

**BRMC Newsletter - September 2019** 

# **Ballarat Regional Multicultural Council**

Dear Members,

Spring greetings to you all. We are promoting plenty of September events and opportunities below, including this weekend and next week.

BRMC staff team are looking forward to working closely with the Ballarat Centre for Multicultural Youth (CMY team) now that they are just down the hall at Barkly Square. Also at Barkly Square; Ballarat Toy Library, Ballarat Wholefoods Collective, our own Stepping Stones Women's Business Program have moved in and the community Radio Station is due to move in the next month. A morning tea and fashion parade will light up the place on 25 September (see below).

Ballarat Welcome Centre community hall is being painted and repaired and we hope to be offering the venue to members and community by the end of this month. Watch <u>Facebook</u> and our next newsletter for more news on the Ballarat Welcome Centre and Interkultura Football Tournament on 18 and 19 October - gala dinner and a great community event. Also remember the Twilight Market will be back from November.

Ann Foley Executive Officer

## **Forthcoming Events**

- · Make Your Move Ballarat
- · Ganesh Chaturthi and Janmashtami Festival
- FASCOBI Father's Day Celebration
- Tecber Ahmed Saleh's Talk
- NDIS Community Info Session Ballarat
- · Holistic Health and the Positive Influence of Faith
- Ponnonam 2019
- · Mooncake Festival
- Morning Tea & Fashion Parade
- Language Cafe September 2019
- 2019 FECCA Conference
- Diverse Voices Storytelling Workshop
- INTERKULTURA Football Tournament
- · House of Welcome Garden Party

#### **Quick Program Updates**

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

#### **Opportunities & Items of Interest**

- Vivienne Nguyen New VMC Chairperson
- Good Governance Program
- · Women's Board Leadership Program
- Working in Australia Program
- · Fit for Work Training
- · CMY Ballarat Has Moved
- Girl Space

#### **Events in Review**

- BMA Blood Donor Campaign
- · Ballarat Italian Film Festival
- Indonesian Independence Day Celebration

# **Forthcoming Events**

#### **Make Your Move Ballarat**

Saturday 7th September, 9am - 1pm

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



Make Your Move is a free event for women in Ballarat as part of Women's Health Week. This is an opportunity for women to invest in their own health - there will be sessions and classes promoting physical activity, mental health and mindfulness and healthy eating. Guest speakers will share their knowledge and experience on a range of women's health topics, and there will be a Wellbeing Space to relax with a short massage or get a health check from a qualified nurse.

Bookings required. Visit <a href="http://bit.ly/Make-your-move-tickets">http://bit.ly/Make-your-move-tickets</a> to register.

Please contact YMCA for more information on ballarat@ymca.org.au or 03 4311 1500.

### **Ganesh Chaturthi and Janmashtami Festival**

Saturday 7th September, 11am - 3pm

#### **Member Event**

Venue: BHTCC Building, 79 Vaggs Rd, Ross Creek

Join Ballarat Hindu Temple and Cultural Centre (BHTCC) in celebrating Ganesh Chaturthi (Vinayaka Chavithi) and Sri Krishna Janmashtami. It is a very special event as it is the first public event at BHTCC's very own place.



# **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



# **Techer Ahmed Saleh's Talk**

Monday 9th September, 12pm - 1pm

Venue: Ballarat Trades Hall, 24 Camp St, Ballarat

# **Techer Ahmed Saleh's Talk**



Techer speaks up for the plight of her people in Saharawi refugee camps in south-west Algeria, where she works in the Ministry of Health, and where she was born.

She will talk about life in the camps and the larger political issues facing Western Sahara.



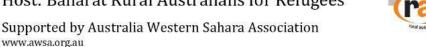
12noon - 1pm Monday 9th September

Ballarat Trades Hall, 24 Camp St. Ballarat.

