

# Newsletter

July 2026

Vol. 34 Newsletter



Hello everyone, and I hope this edition of the newsletter finds you well as we settle into the winter months.

There is lots of exciting news this month, much of which is a continuation of the updates shared in June's newsletter, particularly the progress of our Strategic Plan and our new office.

The draft strategic plan is nearly complete, with the Board for review and approval. The plan is ambitious, practical and firmly grounded in our purpose and values. While the plan sets our direction through to 2030, we're also looking beyond this timeframe and considering the legacy we want halo to leave for future generations. This long-term thinking will help ensure we continue to adapt, innovate and respond to the changing needs of the community.

We are moving! The leased premises I discussed in last month's newsletter is now confirmed, and we aim to move to our new office on 1 July 2026, all going well. I would like to acknowledge the significant work that has gone into establishing the office and thank everyone involved in planning, coordinating and adapting to this transition.

The additional space and wonderful facilities will support our continued growth and provide a fantastic environment for our operations team, who will now be able to work together in one location. Just a reminder, if you are receiving services from us, there is nothing you need to do differently. Our Customer Care, Human Resources, Work Health and Safety, and Finance teams will remain at our current office. I hope to share some pictures of the new office in the next newsletter, and we may have a small launch morning tea for those who can make it.

I've witnessed some incredible acts of kindness over the past month that I would like to acknowledge. It has been heartwarming to see people come together to support others during difficult times and a reminder of the respect, care and compassion that exist throughout our organisation. Moments like these make me proud to be part of halo and reinforce the values that guide everything we do.

Thank you all for your ongoing commitment to our purpose and to one another.

We couldn't do what we do without you.

*Kind wishes,*

**Bridget Harvey - CEO**



Client

of the Month!

Ellen

Crafting has been a lifelong passion for Ellen, particularly quilting, which has brought her great joy and creativity over the years.

More than 35 years ago, Ellen taught herself to sew after purchasing a sewing machine in Merredin. Inspired by a "Lonely Star" quilt pattern in a shop window, she created her first quilt for her daughter, beginning a lifelong journey of crafting.

Alongside quilting, Ellen has enjoyed crochet, knitting, tapestry, pottery, rug making, and creating handbags and mats. She has made quilts for every member of her family and shared her skills through the Country Women's Association (CWA), where she taught others and later judged quilting at the Merredin Show.

Ellen has also used her talents to support others, donating quilts to children's hospitals, aged care residents, Flying Doctor Service fundraisers, and families affected by the bushfires in Roleystone and Yarloop.

Her generosity, creativity, and passion for helping others through her craft have touched many lives and left a lasting impact on her community.



# Halo's *Pet* of the Month

Meet Kaia!

Meet Kaia, our contractor Garry's little helper! This adorable 5-month-old Beagle-Caboodle mix is the newest (and cutest!) recruit for Edge to Edge Mowing. Her name, Kaia, means "love of the ocean or sea" in Hawaiian, perfect for a pup whose favourite part of the day is long walks on the beach. She's even mastered "sit" and "stay" like a pro



## ★ Friends of halo *Message*

G'day, I'm Dr Tony Thatcher, JP, although now that I'm 81, it's just Tony.

When I joined Friends of halo, I was not immediately enthusiastic. I imagined a group of similarly aged people debating biscuit choices for meetings. My first task was to write a few words for our newsletter readers about what we actually do, apart from biscuit selection. My usual garrulous nature was quickly silenced when I realised how serious and important the discussions were. The group includes halo's CEO, Bridget, the ever-vigilant Operations Manager, Wendy, as well as Quality and Work Health and Safety Coordinator, Tammy, who has been tasked with keeping me in check while recording agendas and minutes.

Our first discussion focused on the fears many elderly people face: rudeness, poor customer service, threats to safety, requests for cigarettes or money, domestic security, and the challenges of modern technology. I was stunned by the real examples shared. We also discussed confusion around aged care services and dignity in care across the wider community. Bridget explained that Halo provides advice and referrals to community advocates. We then considered what home and domestic assistance is available, agreeing this information should be shared through the newsletter. Future agendas will include wellbeing, safety at home, social connection, and eating well.

I left my first meeting having contributed very little, humbled by how much I still have to learn about the problems elderly people face. I returned home to my wife of 51 years promising never to complain again.

Regards,  
Tony



# Living Well

## Cleaning Equipment & Products



To assist staff in providing home care support safely and effectively, clients are reminded that cleaning services are intended for light domestic duties, including general household cleaning, laundry, and ironing.

To complete these tasks, appropriate and safe cleaning equipment and products should be available within the home.

### Vacuum Cleaners:

A suitable vacuum cleaner should be provided that is safe, lightweight, and easy to use. Stick vacuums or standard barrel/cylinder vacuums are recommended. The vacuum should be in good working condition and have any required bags, filters, or attachments available.



