

Ningham News

POSTAGE
PAID
AUSTRALIA



WHATS ON

- 18 March—Shire Council Ordinary Meeting
- 30 March—Pool Season Closes



NINGHAN NEWS DEADLINE IS 1.00pm TUESDAY 17 March 2026

Proudly produced by the Shire of Trayning

Email: admin@trayning.wa.gov.au

Railway Street, Trayning WA

PO Box 95, Trayning WA 6488

Phone: 9683 1001 Fax: 9683 1040

OFFICE HOURS 8.30am to 4.00pm - Monday to Friday

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Shire of Trayning News and Updates



Council Meeting Dates 2026

Ordinary meetings of Council in 2026 will be held in the Council Chambers commencing at 4.00 pm, on the following dates –

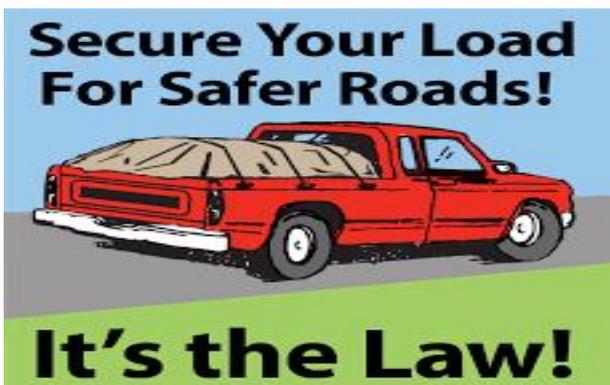
Ordinary meetings of Council are open to the public unless otherwise stated.

Meeting dates 2026

- Wednesday 18 February 2026
- Wednesday 15 April 2026
- Wednesday 17 June 2026
- Wednesday 19 August 2026
- Wednesday 21 October 2026
- Wednesday 16 December 2026
- Wednesday 18 March 2026
- Wednesday 20 May 2026
- Wednesday 15 July 2026
- Wednesday 16 September 2026
- Wednesday 18 November 2026

Any variations to start times or dates will be published on the Shire of Trayning Website, Shire of Trayning Facebook page and in the Ninghan News.

Peter Naylor
CHIEF EXECUTIVE OFFICER



Please secure your loads, not only is it dangerous to other motorists, it litters the road sides and harms wildlife.



Public Notice

Upcoming Road Works

The following roads works are scheduled to commence in the coming Months

Please note in an effort to minimize traffic interruption we are endeavoring to complete the re-sheeting works in the coming months.

Harrod Road - Shoulder works still in progress. March 2026

Sutton Road - Drainage - April 2026

Kununoppin / Mukinbudin Road - Reconstruction - February 2026

Kellerberrin / Bencubbin Road - Reconstruction - February 2026

No roads will be closed but expect delays, remember to plan your trip ahead of time and drive to road restrictions and conditions.

Paul Healy
Manager of Works

Better mental health
doesn't just happen



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actbelongcommit.org.au



Shire of Trayning News and Updates

You can now receive a Emergency Relief package at the Shire of Trayning Admin Office. Please contact Share and Care on 9622 2828 to arrange services.



EMERGENCY RELIEF

EXPANSION TO THE FOLLOWING TOWNS:

- Beverley
- Brookton
- Corrigin
- Cuballing
- Dumbleyung
- Kondinin
- Kulin
- Lake Grace
- Narrogin
- Pingelly
- Wagin
- Wandering
- West Arthur
- Wickipen
- Williams



ASSISTANCE MAY CONSIST OF:

- Coles or Food vouchers for closest possible Grocery Store
- Fuel Vouchers
- Food Hampers
- Assistance towards prescription glasses
- Gas Bottles for families with small children or clients with disabilities and/or aged.
- Bus or Train tickets to appointments in the Metro area
- Assistance with prescription medication
- Assistance towards Utility Accounts when referred via a Financial Counsellor
- Donated linen or household items (not furniture)

CONTACT TO BOOK AN APPOINTMENT

After a client has received full Emergency Relief Assistance three times, they will need to engage with the Share & Care Financial Counsellor before they can access additional Emergency Relief.



