



LOCALLY SPEAKING

LOWER KING & BAYONET HEAD PROGRESS ASSOCIATION

NEWSLETTER: SEPTEMBER 2021

<https://lowerkingbayonethead.weebly.com/>

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COMMUNITY NEWSLETTER

it's a while since we published our last newsletter and we have plans to again start publishing a regular newsletter for residents of Lower King and Bayonet head areas.

Albany Community Hospice Open Gardens

Funds raised go towards the operation of the community owned and managed hospice.

This is a major fundraiser held annually for the hospice.

Two gardens in our area will be open with the entry cost of \$5.00 per person per garden, with funds going to the hospice.

KALGAN DOWNS SOUTH 43 Ridley Road Kalgan

Saturday October 30 and Sunday October 31, open 10 am to 4 pm.

Saturday November 6 and Sunday November 7, open 10 am to 4 pm.

NAMBUCCA ON THE RISE 35 Nambucca Road Lower King

Saturday October 30 and Sunday October 31, open from 10 am to 4 pm.

Saturday November 6 and Sunday November 7, open from 10 am to 4 pm.

There is also a sundowner at a private garden on Hunton Road, for a limited number of persons.

Further information regarding these events can be sourced from

Lynn Lutley on 0427 644 448.

Long Live You Program

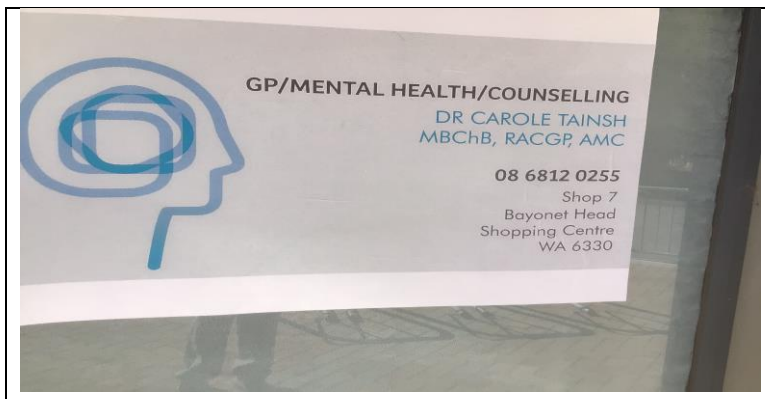
The Albany Leisure and Aquatic Centre has recently initiated a new service for its very successful Long Live You activity programs for the over 60s.

For those people who would like to benefit from this program but do not have transport to get to ALAC, a number of volunteers have made themselves available to provide transport.

There is a dedicated volunteer in the Bayonet Head and Lower King areas.

Further enquiries can be made at ALAC by contacting Jemma Foy on 6820 3400 or email

long live you@ albany.wa.gov.au.



**NEW BUSINESS at
Shop 7
Bayonet Head Shopping Centre**

DR CAROLE TAINSH.

**GP
MENTAL HEALTH
COUNSELLING**

I have been a GP for 20 years and in Albany for 10 years. Health is not just physical well-being but mental, spiritual and biological. Prior to becoming a GP, I worked in psychiatry for three years. Since that time, I have learned through Australian College of Nutritional and Environmental Medicine, that what we eat and drink, chemicals we are exposed to via food, and the environment have consequences for our gut and general health. I plan to practice in a holistic fashion, and each patient will be treated as a whole person and together we will tackle any mental health issues with investigations into their general health. Patients will have autonomy over their health plans. Counselling and Cognitive behaviour therapy and relaxation therapy are available. All patients are dealt with in the strictest confidence. To make an appointment, please contact 0458 271 625.

LKBHPA plans and initiatives for the balance of the year 2021.

- We are planning to hold a community meeting with the City of Albany planning officers and ward councilors after the local government elections in October. A final date is yet to be set, and there are several areas of concern, with further information needed regarding some of the planned developments in the Bayonet Head area, and the Lower King areas adjacent to Oyster Harbour. Further information will be made available when this event date is known.
- We are also pursuing an initiative to be able to set up a chat room and a meet and greet facility within The Bayonet Head Shopping Centre precinct. We are hoping to have a definitive result on this initiative soon and our idea would be to have a monthly chat and meet facility staffed by members of our progress Association. We are keen to be able to ascertain concerns and ideas to improve our local area and perhaps be able to offer additional services to residents.
- AGM and November General meeting to be held on 22 November, 7.30pm, at Gomm Park Hall.

NEWSLETTER DISTRIBUTION: a reminder that we are striving to increase our membership and the circulation of this newsletter by e-mail. Please e-mail us at LKBHPA@yahoo.com to become a member and be added to our e-mail distribution list.

Newsletter supported by the office of Rebecca Stephens, MLA Member for Albany Australian Labor Party

MEMBERSHIP SUBSCRIPTION FORM

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Drop off or post to: Lower King & Bayonet Head P/A, c/o Post Office, Lower King
(cheques made payable to LK&BHPA please).

To pay online: BSB 633 000 A/c 1303 60837 (use your Surname as reference, and new members should also complete a membership form with your contact details please)

or through website/pay online: www.lowerkingbayonethead.weebly.com