

The Kapers

Issue #5 3rd February 2026



INSIDE THIS ISSUE...

WHEATSTOCK 2026, KALANNIE CRC SCHOOL HOLIDAY FUN PHOTOS, PROTECTIVE BEHAVIOURS WORKSHOP, DIGITAL LEARNING, INFANT & TODDLER SWIMMING CLASSES, CONSUMER WATCH - GROCERY SHOPPING HACK, FRIENDLY FEBRUARY, INDIGENOUS APPRENTICESHIP PROGRAM, TOODYAY TRIATHLON, AVON AGED CARE GAMES HEALTH - WARRIOR WELLBEING- DIABETES.....AND MORE

The Kapers is produced by the Kalannie Community Resource Centre

Phone: 96662194

Email: kalanniecrc@kalannie.com.au

Opening Hours

Mon - 9.30am - 4.30pm

Tues - 9.30am - 4.00pm

Wed - 9.30am - 4.00pm

Thur - 9.30am - 4.00pm

Fri - 9.30am - 4.00pm

The Kapers is a free electronic weekly newsletter and runs for 50 weeks.

Submission deadline for advertising is Monday 1.00pm

Email submissions to: kapers@kalannie.com.au

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The Kapers is supported by the



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Primary Industries and
Regional Development

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KALANNIE

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your Kapers requirements

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Quarter Page \$20

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available

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Wheatstock

ANOTHER ONE
BITES THE DUST

SATURDAY, 28TH OF FEBRUARY 2026

KALANNIE TOWN OVAL

Performances by:

PROUD MARY, BOHEMIAN RHAPSODY,

PIGRAM BROTHERS KINTET WITH RICHARD ROSE

JOSÉ AND THE ROMEROS, DUMB AND DRUMMER

Get your tickets now!



WWW.TRYBOOKING.COM/DFYTG

Gates open 10.30am Saturday. ENTERTAINMENT STARTS 3:30PM. Free Unpowered Camping - NO pets.

Fully licenced bar available, please bring your own chairs or picnic rugs. Food Vans on site.

Follow our Facebook for up to date information- www.facebook.com/wheatstockkalannieconcert

Wheatbelt Community Calendar

February

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Schools Back 	3	4	5	6	7
8	9	10	11	12	13	14 
15	16	17	18	19 Protective Behaviour Workshop @ CRC 5-7pm	20	21
22	23	24	25	26	27	28 Wheatstock 

Disclaimer: The views expressed in articles published in this newsletter are not necessarily the views of the Kalannie CRC or any volunteer who may work to produce this publication. The Editor has the right to withhold, edit or abbreviate any items as considered necessary. No responsibility is accepted for the accuracy of the information presented. No liability is accepted. Thank you

Wheatbelt Community Calendar

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
1	2 Labour Day Public Holiday	3	4	5	6	7
8	9	10 GRDC Grains Research Update @ KSRC	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

kapers@kalannie.com.au
Phone: 9666 2194

Submissions to be received prior to
1pm Mondays

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Shire Notices



Shire of Dalwallinu Recycle Calendar 2025-2026

July 2025						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
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27	28	29	30	31		

August 2025						
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24	25	26	27	28	29	30
31						

September 2025						
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28	29	30				

October 2025						
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November 2025						
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30						

December 2025						
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January 2026						
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February 2026						
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March 2026						
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29	30	31				

April 2026						
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May 2026						
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24	25	26	27	28	29	30
31						

June 2026						
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21	22	23	24	25	26	27
28	29	30				

Recycle Days

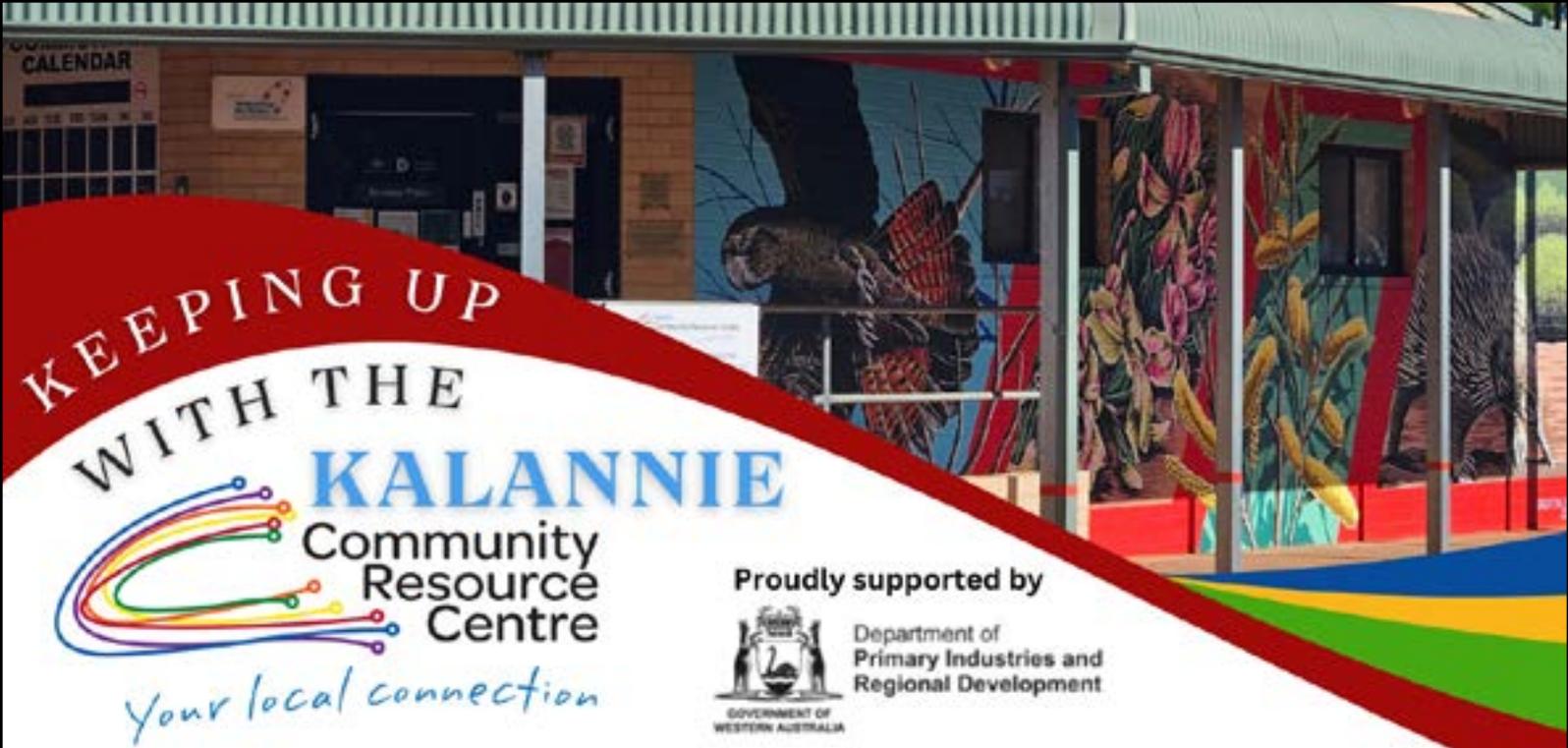
- Wubin, Buntine & Kalannie
- Dalwallinu & Pithara
- Christmas Day



WHAT CAN GO INTO YOUR RECYCLE BIN

- **Glass** - All glass and ceramics, whole and broken
- **Plastic** - All plastic containers and plastic wraps (empty with lids off)
- **Paper** - All paper, junk mail and glossy magazines
- **Cardboard** - All cardboard products
- **Aluminium & Steel** - All metals, steel & aluminium excluding aerosol cans
- **Liquid Paperboard** - Milk, juice and laundry detergent cartons.

