

**BRMC Newsletter - August 2019** 

# **Ballarat Regional Multicultural Council**

Dear Members,

Welcome to our monthly newsletter and update on events and opportunities. Do you want to start your own business? Note that there is still time for women from refugee and migrant backgrounds to register for the NEW Stepping Stones to Small Business Program that will commence in the last week of August. Visit the <a href="BSL website">BSL website</a> or contact our office on 03 5383 0613 if you would like to learn more.

We are also moving closer to the INTERKULTURA Football Tournament so put that in your diary for 18 - 19 October and contact Elisabeth at our office if you would like to be a volunteer at the tournament.

Multicultural Tucker is on again this week and Diversity Homework Club is up and going for Term 3.



Stepping Stones to Small Business is a micro-enterprise program for women from CALD backgrounds.

#### The program includes:

- A five-day Empowerment Program discover your strengths and gain financial literacy skills to choose your pathway to small business, employment or education.
- Serious about small business? We offer a 10-day small business course tailored for women from refugee and migrant backgrounds.
- · Mentor support to achieve your goals.
- Referral pathways for employment and education opportunities.

#### FOR MORE INFORMATION OR TO APPLY:

phone 03 5383 0613 or email d.dekuek@brmc.org.au

# INTERKULTURA

WELCOMING INCLUDING CONNECTING DIVERSE COMMUNITIES IN REGIONAL VICTORIA



# BENEFIT

FRIDAY 18 OCTOBER 2019

- Ticketed event
- Keynote address by Craig Foster
- Community dialogue led by Craig
- Multicultural banquet
- Live music and dance
- Fundraising

# **FESTIVAL**

**SATURDAY 19 OCTOBER 2019** 

- All welcome all day
- Opening address by Craig Foster
- Championship for invited teams from diverse regional communities
- · Free Street Soccer
- · Free football skills workshop for girls
- Community activities





#### BRMC are seeking Volunteer Drivers to

transport seniors to and from events in a BRMC vehicle. Volunteers must hold a current Victorian Driver's Licence.

If you are interested in volunteering at BRMC, or know someone who is, please contact Teresa on 03 5383 0613 or <a href="mailto:teresa@brmc.org.au">teresa@brmc.org.au</a>



#### **Forthcoming Events**

- BMA Blood Donor Campaign
- Aboriginal Astronomy
- · Bite Size Cooking Skills Pakistani and Bangladeshi Food
- Multicultural Festivals and Events Grants Ballarat Information Session
- Ballarat Italian Film Festival (BIA)
- BRIC Independence Day Celebration
- Language Cafe August 2019
- · FASCOBI Father's Day Celebration
- · Holistic Health & the Positive Influence of Faith
- 2019 FECCA Conference
- INTERKULTURA Football Tournament

#### **Events in Review**

- · BRMC Singing Group with Stella Savy
- · This Girl Can Victoria

#### **Quick Program Updates**

- · Migration and Settlement Services
- · Migrant English Program
- · Senior Services

#### Opportunities & Items of Interest

- · Stepping Stones Program
- Good Governance Program
- Victoria Police Diversity Recruitment Program
- African Australian Inclusion Program
- safeTALK Training Free to All
- · Mental Health First Aid Training
- Safer Pathways Project
- Ararat Islamic Community Centre (AICC)
- · Steps to Settlement Success: A Toolkit for Rural and Regional Communities

# **Forthcoming Events**

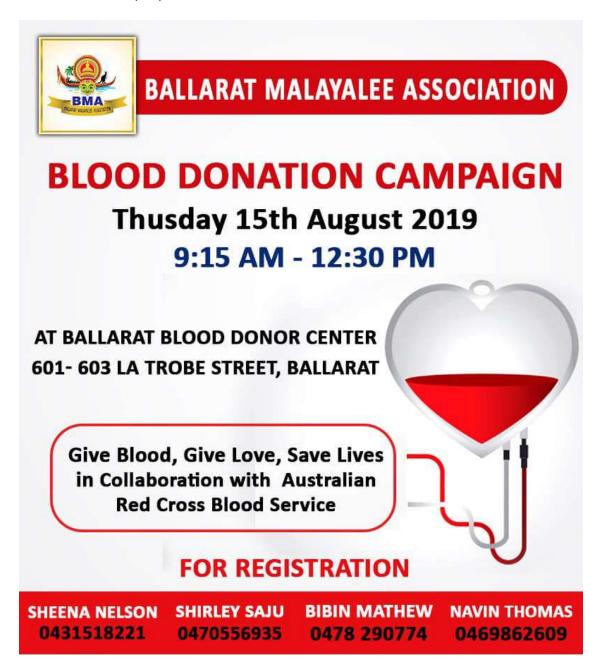
### **BMA Blood Donor Campaign**

Thursday 15th August, 9.15am - 12.30pm

#### **Member Event**

The Ballarat Malayalee Association Inc. (BMA) are conducting a Blood Donor Campaign on Thursday 15th August (Independence Day) in collaboration with Australian Red Cross Blood Service.

