



Meekatharra Dust

APRIL 2022 | ISSUE NO.348

COST \$2.50



Picture by David Cowled

via Outback Beauty Facebook Page

2021/2022 Council Meeting Dates

The dates for Ordinary Council Meetings of the Shire of Meekatharra for 2021/22 are:

17th of July 2021
21st of August 2021
18th September 2021
16th October 2021
20th November 2021
17th of December 2021 at 2pm
15th of January 2022
19th February 2022
19th of March 2022
9th of April 2022
21st of May 2022
25th of June 2022

All meetings are held in the Shire of Meekatharra Council Chambers at 9:30am unless otherwise stated. Last day to submit items for Council Meetings is Friday, 4:30pm two weeks before the Council Meeting occurs.

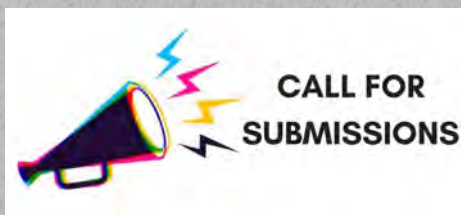
Calling for Submissions

The Meekatharra Dust is always looking for new submissions to be added to the community newsletter. We are chasing articles about things happening around town. If you have any articles with information about any upcoming community events then we want to hear from you!

The Shire of Meekatharra will pay for articles that are related to Meekatharra. Articles include short stories, poems, photos or similar. Get in contact to find out more about this opportunity.

“The Meekatharra Dust” is a non-profit community newspaper. The Meekatharra Dust is published during the first week of each month. The deadline is the 24th of the previous month.

If you have an article, a photo you would like to share or an advertisement, you can post them to: *PO Box 129, Meekatharra WA 6642* or drop them in at the Shire office. Alternatively, you can email us at: cdo@meekashire.wa.gov.au



Advertising in the Meekatharra Dust

The Meekatharra Dust is a newsletter produced by the Shire of Meekatharra each month that highlights local events and helps to distribute news locally. The Newsletter reaches hundreds of people each month through the copies sold around town, copies sent in the mail, and those viewed online. If you wish to advertise in the Meekatharra Dust please get in contact with us on cdo@meekashire.wa.gov.au.

Pricing (from 1st of July 2021)

Size	Colour	Black & White
Full Page 27cmx18cm	\$74.05	\$52.10
Half Page 13.5cmx18cm	\$43.10	\$26.70
Quarter Page 13.5cmx9cm	\$24.65	\$16.50
Eighth Page 9cmx6.75cm	\$18.50	\$13.95

Local non-for-profit organisations are able to receive free advertising.

GENERAL DISCLAIMER

The opinions expressed have been published in good faith on the request of the person requesting publication, and are not those of the Shire of Meekatharra. All articles, comments, advice and other material contained in this publication are by way of general comment or advice only and are not intended, nor do they purport to be the correct advice on any particular matter or subject referred to. No person should act on the basis of any matter, comment or advice contained in this publication without first considering, and if necessary taking appropriate professional advice upon the applicability to their particular circumstances. Accordingly, no responsibility is accepted or taken by the Shire of Meekatharra, or the authors and editors of the Meekatharra Dust, for any damage or loss suffered by any party acting in reliance on any matter, comment or advice contained herein.

IMPORTANT NOTICE—DOGS!

There have been a number of issues around stray and wandering dogs again in Meekatharra. Unfortunately, this has led to more very difficult conversations being held, and emotional decisions made to surrender family protectors.

Many of these problems could have been avoided if owners kept their dogs contained as required by our law, and if written notifications of breaches or concerns had been provided to the Shire earlier.

It is a fact of life unfortunately that some people will always disregard the law. Some people simply don't have the resources to keep their dogs contained. These excuses, however won't be accepted.

The Dog Act (1976) states –

31. Control of dogs in certain public places

- (1) A dog shall not be in a public place unless it is –
 - (a) held by a person who is capable of controlling the dog; or
 - (b) securely tethered for a temporary purpose, by means of a chain, cord, leash or harness of sufficient strength and not exceeding the prescribed length.

This means that your dog **MUST ALWAYS** be on a lead when outside your yard. To not comply leaves you open to a fine of \$200 **each time** your dog is found unleashed outside your yard. Strictly speaking, this includes places like Peace Gorge, and other regularly used dog exercise areas around Meekatharra.

When dogs do stray, it is vitally important that people in the community voice their concerns, in the right way. Your confidentiality is assured if you come to the Shire office to fill out the complaint form. This form is essential and critical to our ability to take further action. We can't act on an email or phone call complaining about a wandering dog, or on a Facebook post. We need the written complaint before we can act. This is a legal process after all.

All written complaints are taken seriously and investigated.

The current fine for not keeping your dog contained is \$50, although the advertised proposed Dog Local Laws prescribe a fine of \$200. This can add up very quickly when the dog is a serial stray.

The Shire of Meekatharra generously provide subsidies to desex dogs to health care card holders. This is another key piece in the approach to ensure no dogs are destroyed. A single female on heat will attract a number of aggressive male dogs and it is very likely at this point they will form a pack. This is a situation we want to avoid at all costs, and can be avoided by having your dogs desexed. For Free.

Come to the Shire to get your voucher at any time.

By being considerate of our neighbours and stopping dogs from barking at night, by making sure dogs are contained in a yard, and by registering and neutering your pets, we can all enjoy the comfort of a companion, and guard.



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NOTE FROM THE EDITOR

March was an unique month that is for sure, with many challenges but also lots to be grateful for.

In this edition of the Meeka Dust you will find information about how to keep safe physically and mentally.

On April 20th-22nd the Murdoch Vet Team is in town again for another pet sterilisation clinic! Register your cats or dogs to receive free sterilization, microchipping and one year of registration. Spaces are limited so get in contact with either to Shire or CRC to save your spot. The vets are also running free checks for pets 3pm-5pm each day they are here, first in best dressed for this, vaccinations will cost extra.

Lloyds Plaza still has a few spaces left to be leased—more information on page 10.

Stay safe everyone!

The Editor

EXPRESSION OF INTEREST



Marlu Auskick and Jr Football League Girls and Boys 5-8 and 8-12 Looking to start Term 3

Marlu Football league is looking for enthusiastic individuals to help kick start a football program for the youth in the Murchison.

**There will be a meeting at the
St John Ambulance Centre
Chesson St Cue
Saturday 22 April at 10.30am**

This meeting will be to see if there is interest and if we have the support to make this work for the kids.

**Please come along and help our kids get active,
participating and having fun!**

**If you are interest in donating or have any questions
please call :**

**Neil 0407 490 957
or
Tracy 0484 307 259**

CEO COUNCIL MESSAGE

Welcome to the April 2022 edition of The Dust CEO Council Message Report that provides information for all residents regarding the Council ordinary meeting that was held on the 19th of March 2022 as well as the Audit Committee and Health, Building and Town Planning Committee meetings that were held on the same day. This section of The Dust is intended to provide a snapshot of the issues discussed at Councils Ordinary Meetings that are held each month.

The unconfirmed minutes of Council Meetings are placed on the Council website as soon as possible within the prescribed time limit whereby they are confirmed at the next scheduled Council Meeting. Furthermore, items listed on the agenda when published for the community may not include all the items that were discussed at the Council Meeting, as provision is made for councillors and/or staff to introduce late items for consideration as permitted by legislation and Councils Standing Orders. Therefore, the following resolutions are only an extract of the full meeting agenda with the entire meeting proceedings being available in the official Council Minutes that are confirmed at the next meeting of Council.

Items from the Shire of Meekatharra Ordinary Meeting 19 March 2022

Item 9.2.5 – Compliance Audit Return 2021

That the Audit Committee recommend that Council adopt the attached Compliance Audit Return 2021 and submit it to the Director General, Department of Local Government, Sport and Cultural Industries by 31 March 2022.

The above resolution confirms Councils requirement to comply with Regulation 14 & 15 of the Local Government (Audit) Regulations 1996 in completing the 2021 Compliance Audit Return.

Item 9.3.1 – Senior Staff Appointments

That Council endorse the appointment of the following senior employee positions:

1. *Mr Peter Dittrich as Corporate Services Manager/DCEO for a three year term commencing 27th of April 2022.*
2. *Mrs Svenja Clare Community Development and Services Manager for a three year term commencing 11th of February 2022, and*
3. *Mr Danny Humphries as Manager Works and Services for a three year term commencing 30th March 2022.*

The community would be aware that several senior staff positions with the Shire of Meekatharra have become vacant during the last 3 to 4 months. These included the Corporate Services Manager/DCEO (DCEO), the Community Development and Services Manager (CDSM) and the Manager Works and Services (MWS) with all incumbents having resigned

from Council. The above resolution confirms the appointment to all the vacant positions with the CDSM (Mrs Svenja Clare) commencing in February 2022, the DCEO (Mr Peter Dittrich) commencing in late April 2022 and the MWS (Mr Danny Humphries commencing in late March 2022.

Item 10.1 – Application for Prospecting Licences

That Council approve the Application for Prospecting Licences 51/3253, 51/3254 and 51/3255 from JMB Group Pty Ltd situated at Recreation Reserve 10633 that includes:

Endorsement – the grant of this application does not include any private land referred to in Section 29(2) of the Mining Act 1978 except that below 30 metres from the natural surface of the land,

AND

Condition – Access to the surface of land within Recreation Reserve 10633 for any mining purposes being subject to the approval of the Local Authority or relevant reserve vestees, and mining activities within the first 100 metres below the surface of the land limited to such exploration activities as may be approved by the Executive Director, Resource and Environmental Compliance, Department of Mines, Industry Regulation and Safety.

Further Information Snippets

- ⇒ Lloyds Plaza – the advertising for rental of the vacant shop units at Lloyds Plaza has only attracted two interested parties with both being for the Café. Council decided to award the lease for the Café to Mama Moon's Bakery and welcomes the commencement of a new bakery business in the town.
- ⇒ Sale of surplus plant – the process for the sale of Councils surplus plant has been completed with most of the plant items having been sold.
- ⇒ Staff recruitment – As previously advised and in addition to the above senior staff appointments, Ms Felicity Anderson has been appointed as the Executive Assistant & Records Officer and Ms Kadisen King appointed as the Assistant Finance Officer with both positions having commenced in March 2022. Council welcomes both Felicity and Kadisen to the organization.

The next Ordinary Meeting of Council is scheduled for 9.30am on Saturday the 9th of April 2022 and the next CEO Council Message column will appear in the May 2022 edition of The Dust to provide information from this Council meeting as well as general information updates to the community. I take this opportunity to wish all the community a safe and Happy Easter as well as ANZAC Day. Until the next edition Bye for Now!

KJ Matthews - CEO

★ FIGHT *the* BITE ★



COMMON SYMPTOMS OF ROSS RIVER VIRUS:

- ★ PAINFUL, SWOLLEN JOINTS ★
- ★ PAINFUL, ACHING MUSCLES ★
- ★ SKIN RASH ★ FEVER ★



www.healthywa.wa.gov.au / **FIGHTTHEBITE**



Government of Western Australia
Department of Health

"OFF THE BEATEN TRACK" WITH MATTY

98.3 MEEKA FM

Meekatharra, WA

A FAVOURITE TRAVELLING SONG? REQUEST IT FOR THE SHOW.