There will be changes to the service over the Christmas Period, will advise closer to date.



Kalannie Message Sticks

Thank you to all the kids and Mums who came to our morning of school holiday activities. We started off the day by painting a section on the message sticks. Everybody got to paint different images of what is special to them and represents who they are. If you haven't taken a look at the beautiful artwork, please stop by. There are many different paintings of animals, flowers and farm life.

We continue to add to the message sticks and there are still plenty of spaces available for any new, current & past residents to contribute.



Indoor Sports !

After having a rest from painting, the kids did some chalk drawings outside before moving inside to play badminton, table tennis and the always popular floorball ! Outside we had games of jenga, connect 4 and dominoes as well.

We hope everyone had as much fun as we did !





protective behaviours workshop

19 Feb 5-7pm
Kalannie Town Hall



The Parent Protective Behaviours Workshop equips parents and carers with practical skills and knowledge to help keep children safe. The session focuses on building children's resilience, understanding and early warning signs, developing safety networks and fostering open communication.

Contact the CRC to secure your place - kids activities and childminding can be arranged:

9666 2194

or

kalanniecrc@kalannie.com.au



WHO WE ARE

The Regional Tech Hub (RTH) is a federally funded, independent telecommunications advisory service for rural, regional and remote Australians.

The RTH provides free, independent phone and internet connectivity advice and support for rural, regional and remote individuals, businesses and communities.



Get connected Stay connected



Visit RTH website



Fill in a 'contact us' form



Call 1300 081 029



regionaltechhub.org.au



Improve your internet
experience for home learning

Online study
ready?

Supporting Students' Digital Learning in Regional Australia

Free advice, tools and resources to help families get connected

Many students in regional, rural and remote areas rely on digital tools to participate fully in school and training. These tools need suitable and reliable connectivity. Whether it's downloading assignments, joining online classes, or simply researching for a project, having a reliable internet connection at home makes a big difference.

The Regional Tech Hub is here to help. We provide free, independent and practical advice for families needing support with their home internet or digital learning setup.

Set up your home for online learning

Did you know a strong connection isn't just about internet speeds. Simple steps can make a big difference:

- Positioning your modem correctly
- Using a Wi-Fi booster in larger homes or older buildings
- Ensuring devices are updated
- Creating a quiet, well-lit space for video classes

The Regional Tech Hub website also includes a quick video guide to help families create an effective home learning setup.

Where to find support

If your family, or someone in your community needs help getting connected for education, the Regional Tech Hub team is ready to assist.

Call: 1300 081 029

Visit: www.regionaltechhub.org.au

Explore the Education Resource Hub [here](#)

We're here to help people in rural, regional and remote Australia get the most out of their internet and digital tools, so every student can learn, create and thrive.

Kalannie Memorial Wall

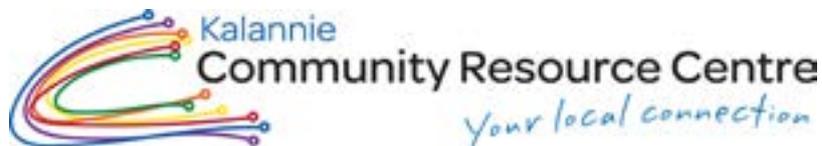


The Kalannie CRC is expecting the installation of the stone plaque wall to be completed in the first half of the year. This will be located alongside the current memorial wall cut out, to accompany the online memorials.

If you would like to add family members to the plaque wall, please fill in the form on the following page and email it through to Oxter Services.

For enquires about submitting online memorials please get in touch with the CRC at kalanniecrc@kalannie.com.au or phone 9666 2194

Please visit our website [Kalannie Memorial Wall](#) to get an idea of the kind of online tributes you can submit.



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A SPACE

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Phone: 9696 0466 Email: oxter@westnet.com.au

Date:	
Customer Contact:	Name: Address: Phone No: Email:
Deceased Details:	Surname: Given Names: Cemetery:
Bronze Plaque: To be attached to the Kalannie Memorial Wall	300mm x 200mm Includes 6 Lines of Text & 1 Motif \$605.00 plus GST Border to Plaque Extra Lines are \$51.00 + GST each, Extra Motif \$69.00 + GST each
Inscription Details: Please print (no layout required, we will do that for you) Once inscription received a proof will be typeset and emailed back to the customer to check that the information is correct. When approval is received from Customer, plaque will be ordered and the customer will receive an invoice.	
Instructions:	Fill out above details and email to oxter@westnet.com .

Shire Notices



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Only \$75 for a 6-week term!

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- ✓ Develop Motor Skills
- ✓ Bond with Parents
- ✓ Learn Water Safety

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Miss Out!

LIMITED SPOTS – ENROL NOW!

Contact Kim:  dalwalinuac@gmail.com



GRDC Grains Research Update – Kalannie

Register Now (<https://www.giwa.org.au/2026-grdc-grains-research-update-kalannie/>)

Event Name

GRDC Grains Research Update – Kalannie

Start Date

10 March 2026 9:30 am (Australian Western Standard Time)

End Date

10 March 2026 5:00 pm (Australian Western Standard Time)

Duration

7 hours and 30 minutes

Description

SAVE THE DATE!

The one-day regional GRDC Grains Research Update in Kalannie is an opportunity to hear from a range of invested agricultural experts, researchers and developers on the current state of play specific to the region, and see what work is in the pipeline to support our industry in the future.

Region

West

Location

The Club
Kalannie
WA 6468

Contact name

Nadia Chiang

Contact email

researchupdates@giwa.org.au (<mailto:researchupdates@giwa.org.au>)

Contact phone

[\(08\) 6262 2128](tel:0862622128) (tel:08 6262 2128).

