

# Wooroloo

- CONNECT -

NOVEMBER 2021

*a message from*



Sometimes after an emergency, it can feel like the whole world is looking at you and your community. It seems to be around this time that we see various researchers and media trying to capture your stories, your learnings and your advice.

For some, it can be very healing to see yourself represented in media or academia. However, it's really important to keep listening to your mind and your body whilst engaging with this potentially triggering content. We'd like to share some tips that we hope may help.

## TIPS

### Identify if you are in a safe space

Before you participate in a survey or a project, ensure you're in a safe and comfortable environment. That way, if you do react in an unexpected way, you know you will be safe and supported until you feel calm again.

### Put your own mask on first

Sometimes after we go through something challenging, we feel compelled to use our experience to help someone else. However, pushing yourself to re-live your story or give practical tips can be harder than you anticipate. Don't hurt yourself more by trying to help others before you are ready.

### Consider whether you could contribute in other ways, or at a later time

There is no time limit on telling your story or sharing advice. In fact, your understanding or memory of your experience may even shift over time as you learn, heal and recover.

And, remember, there are personal ways to honour your own experience. Planting a tree or writing a journal can be as special and important to you as a shared project.



Inter-generational Art ~ Making Mandalas & Pinching Pots



## Community camaraderie

**Wooroloo Hall has hosted more than fifty community activities over the past nine months.**

Opening the Hall has enabled assistance and support to be locally available and easily accessible, along with offering many opportunities for residents to create new connections or rejuvenate old associations.

Attendance numbers at activities continues to grow, with a lot of sessions being led by community members. Beautiful artworks are being carefully crafted, budding soccer stars have been scoring goals, fancy ballroom footwork benefited from the newly resealed floors, and many meals have been shared and heartwarming conversations enjoyed.

Looking forward to the January - March activity planner, the Shire will look to mentor local community members to aid them in organising their own activities and events under the auspice of the program.

So, be ready with your favourite idea and we will work with you to make it happen!

**- Fostering a sense of community as we recover together -**

# WHAT'S ON?

## November Activities

*@Wooroloo Hall, unless otherwise specified*



### Tuesday 2

- Hall open, 11am-5.30pm
- Melbourne Cup Lunch, 11am
- Indoor Soccer, 3.30pm-5pm

### Thursday 4

- Hillbellies, 5pm-7pm *Hall toilets & garden open*
- Ballroom Dancing, 6pm-8pm

### Saturday 6

- Spring 5-A-Side Soccer Fun Day, 9am-midday 'ish' at Percy Cullen

### Tuesday 9

- Hall open, 8.30am-4.30pm
- Art Chat, 3pm-5pm

### Thursday 11

- Wooroloo Connect, 3pm-5pm
- Recovery Update Dinner, 6pm at Percy Cullen

### Friday 12

- Indoor Bowls, 6pm (bar opens) at Percy Cullen

### Tuesday 16

- Mobile Library, 9am-11am
- RISE Services Chat, 10.30am
- Hall open, 11.30am-5.30pm
- Indoor Soccer, 3.30pm-5pm

### Thursday 18

- Hillbellies, 5pm-7pm

### Tuesday 23

- Hall open, 8.30am-4.30pm

### Thursday 25

- Community Meal, this month enjoy a "sobremesa" with Spanish Tapas, 5pm-7pm
- Perth Harmony Chorus Community Carolling Workshop, 6.30pm-8.30pm

### Tuesday 30

- Hall open, 11.30am-5.30pm
- Indoor Soccer, 3.30pm-5pm

### Every Tuesday

- CRAFTernoon, 12pm-3pm, bring your own craft project or discover a new one!

### Every Wednesday

- Pilates with Bessie, \$5, 6.30pm (0428 059 660)

### Every Friday

- CWA Morning Tea, 10am-midday, Gidgegannup Showgrounds

### Wooroloo Swimming Pool

- Opening 3 November - call Joanne on 0418 944 484 for more information.

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