

Newsletter

August 2026

Vol. 35 Newsletter



halo
CARE & SUPPORT

Hello everyone, it feels like everywhere we turn at the moment, there is talk about change. Whether it's the NDIS, aged care, or the broader care sector, there are new reforms, new requirements, and many conversations about what the future may look like.

With so much information available, it's understandable that people may feel uncertain or have questions about what these changes mean for them.

One thing I believe is really important to remember is that while things around us may change, halo's purpose does not.

Every day, our focus remains on supporting people to live the life they choose, with dignity, independence and the right support when they need it. That has always been at the heart of what we do, and it always will be.

As a team, we are carefully following the changes happening across both the disability and aged care sectors. We are making sure we understand what they mean so we can continue providing safe, exceptional-quality services and supporting people through any changes that may affect them.

I know change isn't always easy. It can bring questions and sometimes even worry. But it can also be an opportunity to learn, improve and find better ways of supporting the people who rely on us.

One thing that gives me great confidence is the people who make up halo.

To those we support and their families, thank you as always for the trust you place in us. We know that inviting someone into your life and your home is a big decision, and we never take that trust for granted.

To our staff and volunteers, thank you for the compassion and commitment you show every single day. You are the reason halo continues to make such a positive difference in our community.

As we move through the rest of the year, we'll continue listening, learning and adapting where we need to. Most importantly, we will continue putting people first.

Thank you for being part of the halo community.

Take care, and I hope you enjoy the rest of August.

Kind wishes,

Bridget Harvey - CEO



Client

of the Month!

Paul



Paul, aged 81, has enjoyed building and flying model aircraft since he was seven years old. He regularly attends events and casual flight sessions organised by the Foothills Flyers Club, where he meets friends who share his passion for model aircraft flying.

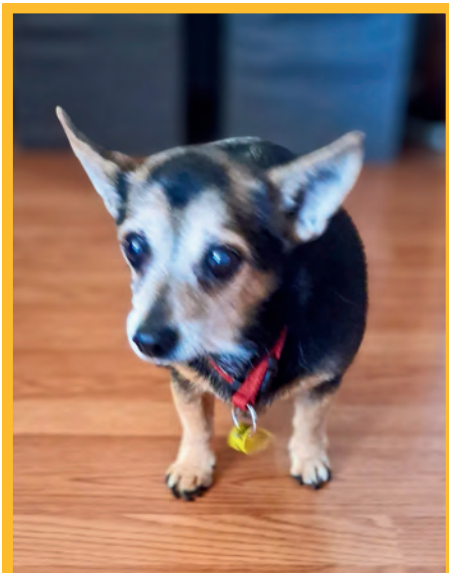
Paul builds radio-controlled, motor-powered aircraft, with each plane taking approximately 5–6 hours to complete. Among his collection are the Phoenix V2 759-2 and the Texaco NR312Y models. Over the years, Paul has travelled all over the world with some of his smaller aircraft builds.

Model aircraft flying is a hobby Paul absolutely loves!



Halo's *Pet* of the Month

Meet Phebee!



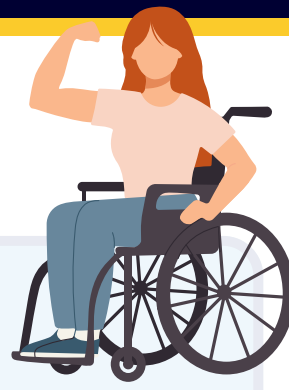
Phebee is Paul's 18-year-old Dachshund and Chihuahua cross. Despite her age, she is full of energy and zest for life, bringing joy to everyone she meets.

Phebee's playful nature and loving companionship have made her a cherished member of Paul's family. Together, Paul and Phebee share a connection as strong as any flight.



Living Well

Show Us Your Muscles!



Good balance and strong legs are important for healthy ageing. Moving your body helps you stay strong and is one of the best ways to prevent falls. Strong legs help us do everyday tasks easily, such as walking, standing, and climbing stairs. You can build your leg strength and mobility indoors by doing a few simple exercises every other day.

Marching on the spot

1. Lift one knee up to a comfortable height, then lower it.
2. Lift your other knee and lower it.
3. Keep marching on the spot at a controlled pace for 10 seconds.

Heel Raise

1. Place your feet shoulder width or hip-width apart and look ahead.
2. Come up onto your toes, lifting your heels from the ground.
3. Count to 3, then lower your heels to the ground.

Toe Raise

1. Place your feet shoulder or hip-width apart and look ahead.
2. Come back onto your heels, lifting your toes from the ground.
3. Count to 3, then lower your toes to the ground.

Make it harder



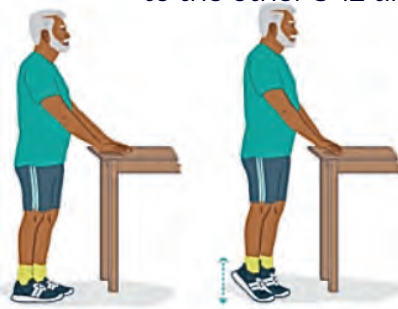
- Increase to 15-30 seconds
- Lift your knees higher
- Add in arm swings



Make it harder



- Lift your heels and move your weight from one leg to the other 8-12 times.



