

February 2021 Newsletter



Dear Members and Readers,

Our BRMC team hope this newsletter finds you well and safe. We have cleared the holiday cobwebs at the Ballarat Welcome Centre and flung open the doors for 2021. With a COVID-19 plan in place we are offering services while we continue to repair and renovate the space. As the pandemic continues to challenge many, especially those with families overseas, BRMC continues to offer support and referral information for people in our community in financial hardship or isolation. Don't hesitate to call our office if you want some information about support. We welcome this week's news that everyone in Australia, including refugees, people seeking asylum and international students will have access to the free COVID-19 vaccinations. Enjoy our February updates and news. BRMC Annual General Meeting is one of our February highlights and you will see many more below.

Warm Regards,

Ann

BRMC Executive Officer

Chinese Lunar New Year

BRMC sends best wishes for the Chinese New Year with good health, happiness and prosperity throughout 2021.

The Ox is the second of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. The Ox was about to be the first to arrive, but Rat tricked Ox into giving him a ride. Then, just as they arrived, Rat jumped down and landed ahead of Ox. Thus, Ox became the second animal.

In Chinese culture, the Ox is a valued animal. Because of its role in agriculture, positive characteristics, such as being hardworking and honest, are attributed to it.



COVID-19 Updates in Victoria

New Victorian statewide restrictions are now in effect (as of 11.59pm, 3 February).

- Household gatherings limited to 15 people (excluding children under 12 months).
- Masks mandatory in all public indoor spaces. If you leave home - take a mask.
- Current 50% 'return to work' cap will remain in place.

Read more: www.dhhs.vic.gov.au/important-alert-about-new-hotel-quarantine-case-covid-19

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.

Ballarat Citizen of the Year

Congratulations to Dr Sundram Sivamalai as Ballarat Citizen of the Year. BRMC congratulates Sundram and the City of Ballarat on the excellent choice of Sundram, champion of diversity, health and kindness to all.

Sundram was a founding member and former Chairperson of BRMC. He continues to be an active member and advocate.

Times News Group article: <https://timesnewsgroup.com.au/ballarat/news/aus-day-awards-2/>



Dr Sundram Sivamalai (Photo credit: Adam Trafford, The Courier)

IN THIS ISSUE

Updates from BRMC

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

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- Virtual Survival Day Dawn Ceremony
- Tamil Festival 2021: Harvest Festival Australia

UPDATES FROM BRMC

Thrive Garden Project

Last month really showed us the value of wicking beds. Even during the hottest weeks, we watered only every 4 to 5 days. The beds continue to supply herbs to A Pot of Courage, and green beans and silverbeet have been regularly harvested and distributed to households. Despite having only two small beds in this pilot project, they work very efficiently and produce a surprising amount of food. This demonstrates the power and potential of small-scale gardening to improve food security amongst households. The challenge is in removing barriers to produce food at home due to house insecurity, rental restrictions and lack of basic infrastructure.

The Thrive Garden is a pilot growing project supported by The Ballarat Foundation and the Victorian Government to increase access to culturally resonant fresh food to Ballarat's



Community Engagement Team

Join the 'Developing Our Children Together' program

We invite you to join BRMC's new early parenting engagement workshops and parents' connection sessions. This program will be provided in partnership with the Government, Private and Community Organisations, which offer early childhood service programs including City of Ballarat, Ballarat Community Health, and Playgroup Victoria.

Please do not miss out on the opportunity to obtain useful information about early childhood programs in the Ballarat region and to have meaningful and enjoyable time with other parents and children.

Group 1, 7 sessions: March 4, 11, 18, 25 | April 22, 29 | May 6

Group 2, 7 sessions: May 27 | June 3, 10, 17, 24 | July 15, 22

If you would like to join this program or need further information, please contact Community Engagement Team Leader, Heeyoung: hy.lim@brmc.org.au.

JOIN THE DEVELOPING OUR CHILDREN TOGETHER PROGRAM

We invite you to join our new Community Engagement Program 'Developing Our Children Together' which will provide parenting support through collaborative partnerships with Government and community service providers of early childhood services. You will be supported in accessing a range of appropriate services based on your needs.

