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October 2022 Newsletter



Welcome

Dear Members and Readers,

October brings more warmth and opportunities. As restrictions ease we are able to offer plenty of socialising, volunteering and community support at the Welcome Centre. Our migration and settlement team have been welcoming new migrants as travel opens up around the world and we are also working with City of Ballarat and our settlement service partners to promote Ballarat's advantages to skilled migrant jobseekers and to advocate for increased humanitarian settlement here. There is plenty to do in October but look ahead also to November. Our Welcome Market will be growing and embracing more community partners this Spring as we develop the Barkly Square Global Market with the Barkly Square community. BRMC Annual General Meeting will be held on the evening of 30 November so pop that in your diary now, too.

Ann Foley
CEO

Barkly Square Global Market

Originally called the Twilight Market, BRMC and BGT have now established the Barkly Square Global Market. This market will celebrate the multicultural community in Ballarat, and reflect local organisations who call Barkly Square home. Markets will feature workshops, food, activities and entertainment.

Christmas and End of Year Market

Friday 9th December, 4pm - 9pm

Barkly Square, 25-39 Barkly St, Ballarat

Interested in holding a stall at Barkly Square Global Market?
Contact Suzanne on 03 5383 0613.



COVID-19 & Health Information

Hay fever season is here

It's important to know the difference between allergies and being sick with viruses like COVID-19. Visit Healthdirect's Symptom Checker to check your symptoms and for advice on what to do next: www.healthdirect.gov.au/symptom-checker

Oral COVID-19 treatments

Plan ahead and discuss treatment options for COVID-19 with your health professional if you're in a high-risk group:

- 70+
- 50+ with 2 risk factors
- A First Nations person 30+ with 2 risk factors
- 18+ and immunocompromised

Starting COVID-19 oral medications early after testing positive is important.

For more information, visit: www.health.gov.au/oral-treatments

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

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- Amplifying Our Voices: Elevating Multicultural Youth in Student Leadership
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Events in Review

- CACSB Mooncake Festival
- BMA Onam Celebration
- BKFA Ulsava Ravu
- Elder Abuse Workshop at BWC

UPDATES FROM BRMC

Ballarat Welcome Centre

Thrive Garden Working Bee

Saturday 15th October, 10am - 12pm

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

We're topping up the garden beds and planting them up for summer. We'd love your help! No previous gardening experience required.



BRMC Research and Policy

Multicultural Community Dialogue Snapshot

On 3 September, BRMC hosted a Multicultural Community Dialogue at the Ballarat Welcome Centre, in partnership with the City of Ballarat. The theme was Migration and Employment Strategies, with the aim to bring together multicultural leaders with local government and industry representatives to discuss the potential for increasing Ballarat's skilled migration intake. BRMC has published a snapshot of the event that can be accessed [here](#).



BRMC Submission to City of Ballarat Intercultural Plan 2022-26

On 13 September, BRMC provided a public submission to the City of Ballarat's Intercultural Plan 2022-26. The submission set out key actions, priorities and recommendations and was provided in the spirit of collaboration towards shared interests in promoting, supporting and improving multiculturalism, interculturalism, diversity, inclusion and wellbeing in Ballarat. The submission was informed by the input and interests of BRMC's members, clients, and stakeholders, and was officially endorsed by Ballarat Community Health as a major settlement provider in Ballarat. The full submission is available on the BRMC website and can be accessed [here](#).

Community Employment Connector Program

Work Rights Workshop

Thursday 6th October, 1pm - 2.30pm

Centre for Participation, 39 Urquhart St, Horsham

Topics that will be covered during the session: Different types of employment, correct pay, safety at work, your rights if you get injured at work, and where to go for help.

