

## *August 2022 Newsletter*



### **Welcome from the CEO**

Dear Members and Readers,

Hoping this August newsletter finds you well or at least being well supported! BRMC teams continue to focus on health and to share accurate information to support people through the winter. COVID-safe messages in multiple languages, fresh food relief for people isolating or in hardship and a COVID vaccination hub are all available at the Welcome Centre in the next month. See below for details. We will be happy to reach out so if you know someone in need, make sure you call us or email or drop in to the Ballarat Welcome Centre. We recognise and thank our very active community leaders and member organisations who continue to advise, serve and prepare communities for the pandemic and emergencies. A big thank you to each of you.

Our BRMC Staff and Volunteer Team has seen some changeover this winter and we have both farewells and welcomes to announce in some of our key programs:

- A special shout out to the wonderful Annie Dunn, our former Strategic Engagement Coordinator, who has recently accepted a role within the Victorian Government. We welcome Heeyoung Lim into this strategic role with effect from mid-August.
- Big thanks also to Deborah Klein, whose energy and vision helped establish our Stepping Stone program, supporting multicultural women in Ballarat and regional Victoria to start and develop their own businesses and employment pathways. Congratulations on your new role managing the Rare Arts and Forgotten Trades Centre. Deb has handed over to Deb Sonenberg who has started with skates on and will be featured in our next newsletter.
- Thank you to Rebekah Robertson, who has played such a key role in our Ballarat Community Employment Connector program and Employment Action Group - congratulations on your new role. We welcome Quynh Tran into the Ballarat Community Employment Connector role. Many know Quynh as invaluable administrator and she will continue in her HR Assistant role.
- Welcome Dr Tess Altman to a new role of Policy and Research Coordinator at BRMC. Tess has already been in touch with many members and stakeholders about our Destination Ballarat research collaboration with EVOLVE partners at Ballarat Community Health, Centre for Multicultural Youth and City of Ballarat, as well as the Wimmera Development Agency in Horsham.

### **Ballarat Welcome Centre Morning Tea**

The [Welcome Morning Tea program](#) continues to be incredibly popular. And with good reason! What a fantastic opportunity to meet our newest residents of Ballarat, celebrate our cultural diversity, share ideas and ask questions. And all with great food, music and dancing! The morning teas are held on the last Wednesday of every month at the Ballarat Welcome Centre, 10.30am - 12pm. Whether you've recently arrived in Ballarat, or wish to welcome and support the new arrivals, everyone is welcome.

**Our next morning tea is on Wednesday 31 August.**

## A word from our Chairperson

For those who are new to BRMC or our newsletter, I am Joy Juma, Chairperson and I have been privileged to work with our committed and caring group of supporters (our Board, staff, volunteers, community members) since 2020. I am a registered nurse and midwife, and am passionate about working with young girls and women from different cultures to help them find their way and navigate a successful life in Australia.



Every month I'd like to share with you some reflections on our work and achievements, or some important 'save the dates' for your calendar.

As many of you know, I am a member of the Victorian Government's [Anti-Racism Taskforce](#), which is currently finalising its report to government. I look forward to sharing this important work with you all soon. In September, we'll come together at BRMC to discuss how we can continue to address the many faces of racism in our community, from the obvious to the hidden. Many local organisations have taken up the offer of our free Anti-Racism Bystander training. It's exciting to see major local businesses and groups recognising the importance of education around racism and reaching out to become involved.

BRMC is full of passionate people, with diverse backgrounds and ideas. I look forward to introducing our new BRMC team members over the coming months. And we're always [looking for volunteers!](#)

Finally, my sincere thanks to our Board members who have represented BRMC at various events over recent months, especially Sami Syed acting Deputy Chair and Betty Mathew who have been very actively involved.

Have a great month. I look forward to seeing you at a future event.

Warm Regards,  
Joy  
BRMC Chairperson

## Multicultural Community Pop-Up Vaccination Hub

Are you up-to-date with your COVID and Flu vaccinations?

The next Pop-up Vaccination Hub for the multicultural community will be held at the Ballarat Welcome Centre on Saturday 10 September, 10am - 2pm.

**Bookings open 9am on Monday 8 August.**

[Book now](#)



## COVID-19 & Health Information

### Mask use recommended as cases rise

Masks help stop the spread of viruses and reduce our risk of getting sick. To protect yourself and others, all Victorians are strongly encouraged to wear a mask when with other people indoors and when you cannot physically distance, including outdoors.