(08) 9622 2828



admin@shareandcare.com.au

Trayning Aquatic Centre

Season closure

Monday 30 March 2026

Trayning Aquatic Centre

Monday - Sunday 1:00pm to 7:00pm

Thursday & Friday Morning Swims 6:00am to 7:00am

Closed on Tuesdays

Kiosk Available



Public Notice

Mosquito Tablet

The Shire of Trayning is supplying a free mosquito tablet for your septic tanks, with your help we can decrease the number of mosquitoes in our Shire.

Collect your tablet today during opening hours 8:30am - 4:00pm
Monday - Friday from the Shire of Trayning Administration Office.

Peter Naylor
Chief Executive Officer



WHEATBELT AGCARE

Community Support Services Inc. (est. 1991)

FAMILY & INDIVIDUAL COUNSELLING SERVICE



CLARISSA PANIZZA: Phone 90 465 091 or Mobile 0488 465 081
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Nungarin Tammin Trayning Westonia & Yilgarn

DI MORGAN: Mobile 0488 964 255
Serving the Shires of: Dowerin Koorda & Wyalkatchem

CHRISTIE KINGSTON: Mobile 0461 387 412
Serving the Shire of Merredin

A Family Counsellor can assist you with:

- Adjusting to Separation
- **Anger Management**
- Coping with Grief and Loss
- **Domestic Violence Issues for Adults and Children**
- Learning to Manage Anxiety, Depression and Stress
- **Relationships: Family, Couples, Parent/Child, Parent/Adolescent and Mediation**
- Self Esteem, Personal Growth, Life Skills & Life Stage Issues
- **Sexual Abuse & Sexuality Issues**
- Suicide Prevention
- **Trauma**
- Work Related Issues

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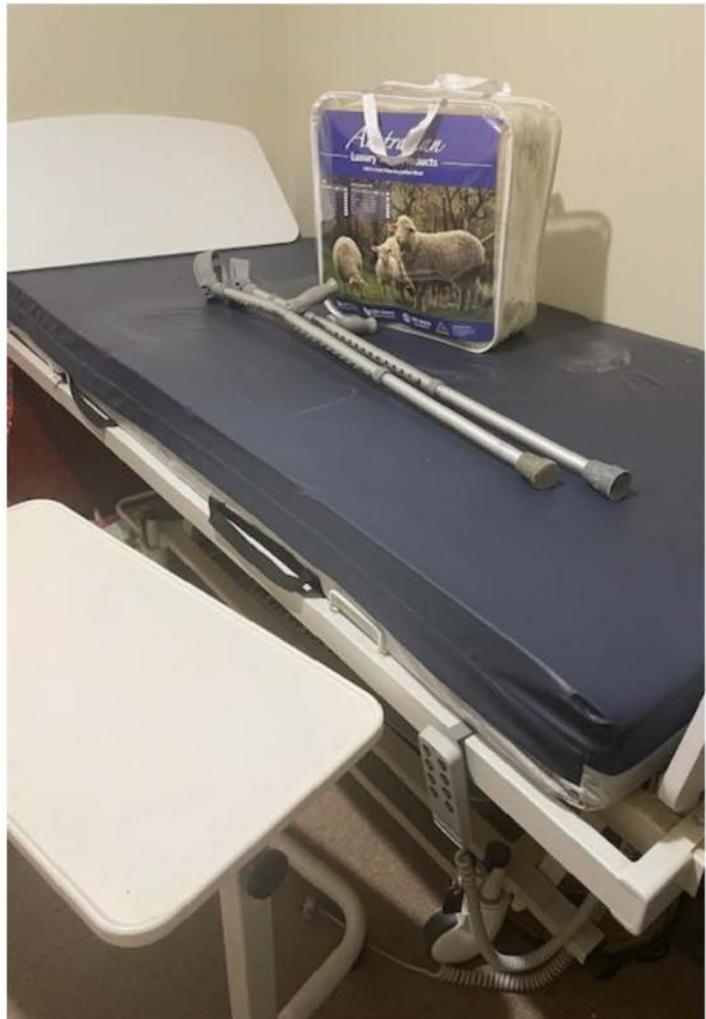
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Underlay

- ◆ Forearm Crutches
(Needs new rubber tips)

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Contact: Belinda 0427831051- Trayning

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WORD LIST

APRIL	FOAL
BUNNY	LAMB
CALF	MARCH
CHICK	MAY
EGG	NEST



Shire of Trayning News and Updates

*Your local voice
for Trayning!*

Here to help!