MONDAYS LUNCH



The Meekatharra Seventh Day Adventist Church (McCleary Street) invites you to join us in a weekly service for all ages from 10am Saturday mornings



- Self contained units
- Twin rooms
- Camp sites
- Camp kitchen
- Fuel
- Licensed store
- Lawns & shade



M E E K A T H A R R A



ACCOMMODATION CENTRE

Open Daily 6.00am—9.00pm

Catering for your special function? Email us for a quote on

bookings@meekatharraaccomodation.com.au

or call on 99811253

BE RESPONSIBLE



Please ensure whilst exercising your dog to pick up any waste and dispose of in the bins provided.

FREE Waste Bags are available at the oval.

Meekatharra Corner Store

Corner of Main & High Streets, Meekatharra

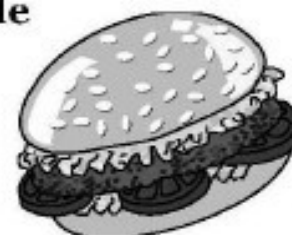
Ph: 9981 1151



**BP Fuel & Lubricants
Premium Unleaded Fuel now available**



**Auto Accessories
Kleenheat Gas
Key Cutting
Take-Away Food
Asian Food**



A range of Asian Ingredients and utensils available for sale



**Burgers
Rolls
Sandwiches made to order
Bottled water deliveries**



**Tyre Repairs
Driveway Service**



EXPRESSION OF INTEREST (EOI)

EOI 21/22 - 02 - LLOYDS BUILDING GALLERY OPERATOR

EOI 21/22 - 03 - LLOYDS BUILDING HAIRDRESSER OPERATOR

EOI 21/22 - 04 - LLOYDS BUILDING MUSEUM AND FORMER CRC AREA

EOI 21/22 - 05 - LLOYDS BUILDING SHOP 1

Expressions of Interest (EOIs) are sought for occupants for the above shop spaces in the recently completed Lloyds Plaza building, 64 Main Street Meekatharra.

EOI documentation is available by contacting Mrs Svenja Clare on 08 99800600 or emailing cdsm@meekashire.wa.gov.au.

EOIs shall be contained in a sealed envelope clearly endorsed with the EOI number and description above and addressed to the Chief Executive Officer and either mailed to PO Box 129 Meekatharra WA 6642 or deposited in the tender box situated in the Meekatharra Shire Office, Corner Main and Savage Streets Meekatharra. All EOIs received will be considered by Council at its ordinary meeting.

KJ Matthews

Chief Executive Officer



Budget Requests from Ratepayers, Residents, Community and Sporting Groups

OPPORTUNITY TO SUBMIT BUDGET REQUESTS

Council is currently preparing its budget for 2022/23 and as part of that process invites residents, ratepayers, community and sporting groups to submit suggestions or requests for projects they would like to see included in the budget.

Council, when considering budget items will include items from the Strategic Community Plan and other adopted plans. Any requests or suggestions received may be referred to these planning processes.

All submissions should be submitted by way of a formal letter outlining all relevant details, including, if possible, quotes or estimates relating to the proposal.

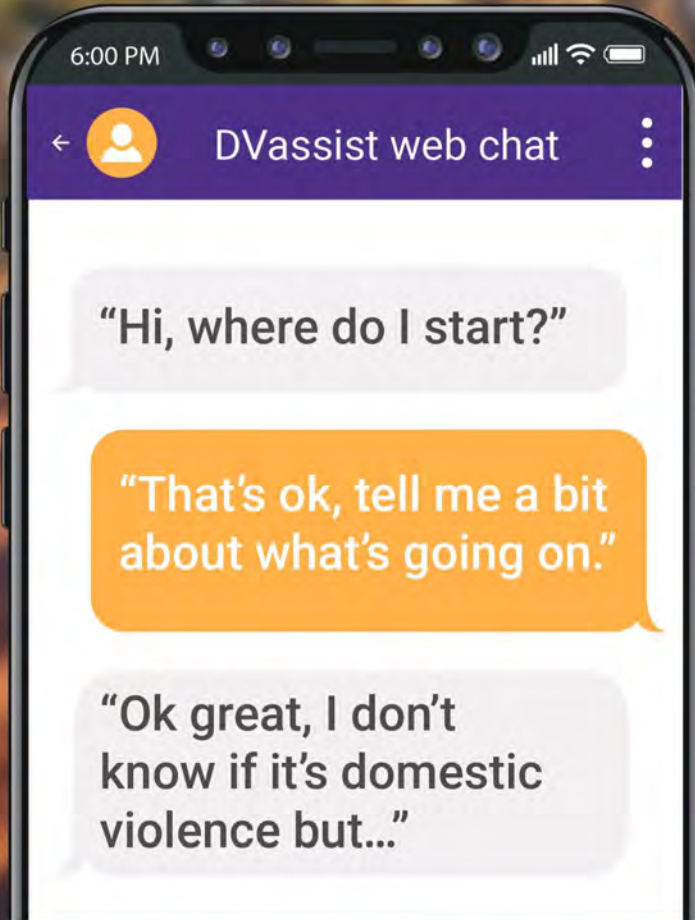
Submissions should be addressed to the Chief Executive Officer and;

posted to: Chief Executive Officer
Shire of Meekatharra
PO Box 129
Meekatharra WA 6642; or

delivered to: Chief Executive Officer
Meekatharra Shire Administration Office
75 Main Street
Meekatharra; or

by Fax: 9981 1505; or
emailed to: dceo@meekashire.wa.gov.au

Submissions will be received until 4:30pm on Friday, 22nd April 2022.



dvassist.org.au

WORRIED ABOUT YOUR RELATIONSHIP?

We provide counselling and support services for anyone impacted by family and domestic violence in regional, rural and remote Western Australia.



1800 080 083



WEB CHAT
dvassist.org.au



RESOURCES & LOCAL DIRECTORIES

FREE, ANONYMOUS AND CONFIDENTIAL.



DVassist is an innovative non-profit organisation that exists to meet the complex issue of abusive relationships in regional, rural, and remote (RRR) areas in Western Australia.

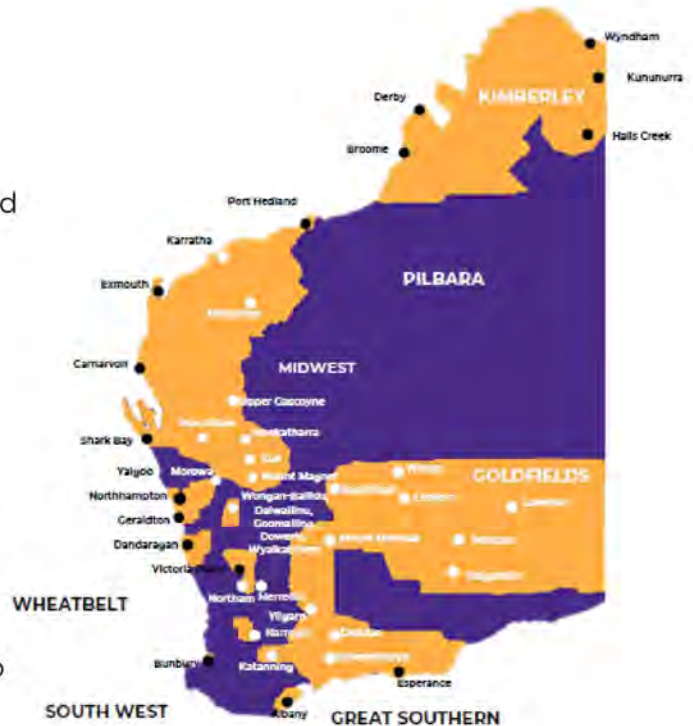
DVassist provides:

- a regional domestic violence helpline
- webchat
- online information hub
- online local service directory
- free single and multi-session counselling and case management to anyone 15+ years.

DVassist's practitioners are tertiary qualified counsellors who understand the unique challenges of living in RRR WA.

Clients can self-refer or professionals can complete an [online referral form](#). DVassist will keep referring professionals informed of each referral's status.

DVassist can also offer advice and education to frontline staff supporting those who are experiencing violence.



What's different about DVassist?

- As a virtual service, DVassist supports people even in the most remote communities of WA
- DVassist will provide support to keep safe clients while the violence is still occurring, to enhance personal safety and to assist in making informed choices
- Clients can remain anonymous, all calls are confidential and not shared on any government databases
- DVassist has hyper localised knowledge of the regions which allows for the building of support networks and referrals to local, state and national services
- DVassist practitioners continue to work with the client even if they need to relocate and can support clients to establish new connections and networks.



1800 080 083



dvassist.org.au

7 days a week, 7am - midnight

YOUTH SERVICES

The Youth Services Team have been having fun although they may not be able to do the full program as normal. Youth Services have been providing masks to those participants over 8 years old. Sally, a community paramedic, came into the youth centre to give everyone some education about COVID teaching the kids about personal hygiene to make sure they have the right tools to deal with recent COVID outbreaks. Thanks heaps to Sally who worked hard to teach everyone how to stay healthy and also show off the ambulance.

The pool has closed for the 2021-2022 season, the youth centre took advantage of the pool being open on the hot days that we had. They spent many hours down there playing basketball and volleyball—in the water of course.

At Kids Zone they participants have been working with Margie to make cupcakes (out of food and playdough) to celebrate the many birthdays they have had. They have been enjoying the slightly cooler weather by playing outside on the playground and doing some creative play. Including building forts, creating cakes made of all sorts of things and playing doctors with all the new equipment they have received.

In April the school holiday program will start on the 11th which will include skateboarding lessons, boxing and so much more. The schedule for this will be released soon on social media so keep a look out for it.





COPS CORNER WITH SENIOR SERGEANT GARY WILLIAMS



I am currently acting in Senior Sergeant Garnaut's position as Officer in Charge (OIC) of Meekatharra Police Station. Matt returns to town on Sunday 27 March 2022, to continue in his role as OIC.

Meekatharra Police have recently welcomed three new police officers in town. Senior Constable Woolhouse, First Class Constable Huggins and Police Constable Hemmings. All three have commenced their tenure in Meekatharra and are looking forward to serving members of the local community. The officers bring a lot of experience and knowledge to the town which will only enhance the service we provide. Please feel free to stop and have a chat with them when you see them on duty.

I have been involved in a number of meetings during the last two weeks with regards to the emergence of COVID-19 within the town. You may have seen a number of Public Health officials around town who have been conducting door knocks in company with representatives of the Department of Communities and Yulella. The purpose of these visits was to gauge the spread of the virus within the town and to educate local people with regards to completing RAT's and inform people of the correct procedures and protocols when contracting COVID-19. There have also been outbreaks in the communities of Karalundi and Yulga Jinna which have been the subject of visits by government officials for the same reasons. I urge and encourage all members of our



community to act responsibly. The virus is highly contagious and will spread but if we all take responsibility for our own actions when requested to isolate we may be able to slow the spread down. My last point on this subject is to encourage

people to get vaccinated if you have not already done so.

