

November 2020 Newsletter



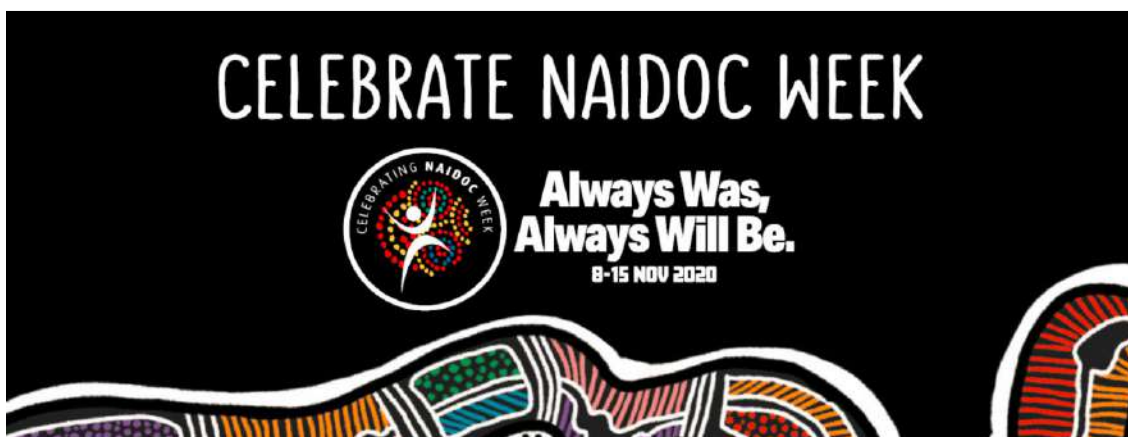
Dear Members and Readers,

The theme this year for National Aboriginal and Islander Day of Celebration is; Always Was, Always Will Be. BRMC respects that truth and the important ongoing work of reconciliation. It is encouraging to see the publication of the [Uluru Statement from the Heart](#) in multiple languages this month and the NAIDOC Week celebrations online. Both are highlighted below. We welcome the good news of COVID-19 reductions in November and wish you all good health as we continue to take care. Sit back now and read our news and some stories from our Board, a senior volunteer and community mentors. November is, always, a vital Spring celebration. In 2020 it's online Springfest, Diwali and much more.

Warm Regards,

Ann

BRMC Executive Officer



COVID-19 Updates in Victoria

Victoria is in Third Step towards COVID Normal

Everyone can now travel between regional Victoria and metropolitan Melbourne. The 25km limit no longer applies to metropolitan Melbourne. Third Step restrictions apply across all of Victoria: www.coronavirus.vic.gov.au/coronavirus-covid-19-reopening-roadmap-third-step-victoria

Remember: Wear a mask, keep your 1.5m distance, wash your hands, cough into your elbow and, most importantly, if you're feeling unwell get tested and isolate until you have the results. Be safe, be smart and do the right thing to keep loved ones safe.

For translated information, updates and advice visit:

www.coronavirus.vic.gov.au/translated-information-about-coronavirus-covid-19

For translator support call TIS National on 131 450 and ask for the coronavirus hotline.

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](#).

Navin Thomas

Community Representative, BRMC Executive Committee

Navin Thomas is our BRMC Board Community Representative. Navin is a Master's Degree holder in Social Work and Mental Health, currently working with Centacare as a Crisis Accommodation Worker. He lives in Ballarat with his wife and two children.



Navin, born in India, lived in the UK for 8 years before moving to Australia in 2017. He is an active and committed Social Project Coordinator who has led major social projects such as 'Upahaar' (promoting organ and stem cell donation) and 'Mothers Charity' (a charitable organisation which scaffolded the weaker S.E.S strata of the community). When Navin was in the UK, he was an active volunteer with the British Heart Foundation and worked as the PRO of Exeter Malayalee Association, UK.

