



## Ballarat Regional Multicultural Council

Dear Readers,

Greetings to you in mid-August with Spring in sight between the Ballarat snow and blossom. We send our warmest wishes to you and some news on what's on and ways to connect at this difficult time. Let's continue to support each other and our amazing health services: Keep up the physical distancing and stay at home to get through this second COVID wave. We include links below for your translated information on restrictions, testing and support. If you need some support to understand or arrange to get a test, the link provides guidance. Also, you can call our office on 03 5383 0613 if you need further assistance.

<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>

Warm Regards,

Ann

*Ann Foley, Executive Officer*

### Meet the Board

BRMC is governed by an elected committee of management elected each year at the Annual General Meeting. A full list of Committee members can be found on the [BRMC website](#).

#### **Magdalena Kazmierczak**

*Assistant Secretary, BRMC Executive Committee*

Magdalena was born in Poland, where she graduated from Warsaw University of Life and Sciences, with a master's degree in Landscape Architecture. In her home country she ran a successful business designing gardens, home interiors and furnishings.

In 2012 Magda and her husband, with a young family in tow, came to rural Australia after her husband was offered a manager position in a factory. They visited Ballarat regularly and in 2014, decided to move to Ballarat just before their youngest son was born. Surrounded by art and artists, Magda started her own career in that field. She is a member of the Soldiers Hill Artist Collective (SHAC) and a member of the women artists group 'Sheilas'.



In 2018 Magda became an Intercultural Ambassador for City of Ballarat. As an Ambassador, Magda would like to bring the Polish community in Ballarat back together and to promote her rich Polish culture.

In 2019 she completed her Horticulture course and has recently started her own business MK gardens, dedicated to garden design and gardening.

Magda's latest community project in 2020 has been curating the 'Colours of World Culture' exhibition at the Art Gallery of Ballarat. This group exhibition showcased Ballarat's cultural diversity by bringing together artworks and artefacts by local artists and participants in the Intercultural Ambassador program. Unfortunately the exhibition closed just after official opening due to COVID-19.

As well as her core responsibilities to attend Executive meetings and participate in governance of BRMC, Magda is actively supporting the development of the Women's Business Incubator at the Ballarat Welcome Centre and providing important links for us such as the City of Ballarat Intercultural Ambassador program.

## Community Matters Podcast

BRMC are keen to connect as actively as we can across social media that suits all people. The new podcast is easy to access and listen to any time. Here is our first interview with Sundram Sivamalai: <https://youtu.be/QoqEt8HcjU>

We are assembling a program series to commence in Spring 2020 and will update you in the newsletter and on [Facebook](#).



PODCAST SERIES

A yellow geometric pattern consisting of interlocking squares and diamonds, forming a larger square shape.

# COMMUNITY MATTERS

A red icon of a microphone with a speech bubble above it, indicating audio content.

FREE TO LISTEN  
COMING SOON

A yellow geometric pattern consisting of interlocking squares and diamonds, forming a larger square shape.

A red plus sign icon.

EPISODE 1: HEALTH & WELL-BEING DURING COVID-19

SECONDWAVEcreative

## COVID-19 Updates in Victoria

- From 6pm on 2 August, Stage 4 restrictions are in place across metropolitan Melbourne.
- Mitchell Shire remains at Stage 3 restrictions.
- From 11:59pm on 2 August, wearing a face covering when you leave home became mandatory for all Victorians.
- From 11:59pm on 5 August, Stage 3 restrictions apply throughout regional Victoria.


These restrictions will help to slow the spread of coronavirus (COVID-19) and keep our community safe. More information on current restrictions: [www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19](http://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19)

## Face Masks

Wearing a face mask protects you and your community by providing an additional physical barrier to COVID-19. Watch this video from Victoria's Chief Health Officer, Brett Sutton explaining how to safely use a face mask: <https://youtu.be/1j4Ru6ltJgo>

If you have a disability or care for someone with a disability, you can find information about wearing face masks at: [www.dhhs.vic.gov.au/information-people-disability-coronavirus-disease-covid-19](http://www.dhhs.vic.gov.au/information-people-disability-coronavirus-disease-covid-19)

Purchase locally made reusable face masks from Twilight Market Online: <https://twilightmarket.brmc.org.au/products/covid-face-masks>



**COVID  
FACE MASKS**

Face Masks available for purchase on  
Twilight Market Online!