Within the last four weeks we have placed liquor restrictions on the town in an attempt to prevent and minimise the risk of anti-social behaviour. I would like to thank our licensees in town for complying with the restrictions. I am also cognisant of the frustration this brings to members of our community who have been unable to purchase full strength alcohol. It is unfortunate but history has shown that when we have large gatherings in town or other communities within a short distance of Meekatharra, anti-social behaviour follows which is often fuelled by the consumption of excess alcohol.

As you are no doubt aware there is a funeral in Meekatharra on Friday 25 March 2022. I wish the family of the deceased and the attending mourners a peaceful and respectful service.

During the last week we have seen a slight increase in stealing and burglary offences within the town. If you have any information about these or any other offences you are able to call the police station direct on 9918 7120 or alternatively report through Crime Stoppers on 1800 333 000. Any information will be dealt with in the strictest confidence.

Meekatharra Police continue to actively engage with community members whilst out and about. I encourage my team to stop and talk to locals, to listen to your concerns or to just have a chat. Ultimately our best source of information is you, the community of Meekatharra.

Stay safe.

Gary Williams

Acting Senior Sergeant

OIC – Meekatharra Police Station

MEEKATHARRA ABORIGINAL REFERENCE GROUP MEETINGS

2022

(Second week of each month mostly)

Community MARG Members 9:30 a.m.

Invited Stakeholders to attend from 11:00 a.m.

February	Wednesday 9 th	Face to Face
March	Wednesday 9 th	TEAMS Online
April	Wednesday 13 th	TEAMS Online
May	Wednesday 11 th	TEAMS Online
June	Wednesday 8 th	TEAMS Online
July	Wednesday 13 th	TEAMS Online
August	Wednesday 10 th	TEAMS Online
September	Wednesday 14 th	TEAMS Online
October	Wednesday 12 th	TEAMS Online
November	Wednesday 11 th	TEAMS Online
December	Wednesday 7 th	TEAMS Online

Government of Western Australia
Department of Health

COVID-19

Stay COVID safe

Stop the spread of COVID

No big mobs
COVID spreads easily when big mobs get together.
Keep your distance.



Wear a mask when required
Masks help to stop COVID spreading.




healthywa.wa.gov.au © Department of Health 2021

MURCHISON DENTAL TEAM ROSTER 2022

Meekatharra: 2nd February - 11th of February

Mount Magnet: 23rd February - 4th March

Cue: 23rd March - 1st April

Meekatharra: 27th April - 6th May

Mount Magnet: 23rd May - 29th May

Sandstone: 29th May - 3rd June

Meekatharra: 22nd June - 1st July

Yalgoo: 20th July - 29th July

Mount Magnet: 17th August - 26th August

Meekatharra: 14th September - 23rd September

Mount Magnet: 12th October - 21st October

Meekatharra: 9th November - 18th November

Mount Magnet: 7th December - 16th December

CONTACT NUMBERS:

MEEKATHARRA - 9981 0640 OR 0427 386 647

YALGOO PRIMARY SCHOOL - 9962 8029

MOUNT MAGNET, CUE, SANDSTONE - 0427 386 647

MENTAL HEALTH RESOURCES

FOR FAMILIES AND COMMUNITY




Youth Focus	6266 4333	youthfocus.com.au
Headspace	9274 8860	headspace.com.au ehespace.com.au
Lifeline WA (24 hrs)	13 11 34	lifeline.org.au
Kids Helpline (24 hrs)	1800 551 800	kidshelp.com.au
Suicide Call Back Service (24 hrs)	1500 659 467	suicidecallbackservice.org.au
Child & Adolescent Mental Health Service [CAMHS]	1800 048 636	cahs.healthwa.gov.au/our-services/mental-health
Mental Health Emergency Response Line (24 hrs)	1500 555 788 Metro 1800 676 822 Peel 1800 720 101 TTY	nmahsmh.healthwa.gov.au
Ngala Parenting Helpline	9368 9568 Callback Service 1800 111 546 Rural	ngala.com.au

ONLINE RESOURCES

Black Dog Institute	blackdoginstitute.org.au
Bite Back	biteback.org.au
Reach Out	au.reachout.com
Beyond Blue	beyondblue.com.au

AWESOME APPS

Download these Apps for free in iTunes or Google Play



Smiling Mind Mindshift Reachout Worry Time What's Up? The Check-in

5 TIPS TO BE MENTALLY HEALTHY...



1. Eat well 2. Sleep well 3. Positive supportive relationships 4. Exercise 5. Get a second opinion from a trusted adult



Government of **Western Australia**
Department of **Health**

COVID-19

Coronavirus Disease

Midwest medical and other support phone list



What if my symptoms get worse?

**If you are having trouble breathing or
shortness of breath**

Call 000 for an ambulance.

(Tell them you are a COVID-19 case
or contact of a COVID-19 case.)



What if I need to talk to a doctor about other health concerns?

Call your local GP, Aboriginal Medical Service or District Hospital for a telehealth appointment.

Midwest Aboriginal medical services:

Carnarvon Medical Service Aboriginal Corporation

(08) 9941 2499

14-16 Rushton Street, Carnarvon

Geraldton Regional AMS

(08) 9956 6555

Rifle Range Road, Rangeway

Midwest hospitals:

Carnarvon Hospital

(08) 9941 0555

Cleaver Street, Carnarvon

Dongara Eneabba Mingenew Health Service

(08) 9927 0200

48 Blenheim Road, Dongara

Exmouth District Hospital

(08) 9949 3666

Lot 1448, Lyon Street, Exmouth

Geraldton Regional Hospital

(08) 9956 2222

51 Shenton Street, Geraldton





If you need other help you can call these numbers

Wellbeing assistance

(e.g. food, medication)

13 COVID

(13 268 43)

WA Diabetes Helpline

1300 001 880

Emergency dental

0429 441 162

Mental health

1300 224 636 (Beyond Blue)

1800 048 636 (24-hour Crisis Support Line – YOUTH)

Drug & Alcohol

(08) 9442 5000 (24-hour support line)

1800 198 024 (Country callers)

Emergency accommodation

(related to family domestic violence)

(08) 9223 1111 or

1800 199 008 (Crisis Care)

Advice (related to sexual, domestic or family violence)

1800RESPECT

(1800 737 732)

Kids Helpline (24 hours)

1800 55 1800



Kalbarri Health Centre

(08) 9937 0100
5 Kaiber Street, Kalbarri

Meekatharra Hospital

(08) 9981 0600
58 Savage Street, Meekatharra

Morawa Perenjori Health Service

(08) 9971 0200
7 Caulfield Road, Morawa

Mullewa Health Service

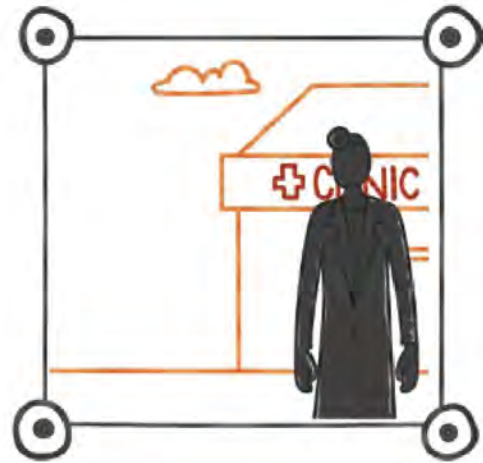
(08) 9961 6200
2 Elder Street, Mullewa

North Midlands Health Service

(08) 9954 3213
Thomas Street, Three Springs

St John of God Geraldton

(08) 9965 8888
12 Hermitage Street, Geraldton



If your GP is not available call an after-hours GP telehealth service:

Healthdirect Australia

1800 022 222

13Sick National Home Doctor

13 7425

WA After Hours Doctor*

1300 300 362



What if I start to feel COVID-19 symptoms?

Call the **Coronavirus information helpline**
13 COVID
(13 268 43)





COVID-19: Symptom guide

With COVID-19 in the community it is important to know what the symptoms are and when to seek medical advice.



Fever



Headache



Loss of taste and/or smell



Fatigue



Dry cough



Sore/scratchy throat



Shortness of breath



Muscle aches



Vomiting



Runny nose



Chills/night sweats



Diarrhoea

Mild symptoms

Most people will have mild symptoms for up to 2 weeks. Avoid high-impact activities, weights, running and workouts.

Recover at home

Worsening symptoms

Symptoms worsen and you are unable to take care of yourself such as showering, putting on clothes or making food.

Call your GP

Severe symptoms

Symptoms become severe such as difficulty breathing when resting. Do not wait, call 000 immediately and let the operator know you have COVID-19.

Call 000

[WA.gov.au/symptoms](https://www.wa.gov.au/symptoms)

We're all in this *together*.



I have COVID – what should I do?

1. Stay home

- You **must** stay home and isolate for 7 days (or longer if you still have symptoms). Keep away from other people in your home to keep them safe.
- Other people who live with you are close contacts and will have to stay home for 7 days too.
- If you need food or other items, like medicine, ask a support person to get it for you and drop it off at your door. You can also call 13COVID (13 268 43) for help.
- For more information on how to isolate safely, visit www.healthywa.wa.gov.au.



2. Register your test result if it was a RAT (rapid antigen test)

If you did a RAT and your result was positive you **must register** your result. You can do this:

- online: www.healthywa.wa.gov.au/COVIDtesting
- by phone: 13 COVID (13 268 43) **OR**
- scan the QR code.



If it was a PCR test, your positive result will be registered automatically.

3. You will receive a text message from the Department of Health

The contact tracing team will send you a text message asking you to answer some questions. **It's important to answer the questions** so they know if you need extra support.

4. Register with WA COVID Care-at-home

WA COVID Care-at-home is a free service that provides home monitoring care for people who are at higher risk of getting very sick from COVID. This includes people who are/have:

- any chronic diseases like diabetes and kidney problems
- not fully vaccinated
- immunosuppressed
- over 50 years of age (Aboriginal people) 65 years of age (non-Aboriginal)
- pregnant
- very overweight (BMI >35).



It's **important to register** to find out if you are eligible for this free service. If you are having trouble registering, you can **ask a friend or family member to help you**. You can register:

- online: www.healthywa.wa.gov.au/COVIDcareathome
- by phone: 13COVID (13 268 43) **OR**
- scan the QR code.



healthywa.wa.gov.au

When you register you will be recommended for either:

- **WA COVID Care-at-home**
If you are recommended for this free service, they will monitor how sick you are and decide if you need extra help.
- OR**
- **Self-care**
If you are otherwise healthy (apart from having COVID), you may be recommended to care for yourself at home.

5. Tell your close contacts they need to isolate for 7 days

You need to tell your close contacts you have COVID as soon as you can, especially the people you live with. Your close contacts will need to isolate for 7 days and follow a special testing process.

Close contacts are people you have been with while you have been infectious. It includes:

- People you live with or your intimate partner
- Any person you have had 15 minutes face to face contact where you both weren't wearing masks
- Any person you have spent 2 hours in a small room with (e.g. a classroom) where you both weren't wearing masks.