Exercise Safely

It is important to exercise safely.



- Move slowly; keep control
- Always have a sturdy chair or table close by for support.
- Stop immediately if you feel faint or have any pain.
- If you have any concerns before starting these exercises, please talk to a doctor.



Stay Active During Winter

As the weather cools down during the winter months, it is a great time to focus on staying active inside. The exercises listed above are perfect for doing in the comfort and warmth of your own home.



You do not need heavy equipment to stay active. Aim for two to three hours of physical activity each week.



Remember that eating regular meals from a variety of food groups gives us the nutrients, vitamins, and energy to stay strong and active.



Events and Outings

Midnight Blues Saturday outing

Perth City Adventure!

The Midnight Blues travelled by train into Perth City, where they enjoyed lunch, explored the Museum, and finished the day with delicious gelato.



In attendance: Alison, Summer, Tiffany, Taylor, Support Worker Tinashe, and Support Worker Trish



Combustion & Coffee Car Show

Our volunteer, Raymond, is organising this year's Combustion & Coffee Car Show. Don't miss this opportunity to enjoy a fantastic day out with the car-loving community.

Details about the event:

 Date: 22 August 2026

 Time: 9AM - 12:30PM

 Location: Armadale Senior High School Oval
(169 S Western Hwy, Armadale WA 6112)

 Phone: 0431476178

 Email: seckerraymond55@gmail.com

 Facebook page link:

<https://www.facebook.com/CombustionandCoffeeCarShow>



COMBUSTION & COFFEE CAR SHOW

SATURDAY 22/08/2026 9:00AM - 12:30PM

EPILEPSY WA GREAT FOOD & COFFEE
SECKERRAYMOND55@GMAIL.COM

GREAT CARS & MOTORBIKES FROM 1886-MODERN
(NO HYBRIDS & EV'S)

 PER CAR FOR DISPLAY **\$10**

ENTRY IS OFF HOBBS DR ARMADALE WHEELCHAIR ACCESSIBLE
EVENT IS AT: ARMADALE SENIOR HIGH SCHOOL OVAL

\$5 PER MOTORBIKE FOR DISPLAY 

Halo on the go



Jean was born in Scotland and spent many years living on a Naval base with her husband, who served as a Submariner in the Royal Navy.

After emigrating to Australia, Jean's husband continued his maritime career as a Merchant Seaman.

Jean is incredibly proud of her son, Simon, who has followed in his father's footsteps and is also a Merchant Seaman, currently working aboard the ship MT Absolute.

Jean's life has been filled with unique experiences, travel, and a strong connection to the maritime community.

Meet Jean



Meet Priska



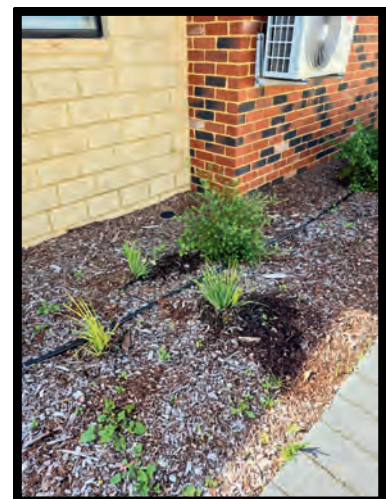
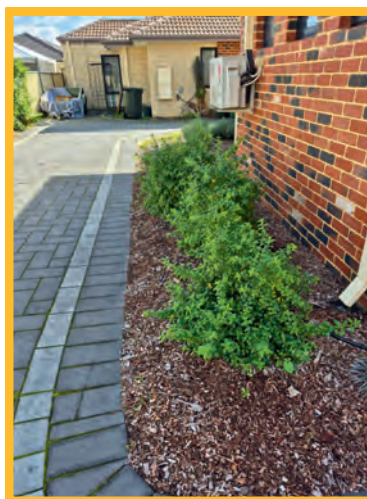
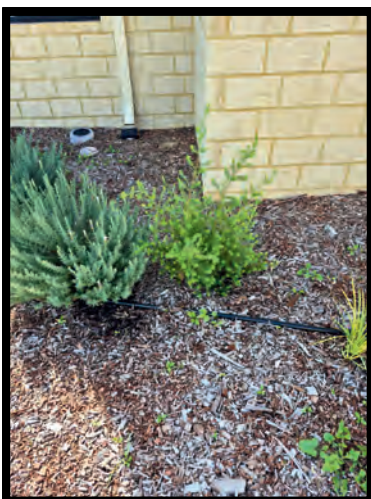
Priska loves spending time in her garden, which is absolutely delightful and reflects her passion for creating a beautiful outdoor space.



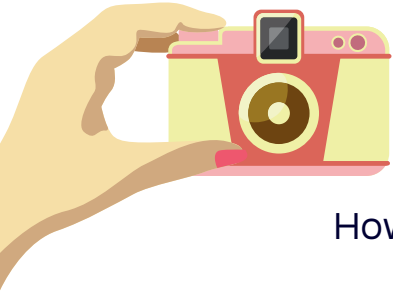
Mickey's Garden



Mickey is very proud of his garden, which looks absolutely lovely and reflects the care and effort he puts into creating a beautiful outdoor space.



