

Pre-entertainment includes the Lions train, face-painting and Christmas craft, alongside other great activities. A variety of delicious food truck food and drink options will also be on offer, and opportunities to purchase candles, song books and raffle tickets to support your local community groups. Plus, a visit from Santa!

Local residents are encouraged to walk or cycle to the event, however for those who need to drive, there is limited parking available at Aveley Primary School and the Vale Town Centre. This is a smoke, alcohol and pet free event.

Sorrento Quay Boardwalk's "Launch of Summer Fireworks Show"

One of the biggest fireworks displays in Western Australia is gracing the skies of Hillarys Boat Harbour.

The Summer Fireworks Launch is returning to Sorrento Quay Boardwalk this summer, Saturday 2 December 2017 at 8pm. Relax by the water with the family and enjoy the picture-perfect show. Let's kick off the summer festivities in style!

Best of all the event is absolutely free. This is an alcohol free event so bring your picnic baskets and sit back and enjoy the show.

Start Date: 02 Dec 2017 20:00 PM

End Date: 02 Dec 2017 22:00 PM

Countdown to Christmas Party

The Countdown to Christmas is on!

Curtin University in partnership with the Town of Victoria Park cordially invite all students, staff and Perth's wider community to come and celebrate the start of the holiday season with a free, fun-filled afternoon at the Curtin University Bentley campus on Sunday 3 December.

Festivities will be booming from 4.30pm - 8.00pm in The Forum (grassed flagpole area by Aroma Café) and include Santa Claus, Carols by the award winning Rhythmos Choir, kites, child's play music, roaming performers, bubble play, face painting, Perth Symphony's Brass Quintet, arts and crafts activities and workshops, food trucks, photo booths... the list goes on!

So what are you waiting for, tell your friends and family and save the date! Pack a picnic blanket and get ready to settle in for one fun-filled afternoon! Students, staff and Perth's wider community are all welcome. No registration required, just come along on the day. The closest car park will be car park D3.

Start Date: 03 Dec 2017 16:30 PM

Brass on the Grass

A new event for the 2017 festive season, the City of Perth brings you Brass on the Grass on 6, 13 and 20 December from 6.30pm.

Head to the beautiful surrounds of Victoria Gardens to enjoy the charming sounds of the historic City of Perth Band as it performs Christmas concerts.

Christmas Carnival - December

The carnival is coming to town and it's bringing a truckload of Christmas fun with it.

Bring the family into the city to enjoy a kids' carnival atmosphere in Forrest Place on Saturday 9 & Sunday 10 November from 10am to 4pm. Enjoy free rides and activities for the whole family to enjoy. It's the perfect day for some festive family fun.

Made on the Left Christmas Market

Made on the Left handmade designer markets returns to the Perth Cultural Centre for an entire weekend, featuring a plethora of locally-designed and hand-made goods.

Enjoy Christmas gifts, entertainment and children's workshops from 10am to 5pm on 9th and 10th December. This is your chance to check out unique wares and find that one-of-a-kind treasure or the perfect Christmas present from different local designers each day. There will be jewellery, artwork, toys, home wares, stationery, accessories and more, all made in WA!

City of Swan Present Twilight Family Festival

Head down to Baskerville Oval on Sunday 10 December for the City of Swan's Twilight Family Festival. A festival of family entertainment and Carols by Candlelight by summer twilight with a special visit from Santa!

- Market stalls
- Sausage sizzle by Swan Valley Rotary
- Food, coffee and ice cream
- Candle and glow sticks on sale from the Swan Valley Community Centre
- Community group stalls and exhibitions
- Free craft activities
- Free bouncy castle, face painting, bubbles and more!

Program:

4 - 7 pm: Market stalls, community stalls, free activities

5 - 7 pm: Community exhibitions and performances by local school and choirs

7 pm: Visit from a Special Guest!

7 - 8.30 pm: Traditional Carols by Candlelight sing-along

Bring along your picnic rug or low backed chairs to enjoy the performances under the stars. This event is smoke and alcohol free.

Symphony in the City

Join the West Australian Symphony Orchestra and an audience of thousands for Perth's largest classical music concert under the stars at Langley Park on Saturday 16 December.