Made by A Tuk, these reusable 3 layer masks are  
available in S, M & L and come in a range of plain and  
patterned styles.

**ORDER NOW**

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## Forthcoming Events

- BRMC Twilight Market Online - August Event
- Workplace Wellness Festival
- BAA Workshops

## Quick Program Updates

- Stepping Stones to Small Business
- Diversity Homework Club
- Community Volunteers: Migrant English Program
- Senior Services

## Opportunities & Items of Interest

- Let's Stay Connected Fund
- Coronavirus Aboriginal Community Response and Recovery Fund
- Schools Standing Up To Racism
- Scams Related to COVID-19
- Coronavirus Mental Wellbeing Support Service
- BRMC Volunteer Opportunities

## Events in Review

- Refugee Week 2020: House of Welcome High Tea
- Ballarat RAR 7 Years Too Long Rally
- A Tuk Exclusive Exhibition & Sale



## Forthcoming Events

### BRMC Twilight Market Online - August Event

Thursday 20th August, 7pm

Online Event: <https://twilightmarket.brmc.org.au/>

The Twilight Market offers diverse delights: Quality hand-made, locally-sourced and ethically-produced goods from across our region and around the world; unique local services and support; homegrown flavours and fun from right here in Ballarat. Ballarat Welcome Centre connects and supports community, providing opportunities to disadvantaged or marginalised migrants and migrant communities. This Twilight Marketplace supports and highlights emerging entrepreneurs from culturally and linguistically diverse backgrounds, particularly emerging refugee entrepreneurs.



### Workplace Wellness Festival

18 & 19 August 2020

The Workplace Wellness Festival is packed with hours of content with experts from Australia and overseas giving the latest advice on things you can do to stay fit, healthy and happy.

**FREE registration to anyone currently living in Victoria.**

Register: <https://hopin.to/events/workplace-wellness-festival-2020?code=b7ae49c1-d5f9-47e6-a5e8-ba50a0994937>



### BAA Workshops

Organised by the Ballarat African Association.

## Economic Shift - Excellence in Employment and Business Arena (DIY Session)

Saturday 22nd August, 10am - 4pm

Facilitators will help you design your own career advancement blueprint.

Register: [www.eventbrite.com.au/e/economic-shift-excellence-in-employment-and-business-arena-tickets-114328220786](http://www.eventbrite.com.au/e/economic-shift-excellence-in-employment-and-business-arena-tickets-114328220786)

The Ballarat African Association Inc. Presents **Economic Shift** Excellence in employment and business arena

Register online to receive Zoom meeting link!

**Re-Branding African Australian Identity Project**

Don't wish you can fly?

**Featuring: DIY Session On**

- Prospecting for contracts
- Essentials of Business and Entrepreneurship
- Branding
- Living a life of purpose
- Resilience & Excellence in Employment *plus*
- Case Story

**Guest Speakers**

**Robert Olney**  
Founder & Principal Consultant  
Growth Catalyst

**Bruce Djite**  
Director of Sports  
Adelaide United FC

**Saturday 22 August 2020**  
10:00 - 16:00

Logos: Ballarat African Association, Regional Development Victoria, Ballarat Regional Multicultural Council, City of Ballarat.

## Economic Shift - Excellence in Employment and Business Arena (Solidarity & Self-Care)

Saturday 19th September, 10am - 4pm

Facilitators and consultants will guide attendees to develop their own self branding while we explore some of the nine principles of Catholic social thoughts.

Register: [www.eventbrite.com.au/e/economic-shift-excellence-in-employment-and-business-arena-solidarity-tickets-114389307498](http://www.eventbrite.com.au/e/economic-shift-excellence-in-employment-and-business-arena-solidarity-tickets-114389307498)



**The Ballarat African Association Inc.**  
Presents  
***Economic Shift***  
*Excellence in employment and business arena*

Register online to receive Zoom meeting link!