### Mops and Floor Cleaning Equipment:

Mops should be self-wringing types such as spin mops or flat mops. Buckets should be lightweight and easy to manage. Equipment should be safe, well maintained, and suitable for regular household use.

### Cleaning Products:

Approved cleaning products include detergent cleaners, general-purpose cleaners, bathroom cleaners, glass cleaners, and floor cleaners. These should be clearly labelled and stored in their original containers where possible.



For safety reasons, bleach and unlabelled cleaning products must not be used. Harsh or highly concentrated chemicals that may cause irritation should not be used either.

Providing appropriate equipment and safe cleaning products helps ensure staff can complete light cleaning tasks, laundry, and ironing safely and effectively.

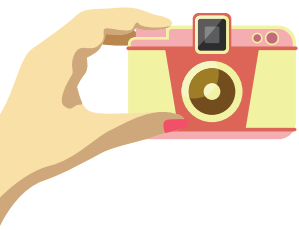
## Oral Care

Good oral health is an important part of overall health and wellbeing.

Maintaining healthy teeth and gums can support eating, speaking, comfort, and quality of life.

Simple oral care practices such as brushing teeth twice daily, cleaning dentures as recommended, drinking water regularly, and attending routine dental check-ups can help maintain oral health.





# Events and Outings

## Byford Beatz Disco



The annual Byford Beatz Disco was held on 4 June 2026 at the Byford Districts Country Club, with attendees including Michael, Gwenda, Bethany, Tiffany, Ashik, Glenn, Sam, Laura, and Lisa.



## Dusty Springfield Musical

Clients from the Lifestyle Club enjoyed a wonderful outing to Morning Melodies at the Don Russell Performing Arts Centre, followed by lunch at Lakers Tavern in Thornlie.

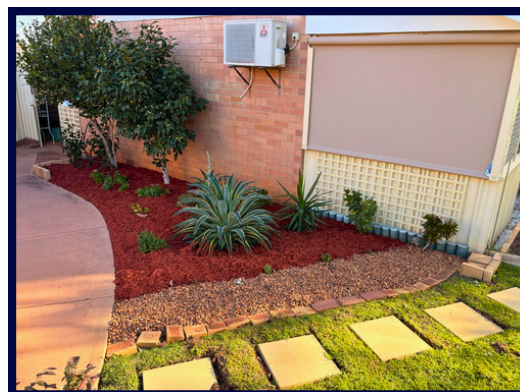
The highlight of the day was Edna meeting the Dusty Springfield tribute performer, what a groovy experience and a memorable day out for everyone!



## From Gardens to Homes: Excellence in Every Task

### Jesse has done it again!

Jesse, our edging expert, has worked his magic at Kerry's place. What a gorgeous garden!



# Special Mentions

## Meet Ina and John

Ina and John have been married for almost 63 years, standing by one another through thick and thin. Over the years, they have faced many challenges, particularly with their health, but their strong Christian faith has supported them in overcoming these difficulties and the challenges of daily life.

On 27 July 2026, Ina and John will celebrate their 63rd wedding anniversary, a truly remarkable milestone.

We warmly congratulate them on this special occasion and wish them continued blessings, good health, and happiness in the years ahead.



## Meet Carol & Brian

Carol and Brian celebrated 60 years of marriage on 4 June 2026. They are absolutely delightful together, and Carol always looks so glamorous

They have a lovely family, along with a sausage dog who has the deepest bark and takes his role as neighbourhood watch very seriously!

Wishing Carol and Brian a joyful celebration and many more years filled with love, laughter, good health, and special moments together.



# Halo on the go: Part 1



## Meet Nancy

Nancy is one of our lovely transport clients who enjoys sitting in the sunshine and listening to the sounds of children playing at the local school.

Nancy had a fulfilling career in nursing and remains an active member of her local church community. Her warm nature and appreciation for life's simple pleasures make her a valued part of the halo family.



# Halo on the go: Part 2



## Meet James

James, originally from Kilkenny, Ireland, is a true legend.

With the luck of the Irish behind him, he still enjoys riding his electric bike every day along the Tonkin Highway bike path. 🍀



## What support is available to me and my community?

### Probus Club of Byford & Districts Inc.

- Visit Address: **Briggs Park Pavilion. Corner of Mead St and Gordin Way, Byford, WA, Australia, 6122**
- Call Phone: **0409 295 336**
- Email: **probusbyford@gmail.com**
- Visit their website at:
  - **probussouthpacific.org**
  - **probussouthpacific.org/spotlight/byford-andamp-districts-probus-inc-c-789/**
- Or search on Google for: **Probus Club of Byford & Districts Inc.**

Scan the QR code for Facebook page



A friendly, welcoming and relaxed group for retired and semi-retired people who want to expand their interests and meet new friends. Meetings feature guest speakers, and the club also organises fun social outings.

