

June 2021 Newsletter



Dear Members and Readers,

In June let's be united - we have to all support each other to stay safe and well. The Victoria-wide lockdown and continuing cases in Melbourne are a reminder that COVID keeps appearing and is still a major threat to our lives and health and livelihood.

The FREE vaccination protects you, your family and your community. Only vaccination will allow us to be confident of opening up fully again. If you are 40 or over or if you are [eligible](#) for health or work reasons, please get the jab. See below how you can do that! Call BRMC if you need more information or translated information or check our bulletins on [Facebook](#). We will continue to share information on COVID prevention, vaccination and protection measures.

BRMC will continue to plan safe events, opportunities and services. Extra special this month is the annual Refugee Week that runs Australia-wide from 20 to 26 June. Ballarat offers a great [program](#) and opportunities for you to be involved. The theme this year is *Unity* and we celebrate the huge contributions of refugees to Australian life. See the program below and join in!

Warm Regards,

Ann

BRMC Executive Officer

COVID-19 Vaccine

Find out if you are eligible to receive the COVID-19 vaccine.

<https://covid-vaccine.healthdirect.gov.au/eligibility>

Ballarat COVID-19 Vaccination Clinics

- Mercure Ballarat - 613 Main Road, Golden Point (ages 40+)
Call 1800 675 398 to make an appointment. www.bhs.org.au/vaccine
- UFS - 18 Drummond St N, Ballarat (ages 50+ only)
Call 03 4320 0891 or book online www.ufs.com.au/vaccine
- Ballarat Community Health - Lucas, Sebastopol, Wendouree and Smythesdale (ages 50+ only)

Call 03 5338 4538 or book online <https://bchc.org.au/services/covid-19-vaccination-rollout>

You can also contact your GP to book an appointment.

For the latest news and information about COVID-19 vaccines in Australia, visit <https://health.gov.au/covid19-vaccines>

COVID-19 Update for Victoria

From 11.59pm Thursday 10 June, restrictions will ease in Regional Victoria and Melbourne. There are no restrictions on the reasons to leave home, but staying COVIDSafe is important. Travel between Regional Victoria and Melbourne remains limited to permitted reasons only. Current restrictions: www.coronavirus.vic.gov.au/coronavirus-covidsafe-settings

Financial and other support for COVID-19

There are a variety of financial support packages for people and businesses impacted by COVID-19 including financial, job and business support.

www.coronavirus.vic.gov.au/financial-and-other-support-coronavirus-covid-19

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](#).

Kiky Amelia

Community Representative, BRMC Executive Committee

Kiky was born and grew up in Central Java, Indonesia and moved to Australia 7 years ago. She lived in Perth and Melbourne for several years before moving to Ballarat. Initially studying commercial cookery, she is now completing a Master of Teaching course at Federation University, with the aim of teaching Indonesian in secondary schools.



Kiky is passionate about contributing to the Ballarat community and has recently been appointed President of the Ballarat Region Indonesian Community (BRIC). She has an incredible work ethic, is enthusiastic and is adept at bringing diverse groups of people together. Through BRIC, BRMC and her future profession as a teacher, Kiky wants to share Indonesian culture and promote cultural diversity.

Her interests include camping, sewing, playing acoustic guitar, singing, swimming and skiing.

Updates from BRMC

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

Upcoming Events

- Refugee Week 2021
 - Mental Health Awareness Walk
 - Flag Raising - Refugee Week Launch
 - Art Installation: 'We Welcome Refugees'
 - Book Launch: 'One Dream, Four Countries'
 - Soup and Sandwich Luncheon
 - Market & Women's Business Incubator
- Gambling Harm Prevention Forum
- BAA 'Let's Celebrate' Social Event
- SWISH Intercultural Basketball Tournament
- Workshop for Parents

Items of Interest

- Victorian Budget 2021/22 - Multicultural Communities
- Family Recovery Program
- Get Active Kids Voucher Program
- COVID-19 Communication & Engagement Adviser Recruitment
- CMY Youth Advisory Group Vacancies
- Multicultural Film Festival - Call for entries
- Multilingual Older Persons COVID-19 Support Line
- Don't Give Up On Yourself Music Video

Events in Review

- COVID-19 Vaccination Information Session
- BHTCC Donation to Smythesdale CFA

UPDATES FROM BRMC

Community Engagement Team

Living Together Box

BRMC Community Engagement Team decided to continue delivery of the Living Together Box service, to assist multicultural families facing a tougher situation due to the COVID-19 lockdown. We delivered fresh vegetables, fruits and daily necessities to families in need on 1 and 8 June.