Join the West Australian Symphony Orchestra, WASO Chorus and special guest soloists for a fun-filled evening that features exciting, beautiful and heart melting music from your favourite classical works and film music scores under the direction of Guy Noble.

As always, the concert will conclude with Tchaikovsky's famous 1812 Overture accompanied by a pyrotechnics display. This spectacular free event has become a highlight of the summer calendar for thousands of concert-goers in Perth.

Candlelight Carols on South Beach

Christmas spirit will be a buzz at South Beach in December as the popular Candlelight Carols continues at South Beach for its second year.

The Libby Hammer Quintet and the Arcadian Voices Choir will lead the carols on Sunday the 17 December. Families can sing, swim and picnic at this free community event with singing starting at 7pm in the iconic South Beach location.

A variety of food stalls will be on site to cater for those not wanting to bring picnics, these stalls open from 6pm accompanied by some fun roving entertainment.

Christmas Nativity

With a new venue for 2017, come and enjoy the traditional story of Christmas in a picnic setting.

Bring your picnic rug and share in the traditional story of Christmas, brought to life on stage with hundreds of performers, live animals and Christmas carols at Supreme Court Gardens.

Grounds open at 4pm, pre-show commences at 6pm and the main show commences at 7:30pm Both the pre-show and the main show will be interpreted by AUSLAN interpreters.

For the comfort of all, there will be designated areas for ACROD, picnic rugs, low chairs and high chairs. Limited food vendors will be on site. Why not grab your favourite takeaway from an array of delicious city options on the way to the venue? Keep the magic alive by visiting the Christmas Lights Trail after the show

Kings Park New Year's Eve Celebrations

Kings Park offers a relaxing family location to enjoy New Year's Eve and celebrate the turning of the year at midnight.

Kings Park and Botanic Garden is traditionally popular with families on New Year's Eve who come to admire the views while celebrating the turning of the year at midnight.

No specific public events are held on this day. The Botanic Gardens and Parks Authority promotes a smoke-free, alcohol-free and glass-free venue. Sparklers and portable barbecues are strictly prohibited and no shade tents or marquees are to be erected.

Mandurah New Year's Eve Celebrations

Join the New Year's Eve Celebrations in Mandurah with live music and fireworks to welcome in 2018.

Live DJ all night, disco lights, roving entertainment and amusement rides on the Mandurah foreshore. With hours of entertainment, activities and amusements the evening will be a great night out for the whole family. The first fireworks display is at 9pm for families followed by the grand display at midnight.

There will be a free shuttle bus service every 20 mins from the Mandurah Visitors Centre to the Mandurah Transit Station from 6.00pm – 1.00am. A wheelchair accessible bus will also run every 40mins from 6.00pm – 1.00am.

Water and road closures will be in place during this event. Another great City of Mandurah alcohol and smoke free event.

Start Date: 31 Dec 2017 18:00 PM

End Date: 01 Jan 2018 01:00 AM

Which of the community events appeal to you?

Gifts

Money can be tight throughout the year but more so at Christmas, gifts don't have to cost large amounts and a personal touch from a handmade gift can mean more than something shop bought. There are so many resources available now that we can access for creative ideas and we have included some suggestions here:

www.pinterest.com/homemade-christmasgifts/

www.wikihow.com/make-your-own-christmas-gifts

www.getrichslowly.org/blog/2008/11/13/a-do-it-yourself-christmas-34-great-gifts-you-can-make-yourself

Gifts may include: handmade wooden or soft toys, gift cards, baked goods, potpourri or freshener sachets, photographs in frames and pickles. You may also want to re-gift something that you have no use for, or donate some of your time to help someone, a nice way to do this is in the form of a work voucher/coupon that can be redeemed at a later date.



You can get as creative as you like with this idea and either make and decorate your own or use a readymade template from the internet.

Second hand charity shops are always a great source of unusual bargains or even factory outlets for discounted goods as opposed to the usual retail stores.



If you find the idea of visiting the shops at all during this busy period, make good use of the online shopping services both for day to day items such as groceries and also for other items such as gifts and decorations. Both Coles and Woolworths have delivery services 7 days a week the websites are:

Woolworths <https://goo.gl/M5pdiZ> and Coles <https://goo.gl/p8f0Rr>

Many people feel the financial pressure at Christmas time to provide gifts for their children and there are a number of charities that will happily provide gifts for those needy families. These are generally donated by the public and distributed to those requesting assistance some useful contacts are:

The Smith Family 1800024069

Mission Australia 0892250400

Salvation Army 1800223191

Anglicare 0892632000

Some other major charities also provide this service please contact them direct to enquire.