6. Tell your workplace or school

If you were at work or at school while you were sick or infectious, you need to tell them as soon as you can. They will need to find out if anyone at work or school is a close contact and let those people know so they can isolate too.



7. Tell your doctor you have COVID

It is important to tell your normal doctor or local clinic you have COVID, even if you are being monitored by the WA COVID Care-at-home program. They may be able to offer additional support and will need to monitor any existing medical conditions.

8. When to get medical help

If you are getting sicker, for example finding it hard to eat or dress yourself, call your doctor, local clinic or Health Direct (1800 022 222) for advice, or the WA COVID Care-at-home service if they are monitoring you.



Important – if you have severe symptoms such as chest pain, difficulty breathing, coughing up blood or collapse/fainting you should **call 000 and go to hospital straight away**.

Further information

COVID-19: Testing and isolation guide (wa.gov.au).

Assistance for people in isolation or quarantine.

Managing COVID-19 at home and in the community (healthy.wa.gov.au).

Call 13 268 43 (13COVID) or Health Direct 1800 022 222.

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COPING WITH ANXIETY AND WORRY CAUSED BY COVID-19

These uncertain times are affecting everyone around the world. Now, more than ever, it is important to manage your mental health and wellbeing, particularly if you are feeling worried or anxious.

With the possibility of the borders opening soon, many people are excited to be reunited with family and friends they haven't seen since before COVID-19 began. However, for some people, the prospect of borders opening might be creating some worry.

Here are a few tips to help you manage your worries during times of uncertainty.

Ways to look after yourself

First things first: keep things in perspective

When we are stressed, our brains sometimes make things seem worse than they really are. There is so much information around about COVID-19 so it's natural to feel overwhelmed. This is why it's so important to find good quality information from credible and reliable sources, such as official Western Australian advice.

Even when we only get our information from credible sources the news itself can cause fear and alarm when things change suddenly. Taking time for self-care can increase your ability to manage changes. It can also help to take some time away from the news when it is getting overwhelming and only check in when you need to.

Take reasonable precautions

Being vaccinated is the best thing you can do to protect yourself and your community. The WA Department of Health is the best place to answer questions you might have about vaccination.

Another good way to keep anxiety (and the virus) at bay is by being proactive and following these basic hygiene principles:

- * Wash your hands often (and for as long as it takes to sing 'Happy Birthday' twice).
- * Avoid touching your eyes, nose or mouth.
- * If you begin to feel unwell, stay at home (self-isolate) until you recover.
- * Seek medical help early if you have a fever, cough or experience breathing difficulties.

Visit the Healthy WA website for information about how to seek help if you have COVID-19-like symptoms.

Practise self-care

Looking after yourself will help encourage a positive frame of mind. And whilst different people have different ways of practising self-care, here are a few examples you may find useful:

- * **Keep up your connections with family and friends.** If you can't pop round to see them, schedule in a quick telephone or video call (such as FaceTime, Facebook messenger, Zoom or Skype).
- * **Keep up a healthy lifestyle.** Eat a balanced diet, exercise regularly, and get quality sleep.
- * **Limit your use of alcohol, tobacco and other drugs.** You may feel like using alcohol, tobacco or other drugs helps when you feel stressed or anxious but in reality it's likely to make you feel worse.
- * **Keep yourself occupied.** Make time for all those activities and hobbies you enjoy - it could be a movie marathon, cooking, getting stuck into a book or planting some veggies.
- * **Keep calm.** Practise things like relaxation and meditation to give your body a chance to settle and readjust to a calm state. For tips on how to do this, see here.

Ways to help older adults who may appear worried or anxious

Older adults, especially those who need to isolate, or those with dementia, may become more anxious, angry or withdrawn because of the impacts of COVID-19.

Giving them practical and emotional support can go a long way toward getting them through this tough time, where information is constantly changing.

You can start by sharing simple facts about what is going on and giving clear information about how they can reduce their risk of infection – use official advice to help guide you. Remember to always give instructions in a respectful and patient way, and to repeat the information whenever necessary. Displaying the instructions in words or pictures may also be helpful.

Other family members and/or support networks may also be able to help older adults to practice virus protection methods, such as encouraging them to frequently wash their hands for the correct length of time.

It's important we all do our bit to help older members in our communities stay healthy and safe during times like this. It's

important we make the effort to stay connected to them by regular telephone or video calls, and visits where possible.

If you have an underlying health condition

Firstly, make sure you have access to up to two weeks' worth of any medications you are currently using. If necessary, get in touch with friends or family to help you with this, or talk to your pharmacist by phone to see if they can deliver your medications to you or if there are alternative ways to provide them with a script without the need to go in to the pharmacy.

Next, know in advance where and how to get any practical help you may need, having food delivered or requesting medical care.

Learning simple daily exercises will help you maintain mobility. Equally, regular routines such as cleaning, daily chores, being creative (e.g. painting or drawing), or doing a crossword can all help in reducing any boredom that may set in.

Of course, always be sure to keep in regular contact with family and friends via the phone, email, social media or video calls.

Advice provided by thank Mental Health WA and was retrieved from: <https://www.thinkmentalhealthwa.com.au/mental-health-and-covid-19/coping-with-anxiety-and-worry-during-covid-19/>

Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus; maintaining a regular routine each day helps.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well. Some little things you can do include:



STAY CONNECTED WITH FAMILY AND FRIENDS THROUGH SOCIAL MEDIA AND BY PHONE



GET ENOUGH SLEEP



KEEP ACTIVE & GET OUT IN THE FRESH AIR BY EXERCISING IN YOUR GARDEN OR ON YOUR BALCONY



TALK ABOUT HOW YOU ARE FEELING WITH YOUR FRIENDS AND FAMILY REGULARLY



REDUCE ALCOHOL INTAKE



GET YOUR HOBBIES OUT TO KEEP BUSY



think
MENTAL HEALTH

think
MENTAL HEALTH

Seeking support

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus (COVID-19). Speaking with friends or family to let them know how you feel can help, and they might also appreciate talking to you about how they feel.

There are also many digital mental health services that you can access online or contact over the phone.

For support during this time contact:

Lifeline 13 11 14
or visit lifeline.com.au

beyondblue 1300 224 636
or visit beyondblue.org.au

Mindspot 1800 61 44 34
or visit mindspot.org.au

Kids Helpline 1800 55 1800
or visit kidshelpline.com.au



Your guide to managing COVID-19



Preparing for COVID-19

If you or someone in your household catches COVID-19, being prepared will help you manage the situation.



When someone has recovered from COVID-19 or is medically cleared, they do not pose any risk of infection to other people in the community and can safely return to work, school and other normal activities.



Staying safe

There are things you can do to keep yourself and others safe from COVID-19.



Get vaccinated



Get tested if unwell



Wear a mask



Keep a safe distance



Continue to check in



Wash your hands

Create your COVID-19 kit

If you or someone in your household catches COVID-19, it is important to have these items. **Especially if you live alone** because you won't be able to leave the house.

You can arrange for these items to be delivered, but you must inform the person to leave it at the door for you to collect once they have left. You can get most of the items at a grocery store or pharmacy.



RAT kit



Disposable gloves



Thermometer



Pain relief medication



Face masks



Electrolytes



Hand sanitiser



Your regular medication



04

Know the symptoms and what to do



Mild symptoms

Most people will have mild symptoms for up to 2 weeks. Avoid high-impact activities, weights, running and workouts.

Recover at home



Worsening symptoms

Symptoms worsen and you are unable to take care of yourself such as showering, putting on clothes or making food.

Call your GP



Severe symptoms

Symptoms become severe such as difficulty breathing when resting, chest pain, coughing blood and/or fainting. Do not wait, call 000 immediately and let the operator know you have COVID-19.

Call 000

COVID-19 testing

You must get tested or take a test if you are unwell or are a close contact. A PCR test is free and available at clinics. You can also take a RAT at home.

To find a clinic for a PCR test visit www.healthyswa.wa.gov.au

PCR is short for polymerase chain reaction.

You must register positive RAT results. To do this, call 13COVID (13 268 43) scan this QR code or visit www.healthyswa.wa.gov.au

RAT is short for rapid antigen test.



What is a close contact?

To keep your friends and family safe, it is important to know if you are a close contact of someone with COVID-19.



Lives in the same house as you



Is an intimate partner



You spent 2 hours+ in a small room where masks have been removed



Is directed by WA Health that they are a close contact



15 mins+ interaction where you were both not wearing a mask

Testing and isolation protocols

If you test positive for COVID-19 or you are a close contact of someone who has, you will need to follow these testing and isolation protocols.

Scan for translated advice



I have tested positive for COVID-19

With COVID-19 in the community, it is important for you to know what to do to keep yourself and others safe. This protocol will help you know when and how long you need to isolate for if you are COVID-19 positive.

If you return a positive Rapid Antigen Test (RAT), you must register your result with the Department of Health.

Isolate at home for 7 days.

No symptoms after 7 days. No further test is required.

Symptoms develop. Remain in isolation until symptoms cease.

You can leave home. Wear a mask indoors and outdoors for the next 7 days and don't visit high risk settings (exemptions apply).

You are cleared by a medical professional.

Your close contacts must follow these protocols:

- Close contact, no symptoms
- Close contact, with symptoms
- Close contact and a critical worker



My child has tested positive

If your child has tested positive for COVID-19 they must isolate for 7 days.

My child has tested positive for COVID-19.

Test positive. Refer to the 'I have tested positive to COVID-19' protocol.

They must self isolate for 7 days and not go to school or daycare.

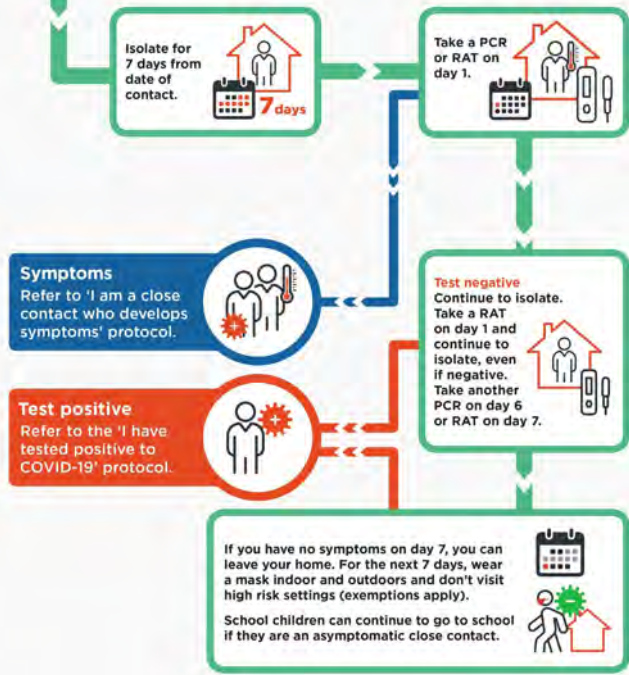
Symptoms. Refer to 'I am a close contact who develops symptoms' protocol.

Everyone in the same household is a close contact and must isolate.