**Re-Branding African Australian Identity Project**

**Featuring: Solidarity & Self Care**

- Teenager in Society
- Branding yourself
- Living a life of purpose
- Self Care
- *plus*
- Case Story

**Speakers**

**Eric K Agyeman**  
Youth Mentor & Spear

**Fr Constantine Osuchukwu**  
Priest and Business Proprietor

**Saturday**  
**19 September 2020**  
**10:00 - 16:00**

Catholic Principles of Social Thoughts: Justice, Truth, Dignity, Common Good, Solidarity, Subsidiarity, Human Love, Freedom.

Regional Development Victoria, Ballarat Regional Multicultural Council, City of Ballarat, and others are sponsors.

## Quick Program Updates

### Stepping Stones to Small Business

The Stepping Stones graduates begin work with their Mentors. Introductory meetings between the mentorship partners have been held and we are using this quiet trading time to build the foundations of micro-enterprises across our region.

The Brotherhood of St. Laurence Stepping Stones Program Team is continuing to meet - virtually - to exchange ideas and experiences of delivering the Program across metropolitan Melbourne and regional Victoria. We are also engaged in planning changes and refinements to the Program to ensure the best possible experience for Stepping Stones participants over the next triennium.



Pictured, clockwise from upper left:

Claire Butler, Money-Minded Project Manager - Financial Inclusion  
 Rebecca Pinney-Meddings, Stepping Stones Founder and Acting Senior Manager Financial Inclusion  
 Emma Gale, Stepping Stones Mentorship Project Manager  
 Kaitlyn MacDonald, Data Manager  
 Angie Basdekis, Stepping Stones Program Coordinator  
 Linet Kithamba, Stepping Stones Program Coordinator  
 Marta Kreiser, Stepping Stones Acting Program Manager  
 Deborah Klein, Stepping Stones Ballarat Regional Coordinator

For more information contact Deborah Klein, Stepping Stones Ballarat Regional Coordinator: [steppingstones@brmc.org.au](mailto:steppingstones@brmc.org.au) or 0457 934 728.

## Diversity Homework Club

Our young members were thrilled to receive their individualised learning kits. Here are some pictures of them enjoying their fun-learning activity books:



We are super proud of our young learners who expressed their creativity by writing short poems during the homework club sessions. Here is a sneak peek into their magic world of words and colours:



Left to right: Kartie (10), Bryan (8), Nive (7), "Homework Club" by Martha (10), Nyaruot (11) and Nivash (12), Haikus by Martha (10).

### Diversity Homework Club

A team of people really supportive  
 We are the opposite of abortive,  
 Everyone's really helpful  
 As well as being respectful.  
 Martha (10), Nyaruot (11), Nivash (12)

### School

School is the best thing  
 You can learn lots of new things  
 School is always fun.  
 Kartie (10)

### Pencil



### Tag

Tag is very fun  
Because you can run around  
And chase people fast.  
*Bryan (8)*

### Cooking

Cooking is an art  
Baking, boiling, roasting too  
It makes me happy.  
*Sarah (8)*

### Little Birdie

Little birdie tweets  
Sitting on the topmost branch  
Watching couples dine.  
*Nivash (12)*

### Pencils in boxes

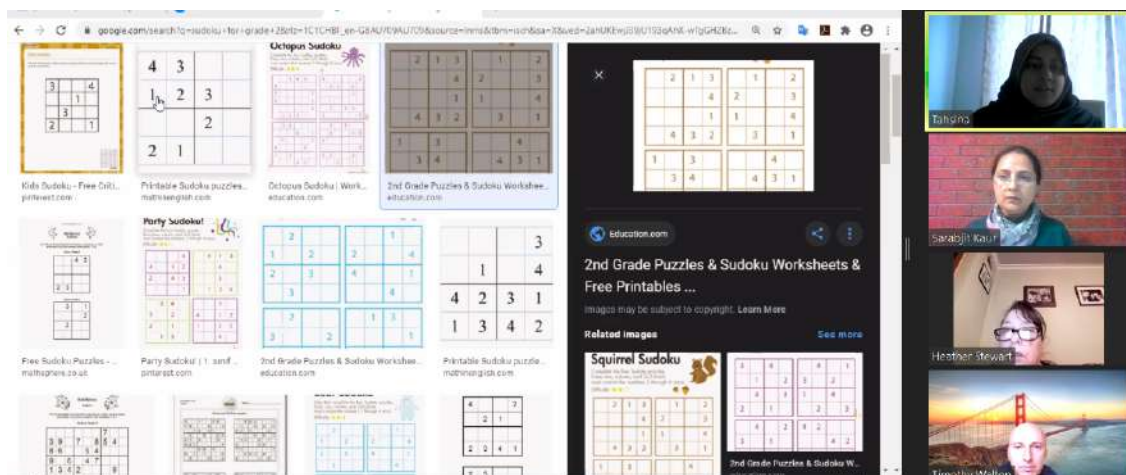
Lots of different colors too  
Colors very bright.  
*Nive (7)*