There is no doubt that there are still many people of migrant, refugee or asylum seeker backgrounds who need help due to the repeated COVID-19 lockdown situations since last year. We sincerely hope that the community's help for them will continue, and the recipients' situation will improve.

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



Developing Our Children Together Program

Early Parenting Workshops and Multicultural Playgroup

The Developing Our Children Together early parenting workshops, originally scheduled for 4 June, were postponed due to the COVID-19 lockdown. The direction of the program will be determined according to the future COVID situation, and further information will be delivered to parents who want to participate.

For the Multicultural Playgroup, we hosted an online multicultural playgroup via Zoom on Thursday 3 June, instead of the standard face-to-face playgroup. We had an enjoyable time with parents and children for 30 minutes: singing and dancing together, and storytelling time. Depending on the situation of COVID-19 restriction in the future, the online playgroup will be extended or changed to the face-to-face playgroup.

We are also delighted to support new playgroups and workshops by the Ballarat Malayalee Association. They are holding a 'Workshop for Parents' on 3 July.

For further information about DOCT workshops or Multicultural Playgroup, please contact Heeyoung: 0410 760 618 or hy.lim@brmc.org.au.



Student placement in the BRMC Community Engagement Team

Eva Lineker

"My name is Eva Lineker and I am a second year Bachelor of Human and Community Services student at Federation University. I have just completed a 3-week placement alongside the Community Engagement Team at BRMC. Working with the Community Engagement Team, I was able to observe and learn from all the amazing projects BRMC facilitate to enhance the lives of diverse community members in Ballarat. It is incredible how kind-hearted and welcoming everyone at BRMC is, during my short time with the organisation I was made to feel a part of the team. I really appreciate all the help and support I have received at BRMC and want to especially thank Heeyoung for the opportunity to learn and grow here."



Community Volunteers: Migrant English Program

Meet Dale Dumpleton, MEP Tutor. With her meticulous planning and supportive attitude, Dale has helped her student improve the skills and confidence to achieve her professional goals.

"I met a young woman with English as her fourth language towards the end of last year via a Zoom introduction, hosted by Sara. She wanted to prepare for the IELTS English language test in order to gain entry to a university course.

Due to the pandemic, we generally meet weekly online, and there is usually some homework for her in between times. The sessions with her are currently centred on using the practice tests we access through Ballarat Library. Homework flows from gaps identified in the practice tests, her interests and our conversations. It may involve finding the meaning of something; a written assignment; or more recently, reporting on a self-selected episode of the 7.30 Report, shown on ABC TV. This latter task is to develop her general knowledge of current affairs.



I am inspired by her motivation to study on top of her day job and health issues she is dealing with. I think I can say that we both enjoy our sessions, laughing and sharing a bit of ourselves."

To participate / volunteer with the Migrant English Program, contact Sarabjit at s.kaur@brmc.org.au.

Diversity Homework Club

Meet Tahsina

Tahsina Tasnim is a long-term volunteer and has joined the team as Diversity Homework Club Assistant. She put together STEM activity kits on 'germination' that were delivered on 27 May.



Diversity Homework Club is a welcoming community of students and tutors from diverse backgrounds. We are delighted to see our students actively participate in the learning activities, whether it's writing poems, debating or reading to win Good Reader awards. Here's an insight into the fun learning community:

Diversity Homework Club Poem

Homework Club is so much fun
It is always number one.
We always have a word of the day
And we love to play.
There is always a fun fact
That could be about a bat.
We really enjoy the math
But we don't wear hats or don't see bats.
We all play Bingo!
We never say no.