How will you be creative with your gifts this year?

Christmas Dinner

In most Australian cities and regional areas there will be a number of free community Christmas breakfast or lunches taking place. These are fantastic opportunities to connect with others whilst capturing the true spirit of Christmas, remember it's the company that makes the day not how fancy the food is. We have listed below some of the events being held this year, if you don't want to attend as a guest, consider attending as a volunteer.

Christmas Breakfast

Cost Free

Centrepoint Church 1895 Albany Highway Maddington 8.30 am – 10.00 am

Centrepoint Church 8/24 Discovery Drive Bibra Lake 8.30 am – 10.00 am

Centrepoint Church 1 Bell Park Rockingham Foreshore 8.30 am – 10.00 am

To register call 94183724 or log onto www.christmasbreakfast.com.au/#register

Christmas Lunch

Mission Australia's Christmas Lunch in the park is Australia's biggest Christmas Day charity event so don't be alone this Christmas, it's not just for people that are down on their luck but for anyone wanting to share community.

Cost: Free

Wellington Square Park East Perth 11.00 am – 2.00 pm

Free busses will transport people to and from Wellington Street Bus Station from 10.30 am onwards. Information can be obtained from their Facebook page:

[Christmas Lunch in the Park](#)

Joondalup Christmas Lunch

This event provides a sit down meal for those from the local community who are alone or isolated at Christmas, who may not have family around them or who are struggling financially. Guests are seated at beautifully presented tables decked out with white linen tablecloths and shiny cutlery and served a meal whilst they enjoy the company of others and share in the community Christmas spirit There is no alcohol permitted at this event and it is a smoke free venue.

Cost Free

Central Park Joondalup 187 Grand Boulevard Joondalup 11.30 am – 2.30 pm

To register go to <http://www.joondalupchristmaslunch.com/index.php>

Wanneroo Christmas Lunch

Providing a free Christmas lunch to those in the community who would like company on Christmas Day. A hot roast lunch will be served, there will be Christmas carols and a Christmas message whilst celebrating the spirit of Christmas together.

Cost Free

Margaret Cockman Pavilion Wanneroo Showgrounds

To register call 93067191 or log on to <http://www.wanneroochristmaslunch.com/>

Halo Christmas Lunch

This is a free event for the community of Mandurah.

Cost Free

HALO

Community Hall Corner of Sutton & Gibson Street Mandurah

To Register call 95862245

Bridge Inc. Christmas Lunch

There is no registration required for this event just turn up if you are in need of company or want to join the local community to celebrate the spirit of Christmas.

Cost Free

Corner of Albany Highway and Canterbury Terrace East Vic Park 11.30 am onwards.

Social settings

Ok so the thought of the family Christmas get together fills you with dread but you just can't get out of it. Forward planning for some of the situations that may occur is a really effective strategy for some of those awkward questions that you just know you will be faced with from relatives that you may not see from one year to the next.

What are some of the questions that you know you will face?

E.g.: What have you been doing with yourself this year?

People often feel that their recovery is not a worthwhile topic of conversation however in reality people are usually genuinely interested to hear how your year has been going, including the ups and downs. Only discuss what is comfortable for you and don't be afraid to excuse yourself from conversations should they become hard.

It is a great idea to have some responses ready for those questions that you may have listed above, which may include relationships careers weight gain/loss etc.

What are some responses that you would be happy to share?

Not all of us are lucky enough to have great relatives who are supportive and kind. As the old saying goes "we can't choose our family", and however well-intentioned their comments, they can sometimes seem quite hurtful or critical, often leaving us feeling quite inadequate. Pre planning some responses allows us the luxury of being creative and also a satisfaction with our answers. Sarcasm and humour are just two creative methods that could be used and then there is the option of straightforward honesty.

In most social gatherings there will be someone we can look to as support or a wing person, this might be someone that has insight to your recovery, someone that has had contact with you through the year or simply someone that has taken the time to say “hello”.

Remember you are able to take time out and simply go for a walk take time out in the toilet or simply excuse yourself and leave if things become too hard.