WHO: Multicultural parents with children under the age of 5

WHEN: Thursdays, 10am - 12pm (midday) | March: 4, 11, 18, 25 | April: 22, 29 | May: 6

WHERE: Ballarat Welcome Centre, 25-39 Barkly Street, Ballarat VIC 3350

SESSION LENGTH: 2 hours / session (we will have a series of sessions)
(1 hour: information workshop, 1 hour: socialisation time with parents and children)

PLANNED WORKSHOP TOPICS: e.g. Maternal and Child Health, Parent Place, Healthy Parenting, Activities for Children and Socialisation, Playgroup, Baby Massage, Bringing Up a Child Speaking Two Languages and Mental Wellbeing for Parents and Children etc.

FEE: Free of charge

Childminding and refreshments will be provided.



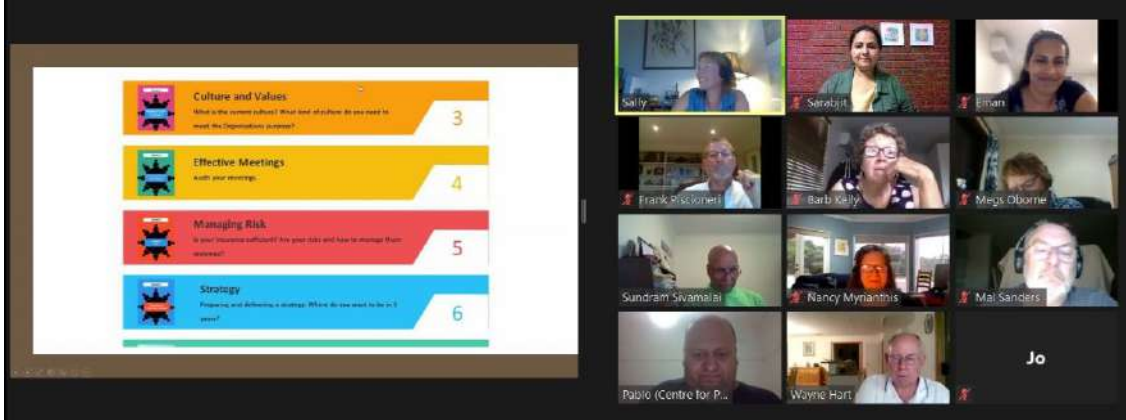
If you would like to join this program or need further information, please contact Community Engagement Team Leader, Heeyoung: hy.lim@brmc.org.au or 0410 760 618.



Good Governance Program

The first in the series of 2021 Governance workshops was held on 28 January. The attending mentors, committee members to program coordinators shared ideas, comments and resources on the essentials and customisation of 'Committee Manuals'.

The next governance workshop 'Setting your purpose' will take place on 22 February. For more details, contact the Ballarat Host Coordinator Sarabjit at s.kaur@brmc.org.au.







2021 Governance Workshops. Join us to build your governance knowledge.

2021 Zoom Workshop Schedule

1. Building your Committee Manual - 28th January
2. Setting your purpose - 22nd Feb
3. Managing the culture and values - 23rd March
4. Conducting effective board meetings - 28th April
5. Managing risk - 27th May
6. Developing a strategy - 21st June

Workshop time: 7pm-8:30pm

RSVP sally@centreforparticipation.org.au
Zoom: Meeting ID 420 751 2341 Passcode C4P

**For more information contact
your Host Coordinator**



Ballarat Regional Multicultural Council
Sarabjit Kaur, Migrant English Program Coordinator
03 5383 0613 | s.kaur@brmc.org.au



Albury Wodonga Volunteer Resource Centre
Megs Osborne, Project & Outreach Manager
02 6021 0990 | way2go@vrb.org.au



Mildura Rural City Council
Geoff Burr, Community Development Officer
0418 329 448 | geoff.burr@mildura.vic.gov.au

Helping community organisations be their best.