We think of all the numbers

But never, never, cucumbers!!!

We have rules

That are very cool.

I love the reading

There's always a greeting.

I love the spelling words

But they're never in a herd.

*Written by: Maker, Lul, Nyamar, Nyador, Bryan
and Kartie*

"I am very happy and honoured to be a part of Diversity Homework Club. It helps me throughout my learning and gives me extra practice of what I learn at school. It also teaches me new things like writing poems. We play fun games and gain knowledge of fun facts. All the tutors help me understand well so I can complete the task. DHC has boosted my self-confidence too. Thank you DHC for having me." - Sarah Hussain, DHC student

Watch 'A Better Place'

A collaborative offering of love and hope, put together by the DHC family under the able tutelage of George and Geoffrey Williams of Virtual Soul Choir:

<https://youtu.be/4olxo93knX0>



For more information about the Diversity Homework Club, contact Sarabjit at s.kaur@brmc.org.au.

Social Support

We celebrated Croatia at Multicultural Tucker for the month of May! 105 Social Support clients enjoyed a delicious Croatian cuisine with the very entertaining Joe Parks on the Piano Accordion.



June Social Support Programs

Some of our June programs have been postponed due to COVID-19 restrictions. We thank our clients for their patience in this ever-changing environment.

Tai Chi: June 22, 1pm - 2pm (\$5)

Bus Trip (Bendigo): Thursday 24 June (\$40)

Multicultural Tucker (Italian): Wednesday 30 June, 12pm - 3pm (\$10)

All programs are held at Victoria Bowling Club, 231 Victoria St, Ballarat East (enter via Stawell St N). Bookings essential.

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

Become a Digital Mentor

Support people from migrant and refugee backgrounds to increase their confidence to use technology. You don't need to be an IT expert to become a mentor - if you currently use a computer/laptop, smart device and the internet on a regular basis, this volunteering

opportunity is for you!

If you are interested, please contact Heeyoung on 0410 760 618 or hy.lim@brmc.org.au.



BRMC is looking for volunteers with technical and people skills to become digital mentors.

Interested?

Contact Heeyoung Lim on
0410 760 618 / hy.lim@brmc.org.au



Ballarat Regional
Multicultural Council Inc.

DIGITAL MENTORS WILL

- Work 1:1 or in small groups with people from migrant or refugee backgrounds
- Participate in Digital Mentor training
- Commit to a minimum of 1 hour / week for six months

Miniroos Soccer Program

The second session of this year's Miniros program (2 July) will have Hakeem and Stephen, highly experienced football facilitators from Football Victoria, run our session which will feature mini games and skill based drills.

For more information please contact lk.folly@brmc.org.au or 0413 572 541.

2021 MINIROOS SOCCER PROGRAM

Be active,
learn new skills and
make life-long friends

For young people
aged 6-13
(all genders)



11am - 12.30pm

16 April
2 July
9 July
24 September
1 October
17 December

BALLARAT REGIONAL SOCCER
FACILITY (MORSHEAD PARK)

900 Pleasant St South, Redan

Contact:
lk.folly@brmc.org.au
0413 572 541

UPCOMING EVENTS

Refugee Week 2021

20 - 26 June 2021

Refugee Week is a unique opportunity for us all to experience and celebrate the rich diversity of refugee communities. Learn more: www.refugeeweek.org.au

2021 Theme: *Unity*



Ballarat Program

Take a look at the Ballarat Program to see all the great events you can take part in:
www.brmc.org.au/wp-content/uploads/2021/06/Refugee-Week-2021-Ballararat-Program.pdf

Refugee Week 20 - 26 June 2021

BALLARAT PROGRAM

A celebration of the contribution of refugees to arts, culture and society.