Please kindly join us on this day and be part of this great cause which aims at making a difference in other people's lives.



# **Aboriginal Astronomy**

Friday 16th August, 6.30pm - 8pm

Venue: Ballarat Library, 178 Doveton Street N, Ballarat



Astrophysics student and Kamilaroi woman, Krystal De Napoli shares with the audience ways Indigenous Australians encode scientific information in their traditions and how this knowledge is passed to successive generations. This session features videos of dances, songs and interviews with elders.

Suitable for all ages.

Bookings essential: <a href="https://www.eventbrite.com.au/e/aboriginal-astronomy-tickets-63500792580">www.eventbrite.com.au/e/aboriginal-astronomy-tickets-63500792580</a>

\*\*CANCELLATIONS: If you discover that you're unable to attend this program, please contact the Ballarat Library to cancel which allows others to have the opportunity to attend.

Phone: 03 5338 6850

Email: ballaratlibraries@ballarat.vic.gov.au

# Bite Size Cooking Skills - Pakistani and Bangladeshi Food

Saturday 17th August, 10am - 3pm

Venue: Ballarat Neighbourhood Centre,11 Tuppen Drive Sebastopol

A hands on course covering the basics of cooking. Each class you will learn key cooking skills such as making the perfect Victoria sponge and scones; sweet jams and chutneys; flaky pastry and 'al dente' pasta to name a few. Recipes, lunch, tea and coffee will be provided.

There is a different theme each month so contact Reception to find out what is coming up. Do one class or do them all. Bookings are essential.



August: Pakistani and Bangladeshi food taught by Salwa and Sumi

Cost: \$65 per class

Phone: 03 5329 3273

Email: reception@ballaratnc.org.au

Website: www.ballaratnc.org.au/training-and-courses.php

# **Multicultural Festivals and Events Grants - Ballarat Information Session**

Wednesday 21st August, 6pm - 8pm

Venue: Ballarat Town Hall (Trench Room), 225 Sturt Street, Ballarat

Register: <u>www.eventbrite.com/e/ballarat-information-session-multicultural-festivals-and-events-grants-tickets-66154232089</u>



The Multicultural Festivals and Events (MFE) program encourages participation of the whole Victorian community in festivals and events to celebrate and embrace our vibrant multicultural diversity.

The focus of the session will be to support applicants to develop quality applications for the Multicultural Festival and Events 2019-20 Round Two for cultural celebrations, festivals and events held between 1st January 2020 – 30th June 2020.

Applications are from 31 August 2019 and close midnight 6 September 2019. Visit <a href="https://www.multicultural.vic.gov.au/grants">www.multicultural.vic.gov.au/grants</a>

#### **Ballarat Italian Film Festival**

Friday 23rd August - Saturday 24th August

#### **Member Event**

4 excellent Italian films (with English subtitles). All tickets - \$10 per film.

Buy Tickets: www.showbizcinemas.com.au/Page/Ballarat-Film-Festival



## **BRIC Independence Day Celebration**

Saturday 24th August, 12pm - 4pm

#### **Member Event**

Venue: 121 Gillies St, Ballarat

Ballarat Region Indonesian Community (BRIC) invites you to our Independence Day Celebration and to





# **Language Cafe - August 2019**

Thursday 29th August, 4pm - 5.30pm

The Language Cafe aims to regularly bring people from all walks of life together to chat in different languages, improve English conversation skills, make new connections and share culture, food and interests in an informal and inclusive environment.

Follow Ballarat Libraries on Facebook to keep up-to-date with all event news.