### Book your COVID-19 vaccine winter dose

If you are aged 50 to 64 years, it's now recommended that you receive a winter dose of a COVID-19 vaccine. People aged 30 to 49 are now also eligible. You can receive the winter dose 3 months after your third dose or after being infected with COVID-19 if the infection has occurred since your third dose.

Get vaccinated: [www.coronavirus.vic.gov.au/get-vaccinated](https://www.coronavirus.vic.gov.au/get-vaccinated)

**COVID-19 BRMC Help:** 0491 066 247 and [help@brmc.org.au](mailto:help@brmc.org.au)

## IN THIS ISSUE

### Updates from BRMC

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

### Upcoming Events

- Multicultural Community Pop-Up Vaccination Hub
- Seat at the Table Taster Workshop

### Items of Interest

- Stop it at the Start Campaign: Bring Up Respect
- Multicultural Youth Network
- TAC L2P Program
- Health & Wellbeing at Barkly Square
- Cricketers Wanted
- Document Signing Station at Barkly Square
- Newly Appointed JPs



- Ballarat Italian Film Festival
- Friends of India Network Gala Dinner
- BAA Workshop: Business Avenues & Lessons
- Ballarat City FC Diversity Round
- Remembering the Tampa
- Ballarat Ganesh Chaturthi 2022
- BCH Intercultural Playdate

- Multicultural Gambling Harm Prevention
- Events in Review**
- BIN Interfaith Forum
  - Carla Zampatti Scholarship Awarded to Natacha Adanlessossi
  - Ballarat RAR '9 Years Too Long' Rally

## UPDATES FROM BRMC

### Migration and Settlement Services

#### Anti-Racism Active Bystander Workshop

Our interactive workshop is designed to develop an understanding of race, empathy, and race-related problems and identities along with tools, techniques, and strategies to intervene in daily life.

We recently provided the BRMC Anti-Racism Active Bystander Workshop to City of Ballarat Youth Group and CMY.

If your organisation or company wants to have this important training for your staff and volunteers, please contact Anti-Racism Project Coordinator, Heeyoung on 0491 066 247 or [hy.lim@brmc.org.au](mailto:hy.lim@brmc.org.au).



### Diversity Homework Club

Diversity Homework Club (DHC) students are taking their academic journeys forward by leaps and bounds. Participating in weekly tutoring groups, exchanging learning ideas and making friends for life. DHC is a happy place to be!



## Peace Ambassadors

A picture speaks a thousand words. Our peace ambassadors' art work says it all.







For information about the Diversity Homework Club, contact Sarabjit [s.kaur@brmc.org.au](mailto:s.kaur@brmc.org.au).

## Social Support

BRMC Social Support continues to provide home deliveries to bring Multicultural Tucker to our clients. Our cuisine this month is from the magnificent country of Greece.



## Tai Chi

Thank you to all our regular Tai Chi participants.

Classes cost \$5 and are delivered on Tuesdays, 1pm at the Brown Hill Cricket Club.

Come and have a go and get your first class for free.

Call Caroline to register or for more information 0400 099 478.

## Bebie's Story

Bebie was asked to share her experience about coming to live in Australia as well as talk about some of the challenges she faces living independently at home. This project was funded by Ballarat Community Health and produced by the Grampians Sector Development Team.





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

## UPCOMING EVENTS

### Seat at the Table Taster Workshop

Wednesday 10th August, 6pm - 7.30pm

Online via Zoom

CMY is calling on young women from refugee and migrant backgrounds aged between 18-30 for this rare opportunity.

This leadership and governance workshop will address the under-representation of young women from refugee and migrant backgrounds in formal leadership roles and provide you with an insight into the Seat at the Table program beginning in 2023.

[Register](#)



cmy.net.au

## Seat at The Table Taster Workshops

**Build your leadership and governance skills whilst connecting with like-minded young women.**

## Ballarat Italian Film Festival

**Friday 12th & Saturday 13th August**

Showbiz Cinemas Ballarat, Delacombe Town Centre, 315 Glenelg Hwy

The Ballarat Italian Association invites you to their Annual Italian Film Festival. The Festival is showcasing 3 movies across two days. All tickets just \$11.50. So grab your family, friends and work colleagues, head along to Showbiz Cinemas Ballarat and immerse yourself in the language and culture offered by Italian Cinema. All movies are subtitled in English.

