

June 2022 Newsletter



Greetings Readers,

BRMC June newsletter shows a rich array of community opportunities for you. Refugee Week is an important week that recognises the massive contribution of people from refugee backgrounds to communities, culture, society and economy. Ballarat is a Refugee Welcome zone and definitely a beneficiary. This year the national theme we reflect on is healing. We always celebrate with a coordinated program across the city and you can participate in up to 12 published events between 19 and 25 June, detailed on the joint [Ballarat program](#). BRMC's events include our Women's Business Centre Open Studio and workshops, Migrant Morning Tea, Ballarat Welcome Open Day and the chance to register for Anti-Racism Active Bystander Training. We also update you this month on COVID-19 prevention, forthcoming cultural events, grants, scholarships and other opportunities. Enjoy your read and I wish you well and warm this month in our wintry town.

Warm Regards,

Ann

BRMC Chief Executive Officer

COVID-19 & Health Information

FREE Flu Vaccinations

This June, every Victorian aged six months and over can receive a FREE flu vaccination. You can book your flu shot with your GP or pharmacist.

Remember, if you're still sick with the flu wait until you feel better to have your vaccination. Anyone with cold and flu symptoms should get tested for COVID-19 and remain at home until their symptoms have resolved.

Find out more: www.betterhealth.vic.gov.au/stay-well-this-winter

COVID-19 Medicines

Early treatment medicines are now available for eligible people with COVID-19 to prevent them from getting so sick that they need hospital care. These medicines do not replace vaccinations, which remain the best protection against becoming severely ill with COVID-19. For COVID-19 medicines to work at their best, most must be started within the first five days of symptoms.

To see if you may be eligible, visit: www.coronavirus.vic.gov.au/covid-19-medicines

COVID-19 BRMC Help: 0491 066 247 and help@brmc.org.au

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UPDATES FROM BRMC

New BRMC Studio: Creative Lab

BRMC announces completion of our exciting new BRMC 'CREATIVE LAB', Ballarat Welcome Centre's dedicated sound production and recording studio, supported by the Victorian Government through the Multicultural Communications Outreach Program. Our region's multicultural and interfaith communities consistently say that messaging about COVID-19 and other important information must be relevant, targeted across languages and cultural groups and speedy.

Thanks to Hazara community and staff member, Abdul Rasuli, we have a soundproof studio now and thanks to Bobby Mehta and Suzanne Ryan-Evers the first training pilot is underway for six trainees. The Creative Lab will up-skill community members to create content, edit and broadcast specific, accurate, reliable and current messaging, in their own languages and style, via audio and video community service announcements.

For more information about the facility or training email the project coordinator Suzanne Ryan-Evers on s.ryan-evers@brmc.org.au or Bobby Mehta on bobby@brmc.org.au or come to our Ballarat Welcome Centre Open Day in Refugee Week.



Migration and Settlement Services

Anti-Racism Active Bystander Workshop

Tuesday 28th June, 10am - 12.30pm

Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

Join us for this free 2.5 hour workshop delivered by our skilled facilitators with migrant background and life experiences.

For further information, contact: Heeyoung: hy.lim@brmc.org.au or 0491 066 247.

Register

Anti-Racism Active Bystander Workshop

Free

Ballarat Regional Multicultural Council invites you to attend!

Join us for this 2.5-hour workshop delivered by our skilled facilitators with migrant background and life experiences!

This aims to:

- Increase understanding of how racism impacts on people and communities
- Provide practical ideas about how to safely intervene
- Help people recognise the powerful role they can play in making our world a kinder and safer place

Details

Venue: Ballarat Welcome Centre
Address: 25-39 Barkly Street, Ballarat East
Date: Tuesday, 28 June 2022
Time: 10:00am - 12:30pm (2.5 hour training)

Bookings via Eventbrite:

<https://brmc-antiracismworkshop.eventbrite.com.au/>

or contact Heeyoung: hy.lim@brmc.org.au, 0491 066 247



Ballarat Regional
Multicultural Council inc.



Welcome Morning Tea Program

Last Wednesday of each month, 10.30am - 12pm

Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

We invite multicultural people who have recently settled in Ballarat and community members who would like to welcome and say 'Hello' to new arrivals.