Are you going to be alone at Christmas?

Some people relish the idea of having a quiet uninterrupted Christmas whilst others dread the thought isolation. This time of year in particular can heighten feelings of loneliness as others seem to be surrounded by family and friends. Many of us find that the support services we use have closed down over the Christmas period and can lead to even more feelings of being on our own. If you feel apprehension at the thought of being alone, it is a good idea to find out just what support services will be available to you and any events that may appeal to you. **Please refer to the list of events provided.**

Some suggestions of activities could be:

Going to a community meal, volunteering at an event, do something completely unrelated to Christmas.

What can you think of that you may do if you don't want to be alone?

What about if you would like to be alone?

Preparing a Comfort Box

This is a concept which aims to relieve a little of the distress that we often find ourselves in and that can become more pronounced at stressful times. Christmas is one such time that we may find the benefits of a comfort box relieve some of that anxiety.

The idea is to put together a collection of things that are meaningful and or bring comfort. The box can be decorated bringing more therapeutic benefits and may contain things such as:

- Beauty products/toiletries
- Food
- Magazines/books
- Perfume or other aromatherapy products
- Photographs or memories

It is even more beneficial to include items that evoke sensory responses such as touch smell etc. and to note our feelings and reactions reminders of coping strategies are also great to keep on hand.

What are some items that would bring comfort to you? ‘

Memories

Christmas can be a time of both good and bad memories yet it is the most troublesome ones that tend to stay with us and resurface at this time of year. If this rings true for you, it is important to put some strategies in place to help with things that may occur especially if our usual support networks are closed over Christmas.

Journaling is a very effective way to express our feelings as they are right now with the purpose of revisiting them at a later date if we choose to.

Arts and Crafts is not for everyone but if you have never tried it what better time to give it a go. Expressing emotions through creative medium sometimes feels safer than using language

Memory jars or boxes can be a way of expressing what we are feeling but a means of putting them to one side to revisit if and when we feel able to.

Remember there are always some support services available throughout Christmas and some are listed below, you may have others that you know you can call on. It is a great strategy to have an idea which services you would feel comfortable using should the need arise and have their contact details at hand.

What might you do should difficult memories arise for you this year?

For immediate assistance, all hours:

- Ambulance Police and Fire 000
- Police Assistance Non-Urgent 131444
- Kids Helpline 1800551800
- Men's Line Aus. 1300789978
- Alcohol and Drug Info Service 94425000
- Lifeline 131144
- Suicide Call Back Service 1300659467
- Crisis Care 9223 1111
- Samaritans 1800198313 or 9388 2500
- Poisons Line 131326
- Health Direct Aus. 1800022222
- Family Help Line 1800643000
- Sexual Assault Resource Centre 9340 1828
- Beyond Blue 1300224636
- MHERL 1300555788
(Mental Health Emergency Response Line)

For Urgent medical care you can also visit your nearest Public Hospital Emergency Department:

- Armadale – Kelmscott Memorial Hospital 3056 Albany Highway, Mount Nasura WA 6112 Tel: 93912000
- Fremantle Hospital South Terrace Fremantle WA 6160 Tel: 94313333
- Fiona Stanley Hospital 11 Robin Warren Drive Murdoch WA 6150 Tel: 61524013
- Joondalup Health Campus Cnr. Grand Boulevard & Shenton Ave Joondalup WA 6027 Tel:94009400
- Rockingham General Hospital Elanora Drive Coo loongup WA 6168 Tel: 95994000
- Royal Perth Hospital Wellington Street Perth WA 6000 Tel: 92242244
- Sir Charles Gardiner Hospital Avenue Nedlands WA 6009 Tel: 93463333
- St John of God Hospital Midland 1 Clayton Street Midland WA 6056 Tel: 94624000

Joy to You

We hope you have a happy holiday and not a hectic Christmas. What would you be doing on any given Monday? There are 52 of them in the year and this one will pass as the others have and you can choose to put as much or as little emphasis and meaning on to it as you feel comfortable with. Another alternative could be to do something completely un-Christmas like, an activity left field which takes the spotlight away from traditions and ceremony that can be stressful.

In summary, anything that feels ok for you **IS** ok. Self-care is paramount and you deserve it.

Wishing you all a safe happy and peaceful holiday season and New Year.