2021 Theme: Unity - The way forward.

www.refugeeweek.org.au



Date	Time	Event	Venue	Contact	Cost
Sunday 20 June to Saturday 26 June	10am - 4pm	Art Installation: 'We Welcome Refugees' by Wendy Bolger Ballarat IAR	Ballarat Trades Hall, 24 Camp St	Wendy Bolger 0439 475 711	Free
Sunday 20 June	12.30pm	Mental Health Awareness Walk	Edward VII Pavilion, Lake Wendouree (across from the Tram Museum)	Neil Para 0452 533 759 https://fb.me/je1c5G29pe8	Free
World Refugee Day	3pm	Film Screening: Human Flow Directed by Ai Weiwei	Ballarat Central Uniting Church, 103 Lydiard St S	Maureen Doonan 0418 381 802	Free
Monday 21 June	10am & 11am	Refugee Week 15-Minute Storytimes	Wendouree Library, Gillies St N	Mark Macnamara 03 5339 3505	Free
	10.30am - 11am	Flag Raising - Refugee Week Launch	Queen Victoria Square, 225 Sturt St (opposite Tram Hall)	Dimitri Dollard 0457 899 714	Free (non- in- cl)
	11am - 11.30am	Morning Tea	Ballarat Library, 178 Doveton St N	Dimitri Dollard 0457 899 714	Free (by invitation)
Tuesday 22 June	10am & 11am	Refugee Week 15-Minute Storytimes	Ballarat Library, 178 Doveton St N	Lesley Morgan 03 5338 6800	Free
	5pm	Book Launch: 'One Dream, Four Countries' by Sandram Sivamalai Ballarat IAR	Ballarat Trades Hall, 24 Camp St	David MacPhail 0429 988 199	Free
Wednesday 23 June	10am & 11am	Refugee Week 15-Minute Storytimes	Sebastopol Library, 181 Albert St	Eleanor Wright 03 5335 7985	Free
	12.30pm	House of Welcome Soup & Sandwich Luncheon	30 Waller Ave, Newington	Carmel Kavanagh 0401 175 043	\$30
Thursday 24 June	10am - 4pm	Art Exhibition: 'My Kulture' by Nyagak Yang	Backspace Gallery, 15 Camp St		Free
	10am & 11am	Refugee Week 15-Minute Storytimes	Ballarat Library, 178 Doveton St N	Lesley Morgan 03 5338 6810	Free
Friday 25 June	10am - 4pm	Art Exhibition: 'My Kulture' by Nyagak Yang	Backspace Gallery, 15 Camp St		Free
	10am - 2pm	Women's Business Incubator Launch with Stepping Stones Graduation BRMC	Ballarat Welcome Centre, Barkly Square, 25-39 Barkly St	Suzanne Ryan-Evans s.ryan-evans@brmc.org.au	Free
	10am & 11am	Refugee Week 15-Minute Storytimes	Wendouree Library, Gillies St N	Mark Macnamara 03 5339 3505	Free

Date	Time	Event	Venue	Contact	Cost
Events in July					
Saturday 3 July	9am - 3pm	Meal Delivery Fundraiser Ballarat Malayalee Assoc. Funds raised will go to BRACON.	Delivery of pre-ordered meals	Lokan Ravi 0402 550 163 Keep an eye on BRAC's Facebook page for the link to order meals.	
Saturday 3 July	5pm - 8pm	Forum: Artist to Artist Response to Nyagak's Art Exhibition: 'My Kulture'	Art Gallery of Ballarat, 40 Lydiard St N	Book now trybooking.com/86NDQ	Free (bookings essential)

Watch out for the Ballarat Malayalee Association Meal Delivery Fundraiser on Saturday 3 July and
Virasat-e-Punjab community lunch coming soon!

All events are subject to COVID-19 restrictions. Updates will be provided about any event changes or cancellations.

Refugee Week 2021: Unity

Refugee Week started in Australia in 1986 and is now a global celebration. It provides an opportunity to celebrate the wonderful ways in which people from refugee and asylum-seeking backgrounds enrich their new communities. Refugee Week is a chance for ordinary people to welcome, thank and celebrate their neighbours who have come seeking safety.