RSVP to Heeyoung by the 24th of every month: hy.lim@brmc.org.au

Join WELCOME MORNING TEA



We invite everyone who would like to welcome and say 'Hello' to multicultural people who have recently arrived in Ballarat.

Please make your way and give them warm welcome!

Every Last Wednesday

10:30AM – 12:00 Noon

BALLARAT WELCOME CENTRE,
25-39 Barkly Street Ballarat

RSVP Heeyoung **by the 24th of every month:**

hy.lim@brmc.org.au

Stepping Stones to Small Business

The Stepping Stone to Small Business program is seeking Volunteer Mentors interested in supporting women's enterprise by advising and guiding women in establishing their own small business. If you are able to commit to a few hours once a fortnight, then this may be the volunteer opportunity you are looking for!

Contact Deborah Klein on 0457 934 728 or d.klein@brmc.org.au for more information.



**Do You Want
To Make A
Difference
In Women's Lives?**

**Are You
A Champion
For Women's Enterprise?**

**Then volunteering as a Mentor
for Stepping Stones To Small Business graduates
may be what you are looking for!**

Whether you have specialised skills, business experience,
or a good understanding of how things work in our world,
by giving a couple of hours a fortnight
you can help build a woman's future by supporting her
in developing her own small business.

Interested in knowing more?
Contact Deborah 0457 934 728 or d.klein@brmc.org.au

Stepping Stones To Small Business is an initiative of the Brotherhood of St. Laurence, providing empowerment and small business training for over a decade for women of migrant and humanitarian backgrounds, and women 50+ of any background. Stepping Stones is supported by the Victorian Office of Women, and delivered across regional Victoria in partnership with the Ballarat Regional Multicultural Council.



Ballarat Regional Multicultural Council



Brotherhood
of St Laurence

Good Governance Program

Designed to help community organisations achieve their goals and be their best, BRMC's Good Governance program offers free governance mentoring to community organisations and cultural groups. The program is tailored to suit the needs of each community group and is delivered with the support of experienced mentors.

Committee members gain from participating in bi-monthly governance webinars where information about volunteer management, fundraising and financial management is offered and innovative governance ideas are shared. The mentors participate in bi-monthly Community of Practice sessions to exchange ideas and stay updated.

The program is offered in Ballarat, Albury Wodonga and Mildura. To get more information contact: Sarabjit at s.kaur@brmc.org.au.



Good Governance Program

Free mentoring support for your organisation

Free consultation from experienced mentors:

- Time Management
- Financial Management
- Risk Management
- Committee processes
- Collective decision making
- Stakeholder Engagement
- Planning for the future
- Applying for grants



Contact:
Sarabjit Kaur
0424 711 353
s.kaur@brmc.org.au






Community Volunteers: Migrant English Program

Currently offering English learning support to clients in Ballarat, Ararat and Horsham, our MEP team offers one-on-one mentoring to individuals for social communication, functional workplace English and for IELTS, OET, PTE and TOEFL assessments. Innovative teaching ideas and resources are used to empower the participants with the knowledge and skills to achieve their language learning goals. The program is all about empowering individuals find better employment and social opportunities.

If you'd like to support the program, join our team as a community volunteer. Training, teaching resources and ongoing support will be provided. Contact: Sarabjit at s.kaur@brmc.org.au.

