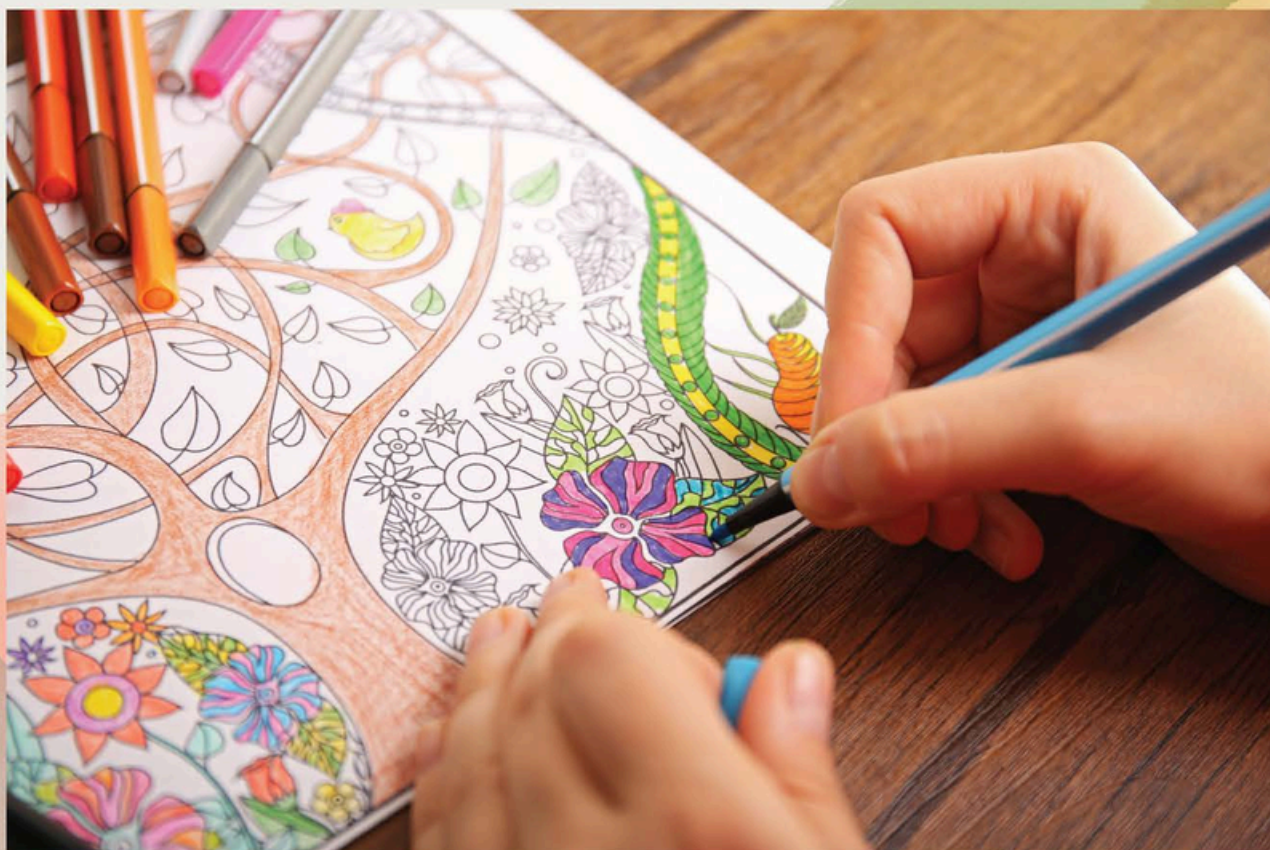


COME AND JOIN US!

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

UPCOMING EVENTS

HEART BEAT CLUB

Could you save a life in an emergency?

Monday 8th 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



A VERY SPECIAL DAY - SEA CONTAINER LAUNCH

Earlier this month, we celebrated the official opening of our new Community Closet and outdoor seating space at The Spiers Centre.

The ribbon-cutting ceremony was attended by approximately 40 guests, including Emily Hamilton MLA, Member for Joondalup; Tom French MP, Federal Member for Moore; Cllr Daniel Kingston, Mayor of Joondalup; members of The Spiers Centre Board; staff, volunteers, community partners, legacy circle and supporters.

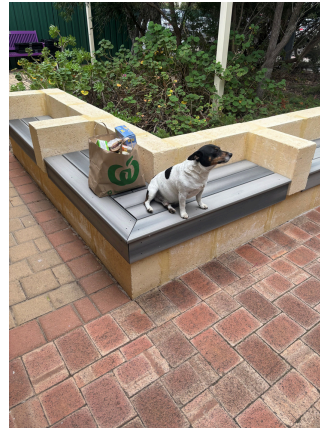
Made possible through a pre-election commitment delivered by Emily Hamilton MLA and the Cook Government, the project reflects our commitment to creating welcoming, dignified and accessible spaces for our community.

At the heart of the project is our purpose-built Community Closet, housed within a specially designed sea container. Providing a permanent home for our free clothing service, the facility allows individuals and families experiencing hardship to browse and select clothing in a way that promotes choice, dignity and self-respect.

The project also includes a new outdoor seating area, creating opportunities for connection, conversation and a moment of respite. Together, the Community Closet and seating area have been designed using the principles of a Psychologically Informed Environment (PIE), helping people feel safe, respected and welcomed from the moment they arrive.

One of our favourite photographs from the day captures a client's dog sitting proudly on one of the new benches. It perfectly reflects what we hope these spaces represent — a place where everyone is welcome, whether they arrive on two legs or four.