I am a close contact and have no symptoms

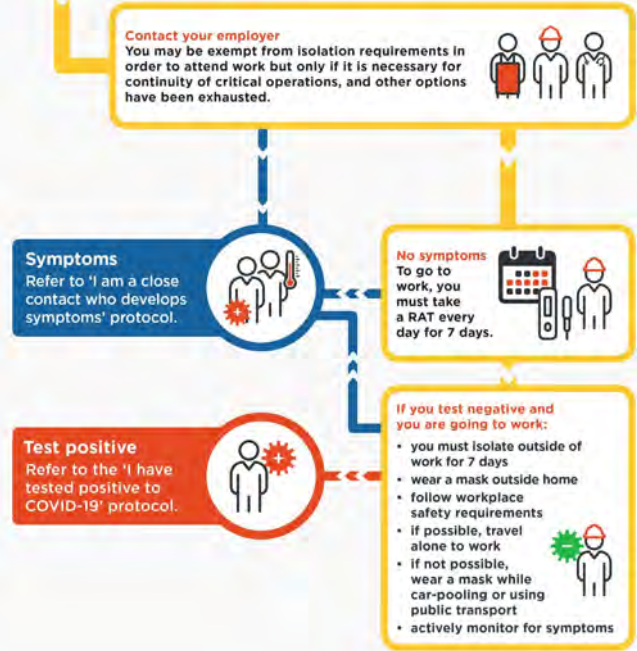
This protocol will help you know what to do if you are a close contact but have no symptoms.



I am a close contact without symptoms and a critical worker

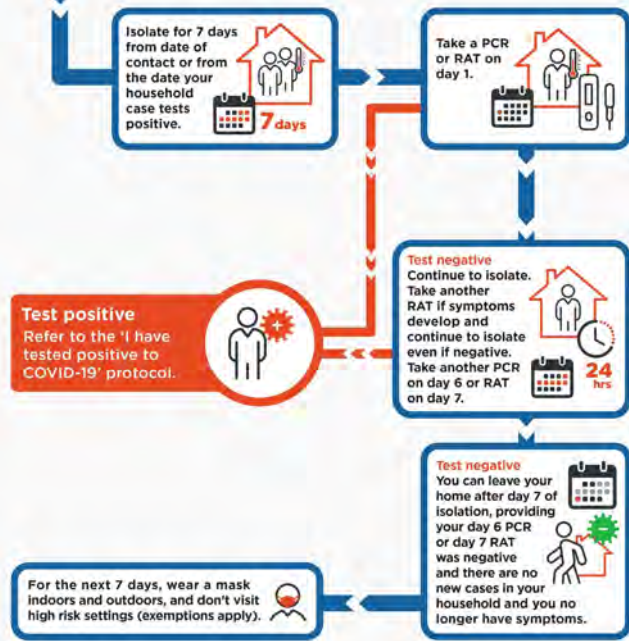
This protocol is for critical workers who are close contacts of someone who tests positive for COVID-19.

This will come into effect with very high caseloads and when required.



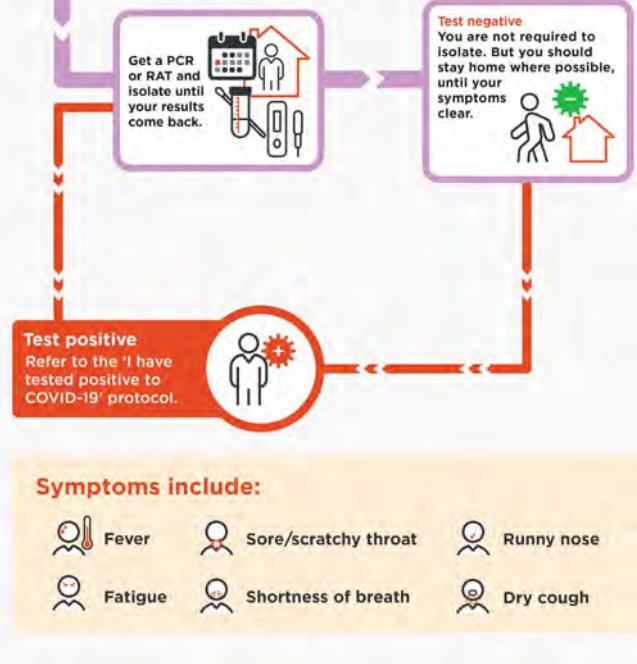
I am a close contact who develops symptoms

This protocol will help you if you have symptoms and are a symptomatic close contact of someone who has tested positive for COVID-19.



I am not a close contact and I have symptoms

This protocol will help you know what to do if you have symptoms.



Living alone with COVID-19 ²¹

If you test positive to COVID-19, you'll have to isolate. Here's a guide on what you should and shouldn't do during this time.

Things you should do:

- Ask someone to check on you over the phone or at your door
- Make and share a plan for any pets
- Ensure you have enough food as well as items such as a thermometer, pain relief medication and RATs
- Know where your nearest testing clinic is and how to get there if you are required to have a PCR test
- Do an activity or hobby at home that you enjoy



Things you shouldn't do:

- Don't leave your home unless you need medical help - this means you cannot go for a walk or go to the shops for any supplies
- Don't keep your test result a secret - make sure someone knows and is able to stay in touch with you
- Don't forget about your pets - if you need medical care, they'll need someone to care for them
- Don't panic buy - have enough supplies for one week



Living with COVID-19 in a shared household ²³

If you test positive to COVID-19, you'll have to isolate. What does that mean for others in your household? Understand the requirements and have conversations with your household about how you can keep each other safe.



How do I isolate safely?

- Stay in a separate room - wear a mask if you need to leave the room
- Use a separate bathroom if possible
- Do not use shared rooms at the same time
- Wear a mask when using shared areas
- Do not share household items like dishes, cups, towels and bedding
- Practise good hygiene, like washing your hands before putting on and removing your face mask, and sneeze and cough into your arm
- Regularly clean all surfaces you touch as much as possible
- Have your food delivered to your door. Household members should wear masks and gloves when collecting your dishes and wash hands afterwards

How to use shared household areas

- If you must share a room, everyone should wear a mask and keep a safe distance (1.5m)
- Before leaving any shared rooms, wipe down all surfaces with disinfectant
- Increase ventilation - keep windows and outside doors open where possible to let fresh air inside
- The people you live with should clean other shared surfaces with disinfectant often
- Handle your own laundry where possible and wipe down the washing machine buttons and dials with disinfectant. Do your washing on the hottest available temperature. If someone else needs to do your laundry they should wear a mask, minimise handling as much as possible and wash hands afterwards



Information for parents ²⁷

Q. My child is a close contact. Do I need isolate with my child?

- A. No. Only close contacts of a positive case need to isolate. However parents or guardians of close contacts need to take extra precautions and limit interaction with the person who is a close contact where possible. It is important to monitor for symptoms.

If you experience symptoms consistent with COVID-19, you should get tested immediately. Your child can continue going to school or childcare if they are a close contact, other than a household close contact, and have no symptoms.

Q. My child has tested positive for COVID-19. What must I do?

- A. If your child tests positive, do not send them to school or day care. Your child must isolate for 7 days. Other members of the household become close contacts and must also isolate.

If you or someone in the household tests positive for COVID-19, then your child becomes a close contact and must not go to school or day care.

Visit WA.gov.au for more information

Note, the Omicron strain can present with less typical symptoms such as diarrhoea, particularly in children.



Looking after your mental health

It's normal to feel stressed, anxious or overwhelmed. There are things you can do to improve how you feel by focusing on what you can control.

You can try to:

- Be kind to yourself
- Focus on the things that are going well
- Prioritise things that bring you joy
- Remember that things will change

- Stay connected with others
- Look after your physical health and practise good hygiene
- Don't only read bad news
- Make sure information is from a trusted source
- Ask for help if you feel sad or scared



Don't forget to also look after your physical health by exercising and eating healthy food.

Visit thinkmentalhealthwa.com.au for more information



COVID Care at Home

Most people with COVID-19 can care for themselves with some support from their GP.

WA COVID Care at Home is a free service for home monitoring care for COVID-positive people who are a higher risk of more serious illness.

www.healthywa.wa.gov.au

Scan the QR code to find out more.



Important numbers

Doctor: 6444 7980
 Pharmacist: 9980 1798
 Vet:
 Support person:
 School: 9981 1092
 Other:



COVID-19: Symptoms diary

Name: _____

Use this diary to write down your daily temperature, when your symptoms **start** and if they remain the same (**S**), get better (**B**) or become worse (**W**).

Symptoms	Day 1 Date: _____ <i>04/01/2020</i>	Day 2 Date: _____	Day 3 Date: _____	Day 4 Date: _____	Day 5 Date: _____	Day 6 Date: _____	Day 7 Date: _____
Fever	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____	Temp: _____
Headache							
Loss of taste and/or smell							
Fatigue							
Sore/scratchy throat							
Shortness of breath							
Muscle Aches							
Vomiting							
Runny nose							
Chills/night sweats							
Cough							
Diarrhoea							

Details on mild, worsening and severe symptoms are available on www.healthywa.wa.gov.au

Mild symptoms stay at home

Worse symptoms call your GP

Severe symptoms call 000





Pulse oximeter

What you need to know!

- Are you non-Aboriginal and over 65?
- Are you Aboriginal and over 50?
- Are you pregnant?



If you answered YES to any of the above – collect a free pulse oximeter from your local government today!

What is a pulse oximeter?

It is a small, peg-like device that clips onto your fingertip to read your heart rate and blood oxygen level. It takes only one minute to work, is reusable and can be shared between other people in your household.



Why do I need one?

If you become COVID-19 positive, you may need to be remotely monitored through the WA COVID Care at Home program. By having a pulse oximeter already in your home, a health professional can assess you and provide health advice from the comfort of your home.

Visit [WA COVID Care at Home](#) for more information.

Where do I get one?

Visit your local government to collect a free pulse oximeter for you and your household (each eligible household will receive one pulse oximeter).

Do **not** pick up a pulse oximeter if you are already COVID-19 positive. If you have already received a positive COVID-19 test result, the Department of Health will contact you and provide further information.

Visit [COVID-19 \(coronavirus\) \(healthywa.wa.gov.au\)](#) for more information.

This document can be made available in alternative formats on request for a person with disability.

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healthywa.wa.gov.au



Regional
Alliance
West

LAW WEEK ART COMPETITION

Produce an artwork with the theme:
"LAW AND THE PANDEMIC"

AGE GROUPS:

Junior – under 12 years

Sponsored by: Dwyer Durack

Prize **\$750**



Senior – 12 to 17 years

Sponsored by: Kate Fry Legal

Prize: **\$1000**



Open – 18+ years

Prize: **\$1500**

DEADLINE

All entries must be submitted to Regional Alliance West's Geraldton or Carnarvon office by no later than

4:00 pm on Thursday 28 April 2022

ENTRY FORMS AVAILABLE AT:

114 Sanford Street Geraldton

7 Stuart Street Carnarvon

(08) 9938 0600

Or email: legal@raw.org.au



**CELEBRATE LAW
WEEK
16 TO 20 MAY
2022**

FREE ENTRIES



**AWARDS
CEREMONY FOR
WINNERS:
THURSDAY 19TH MAY
3:30 PM**



**"Creativity is contagious,
pass it on"**

– Albert Einstein



FACT: Desexing your pet is better for their health and the wellbeing of animals and people in the community.