### Ballarat

Ballarat is the  
Best place out in the world  
That's why I like it.  
*Pachual (8)*

### Corona Virus

Corona Virus  
Corona virus is bad  
Stay safe everyone.  
*Nyakuey (10)*

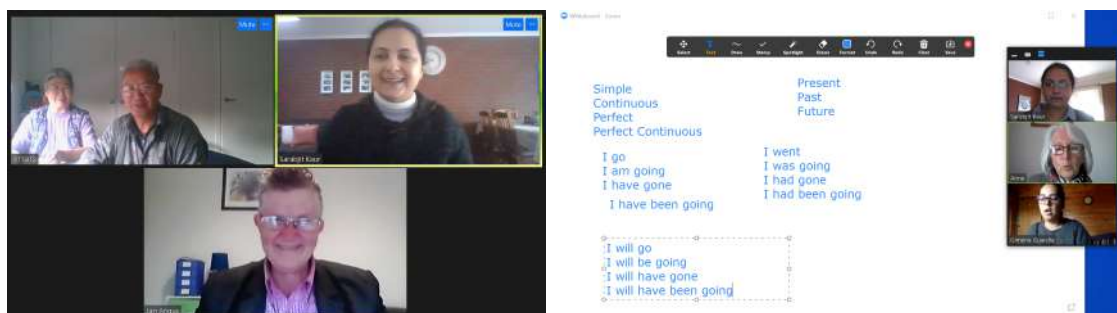


**Planning for next term:** A big shout out to our fabulous Diversity Homework Club tutors who have been meeting every week to plan engaging activities for our member students.

## Community Volunteers: Migrant English Program

The smiles say it all as our amazing tutors and clients hone their tech skills in conjunction with teaching and learning English.

If you would like to share the love, give back to the community and empower individuals from migrant-refugee backgrounds, send an email to Sarabjit at [s.kaur@brmc.org.au](mailto:s.kaur@brmc.org.au) for information on how you can join the Volunteer Tutor team and receive free training.



## Senior Services

BRMC Senior Services are providing monthly Home Delivered Meals and Activity Packs to 139 seniors across Ballarat and surrounding areas. Our Activity Packs are filled with items to help keep our seniors active and engaged. While the seniors miss our group face-to-face activities they are delighted with the visits.



If you know someone that may benefit from BRMC services, please contact Teresa on 0417 109 052 or email [teresa@brmc.org.au](mailto:teresa@brmc.org.au).



### **FriendLine support service - 1800 4 CHATS (1800 424 287)**

FriendLine offers a free phone service that provides seniors with the opportunity to chat with a volunteer. All conversations are casual and anonymous and their friendly volunteers are ready to talk about anything and everything.

The service is available 7 days a week between 10am and 8pm.

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## **Opportunities & Items of Interest**

### **Let's Stay Connected Fund**

The Victorian Government is helping communities to stay connected during the coronavirus (COVID-19) pandemic and beyond with the Let's Stay Connected Fund. The fund provides grants between \$5,000 and \$200,000 to support community-led initiatives.

Applications close: **31 August 2020**

More information: [www.rdv.vic.gov.au/grants-and-programs/lets-stay-connected-fund](http://www.rdv.vic.gov.au/grants-and-programs/lets-stay-connected-fund)



### **Coronavirus Aboriginal Community Response and Recovery Fund**

The Coronavirus Aboriginal Community Response and Recovery Fund has been established by the Victorian Government to support Aboriginal Victorians to deliver community-led initiatives to respond to the impacts of coronavirus (COVID-19). The fund will provide grants for initiatives that support emergency relief, outreach and brokerage, cultural strengthening, and social and emotional wellbeing.