As guests toured the facilities and celebrated the official opening, there was a shared sense of pride in what had been created and optimism about the difference these spaces will make for the many individuals and families who turn to The Spiers Centre for support each year.



Community supporting community!

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.



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*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!

BLOG NO 15 - STOCK CUBES, SOCKS AND A WARM JUMPER

Last week, just as I was leaving The Spiers Centre for the evening, I saw a lady arrive in the car park. The centre was already locked up, the lights were off and everyone had gone home. I approached her as she looked in our after-hours pantry, asked if she needed support and offered to open the doors again for her.

She said she only needed one thing, stock cubes. We keep a small after-hours pantry outside for situations exactly like this. I was surprised that she found some, but she did, exactly what she was looking for. She thanked me as if I had somehow known that's what she needed. I, in turn, silently gave thanks for deliverance of a random item just as it was needed. I tried to encourage her to take a few other things, some bread, a few tins, but she politely declined.

Her son was sick, she explained, and she wanted to make him some broth. That was all she wanted.

Sometimes, when we talk about Emergency Relief, people imagine dramatic moments or large-scale interventions. We often talk in terms of the thousands of kg's of food distributed and the tens of thousands of meals that equates to. But this was just a stock cube. Hardship and how we address it comes in many shapes and sizes. This time it looked like a mother standing in a car park asking only for stock cubes so she can make soup for her sick child.

I saw her again a couple of days later. This time she came into the centre seeking support.

One of our amazing staff members was speaking to her, and I could hear the lady struggling under the weight she had been carrying in recent times. Not only is her son seriously unwell and hospitalised, but her husband is seriously unwell too.



She is working two jobs whilst trying to care for both of them and somehow hold life together financially and emotionally at the same time.

She spoke about exhaustion, and about trying to keep going when life keeps pushing harder. About feeling like no matter how hard she works, the gap keeps widening. She cried as she spoke.

Our staff member listened and gave her a hug. We supported her in every practical way we could. And, like so many times in the work we do, there was also a feeling that what we could offer felt too small compared to the size of what she was carrying.

But perhaps that is where the importance of simple things really sits. Sometimes hope and the resolve to carry on, arrives in very ordinary forms.

Recently, we launched our new sea container clothing space at The Spiers Centre. On the surface, it is a very simple project. It is, quite literally, a storage container for clothing.

Community supporting community!

BLOG NO 15 - STOCK CUBES, SOCKS AND A WARM JUMPER

But the reality is about something much deeper. It is about dignity and self-respect.

It is about creating a space where someone experiencing hardship can choose clothing for themselves or their children in a way that feels respectful, welcoming and human.

Most of us know the feeling of finding a jumper, a shirt or a dress that we instantly love. The colour suits us, it fits properly and, it makes us feel a little more like ourselves. Perhaps a bit more confident and a little more comfortable. Even something as simple as warm socks can bring a sense of comfort, warmth and normality.

That feeling does not disappear simply because someone is experiencing hardship. In many ways, it matters even more. Sometimes a warm jumper, a fresh pair of socks or clothing that feels dignified can restore something much deeper than comfort. It can restore a small piece of self-worth.

Because when the challenges that people are experiencing claw away at the foundations of life and strip away certainty, security, energy, and confidence, preserving dignity matters enormously.

It isn't about grand gestures. It may just be a simple stock cube or a warm jumper.

Someone to listen without judgement, or to know that they are not facing hardship alone.

The challenges many people in our community are carrying right now are becoming heavier. We are seeing people arrive at crisis faster and from further back than ever before. People who never imagined they would need support are trying to hold life together whilst caring for loved ones, paying rent, buying groceries and simply trying to keep going, one day at a time.

We acknowledge that we cannot solve every problem, but we will keep doing what we can.

We will keep opening the doors, keep listening, keep standing beside people with no judgement. And we will keep believing that dignity, compassion and human connection still matter, especially in the small things.

A simple stock cube, a pair of socks or a warm jumper can let someone know: they are seen, they matter, someone cares.

Community supporting community!

How you can get involved

On 1 June, we will launch our 2026 Winter Appeal.

As winter arrives, we are seeing more people than ever before reach out for support. Many are facing impossible choices between paying rent, buying groceries, keeping the lights on, or caring for loved ones.

In our recent blog no. 15, *Stock Cubes, Socks and a Warm Jumper*, we reflected on how hardship often reveals itself in the smallest things — a mother needing stock cubes to make soup for her sick child, a warm pair of socks, or a jumper that restores a sense of dignity and self-worth.

At The Spiers Centre, we know that support is about more than meeting practical needs. It is about helping people feel seen, heard and valued at a time when life feels overwhelming.

Your support this winter can help provide:

- ♥ Emergency food and essential groceries
- ♥ Practical support for people experiencing financial hardship
- ♥ Clothing and household essentials through our Community Closet
- ♥ Access to financial counselling, information and advocacy
- ♥ Hope, dignity and human connection when it is needed most.

Every donation, no matter the size, helps us continue standing alongside individuals and families in our community.

Together, we can remind people that they do not have to face hardship alone.



Community supporting community!

The Spiers Centre Inc. is a not-for-profit charitable organisation that is committed to building a strong, caring community free of adversity.

Services provided by/at The Spiers Centre:

Free Financial Counselling

Emergency Relief

Energy Ahead

Support Groups

Family Support

Community Education

Personal Development

Playgroup / Creche

Information and Referrals

Volunteer Programs

Community Engagement and Development

WANILS

Community Closet (Free Clothing)

Free Haircuts (Monthly)

Foodbank referrals and mobile Foodbank truck -
(Thurs 12.45 to 1.15pm)