✉ lachlan.hunter@mp.wa.gov.au

Northam Office

☎ (08) 9622 2871

📮 PO Box 92, Northam WA 6401

🏠 185 Fitzgerald St, Northam

Merredin Office

☎ (08) 9041 1702

📮 PO Box 66, Merredin WA 6415

🏠 Old Town Hall, Mitchell St, Merredin

LACHLAN HUNTER MP

MEMBER FOR CENTRAL WHEATBELT



Authorised by L. Hunter, 185 Fitzgerald St, Northam WA 6401.



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WARRIOR WELLBEING ARTICLE

before it all gets too much
Talk to a Mate!!
REGIONAL MEN'S HEALTH

Making Sense of Diabetes

BY THE REGIONAL MEN'S HEALTH INITIATIVE
February 2026

The cells in our bodies such as those found in our muscles need energy to grow and do what they do. One source of energy starts when we eat carbohydrate rich food such as bread, pasta, rice, potatoes, fruit, milk and yoghurt. In a normal situation these foods are broken down in our digestive system into glucose, a sugar. This sugar is what is needed by the cells, but it can't get into them without a special key, *insulin*. Insulin is a hormone produced in the pancreas and its job is to regulate the amount of glucose in the blood.

In a person who has diabetes, one of two things happens. Either they do not produce enough or any insulin to regulate the amount of glucose (Type 1), or their body's cells don't respond to the insulin key (Type 2). The result for both these events is the same, there is a back-up of glucose in the bloodstream, i.e. *high blood sugar*. If our cells aren't getting the energy they need then we will naturally feel tired and rundown. Prolonged high blood sugar can cause serious complications resulting in damage to the organs of our body (the heart, kidneys, nervous system and eyes).

Type 1 is the least common form of diabetes and characterised by an early and sudden onset usually before the age of 20. In this instance a person's immune system destroys the cells in the pancreas that create insulin. As a result, these people need to inject insulin regularly to supplement the deficiency.

Type 2 is the most common form (above 80%) and usually a late gradual onset affecting adults. People with this condition produce enough insulin but their cells are not responsive and can't take up the glucose. There is usually a genetic link to the development of this form of diabetes, but

there is also a strong link with unhealthy lifestyle factors such as poor diet, smoking and being overweight (having a beer gut) and being inactive. Medication is available to treat this form of diabetes alongside recommended lifestyle changes.



We always encourage blokes to go and see their GP if they fit any of the above categories and/or have a family history of diabetes. This is especially important if they are experiencing any of the common symptoms of diabetes including constant thirst and peeing a lot, feeling run down a lot of the time, headaches, blurred vision and cuts that take ages to heal properly. Sometimes these symptoms can be quite mild in people who are in the early stages of developing diabetes (prediabetes).

If you have a family history of diabetes or concerns about any of the above symptoms don't wait, go and chat with your GP about having your blood sugar checked. It could save you a lot of grief down the track.

✕ @RMHI_4blokes

📍 Working with Warriors Podcast

🌐 regionalmenshealth.com.au



Public Notice



Central Wheatbelt Uniting Church Notices 2026

Sunday	8 March		Trayning	11am
Tuesday	10 March	Bible Study	Trayning	11am
Sunday	15 March		Kellerberrin	11am
Tuesday	17 March	Bible Study	Trayning	11am
Sunday	22 March		Trayning	11am
Tuesday	24 March	Bible Study	Trayning	11am
Tuesday	31 March	Bible Study	Trayning	11am

Community Minister:

Valda Knott OAM JP
Mob: 0488 253 490
Email: valmknott2@gmail.com

Please call Valda if you need help of any kind

All Dates May change, will advise if so.

Psalm, 16 Chapter 11:
God, you show me the path of life.
In your Presence. There is fullness of joy.



Trayning Community Shop

ALL MONEY STAYS IN THE COMMUNITY!!

Opening

Thursday & Saturday
10:00am to 12:00pm

Come in and have a look.....
....You never know what you might find!

Out of hours shop can be opened if needed by:
Anna Ricetti on 0408 099 315
Vikki on 0451 501 961



MARCH

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 Ordinary Council Meeting	19	20	21	22
23	24	25	26	27	28	29
30 Pool Season Ends	31					