To register, contact K'lu Say Say: 0491 068 219 or k.say@brmc.org.au

Work Rights Workshop

Topics covered:

- **Employee's rights include being paid the correct amount and the right to be safe at work**
- **Different types of employment**
- **Safety at work**
- **If you get injured at work what are your rights?**
- **Where to go for help?**

**Thursday, 6th October 2022 | 1:00pm - 2:30pm
at Centre for Participation**

39 Urquhart St, Horsham VIC 3400
Light refreshments provided

**For registration, contact K'lu Say Say: 0491 068 219 or
k.say@brmc.org.au**



Thrive Garden Project

Our tomato seedlings are growing rapidly in the BRMC shared greenhouse at Ballarat Community Garden. Please contact us if you would like some tomato seedlings for your garden or are interested in getting involved with the garden beds at Barkly Square or our bed at Ballarat Community Garden. We are keen to support gardeners from migrant or refugee backgrounds to grow and share knowledge about cultural food.



If you are looking for locally grown vegetable seedlings for your summer garden, Ballarat Community Garden has a big plant sale coming up at the end of October. Prices are low and all proceeds go back into the Garden.



If you are new to growing in Ballarat, we have resources available at BRMC to help you make the right choice of plant for the area and access garden supplies cheaply.

Contact Rebecca at thrive@brmc.org.au or 03 5383 0613 if you are interested in finding out more.

Strategy and Settlement

Over the past month, various programs have been conducted to support the settlement of multicultural people living in Ballarat, and through these programs including Welcome Morning Tea, Multicultural Playgroup and Multicultural Women's Friendship Circle, new arrivals have had valuable opportunities to experience the culture of Ballarat and increase social connections.



Welcome Morning Tea



Anti-Racism Active Bystander Workshop



Multicultural Women's Friendship Circle



Multicultural Playgroup

Programs in October

- **Welcome Morning Tea**
Wednesday 26 October, 10.30am - 12pm
Contact Heeyoung: hy.lim@brmc.org.au / 0491 066 246 / 0491 066 247
- **Anti-Racism Active Bystander Workshop**
Contact Heeyoung: hy.lim@brmc.org.au / 0410 760 618
- **Case Management (Settlement Support)**
We support people who have lived in Australia less than 5 years.
Contact Abrar: a.dham@brmc.org.au / 0491 066 246
- **Multicultural Playgroup**
Every Thursday, 10.30am - 12pm (during school terms)
Contact Nyibol: n.deng@brmc.org.au / 0491 066 247
- **Multicultural Women's Friendship Circle**
1st, 2nd and 3rd Wednesday, 10am - 12pm (during school terms)
Contact Nyibol: n.deng@brmc.org.au / 0491 066 247

Social Support

Multicultural Tucker

BRMC Social Support delivered Multicultural Tucker on 14 September. 100 clients attended the event and enjoyed a three-course Filipino cuisine.



Health and Wellbeing Seasonal Lunch

Our Health and Wellbeing Seasonal Lunch was held on Friday 30 September. The program featured Chair Based Yoga and a presentation from Seniors Rights Victoria.

Bus Trip

Our clients are looking forward to our first Bus Trip for 2022 where we will visit the Halls Gap Zoo on Wednesday 5 October before enjoying a delicious lunch at Barneys Bistro.

Social Hub

BRMC Social Support recognise the importance of the carers role and the need for carers to take a break through our Social Hub program where we provide a respite service for carers.

We create a warm and welcoming culturally safe environment, we offer a generous morning tea and lunch along with different activities including therapeutic art, music, games and outings.

Carers can leave their loved one in the care of trained BRMC staff for the duration of the program or they are welcome to stay and join in the activities. Social Hub is currently delivered monthly and runs from 10am to 3pm.



The very special and important role of a carer can be very demanding and lonely, some carers are resistant in identifying as a carer or do not recognise their role as a carer. If you know a member of your community that cares for a loved one, partner or friend and could do with a break, please get in touch with the Social Support Team on 03 5331 1123.

Find out more about Social Support Programs by contacting Teresa Azzopardi on 0417 109 052 or a member of our team on 03 5331 1123.