Applications close: **30 November 2020**

Apply Now: [www.aboriginalvictoria.vic.gov.au/aboriginal-community-response-and-recovery-fund](http://www.aboriginalvictoria.vic.gov.au/aboriginal-community-response-and-recovery-fund)

### **Schools Standing Up To Racism**

The Victorian Department of Education and Training (DET) and the Centre for Multicultural Youth (CMY) have developed the Schools Standing Up To Racism resource to support Victorian secondary schools to address racism and strengthen inclusion. Resources

include modules, factsheets, lesson plans and more.

Access the resources: [www.cmy.net.au/schools-standing-up-to-racism/](http://www.cmy.net.au/schools-standing-up-to-racism/)



## Scams Related to COVID-19

Unfortunately, scammers are using the spread of COVID-19 to take advantage of people across Australia.

The Department of Health and Human Services have received reports that members of the community are getting calls from people who claim to be from the Department. They request credit card details for a testing kit. Please be aware that this is not a call from DHHS. Contact tracers will NOT request any payment.

For information on scams relating to coronavirus visit: [www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams](http://www.scamwatch.gov.au/types-of-scams/current-covid-19-coronavirus-scams)

## Coronavirus Mental Wellbeing Support Service

The coronavirus outbreak has been a challenging time for people with a pre-existing mental health condition and also those experiencing mental health concerns for the first time. Beyond Blue's Support Service is available to everyone, no matter your situation. Their trained counsellors are available to support you 24/7.



Visit <https://coronavirus.beyondblue.org.au> or call 1800 512 348.

**Translated Resources are also available:** <https://coronavirus.beyondblue.org.au/i-need-support-now/information-in-languages-other-than-english.html>

## BRMC Volunteer Opportunities

### Diversity Homework Club Tutors

Are you passionate about supporting young learners navigate their learning journeys?

Help our enthusiastic members achieve their goals - send an email to Sarabjit at [s.kaur@brmc.org.au](mailto:s.kaur@brmc.org.au) expressing your interest.



### **Migrant English Program Tutors**

Trained volunteer tutors assist BRMC in providing free and flexible one-on-one English learning support through the Migrant English Program. The program also emphasises cultural exchange between community volunteers and their students.

If you would like to become a volunteer tutor, contact Sarabjit at [s.kaur@brmc.org.au](mailto:s.kaur@brmc.org.au).



COMMUNITY VOLUNTEERS

# MIGRANT ENGLISH PROGRAM



## BRMC is looking for Online Volunteer Tutors

For details and free training please email Sarabjit at [s.kaur@brmc.org.au](mailto:s.kaur@brmc.org.au)



Ballarat Regional  
Multicultural Council Inc.

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### IT Support

BRMC services have extended to offer IT and communications support for migrants and refugees who don't have good connection, data or devices.

If you are interested in helping people with technology and have the skills we're looking for please contact Mina on 03 5383 0613 or [m.abdolmaleki@brmc.org.au](mailto:m.abdolmaleki@brmc.org.au).



Ballarat Regional  
Multicultural Council Inc.

# TECHNOLOGY VOLUNTEERS NEEDED!



## Interested in joining us?



Contact details:  
m.abdolmaleki@brmc.org.au  
03 5383 0613

Looking forward to your help!

### WE NEED HELP WITH:

- Support migrants, refugees and asylum seekers to use online software (e.g. Zoom, Microsoft Teams)
- Be able to use Windows system & Microsoft Suite
- Perform minor IT troubleshooting

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## Events in Review

### Refugee Week 2020: House of Welcome High Tea

During Refugee Week, the House of Welcome Ballarat held a High Tea on Wednesday 17th June. We had bookings for 2 sittings which were in line with all the regulations. The first sitting was for 10 people and we had 5 wonderful volunteers assisting. Our second sitting had 12 people and we all enjoyed our two wonderful musicians - Ros and Patrice - playing gentle music in the lounge room. At that time we were allowed 20 people for social events. Our entry was \$50 so we turned it on using the best china and silverware, serving champagne in Murano glassware, white tablecloths, pretty serviettes etc. The stall was popular and everyone had a fun time.



