

Plain Language Newsletter

September/October News

In recognition of reconciliation, Enable WA acknowledges the Traditional Custodians of country throughout Australia and their connection to land, sea and community. Enable WA pays respect to Elders past, present, and emerging, and extend that respect to all Aboriginal and Torres Strait Islanders people today.

October is Mental Health Month

Looking after your mind is just as important as looking after your body.

Join our Big Swamp Community Walk and Sausage Sizzle in Bunbury on October 9 at 10am to move your body and meet people.

Strategic Plan Report Card

Our 6-month progress report is now live on the Enable WA website.



Congratulations!

Jason won the Bunbury Ten Pin Bowling Annual Regional Games. Naomi (pictured) celebrated one year at her job at Salvos Mandurah.

Make New Friends and Connections

There are many fun groups and activities in your area. Ask your Coordinator for details if you'd like to join.

Manjimup and Bridgetown – Family Centre playgroups, Moort Mia family support, Community Garden, Youth Zone for ages 12–18.

Busselton – Group Activities Program (GAP) each week

Bunbury – Bunbury Sea Scouts, dance groups, Mens Shed, gaming nights at Beyond Hobby + Games, quiz nights and more. Keep an eye out for the Have a Go Expo - a full day of exploring Bunbury groups and activities available. The Bunbury office often run Bingo sessions, make sure to check with your Coordinator if you'd like to join!

Peel – Share the Spoon cooking group, bowling, inclusive events from the City of Mandurah.

Perth – Deb's Caring Crafts every Friday; search online to find other groups for your interests.

JTCESC Disability Expo

★ Save the Date ★

 17 Friday 17 October

 10am – 2pm

 Mandurah Aquatic Recreation Centre (Show Courts)

Everyone is welcome!

Busselton GAP activities in October:

Only \$15 to join in. October activities include:

- Oct 3 – Round the World (Denmark)
- Oct 10 – Random Acts of Kindness
- Oct 17 – Make Garden Gnomes
- Oct 24 – Paint Your Garden Gnomes

Halloween Costume Competition

Dress up for Halloween and you could win a \$50 Visa Gift Card.

Tag Enable WA on Facebook or Instagram, or send your photo to your Coordinator. Winner announced November 3.

Mark's Surprise Party!

Mark from Share the Spoon turned 60! He celebrated with friends in Fremantle Dockers colours.



Special Days in October

This month includes Mental Health Month, ADHD Awareness Month and many international days like Carers Week and World Mental Health Day.

Leave Us a Review

If Enable WA has helped you or your family, please leave us a review on Google. It only takes a minute, and it helps other families find the right support.

Client Advisory Group

Want to help shape Enable WA's future? Join our Client Advisory Group!
Apply by phone, email, or our online form.