UPCOMING EVENTS

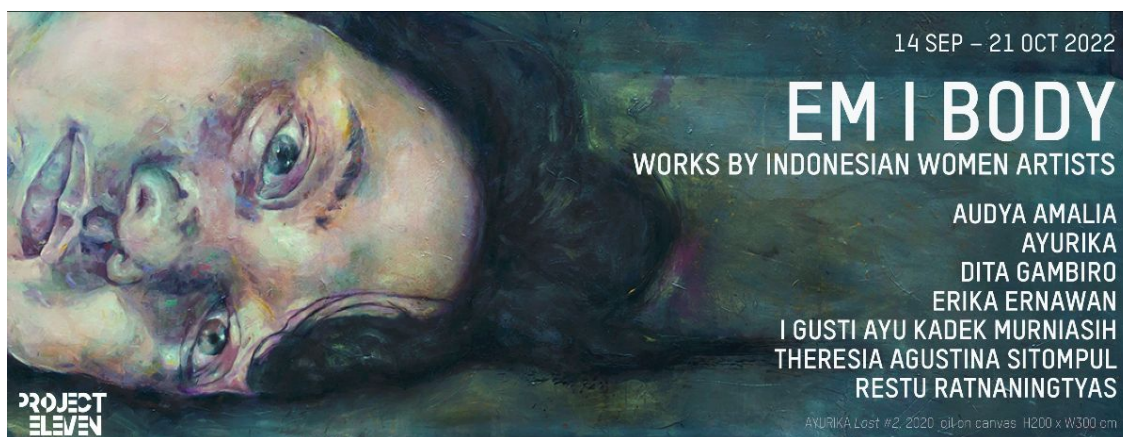
EM I BODY: Works by Indonesian Women Artists

14 September - 21 October 2022, Wed to Fri, 12pm - 5pm

Post Office Gallery, Corner of Sturt St and Lydiard St N, Ballarat

Artists present visually compelling work in diverse media exploring familial and personal relationships, sexuality, identity and culture.

[More info](#)




Drop-In Basketball

Mondays, 4.30pm - 6pm

Doug Dean Reserve, Delacombe

This free program runs on Mondays and is open to all young people aged 10-21. Come on down and shoot some hoops in a fun and supportive space. For further info, contact Caitlin at caitlin.clark@yballarat.org.au


[More info](#)



DROP-IN BASKETBALL

No experience required!
Come down to Doug Dean Reserve in Delacombe on Mondays from 4:30pm-6pm to have some fun and shoot some goals!

Visit yballarat.org.au/drop-in-basketball/ to find out more and register

**Y Ballarat**E: youth@yballarat.org.au W: www.yballarat.org.au F: YBallaratYouth

Ballarat Seniors Festival

1 - 31 October 2022

The month-long event supports the Victorian Seniors Festival, which this year celebrates its 40th anniversary. Get involved in specially curated classes, activities, and entertainment for those aged 55 and over.

[View program](#)



Amplifying Our Voices: Elevating Multicultural Youth in Student Leadership

Tuesday 11th October, 3.30pm - 5.30pm

Online event

A youth-informed, state-wide forum exploring how multicultural young people can be better supported and represented in student leadership. Featuring panel discussions with members of CMY's Youth Advisory Group (YAG) and successful school leaders.

[Register](#)