Community Volunteers: Migrant English Program

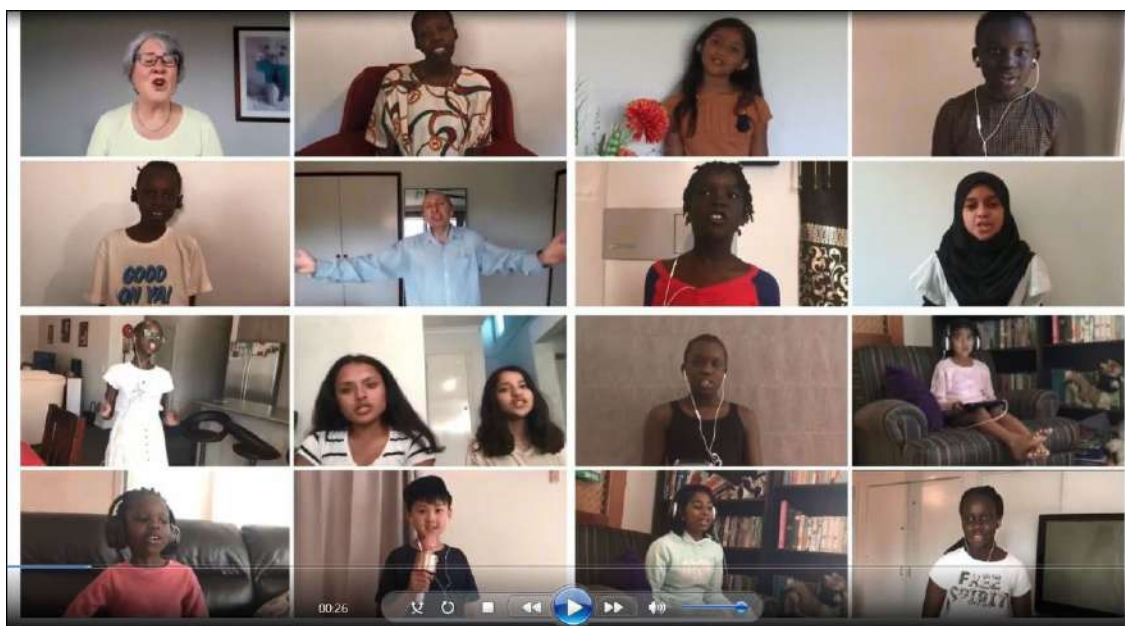
Throughout 2020, the Migrant English Program (MEP) provided free online English learning support to people in Ballarat, Ararat and Horsham. Some of our clients received training to prepare for their IELTS, PTE and OET qualifying tests. We are proud of our committed team of volunteer tutors who seamlessly transitioned from face-to-face to online tutoring. Their untiring efforts continue to empower individuals find better work and social opportunities. To register as a student or tutor with MEP, contact Sarabjit at s.kaur@brmc.org.au.

Planning for tutors' Orientation Training and Community of Practice sessions is underway. Watch this space for updates!

Diversity Homework Club

The Diversity Homework Club (DHC) students and tutors worked through the holidays to record their virtual choir 'A Better Place'. The attendees at the World Interfaith Harmony week flag-raising ceremony got a sneak peek into the heart-warming song at its premiere on Monday, 1 February. 'A Better Place' will be released online during City of Ballarat's Harmony Fest in March.

Our weekly DHC meetings commence on Wednesday, 10 February from 4.15pm to 5.30pm. Contact Sarabjit, DHC Coordinator at s.kaur@brmc.org.au to register as a student, tutor or peer tutor.



Social Support

BRMC is pleased to be operating at present with eased COVID-19 restrictions and plans to offer all of our vibrant programs in 2021. We are excited to see our senior clients together again and look forward to reimplementing face-to-face activities. All home deliveries will cease while face-to-face programs are being delivered. If restrictions are increased in the future we will be in touch with other plans.

February Programs

Tai Chi: February 9, 16 & 23, 1pm - 2pm (\$8)

Multicultural Tucker: Wednesday 10 February, 12pm - 3pm (\$10)

Social Hub: Thursday 18 February, 1pm - 3pm (\$5)

Seasonal Lunch: Wednesday 24 February, 12pm - 2pm (\$10)

All programs will be held at **Victoria Bowling Club**, 231 Victoria St, Ballarat East. Bookings are essential.

If you know someone who would benefit from BRMC Social Support Services, contact Teresa on 0417 109 052 or t.azzopardi@brmc.org.au.