Register online: www.eventbrite.com.au/e/language-cafe-tickets-62964593795



# **FASCOBI Father's Day Celebration**

Saturday 7th September, 6pm

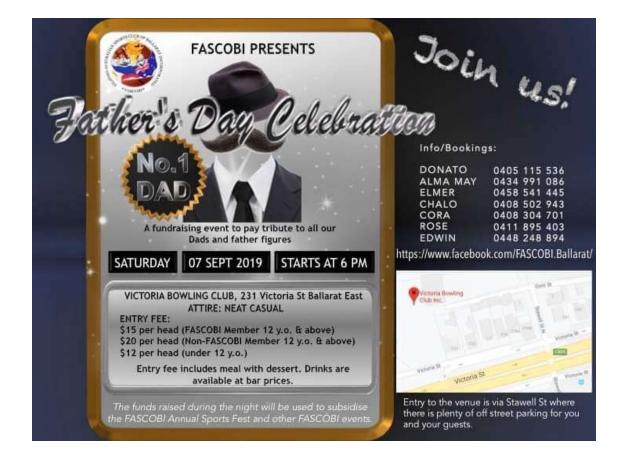
#### **Member Event**

Venue: Victoria Bowling Club, 231 Victoria St, Ballarat

Come and support the Filipino Australian Sports Club of Ballarat Inc.

This night is a fundraising event to pay tribute to all our Dads and Father figures. It will be an evening of fun, food, music, dance and live performances.

Attire: Neat casual

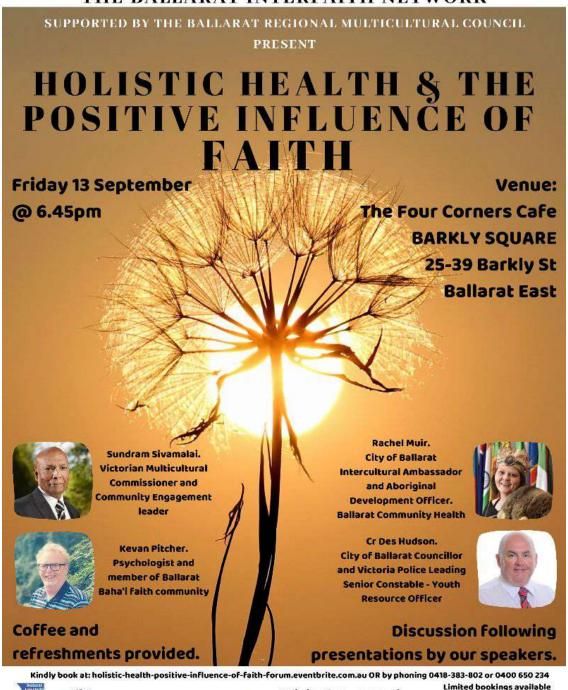


#### Holistic Health & the Positive Influence of Faith

Friday 13th September, 6.45pm

Kindly book at: <u>holistic-health-positive-influence-of-faith-forum.eventbrite.com.au</u> or by phoning 0418 383 802 or 0400 650 234 - Limited bookings available.

#### THE BALLARAT INTERFAITH NETWORK











This is a free community event, however donations are always welcome.

2019 FECCA Conference

9 - 11 October 2019

Learn about new and emerging issues in the CALD space, migrant-indigenous relations, and healthy ageing, all while enjoying the beautiful sights of Hobart at this year's FECCA Conference.

Buy Tickets: www.fecca2019.com.au/registration-accommodation



#### **INTERKULTURA Football Tournament**

18 - 19 October 2019



Interkultura Ballarat was created by Ballarat Regional Multicultural Council and Ballarat City Football Club to welcome, include and connect diverse regional communities in friendship through football.

In February 2019 around 100 players from 7 rural, regional and suburban satellite locations participated in a pilot event at Ballarat's premier Regional Soccer Facility. Karen, Hazara, Rohingyan and diverse African ethnic communities were represented. Enthusiastic feedback from participants and multicultural agencies called for an annual regional event.

An enhanced Interkultura Benefit and Community Festival is scheduled for 18 - 19 October 2019. Over 150 players from 12 Victorian emerging ethnic communities will participate. Interkultura October 2019 will offer additional opportunities for girls and young women, community dialogue, youth training, internships and fundraising.

Current supporting partners include the State Government of Victoria, City of Ballarat, Football Victoria and Centre for Multicultural Youth.

There are several Sponsorship Packages available. To discuss your Partnership with the Interkultura event team please contact Elisabeth on 03 5383 0613 or <a href="mailto:welcome@brmc.org.au">welcome@brmc.org.au</a>

**Events in Review** 

# **BRMC Singing Group with Stella Savy**

Music really is therapeutic! We had a fantastic start to the day on Tuesday 23rd July with the talented Stella Savy and our new BRMC Singing Group.