Refugee Week incorporates World Refugee Day (June 20) each year, which is designed to raise awareness and establish dialogue in our communities about the refugee experience. In doing so, Refugee Week aims to facilitate better understanding between communities and encourage successful integration.

Learn more about Refugee Week: www.refugeeweek.org.au

#RefugeeWeek #RefugeeWeek2021

Ballarat Regional Multicultural Council

03 5333 6813

For further local information, visit: www.brmc.org.au

Follow BRMC on Facebook: www.facebook.com/brmc.ballarat

Stronger. Safer. Healthier. Happier. Together.



Mental Health Awareness Walk

Sunday 20th June, 12.30pm

Edward VII Pavilion, Lake Wendouree (across from the Tramway Museum)

Join Neil Para and help raise awareness for mental health issues amongst refugees and asylum seekers in Australia.

Register



WALK FOR REFUGEES
AND PEOPLE SEEKING ASYLUM
MENTAL HEALTH AWARENESS

Refugee Week 2021

Theme: Unity – The way forward

Sunday, June 20, 2021 at 12:30 PM



Ballarat Vic

Walk with me to help raise awareness of mental health issues amongst refugees and asylum seekers in Australia.

Appropriately worded banners and posters are welcome

On World Refugee Week day 2021 it will have been 2691 days since the immigration revoked the visa from our family of 5. On this 6.2km walk around the lake, I will be carrying 2691g x 5 to represent each member of my family, and a little bit more to represent the others who suffer from the mental weight of living through everything that makes asylum seekers seek refuge in another country.

Walk will start and finish at EDWARD VII Pavilion (Lake Wendouree, Vic)

Across the road to Tramway Museum

At the end refreshments, sausage sizzle will be provided by Ballarat RAR.

Other Support groups:



RAR Groups

L' Naturale



Contact Details
Neil Para
0452533759
BALLARAT, VIC

in photo:
Neil Para (A Tamil Refugee from Sri Lanka)
Photo Credit: Peter Kervarec

MENTAL HEALTH AWARENESS WALK

Flag Raising - Refugee Week Launch

Monday 21st June, 10.30am - 11am

Queen Victoria Square, 225 Sturt St (opposite Town Hall), Ballarat

With guest speaker Joy Sawiche, BRMC Chairperson and a performance by Stella from Coco Sounds with members from Handz On Drumming.

Contact Dimitri Dollard on 0457 899 714 or dimitridollard@ballarat.vic.gov.au.



Photo credit: Yvon Davis

Art Installation: 'We Welcome Refugees'

20 - 26 June 2021, 10am - 4pm daily

Ballarat Trades Hall, 24 Camp St, Ballarat

By artist Wendy Bolger. Hosted by Ballarat Rural Australians for Refugees.

Book Launch: 'One Dream, Four Countries'

Tuesday 22nd June, 5pm

Ballarat Trades Hall, 24 Camp St, Ballarat

Written by Dr Sundram Sivamalai. Hosted by Ballarat Rural Australians for Refugees.
5pm refreshments and tea, followed by 6pm book launch.

Refugee Week

Events hosted by Ballarat Rural Australians for Refugees

20th – 26th June
at Ballarat Trades Hall, 24 Camp St.



'We Welcome Refugees'

Art installation: reflects on border security as a barrier to people seeking asylum.

artist **Wendy Bolger**

10am – 4pm daily.
public event, free entry.

'One Dream, Four Countries'

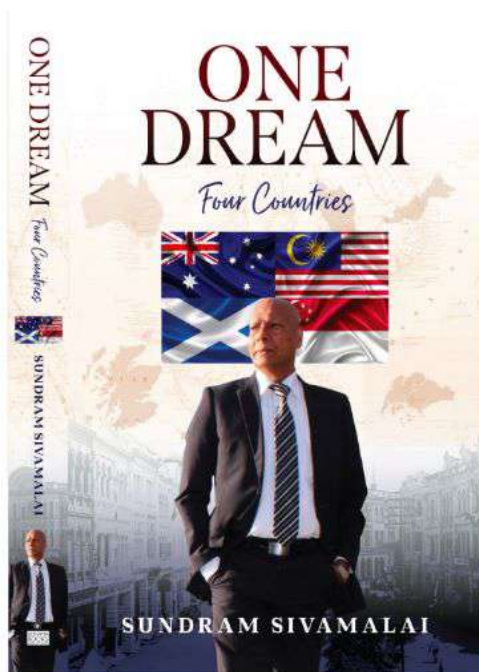
Book launch:
Sundram Sivamalai writes of his journey to escape from oppression.