Cost

Cost (in AUD\$): Free



DALWALLINU

Branch Hours 2026



L - R: Dalwallinu
Branch Manager Johan Calitz &
Sales Consultant Dominic Sheehy
at the Dowerin Field Days 2025

Boekeman
Machinery
Est 1968

Branch Phone: (08) 9661 1002

After Hours **Parts**: 0427 084 216

After Hours **Service**: 0427 084 214

After Hours **Sales**: 0427 084 210

Branch Manager Johan Calitz – 0427 084 210

Join us in welcoming Paul Tanner to the Dalwallinu

Team as Service Manager Paul Tanner – 0427 084 214

Service Foreman Steve Eaton - 9661 1002

Parts Manager Kirsty Booth – 0427 084 216

Sales Consultant Dominic Sheehy – 0459 214 350

Sales Consultant Matthew Joyner – 0437 611 725

Precision Farming Support Line – 0488 844 690

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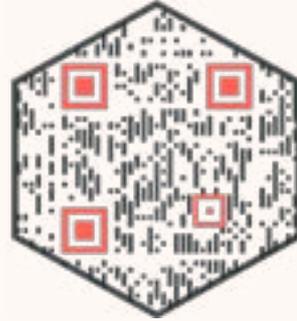


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Kalannie Kapers

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Chris - 0427 088 173 / Steve - 0429 662 033



Hazlett Corner Store

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Market City Meats well priced quality cuts of fresh meat, poultry, butchers made sausages.

Bovells a WA Family Owned bakery supplying fresh bread and rolls

Bannisters and Masters Milk, Suppliers of fresh WA milk and cream

Katie Joys quality eggs from Gingin

WA owned Dorsogna small goods & Cape Naturaliste Cheese

Groceries from Metcash, suppliers to the majority of country supermarkets

You'll be surprised how good the pricing is compared to the city on day to day pricing.



Opening Hours

Monday to Friday 6am - 5:30pm

Saturday 7am - 12pm

Sunday 9am - 12pm

Phone-96662040

Consumer Watch



Department of Local Government,
Industry Regulation and Safety



Regional Column

Consumer Protection 140 William Street Perth Western Australia 6000
Email: cpmedia@lgirs.wa.gov.au | www.consumerprotection.wa.gov.au | www.wa.gov.au

29 January 2026

With Senior Regional Officer Candice Evans

Grocery shopping hack to make your dollar go further

Grocery shopping is a fact of life and with cost-of-living pressures continuing to bite, many people are spending more time hunting for ways to stretch their shopping dollars further.

One simple way help you save money and get bang for your buck is to use unit pricing. Unit pricing doesn't just show you what a product costs, it shows you the price per standard unit of measurement, such as per 100g, per kilogram or per litre. This makes it much easier to compare value across different brands, package sizes, specials, and even between packaged and unpackaged or fresh and frozen products.

Most supermarkets, large grocery stores and online grocery retailers are required to display unit pricing in-store, online and in advertising for most everyday grocery items like food, drinks, cleaning products and personal care items. Smaller stores and retailers that don't sell a wide range of groceries don't have to display unit pricing, but they can choose to.

Some products, including hardware, appliances, toys, alcohol and clothing, are exempt from unit pricing requirements.

Consumer Protection encourages shoppers to keep a few practical tips in mind when using unit pricing. Larger packs often, but not always, work out cheaper per unit than smaller ones, so it pays to compare all sizes and brands before you buy. At the same time, there's no real saving if a bigger pack is likely to go to waste. Special offers can sometimes deliver the lowest unit price, but it's still worth checking whether a larger size might offer even better value.

If a product is sold both loose and packaged, compare the unit price of each. For example, a two-kilo bag of onions on special for \$3.00 will show a unit price of \$1.50 per kilo, while the loose onions have a price of \$1.20 per kilo. Seeing the unit price side by side makes it much easier to decide what offers the best value for your needs.

It's also smart to compare unit prices in different parts of the supermarket, as the same type of product may appear in more than one section. Nuts and dried fruit, for instance, can often be found in both the baking aisle and the health food section at different prices.

Consumer Watch



Department of Local Government,
Industry Regulation and Safety



Finally, keep your grocery receipts and check that items scan at the advertised price. Businesses must display clear and accurate pricing. If more than one price is shown for the same product, or the checkout price doesn't match the shelf price, the retailer must sell the item for the lowest displayed price or withdraw it from sale until the error is corrected. Some supermarkets also have policies that give you the item for free if it scans at a higher price than the shelf label.

For more information on unit pricing and how it can help you save money, visit the Australian Competition and Consumer Commission (ACCC) website at acc.gov.au/consumers/groceries/grocery-unit-prices.

Friendly February 2026

MONDAY



2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

TUESDAY



3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

WEDNESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

THURSDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

FRIDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

SATURDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

SUNDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today



ACTION FOR HAPPINESS

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Matt Wilson

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Firestone

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DALWALLINU

H A U L A G E

Contact: Shannon Dawson

Ph: 0429 922 592 Email: Shannon@dallyhaulage.com.au

GENERAL FREIGHT & LOGISTICS



Dalwallinu Haulage has been an integral part of the Dalwallinu and surrounding Wheatbelt for over 20 years.

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To find out more about our offerings and to purchase Eucalyptus Oil products go to fasera.com

