

# AUGUST NEWSLETTER

Issue 5 - August 2026

## WELCOME

Welcome to the latest edition of The Spiers Centre Newsletter.

As we move into August, this edition celebrates the many ways community comes together to support community. Every day, we see people connecting through our programs, volunteering their time, sharing their skills and extending kindness to others. These moments may seem small on their own, but together they help create a stronger, more connected community where people feel welcomed, valued and supported.

This month also marks Homelessness Week, with this year's national theme, Homelessness Action Now. Throughout the week, we will be promoting our It Starts with Hello campaign, recognising that reaching out for help is often the hardest step and that support begins the moment someone finds the courage to make that first call.

Inside this edition you'll find updates on our community programs, opportunities to get involved, information about our enhanced It Starts with Hello initiative and Energy Ahead program, as well as our latest blog, At the End of a Crayon Rainbow. Inspired by a simple act of kindness from local kindergarten children, the blog reminds us that meaningful change doesn't always begin with grand gestures. Sometimes it starts with something as simple as a decorated paper cup, a warm hello or a helping hand.

Thank you for continuing to be part of Community Supporting Community.

""Community Supporting Community is more than a tagline; it's the heartbeat of The Spiers Centre. Every day we see people helping people through kindness, generosity, partnership and the courage to ask for support. When a community stands alongside one another, hope grows, resilience strengthens and lives begin to change.

It is a privilege to witness that every day."



**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  
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](mailto: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](mailto:reception@thespierscentre.com.au)



### Free Clothing for ALL!

## COMMUNITY CLOSET

9:30am to 12:00pm  
Tuesdays and Wednesdays

The Spiers Centre  
2 Albatross Court, Heathridge  
📞 08 9401 2699  
[info@thespierscentre.com.au](mailto:info@thespierscentre.com.au)



Free clothing for all - no bookings needed!

## THE SPIERS CENTRE PLAYGROUP

COME AND JOIN US!

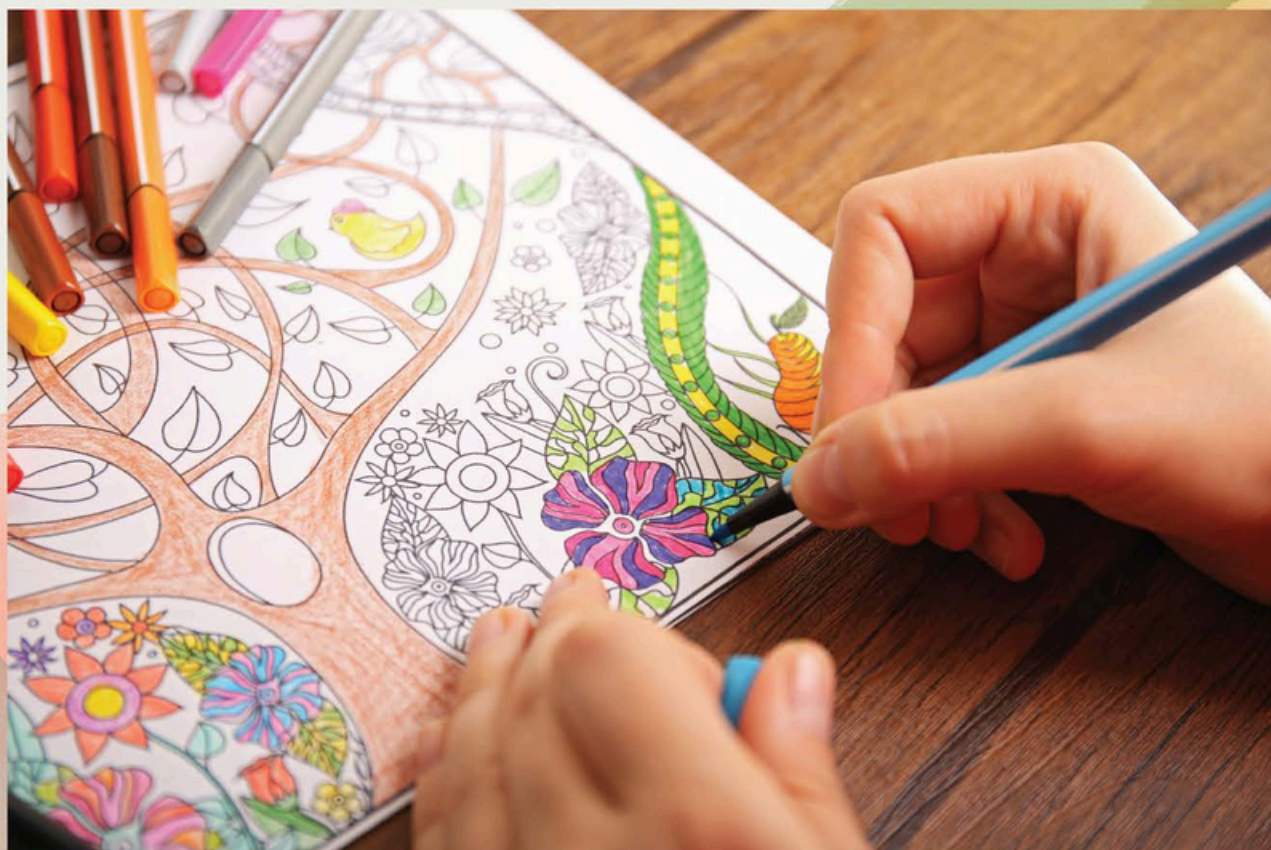
MONDAYS TERM  
20/7/26 - 21/09/26  
9.30AM TO 11.30AM  
2 ALBATROSS COURT  
HEATHRIDGE  
94012699  
FREE  
FRIENDSHIP & COMMUNITY  
CREATIVE ACTIVITIES  
BYO PIECE OF FRUIT TO SHARE