Tuesday 22nd June
5pm for 6pm start, 7pm finish.

Interviewer: Prue Bentley
Ballarat A.B.C

A Pot of Courage catering, bar open.

Contact: David MacPhail
0419 368 199
david.i.macphail@gmail.com



House of Welcome Soup and Sandwich Luncheon

Wednesday 23rd June, 12.30pm

30 Waller Ave, Newington

Entry \$30. Stall and competitions. Takeaway option available.

Please book by: text 0401 175 045 (state your name) / phone 03 5332 2103 / email

annekav1234@gmail.com



House of Welcome Ballarat

invites you to our annual
***Soup and Sandwich
Luncheon***

- Refugee Week 2021 -

**Entry
\$30**

Wednesday 23 June at 12.30pm
30 Waller Avenue, Newington

Stall - Competitions - Delicious food

Takeaway option available: Drive by. Drive away. Donate.

Covid Relief Food Assistance
has been going on all year
to assist those in need.

Can you help with donations?

Donations can be made to:
House of Welcome BALLARAT
Bendigo Bank BSB 633 000
Account No. 1440 44963

Assisting refugees, asylum seekers, students and those in need.

Thank you Ballarat for your continued support in the
past and we look forward to your ongoing assistance.

Please book by one of the following methods:

By text - 0401 175 045 (state your name)

By phone - 03 5332 2103

By email - annekav1234@gmail.com

Check local COVID rules
in place on the day.

Winter Market & Women's Business Incubator Launch

Friday 25th June, 10am - 2pm (launch at 12pm)

Ballarat Welcome Centre, Barkly Square, 25-39 Barkly St

Stepping Stones Graduation will be held during the Women's Business Incubator Launch.

Contact Suzanne Ryan-Evers on 0455 667 227 or s.ryan-evers@brmc.org.au.

Refugee
Week



WINTER MARKET

Quality handmade and locally sourced goods
by BRMC Twilight Market vendors, *Stepping Stones*
enterprises and emerging entrepreneurs from across
Ballarat's diverse community.

FRIDAY 25 JUNE
10am - 2pm

Ballarat Welcome Centre
Barkly Square 25 - 39 Barkly Street



Ballarat Regional
Multicultural Council

Enquiries: 03 5383 0613



Gambling Harm Prevention Forum

Friday 25th June, 10am - 1pm

Barkly Square Lecture Theatre, 25-39 Barkly St, Ballarat

The BRMC Gambling Harm Prevention Forum will look to address some of Ballarat's worrying gambling statistics and bring much needed awareness to the topic. We are partnering with high level community organisations to deliver the event and guests will be able to attend both in-person or online through Zoom or [BRMC Facebook page](#). We highly recommend our community partners to attend.

For more information please contact lk.folly@brmc.org.au or 0413 572 541.

Register



Ballarat Regional
Multicultural Council Inc.

GAMBLING HARM PREVENTION FORUM 2021



Where & When

Barkly Square Lecture Theatre | Friday 25 June 2021
25-39 Barkly St, Ballarat | 10am - 1pm

Special guests

- Kate Diamond-Keith, Ballarat Community Health
- John Bradshaw, Cafs
- Paul Fung, lived experience person
- Dr Sundram Sivamalai, 2021 Ballarat Citizen of the Year
- Heidi Rose, Victorian Responsible Gambling Foundation

Refreshments and a light lunch provided at the end of the forum.