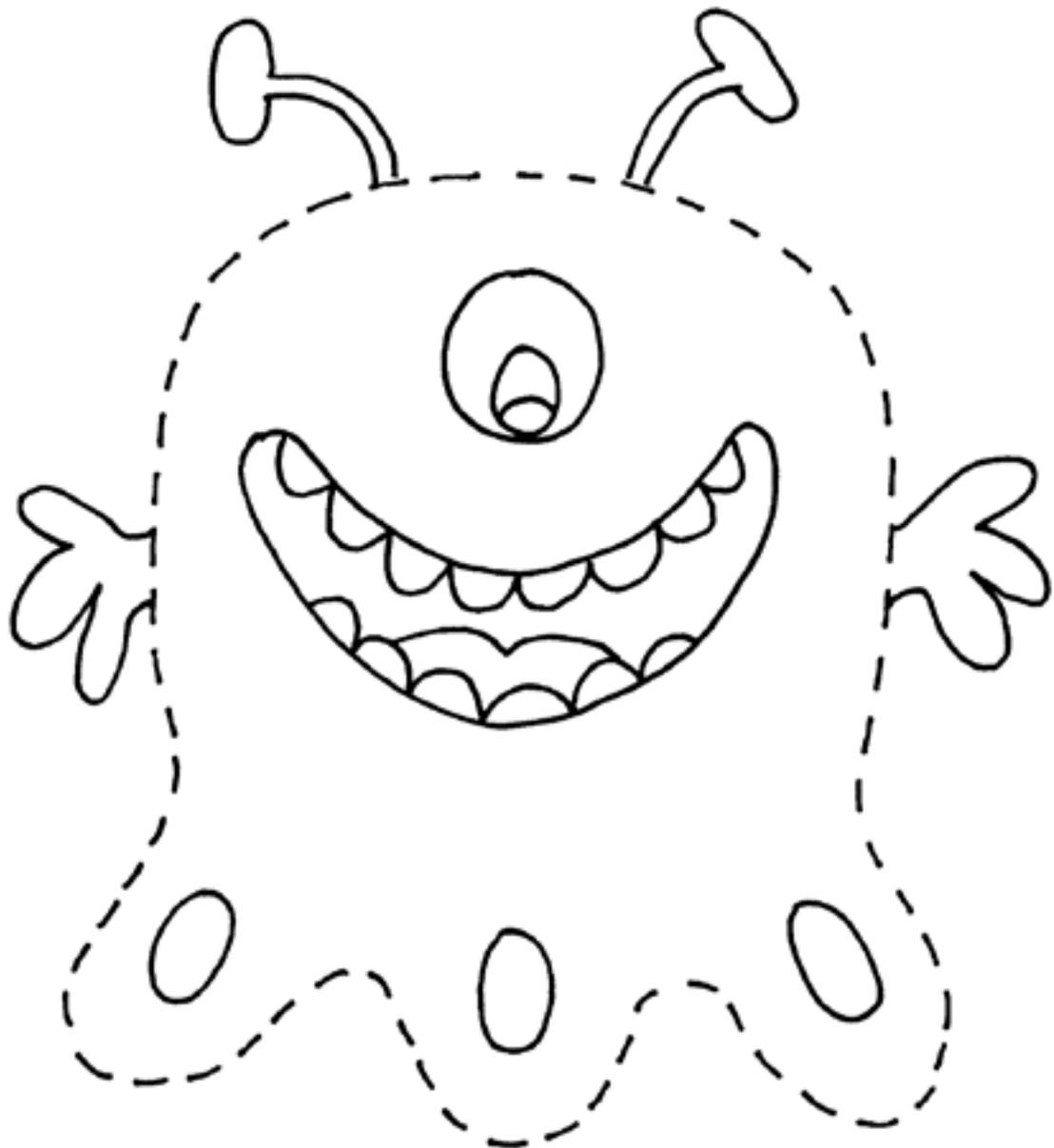


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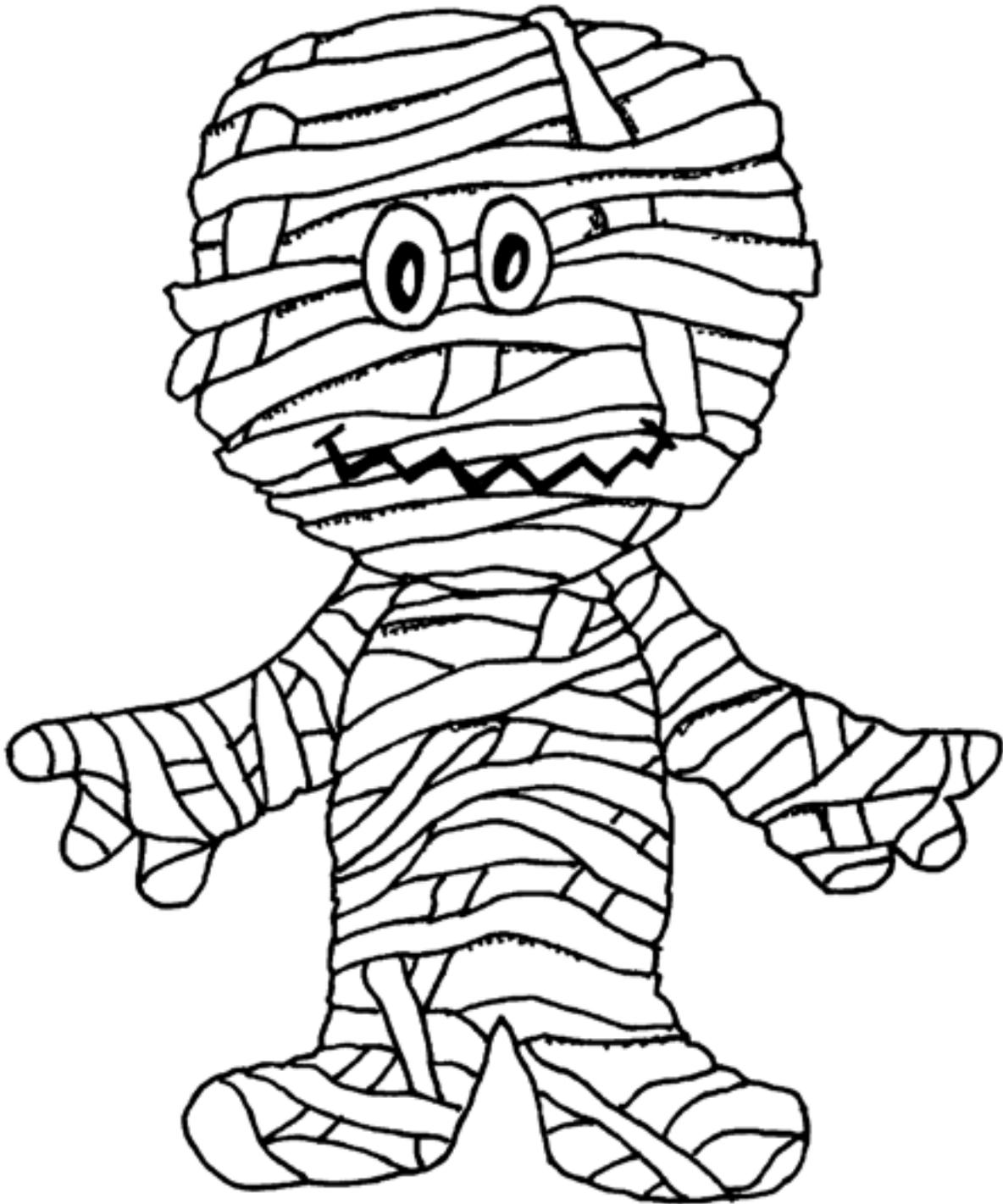


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Apply to make a difference in the lives of everyday Australians.

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What will your story be?

Community Notices



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Just use our scheme ID number:

C10350369

Bring your eligible containers to:

KALANNIE IGA CARPARK

Look for the shuttle. Free bags located inside the store. Please place our ID number inside the bag.

PLEASE NOTE:

All bags placed in the shuttles will be considered a donation to Kalannie P&C.

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ELIGIBLE CONTAINERS



Most glass, plastic, aluminium, steel and paper-based cartons between 150mL and 3L .