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.

WHY PLAY WITH US?







# 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](mailto:reception@thespierscentre.com.au)

# UPCOMING EVENTS

## BOOK WEEK PLAYGROUP

Proudly supported by Andrea  
from Paint the Town REaD



**Come dressed as your  
favourite book character  
and join us for a free  
morning of story telling  
and art activities.**



**Monday 24 August  
9.30am to 11.30am**



**The Spiers Centre  
2 Albatross Court  
Heathridge  
9401 2699**



## SUPPORTING OUR CAUSE HAS NEVER BEEN EASIER

Donate your refund to:

**C10352097**



**CONTAINERS**  
FOR CHANGE





# VOLUNTEER OPPORTUNITIES

**The greatest gift you can give is your time.**

Every day, our volunteers help create a welcoming environment where people feel supported, connected and valued. Whether you're helping clients, collecting donations or sharing your skills, you'll be making a genuine difference in the lives of people experiencing hardship in our community.



If you're interested in volunteering with us, either on a regular or ad hoc basis, we'd love to hear from you.

Reach out to **Mel Wright** to discuss the volunteer opportunities currently available and find out how you can become part of The Spiers Centre volunteer team.

Contact - 9401 2699 or email [mel.wright@thespierscentre.com.au](mailto:mel.wright@thespierscentre.com.au)

# HOMELESSNESS WEEK 2026

Each year, **Homelessness Week** (3-9 August) raises awareness of the growing impact of homelessness across Australia and encourages us all to take meaningful action.

This year's theme, **Homelessness Action Now**, reminds us that preventing homelessness begins long before someone loses their home.

During Homelessness Week last year, The Spiers Centre launched **It Starts with Hello**.

The campaign was built on a simple belief: many people experiencing financial hardship delay reaching out for help because of fear, embarrassment or uncertainty. We wanted to break down those barriers and remind people that help begins the moment they find the courage to make that first call and we answer with, **Hello**.

To continue building on that message, we've strengthened the It Starts with Hello website with new resources designed to make support easier to find.

Introducing the Help Hub:

Our new Help Hub brings together trusted information through three simple pathways:

- **Early Intervention** – recognising the warning signs before a crisis develops.
- **Urgent Help** – connecting people with practical support when it's needed most.
- **Support & Impact** – showing how our community can make a difference through giving, volunteering and advocacy.

We've also introduced a 7-Day Email Series, providing practical information, encouragement and guidance delivered directly to subscribers' inboxes.

Each email is designed to help people take the next step -whether they're seeking support themselves, helping someone they care about, or simply wanting to understand more.