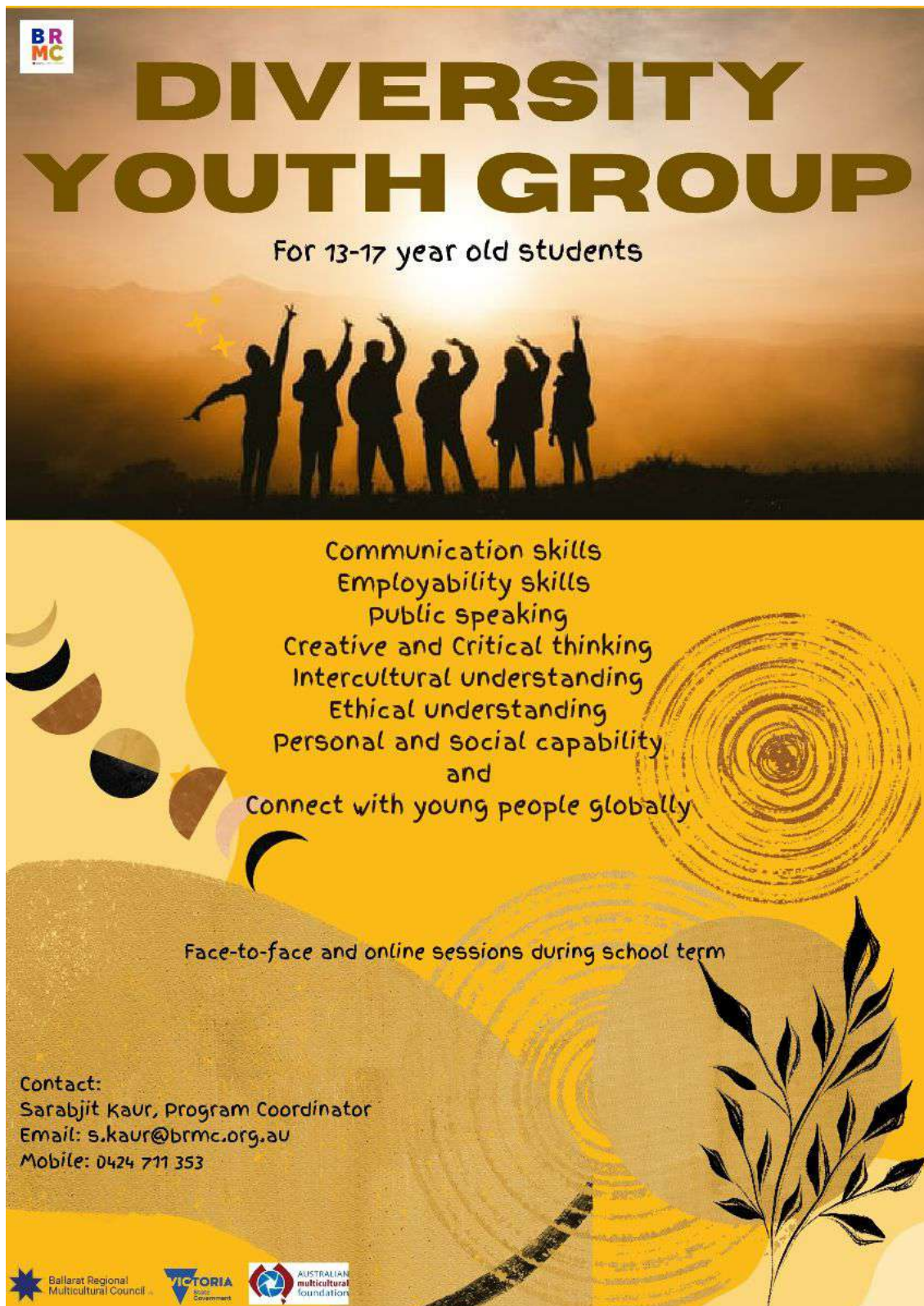
Diversity Youth Group

Thursdays, 6pm - 7pm via Zoom

Are you 13-17 years old? If your answer is yes, Diversity Youth Group (DYG) is for you. It offers young people a safe space to connect, discover their strengths and practise dialogue skills with their peers around the world.

The two programs offered are Generation Global and Persona Life-skills Education's social-emotional learning, based on post-COVID research on young people around the world. Youth Group is fast gaining popularity so book your spot today.

To book your free spot and receive a welcome kit, contact: Sarabjit at s.kaur@brmc.org.au.

The poster features a warm, orange-toned background. At the top, the title 'DIVERSITY YOUTH GROUP' is written in large, bold, dark brown letters. Below it, the text 'For 13-17 year old students' is centered. A central image shows the silhouettes of six young people standing on a dark horizon, raising their arms towards a bright sun or moon. To the left of the central text is a stylized graphic of a person's head in profile, composed of various colored semi-circles. To the right is a circular, concentric-line pattern. Below the central text, a list of skills is provided: 'Communication skills', 'Employability skills', 'Public speaking', 'Creative and Critical thinking', 'Intercultural understanding', 'Ethical understanding', 'Personal and social capability and', and 'Connect with young people globally'. Further down, it says 'Face-to-face and online sessions during school term'. At the bottom left, contact information for Sarabjit Kaur is listed. The bottom of the poster includes logos for the Ballarat Regional Multicultural Council, the Victorian Government, and the Australian Multicultural Foundation. A stylized plant branch is visible in the bottom right corner.