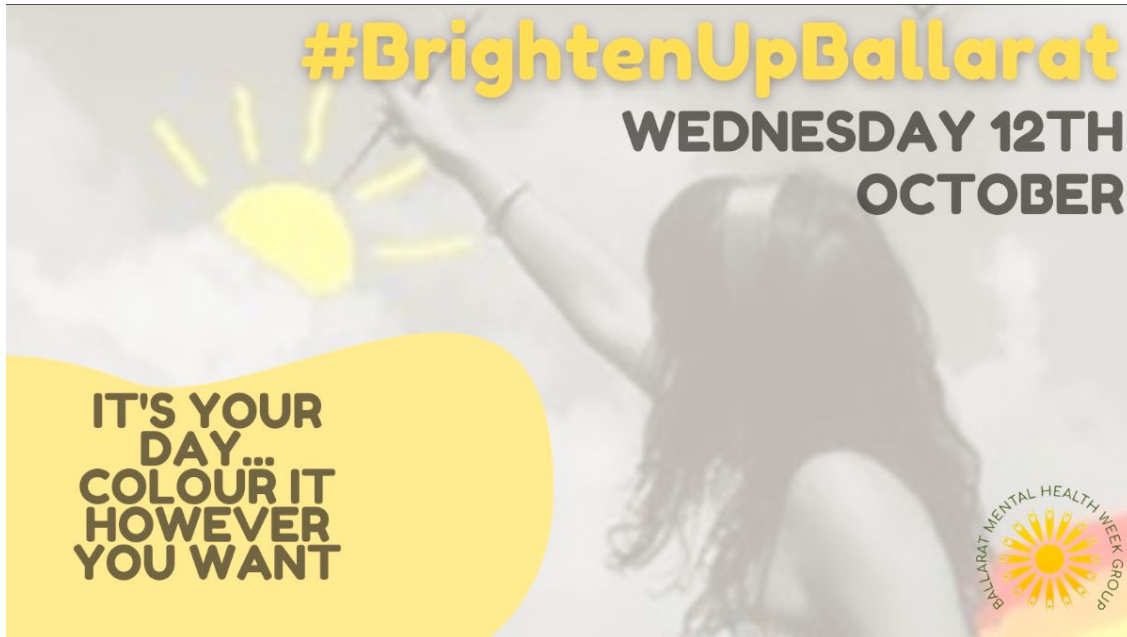


Brighten Up Ballarat

Wednesday 12th October, 8.30am

Online event

Join the Ballarat Mental Health Collective in promoting positive mental health. Wear bright colours or engage in a small act of kindness. Use tag *#BrightenUpBallarat* on your socials.



Stand Up Paddle Boarding Program

Thursday 13th October, 4pm

Lake Wendouree, Fairyland

For 8-25 year olds. Learn to stand up paddle board and learn how to be safe in and around water. Contact Ali on 03 5261 2907 or ali@surfingvic.com to book a place.



BALLARAT

MULTICULTURAL
YOUTH COMMUNITY

SUP PROGRAMS

What: You'll go Stand Up Paddle Boarding,
learn to be safe in and around the water,
and have lots of fun.
Open to 8 - 25 year-olds.

Where: Lake Wendouree - Fairyland

When

Thursday 13th October - 4:00pm
Thursday 27th October - 4:00pm
Thursday 10th November - 4:00pm
Thursday 24th November - 4:00pm

All equipment and afternoon tea supplied
Please bring bathers and towel
For more information and to register contact
ali@surfingvic.com - (03) 5261 2907

FAABI Seniors Day Picnic

Sunday 23rd October, 11am

Victoria Park BBQ Area, Corner of Russell St & Gillies St, Newington

Join the senior members of the Filipino/Australian Association of Ballarat for food, music and dancing. Free entry.



Come and join us!

Senior's Day Picnic



Music ☒

Dance ☒ ☒

Food ☒ ☒

**23rd October 2022
11:00 a.m
Victoria Park
Corner Russell St.
& Gillies St.**

**Free Entry! Bring
yourself and let's
have some fun!**

Diwali 2022

SAVE THE DATE: Saturday 5th November

Diwali, The Festival of lights is one of the biggest festivals celebrated in India and around the world. This celebration is for people of all ages and cultural backgrounds.