Contact: lk.folly@brmc.org.au or 0413 572 541

Register online

eventbrite



BAA 'Let's Celebrate' Social Event

Saturday 26th June, 10am - 4pm

Ballarat South Community Hub, 11 Tuppen Dr, Sebastopol

Join the Ballarat African Association as they celebrate milestones achieved with the Re-Branding African Australian Identity project, further showcase contributions of African Australians to wider society, and acknowledge contributions and support.

Register



SWISH Intercultural Basketball Tournament

Friday 2nd July, 1pm - 4pm

Ballarat Sports and Events Centre, 989 Norman St, Wendouree

SWISH is a free basketball tournament for young people aged 12-25.

Skills clinic with Rush & Miners players followed by a round-robin style tournament.

For individuals or a team of 4. All skill levels welcome.

Registrations close **Monday 28 June 2021**.

[Register](#)



'SWISH' | Intercultural Basketball Competition

Prizes!
Skills workshop
Round-robin style tournament
Individual/teams registration (Essential)
Snacks provided!

WHEN: Friday 2 July 2021 (1.00pm - 4.00pm)

WHERE: Ballarat Sports and Events Centre (BSEC):
989 Norman St, Wendouree, VIC

SUITABLE FOR ALL COMMUNITY MEMBERS:
Ages 12-25 (all skill levels welcome)

REGISTER HERE

**REGISTRATIONS
CLOSE 28 JUNE 2021**

YOUTH SERVICES CITY OF BALLARAT



Ballarat Regional
Multicultural Council



cmy
Centre for
Multicultural Youth



Horsham Rural City
COUNCIL



Workshop for Parents

Saturday 3rd July, 9.30am - 4.30pm

St Patrick's Cathedral Hall, 3 Lyons St South, Ballarat

BMA in partnership with BRMC is organising a FREE one-day workshop. This is a unique opportunity to hear from professionals within our community on parenting our children in a multicultural setting. Free child care and light lunch and refreshments provided.

Places are limited and attendance is through registration only.

Register

ARE YOU A **PARENT** FROM A CULTURALLY DIVERSE BACKGROUND ?

Join us for a **FREE WORKSHOP**
on Saturday, 3rd JULY 2021
@ St. Patrick's Church Hall,
Ballarat Central.

Topics Include :

**Parenting Challenges,
Mental Health,
Disability and so on.**

Speakers

Dr Anoop Lalitha
Clinical Director
Grampians Area Mental Health and
Wellbeing Service, Ballarat Health Services

Dr Jacob Kulathikulangara
Consultant Psychiatrist
Grampians Area Mental Health and
Wellbeing Service, Ballarat Health Services

Dr Shabna Rajapaksha
Consultant Paediatrician
Ballarat Health Services

Ms Sarabjit Kaur
Educator/Parent

Two Q&A Sessions

TICKETS ON
eventbrite



Contact
0422 040 627

bmaballarat@gmail.com
www.bmaballarat.com.au



July 3rd 2021
9.30-4.30 PM

- ✓ Free Child care (over age of 3 years)
(offered by community volunteers)
- ✓ Light Lunch provided
- ✓ Places limited
- ✓ Attendance by Registration only

In Association With



ITEMS OF INTEREST

Victorian Budget 2021/22 - Multicultural Communities

The Victorian Budget 2021/22 will provide \$23.7 million for multicultural communities, including support for seniors, refugees and community events.

Includes:

- \$8 million to support more than 900 groups across the state through the Multicultural Seniors Support grants program.

- \$4.3 million for upgrades to multicultural community facilities under the Multicultural Community Infrastructure Fund.
- \$8.8 million towards essential programs that streamline settlement for humanitarian arrivals and support migrant communities.
- \$1.1 million to support communities to celebrate events of cultural and religious significance through the Multicultural Festival & Events Program.



[Read more](#)

Family Recovery Program

If you are a member of Victoria's culturally and linguistically diverse community and have been significantly impacted by COVID-19, you might be eligible for support from the Victorian Government's Family Recovery Program.

The program can support you and your family with: finding work, education and training opportunities, mental health and health recovery.