DIVERSITY YOUTH GROUP

For 13-17 year old students

Communication skills
Employability skills
Public speaking
Creative and Critical thinking
Intercultural understanding
Ethical understanding
Personal and social capability and
Connect with young people globally

Face-to-face and online sessions during school term

Contact:
Sarabjit Kaur, Program Coordinator
Email: s.kaur@brmc.org.au
Mobile: 0424 711 353

Ballarat Regional Multicultural Council
VICTORIA
AUSTRALIAN multicultural foundation

Diversity Homework Club

This free academic wellbeing program offers 5-12 year old students the opportunity to learn and grow together. The tutors make learning fun for the students through funny videos, challenges and quizzes. The students read to win awards, share tips and tricks to solve Math problems, conduct Science experiments and learn with a smile.

For free participation and welcome kit, contact: Sarabjit at s.kaur@brmc.org.au.



Professional Learning for Tutors

Homework Club tutors' weekly Community of Practice sessions offer workshop-training opportunities to the attendees. Tutors value this ongoing learning opportunity as an intrinsic part of their role. Innovative teaching strategies are discussed and implemented to support young learners navigate their academic journeys joyfully and with confidence.



DIVERSITY HOMEWORK CLUB

OSHLSP of the Year
2020 & 2021



Ballarat Regional
Multicultural Council Inc.



AUSTRALIAN
multicultural
foundation



VICTORIA
State
Government



Contact: Sarabjit, s.kaur@brmc.org.au

Social Support

As we move into the winter months, the risk of becoming unwell with the flu and/or COVID-19 increases. It is our priority at BRMC to ensure the safety and wellbeing of all our clients, so all face-to-face activities have been put on hold and home deliveries have resumed. We thank our clients for their patience in this ever-changing environment.

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



UPCOMING EVENTS

Refugee Week 2022

19 - 25 June 2022

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

2022 Theme: Healing

Learn more: www.refugeeweek.org.au



Ballarat Program

Take a look at the Ballarat Program to see all the great events you can take part in.

[Download Program](#)

Refugee Week 19 th to 25 th June, 2022				
BALLARAT PROGRAM A celebration of the contributions of refugees to arts, culture and society. 2022 Theme: Healing				
Date	Time	Event	Venue	Contact / Info
Saturday 18	4.30pm Run time 54 mins	Film: AKONI A homeless Nigerian refugee struggles to integrate into Australian society after escaping the clutches of Boko Haram.	Regent Cinemas, 49 Lyndale St N	Mary Irolich 0438 333 738 m.irolich@outlook.com Proceeds towards Human Rights 4 All www.h4all.com.au Donation box available for supporting local Refugees.
Sunday 19	12pm noon for 12.30pm	Mental Health Awareness Walk - (RAR BRG) follows and refreshments.	Edward VII Pavilion, Lake Wendouree (across from the Train Museum)	Neil Para 0432 388 644 https://bit.ly/3mV73XZ
Monday 20 World Refugee Day	10am - 11am	RAR Bulkerloo Walk "Support Healing with Hope"	Start Raglan St/Start St medium strip, ends Queen Victoria Square	Margaret O'Donnell 0402 888 644 All welcome https://bit.ly/3mV73XZ
	11am	Flag Raising Refugee Week Launch	Queen Victoria Square, Refugee Town Hall	All welcome
	11.30am	Reception and Light Lunch	Ballarat Town Hall, 225 Start St	All welcome
Tuesday 21	12pm - 2pm Served 12.30pm - 1.30pm	Refugee Week Lunch Please share with BCh and Ballarat Seniors Foundation a taste of India. Registration required	Ballarat Community Health Centre, 121 Ulster St, LIC20 Stalls 12pm - 2pm	Fazliah 0428 487 468 Registration: www.eventbrite.com.au/e/731872451111 https://bit.ly/3mV73XZ
	6pm	Alghan Community Feast A pot of Courage Cafe dining area, 25-39 Barkly St	Barkly Square, A pot of Courage Cafe dining area, 25-39 Barkly St	Caroline Perry 0400 099 419 c.perry@brmc.org.au RSVP by Friday 17 June for catering https://bit.ly/3mV73XZ
Wednesday 22	1.30pm	House of Welcome High Tea Booking essential	30 Walter Avenue, Newington Stalls and competition	Camel Kavanagh 0431 175 048 camelk@brmc.org.au https://bit.ly/3mV73XZ
Thursday 23	5.30pm	Interfaith Prayer Service Followed by light meal	Anglican Cathedral, Lyndale St South	Moumen Dossan 0418 383 802 All welcome
Friday 24	10am - 4pm	Winter Warmer Open Day	Ballarat Welcome Centre, 15-39 Barkly St (parking via Princes St South)	Suzanne Ryan-Evans 0455 987 227 s.ryan-evans@brmc.org.au
BRMC Winter Warmer Open Day is a fantastic opportunity to visit the Ballarat Welcome Centre. To keep us all warm, multicultural community members will offer hot delicious soup and conversation.				

