

July 2022 Newsletter



Dear Members and Readers,

Here's our quick and late July update for you. We are wishing you well and warm this winter. Stay tuned for our next updates in early August.

Warm Regards,

Ann

BRMC Chief Executive Officer

COVID-19 & Health Information

Stay well this Winter

This winter, we're back out there - but so are COVID-19 and the flu. COVID-19 rates are high, and Victoria has recorded more cases of the flu so far this year than the whole of 2020 and 2021 combined. That's why it's so important to do what we can to stay well this winter. The good news is, getting your flu shot, and staying up-to-date with your COVID-19 vaccinations, will help you, and the people around you, stay well.

For information on staying well, visit: www.betterhealth.vic.gov.au/stay-well-this-winter

Multilingual Staying Well in Winter Explainer - Flu & COVID Vaccines

Listen for information from NEMBC Media on staying well in winter, COVID-19 and flu vaccines, and general tips about winter wellbeing.

Currently available in 22 languages: soundcloud.com/user-760283919/sets/staying-well-in-winter

Common questions about children and COVID-19 vaccines

This video answers the commonly asked questions that parents may have about children and COVID-19 vaccines.

Available in 32 languages: www.health.gov.au/resources/translated/covid-19-vaccination-video-common-questions-about-children-and-covid-19-vaccines-other-languages

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

Updates from BRMC

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

Upcoming Events

- People's Forum on the Ukraine War
- Welcome Morning Tea
- FAABI Live Band Disco Party
- BIN Interfaith Forum

Items of Interest

- Victorian Multicultural Awards for Excellence
- Speak Up
- TAC L2P Program
 - Become a Volunteer Mentor
- Victorian Ageing Well Survey 2022
- Translated Tax Resources
- \$250 Power Saving Bonus
- Document Signing Station at Barkly Square

Events in Review

- FECCA Conference 2022
- Refugee Week Community Lunch
- BIA Festa Della Repubblica Italiana

UPDATES FROM BRMC

Migration and Settlement Services

Multicultural Women's Friendship Circle

Held on the 1st, 2nd and 3rd Wednesday of each month at 10am - 12pm

Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

We've had an enjoyable first month at BRMC Multicultural Women's Friendship Circle. We welcome you to join this meaningful and joyful group!



BRMC INVITES YOU TO JOIN

Multicultural Women's Friendship Circle



You can connect with other women, make new friends,
chat and have a cup of tea and relax.

EVERYONE WELCOME!

Starting from

Wednesday, 1 June 2022 | 10am - 12pm

(1st, 2nd and 3rd Wednesday of every month)

Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

- Art / Crafting
- Healthy living
- Sewing
- Choir
- Relationship skills
- Walking together
- Mental wellbeing
- Employment
- and other activities

****All activities will be decided with you and childminding provided!**

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



Welcome Morning Tea Program

Last Wednesday of each month, 10.30am - 12pm

Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

We had an amazing experience enjoying Ethiopian food and South Sudanese dance at our Welcome Morning Tea on 29 June. A special thank you to Abdul and Nyakoch who shared their lived stories and also Nyepuot Riek and Nyibol Deng, BRMC Migration and Settlement Service team members, for preparing the food and performance for this morning tea.



Diversity Homework Club

Diversity Education Programs - Tutors' Community of Practice Session

Diversity Homework Club and Youth Group tutors invited Helen Bettes, Education Officer at Catholic Education Ballarat, to talk teaching Literacy skills to Primary level students on 13 July. Discussions about the Flying Start to Literacy series had the tutors engaged in brainstorming ideas for using the texts in their tutoring sessions with the students.

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



Social Support

The Social Support Team are helping to keep our clients safe during the COVID/Flu season by providing welfare checks, home visits and home delivered meals to over 150 clients across the Ballarat Region and we are continuing to provide weekly Tai Chi classes.

Thank you to all who attended our Afghan Feast as part of refugee week. We shared a delicious authentic cuisine cooked and prepared by the Hazara community with passion and care. A huge thank you for your generous donations, all proceeds will go to assist the people of Afghanistan.



Our Team would also like to thank the Ballarat Keralites' Foundation of Australia for generously providing delicious meals to our most vulnerable seniors during refugee week. The meals were received with much gratitude and appreciation.

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

People's Forum on the Ukraine War

Sunday 24th July, 6.30pm - 8.30pm

Online event

What's happening in the Ukraine? This forum will help us understand what led to the war, what it means for the world and what we as Australians can do to support lasting peace.

[Register](#)



People's Forum on the Ukraine War

What led to the Ukraine War?
What can be done to end it?
What is Australia's role in giving peace a chance?

RAISING PEACE

 **Affinity**
intercultural foundation



THE UNIVERSITY OF
SYDNEY

Sydney  **Peace**
Foundation
A Foundation of the University of Sydney



Conversation at
the Crossroads

Welcome Morning Tea

Wednesday 27th July, 10.30am - 12pm

Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

Experience Chinese culture with special guest Jack who will play Chinese instruments and provide a Tai Chi session.

