

Newsletter

September 2026

Vol. 36 Newsletter



halo

CARE & SUPPORT

Hello and welcome to another newsy newsletter following another big month at halo with plenty of exciting developments and opportunities across the organisation.

One of the biggest highlights has been the opening of the new office in Byford, and it looks fantastic! A lot of work has gone into bringing this project to life, and it's wonderful to see the doors open and the staff settled in. A special shoutout to the Byford team who have embraced the move with enthusiasm, flexibility and a real team spirit and the support crew who invested so much time in the planning of the move, with Chantelle, Sally, Joel, Tammy and Mia coming to mind, but also others, so please don't be offended if I've missed anyone out.

It's not only Byford that is getting some attention. Renovation work is well underway in our Armadale office as we continue to improve our work environments for staff and visitors. These upgrades are about creating a more functional, welcoming and comfortable space. While renovations bring some disruption, the final result will be a modern, refreshed workspace that better reflects our growing, professional organisation. Thank you for your patience and flexibility.

Behind the scenes, we've been busy shaping halo's future, and I've mentioned the strategic plan a couple of times already. We are in the final stages of getting this ready to be able to share with you all, so I will let you know as soon as that's done. We will be putting the plan digitally on our website but will take requests if there is anyone who specifically requests a printed version of the plan.

We have been connecting with leaders from across the aged care and disability sectors, participating in forums and discussions that help us learn, share ideas and stay connected with what is happening across our industry.

We have also been pursuing a range of grant and funding opportunities that could help us expand our services, strengthen our programs and create even more positive outcomes for people halo support. It's wonderful that we can dedicate the time to do this and it's due to our incredible staff who are dedicated to providing the best quality support. There is just so much for everyone to be proud of and be excited about

Until next time,

Kind wishes,

Bridget Harvey - CEO



Client of the Month!

Margaret

Margaret has had a passion for sport for many years, first taking up golf at the age of 35. Over the years, her talent and dedication have seen her proudly take home numerous trophies in both golf and badminton.

Her love of golf is still going strong, with Margaret continuing to hit the course three times a week at Serpentine and District Golf Club.

It's wonderful to see Margaret continuing to enjoy the sport she loves while staying active, social and involved. What an amazing achievement and a true inspiration!



Staff Spotlight

Congratulations, Veronica!

Our People and Culture Manager, Veronica, is very proud to share that she is now officially a Justice of the Peace!

Reaching this milestone has been an incredible 18-month journey, involving reference and probity checks, interviews, two months of training, and finally being officially sworn in by a Magistrate.

Veronica is continuing with further training and is looking forward to using her new role to provide this valuable service to the community.

Congratulations, Veronica, on this fantastic achievement!



Veronica

Living Well

Stay On Your Feet: Is Your Footwear Putting You at Risk?

Falls are preventable, and one of the simplest ways to reduce your risk is to check the shoes you wear every day. Poorly fitted footwear and foot pain can affect your balance and increase your chance of a fall, so it's worth taking a few minutes to see how your everyday shoes measure up.



What makes a safe shoe?

According to Stay on Your Feet WA, a safe shoe should have:

- A good, snug fit
- A flat sole
- A sole that bends at the ball of the foot, not the arch
- A textured sole for grip
- A firm heel collar
- A rounded heel edge
- A fastening such as laces, straps, elastic, velcro or a buckle to hold the shoe firmly to your foot



Take the checklist

Stay On Your Feet WA has put together a simple Shoe Safety Checklist to help you work out whether your current shoes are helping or hindering your balance. If you tick 'No' to any of the questions, your risk of falling may be increased

SAVE THE DATE

halo Annual Christmas Party

Thursday, 26 November 2026

It's almost time to celebrate another year together!

Get ready for some festive fun as we come together for the halo Annual Christmas Party.

More details, including the time, location and all the festive fun, will be announced soon!

For now, save the date and get ready to celebrate!

From Gardens to Homes: Excellence in Every Task

Another Outstanding Job!

Mal is extremely happy with how fantastic his lawns are looking after another outstanding job by Garden and Home Maintenance Contractor Jesse, our King of Lawn Edges!

A wonderful result and one very happy client. Great work, Jesse!