Date	Time	Event	Venue	Contact / Info	Cost
Tuesday 28	10am - 12.30pm	BRMC Anti-Racism Active Bystander Training Maximum 15 participants Maximum 25 participants	Ballarat Welcome Centre, 25-39 Barkly St	Heeryoung Lim 0491 066 247 hy.lim@brmc.org.au Registration: www.eventbrite.com.au/e/731872451111 https://bit.ly/3mV73XZ	Free
This training will be delivered by skilled facilitators with migrant background and life experiences! This aims to: • Increase understanding of how racism impacts people and communities • Provide practical ideas about how to safely intervene • Help people recognise the powerful role they can play in making our community a kind and safer place					
Wednesday 29	10.30am - 12pm noon	Welcome Morning Tea	Ballarat Welcome Centre, 25-39 Barkly St (parking via Princes St South)	Heeryoung Lim 0491 066 247 hy.lim@brmc.org.au RSVP essential by Friday 24 June https://bit.ly/3mV73XZ	Free

Refugee Week 2022: Healing

Refugee Week commenced 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 and encourage successful integration.

Let us make 2022 much more than just a footnote in the pandemic years, let us heal together and emerge a more fulfilled and connected society.

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

#RefugeeWeek #HealingWeek2022

Ballarat Regional Multicultural Council

03 5383 0613

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

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



Mental Health Awareness Walk

Sunday 19th June, 12pm - 2.30pm

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.



Refugee Week 2022 - Theme: Healing

let us heal together and emerge a
more fulfilled and connected society

WALKING WITH REFUGEES

Be part of the walk and
help raise awareness of mental health
of refugees seeking asylum in Australia.

Walking around the lake with 20.5 Kg

Date: June 19, 2022 Time: 12:00 NOON

RAR Reflection Walk: Supporting Healing with Hope

Monday 20th June, 10am

Sturt St Central Gardens, intersection of Raglan St (front of Earth Mother Monument)

Ballarat Rural Australians for Refugees invites you to join community members in a solemn procession to Ballarat Town Hall. Reflecting on the hardships experienced by refugees and those seeking asylum and looking together to a hopeful future.

Ballarat Rural Australians for Refugees

invites you to join us and other community members in a solemn procession

Supporting Healing with Hope



We are here on the lands of the Wadawurrung People

Monday 20 June 10AM World Refugee Day

Gather at the Sturt Street Central Gardens, at the intersection with Raglan Street, in front of the Earth Mother Monument, for the first of five reflections.

The procession will make its way to Ballarat Town Hall stopping at several locations to reflect on the hardships experienced by refugees and those seeking asylum and looking together to a hopeful future.

At the Town Hall a flag raising ceremony will be held at 11am to mark World Refugee Day.

If you are unable to do the whole walk please join us along the way.

In the event of serious rain, the reflections will be presented in the Queen Alexandra Bandstand, situated in the Sturt Street Central Gardens between Dawson & Doveton Streets. The gathering will then process to the Town Hall.