You can meet multicultural people who have recently arrived in Ballarat and also those who are kind and warm and want to support the new arrivals.

Please RSVP to Nyibol: n.deng@brmc.org.au

Join WELCOME MORNING TEA



Ballarat Regional
Multicultural Council Inc.

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

FAABI Live Band Disco Party

Saturday 30th July, 6pm

Webbcona Bowls Club, 996 Grevillea Rd, Wendouree

Celebrating the 31st Anniversary of Filipino/Australian Association of Ballarat Inc. (FAABI).
With vocalists from Melbourne "Roxx Mixx Duo". Major Prizes to be won.

FAABI INVITES YOU FOR A

LIVE BAND DISCO PARTY

CELEBRATING FAABI 31ST
ANNIVERSARY

JULY 30, 2022 | SATURDAY 6 PM

WEBBCONA BOWLS CLUB WENDOUREE
996 GREVILLEA RD, WENDOUREE VIC 3355

TICKET: \$40
COMPLIMENTARY REFRESHMENTS
AND 1 FREE DRINK
*MAJOR PRIZES TO BE WON

FOR TICKETS
PLEASE CONTACT

GERSEN : 0411346092
DIONESIA : 0437535440
ARLENE : 0468535829
KATRINA : 0415140330

ATC OF MUSIC FAMILY
Elite Singing Team 2.0
ROXX MIXX DUO
EDICION



MELBOURNE VOCALISTS



BIN Interfaith Forum

Sunday 31st July, 2pm - 4pm

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

This Interfaith Forum will discuss Death, Sanctity of the Human Body and Organ Donation.
To register attendance, call 0400 650 234.

BALLARAT
INTERFAITH
NETWORK



INTERFAITH FORUM DEATH, SANCTITY OF THE HUMAN BODY, & ORGAN DONATION

2 TO 4 PM SUNDAY JULY 31 ST
ST PATRICK'S CATHEDRAL HALL
CNR STURT & DAWSON ST'S, BALLARAT

Donor Registration Available
Bring Medicare Card To Facilitate

Masks recommended

To register attendance



0400650234

refreshments provided

ITEMS OF INTEREST

Victorian Multicultural Awards for Excellence

Nominations for the annual Victorian Multicultural Awards for Excellence are now open until **7 August**. These awards formally recognise the people and organisations in our community who build cross-cultural understanding and support those with migrant, refugee and asylum seeker backgrounds.

[Learn more and nominate](#)

VICTORIAN
MULTICULTURAL
AWARDS FOR
EXCELLENCE
2022



OPEN NOW

Speak Up

CMY are looking for young people aged 16-30 from refugee or migrant backgrounds to co-design and deliver a new program, Speak Up, which will be designed to promote gender equity among multicultural young people in Victoria.

This project provides project participants with a range of training, which may include leadership skills, facilitation skills, culture and bias, respectful relationships and family violence.

Find out more



Speak Up for Gender Equity!

Recruiting young people aged 16-30 from refugee or migrant backgrounds to co-design and deliver our new program, Speak Up, which will be designed to promote gender equity among multicultural young people in Victoria.

Being a Speak Up volunteer is an opportunity to come together with passionate, like-minded people, be recognised for your leadership, share your unique identity and experiences, learn about gender equity and promote awareness and solutions to other young people.

We are looking for volunteers in Melbourne and around Ballarat.

Join us and support CMY to create and deliver a program that will work towards improving gender equity.

For more information
and how to apply,
scan QR code



cmj⁺ Centre for
Multicultural Youth

TAC L2P Program

Do you need help getting your P's? The TAC L2P program helps young learner drivers with no access to a supervising driver or vehicle get experience on the road.

Contact Ballarat Foundation: 03 5331 5555 / 0422 809 587 / l2p@ballaratfoundation.org.au



Need help getting your P's?

Log your minimum 120 hours of driving experience with the help of a volunteer supervising driver.

The TAC L2P program helps young learner drivers with no access to a supervising driver or vehicle get experience on the road.

The TAC L2P matches learners aged 16-21 with a fully licensed volunteer and practice vehicle to help them reach their minimum 120 hours required to apply for a probationary licence.

The program is free to join, with more than 1000 volunteers across Victoria ready to supervise you!

Get in touch

Ballarat Foundation
TAC L2P Program
T: 03 5331 5555
M: 0422 809 587
E: l2p@ballaratfoundation.org.au

120



The TAC L2P Program is a joint partnership between the Transport Accident Commission and the Department of Transport, supported by the Victorian Government.

*To become a volunteer mentor, please get in touch.

Become a Volunteer Mentor

Mentors required for Ballarat and Hepburn

Help a young learner aged 16-21 reach their minimum 120 hours required to apply for a probationary licence.