Photos: Lachlan Bence

Many thanks to our volunteers, guests, donors, cake bakers and musicians for helping us raise much needed funds to help vulnerable people. As usual we had valuable support from Interknit - donating a wool scarf and throw rug for our door prize, the Ballarat Courier - for their great coverage which resulted in follow up donations as well.

We are planning our Garden Party for November and an Art Auction with Wine and Cheese tasting if regulations allow and the virus disappears. We live in hope.

Our Food bank was strengthened with a great donation and we have been able to deliver this to needy families and hope this will continue.

*Carmel Kavanagh, House Of Welcome Ballarat*

## Ballarat RAR 7 Years Too Long Rally

In our current pandemic crisis, many are experiencing serious mental health concerns from the isolation and disconnection from friends and family. Imagine being locked up for seven years with no possibility of freedom, merely for seeking refuge from warfare or persecution. July 19 marked 7 long years since Prime Minister Kevin Rudd announced that people who seek asylum in Australia by boat would be processed offshore on Manus Island and Nauru detention centres, and never to be resettled in Australia. This policy has caused untold harm on thousands of people, hundreds of whom are still trapped on Papua New Guinea and Nauru. Also many are now in onshore detention centres, indefinitely detained. A national protest rally #7YearsTooLong was held, which Ballarat RAR joined holding a local rally Monday 20th July, 11am - noon. The protest was 'Covid Safe' by wearing masks and maintaining physical distance in groups both outside MP Catherine King's office Lydiard St, and also in Sturt St. Protestors braved the chilly wet morning to call out this cruel and inhumane government policy.

*Wendy Bolger, Ballarat RAR*



Articles from The Courier:

- [www.thecourier.com.au/story/6838282/refugee-advocates-to-call-for-closure-of-offshore-detention-during-protest/](http://www.thecourier.com.au/story/6838282/refugee-advocates-to-call-for-closure-of-offshore-detention-during-protest/)
- [www.thecourier.com.au/story/6842367/protesters-call-for-end-to-indefinite-detention-of-refugees/](http://www.thecourier.com.au/story/6842367/protesters-call-for-end-to-indefinite-detention-of-refugees/)



## A Tuk Exclusive Exhibition & Sale

The A TUK Exclusive Exhibition & Studio Sale on Saturday 25th July was an outstanding success!

Held in the Ballarat Welcome Centre by the A TUK sewing collective, this pop-up event provided a great model for how a COVID-Safe market environment could both benefit the vendors and introduce the Welcome Centre space to new eyes and new visitors.

With plenty of hand sanitizer and masks on hand, and with attendance numbers managed through Eventbrite scheduling, some 60+ eager shoppers were able to safely browse and buy fabulous A TUK products throughout the afternoon.



Browse fabulous A TUK products online: <https://twilightmarket.brmc.org.au/collections/a-tuk-collection>

### Share Your News

Do you have anything you would like us to share on social media or in the BRMC monthly newsletter? Tag us on Facebook [@brmc.ballarat](https://www.facebook.com/brmc.ballarat) or submit items to [media@brmc.org.au](mailto:media@brmc.org.au).

### BRMC Contact Details

**Ballarat Welcome Centre, Barkly Square**

25-39 Barkly St, Ballarat VIC 3350

Phone: 03 5383 0613

Email: [info@brmc.org.au](mailto:info@brmc.org.au)

Website: [www.brmc.org.au](http://www.brmc.org.au)

Facebook: [www.facebook.com/brmc.ballarat](https://www.facebook.com/brmc.ballarat)



### Coronavirus (COVID-19) Information

For updates, advice and **translated resources** visit  
[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus)



If you have a coronavirus question and need a translator:

- Call 131 450 (TIS National)
- Then request the Coronavirus hotline on 1800 675 398

Keep Triple Zero (000) for emergencies only

BRMC connects and supports diverse communities to be safe and informed and to minimise the impact of coronavirus (COVID-19).

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. 