At The Spiers Centre, we believe **Community Supporting Community** starts with making it easier for people to ask for help.

All it takes is one conversation a conversation that starts with **Hello**.

If you would like to know more, please visit [www.itstartswithhello.com.au](http://www.itstartswithhello.com.au) or scan the QR code below.



IT STARTS WITH  
**Hello**

Financial stress can creep up on anyone. The earlier you talk to someone, the more options you have. It starts with hello and we're here to help.

Financial Counselling  
Family Support  
Practical Help

the spiers centre <sup>inc</sup>  
caring for our community

Call 9401 2699 or scan QR for more information



This initiative is supported and funded by



shelterwa

Beyond Bank  
AUSTRALIA

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](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!*



## BLOG NO 16 - AT THE END OF A CRAYON RAINBOW

When I write a blog, usually, there's a moment that sparks an idea. A conversation in reception, a volunteer contribution, a client interaction. The world's best lasagne, or a pair of Crocs.

This month, I found myself staring at a blank page. Inspirationless!

Perhaps that's because, if I'm honest, I'm feeling a little tired. Annual leave is on the horizon and, like many people, I'm looking forward to the opportunity to pause, recharge and catch my breath. When that happens, I sometimes find myself looking harder for inspiration than I need to. The more I look for inspiration, the less I see.

Then I looked in the kitchen (I was actually going to make toast), and there it was.

Sitting there was a collection of 60 cups neatly filled with hot chocolate powder, marshmallows and kindness.

Late last week, we received a donation from the Early Learning Centre at St Stephen's School. Different classes had contributed different items. There were pre-cooked meals, like meatballs and rice and there were treats in the form of mars bar slice. Being able to offer someone a nutritious, delicious meal is a real blessing and adding in a luxury sweet treat is a super bonus.

But there was something else with the St Stephen's donation that will put joy in the heart of everyone who sees it and that is the kindergarten decorated cups of hot chocolate.

Each one had been decorated by a child.



Some featured rainbows, some had colourful drawings of flowers, and each had a message. None were perfect, and that is precisely what made them perfect.

I found myself wondering about the person who will eventually receive one.

The recipient may be someone experiencing homelessness or a parent who has spent the week worrying about how they are going to pay the next bill. It might be a mum with a couple of small children coming to us for a food hamper to put dinner on the table.

Perhaps it will be someone who feels exhausted, overwhelmed or simply alone.

Whoever they are, they won't know the child who decorated their cup and the child who decorated it won't know them but there is a connection between them.

A child sat at a table, picked up some crayons and spent a few minutes creating something for a stranger.

*Community supporting community!*

## BLOG NO 16 - AT THE END OF A CRAYON RAINBOW

Even at their young age, they understood that they were creating something for someone who might be having a difficult time.

The Kindy children didn't expect anything in return but they understood someone needed a little kindness.

We spend a lot of time talking about complex issues at The Spiers Centre. Homelessness, family and domestic violence, financial hardship, mental health, cost-of-living pressures. Rightly so. These are the big issues facing our community every day that require thoughtful responses.

Sometimes I wonder whether we overlook something just as important, the small things. The things that don't solve a problem but still matter enormously. That might come in the form of a warm meal, a smile, a hot chocolate or a hand-drawn crayon picture wrapped around a paper cup.

The people who come through our doors often carry burdens that aren't immediately visible. Many have spent days, months or even years feeling judged, ignored or unseen. What strikes me about these cups is that the children who decorated them didn't know any of that.

They simply knew that someone else mattered.

There is a big lesson in that for all of us.

At The Spiers Centre, we often talk about **Community Supporting Community.**

It's a phrase that appears in our publications, our conversations and our planning documents. Every now and then, something comes along and reminds you what it actually looks like. This time, it looked like a group of young children sitting around a table with coloured pencils and crayons.

So, thank you to the students, families and staff of the Early Learning Centre at St Stephen's School. Thank you for the meals, the treats, the hot chocolate and the marshmallows.

But most of all, thank you for the reminder, a reminder that kindness doesn't need to be complicated.

It can be found in a paper cup and sometimes, when you're struggling to find inspiration, that's exactly where you find the magic.

**At the end of a crayon rainbow.**

*Community supporting community!*

# What we do

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