Tuesday mornings, 9.30am - 10.30am Brown Hill Cricket Club, Reid Court, Brown Hill

Why not give it go! Call Teresa on 03 5383 0613.





#### This Girl Can - Victoria

BRMC was proud to support the 'This Girl Can - Victoria' initiative, held by Delacombe QuickFit on Monday 29th July.

The event was an opportunity to encourage more women and girls to participate in sports and join fitness clubs. Current research by VicHealth suggests that less women attend mixed gyms than their male counterparts. One of the many reasons is that gyms can be an intimidating environment and not conducive or supportive for women. Let's be part of the change and make gyms accessible for all as well as supportive, empowering and inclusive.



# **Quick Program Updates**

# **Migration and Settlement Services**

#### **Diversity Homework Club**

Diversity Homework Club provides homework support for primary and secondary school students in a supervised venue with trained tutors.

Homework Club gets together every Wednesday at the Ballarat Library 3.30pm - 5.30pm during school terms.

The program for potential volunteers will be coming soon.



If you would like to attend or enquire please contact Deruka Dekuek on 03 5383 0613 or email d.dekuek@brmc.org.au

#### **Volunteer Tutors Needed**

Diversity Homework Club is looking for tutors in all subjects, to help refugee students with their homework.

If you are interested or know anyone that can help, please contact BRMC on 03 5383 0613.

## **Migrant English Program**

#### **Community Volunteer Tutoring**

Want to get FREE English tutoring?
Register for the BRMC Migrant English Program!

Want to give back to the community?

Become a community volunteer tutor! Register and receive FREE training.

Trained volunteer tutors assist BRMC in providing help with the English Language for people who have migrated to Australia. The program provides Individual Tuition for Eligible Clients.

We can provide information about English tutoring and conversation classes available in the Ballarat region.

For more information please contact Sara on 03 5383 0613 or email mep@brmc.org.au

# Migrant English Program

# Make a difference

Register to be a Volunteer Tutor Contact Sarabjit Kaur Email: mep@brmc.org.au P (03) 5383 0613











#### **Senior Services**

BRMC is delighted to introduce some exciting new programs for our senior clients: Seasonal Lunches, Singing Group and Tai Chi Classes.

#### **Multicultural Tucker**

Our seniors rugged up and braved a Ballarat Winter day to attend Multicultural Tucker with a



lovely Japanese cuisine. A wonderful afternoon together sharing food, music and laughter.

We will enjoy a Croatian theme at our August MCT.

**Friday 16th August at 12pm** at the Victoria Bowling Club, 231 Victoria St, Ballarat East



To find out more about Tucker or if you are eligible for Senior Services, contact Teresa on 03 5383 0613.

#### **NEW! - Seasonal Lunch**

Join us for a delicious two-course lunch: Winter Warmer



Wednesday 28th August at 12pm Victoria Bowling Club, 231 Victoria St, Ballarat East

Cost: \$8

Bookings essential - limited numbers. Call Teresa on 03 5383 0613.

#### **Social Hub**

Our seniors enjoyed a variety of fun activities at the July Social Hub.

Would you like to get involved? Why not come along to one of our Social Hubs and join a board game / quiz / craft activity or simply enjoy a lovely afternoon tea and chat.







Our next Social Hub is on **Tuesday 20th August**, **1.30pm - 3.30pm** at the Victoria Bowling Club.

Cost is \$2. Bookings are essential! To book please call Teresa on 03 5383 0613.

#### **Health & Wellbeing Day**

We enjoyed two informative presentations from a UFS Pharmacist and Ballarat Community Health Dietitian along with a Chair-Based Yoga session. What a full day of fun and laughter we shared.

Find out if you are eligible for Senior Services by calling Teresa on 03 5383 0613.







#### **Bus Trip**

#### Wednesday 18th September

Join BRMC on a journey to the magnificent Dandenong Ranges where we will delight in a lovely morning tea at the Grants on Sherbrooke Cafe. Don't miss out on this wonderful opportunity to feed the wild birds!

We will then make the short trip to the Micawber Tavern in Belgrave where we'll enjoy a two-course lunch.



To book please call Teresa or Helen on 03 5383 0613.

#### **NEW! - Singing Group with Stella Savy**

Tuesday mornings, 9.30am - 10.30am

Venue: Brown Hill Cricket Club, Reid Court, Brown Hill





# BRMC Singing Group with Stella Savy \$2

Together we can make music!

Tuesday mornings 9.30am to 10.30am

Come on and give it go!