### Pets of older people (POOPS)

- Postal Address: **PO Box 85 Maylands, WA 6931**
- Leave your query on messaging service by calling Phone: **1300 1100 92**
- Email: **admin@poopswa.org.au**
- Visit their website at: **poopswa.org.au/**
- Or search on Google for: **Pets of Older Persons (POOPS WA)**

Scan the QR code



POOPS WA is a not-for-profit organisation run entirely by volunteers that provides a fee-free pet care service for elderly pet owners. POOPS believe no one should have to give up their pets due to age, and their volunteers actively work to keep people with their pets for as long as possible. POOPS clients are pet owners who are over the age of 60, or palliative care patients of any age who need assistance with caring for their beloved pets and are unable to pay for support

# UPCOMING EVENTS

## AUGUST | 26

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Check out the upcoming events!

### Groovetime Disco (includes karaoke)

- Wednesdays and Fridays from 10:00 AM - 12:00 PM
- **Armadale Bowls Club:** 8 Millman Way, Perth WA 6112
- Information:
  - Phone: 08 6591 8801
  - Email: clubmanageradbc@bigpond.com
  - Cost: \$20 entry fee each time
  - <https://www.armadalebowlingclub.com/>



### Bingo

- Thursdays from 10:00 AM - 11:30 AM
- **Armadale Bowls Club:** 8 Millman Way, Perth WA 6112
- Information:
  - Phone: 08 6591 8801
  - Email: clubmanageradbc@bigpond.com



### Free Knit & Crochet Club

- Tuesdays | 10:00 AM - 11:00 AM
- **BillaBean Cafe:** 840 Liffey Street, Canning Vale, WA 6155
- Information:
  - BYO Materials
  - Email: cafe@thebillabong.org.au
  - Cost: Free entry
  - <https://www.facebook.com/billabeancafe/>



### Quiz Night

- Wednesday 5 July | 7:00 PM - 10:00 PM
- **Last Drop Elizabethan:** 25 Canns Road, Bedforddale WA 6112
- Information:
  - Phone: 9399 4531 to book. **Maximum 8 people per table.**
  - <https://www.facebook.com/events/1170043721781468/1170043741781466>



### Free Ballroom Dancing

- 4<sup>th</sup> Saturday of every month - 22 August | 9:00 AM - 10:00 AM
- **BillaBean Cafe:** 840 Liffey Street, Canning Vale, WA 6155
- Get tickets at: <https://www.eventbrite.com.au/e/free-ballroom-dance-classes-tickets-1986707444447>

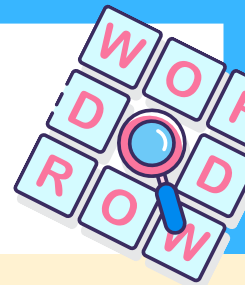


### Free Monthly Forget-Me-Not Dementia Support Group

- 4<sup>th</sup> Monday of every month - 24 August | 9:30 AM - 11:30 AM
- **BillaBean Cafe:** 840 Liffey Street, Canning Vale, WA 6155
- Information:
  - Cost: Free entry
  - Email: cafe@thebillabong.org.au
  - <https://www.facebook.com/billabeancafe/>



# CARE, CULTURE & COMMUNITY MESSAGE QUEST



Match the worded puzzle clue to the awareness event bank. Then collect the code letters to reveal the hidden message.

## Awareness Event Bank

- |                                     |                              |                                  |
|-------------------------------------|------------------------------|----------------------------------|
| World Drowning Prevention Day – S   | JulEYE / National Eye Health | NAIDOC Week – I                  |
| Dry July – K                        | Awareness Month – E          | World Hepatitis Day – C          |
| World Brain Day – N                 | Stress Down Day – S          | International Paramedics Day – N |
| DonateLife Week – N                 | National Diabetes Week – D   | National Pain Week – I           |
| International Day of Friendship – A | World Ranger Day – R         | International Self-Care Day – E  |

## Puzzle Clues

- This July campaign encourages people to go alcohol-free to support people affected by cancer.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This day recognises paramedics and the important work they do in emergency care.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This week raises awareness of diabetes and its impact on people's health.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This day raises awareness of brain health and neurological conditions.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This day reminds people that looking after their wellbeing is important every day.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This Lifeline campaign encourages people to reduce stress and support crisis services.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This day focuses on preventing drowning and improving water safety.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This week raises awareness of chronic pain and people living with pain conditions.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This week encourages Australians to consider organ and tissue donations.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This day raises awareness of viral hepatitis, including prevention, testing and treatment.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This day celebrates friendship, kindness and connection between people and communities.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This day recognises rangers and the work they do protecting parks, wildlife and communities.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_
- This month encourages people to learn more about eye health and vision.  
Answer: \_\_\_\_\_ Code letter: \_\_\_\_\_

## The Code

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_ 9 \_\_\_ 10 \_\_\_ 11 \_\_\_ 12 \_\_\_ 13 \_\_\_ 14 \_\_\_



# THE HIDDEN MESSAGE:

## CARE CONNECTS COMMUNITY



Did you crack the code?  
Give us a shout!