🌸 Gwen's Gorgeous Garden 🌸

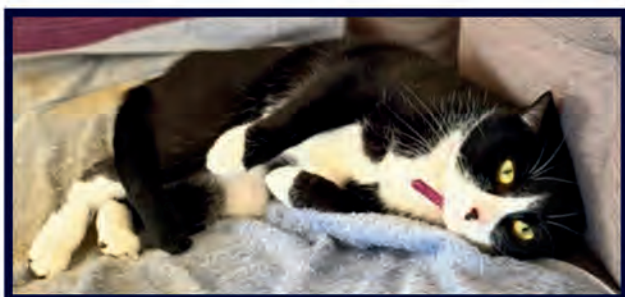
Gwen's gorgeous garden is full of personality, with all the ornaments and rocks hand-painted by Gwen herself!

And of course, Lola, a village fashion icon for 13 years, is rocking her pink outfit and umbrella, ready for whatever winter brings!



Halo's Pet of the Month

🐾 Meet Millie! 🐾



Say hello to Millie, Jennifer's gorgeous 2.5-year-old tuxedo cat! ❤️❤️

This sweet little purr-machine has well and truly stolen Jennifer's heart and is one very loved and precious furry companion.



Events and Outings

Selfies

of the Month!

Ali's Birthday at The Valley Social

On Saturday, 1 August, three of our social groups came together at The Valley Social for a lovely dinner and catch-up, with the added bonus of celebrating Ali's birthday!

A wonderful evening filled with good food, great company and plenty of smiles!



Aboriginal X-Ray Art at the Lifestyle Centre

The Lifestyle Centre clients and staff explored Aboriginal Australian X-ray art in a workshop led by the wonderful Joy. After learning about the history and cultural significance of the art style, everyone created their own unique Australian animal designs using dots, cross-hatching and stylised internal features.

Joy's passion for sharing the history and cultural significance of X-ray art was so infectious, it inspired everyone to express their creativity through their own unique designs. The finished pieces were a wonderful showcase of creativity and enjoyment!



Halo on the go



Baking with John

Support at Home client John recently spent some time in the kitchen with Support Worker Melissa, whipping up a delicious batch of zucchini muffins!

John loves cooking, so it was a fun and rewarding way to spend the day. The muffins turned out beautifully, and John was very proud of the tasty results, a well-earned treat!



Meet Lyn

Lyn and her late husband were proud foundation members of the Fremantle Dockers, making her love for the club extra special.

Lyn is still proudly flying the Dockers flag and hoping they raise the anchor and heave-ho into the finals! 🚢🏈💜



Recipe

of the Month!

Oven Baked Donuts

Recipe by George Georgievski: [instagram.com/reels/DYwPW7WzVLC](https://www.instagram.com/reels/DYwPW7WzVLC)

Method:

Ingredients:

- 1 cup self-raising flour
- 1 egg
- 1/4 cup melted butter
- 5 ml vanilla essence
- 2 tbsp sugar
- 3/4 cup milk

1. Make the Batter

Preheat the oven to 190°C. Combine all ingredients in a bowl and mix with a spoon until a smooth donut batter forms.

Quick Tip:

You can also mix the batter in a protein shaker, just make sure to shake it well!

2. Shape the Donuts

Lightly grease a baking mould and fill with the donut batter.

No mould? No worries!

Place teaspoon-sized (around 5g) portions of batter onto a lined and lightly greased baking tray to make little donut bites.

Optional:

Top with small pieces of fruit or berries before baking.

3. Bake

Bake at 190°C for 15 minutes, or until cooked through.

4. Serve & Enjoy!

Allow to cool for a few minutes, lightly dust with icing sugar and enjoy!



Craft

of the Month!

Anne's Beautiful Quilting

Anne creates the most beautiful quilts, with many of the intricate details carefully stitched by hand and each piece fully lined.

The time, patience and talent that go into every quilt are incredible, they truly are works of art!