FACT: Male dogs who are desexed are more likely to have better health, and it does NOT make them "less" of a dog.

FREE Pet De-sexing

Meekatharra Town Hall

Wed 20th, Thu 21st & Fri 22 April 2022

The Murdoch University Veterinary team will be here to provide desexing, vaccinations, worm & tick treatments and health checks plus any necessary medical treatment for your pets.

DESEXING: Please book in at the Shire or the CRC ahead of time. You can just walk in with your pet at the Town Hall clinic without an appointment, but you might miss out if it's busy. Your pet will be desexed, health checked, vaccinated, microchipped and registered FOR FREE. You do NOT need a health care card.

HEALTH CHECK: If you just want your animal health checked, you can come in after 3:00 pm. You do not need to book ahead.

VACCINATIONS: Vaccination is free with desexing. If you only need your pet vaccinated and not desexed, it costs \$50 per animal. Vaccinations start at 3:00 pm each day, you do not need to book ahead.

TRANSPORT (DESEXING): Yulella will be providing a pickup service if you need transport or assistance for your animal's desexing appointment. You book your transport when you fill in your desex booking sheet.

TRANSPORT (HEALTH CHECKS/VACCINATIONS): Call Colin Jones on 0467 520 751 if you need transport for health checks or vaccinations. Health checks and vaccinations are only available from 3 pm each day.

DESEXING SCHEDULE - APRIL 2022

Wed	20th	07:30 am - 3:00 pm
Thu	21st	07:30 am - 3:00 pm
Fri	22nd	07:30 am - 3:00 pm

Please book in ahead of time if you can!

HEALTH CHECKS & VACCINATIONS 3pm—5pm

DESEXING BOOKINGS CAN BE MADE AT:

- The Shire Office
- The CRC (Telecentre)

You can also call COLIN JONES on 0467 520 751 and he can come to you to organise your booking.

THERE IS NO CHARGE FOR MICROCHIPPING OR REGISTRATION

YOU DO NOT NEED A HEALTH CARE CARD (JUST SOME ID)

FOR MORE INFORMATION, CALL THE SHIRE: 08 9980 0600

SPONSORED BY

Canine Control



Murdoch UNIVERSITY

Meeka Community Animal Team



Meekatharra Support Guide

EMERGENCY

Ambulance/Police/SES/Fire	000
Meekatharra Police Station	9918 7120 / 131 444
Meekatharra Hospital	9981 0600

ALCOHOL & DRUGS

Services		Phone Support Lines	
Mission Australia	9956 5100	Alcohol & Drug Support Line	1800 198 024
(Alcohol and Other Drugs Support Service)		Quitline (smoking)	13 78 48
Mental Health and Community Alcohol Drug Service	1800 051 999	Parent & Family Drug Support Line	1800 653 203

HEALTH

Services		Phone Support Lines	
Meekatharra GP Clinic	6444 7980	Health Direct	1800 022 222
Meekatharra Pharmacy	9980 1798	Elder Abuse Hotline WA	1300 724 679
Meekatharra Hospital	9981 0600		
Geraldton Regional Aboriginal Medical Service	9956 6555		
Aged Care	9981 0645		

MENTAL HEALTH

Services		Phone Support Lines	
Midwest Mental Health Service	9981 0625	Lifeline	13 11 14
Mission Australia (Mental Health Support Services)	9956 5100	Beyond Blue	1300 224 636
Youth Focus	6266 4333	Suicide Call Back Service	1300 659 467
Meekatharra GP Clinic	6444 7980	Men's Helpline Australia	1300 789 978
		1800RESPECT	1800 737 732
		Rural Link	1800 552 002

YOUTH

Services		Phone Support Lines	
Shire of Meekatharra Youth Services	9980 0600	Kids Helpline	1800 551 800
Youth Justice	9980 2070	Lifeline	13 11 14
Child and Adolescent Mental Health Services	9981 0625	Beyond Blue	1300 224 636
Youth Focus	6266 4333	ehespace	https://headspace.org.au/ehespace/
Meekatharra District High School	9981 1092		
Mission Australia (Remote Attendance Program)	9956 5102		
Department of Communities (Child Protection and Family Support)	9981 0300		
Hope Community Services	0418 135 031		

HOUSING

Services	
Department of Housing	9956 5000
Mission Australia (Public Tenancy Support Services)	9956 5103

DOMESTIC VIOLENCE

Services		Phone Support Lines	
Emergency/Ambulance/Police	000	Men's DV Helpline	1800 000 599
Meekatharra GP Clinic	6444 7980	Women's DV Helpline	1800 007 339
Meekatharra Hospital	9981 0600	Sex Assault Helpline	1800 688 922
Meekatharra Police	9918 7120	Crisis Care 24hrs	9223 1111 / 1800 199 008
Mission Australia	0458 881 488	1800RESPECT	1800 737 732
(Nyarlu Duwa Women's House, Family and Domestic Violence Response Service)			

FINANCIAL & GAMBLING

Services		Phone Support Lines	
Centrelink	13 62 40	Gambling Helpline	1800 858 858
Mission Australia (Emergency Relief)	9956 5100		

EMPLOYMENT & TRAINING

Services	
Yulella Aboriginal Corporation	9980 1339
Centrelink	13 62 40

LEGAL

Services		Phone Support Lines	
Aboriginal Legal Service	9265 6666	Legal Aid	1300 650 579
Aboriginal Family Legal Service	9965 4654		
Meekatharra Court	9981 1008		
Carnarvon Court	9961 5500		
Nyarlu Miyarnumalgu (Indigenous Women Paralegal Service)	9936 0600		

COMMUNITY SERVICES

Services	
Yulella Aboriginal Corporation	9980 1339
Mission Australia	9956 5100
Department of Communities (Housing)	9956 5000
Department of Communities (Child Protection and Family Support)	9981 0300



Produced by the Shire of Meekatharra



Integrated **Chronic** **Disease Care Program**

**Do you have a team that can
assist with your **diabetes,**
cardiovascular disease or
respiratory disease?**



Podiatry | Dietetics | Physiotherapy | Diabetes Education

**Our Team can assist with these services and provide
care co-ordination to assist with all your health
appointments or enquiries.**

**If you suffer from Diabetes, Cardiovascular Disease or Respiratory
Disease and would like to make changes to improve your health,
call our Care Coordinators Beryl or Danielle on **0447 268 603****





Get behind the wheel

Emergencies don't have working hours, that's why we need more volunteer Drivers. If you're looking for a way to help, and love getting behind the wheel, this is the role for you.

You'll help with patient transfers, inter-hospital moves and RFDS transfers. And while this is mainly a driver-only role, you will still receive the training you need to assist an Ambulance Officer in an emergency.

We always need help, so to see how people exactly like you can contribute head to stjohnchangelives.com.au or give our Community Paramedic Michelle Fyfe a call on 0437 681 562, or email Michelle.Fyfe@stjohnwa.com.au

Help keep your ambulance service strong in Meekatharra.

Life goes on.
Volunteer with St John.



Home COVID Care Kit

We are pleased to advise that a Home COVID Care Kit is available to members

The Kit contains:

- Oximeter (measures level of oxygen in the blood)
- Thermometer
- Nurofen
- Panadol
- Hydrolyte
- Handwipes
- Gloves
- Masks.



Applications can be made via TAP: <http://ynpt.app>
or by phoning FAS on 1800 001 260

Each WA household is entitled to a total of 15 free RATs

<https://www.wa.gov.au/government/covid-19-coronavirus/covid-19-coronavirus-wa-free-rat-program#>

MEEKATHARRA SHIRE COUNCIL
EXTRAORDINARY ELECTION

NOMINATE FOR COUNCIL
HAVE A GO!

Get involved and influence your community

One Council position to be filled
Nominate now and become a Shire Councillor

Nominations open at the Shire Office 8.00 am
Thursday 7 April 2022
and close at the Shire Office 4.00 pm
Thursday 14 April 2022

Note; you must complete the online Candidate Induction course prior to nominating

***“The best way to influence change is to be involved
in the decision-making process”***

For more information:
Please contact Kelvin Matthews, CEO, Shire of Meekatharra Tel: 9980 0600



Consumer Watch COLUMN

www.dmirs.wa.gov.au www.wa.gov.au

31 March 2022

Unpack the travel T&Cs

For the first time in a long time our borders are open and many Western Australians will be looking forward to long-awaited trips or family reunions.

While we understand many consumers will be keen to make interstate or overseas travel plans, it is important to have realistic expectations given the ongoing impacts of the COVID-19 pandemic.

When the cancellation of travel services is due to COVID-19 government restrictions, consumers may not automatically be entitled to the same remedy options as they would be in normal circumstances under the consumer guarantees of the Australian Consumer Law.

That's why it is so important for consumers to make sure they read and understand the terms and conditions (T&Cs) for each part of their travel plans, so they are fully aware of their options if their journey is impacted by COVID-19 related issues such as border closures, restrictions or isolation requirements.

Given some bookings may not be flexible or refundable, understanding what the T&Cs actually mean before accepting them has never been more important.

Tips to 'unpack the T&Cs' so you can look before you book include:

- Understand the terms and conditions for each part of the trip (flights, accommodation, transfers, tours, car hire) especially in relation to COVID-19 cancellations or delays.
- Make sure you check and get written confirmation about the refund policy.
- Look for flexibility to make changes.
- Consider booking directly with accommodation providers or airlines if this provides more flexibility.
- Take out travel insurance, but be aware of coverage limitations, especially in relation to government bans.
- Stay informed about COVID-19 travel rules both at home and at holiday destinations, including any vaccine mandates, as these may be subject to sudden changes.
- Have reasonable expectations, travel and hospitality have changed because of the impact of COVID-19 on supply chains and staffing.

More COVID-19 related travel information is on our Frequently Asked Question page at www.dmirs.wa.gov.au/cpcovidfaq. Travel consumers experiencing issues with getting a remedy for a cancelled or postponed booking can lodge a complaint on our website at www.consumerprotection.wa.gov.au



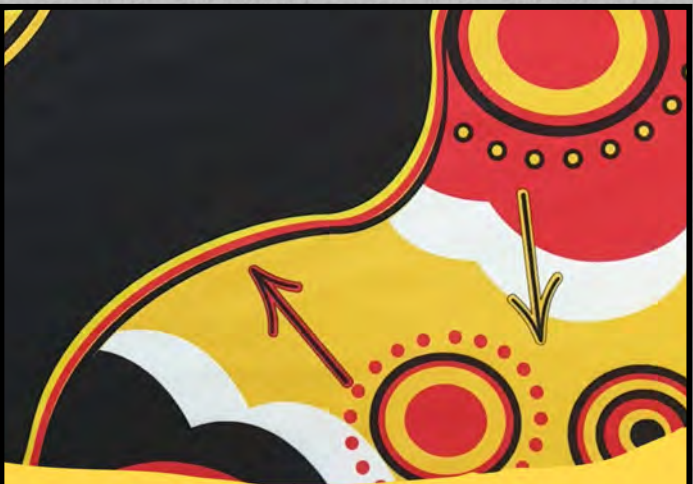
Want a quicker way to show your proof of vaccination and check in?