[Learn more](#)



TAC L2P LEARNER DRIVER MENTOR PROGRAM MENTORS REQUIRED FOR BALLARAT AND HEPBURN

Volunteer Mentors

To become a volunteer mentor in the TAC L2P program, you need to:

- * Be interested in helping young people
- * Over the age of 21 years
- * Hold a current full Victorian Licence
- * Screened by your local TAC L2P program (National police check, WWCC and Driver history check) Volunteers to undertake one day training to become a supervisor driver mentor.



"I highly recommend this program, its lots of fun. My mentor not only taught me how to drive but taught me life skills."

— Steph, Learner

"In exchange for mentoring a young adult, I get to be inspired by a young adult who challenges the way I view the world".

— Catherine, Mentor

"Learning to drive has made me feel a lot more independent this would not have been possible without TAC L2P".

— Emma, Learner

"The highlight of this experience has been seeing my mentees driving confidence and sensibility soar".

— Jude, Mentor

BALLARAT FOUNDATION

7 Lydiard St South
Ballarat 3350

www.ballaratfoundation.org.au

l2p@ballaratfoundation.org.au

(03) 5331 5555

0422 809 587

L2P@ballaratfoundation.org.au

Victorian Ageing Well Survey 2022

The Victorian Ageing Well Survey asks older Victorians (60+, and 50+ for Aboriginal Victorians) about their experience of ageing and their perspectives on key policy issues including addressing ageism, digital inclusion, social connectedness and health self-care.

The results of the survey will build on the Commissioner's 2020 report Ageing well in a changing world and inform the Commissioner's ongoing advocacy on behalf of older Victorians. It will also inform the ongoing implementation of the Victorian Government's recently released Ageing Well Action Plan.

[Complete the survey](#)

Translated Tax Resources

Tax time is here. The Australian Taxation Office has translated resources in 18 languages to help you prepare and lodge your tax return this year.

[See resources](#)



\$250 Power Saving Bonus

The Victorian Government's new \$250 Power Saving Bonus program will provide a once-off payment of \$250 to ease cost-of-living pressures and encourage Victorians to compare their household energy prices and save money on their bills. Only one payment is available per household.

[Apply](#)



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

FECCA Conference 2022

BRMC was proud to participate in the FECCA Conference 2022. As a regional ECC member we thank Federation of Ethnic Communities' Councils of Australia (FECCA) and Ethnic Communities' Council of Victoria (ECCV) for hosting such a positive and critical dialogue. Australia is standing proud of our diversity and multicultural promise.



Refugee Week Community Lunch

Ballarat Community Health and the Ballarat Keralites' Foundation of Australia held a free community lunch on 21 June as part of Refugee Week. These two organisations partnered to provide locals of Ballarat a free, homemade lunch for more than 100 people.

Using food to spark vital conversations

BY MALVIKA HEMANTH

FROM its scent, its appearance and of course, its taste, the power of food to spark vital conversations cannot be understated and is exactly what Ballarat Community Health and the Ballarat Keralites' Foundation of Australia used to raise awareness and stimulate positive discussion about the layered stories of those from refugee backgrounds.

These two organisations partnered on Monday for the first time to provide locals of Ballarat a free, homemade,

Indo-chinese inspired lunch of fried rice, gobi manchurian, a sweet and sour cauliflower dish and butter chicken for more than 100 people.

Ballarat Keralites' Foundation of Australia public relations officer Navin Thomas said his organisation was motivated to create this event as a way of 'giving thanks' to refugees for their contributions to society.

"Refugees do so much for this country and they are integral members of our community; we wanted to do this lunch as a way to say 'thank you' to them," he said.

"We also wanted to give back to the wider community as well."

He said his foundation wanted to use food to spark conversation as it was widely used in Indian culture to convey respect, hospitality and stories.

"Food helps open barriers and is a great conversation starter," Mr Thomas said.

Ballarat Keralites' Foundation of Australia chairman Sijo George said he hoped this event helped cultivate community spirit and a sense of belonging between everyone in Ballarat.

Ballarat Community Health migrant refugee settlement senior case manager Tashika Lloyd said she "could not put into words" how grateful she was to the Ballarat Keralites' Foundation of Australia for their support in helping to raise awareness for refugees.

"Refugee Week is all about coming together and food is something that we can all share, we all love and it helps tell stories," she said.

"The service the Ballarat Keralites' Foundation of Australia do for the community is amazing."



SUPPORTING: Ballarat Keralites' Foundation of Australia member Froya Vimal helps prepare a free community lunch for Refugee Week. **Picture:** Lachlan Bonce.



BIA Festa Della Repubblica Italiana

Despite Ballarat showing off one of its renowned winter days, the Ballarat Italian Association warmed things up with a hearty event celebrating Italian Republic Day. The celebration was held in the St Patricks Cathedral Hall in Ballarat Central. Those in attendance enjoyed a fully catered four course meal served up by J & M Catering and music entertainment provided by Bella Ciao.

[Read more](#)



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](#) 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





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.  



Copyright © 2022 Ballarat Regional Multicultural Council Inc., All rights reserved.