UPCOMING EVENTS

OCTOBER | 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/>

2 | 7 | 9 | 14
| 16 | 21 | 23
| 28 | 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

1 | 8 | 15
| 22 | 29

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/>

6 | 13 |
20 | 27

Quiz Night

- Wednesday 7 October | 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/1170043721781468/1170043735114800>

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Free Ballroom Dancing

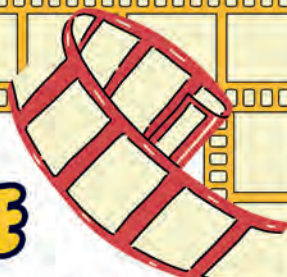
- 4th Saturday of every month - 24 October | 9:00 AM - 10:00 AM
- **BillaBean Cafe:** 840 Liffey Street, Canning Vale, WA 6155
- Get tickets at: <https://www.eventbrite.com.au/e/free-ballroom-dance-classes-tickets-1986707444447>

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Free Monthly Forget-Me-Not Dementia Support Group

- 4th Monday of every month - 26 October | 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 GUESS THE CLASSIC TITLE

Can you guess these well-known classics of both movies & books from the emoji clues?

Write your answers on the lines below.

1



Answer: _____

7



Answer: _____

2



Answer: _____

8



Answer: _____

3



Answer: _____

9



Answer: _____

4



Answer: _____

10



Answer: _____

5



Answer: _____

11



Answer: _____

6



Answer: _____

12



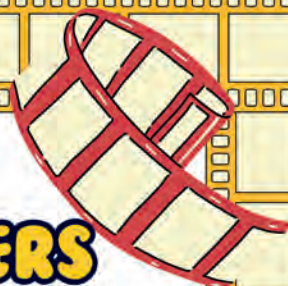
Answer: _____

Good luck to all!





CARE, CULTURE & COMMUNITY



GUESS THE CLASSIC TITLE ANSWERS

1 Answer: The Wizard of Oz

2 Answer: Dr Jekyll and Mr Hyde

3 Answer: A Midsummer Night's Dream

4 Answer: Jane Eyre

5 Answer: Breakfast at Tiffany's

6 Answer: Roman Holiday

7 Answer: Wuthering Heights

8 Answer: Anne of Green Gables

9 Answer: Singin' in the Rain

10 Answer: The King and I

11 Answer: Treasure Island

12 Answer: Hamlet

How many did you get?
Give us a shout!

Health, Community & Wellbeing Dates for September

All September — World Alzheimer's Month

- <https://www.alzint.org/get-involved/world-alzheimers-month/> (**World Alzheimer**)

7–11 September — Women's Health Week

- <https://www.jeanhailes.org.au/get-involved/womens-health-week/> (**Jean Hailes**)

7–13 September — Body Image and Eating Disorders Awareness Week

- <https://butterfly.org.au/> (**Butterfly**)

8 September — World Physiotherapy Day

- <https://world.physio/wptday> (**World Physiotherapy**)

9 September — International FASD Awareness Day

- <https://www.nofasd.org.au/about-us/get-involved/international-fasd-awareness-day/> (**NOFASD**)

10 September — R U OK? Day

- <https://www.ruok.org.au> (**R U OK?**)

10 September — World Suicide Prevention Day

- <https://www.who.int/campaigns/world-suicide-prevention-day/2026> (**World Health Organization**)

13 September — World Sepsis Day

- <https://www.australiansepsisnetwork.net.au/> (**Sepsis Australia**)

17 September — World Patient Safety Day

- <https://www.who.int/campaigns/world-patient-safety-day/2026> (**World Health Organization**)

21 September — World Alzheimer's Day

- <https://www.alzint.org/get-involved/world-alzheimers-month/> (**Alzheimer's Disease International**)

21–27 September — Dementia Action Week

- <https://www.dementia.org.au/get-involved/dementia-action-week> (**Dementia Australia**)

21–27 September — International Week of Deaf People

- <https://wfdeaf.org/international-week-of-deaf-people-2026/> (**World Federation of the Deaf**)

23 September — International Day of Sign Languages

- <https://www.un.org/en/observances/sign-languages-day> (**World Federation of the Deaf**)

25 September — World Pharmacists Day

- <https://www.fip.org/world-pharmacists-day> (**International Pharmaceutical Federation**)

29 September — World Heart Day

- <https://www.heartfoundation.org.au/world-heart-day> (**Heart Foundation**)