All Welcome

Free Event

Host: Ballarat Rural Australians for Refugees





# **NDIS Community Info Session - Ballarat**

Tuesday 10th September, 11am - 2pm

Venue: Oscar's Hotel and Café Bar, 18 Doveton Street South, Ballarat





The National Disability Insurance Agency is holding an information session for people with disability, family members and carers to educate and support a person through their National Disability Insurance Scheme (NDIS) journey.

The session will assist potential and existing participants to understand and access the NDIS, and to use their plans to become informed and empowered NDIS users.

Places are limited so it is essential that people register on Eventbrite: www.eventbrite.com.au/e/vic-ballarat-your-ndis-journey-tickets-68919755845

# Holistic Health & the Positive Influence of Faith

Friday 13th September, 6.45pm

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

#### THE BALLARAT INTERFAITH NETWORK



Kindly book at: holistic-health-positive-influence-of-faith-forum.eventbrite.com.au OR by phoning 0418-383-802 or 0400 650 234

Limited bookings available









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

## Ponnonam 2019

Saturday 14th September, 9.30am - 9pm

#### **Member Event**

Venue: St. Patrick's Cathedral, 3 Lyons St South, Ballarat

The Ballarat Malayalee Association invites you to our Ponnonam 2019.

We will be welcoming you with Thalapoli, Chendamelam, Pulikali, Maveli, Poookkalam, followed by various cultural programs organised by our children and friends. One of the special events of this year's celebration is the official launch of the BMA website. The highlight of the day is the Grand Sumptuous Onasadya prepared by our friends in the BMA.

Please join us for one of the biggest annual celebration of our community in Ballarat and enrich our celebration.



#### **Mooncake Festival**

Saturday 14th September, 11am - 7pm

#### **Member Event**

Venue: Art Gallery of Ballarat, 40 Lydiard St North, Ballarat



Bring your family and friends along to celebrate traditional Mooncake Festival this year at Art Gallery of Ballarat. The Mooncake Festival, also known as the Moon Festival, is one of the most important events in the Chinese calendar.

This year the Chinese Australian Cultural Society Ballarat is celebrating this special occasion by launching a family and cultural oriented event. Come and experience traditional moon festival activities including lantern making, lion dancing, cultural performances, Chinese brush painting workshops and more.

# **Morning Tea & Fashion Parade**

Wednesday 25th September, 10am - 12pm

# Ballarat Regional Multicultural Council and the Ballarat Refugee and Asylum Seeker Network present







# **MORNING TEA**



+ PARADE OF CULTURES FASHION PARADE

WED 25 SEPT, 10 - 12PM

Four Corners Cafe 25-39 Barkly Street



\$20 for Tea and Cake, Kids Eat Free







Cultural Dress Encouraged - RSVP to BRMC on 5383 0613

Funds raised will go to BRASSN and Will directly support Ballarat refugees and asylum seekers in need.

Thank you for your support.





# Language Cafe - September 2019

Thursday 26th September, 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-69269054607



# **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



# **Diverse Voices Storytelling Workshop**

Thursday 17th and 24th October, 6.30pm - 9.30pm

Venue: Siteworks, 33 Saxon St, Brunswick

Apply by 5pm Tuesday 17th September.

Please send a paragraph about yourself and why you'd like to be part of this workshop to Bel Schenk at bel@welcoming.org.au

# Storytelling Workshop

Storytelling and skills development workshop for diverse voices

Thursday 17 and 24 October, 2019 6.30-9.30pm

Siteworks 33 Saxon Street, Brunswick

#### Do you want to tell your own story?

In this workshop series Storyteller Sista Zai Zanda will take you through story crafting techniques and methods. In a small group you will increase your confidence and develop stories about yourself that illuminate not only the journey of coming to Australia, but the experience of living here and participating in everyday life. You might not yet know what your story is.

With an aim to develop new speakers to present at Welcoming Australia's recurring event, Campfire Stories, we anticipate that these workshops will lead to professional opportunities in the future.