Halo on the go



Selfie of the Month! Family Picture

How adorable are these two cuties Millie Rose & PJ!

They are a wonderful source of support and companionship for Tracy, bringing joy both inside and outside of the home.



Craft of the Month!



Front

Terrarium by Alison



Back

For the Environment Storytelling category at the Beyond Odyssey competition, Alison scavenged her local park and backyard for natural materials such as bark, rocks, and gum nuts.

After carefully cleaning and preserving each piece, she created a stunning display inspired by the floating Hallelujah Mountains from Avatar and Skull Island from King Kong.

More Than Just a Photograph

Hi there halo staff and clients! 

One of the most special things I've learned while working in the care and support industry is that sometimes the greatest gift we can give someone is our time and our attention.

Recently, I spent some time with a lovely client who shared her wedding photos and family albums with me. As she turned each page, she told stories about the people she loves, the places she had been, and the memories she still held so dearly.

What struck me wasn't just the photographs themselves, but the way her face lit up as she spoke. The smile, the laughter, the emotion in her voice and the incredible detail she remembered. For those moments, it felt as though she wasn't simply looking back at a memory; she was right there, reliving it.

It reminded me that every person we support has lived a life filled with stories, love, challenges, adventures, and treasured moments. Sometimes all it takes is someone willing to sit, listen and share in those memories with them. During my studies, a teacher shared a quote that has stayed with me ever since:

"People may forget what you said, but they will never forget how you made them feel."

The longer I work in care, the more I understand the truth in those words. Care isn't always found in the big things. Sometimes it's found in a cup of tea, a conversation, a photograph, or simply taking the time to truly listen.

As I left that day, I realised that while I may not remember every story she shared, I will always remember the joy in her eyes as she told them.

Those are often the moments that stay with us long after the day is over.

Kind Regards,
Support Worker Tam 



 **Happiness**
is in **THE MOMENTS**
Lived 



UPCOMING EVENTS

SEPTEMBER | 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				

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/>

2 | 4 | 9 | 11
| 16 | 18 | 23
| 25 | 30

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

3 | 10 |
17 | 24

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/>

8 | 15 |
22 | 29

Quiz Night

- Wednesday 2 September | 7:00 PM – 10:00 PM
- **Last Drop Elizabethan:** 25 Canns Road, Bedfordale WA 6112
- Information:
 - Phone: 9399 4531 to book. **Maximum 8 people per table.**
 - <https://www.facebook.com/events/1170043721781468/1170043741781466>

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Free Ballroom Dancing

- 4th Saturday of every month - 26 September | 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>

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Free Monthly Forget-Me-Not Dementia Support Group

- 4th Monday of every month - 28 September | 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/>

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CARE, CULTURE & COMMUNITY SPOT THE DIFFERENCE

Can you spot the differences between these two images?
Find as many as you can! There are 17 differences.



SPOT THE DIFFERENCE ANSWERS



Did you find the all?
Give us a shout!

Health, Community & Wellbeing Dates for August

3–9 August — National Stroke Week

- <https://strokefoundation.org.au/what-we-do/prevention-programs/national-stroke-week> (**Stroke Foundation**)

3–9 August — Dental Health Week

- <https://teeth.org.au/dental-health-week> (**Australian Dental Association**)

3–9 August — Loneliness Awareness Week Australia

- <https://lonelinessawarenessweek.com.au> (**Ending Loneliness Together**)

4 August — National Aboriginal and Torres Strait Islander Children's Day

- <https://www.snaicc.org.au/our-work/campaigns/childrens-day/> (**SNAICC — National Voice for our Children**)

8 August — Dying to Know Day

- <https://www.dyingtoknowday.com> (**Dying to Know / Proveda**)

9 August — International Day of the World's Indigenous Peoples

- <https://www.un.org/en/observances/indigenous-day> (**United Nations**)

12 August — International Youth Day

- <https://social.desa.un.org/issues/youth/international-youth-day-main> (**United Nations Department of Economic and Social Affairs**)

17–23 August — Brain Injury Awareness Week

- <https://synapse.org.au/brain-injury-awareness-week> (**Synapse Australia**)

17–21 August — Bullying No Way Week

- <https://www.bullyingnoway.gov.au/bullying-no-way-week/> (**Bullying No Way — Australian Education Authorities**)

20 August — Daffodil Day

- <https://www.daffodilday.com.au> (**Cancer Council Australia**)

21 August — World Senior Citizens' Day

- <https://www.aihw.gov.au/reports/older-people/older-australians> (**Australian Institute of Health and Welfare**)

26 August — National Meals on Wheels Day

- <https://mealsonwheels.org.au/get-involved/national-meals-on-wheels-day> (**Meals on Wheels Australia**)

28 August — Wear It Purple Day

- <https://www.wearitpurple.org/wear-it-purple-day-2026> (**Wear It Purple**)

30 August — National Grief Awareness Day

- <https://www.grief.org.au> (**Grief Australia**)