Navin is the Joint Secretary of Ballarat Keralite's Foundation of Australia (BKFA), a charity focused on social and cultural organisation. He is one of the coordinators of BKFA social projects 'Fruit Club' in public schools, Kids' Chess Club in primary schools, Cooking Project for Ballarat Soup Bus, 'Food Hamper Distribution' to the vulnerable community, 'Blood Donation Campaign', 'Sent with Love' aged care projects and BKFA Malayalam Language School.

Even with his busy schedule of social services, work and family, Navin is always keen to find time to volunteer with Ballarat Soup Bus, which supports the homeless and vulnerable community.

IN THIS ISSUE

Updates from BRMC

Latest news on the Ballarat Welcome Centre and BRMC projects, programs and services.

Items of Interest

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- Community Activation and Social Isolation (CASI) Initiative

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- NAIDOC Week 2020
- BRMC Tech Support Group
- Virtual Diwali 2020
- MiniRoos Soccer Program
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- Women's Health Education Toolkit
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- Ballarat Intercultural Directory
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UPDATES FROM BRMC

Ballarat Welcome Centre

Our work continues at the Ballarat Welcome Centre. Stage one is now complete, which was to make the Community Hall a COVID-safe, temporary working environment, allowing us to continue some of our community programs.

Whilst we have to share this space with our storage of furniture, it is great to see some activity back in the building, and some of our staff meetings and vital programs resuming, such as our community Fresh Food Drop-Off program.

Due to COVID restrictions, our wonderful team has endured the last 5-6 months working from home, but now as we open the doors a little, it's nice to have some designated areas where we can meet, share a cuppa and discuss our work.

Next stage will be work in the older heritage part of the building. Very exciting! Let the renovations begin!



Thrive Garden Project

The Thrive Garden is a pilot growing project supported by Ballarat Foundation to increase access to culturally resonant fresh food to Ballarat's diverse multicultural communities. With mentoring from Ballarat Community Garden, we have installed two wicking beds at the rear entrance of the Ballarat Welcome Centre at Barkly Square. From suggestions and

donations from the community, we are going to plant chillies, Vietnamese mint, corn, okra, silverbeet, beans and herbs.

If this sounds exciting to you, we are keen to hear from you and develop a group of volunteers to maintain the garden. Please contact Rebecca at thrive@brmc.org.au.



Pictured BRMC Community Engagement Team: Lunorphare Folly, Heeyoung Lim, Nyepuot Riek, and Thrive Coordinator Rebecca Marsh.

Fresh Food Drop-Off

We are accepting fresh food donations each **Monday, Tuesday and Thursday** between **11am - 12pm** at 25-39 Barkly St (rear entry of the Ballarat Welcome Centre).

Donations assist Ballarat households and families in need. Particularly useful items include: onions, carrots, potatoes, pumpkin, corn, spinach, leafy greens, garlic, ginger, chillies, coriander, lentils, beans and rice (Basmati or Jasmine).

If you know any gardeners that may have a surplus of fruit and vegetables, please let them know about the Fresh Food Drop-Off.



Community Engagement Team

Heeyoung Lim, Community Engagement Team Leader, and Community Engagement workers Abdul Rasuli, Lunorphare Folly, and Nyepuot Riek, are now working in various directions to engage multicultural communities and provide community outreach services that help reduce economic and social impacts to community members in Ballarat due to COVID-19.

In this newsletter, we would like to introduce you to the special program that the Community Engagement team has been planning and preparing for multicultural mothers who have children under 5 years of age.

"Our children are our greatest treasure. They are our future. Those who abuse them tear at

the fabric of our society and weaken our nation." (Nelson Mandela)

Developing Our Children Together is a multicultural information and mentoring project designed to support Culturally and Linguistically Diverse (CALD) Women to fully appreciate the value of early childhood services directed at education, health, and family wellbeing. It will support them in accessing a range of appropriate services based on their family needs.

