

St Patrick's Day

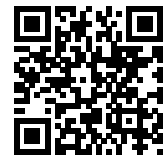


The Wyalkatchem CRC put on a marvalous High Tea for St Patrick's Day.

It seemed like the whole town turned up for the free High Tea.

A lot of work, by the CRC staff, went into making this an amazing event.

The decorations alone were stunning.



On arrival there were raffles, money boards and guess how many lollies were in a jar.

Once you secured your tickets, you were invited to take a seat and enjoy the atmosphere..

The tables were groaning with the choices of food elegantly displayed.

A delightful selection of hot dishes, sandwiches, and sweet and savoury canapés was sure to delight every palate.

The green theme was continued on some of the food.

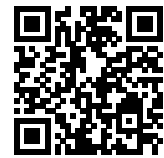
The lamingtons, which looked normal from the outside had green sponge inside and was very moist and delicious.

There were green decorated cup cakes and a delightful tasty cheese cake with lime jelly on top.

During the feast, CRC hosted two guest speakers who shared valuable insights on mental health."

The two speakers were Pharmisist Mark from Goomaling Pharmacy and Anthea from Mind Spot.

The theme was mental health and both speakers gave a very informative talk about grief, depression, PTSD and anxiety.



They informed the gathering about what signs to look for, how to assist someone who is struggling and passed on helpful tips and strategies to manage and improve stress levels and negative thoughts.

The information given was very informative and easy to understand.

There was live music, played on guitar by Robert Graham, he was playing in the background with requests testing Robert's memory,

The music was amazing and there weren't many request that stumped Robert, even Bat out of Hell was played with singing being provided by the giggling audience.

During Robert's breaks the raffles, money boards and guess the lolly jar, were drawn.

The winners were thrilled to win and continued on having an amazing time until it was time to leave.

Well done CRC.

Another fantastic event to stand along your other successes.