Call Teresa to register 5383 0613

Stella Savy singular blend of funk, soul, reggae and ska is unlike any other performer in Australia. Her original music is influenced by her Seychelle Island heritage—the sound of the island fused with reggae and ska guitar rhythms.

Her original material showcases her talent as a songwriter and vocalist. Her expressive and soulful vocal style captivates audiences all over Australia. Stella has been a professional musician for over 20 years.

A multi-instrumentalist, Stella is renowned percussionist and

A multi-instrumentalist, Stella is renowned percussionist and vocalist.



#### **NEW! - Tai Chi Classes**

Thursday mornings, 10.30am - 11.30am

Venue: Brown Hill Cricket Club, Reid Court, Brown Hill



# BRMC Tai Chi Classes

Brown Hill Cricket Club: Reid Court Brown Hill Dates: AUGUST 1st, 8th, 15th, 22nd, 29th SEPTEMBER 5th, 12th &19th

Thursday mornings 10.30am to 11.30am

[8th August/afternoon session]



#### Here are 12 amazing benefits of Tai Chi for seniors:

- 1. Relieves physical effects of stress
- 2. Promotes deep breathing
- 3. Reduces bone loss in menopausal women
- 4. Improves lower body and leg strength
- 5. Helps with arthritis pain
- 6. Reduces blood pressure
- 7. Requires mind and body integration through mental imagery
- 8. Accumulates energy by releasing endorphins rather than depleting it
- 9. Enhances mental capacity and concentration
- 10. Improves balance and stability by strengthening ankles and knees
- 11. Promotes faster recovery from strokes and heart attacks
- 12. Improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's

Limited places
To register call Teresa
5383 0613



\$5

Ballarat Regional Multicultural Council respectfully acknowledges the Wadawurrung and Dja Dja Wurrung people - traditional custodians of the land on which we live

Want to see BRMC deliver MORE programs for seniors?

Get in touch and tell us what YOU want.

# **Opportunities & Items of Interest**

## **Stepping Stones Program**

The Stepping Stones Program is starting on August 27th and we are currently recruiting women from refugee and migrant communities.

Stepping Stones to Small Business is a microenterprise program for women from CALD backgrounds as well as those over the age of 50. Stepping Stones builds upon the women's existing strengths by providing education and training about small business in Australia.



Through a suite of culturally-tailored training, workshops, mentoring and holistic support, the program supports women over three years to:

- · Increase their business skills and knowledge of business in Australia;
- · Increase their financial capabilities;
- Enhance their economic and social participation, as well as networks in the wider community; and
- In the last two years, reach key milestones towards establishing a small business.

The program is auspiced by and part of the Brotherhood of St Laurence's (BSL) work to achieve the full social and economic inclusion of refugees in Victoria. BSL will centrally coordinate the state-wide delivery and evaluation of this program. The Ballarat Regional Multicultural Council is a local delivery partner for this program which will be open to women in Ballarat and the broader North West region of the state.

For more information or to **Apply Online** visit: <a href="www.bsl.org.au/services/refugees-immigration-multiculturalism/stepping-stones">www.bsl.org.au/services/refugees-immigration-multiculturalism/stepping-stones</a>

### **Good Governance Program**



Are you someone who wants to make a difference in the community?

Would you like to help and empower community organisations be their best?

If the answer is yes, then this is your opportunity to utilise your skills and experience to make a real difference to new, emerging and established community organisations in matters relating to Good Governance.

This initiative is hosted by local peak bodies, councils and community development organisations, and it is free for community groups to take part. BRMC is the host for the Good Governance Program in Ballarat.

Under this program, trained volunteers skilled in governance are matched with small community organisations. These volunteers act

as mentors over 12 months, working with the entire governing committee to empower the organisation, making sure the organisation gets the individualised support to overcome challenges and reach the set goals.

Free training will be provided to the mentors. A brochure with detailed information for

mentors is available on our website: Good Governance - Mentor Information.

If you are interested in taking part in Good Governance as a participating group or mentor or would like more information about the program, please contact Hemraz at the BRMC Office on 03 5383 0613 or GoodGov@brmc.org.au

# Victoria Police Diversity Recruitment Program Expressions of Interest Now Open

The Victoria Police Diversity Recruitment
Program seeks to increase the representation of
African-Australians from refugee and other
backgrounds in Victoria Police. This new
program focuses on the challenges
encountered by African-Australians who apply
to Victoria Police. The program is designed to
assist and provide support to applicants.