Candles are very welcome on this reflective occasion



Contact Details: rarballarat@gmail.com | 0402 498 644

BCH Community Lunch

Tuesday 21st June, 12pm - 2pm

Ballarat Community Health, 12 Lilburne Street, Lucas

To celebrate Refugee Week, Ballarat Community Health invites you to a free community lunch. Share a taste of India presented by Ballarat Keralites' Foundation of Australia and see the talents of local cultural crafts and cuisines.

Register



Ballarat Community Health invites you to a community lunch that celebrates Australia's cultural diversity.

Please share with us a taste of India presented by Ballarat Keralites Foundation and see the talents of local cultural crafts and cuisines.

DATE: Tuesday 21st June, 2022

TIME: 12.00pm - 2.00pm

VENUE: Ballarat Community Health, 12 Lilburne Street,
Lucas, VIC

CLICK HERE TO REGISTER OR SCAN QR CODE:

Call or email Tashkah for more information:
0428 487 469 | tashkahl@bchc.org.au



Afghan Feast

Tuesday 21st June, 5.30pm - 7.30pm

A Pot of Courage Café dining area, Barkly Square, 25-39 Barkly St, Ballarat

Come along and join the Afghan Hazara Community for an authentic Afghan Feast. All welcome! **RSVP by Friday 17 June:** c.parry@brmc.org.au or 03 5331 1123.

Afghan Feast

All Welcome!

Barkly Square 25-39 Barkly Street Ballarat East
Pot of Courage Café dining area
Tuesday 21st June 5.30pm to 7.30 pm

Come along and join the Afghan Hazara
Community for an authentic Afghan Feast



Donations are welcome

All proceeds will go to assist the people of Afghanistan



Ballarat Regional
Multicultural Council Inc.

RSVP by Friday 17th June

contact Caroline

c.parry@brmc.org.au 5331 1123

House of Welcome High Tea

Wednesday 22nd June, 1.30pm

30 Waller Ave, Newington

Come along and enjoy an afternoon tea in great company and social interaction. Cake stall, bric-a-brac, door prizes and competition. Entry \$50 - children free.

Bookings essential: annekav1234@gmail.com or 0401 175 045.

HOUSE OF WELCOME

supporting Refugee Week 2022

invites you to

High Tea

Wednesday 22nd June, 2022

1.30pm

30 Waller Avenue, Newington



Supporting refugees, asylum seekers and vulnerable people

*Come along and enjoy an afternoon tea
in great company and social interaction.*



CAKE STALL, BRIC A BRAC, DOOR PRIZES AND COMPETITION

Entry \$50.00 Children free

ALL WELCOME



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

Donations will be accepted
or can be made directly to:

House of Welcome Ballarat
Bendigo Bank BSB 633 108 Acc. 144044963

Booking essential

M. 0401 175 045

or to annekav1234@gmail.com

Facebook: [House Of Welcome Ballarat](https://www.facebook.com/HouseOfWelcomeBallarat)



Ballarat Jobs and Training Expo

Tuesday 7th June, 9.30am - 7pm

Wednesday 8th June, 12.30pm - 3pm

Barkly Square, 25-39 Barkly St and The Goods Shed, 200 Lydiard St N

You can still go today to the Ballarat Jobs and Training Expo held over two big days and venues on the 7th and 8th of June. Come and see us if you are looking for employment, looking for staff or training options or just need help with a resume. We offer FREE employment and training assistance as we are delivering the Jobs Victoria Employment Services within the Ballarat and Central Highlands regions.

If you are seeking information about job seeking or employers after the event contact our

[Book now](#)



BALLARAT
JOBS
& **TRAINING**
EXPO

2 BIG locations over 2 BIG days June 7 & 8 2022

Book your stall or free tickets now at
www.ballaratjobsandtrainingexpo.com.au



June 7 & June 8, Barkly Square & The Goods Shed 2022

The Ballarat Jobs and Training Expo is a careers, training and skills Expo that will host over 100 organisations and employers.

Industries represented will include training, volunteer, and employment pathway opportunities within Ballarat and surrounding areas. All designed to support and engage our community.