The app with everything you need to be COVID-19 safe.

Free
Secure
Convenient

WA.gov.au



2021 MEEKATHARRA NAIDOC SHIRTS

For sale in the shire office, \$40 each.
S, M, L & XL sizes for adults
Limited kids stock



NAME PAVERS

Be a part of this fundraising activity for the Meektharra Outback Festival Committee

NAME PAVERS ARE:

- A unique and lasting record of your support;
- A creation of memories and milestones;
- A celebration of a wedding, new baby, birthday or anniversary;
- A tribute to someone special or a precious memorial to a loved one.



Your donation entitles you to have your name engraved into a paver as a lasting record of your valued support. The paver will be permanently installed on the footpath outside the Shire Administration Building proudly showing your donation. To place your order please come into the Shire Office.



MEEKA GYM

The Shire gym has all the equipment (plus more) that you will need to achieve your fitness goals. Come into the Shire Office to sign up. More information is on our website.

Access restricted to 16 years or older
Unmanned gym open 5am-10pm daily
Proof of COVID-19 Vaccination is required to enter



Meekatharra AA Meetings - Wednesdays 7.00pm

Seventh Day Adventist Church - Mc Cleary Street



ALCOHOLICS ANONYMOUS

Contact - [0472686962](tel:0472686962) for more information



SQUASH COURT

LOCATED AT THE SPORTS COMPLEX

Keys available at the Shire Office
\$50 Cash Key Bond
\$10 Per Game

More information on our website
www.meekashire.wa.gov.au



FREE WIFI

Did you know... that the Shire has put in **free high speed WIFI** in Lloyds Plaza, the Airport and the Town Hall for everyone to use!

To access this free service you will be able to be outside the buildings or in one of the locally operated shops in Lloyds Plaza.

This service can be used for work, study or personal administration



MEEKATHARRA GP CLINIC

Due to an increase in COVID in the WA community, we ask that everyone please stay safe and healthy.

Please take the time to look after yourself, and others, and to recognise any health issues early to ensure you receive the best healthcare that we can offer.

We now have new measures in place to ensure we are all safe. When visiting our GP Clinic, we ask that you wear a mask, and ring the doorbell at the front door.

This is to prevent our Clinic closing due to an outbreak.

A friendly reminder that we are not a walk-in Clinic, and you will need to call and book.

Meekatharra GP Clinic: 6444 7980



Consumer Watch Column

Consumer Protection 50-52 Durlacher Street, Geraldton WA 6530
Tel: (08) 9920 9800
Email: candice.evans@dmirs.wa.gov.au

How to save money on groceries

With discussion in the community about possible inflation and interest rate rises, many people will be looking at ways to save money to balance the family budget.

One way to save money while grocery shopping is using unit pricing, which shows consumers not just the cost of a product, but what the value of that product is as a cost per standard unit of measurement.

Large grocery stores and some online grocery retailers must display the unit price of packaged foods (such as breakfast cereal, flour and rice) and other grocery products (such as toilet paper and detergents) on shelf labels.

The price of many grocery products sold unpackaged, such as fresh fruit and vegetables and fresh meat, is also shown per unit of measurement.

Keep these money-saving tips in mind for your next grocery shop:

- The unit price of large packs is often (but not always) lower than small or medium size pack – so it pays to check. Also avoid buying a bigger pack if it's likely to go to waste.
- Compare the unit price of different sizes of the same brand's product, as well as different brands of the same product.
- Look out for special offers which might temporarily have the lowest unit price – but not always.
- If a product is available loose or pre-packaged, check the unit price of both.
- Compare unit prices in different parts of the supermarket. The same product may be sold in different sections, for example, cheese, meats, seafood, nuts, fruit and vegetables.

Packaged groceries will often be sold by weight, and liquids sold by volume. For example, you might check and see a 500g box of traditional rolled oats for \$4.25, with a unit price of \$0.85 per 100g. You could compare that with a pack of rolled oats sachets for \$4.80, with a unit price of \$1.41 per 100g. You can then decide which is better value and would best suit your situation.

For more information on unit pricing and how it can help you save money, visit the Australian Competition and Consumer Commission (ACCC) website:

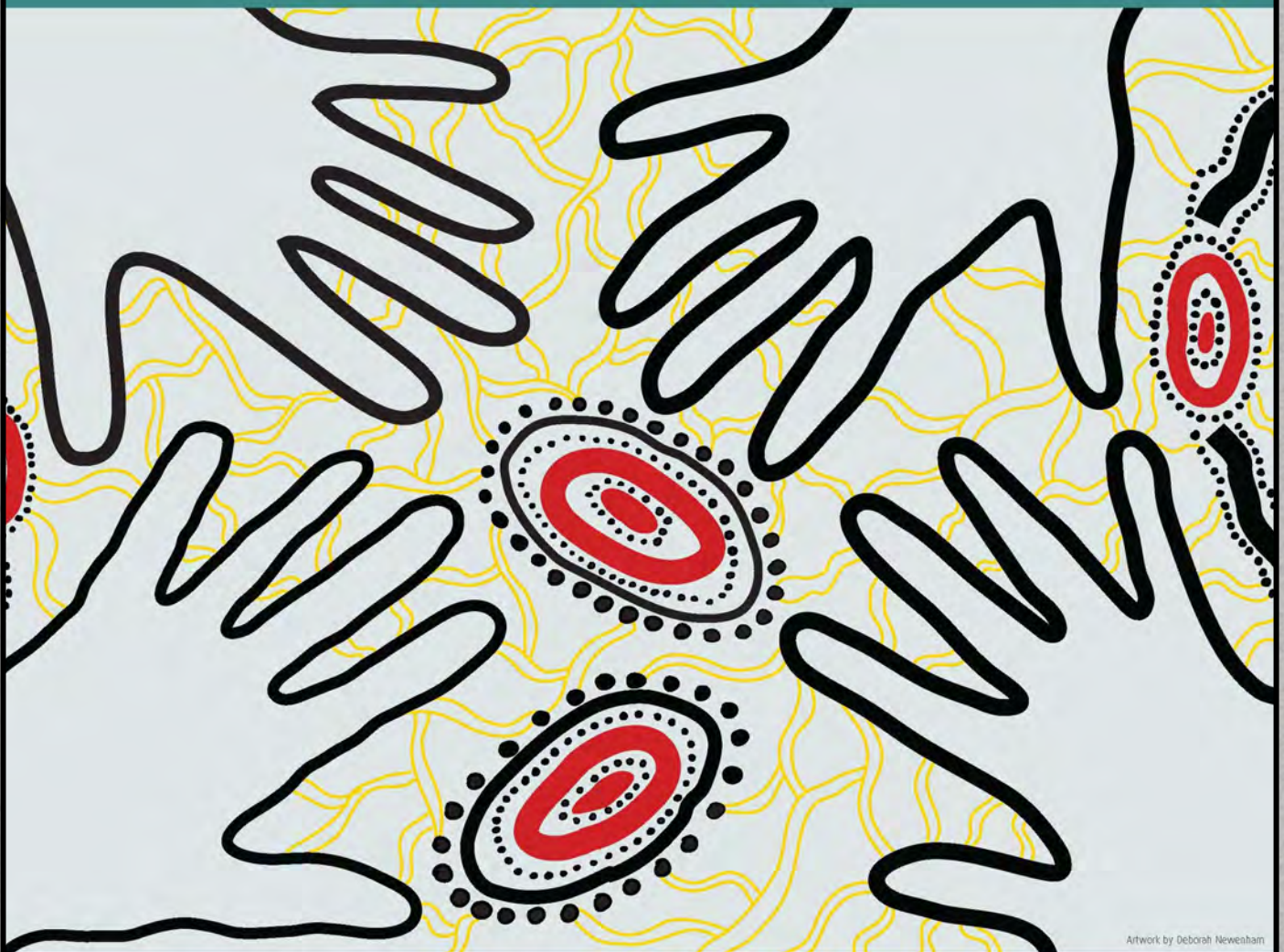
www.accc.gov.au/consumers/groceries/grocery-unit-prices



Government of Western Australia
Department of Justice

Aboriginal Mediation Service

Assisting Aboriginal people to resolve conflict before it escalates to violence or results in court action



Artwork by Deborah Newenham

If you would like more information about the Aboriginal Mediation Service, contact:

Freecall: 1800 045 577 | **Phone:** 9264 6176

Email: aboriginalmediationservice@justice.wa.gov.au

Office hours: 9am - 4:30pm, Monday - Friday (closed public holidays)

www.13yarn.org.au

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

13 YARN

"We're here to help, call us for a yarn"

13 92 76

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.



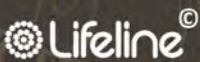
Culturally Safe Space



Available 24/7 across Australia from any phone



We listen, without judgement or shame



This initiative is funded by the Australian Government, Department of Health



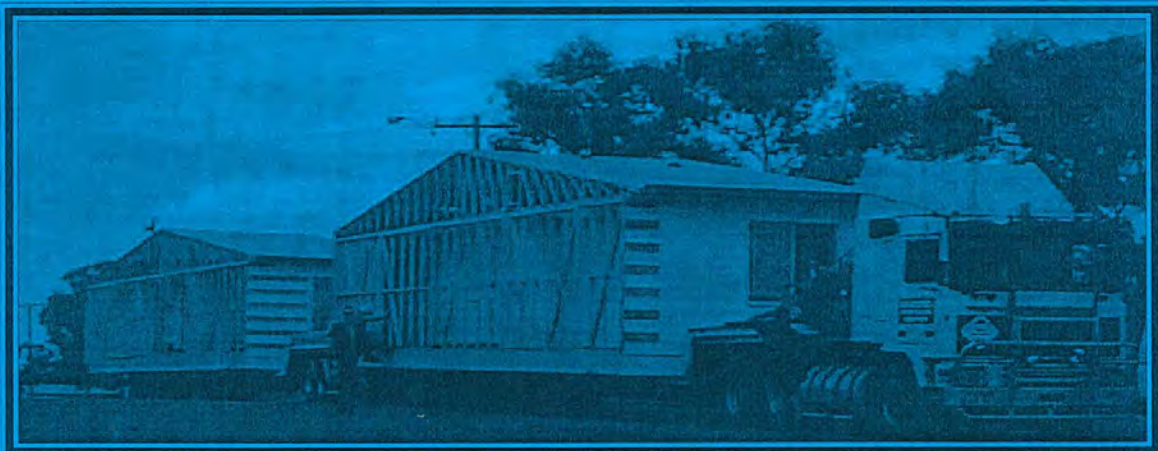
Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

This service has been developed in collaboration with Gaaya Dhuwi

MEEKATHARRA DUST

ISSUE NO. 139 APRIL, 2002 PRICE \$1.10 incl. GST

MEEKATHARRA DAY CARE CENTRE ARRIVES...