TOODYAY TRIATHLON

8 March 2026



Visit toodyaytriathlonclub.com/events or scan the QR code to register and for more information



Course Distances

Fun (7yrs+) Swim 100m/Bike 2km/Run 1km
Short (10yrs+) Swim 200m/Bike 6km/Run 2km
Sprint (13yrs+) Swim 400m/Bike 12km/Run 4km

Venue: Toodyay Aquatic Centre, Burt Parkway
(behind Toodyay District High School)

Time: Arrive 6.30am for race start at 7.30am

Community Bank
Toodyay and Northam

Bendigo Bank

chalice

toodyay
Town of Toodyay

CBH GROUP

XTR
multisports

WA
TRIATHLON
AUS
TRIATHLON



**Seniors Recreation
Council of WA Inc.**

AVON

LiveLighter

Aged Care Games 2026

THURSDAY 5th March 2026

Northam Recreation Centre

44 Peel Terrace Northam 6401

10am to 2pm

*This is a fun event for “Seniors in Care”,
in Aged Care Facilities, Day Centres, Clubs/Groups
or in their own home.*

*Form teams of 6 to 10 participants and register to take
part in games specifically designed for “Seniors in Care”.*

*Winning team receives a trophy and all participants
receive a medal.*

For further information or to register call

08 6118 2718



**DON'T STRESS,
we're here to keep things rolling!**



TRACTUS
AUSTRALIA
a gripping service

- Tyres
- Alignments
- Feild & A/H Service
- Wheels
- Repairs



MICHELIN **M/T** **MAXXIS** **BKT** **BF Goodrich** **Cooper Tires** **HIFLY** **DYNAMIC**

📍 19 HUGGETT DRIVE, DALWALLINU, WA, 6609
☎ 08 9661 2222 ✉ INFO@TRACTUS.COM.AU

 FOLLOW US ON FACEBOOK TO KEEP UP WITH OUR SPECIALS!

Business hours:

7am – 5pm Mon – Fri

Open by appointment Saturday & P/H's

**Outside these hours we will still come to your
rescue! Don't hesitate to call 9661 2222.**

Now that's "a gripping service"

Health and Wellness

WARRIOR WELLBEING ARTICLE

Making Sense of Diabetes

BY THE REGIONAL MEN'S HEALTH INITIATIVE
February 2026

The cells in our bodies such as those found in our muscles need energy to grow and do what they do. One source of energy starts when we eat carbohydrate rich food such as bread, pasta, rice, potatoes, fruit, milk and yoghurt. In a normal situation these foods are broken down in our digestive system into glucose, a sugar. This sugar is what is needed by the cells, but it can't get into them without a special key, *insulin*. Insulin is a hormone produced in the pancreas and its job is to regulate the amount of glucose in the blood.

In a person who has diabetes, one of two things happens. Either they do not produce enough or any insulin to regulate the amount of glucose (Type 1), or their body's cells don't respond to the insulin key (Type 2). The result for both these events is the same, there is a back-up of glucose in the bloodstream, i.e. *high blood sugar*. If our cells aren't getting the energy they need then we will naturally feel tired and rundown. Prolonged high blood sugar can cause serious complications resulting in damage to the organs of our body (the heart, kidneys, nervous system and eyes).

Type 1 is the least common form of diabetes and characterised by an early and sudden onset usually before the age of 20. In this instance a person's immune system destroys the cells in the pancreas that create insulin. As a result, these people need to inject insulin regularly to supplement the deficiency.

Type 2 is the most common form (above 80%) and usually a late gradual onset affecting adults. People with this condition produce enough insulin but their cells are not responsive and can't take up the glucose. There is usually a genetic link to the development of this form of diabetes, but

there is also a strong link with unhealthy lifestyle factors such as poor diet, smoking and being overweight (having a beer gut) and being inactive. Medication is available to treat this form of diabetes alongside recommended lifestyle changes.



We always encourage blokes to go and see their GP if they fit any of the above categories and/or have a family history of diabetes. This is especially important if they are experiencing any of the common symptoms of diabetes including constant thirst and peeing a lot, feeling run down a lot of the time, headaches, blurred vision and cuts that take ages to heal properly. Sometimes these symptoms can be quite mild in people who are in the early stages of developing diabetes (prediabetes).

If you have a family history of diabetes or concerns about any of the above symptoms don't wait, go and chat with your GP about having your blood sugar checked. It could save you a lot of grief down the track.

 @RMHI_4blokes

 Working with Warriors Podcast

 regionalmenshealth.com.au



CHIMICHURRI SAUCE

 **2/3 CUP - SERVES 4 (2 TBSP PER SERVE)**  **5 MINS**

INGREDIENTS

½ bunch flat-leaf parsley, coarsely chopped

½ bunch coriander, coarsely chopped

1 garlic clove

½ teaspoon chilli flakes

2 tablespoons red wine vinegar

2 tablespoons olive oil

METHOD

Place parsley, coriander, garlic, chilli flakes and vinegar in a small food processor and blitz until finely chopped.

Add olive oil and mix through.

Transfer to a tight fitting jar or container and refrigerate.

Tips:

- Use as marinade for grilled fish, chicken or steak
- Stir through cooked vegetable pasta
- Spread on crusty baguette bread
- Used as a sauce for grilled meats and fish
- Spoon over vegetables before serving
- Garnish soups before serving
- Mix into egg mixture for scrambled eggs or omelette's
- Drizzled onto corn cobs



Health and Wellness



When talking to the dogs
doesn't cut it...



1300 17 55 94 | ruralaid.org.au/mhwb

One conversation at the right time with the right person
can change everything.

Rural Aid provides free emotional and mental health support
to people living and working in rural and remote communities.



**Our counsellors
are really good
listeners too!**

We offer short term or formal counselling
conversations and practical help to work with you
through difficult times.

We can talk on the phone or visit farmers on their
properties, meaning our counsellors are more than
happy to have a cuppa and a yarn.

If you are a farmer, a farming family or you know of
someone who is experiencing stress from drought,
fires, floods, agri-stress, relationships, farm life in
general or any other hardship impacting on your/their
wellbeing, contact us for confidential support.



For further information email | mhwb@ruralaid.org.au

1300 17 55 94 | Monday to Friday | 9am-4pm

After hours calls will be returned the next working day | If you or someone else needs immediate help,
call 000 or Lifeline on 13 11 14 | If calling on behalf of someone else, make sure they're ok with it.

Health and Wellness



You don't have to travel for quality mental health care.

Access online psychological support with MindSpot GP.