We hope this program will support the newly arrived women better understand and value the range of early childhood services, the quality of the system available to them, and the ethical and legal frameworks surrounding the rights of children.

For further information, contact Heeyoung Lim, Community Engagement Team Leader:
hy.lim@brmc.org.au



Pictured BRMC Community Engagement Team: Heeyoung Lim, Lunorphare Folly, Nyepuot Riek and Abdul Rasuli.

Good Governance Program

The program offers free, flexible and customised mentoring support to community organisations to help them navigate their governance and compliance challenges. Our volunteer mentor Dr Sundram Sivamalai met Ballarat Keralites Foundation of Australia (BKFA) committee members on 24 October to discuss their projects and governance issues.

We welcome applications from community organisations, cultural groups and associations looking for good governance mentoring support. For details contact Sarabjit at
s.kaur@brmc.org.au.



Diversity Homework Club

The Diversity Homework Club students received their learning kits on 14 October. The kits included reading logs, activity books, interactive games and reusable masks.



DHC-Online October meetings were a lot of fun. The students played Kahoot, made PowerPoint presentations, participated in group play reading sessions and created art. They led the club meetings with warm-up games, 'word-of-the-day', charades and fun-facts whilst practising their public speaking skills.

DHC Reading program: The students were given 'Reading logs' to fill and share each week. A 'Know your local library' session was organised for the students. Lesley Morgan, Coordinator of Community Engagements and Partnerships met the students to talk about library memberships, activities, free reading app and online resources. The interactive session had the students asking questions about borrowing eBooks and participating in the online activities hosted by local libraries.

Our committed team of volunteer tutors used the weekly Community of Practice sessions to share teaching ideas, plan sessions and create learning resources for the students. Reflective practice roundtable discussions were organised after each DHC session.

Our partnership with Ballarat Interfaith Network and City of Ballarat envisages a virtual choir to be commissioned early next year.

DHC Gallery - A glimpse into our beautiful world of learning:

wonderfully diverse and rich cultural heritage representing 26 countries from the UK and Europe, Asia, Africa, Latin America and Australia. Many of our Seniors are generous in sharing their personal stories and journey to make a new life in Australia.

In this edition we are privileged to feature Lolita's story.

Lolita

Lolita was born on the Negros Occidental island of the Philippines archipelago. She grew up close to the sea, and loves the sound of the waves still. She was part of a large extended family, and grew up speaking the local language Ilonggo, Tagalog (national language of the Philippines) and English at school. Lolita's mother was a very good cook: often dinner was a Filipino style spaghetti bolognese, seafood, fresh vegetable and curries. As a child, Lolita often went 'fishing' for mussels, clams and pipis.

In 1985 Lolita met her partner ("my sweetheart") of 32 years, the Australian artist James Egan and she came to Australia a year later. Lolita came directly to Bungaree where James had his art gallery. She helped him run the gallery in Bungaree for 20 years, after which they re-located the gallery to Addington.

James painted Lolita often, she was his muse, he said. He enjoyed her cooking too. His favourite dish was Lolita's Chicken Arroz Caldo (chicken soup with rice - [try out her recipe here](#)). A close second was Chicken Adobo (a signature dish of the Philippines, often cooked with pork, [click here for the recipe](#)).

Read Lolita's full story: www.brmc.org.au/lolita-story.



UPCOMING EVENTS

NAIDOC Week 2020

8 - 15 November 2020

The City of Ballarat community celebrates our Aboriginal history and the richness of Aboriginal and Torres Strait Islander cultures during NAIDOC Week 8-15 November. This year's theme is 'Always Was, Always Will Be'.