UPCOMING EVENTS

World Interfaith Harmony Week: Path Shri Sukhmani Sahib

Sunday 7th February, 3pm

Venue: Brown Hill Hall, 375 Humffray St N, Brown Hill



Virasat - e - Punjab



invites you all to

Path Shri Sukhmani Sahib

A Sikh event to celebrate

World Interfaith Harmony Week

on

Sunday, Feb 7, 2021

at

Brown Hill Hall
375 Humffray Street North
Brown Hill

PROGRAMME

TEA	3:00PM
PATH (Prayer of peace and Joy of mind)	3.30PM
KIRTAN (Devotional Singing)	5:00PM
Introduction to Sikhism	5:15PM
Guru Ka Langar (Communal Dinner)	5:30PM



Contact:
Raman 0416159485
Rajinder 0430749666

Chinese Collection Virtual Tour

Monday 8th February, 2pm | Online Event

To celebrate Chinese New Year, Sovereign Hill is hosting an exclusive virtual tour of their significant Chinese collection from Ballarat's goldfields. Discover the hidden treasures in the rare processional and Chinese temple collections, including Australia's oldest processional dragon, Loong.

Watch live via Sovereign Hill on Facebook: www.facebook.com/events/459875631706448/



13th Anniversary of the National Apology to the Stolen Generations

Saturday 13th February, 10.30am | Online Event

13 February, 2021 marks the 13th anniversary of the day the Australian Government said sorry in Parliament, acknowledging the pain and suffering caused to Aboriginal and Torres Strait Islander people by the forced removal of their children from family, community, culture and country.



Be a part of this important national day for all Australians by joining the event livestream via the [VACCA Facebook page](#) or on www.vacca.org.

BRMC Annual General Meeting

Tuesday 23rd February, 6pm

Venue: Ballarat Welcome Centre, 25-39 Barkly St (rear), Ballarat

(Free parking at Barkly Square Car Park, Princes St South)

BRMC Annual General Meeting will be held on 23 February 2021.

Due to COVID 19-restrictions and catering arrangements RSVPs are essential.

Please contact us to confirm your attendance or apology.

Please provide your email and mobile contact details.

Once registered, and closer to the date, we will contact you to confirm venue arrangements and, if needed, online meeting options.

Contact adminassist@brmc.org.au or 03 5383 0613.



Chinese Language Café

Thursday 25th February, 4.30pm - 6pm

Venue: Ballarat Library, 178 Doveton St N, Ballarat / Online via Zoom

Explore Chinese Culture, learn a few words in Chinese and make Chinese lanterns. This event will be held at the Ballarat Library and also streamed live via Zoom for those unable to attend in Ballarat.

Register now: www.eventbrite.com.au/e/chinese-language-cafe-explore-chinese-culture-and-languages-tickets-133178078217



ITEMS OF INTEREST

Continuous Voices: Creative Art Workshops

Join in creating a Memorial to Survivors in Ballarat through Free Creative Art Workshops for sexual abuse survivors. By participating in these workshops, you will help build creative ideas to guide the design of a permanent memorial space. All community members are invited to be involved in the project.

Find out more and book your spot: www.creativeballarat.com.au/continuousvoices

CONTINUOUS VOICES

WE SEE YOU | WE HEAR YOU | WE BELIEVE YOU

Join us in creating a Memorial to Survivors in Ballarat.

CREATIVE ART WORKSHOPS FOR SEXUAL ABUSE SURVIVORS & SUPPORTERS IN 2021.

The Continuous Voices project is working towards creating a public space in Ballarat for people to visit and to reflect upon the past, present and future. By participating in these you will help build the creative ideas to guide the design of a permanent memorial space. No previous art experience is required to participate and all workshops will provide a safe space for participants.

More info and bookings go to creativeballarat.com.au/continuousvoices

If you need assistance with the issue of sexual assault or abuse please contact:
Ballarat CASA 03 5320 3933 or
After Hours/Crisis Care 24 hours
- free call 1800 806 292

SUPPORTED BY



FINDING LIGHT: PHOTOGRAPHY

Finding Light is a six-week photography course with photographer, Michelle Dunn. Participants will be encouraged to develop a creative approach using light to change the way we see the world around us.

TUESDAYS 10AM-12PM
2 FEBRUARY - 9 MARCH
EASTWOOD LEISURE COMPLEX
CENTRAL BALLARAT

THINKING ABOUT MEMORIALS: SCULPTURE

Sculptor Eliza-Jane Gilchrist will work with survivors to investigate ideas around memorial sculpture, considering what the key aspects of memorials are and how visual languages are used in memorial designs.