[Tickets](#)

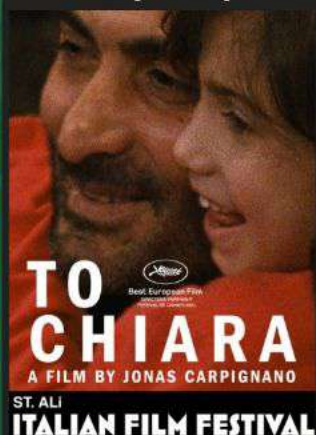


Friday 12th & Saturday 13th August



# 2022 Ballarat Italian Film Festival

Friday 6.30pm



A CHIARA

Saturday 2.00pm



COME UN GATTO IN  
TANGENZIALE 2

Saturday 6.30pm



VOLEVO  
NASCONDERMI

## Tickets \$11.50 per film

Tickets on sale from the customer service counter or  
[www.showbizcinemas.com.au/ballarat/italian-film-festival](http://www.showbizcinemas.com.au/ballarat/italian-film-festival)



**showbiz**  
cinemas

Delacombe Town Centre, 315 Glenelg Hwy, SMYTHES CREEK  
P: (03) 5326 2001 E: [ballarat@showbizcinemas.com.au](mailto:ballarat@showbizcinemas.com.au)

Terms & Conditions: Subject to seating capacity

## 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](mailto:deepika@deepikamonga.com.au) or 0408 341 938.

Tickets



## **BAA Workshop: Business Avenues & Lessons**

**Saturday 20th August, 1pm - 3.30pm**

Online via Zoom

Join the Ballarat African Association for this online workshop featuring shared business experiences.

[Zoom link](#)





# Business Avenues & Lessons

Saturday 20 August 2022  
1:00pm – 3:30pm

<https://tinyurl.com/BAA-Workshop-Business-Avenues>

FEATURING

- Shared business experiences (lessons)
- Escaping business valley of death by design
- Thriving during inflationary conditions



Modupe Oyekunmi

Dr Omosore Murawokun

Dr Michael Akindeji

## Ballarat City FC Diversity Round

Saturday 20th August, 1pm - 6pm

Morshead Stadium, 910 Pleasant St, Ballarat

This terrific event is to create awareness and support to young players of culturally and linguistically diverse (CALD) backgrounds to a pathway for personal growth, professional football development, community inclusion and social engagement through football. The day will include African music and food, providing a great atmosphere for all involved.

[Book now](#)



## Remembering the Tampa

Friday 26th August, 12pm - 1pm

Intersection of Lydiard St and Sturt St, Ballarat



Ballarat RAR invites the Ballarat community to join the 'Remembering the Tampa' rally.

On 26th August 2001, the Norwegian cargo ship, Tampa, took on board 438 asylum seekers from a damaged fishing boat in international waters. Most of the people were from Afghanistan fleeing the Taliban.

The Australian Government prevented the Tampa from landing on Christmas Island, leading to the asylum seekers being transferred to Nauru as part of the "Pacific Solution", now called "Operation Sovereign Borders". Australian policy towards refugees changed forever. No longer are people arriving by boat seen as genuine asylum seekers in need of protection, but instead are treated as "illegals".

Today, 21 years later, refugees and asylum seekers continue to be detained in Nauru, and also Papua New Guinea. As a consequence many of these people suffer from great stress, which has led to some deaths.

Contact details:

[rarballarat@gmail.com](mailto:rarballarat@gmail.com)

[www.facebook.com/BallaratRAR](https://www.facebook.com/BallaratRAR)



## Ballarat Ganesh Chaturthi 2022

**Wednesday 31st August to Sunday 4th September**

Ballarat Showgrounds, Corner of Creswick Rd & Howitt St, Wendouree

Ballarat Hindu Temple and Cultural Centre will host a grand 5 day celebration of Ganesh Chaturthi with a vibrant cultural program and many activities. Free entry.

[Event details](#)



**VICTORIA**  
State Government



**Vish Homes**  
*Build your wish*

## BALLARAT HINDU TEMPLE AND CULTURAL CENTRE Inc.

# GRAND CELEBRATION OF GANESH FESTIVAL

*Save the Date*

**31**  
AUGUST  
TILL  
**04**  
SEPTEMBER



**First Time  
Ever in  
Regional  
Victoria!**

**Free  
ENTRY**

5 days  
exclusive  
celebration !!