- Free
- Clinically-proven
- Convenient



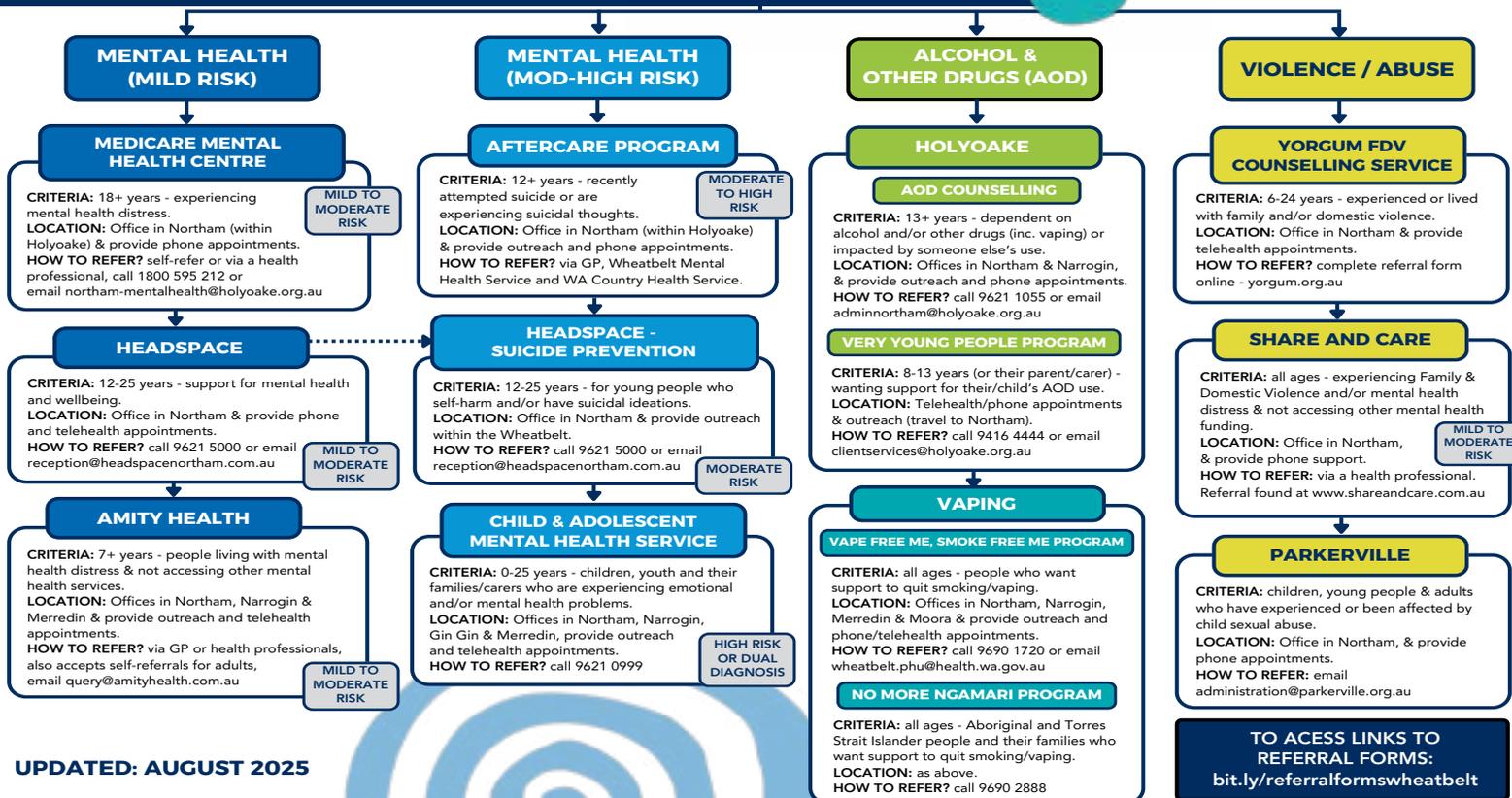
Speak to your GP for a referral to MindSpot GP

mindspot.org.au/mindspot-gp



MindSpot GP is supported by WA Primary Health Alliance under the Australian government's Primary Health Networks Program

FREE WHEATBELT COUNSELLING SERVICES FOR CHILDREN & YOUNG PEOPLE (0-25 YRS)



UPDATED: AUGUST 2025

TO ACCESS LINKS TO REFERRAL FORMS:
bit.ly/referralformswheatbelt

Health and Wellness

Agriculture & Agri-Business Wellbeing Factsheet

A resource for farmers, shearers, livestock transporters, as well as those involved in agribusiness.

HOLYOAKE

At Holyoake, we recognise that people involved in the agriculture and agri-business are amongst the most resilient, hard working and resourceful in our regions. This resource is a guide to provide a better understanding of stress and situational distress caused by uncertainty and challenging circumstances. It also provides tips and strategies to help navigate these challenges. It is important to talk to family members, neighbours, friends, or health professionals if you are feeling overwhelmed or find yourself struggling or in crisis. **HELP IS ALWAYS AVAILABLE.**

MENTAL HEALTH & WELLBEING CONTINUUM:



THRIVING	HEALTHY	SURVIVING	STRUGGLING	CRISIS
<i>"I don't have any stressors in my life"</i>	<i>"I have minimal stressors in my life and can easily manage them"</i>	<i>"I'm managing the stressors of life"</i>	<i>"I don't know if I can continue to manage the stressors"</i>	<i>"I feel like I can no longer manage the stressors"</i>
<ul style="list-style-type: none"> Growth mindset High levels of performance Fully realising potential Actively seeking connections Solution focused Confident and curious Clear and energised Optimal self-awareness High levels of motivation Energised by challenges 	<ul style="list-style-type: none"> Calm and steady with minor mood fluctuations Able to manage stressors in life Consistent performance Able to take advice and to adjust to changes and plans Able to communicate effectively Normal sleep patterns and appetite Good impulse control Mood recovers quickly from stress Good self-awareness 	<ul style="list-style-type: none"> Nervousness, sadness, increased mood fluctuations Inconsistent performance More easily overwhelmed or irritated Increased need for control and difficulty adjusting to changes Disrupted sleep and eating Activities and relationships you use to enjoy seem less interesting or even stressful Muscle tension, low energy & headaches Low motivation and energy 	<ul style="list-style-type: none"> Persistent fear, panic, anxiety, anger, sadness and hopelessness Exhaustion Poor performance and difficulty making decisions or concentrating Avoiding interaction with family, friends and colleagues Fatigue, aches and pains Restless and disturbed sleep Self-medicating with alcohol and/or other drugs or food Inability to problem solve 	<ul style="list-style-type: none"> Disabling distress and loss of function Panic attacks, nightmares or flashbacks Unable to fall or stay asleep Intrusive thoughts Thoughts of self-harm or suicide Easily enraged or aggressive Careless mistakes and inability to focus Feeling numb and lost Withdrawing from relationships Dependence on alcohol, other drugs, food or other numbing activities to cope. Physical and emotional exhaustion

Health and Wellness

MENTAL HEALTH AND WELLBEING TIPS:



GET ENOUGH SLEEP AND REST

Sleep affects our physical and mental health and can be the first thing we trade in when we get busy or stressed.



SCHEDULE TIME FOR THINGS YOU ENJOY

Balance in life is important, so taking time out for things you enjoy can make a difference to how you think and feel.



BE ACTIVE AND EAT WELL

Our physical and mental health are closely linked, so ensure that you are exercising and eating nutritious food.



NURTURE RELATIONSHIPS AND CONNECT WITH OTHERS

Our connection to others is what keeps us strong, especially during challenging times. Ensure you have people to connect with (face-to-face, over the phone or virtually).