Sista Zai Zanda

#### Apply by 5.00pm Tuesday 17 September

Please send a paragraph about yourself and why you'd like to be part of this workshop to Bel Schenk at bel@welcoming.org.au

Participants will be reimbursed for their time and travel cost.

welcoming.org.au





# **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.

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.

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="welcome@brmc.org.au">welcome@brmc.org.au</a>

# **House of Welcome Garden Party**

Sunday 24th November, 2pm

#### Save the Date

House of Welcome is hosting their annual garden party to support refugees, and local people and families, who are seeking asylum.

Winner of the major holiday competition will be drawn on the day. **Tickets \$2 each** - available now and on the day - books available to sell.



COMPETITION - 2 nights for 2 people at Grand Pacific Hotel, Lorne Luxury room with sea view, spa, \$100 meal voucher

For enquiries contact 0401 175 045 or annekav1234@gmail.com

# **Quick Program Updates**

# **Stepping Stones Program**

The Stepping Stones to Small Business Program has launched in Ballarat!

Stepping Stones aims to educate women from migrant, refugee and asylum seeker backgrounds about money and build their understanding of how to start a small business in Australia. It also



aims to teach business and government leaders about how micro-businesses help refugee and migrant women, and why communities need more of these small businesses.



The program runs on Tuesdays, 9.30am - 3pm at Ballarat Regional Multicultural Council: 25 - 39 Barkly St, Ballarat.

# **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.

Please contact Deruka on 03 5383 0613 or email <a href="mailto:d.dekuek@brmc.org.au">d.dekuek@brmc.org.au</a> if you would like to enquire.

#### **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.

For more information please contact Sara on 03 5383 0613 or email <a href="mailto:mep@brmc.org.au">mep@brmc.org.au</a>

# 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**

#### **Multicultural Tucker**

Our seniors enjoyed a Croatian theme at our August Multicultural Tucker with delicious Croatian style crepes for dessert. Yum!

We are looking forward to a **Filipino** theme at our September MCT.

Wednesday 11th September at 12pm at the





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

#### REMINDER: MCT is back to being held on Wednesdays.

#### **NEW! - Seasonal Lunches**

BRMC kicked off our first Seasonal Lunch with a Winter Warmer! The event was a great success with 57 seniors attending the lunch.

At our next Seasonal Lunch we will welcome spring with a **Spring Blossom** theme.



Wednesday 25th September at 12pm Victoria Bowling Club, 231 Victoria St, Ballarat East

Cost: \$8

Bookings essential. Call Teresa on 03 5383 0613.

#### **Social Hub**

Our seniors enjoyed a lovely afternoon potting up herbs and flowers at the August Social Hub. Thank you to all who attended







Our next Social Hub is on **Tuesday 17th September**, **1.30pm - 3.30pm** at the Victoria Bowling Club.

Cost is \$2. Bookings are essential! To book please call 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! - 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



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

\$5

Get in touch and tell us what YOU want.

# **Opportunities & Items of Interest**

# **Vivienne Nguyen - New VMC Chairperson**

Community advocate and experienced business leader Vivienne Nguyen has been appointed as Chair of the Victorian Multicultural Commission.

Ms Nguyen brings more than 25 years of experience in the corporate, community and public sectors to the role, with a strong background in promoting the social, cultural and economic benefits of multiculturalism, and in advocating for the needs of Victoria's diverse communities.



Read more: www.multiculturalcommission.vic.gov.au/vivienne-nguyen-announced-our-new-chairperson

# **Good Governance Program**



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.

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 - <u>Good Governance</u> - <u>Mentor Information</u>.

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

# **Women's Board Leadership Program**

Applications close on Tuesday 10th September.

The Women's Board Leadership Program encourages women to serve, stay, and excel on community and government boards.

The program offers a range of governance courses from the Australian Institute of Company Directors to develop women's governance knowledge and leadership skills.