**VENUE : BALLARAT SHOWGROUNDS, CRESWICK RD,  
WENDOUREE, VIC 3355**





**everyday**

- ENTERTAINMENT • CULTURAL EXHIBITION • POOJA • BHAJAN
- PRAYER • VARIETY OF STALLS
- FOOD STALLS • FARM ANIMALS • CARNIVAL RIDES
- A BIG VIBRANT CULTURAL PROGRAM (SATURDAY AFTERNOON)






■ ● ▲

**REGISTER NOW!**



*Proud Partners*







**ENQUIRE FOR SPONSORSHIP AND STALL**

0450001998 Pradush  
0435532172 Harisankar  
0470251601 Narayana  
0429588446 Gobi Anand

ballarathindutemple@gmail.com

## BCH Intercultural Playdate

Every Monday until 12 September 2022, 10am - 12pm

Parent Place, 39 Sturt St, Ballarat



# BOH INTERCULTURAL PLAYDATE AT PARENT PLACE

## Come and Join Us

EVERY MONDAY TILL END OF  
SCHOOL TERM (12 SEP 2022)

PLACE: PARENT PLACE

ADDRESS: 39 STURT STREET,  
BALLARAT VIC 3350

TIME: 10AM - 12PM

FRIENDSHIP & COMMUNITY

FUN ACTIVITIES

LIGHT SNACK PROVIDED

*For More Information  
Please Contact: Teesha Kurien  
0491093920*



## ITEMS OF INTEREST

### Stop it at the Start Campaign: Bring Up Respect

Bring Up Respect is the fourth phase of the 'Stop it at the Start' campaign to reduce violence against women and their children. The campaign encourages adults to positively influence young people between 10-17 years of age about having open, ongoing conversations about respect.

[Learn more](#)

[Translated resources](#)





# BRING UP RESPECT

EVERY LITTLE TALK YOU HAVE SHAPES THEM.  
GET THE CONVERSATION STARTERS AT

[RESPECT.GOV.AU](https://respect.gov.au)

VIOLENCE AGAINST WOMEN  
**LET'S STOP IT  
AT THE START**

Australian Government  
A joint Australian, state and  
territory government initiative

Photo courtesy of Australian Government Gender

## Multicultural Youth Network

Expressions of interest for the Multicultural Youth Network (MYN) are now open. The MYN is a platform for members to advise the VMC and Government Departments on matters affecting multicultural young people including multicultural affairs, mental health, employment, racism and discrimination.

**Applications close 11.59pm on Sunday  
21 August 2022.**

[Learn more and apply](#)

**Expressions of interest for the  
Multicultural Youth Network  
(MYN) are now open**



**"The MYN is about bringing  
young voices to our diverse  
community and elevating young  
people to fulfil their potentials."**

**Luna Folly - Youth Commissioner**  
Victorian Multicultural Commission

**MULTICULTURAL  
YOUTH NETWORK**

## Health & Wellbeing at Barkly Square

### Gentle Yoga

**Tuesdays during Term 3, 7.45am - 8.45am**

Gentle yoga with lots of options so you can move at your own pace. No experience is needed to participate in these small yoga classes with Kate.

[Course info](#)

### Hypnotherapy-Meditation

**Fridays during Term 3, 2pm - 3pm**

By participating in this course, you will experience Clare's compassionate and holistic approach and she will guide you to connect inwardly with your self-awareness to utilise your own wisdom and inner strength.

[Course info](#)

Questions? Call Ballarat East Neighbourhood House on 0422 612 052 or email [reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au).

## Cricketers Wanted

Brown Hill Cricket Club are recruiting players for the 2022/23 cricket season. Come join a fun, enjoyable culture for all age groups.

### Information Night

**Tuesday 6th September, 5pm - 6.30pm**

Progress Park, Reid St, Brown Hill

For information, contact Phillip Knowles on 0407 399 971 or

[phillip.knowles1960@gmail.com](mailto:phillip.knowles1960@gmail.com).

**CRICKETERS WANTED!**

**Brown Hill Cricket Club 2022/23 Cricket Season**

**Still in Juniors?**  
We are looking to fill boys teams in U'11, U'13, U'15 & U'17s.  
We are also starting a girls team in U'11s & looking to expand into older age groups.

**Senior Player?**  
Want to play & meet new people?  
We are looking to fill 5 senior men's teams & 1 senior women's side.

**We also have a**  
Woolworths Cricket Blast Program running in term 4 2022 & a NAB Auskick Program back in term 2 2023. Both are fun, active programs for 5-9 year old boys & girls.