This year's NAIDOC activities will be virtual. While NAIDOC is usually celebrated in July,

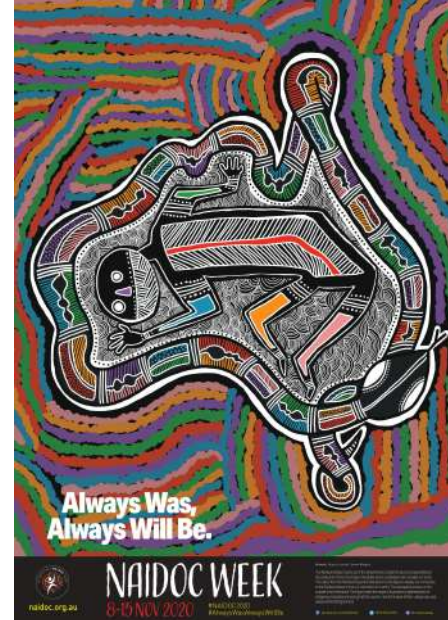
this year's dates were postponed to November due to COVID-19. Highlights include City of Ballarat CEO Janet Dore's NAIDOC message, Ballarat Libraries online story times, the Language Café presented by Youth Services and Ballarat Libraries exploring Wadawurrung language and story creation with Traditional Custodian Barry Gilson and also Nikki Foy presenting live for Playgroup Victoria.

For more details, see the program flyer:

www.ballarat.vic.gov.au/sites/default/files/2020-11/NAIDOC%20Week%202020_Program%20Listing.pdf

Uluru Statement from the Heart translated:

www.sbs.com.au/language/ulurustatement



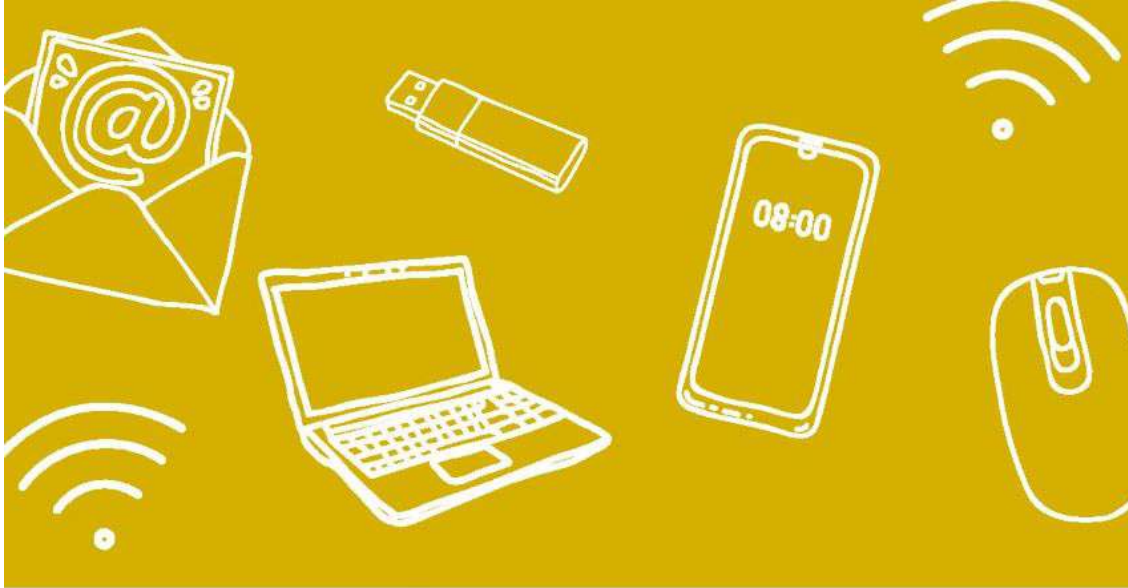
The City of Ballarat acknowledges the Wadawurrung and Dja Dja Wurrung peoples, the Traditional Custodians of the land we live and work on and pay our respects to their Elders past present and emerging and extend this to all Aboriginal and Torres Strait Islander peoples.

BRMC Tech Support Group

13 November, 27 November & 11 December, 2 - 4pm

Venue: Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

Call to register (spaces limited) 03 5383 0613.



Ballarat Regional
Multicultural Council Inc.

Need help with Technology?