ENSURE YOU ARE ADOPTING STRATEGIES TO MANAGE YOUR STRESS LEVELS

If you are having trouble relaxing or managing intrusive thoughts, the websites below provide an array of tips and tools that can assist you.



MAKE A 'TASKS LIST'

Break large tasks into smaller, more manageable tasks which can be prioritised in order of importance.



FOCUS ON WHAT YOU CAN CONTROL

Direct your time, energy, and resources towards things you have direct influence over, rather than things outside of your control (weather/climate, government regulations, commodity markets).



BRING OTHERS TO THE TABLE

Another set of ears and a logical brain can help with processing and retaining information.



KEEP THE LINES OF COMMUNICATION OPEN

Schedule regular farm business meetings and don't avoid making decisions.



KEEP IN REGULAR CONTACT WITH INDUSTRY PEERS, GROWER GROUPS AND CONSULTANTS

They are sources of trusted and valuable information and can also be a good social connection.



PREPARE AND PLAN FOR THE UNEXPECTED

Contingency planning can avoid further stress.



BE AWARE OF THE RISKS ASSOCIATED WITH BEHAVIOURS OR COPING STRATEGIES THAT ARE UNSAFE AND PUT YOURSELF AND OTHERS AT RISK

Unsafe alcohol consumption, misuse of prescription medication and use of illicit drugs.



TAKE TIME TO PAUSE, BREATHE AND REFLECT

A simple moment of reflection helps us connect our minds with our feelings. It enables us to connect what's happening around us with what's going on in our heads and hearts. Taking the time to ask the right questions of ourselves, and time to get a thoughtful answer, gives us perspective, direction and clarity. By taking time to pause and slow down our breathing (deep circular breaths), we slow down a racing heart, reducing the symptoms of stress headaches and muscle tension.



PARTAKE IN HELP SEEKING BEHAVIOURS

Please see below for information on Support Services and Helplines available.



ORGANISE AN INFORMATION SESSION OR WORKSHOP:

Increasing your own and others understanding of the risks, protective factors, unsafe/risky behaviours, coping strategies, wellbeing, and community resilience is a powerful tool in improving empathy, connections and the overall safety within a community. Please contact Holyoake's Prevention Team if you would like to organise an information session or workshop for your community. Email

JDrayton@holyoake.org.au or Jordyn.Drayton@holyoake.org.au

Health and Wellness

CRISIS LINES

<p>Lifeline</p> <p>Lifeline WA provides all Western Australians experiencing a personal crisis or thinking about suicide with access to 24-hour crisis support and suicide prevention services.</p>	<p>13 11 14</p> <p>Lifeline WA</p>
<p>Suicide Call Back Service</p> <p>Suicide Call Back Service is a free nationwide service providing 24/7 phone and online counselling to people affected by suicide.</p>	<p>1300 659 467</p>
<p>Beyond Blue</p> <p>Beyond Blue as a reliable source of mental health information, support, and hope.</p>	<p>1300 224 636</p> <p>Beyond Blue</p>
<p>MensLine Australia</p> <p>MensLine Australia is a telephone and online counselling service offering support for Australian men anywhere, anytime.</p>	<p>1300 789 978</p> <p>MensLine Australia</p>
<p>Drought Response Hotline</p> <p>The Drought response hotline is available 24/7 hotline for farmers to speak to a trained operator who will be able to connect callers with grant information and services most relevant to their needs.</p>	<p>1300 489 832</p> <p>Drought Response WA</p>
<p>Kids Helpline</p> <p>Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25.</p>	<p>1800 551 800</p> <p>Kids Helpline</p>

PLACE-BASED SUPPORTS

<p>Holyoake</p> <p>Holyoake give Western Australians impacted by alcohol, drugs and mental ill health the support, hope and confidence they need to live the life they choose.</p>	<p>9621 1055</p> <p>Holyoake</p>
<p>Head to Health (co-located with Holyoake)</p> <p>Mental health support for adults (18+ years) with their own or another's mild to moderate mental ill health.</p>	<p>6383 8040</p> <p>Head to Health Northam</p>
<p>Rural Aid</p> <p>Rural Aid provides critical support to farmers affected by natural disaster through financial, wellbeing and fodder assistance.</p>	<p>1300 327 624</p> <p>Rural Aid</p>
<p>The Regional Men's Health Initiative</p> <p>The Regional Men's Health Initiative is a team of people who are passionate about raising awareness of men's health and wellbeing in regional, rural, and remote communities throughout WA.</p>	<p>9314 1436</p> <p>The Regional Mens Health Initiative</p>

Rural West

Rural West provide a free, confidential, mobile, independent financial counselling service to regional small businesses and all primary production enterprises in WA.

1800 612 004

[Rural West](#)

Wheatbelt Mental Health

Including: Adult Mental Health Service, Child & Adolescent Mental Health Service, Aboriginal Mental Health Service & Seniors Mental Health Service.

9621 0999

[WA Country Health Service](#)

Amity Health

Amity Health provide a range of funded health and community programs across the Wheatbelt region.

9842 2797

[Amity Health](#)

Headspace

headspace Northam is a free and confidential service for young people aged 12-25. Their service is designed to make it as easy as possible for a young person and their family to get the help they need for problems affecting their wellbeing.

9621 5000

[Headspace Northam](#)

WEBSITES FOR INFORMATION & RESOURCES

ifarmwell

ifarmwell is a free online tool kit to help farmers cope effectively with life's challenges and get the most out of every day, regardless of the circumstances they face.

[ifarmwell](#)

National Centre for Farmer Health

The National Centre for Farmer Health supports farmer mental health through research; education; prevention-focused mental health resources including Managing Stress on the Farm, Steering Straight and Campfire; and support services including a farmer health trained online psychology platform.

[National Centre for Farmer Health](#)

Managing Stress on the Farm walks farmers, farming families, farm workers, and farming communities through the common causes of stressors on farms and offers practical ways to deal with them. It also includes the Steering Straight plan, which helps individuals manage their mental health with practical, valuable steps.

Free to download via: [Managing Stress on the Farm Booklet](#)

TIACS

TIACS is a free, confidential phone and text counselling service offering mental health support to farmers, blue-collar workers and those that care about them Australia-wide.

0488 846 988 (Mon-Fri 8am-10pm AEST)

[TIACS](#)

Head to Health

Head to Health helps everyone access the mental health and wellbeing services that are right for them. It makes it easier to navigate and choose the most suitable care options, whether that's face-to-face, via phone, or online.

[Head to Health](#)

For more information
Scan the barcode
or CALL 9416 4444

Find us on social media @holyoake  





We're closer than you think

Use the free self service facilities at our Access Points to connect with Centrelink, Medicare and other government programs and services.

