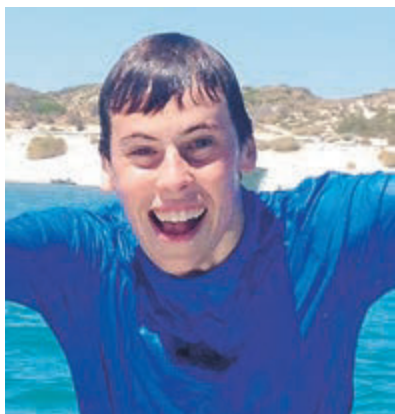


# Still time to enter the Race around Rottnest

**The Race around Rottnest will once again support the charity, Autism West.**

The Rottnest race, on Saturday, October 18, involves four challeng-



Autism West junior ambassador Charlie Paganin. His parents and brother are all entering the Race around Rottnest.

ing legs: a run, a cycle, a swim and a paddle. People can enter individually or in teams.

All entrants will help Autism West give families living with autism the practical and emotional support and tools they need to help their children reach their full potential and integrate effectively within the community.

Autism West's vice president, Karl Paganin, took part last year with a team and is once again training hard to prepare, along with his son, Richie, fellow Autism West board member Adam Shephard and supporter, Richard Nixon.

Karl says they are all looking forward to race day.

"It is a very challenging, well-run, enjoyable race and it's a good excuse to spend the day at Rottnest!" he said.

Registrations close on Friday, October 10, and can be made at [racearoundrotnest.com.au](http://racearoundrotnest.com.au).

## Learn how to help the mentally-ill

**Would you know what to say or do if someone you knew developed a mental health problem?**

Tasha Broomhall will lead a two-day mental health first-aid workshop in Mt Claremont on November 18 and 19.

She will show and explain to people taking part the signs and symptoms of mental health problems, where and how to get help for themselves or others, and what sort of help has been shown by research to be effective.

Tasha has a background in psychology, disability, employment, psycho-social rehabilitation and aged-care services.

She has a keen interest in reduc-

ing the stigma of mental illness and increasing understanding of mental health and illness.

She has developed programs to help people to take responsibility for their own mental health and well-being and to be active in supporting the mental health of those around them.

This Mt Claremont course will be run on Tuesday and Wednesday, November 18 and 19, from 8.45am to 4pm each day.

Enrolment costs \$450 plus GST per person.

For more details go to [bloomingminds.com.au/events](http://bloomingminds.com.au/events), or email [info@bloomingminds.com.au](mailto:info@bloomingminds.com.au) to register for the training workshop.

## Enjoy all things Colombian

**Colombian folklore, food, dance and music will be celebrated in a festival at the Forrest Centre next Sunday.**

The Colombian Cultural Festival will run from 11am to 6pm on Sunday, October 12, at 221 St George's Terrace.

Festival-goers will be able

to enjoy modern latin rhythms, traditional dances, children performing, a salsa competition and family activities.

Entry is \$15, free for children under-12.

The festival is organised by Colombian Cultural Connection.

For more information, call 0487 641 034.



Student organisers, from left, Keifer King, Danielle Emond, Adam Wilkinson, Georgia Braund and Shanna Fucile are hoping to raise more than \$100,000 via the UWA Relay for Life.

## Students organise circle of life

**More than 40 teams have registered to run, dance and walk around UWA's Oak Lawn for a day and a night.**

And more are welcome to join the teams of UWA students, staff and teams from businesses and schools taking part in the Relay for Life event on October 11 and 12.

The teams will bring the fight

against cancer to the oval from noon next Saturday to noon next Sunday.

To keep them entertained and focused, there will be bands, games and DJs on hand.

There will also be time to reflect on cancer survivors and those who have not survived.


One of the organisers, Danielle Emond, said the

student fundraising committee had a goal to raise more than \$100,000.

Teams can register right up until the event via <http://bit.ly/relayuwa14>.

People can donate to teams or in any Relay@UWA tins – there are some on campus and a few in local stores, including at Grill'd in Claremont.

# COMPLIMENTARY TRIAL OF THE LATEST HEARING AID TECHNOLOGY



Now you see it ...



Now you don't!

Conveniently located at Claremont Medical Centre

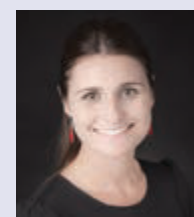
100% OBLIGATION FREE

**COMPLIMENTARY TRIAL**  
of the latest hearing aid technology

### People tell us we are different

We are an independent clinic who is health focused not sales focused. Come and enjoy the Vivid Hearing experience.

**CALL NOW** to secure an appointment  
Phone our Claremont clinic on **9286 1762**



Cate Page, BSc PGDipAud  
Principal Audiologist

NEW ACCOMMODATION



## ST CATHERINE'S

*on Park*






### Boutique Executive Apartments

Perfectly positioned between Kings Park and the Swan River, St Catherine's on Park has easy access to the City, local Hospitals, UWA and the cosmopolitan precincts of Hampden Road and nearby Claremont and Subiaco.

- Suitable for short and long-term stays (no minimum night stay)
- Complimentary breakfast
- Conference and business facilities available

**Information and bookings: (08) 9442 0585**  
**2 Park Road, Crawley WA 6009**

reservations@stcatherines.uwa.edu.au • www.stcatherines.uwa.edu.au



[www.vividhearing.com.au](http://www.vividhearing.com.au)

personalised hearing solutions

**Claremont Medical Centre**  
Level 1, 206 Stirling Highway  
CLAREMONT WA 6010  
**P: 08 9286 1762**

**Quarter @ Carine Glades**  
2/473 Beach Road  
DUNCRAIG WA 6023  
**P: 08 9447 6027**