The Expo is a great chance for attendees to talk to professionals in industries of interest, attend interactive workshops, team building, networking activities, forums and seminars.

General Public Admission: Tuesday 7th June 9:30am - 7:00pm & Wednesday 8th June 12:30pm - 3:00pm

Student Groups Only: Wednesday 8th June 9:30am - 12:30pm

Skywhales: Every Heart Sings

Saturday 9th July, at dawn

Eastern Oval, Peel St N, Ballarat

As part of the Ballarat Winter Festival, two enormous hot air balloon sculptures will fly over central Ballarat. The skywhales will be launched in an event titled Skywhales: Every Heart Sings. The launch will be accompanied by music written by Canberra musician Jess Green (AKA Pheno) in collaboration with artist and creator Patricia Piccinini.

[Register](#)



Open Studio Introduction to Sewing

Saturday 9th July, 11am - 2pm

Ballarat Welcome Centre (2nd Level), 25-39 Barkly St, Ballarat

Call all aspiring sewing artists!

Now is your chance to learn the basics of sewing with artisan Nyibol Deng of A TUK.

In this exclusive three-hour workshop, you will create a piece from vibrant African Ankara wax cloth that can be used as either a scarf or headwrap - or both! Nyibol will also guide you in styling your scarf / headwrap so you can make the high street your own personal fashion runway.

Cost: \$50 (includes all materials) - BYO sewing machine

Enrol now, as places are limited.

[Book now](#)



Friends of India Network Gala Dinner

Saturday 13th August, 6.30pm

Mercure Ballarat, 613 Main Rd, Golden Point

Friends of India Network's fundraiser Gala Dinner for children's mental health. All proceeds will assist Ballarat & District Suicide Awareness Network and your attendance at this dinner will support this important cause. This event will also celebrate the 75th anniversary of India's Independence Day.

For more information, contact Dr. Deepika Monga: deepika@deepikamonga.com.au or 0408 341 938.

[Tickets](#)

The Friends of India Network
proudly present the 5th

Gala

DINNER

Raising funds for Ballarat & District Suicide Awareness Network

Live Band | DJ & Photobooths

Live & Silent Auction | Raffle | Door Prize

Book Online \$165pp | www.stickytickets.com.au/pxri7

AUGUST

13

2022

MERCURE BALLARAT

CONVENTION CENTRE

613 MAIN ROAD

BLACK TIE

6:30

PM

ITEMS OF INTEREST

Multicultural Film Festival 2022

Are you an aspiring filmmaker?

Victorian Multicultural Commission and Swinburne University are looking for original, non-formulaic short films about cultural diversity and living in multicultural Australia.

Submissions are open to all ages and entry is free. The festival will include metropolitan and regional Victoria, kicking off with a premier event in August at ACMI Cinemas where shortlisted films will be screened, and winners announced.

Closing date is 20 June 2022.

[Find out more](#)



Youth Grants

Are you deaf or hard of hearing and 15-23 years old?

Did you know you can apply for a grant of up to \$2,500 to help you achieve a personal goal or project?

Deaf Children Australia would like to help you spread your wings and dream big. Youth Grants are available nationwide, across all corners of Australia.

[Learn more](#)

Women's Health Grampians Industry Scholarship

Women's Health Grampians has partnered with Federation University to offer a PhD scholarship in regional family violence. This PhD will explore the issue of family violence to improve understanding of the role that rurality may play in family violence rates and impacts in the Wimmera Southern Mallee/Regional Victoria.

Applications close on 27 June 2022.

[More info](#)

Mental Health Support

Seeking help when you need it is an important step towards improving your mental health. There are a range of services available so you can find the support you need, when you need it.

[Visit Head to Health](#)

BE COVIDSAFE

FEELING OVERWHELMED?

**IT'S OK TO ASK FOR HELP.
24/7 SUPPORT IS AVAILABLE**

Coronavirus Mental Wellbeing Support Service
1800 512 348 | coronavirus.beyondblue.org.au

headtohealth.gov.au

headspace **1800 650 890**

Lifeline **13 11 14**

Kids Helpline **1800 551 800**

Suicide Call Back Service **1300 659 467**

ReachOut **au.reachout.com**

**Speak to your GP about services
funded under Medicare**

Ballarat Revealed

Explore Ballarat's historic stories, secrets, and spaces via your smartphone, tablet, or computer. Ballarat Revealed shows you what the streets of our city looked like many years ago. Take a trip back in time from the comfort of your own home, or undertake one of the curated walking tours to explore the landmarks up close.