Come along to BRMC's NEW

TECH SUPPORT GROUP

Bring your phone, laptop or iPad and BRMC staff and volunteers will work with you to improve your IT skills and make the most out of your technology.

Friday 13 November
Friday 27 November
Friday 11 December

2-4 pm
Ballarat Welcome Centre
Barkly Street

Covid-Safe Practices in Place

Space is Limited - Call to Register
03 5383 0613

Virtual Diwali 2020

Saturday 14th November, 6pm

Diwali, The Festival of lights is one of the biggest festivals celebrated in India and around the world. This celebration is for people of all ages and cultural backgrounds.

Enjoy pre-recorded performances from 6pm.

BIA YouTube channel: www.youtube.com/channel/UCZ0I_kPk-RhevQ_ZsIRxkQ

BIA Facebook page: www.facebook.com/BallaratIndianAssociationInc/

Cordially invite you to ...

Virtual Diwali 2020

The Festival of Lights for the People of Ballarat

Bringing Joy in this Unusual times



Let's celebrate together!



Saturday, November 14th

***Performances will be prerecorded and
streamed on BIA YouTube Channel and
Facebook from 6.00 pm***

Multicultural performances

Indoor and Outdoor settings as per current safe and health requirements
COVID Safe procedures as per regional Victoria will be strictly followed

Our Sponsor



Our Support Partners
VICTORIAN
multicultural
commission



tbaiinc@gmail.com

<https://www.youtube.com/channel/>
[facebook.com/BallaratIndianAssociationInc](https://www.facebook.com/BallaratIndianAssociationInc)
[ballaratindianassociation.com](https://www.ballaratindianassociation.com)

MiniRoos Soccer Program

Saturday 28th November, 10am

Venue: Ballarat Regional Soccer Facility, 900 Pleasant St S, Redan

For more information contact: lk.folly@brmc.org.au / 0413 572 541

MINIROOS SOCCER

KIDS AGED
5-12

from a diverse
multicultural
background



LEARN NEW
SKILLS AND
MAKE LIFE-LONG
FRIENDS

SAT 28 NOV
10AM



Ballarat Regional Soccer Facility (Morshead Park)
900 Pleasant St South, Redan

For more info contact: lk.folly@brmc.org.au / 0413 572 541



Ballarat Regional
Multicultural Council inc.



FOOTBALL
VICTORIA

House of Welcome Garden Party

Sunday 6th December, 2pm

Entry \$20 - includes afternoon tea and cake, and plant stalls will be available.

All donations welcome and cake bakers and gardeners are invited to start to plant their seedlings now for the day.

Contact Carmel on 0401 175 045 or annekav1234@gmail.com



The House of Welcome Ballarat will host its annual

GARDEN PARTY

SUNDAY, 6TH DECEMBER AT 2PM

30 Waller Avenue, Newington | **Entry \$20**

Christmas theme - Competition - Stalls

Donations of cakes, produce and plants/seedlings needed.
Volunteers to help on the day are welcome.

Details to follow as restrictions become clearer.



Inquiries: Carmel 0401 175 045
or annekav1234@gmail.com



ITEMS OF INTEREST

BGCLS COVID-19 Legal Help

Have you been impacted by COVID-19 and need legal help?

Contact BGCLS on 03 5331 5999 or reception@bgcls.org.au

Download the [COVID-19 Legal Assistance Referral Form](#).

Have you been impacted by Covid-19? Do you need legal help?

BGCLS provide free and confidential legal assistance on matters such as:

- Centrelink concerns
- Child protection
- Criminal charges
- Debt and finances
- Employment issues
- Family violence
- Fines and infringements
- Help going to court
- Housing and tenancy
- Parenting and child contact
- Powers of Attorney
- Understanding your rights during lockdown
- Unfair treatment by Police or others

We are here to help.