MONDAYS - 25 JANUARY - 1 MARCH
ART SPACE, LYDIARD STREET, BALLARAT

VOICES LIKE YOURS: ONLINE

Voices Like Yours is a collaborative project to capture voices and stories that express resistance for survivors of sexual abuse and their loved ones. People can upload their creative responses to "what does your resistance look like?" Artists Robert House, Kaff-eine, Glenn Pearce and James Money will interpret the contributions into a 3D printed sculpture.

UPLOAD CONTRIBUTIONS NOW TO
[CREATIVEBALLARAT.COM.AU/CONTINUOUSVOICES](https://creativeballarat.com.au/continuousvoices)

WORDS OUT: WRITING

Words Out is a series of writing workshops where survivors will work with artists Paige Duggan, Geoff Hassall and George Williams to tell the stories of our lives to strengthen, transform and uplift. These contributions will culminate in a spoken word music video.

WOMEN WORKSHOPS:
MONDAYS 1-3PM - 22 FEBRUARY - 29 MARCH
MEN WORKSHOPS:
1-3PM - 18 FEBRUARY - 25 MARCH
BALLARAT MECHANICS INSTITUTE
STURT STREET BALLARAT

DRAWING CONNECTIONS: MULTI-MEDIA

Drawing Connections is a participatory and exploratory art project, conceived by Rebecca Russell, an artist with a lived experience of childhood sexual abuse. Through drawing and observation participants will explore the connections we have as survivors. With sound designer and composer Steph O'Hara and video artist Dotahn Caspi, these drawings will be transformed into a multi-media installation.

SUNDAYS - 4 MARCH - 2 MAY
AT VARIOUS LOCATIONS IN BALLARAT

Multicultural Ambassador Program 2021

The Mental Health Foundation Australia (MHFA) invites you to join the Multicultural Ambassador Program (MCA) in 2021. Applications are open to all members of the community who represent Australia's many multicultural communities and are passionate about better mental health outcomes, increased awareness and reduced stigma around mental health issues in Australia's CALD communities.

Learn more: <https://mhfa.org.au/CMS/australian-multicultural-ambassador-program>

Apply online: <https://form.jotform.com/203298874927876>

CMY Youth Opportunities

Centre for Multicultural Youth (CMY) Youth Leadership programs offer a range of opportunities for young people to get involved, connect with others, learn and develop skills, have their voices heard, and create positive change in their lives and communities.

Programs recruiting:

- ENVISION
- Mental Health Literacy Project
- REVERB
- Shout Out
- Youth Advisory Group

Applications close: **24 February 2021**

Find out more and apply: www.cmy.net.au/young-people-community/youth-opportunities



Coronavirus Support for Multicultural Seniors 2020-21

Due to popular demand, applications have reopened for the Coronavirus Support for Multicultural Seniors 2020-21 (CSMS) grants program. The program will provide up to \$2000 in funding to multicultural seniors' groups for immediate assistance to support their members and build stronger connections with their communities during coronavirus (COVID-19).

Applications close: **5pm, Wednesday 10 February 2021**

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

Taste the World in Ballarat

Overseas travel might be off the cards for a while yet but you can still take your tastebuds on a global food discovery at one of Ballarat's internationally-inspired restaurants and cafes.

Taste the world in Ballarat:

www.visitballarat.com.au/stories/taste-world-ballarat



Staying Safe in the Summer

Australia is an amazing place during warmer months, but you should be aware of hazards such as bushfires, floods, water dangers and heatwaves. SBS has great in-language resources to keep you safe this summer.

Stay safe and well with the following expert guides for life in the hot months - available in 36 languages: www.sbs.com.au/language/summersafety

EVENTS IN REVIEW

2021 Survival Day Dawn Ceremony

On Tuesday 26 January the Koorie Engagement Action Group (KEAG) held its second Survival Day Dawn Ceremony at Lake Wendouree. The ceremony acknowledged the devastating effects of colonisation on Indigenous communities across the country. The service was live-streamed, with close to 1000 viewers and more than 100 viewers from overseas.

A beautiful and moving service. Thank you to everyone involved.
Always was, always will be.



2021 Survival Day Dawn Ceremony (Photo credit: ABC Ballarat)

Tamil Festival 2021: Harvest Festival Australia

Hosted at Garibaldi Hall on Saturday 23 January, people from various cultures came together to express their thanks to the sun, nature and the region's farmers. The festival was based on the traditional annual Thai Pongal event.



Harvest Festival Australia (Photo credit: The Camboy Photography)

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
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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