Explore

Ballarat Community Garden Plot

Are you needing a welcoming place to garden and grow food?

Following on from the success of the THRIVE demonstration garden, tomato seedling distribution and establishment of a shared greenhouse space, BRMC and Ballarat Community come together again to invite you to take up a garden plot at Ballarat Community Garden. A plot has become available for someone from our culturally diverse community to grow food in a welcoming space and be part of a gardening community.

If you are wanting to grow food but do not have access to garden space, you want to grow a larger crop or you are seeking social connection, then consider taking up this great opportunity. Ballarat Community Garden is located at the corner of Queen Street North and Dyte Parade in Ballarat East. Contact Sheilagh Kentish on 0417 347 395.



Document Signing Station at Barkly Square

The Ballarat branch of the Royal Victorian Association of Honorary Justices have established a Document Signing Station at Barkly Square near A Pot of Courage Café, 25-39 Barkly St, Ballarat.

A Justice of the Peace (JP) will be in attendance every Thursday from 12pm - 1.30pm. People can have documents certified as true copies, declare statutory declarations and affidavits. Anyone is welcome to use the service, and Statutory Declaration forms can be collected from the BGT Reception area if needed.

EVENTS IN REVIEW

Multicultural Community Pop-Up Vaccination Hub

Another full house saw more than 100 multicultural community members receive the COVID-19 and/or flu vaccinations on Saturday 4 June. As our Health professionals keep telling us, the best way to keep ourselves and our families safe and healthy this Winter is to make sure we are up-to-date with our vaccinations.

On the day both the adults and the children received a showbag of 'Winter-safe' goodies, and many walked away with a great caricature of themselves.



BAA Africa Day Dinner 2022

Africa Day was celebrated in splendid style by Ballarat African Association, members, sponsors, partners and friends at Buninyong Town Hall on Saturday 28 May. It's an absolute joy to witness the culture, talents and contributions made by African Australians in Ballarat.



Regional ECC Gathering

The second state-wide gathering of regional Ethnic Communities' Councils took place at the Ballarat Welcome Centre on Saturday 27 May. Our CEO, Ann Foley, and Chair Joy Juma welcomed CEOs and Chairs from the eight ethnic communities' councils across Victoria to meet with ECCV State Peak Chair Eddie Micallef, ECCV Deputy Chair Jill Morgan, ECCV CEO Emiliano Zucchi, and ECCV Director of Regional Affairs Rosita Vincent. The group meet regularly to share and promote regional strategies. This gathering had a particular focus on how the last year has impacted multicultural communities and how we can work together effectively with diverse regional communities.

[ECCV article](#)



Welcome Morning Tea Program Launch

Ballarat Welcome Centre is now offering a monthly welcoming morning tea program. We kicked off with a wonderful launching of the Welcome Morning Tea program on Wednesday 25 May with welcomes from our Chair and CEO, as well as from our Settlement team of Heeyoung Lim and Nyibol Deng. Music by Los Locos entertained our 60 guests and even got some dancing. Your interest and contribution will help enrich the lives of multicultural people who have recently moved to Ballarat.

The Welcome Morning Tea event is held on the last Wednesday of every month at 10.30am - 12pm noon.

BRMC is committed to COVID-safe events and provides a well ventilated venue with mask-wearing, hand sanitising and physical distancing encouraged.



Abbas Nazari Book Launch

On Friday 20 May Abbas Nazari, 'Afghan New-Zealander', child refugee, Fulbright scholar and now best-selling author, launched his book *AFTER THE TAMPA - From Afghanistan to New Zealand* at the Ballarat Welcome Centre. Hosted by Ballarat Afghan Action Group, Ballarat community members turned up in droves eager to listen and bought hundreds of copies. Written through lockdown 20+ years on from his family's ordeal, this true personal story shines bright for us all.



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.

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**We're in this
together, Ballarat**

Get your COVID vaccination



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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