For more information and to register an expression of interest to participate in the Victoria Police Diversity Recruitment Program,



please complete the Expression of Interest form on www.victoriapolicediversity.org.au

## **African Australian Inclusion Program**

45 roles available - Apply now!

Jesuit Social Services in partnership with National Australia Bank (NAB) are pleased to announce that applications are now open for the latest round of the African Australian Inclusion Program (AAIP) in Victoria and New South Wales!



The AAIP provides six months of paid, supported work experience at NAB for qualified African-Australians who are facing barriers in finding work in their chosen field due to a lack of local experience. We help to overcome this challenge by offering work experience in professional business roles in a range of different areas at NAB.

For more information and to apply visit

https://jss.org.au/aaip

Applications close midnight Wednesday 14th August 2019.

# safeTALK Training - Free to All

safeTALK is a three-hour suicide alert workshop. This session is free to attend as it is funded by the Ballarat & District Suicide Prevention Network, through a community grant from the Central Livestock Exchange.

This event is supported by the Ararat Suicide Prevention Network, AME Systems and the Grampians Pyrenees Primary Care Partnership.

Date: Wednesday 14th August



Time: 5.30pm - 9pm

Location: AME Systems (Training Room) Address: 18 Gordon Street, Ararat VIC



This training is important for everyone over the age of 16, so our community is aware, alert, informed, capable and responsive to prevent suicide.

Places are limited so please register ASAP! <a href="https://www.eventbrite.com.au/e/a-suicide-alert-workshop-safetalk-august-14-2019-ararat-tickets-65083892675">www.eventbrite.com.au/e/a-suicide-alert-workshop-safetalk-august-14-2019-ararat-tickets-65083892675</a>

# **Mental Health First Aid Training BGT Short Course**

Mental Health training teaches participants how to assist someone who is developing a mental health problem or in a mental health crisis. This training can be used for professional development, continuous education, manager support or general awareness.

Date: Tuesday 20th August

Time: 9am - 3pm Cost: \$270

Venue: Barkly Square, 25-39 Barkly St, Ballarat

If you are interested in obtaining a spot in the course call BGT on 03 5333 8600.



# **Safer Pathways Project**

Safer pathways for refugee and immigrant women experiencing family violence.



Funded by the Department of Social Services, the Safer Pathways project provides access to culturally appropriate support to refugee and immigrant women who are experiencing or are at risk of domestic violence or sexual assault. The project links these women with mainstream family and domestic violence or sexual assault services, as well as other service providers in regional areas.

For more information visit the Ballarat Community Health website: <a href="https://bchc.org.au/services/refugee-immigration-support/safer-pathways-program">https://bchc.org.au/services/refugee-immigration-support/safer-pathways-program</a>

## **Ararat Islamic Community Centre (AICC)**

Ararat Islamic Welfare Association (AIWA) is excited to announce that the Ararat Islamic Community Centre (AICC) building project started on Friday 19th July. The project is scheduled for completion in April 2020.

This building will cater the entire community of Ararat and wider community of Victoria.

# **Steps to Settlement Success: A Toolkit for Rural and Regional Communities**

This toolkit has been developed to respond to the information needs of rural and regional communities looking to settle migrants locally, be they migrants coming in from big Australian cities or overseas, entrants to Australia on skilled working visas or on humanitarian grounds.

Download the toolkit: www.regionalaustralia.org.au/home/migration-toolkit



#### Reminder

It is helpful if we receive RSVP for activities and events. This helps us to deliver a quality service for all. RSVP to 03 5383 0613 or info@brmc.org.au

#### Volunteering

We often need a helping hand and every volunteer is valued. We have various positions available and everyone can find the perfect position to suit them.



**Currently seeking:** Volunteer Drivers to transport seniors to and from events in a BRMC vehicle. Volunteers must hold a current Victorian Driver's Licence.

If you are interested in volunteering at BRMC, or know someone who is, please contact Teresa on 03 5383 0613 or <a href="mailto:teresa@brmc.org.au">teresa@brmc.org.au</a>

Visit our website for more information: www.brmc.org.au/get-involved

#### **BRMC Contact Details**

**Ballarat Welcome Centre** 25 - 39 Barkly St, Ballarat VIC 3350

Phone: 03 5383 0613 Email: info@brmc.org.au

Facebook Page

www.facebook.com/brmc.ballarat



**Website** Visit <u>www.brmc.org.au</u>



BRMC respectfully acknowledges the Wadawurrung and Dja Dja Wurrung people, their elders and community leaders, past, present and emerging - traditional custodians of the land on which we live and work.







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