[More information](#)

Get Active Kids Voucher Program

Round 2 of the Get Active Kids Voucher Program is now open!

Do your children love sport and getting active? Does your family have a Health Care Card or Pensioner Concession Card? You may be eligible for up to \$200 to support your child's sport and active recreation activities.

Applications for vouchers in Round 2 close on **9 July 2021**.

[Apply now](#)



COVID-19 Communication & Engagement Adviser Recruitment

Migration Council Australia is recruiting several contractors as Communications and Engagement Advisers to support and act on behalf of their respective networks of multicultural and ethno-specific health professionals and community organisations. Advisers from the following communities are invited to apply:

- [African Diaspora community](#)
- [South Sudanese community](#)
- [Somali community](#)
- [Burmese community](#)

- [Pasifika community](#).
- [South Asian Hindi speaking community](#).
- [South Asian Tamil speaking community](#).

Contracts are fixed-term (7 months, until December 2021), either full time or part time, and contractors must be based in Victoria. **The deadline is 10 June 2021.**

Email manisha.giri@migrationcouncil.org.au for any questions.

CMY Youth Advisory Group Vacancies

Are you a young person in Ballarat aged 12- 25?

Centre for Multicultural Youth (CMY) is currently recruiting for our Youth Advisory Group (YAG). Help us shape our programs, receive training opportunities and meet like-minded people in your community!

You must be able to attend meetings once a month (usually held on Monday evenings), and will be reimbursed \$25 per hour for your time.



For more information please email Hayley: hmcarthur@cmy.net.au or text 0448 623 006.

Multicultural Film Festival - Call for entries

The Multicultural Film Festival is an annual short film festival that explores diversity and multiculturalism through films that make us think and touch our hearts.

Calls for entries are now open!

Seeking creative, original, non-formulaic short films about cultural diversity and multiculturalism. The stories the films tell can be made by and/or be about people from any cultural background.



Submissions close **20 June 2021 at 11.59pm.**

[Find out more](#)

Multilingual Older Persons COVID-19 Support Line

The support line provides in-language information and support associated with COVID-19, and referrals to appropriate services and programs for older Australians from culturally diverse backgrounds. Available in Arabic, Cantonese, Greek, Italian, Mandarin and Vietnamese.

2pm - 5pm, Monday to Friday. All calls are free.



Multilingual Older Persons COVID-19 Support Line

Italian 1800 549 844

Greek 1800 549 845

Vietnamese 1800 549 846

Mandarin 1800 549 847

Cantonese 1800 549 848

Arabic 1800 549 849



Don't Give Up On Yourself Music Video

There's a really blurry line between online gaming and gambling, which is why Ballarat & District Aboriginal Co-Operative and Cafs partnered with Indigenous Outreach Projects and Berry Street kids to create this fantastic film clip aimed at reaching young people about the issue.

The clip encourages kids to take time out from their screens, get outside for exercise, hang out with mates and connect to country. It's a powerful message and one we'd encourage you to share with friends and family.



[Watch video](#)

Cafs runs a range of school education programs facilitated by our Gambler's Help Community Engagement Officer John Bradshaw, who also features in the video. John presents at local schools about financial literacy and the blurred boundary between online gaming and gambling. If you'd like to know more, contact John on 03 5337 3333.

EVENTS IN REVIEW

COVID-19 Vaccination Information Session

On Tuesday 1 June we held a COVID-19 Vaccination Information Session in partnership with Women's Health Grampians. Due to the COVID-19 lockdown we held the session online via Zoom, with 40 participants attending. Thank you to Dr Raquel Cowan, Robyn

Wilson and Louise Feery for an informative session and providing answers to questions from the community.



Ballarat Regional
Multicultural Council



COVID-19 VACCINATION INFORMATION SESSION



BHTCC Donation to Smythesdale CFA

Last month the Ballarat Hindu Temple and Cultural Centre donated \$4,800 to the Smythesdale CFA. The organisation wanted to support local community groups and raised the funds prior to the pandemic.



Share Your News

Have something you would like us to share on social media or in our 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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