Above: The trucks pull into Meekatharra with the much awaited new Day Care Building.

AT LAST!!!, was the cry from most working parents in Meekatharra on the morning of the 21st March 2002 as the trucks rolled into town with the new Day Care building already to be placed on site.

Without a Day Care facility since the end of December, quite a number of parents found it more than difficult, but that is all about to change with the Day Care Service hoping to start again in a few weeks.

The new name for the Day Care Centre is officially:

"THE RED SANDBOX"

which was voted by a group of 15 community members after much anguish, thanks go to all the people who were brave enough to put their suggestion's into the Shire.

Positions are still available for morning and afternoon sessions, so make sure to book your child in with Krista to guarantee a spot.

More details inside...

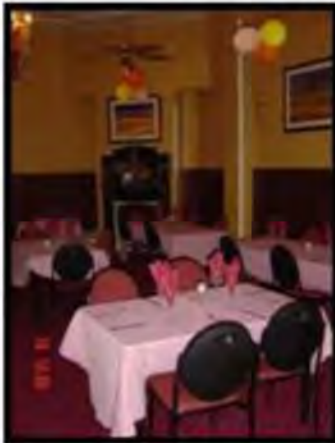
Commercial Hotel Meekatharra

Opened daily from noon til late

Excellent counter meals daily:

Lunch: 12 noon – 1:30pm
Monday to Saturday

Dinner: 6pm-8pm
Sunday to Saturday



Air conditioned Dining / Function Room

Suitable for Meetings, Conferences & Dinners

Accommodation Includes:

Modern Motel units with en suite, TV & air con
Located at the rear of Hotel with enclosed parking.

and

Traditional Hotel rooms with TV & air con
Located upstairs in original building



Telephone: 99811020

Fax: 99811021

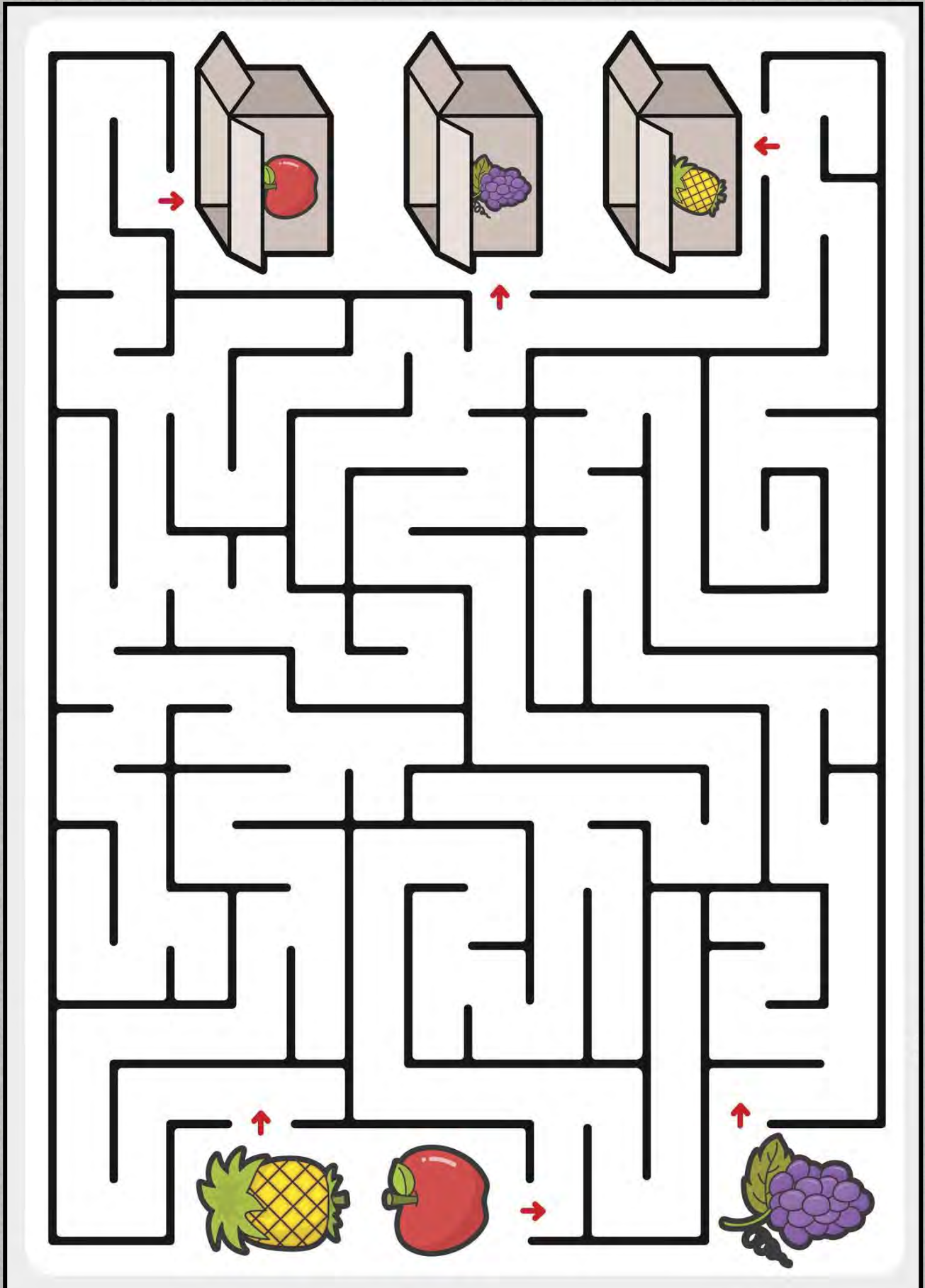
Emails: commieh@westnet.com.au

77 Main Street, Meekatharra, 6642



www.commercialmeeka.com.au

KIDS CORNER





Hearty ham hock and bean stew

SERVES: 6 | PREP TIME: 12 HOURS & 15 MINS | COOK TIME: 3 HOURS & 15 MINS | INGREDIENTS: 15

ingredients

- 375g pkt dried white beans, rinsed
- 2 large (about 1.9kg) ham hocks or ham bones
- 1 brown onion, quartered
- 1 carrot, coarsely chopped
- 1 celery stick, chopped
- 2 bay leaves
- 2 sprigs fresh continental parsley
- 10 peppercorns
- 2 tbsp extra virgin olive oil, plus extra, to serve
- 1 leek, finely chopped
- 2 garlic cloves, crushed
- 875ml (3 1/2 cups) water
- 2 bunches baby Dutch carrots, scrubbed
- 300g (2 cups) frozen broad beans, thawed, peeled
- Baby parsley leaves, to serve (optional)

directions

- Step 1 Place the white beans in a bowl. Cover with cold water. Set aside for 8 hours or overnight to soak. Drain. Rinse under cold running water.
- Step 2 Place the hocks or bones, onion, carrot, celery, bay leaves, parsley and peppercorns in a large saucepan. Cover with cold water. Bring to the boil over medium heat. Reduce heat to low. Simmer, skimming the foam off the surface and discarding, for 2 hours or until meat is falling off the bone. Transfer hocks or bones to a large bowl. Strain the stock, reserving liquid. Discard the vegies and herbs. Once cool, coarsely shred the ham and discard the bones and fat.
- Step 3 Heat the oil in a large saucepan over medium-low heat. Add the leek and garlic. Cook, stirring, for 4 minutes or until soft and aromatic. Stir in the white beans. Add water and 3 cups of the reserved ham stock. Bring to a simmer. Reduce heat to low and cook, stirring occasionally, for 40 minutes or until beans are just soft. Add the carrots. Simmer for a further 20 minutes or until carrots are tender. Use the back of a spoon to gently crush some of the beans against the side of the pan to thicken the sauce slightly.
- Step 4 Stir in the broad beans and ham until just warmed through. Season with pepper. Sprinkle with parsley. Serve drizzled with extra oil.

FOR MORE RECIPES, VISIT [HTTPS://WWW.TASTE.COM.AU](https://www.taste.com.au)



**DONATE THE CASH
THAT'S IN YOUR
CONTAINERS TO**

MEEKA GOES GREEN

We'll get 10 cents for each one.
With your help, we can make a change.

Bring your eligible containers to:
Meeka Goes Green Recycling Centre on Railway Street
Saturdays 9-11am and 24/7 drop off point

Or go to any refund point in WA and use Scheme ID C10286593

ELIGIBLE CONTAINERS

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

Visit containersforchange.com.au to find out more




Street Light Faults & Outages




If you notice any issues with street lights, faults or damage
call Horizon Power's
24/7 Fault Line on
1800 264 914

Meekatharra Community Church (Uniting Church)



**Frontier
Services**

*Serving Outback
Australia*

**Services held 9.30am
every 2nd & 4th
Sunday of the Month**

**Contact:
Rev Mitch Fialkowski
9981 1053
0419 547 175**



PROFESSIONAL LIQUID WASTE
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24/7 - ALL HOURS

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email: midwestseptics@gmail.com

PO Box 212 Meeakatharra WA 6642

WA Dept of Environmental Licensed Controlled Waste Carrier T00612 ACN: 150 464 618 ABN: 141 504 64618

Roda Limbah Pty Ltd trading as Midwest Septics

**Professional liquid waste removal company collecting, ,
transporting, and removing septic and/or other liquid waste**

Pump out of domestic septic systems

Pump out of large scale commercial septic systems

Grease trap pumping and cleaning

Storm water drains

Oil separator systems

Transporting liquid waste on site from one location to another

Reliable and responsive service

We will beat any quote




Mid West Septics operates under an Integrated Management System meeting the requirements of key Australian standards for quality, environment and OHS.



0458 002 126 - ALL HOURS

IMPORTANT DATES

April 2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28 KindiLink 10am-12pm	29	30 KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm	31	1 KindiLink 10am-12pm	2 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am 	3
4 Diabetic Ed @ Clinic	5	6 KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm 	7	8 KindiLink 10am-12pm	9 Ordinary Council Meeting 9:30am Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am CRC Markets 9:30am-1pm	10
11 School Holidays! GRAMS Midwife @ Clinic	12 GRAMS Midwife, 360 Health & ICDC Dietitian @ Clinic WACHS Physio, ICDC Physio & ICDC Podiatrist @ Hospital	13 Online MARG Meeting 9:30am Containers for Change 12:30pm-4:30pm 360 Health @ Clinic	14	15 Good Friday Public Holiday	16 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	17
18 Easter Monday Public Holiday	19	20 Animal Sterilisation Program Containers for Change 12:30pm-4:30pm	21 Animal Sterilisation Program 	22 Animal Sterilisation Program	23 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	24
25 ANZAC Day Public Holiday	26 360 Health (Telehealth Appts)	27 KindiLink 11am-1pm Containers for Change 12:30pm-4:30pm 360 Health (Telehealth Appts)	28 Dentist @ Dental Clinic Respiratory Physician (Telehealth Appts)	29 KindiLink 10am-12pm Dentist @ Dental Clinic Tidman Brothers @ Hospital	30 Containers for Change 8am-12pm Meeka Goes Green Recycling 9am-11am	1