At our Access Points you can:

- use our computer to access my.gov.au and other government programs and services and to search for jobs
- use the telephone to access our self service options or to speak to us
- access free Wi-Fi 24/7 to connect to government services—no password required
- scan, print, fax and photocopy documents
- have your identity documents certified
- pick up brochures.

Your local access point is:

Kalannie Community Resource Centre
67 Roche Street
Kalannie WA 6468



Australian Government
Services Australia



servicesaustralia.gov.au

Access Point

At a Services Australia Access Point you can:



use our computer to access **my.gov.au** and other government programs and services and to search for jobs



use the telephone to access our self service options or speak to us



access free Wi-Fi 24/7 to connect to government services. No password required



scan, print, fax and photocopy documents



have your confirmation of identity documents certified

There are no Services Australia staff at Access Points. If you need more help, use the telephone provided to call us directly.

Your local Access Point is:

Kalannie Community Resource Centre

Address: 67 Roche Street

Hours of business:

Monday 9.30am - 4.30pm, Tuesday 9.30am-3.30pm,
Wednesday 9.30am - 3.30pm, Thursday 9.30am - 4.00pm,
Friday 9.30am - 3.30pm

To find other Access Point locations go to **servicesaustralia.gov.au**

Self service

You can use your myGov account to access your Centrelink, Medicare and Child Support online accounts. Go to **my.gov.au**

You can also access our services through the Express Plus mobile apps.

For more information go to **servicesaustralia.gov.au/selfservice**

Centrelink phone self service

Phone self service **136 240**
To report your income and changes to your circumstances **133 276**

How to contact us

Go to **servicesaustralia.gov.au** for more information about payments and services or call the listed '13' or '1800' number most relevant to your situation.

ABSTUDY	Freecall™ 1800 132 317
Assistance for Isolated Children	132 318
BasicsCard balance enquiry	Freecall™ 1800 057 111
Centrelink debt repayment	Freecall™ 1800 076 072
Child Support	131 272
Disability, Sickness and Carers	132 717
Families	136 150
Farmers and their partners	132 316
Financial Information Service	132 300

For information in other languages:

- Centrelink **131 202**
- Medicare and Child Support **131 450**

Grandparent Advisers	Freecall™ 1800 245 965
Income Management and BasicsCard	Freecall™ 1800 132 594
Indigenous Call Centre	Freecall™ 1800 136 380
Indigenous debt repayment	Freecall™ 1800 138 193
Job seekers	132 850
Low Income Health Care Card	132 490
Medicare	132 011
Medicare Aboriginal and Torres Strait Islander Access Line	Freecall™ 1800 556 955
National Redress Scheme	Freecall™ 1800 737 377
Older Australians	132 300
Students and trainees	132 490
TTY* enquiries	Freecall™ 1800 810 586
Complaints and feedback	Freecall™ 1800 132 468

Call costs from your home phone to a:

- **13 number** from anywhere in Australia may vary depending on the call plan you have chosen from your telephone service provider—mobiles may incur a higher charge.
- **1800 number (Freecall™)** are free—calls from a public phone and mobiles may be timed and charged at a higher rate.

* TTY is only for people who are deaf or have a hearing or speech

impairment. A TTY phone is required for this service.



Australian Government
Services Australia



servicesaustralia.gov.au



Kalannie Community Directory

COMMUNITY GROUP	CONTACT PERSON	EMAIL
Isolated Children & Parents Ass	Jane Lang	bresland.farming@gmail.com
Kalannie Bowling Club	Andrew Moore	andrew.tracy@westnet.com.au
Kalannie Community Ass	Catherine Hudson	kca@kalannie.com.au
Kalannie Community Church	Helen Nixon	rnixon7@bigpond.com
Kalannie CRC	Catherine Hudson	kalanniecrc@kalannie.com.au
Kalannie Cricket Club - Jnr	Kate McCreery	jkmccreery.family@outlook.com
Kalannie CWA	Jodie Lyndon-James	kalanniecwa@gmail.com
Kalannie Fire Brigade	Paul Burridge	cropit2@yahoo.com.au
Kalannie Football Club	Garry Crossman	garrycrossman@rocketmail.com
Kalannie Golf Club - Men	Grant Hudson	ghuddo22@gmail.com
Kalannie Ladies Hockey Club	Ricki Fulwood	kalanniehockeyclub@gmail.com
Kalannie Netball Club	Ashley Gartrell	kalannienetballclub@gmail.com
Kalannie P&C	Gabrielle Severin	kalanniepandc@gmail.com
Kalannie Playgroup	Lexi Wasmann	lexiwasmann@icloud.com
Kalannie Sporting & Recreation Club	Melissa Harms	ksrc@live.com.au
Kalannie St John Ambulance	Stewart Benton	stewartbenton@bigpond.com
Kalannie Tennis Club	Stacey Hudson	shudson@activ8.net.au
Kalannie Young Farmers	Libby Osborne	wildaizy@hotmail.com



Kalannie Business Directory

BUSINESS	PHONE	EMAIL
Central Wheatbelt Physiotherapy	0413 901 057	centralwheatbeltphysio@gmail.com
Gypsum Supplies	0429 662 004	daniel@gypsumsupplies.com.au
Hathway Farm Equipment	9666 2034	admin@hathwayfarm.com.au
Hazlett Corner Store	9666 2040	admin@hazlettcornestore.com.au
Kalannie Agquip	9666 2179	admin@kalannieagquip.com.au
Kalannie Caravan Park	9666 2040	admin@hazlettcornestore.com.au
Kalannie CRC	9666 2194	kalanniecrc@kalannie.com.au
Kalannie Contractors	9666 2033	kalcont@bigpond.com
Kochii Oil	9667 1021	hello@fasera.com
Kalannie Post Office	9666 2040	admin@hazlettcornestore.com.au
Kalannie Seed Cleaners	9666 2075	info@seedcleaners.com.au
Kalannie Sporting & Recreation Club	9666 2032	ksrc@live.com.au
Wheatbelt Photography	0429 017 004	wheatbeltphotography@gmail.com
Wheatbelt Vet Service	Dalwallinu - 9661 1290 Wongan Hills - 9671 1108 After Hours - 0428 671 022 (emergencies only)	info@wheatbeltvet.com.au
Wheatbelt Podiatry	0459 580 005	wheatbeltpod@outlook.com

*Don't see your community group or business listed here? Please submit info (inc phone and email details) to kapers@kalannie.com.au so we can include it in the next edition.

Media Release

ABORIGINAL
AFFAIRS

BUSINESS
SUPPORT

CIVIC
INFRASTRUC-
TURE

COMMUNICA-
TIONS

COMMUNITY
SERVICES

CULTURAL
AFFAIRS

ECONOMIC
MANAGEMENT

EDUCATION
AND TRAINING

EMPLOYMENT

ENVIRONMENT

HEALTH CARE

IMMIGRATION

JUSTICE

MARITIME
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RESOURCES

PRIMARY
INDUSTRIES

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