This July, we're giving a big high-five to the people, causes, and communities who are knitting together a world that's caring and connected. From health and wellness campaigns to cultural enlightenment, emergency heroics, community safety, and those little everyday acts of kindness. These celebrations remind us why compassion, education, and connection are the bees' knees.

This hidden message puzzle is a small way to highlight some of the key awareness dates taking place across July.

## Health, Community & Wellbeing Dates for July

### All July — Dry July (Dry July Foundation)

- [dryjuly.com/about](http://dryjuly.com/about)

### All July — Sarcoma Awareness Month (Australia and New Zealand Sarcoma Association)

- [sarcoma.org.au](http://sarcoma.org.au)

### All July — Head and Neck Cancer Awareness Month

- [headandneckcancer.org.au/news/what-the-heck-is-head-and-neck-awareness-campaign/](http://headandneckcancer.org.au/news/what-the-heck-is-head-and-neck-awareness-campaign/) (Head and Neck Cancer Australia)
- [anzhncs.org/whncd/](http://anzhncs.org/whncd/) (Australia and New Zealand Head and Neck Cancer Society)

### All July — JuleYE / National Eye Health Awareness Month

- [guidedogs.com.au/juleye-national-eye-health-awareness-month/](http://guidedogs.com.au/juleye-national-eye-health-awareness-month/) (Guide Dogs Australia)

### 1 July — Coming of the Light

- [deadlystory.com/page/culture/Annual\\_Days/Coming\\_of\\_the\\_Light](http://deadlystory.com/page/culture/Annual_Days/Coming_of_the_Light) (Deadly Story)

### 1 July — World Bronchiectasis Day

- [aushsi.org.au/world-bronchiectasis-day/](http://aushsi.org.au/world-bronchiectasis-day/) (Australian Centre for Health Services Innovation)

### 5–12 July — NAIDOC Week

- [naidoc.org.au/about/naidoc-theme](http://naidoc.org.au/about/naidoc-theme) (NAIDOC)

### 6 July — World Zoonoses Day

- [agriculture.gov.au/about/news/collab-zoonoses-day](http://agriculture.gov.au/about/news/collab-zoonoses-day) (Australian Government Department of Agriculture, Fisheries and Forestry)

### 8 July — International Paramedics Day

- <https://paramedics.org/> (Australasian College of Paramedicine)

### 8 July — World Skin Health Day

- [worldskinday.org](http://worldskinday.org) (International League of Dermatological Societies / International Society of Dermatology)

### 12–18 July — National Diabetes Week

- [diabetesaustralia.com.au/national-diabetes-week/](http://diabetesaustralia.com.au/national-diabetes-week/) (Diabetes Australia)

### 18 July — Nelson Mandela International Day

- [un.org/en/events/mandeladay/](http://un.org/en/events/mandeladay/) (United Nations)

### 22 July — World Brain Day

- <https://wfneurology.org/world-brain-day-2026> (World Federation of Neurology)

### 24 July — International Self-Care Day

- [selfcarefederation.org/international-selfcare-day](http://selfcarefederation.org/international-selfcare-day) (Self-Care Federation)

### 24 July — Stress Down Day

- [lifelinedirect.org.au/hunter/events/stress-down-day](http://lifelinedirect.org.au/hunter/events/stress-down-day) (Lifeline Australia)

### 25 July — World Drowning Prevention Day

- [who.int/campaigns/world-drowning-prevention-day](http://who.int/campaigns/world-drowning-prevention-day) (World Health Organization)

### 26–31 July — National Pain Week

- [chronicpainaustralia.org.au](http://chronicpainaustralia.org.au) (Chronic Pain Australia)

### 26 July–2 August — DonateLife Week

- [donatelife.gov.au/donatelife-week](http://donatelife.gov.au/donatelife-week) (DonateLife Australia)

### 28 July — World Hepatitis Day

- [who.int/campaigns/world-hepatitis-day](http://who.int/campaigns/world-hepatitis-day) (World Health Organization)

### 30 July — International Day of Friendship

- [un.org/en/observances/friendship-day](http://un.org/en/observances/friendship-day) (United Nations)

### 31 July — World Ranger Day

- [internationalrangers.org/world-ranger-day/](http://internationalrangers.org/world-ranger-day/) (International Ranger Federation)