Why should you apply? You will:

- get relevant governance training suited to your level of board experience
- · build confidence, skills and knowledge to progress a board career
- · make supportive relationships with other women on boards
- · get networking opportunities
- · become more attractive to board selectors and recruitment companies

Visit www.vic.gov.au/womens-board-leadership-program for more information and to apply.

# **Working in Australia Program**

Qualify's Working in Australia Program (WiA) helps empower new migrants, refugees and asylum seekers in navigating the Australian employment landscape and is now available to support those in the Ballarat and Goldfields region.

Working in Australia targets areas with large new migrant populations and offers a holistic approach to supporting refugees, asylum seekers



and people from culturally diverse communities to develop knowledge, skills and confidence to move into the local Australian workplace.

Qualify has opened a new branch in Ballarat, at 32B Doveton St North and will run the Working in Australia program.

Visit www.edgeworkforce.com/pre-employment-training.html to find out more.

# Fit for Work Training BGT Short Course

BGT is offering FREE Fit for Work training for jobseekers to develop the confidence and skills to commence and sustain employment.

The course will focus on:

- Developing the skills to find a job
- · Using your strengths to achieve at work
- · Identifying your ideal work environment
- Effective and fun communication to get the best from yourself and others
- · Preparing for work



The course will run across 4 days.

Dates: Mon 9th, Tues 10th, Wed 11th and Thurs 12th September.

Time: 9.30am - 3pm

Venue: BGT Jobs & Training, 25-39 Barkly St, Ballarat

Cost: Free

Only a few days left to register! Call BGT on 03 5333 8600 to secure a place.

#### **CMY Ballarat Has Moved**



You can now find Centre for Multicultural Youth (CMY) Ballarat at Barkly Square, 25-39 Barkly St - upstairs in **Room 203**.

Contact numbers and email are still the same.

P: 03 5317 7172

E: ballarat@cmy.net.au

# **Girl Space**

Girl Space is a free fortnightly program designed to meet the needs of young women in Ballarat aged 12-25. Aiming to create a dynamic network of strong, empowered, supportive and multi-skilled young women from all walks of life. They run sports clinics, arts and crafts and design community impact projects (such as care packages).

The aim is for young people who are female, gender diverse or non-binary to connect in a safe, social and inclusive environment. This group is inclusive of women of all abilities, and encourages newly arrived migrants and refugees, Indigenous, LGBTIQA+ and marginalised community members to consider being a part of Girl Space.



# **Events in Review**

# **BMA Blood Donor Campaign**

The Ballarat Malayalee Association celebrated its 70th Independence Day (Thursday 15th August) with a Blood Donor Campaign. More than twenty members donated blood on the day. BMA office bearers said they would continue the blood donation in the coming months. Ballarat Red Cross Community Relations Officer, Colin Littlejohn, thanked BMA officials Sheena Nelson, Navin Thomas, Sherly Saju and Bibin Mathew for the event.







## **Ballarat Italian Film Festival**

On Friday 23rd and Saturday 24th August the Ballarat Italian Association Inc. hosted the 12th annual Ballarat Italian Film Festival at Showbiz Cinemas Ballarat. Festivalgoers enjoyed four diverse films and a selection of canapes and drinks before the final film.







# **Indonesian Independence Day Celebration**

Indonesian communities from Ballarat and Bendigo gathered on Saturday 24th August to celebrate Indonesian Independence Day. Ballarat Mayor, Samantha McIntosh, cut the ribbon on a new set of Gamelan instruments for Ballarat. The Gamelan in the process of being restored with funds from a City of Ballarat Community Impact Grant. The Sebastopol Men's Shed is helping with the work, along with Ballarat Woodworker's Guild.







#### 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 <a href="mailto:info@brmc.org.au">info@brmc.org.au</a>

## 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.

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** is currently seeking Volunteer Drivers to transport seniors to and from events in a BRMC vehicle. Volunteers must hold a current Victorian driver's licence.

#### **BRMC Contact Details**

**Ballarat Welcome Centre, Barkly Square** 

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 www.brmc.org.au



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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