**Come join a fun, enjoyable culture for all age groups.**

**Our Home ground:**  
Progress Park, Reid Street  
Brown Hill  
(Behind the Brown Hill pool!)

**For any further information or if you would like to become a Player, Coach or Volunteer please contact:**  
Phillip Knowles 0407 399 971  
[phillip.knowles1960@gmail.com](mailto:phillip.knowles1960@gmail.com)  
Peta Guy 0438 347 610  
[pg@petaguy.info](mailto:pg@petaguy.info)

**Come along to our information night!**  
Tuesday 6th September 2022 at the Clubrooms  
5.00pm - 6.30pm.  
See below for details

**All Junior Players who sign up & play in U'11, U'13, U'15 & U'17s will receive a free playing shirt & cap**

**BROWN HILL CRICKET CLUB**

## 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.

### Newly Appointed JPs

Two of our community members, Lokan Ravi and Betty Mathew, were recently appointed as JP in Victoria. Lokan is an Intercultural Ambassador with City of Ballarat and works with the Ballarat Interfaith Network. Betty is our BRMC Board Women's Officer. They are both from Indian backgrounds and members of Ballarat Malayalee Association.



## Multicultural Gambling Harm Prevention

Are you or someone you know experiencing negative effects from gambling?

Settlement Services International (SSI) offer free support in-language for people who gamble, their families, and friends. Services include 1:1 counselling, referral support, online, mobile and in-person group therapy, and more.

For free, confidential support, call 1800 329 192.

[Find out more](#)

An advertisement for Multicultural Gambling Harm Prevention. It features a man with a beard and glasses, wearing a light blue shirt, sitting at a desk and talking on a mobile phone. The background is a blurred indoor setting. On the left side of the image, there is a white box with text and logos. The text reads: "Multicultural Gambling Harm Prevention" in orange and black, "FREE confidential gambling support" in white, "Talk to someone who understands" in yellow, and "1800 329 192" in black next to a phone icon. At the bottom, there are two logos: "Gambler's Help" with a colorful bird icon and "SSI settlement services international" with a globe icon.

Multicultural  
Gambling Harm  
Prevention

**FREE confidential gambling support**  
**Talk to someone who understands**

 **1800 329 192**

 **SSI**  
settlement services  
international

## EVENTS IN REVIEW

### BIN Interfaith Forum

Presented by the Ballarat Interfaith Network, the Interfaith Forum was held on Sunday 31 July at St Patrick's Cathedral Hall. Discussions encouraged people of all faiths to think about whether registering to become a blood, organ or tissue donor is right for them. The community forum included a panel of people representing different religions, as well as speakers from Australian Red Cross, Lifeblood and DonateLife.





## Carla Zampatti Scholarship Awarded to Natacha Adanlessossi

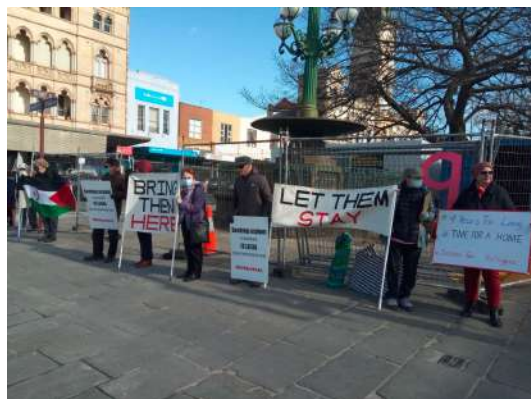
Ballarat hairstylist and Stepping Stones graduate, Natacha Adanlessossi, has been awarded with the distinction prize as part of the Australian Multicultural Foundation's Carla Zampatti Scholarship for Young Women. Natacha will receive \$5,000 to go towards purchasing more styling products for her Afro-hair styling business and undertaking a menteeship to increase her digital, technology and financial acumen.

[Read more](#)



## Ballarat RAR '9 Years Too Long' Rally

The '9 Years Too Long' rally was held in Ballarat on Tuesday 19 July and hosted by Ballarat Rural Australians for Refugees. Many supporters braved the cold to stand together protesting against indefinite detention of refugees being held in offshore and mainland Australian immigration detention centres.



## 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](mailto: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](mailto:info@brmc.org.au)

Website: [www.brmc.org.au](http://www.brmc.org.au)

Facebook: [www.facebook.com/brmc.ballarat](https://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.  



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