

Wooroloo

- CONNECT -

DECEMBER 2021



"Regrowth" - 3 of 10 images submitted by Gidgegannup resident, Maureen

Community image exhibition

Community led art project "CLAP" continues to evolve

To date, forty images (photographs and other picture medium) have been submitted. It is planned to display fifty-two images at the exhibition to be held in January-February 2022. The number represents the fifty-two weeks of the community's recovery journey.

In early January the informal community committee will select the images to be professionally printed for the display, so you still have a few weeks to contribute to the project.

There are three ways that you can submit;

1. ONLINE: www.mundaring.wa.gov.au/Wooroloo-Fire/Pages/Bushire-Photo-Submission.aspx
2. VIA EMAIL: karendore@mundaring.wa.gov.au
3. IN PERSON: drop a USB or hard copy into the Wooroloo Hall (Tuesday afternoon's) or Gidge Place Office (Wednesday to Friday).

here to help



Phone:

Jo, 0432 831 196

Ioannis, 0472 872 453

Email:

recovery@communities.wa.gov.au

The Department of Communities Recovery team have been assisting fire impacted residents, advocating for their needs and ensuring easy access to available funding and services, since February.

Communities have staff on the ground working in Wooroloo and Gidgegannup, Jo and Ioannis ("Yah-nee") look forward to meeting any community members that they are not already in contact with.

This special team link residents with not-for-profit organisations, donations and volunteers, focusing on solutions to meet the needs of impacted residents. Communities also have funding available to support an individual's recovery process through counselling sessions with various providers.

a message from



Sleep matters

We know that it's normal to have odd sleep patterns long after an emergency. Here are some tips to get your sleep routine back on track!



Create a bedtime routine. Read, shower or have a cup of tea before going to bed at the same time each night.



Avoid caffeine, alcohol and cigarettes 4 hours before sleep, and screen time at least 1 hour before sleep.



Can't switch off your mind? Write down your thoughts to avoid worrying about forgetting something.



Know when to get help. Can't sleep for two weeks consecutively? It might be time to see your GP.

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WHAT'S ON?

December Activities

@Wooroloo Hall, unless otherwise specified



Thursday 2

- Hillbellies, 5pm-7pm
- Ballroom Dancing, 6pm-8pm

Friday 3

- Souvlakia, 6pm @ Gidge Hall

Tuesday 7

- Mobile Library, 9am-11am
- Hall open, midday-5pm

Thursday 9

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

Sunday 12

- Christmas Carols, time TBA @ Percy Cullen

Tuesday 14

- Hall open, midday-5pm

Thursday 16

- Hillbellies, 5pm-7pm
- Ballroom Dancing, 6pm-8pm

Friday 17

- Christmas Hampers, 10am-midday @ Gidge Hall

Saturday 18

- Christmas Carols, 6pm @ St Francis' Church, Wooroloo

Tuesday 21

- Hall open, midday-5pm
- Chrissy Cupcakes, 2pm-4pm

Thursday 23

- Wooroloo Connect, 3pm-5pm
- Community Meal with a festive flavour, 5pm-7pm

The Shire Administration, and Wooroloo Hall, will be closed from Friday 24 December 2021, 4.30pm to Tuesday 4 January 2022, 8.30am.

Every Monday

- Pilates with Bessie, \$5, 7.30pm (0428 059 660)

Every Tuesday

- CRAFTernoon with Charm, 12pm-3pm

Every Wednesday

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

Every Friday

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

Wooroloo Swimming Pool

- Open Tuesday to Sunday (closed on public holidays)
- Weekend Swimming lessons (all stages), call to book
- Sunday Aqua Aerobics, 10am ~ call Jo on 0418 944 484 ~

Karen Dore, Shire of Mundaring
Project Officer - Community Recovery

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W: www.mundaring.wa.gov.au/Wooroloo-Fire

*Wooroloo Bushfire Community Recovery & Outreach Program,
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