Call us on 5331 5999 or email reception@bgcls.org.au.
Appointments can be accessed via Telephone, Zoom and Teams



5 Chancery Lane, Ballarat Vic 3350
T: 03 5331 5999 • Freecall: 1800 466 488
E: reception@bgcls.org.au • W: www.bgcls.org.au
DX35015 Ballarat

Community Activation and Social Isolation (CASI) Initiative

The Victorian Government's Community Activation and Social Isolation (CASI) initiative is intended to help people who might be feeling lonely or have lost their regular networks during coronavirus (COVID-19) to build social connections and networks of support in their local communities.

As part of the initiative, people can now call the coronavirus (COVID-19) hotline (1800 675 398) to receive emotional support if they are feeling lonely or disconnected.

- [Information for Local Organisations](#)
- [Information for Stakeholders](#)
- [Information for Individuals](#)

COVID-19 Support for Multicultural Seniors

The Coronavirus Support for Multicultural Seniors (CSMS) 2020-21 grants program will provide funding of up to \$2,000 to multicultural seniors' groups to support their members and build stronger connections with their communities during coronavirus (COVID-19).

Applications close **19 November 2020**.



Find out more and apply: www.vic.gov.au/coronavirus-support-for-multicultural-seniors-2020-21

Women's Health Education Toolkit

A new health education toolkit ***My Body. My Health.*** has been launched by Jean Hailes for Women's Health. Written in plain English, the toolkit was developed to help migrant and refugee women learn about their health and healthy lifestyle choices.

Created in collaboration with the Centre for Culture, Ethnicity and Health, the toolkit is a series of five presentations that aim to deliver positive health messages to women. It can be used by health professionals, educators and organisations that support migrant communities.



My Body. My Health.
A health education toolkit

Facilitator Guide

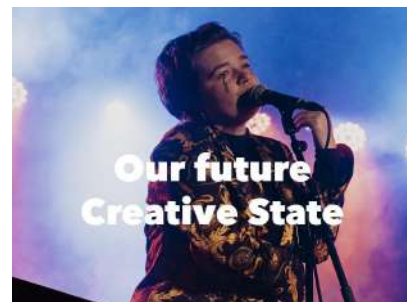


Access the toolkit: www.jeanhailes.org.au/resources/my-body-my-health-education-toolkit

Creative State 2021-2025

The Victorian Government wants to hear from young people aged 15-25 who connect with the creative industries as participants, audience members, volunteers or through work, training or education.

Help inform the state's creative industries investment and priorities for the next 4 years by completing a short survey: <https://engage.vic.gov.au/creative-strategy>



City of Ballarat Children's Consultation

The City of Ballarat wants to ensure Ballarat's children are active and engaged citizens and that their voices are heard and valued in our community. Children should have the opportunity to have their say about things that affect them, like where they live.

Submissions close **Friday 13th November**.

Submit your ideas here: <https://mysay.ballarat.vic.gov.au/childrens-consultation-2020>

Ballarat Intercultural Directory

The City of Ballarat recently updated the Intercultural Directory. The directory includes 24-Hour Support Services, Aboriginal Services, Cultural Associations, English Classes, Libraries, Local Council Services, Places of Worship, Service Providers and Translation Services.

Download the Intercultural Directory: www.ballarat.vic.gov.au/sites/default/files/2020-09/Intercultural%20Directory%20September%202020%20%281%29.pdf



Ballarat Interfaith Network Messages of Hope

Ballarat Interfaith Network have put together a video with messages of hope and encouragement during this extended time of pandemic restrictions.

Watch now: <https://youtu.be/128DTVVPUBA>



Share Your News

Have something 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.

BRMC Contact Details

Ballarat Welcome Centre, Barkly Square

25-39 Barkly St, Ballarat VIC 3350

Phone: 03 5383 0613

Email: info@brmc.org.au

Website: www.brmc.org.au

Facebook: www.facebook.com/brmc.ballarat



Coronavirus (COVID-19) Information

For updates, advice and **translated resources** visit

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.  



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