Performer & Artist EOI



The poster is for the Diwali 2022 Festival of Lights, organized by The Ballarat Indian Association Inc. It features a vibrant purple and gold background with intricate mandala patterns. At the top left is the association's logo with the tagline "Here for you". A large, jagged-edged purple starburst in the upper center contains the text "SAVE THE DATE!" and "SAT 5TH NOV". Below this, two logos for sponsors are displayed: "Vish Homes" with the tagline "Build your wish" and "AUGMENT Realstate" with the tagline "Integrity Experience Trust". The central text "Diwali 2022" is written in a large, bold, yellow font, followed by "The Festival Of Lights!" in a smaller yellow font. Below this, the text "Sponsors Welcome" and "Email: tbiainc@gmail.com" is shown. Further down, it says "Performers & Artists - EOI @ https://tinyurl.com/diwaliballarat". A QR code is located on the right side. At the bottom center is the logo for "ALFREDTON INDIAN STORE". Decorative elements include hanging oil lamps (diyas) and small floral motifs.

The Ballarat Indian Association Inc.
"Here for you"

SAVE THE DATE!
SAT 5TH NOV

TITLE SPONSORS

Vish Homes
Build your wish

AUGMENT
Realstate
Integrity Experience Trust

Diwali 2022
The Festival Of Lights !

Sponsors Welcome
Email: tbiainc@gmail.com

Performers & Artists - EOI @
<https://tinyurl.com/diwaliballarat>

ALFREDTON INDIAN STORE

ITEMS OF INTEREST

SSI Allianz Refugee Scholarships

Scholarships for the 2023 academic year are now OPEN.

These scholarships are designed to directly support people from refugee backgrounds to minimise the financial barriers faced. Applications are open to people from refugee backgrounds in NSW, QLD and VIC and close on 14 October.

[Learn more and apply](#)



SSI Allianz Refugee Scholarships for 2023
Applications are NOW OPEN

ECCV State Election Platform

The Ethnic Communities' Council of Victoria 2022 State Election Platform calls on all parties to learn from the experiences and systemic gaps exposed by the pandemic and take action to ensure that our diverse communities can respond, rebuild and recover equitably.

[Read more](#)



eccv

STATE ELECTION PLATFORM 2022

**Delivering for
Multicultural
Victoria**

Discuss Climate Change and Mental Health

Deakin University is looking for young women from regional and rural areas to participate in a research project around mental health and climate change. Email jhailes@deakin.edu.au for more details.



Are you a young woman interested in sharing your thoughts about climate change and mental health?

- We are seeking young women **(18-24 years)** residing in regional and rural Australia to discuss how climate change may impact young women's mental health.
- **Online interview** (60-90 minutes) and **co-create a short story**
- **You can choose** to join just the interview or the interview and the short story.
- You will receive a \$20 **voucher per session** for participating in this study.
- Email jhailes@deakin.edu.au if you are interested.

This study has received Deakin University ethics approval (reference number 2022-108)

Pandemic Leave Disaster Payment

The Commonwealth's Pandemic Leave Disaster Payment has been extended. This payment provides financial support while you are isolating at home, unable to work due to being COVID-19 positive, or if you are caring for someone who is COVID-19 positive.

[Learn more](#)

Grants Open: Prevent Gambling Harm

Grants of up to \$5,000 are available to Victorian multicultural community groups to deliver community information and education activities on preventing gambling harm.

[Apply now](#)



Creative Sector Survey 2022

Are you an artist, creative, maker or operating a creative business?

Living and working in the Ballarat area?

The Ballarat Creative Sector Survey helps us work out what gaps we have in our support programs and guides us in advocacy. It's a measure of your confidence, whether you're excited about the future for your practice or just a little bit daunted.

[Complete survey](#)

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

CACSB Mooncake Festival

Chinese Australian Cultural Society Ballarat organised a very successful Mooncake Festival event on Sunday 11 September. The event was open to the Chinese community and all multicultural groups in Ballarat.



Photos via Chinese Australian Cultural Society Ballarat Inc.

BMA Onam Celebration

The Ballarat Malayalee Association welcomed more than 250 people to their Onam Celebration 2022 on Saturday 10 September. Onam is the biggest and the most important festival of the southern Indian state of Kerala.



Photos via [Harmony Fest \(City of Ballarat\)](#)

BKFA Ulsava Ravu

Ballarat Keralites' Foundation of Australia presented "Ulsava Ravu", a South Indian music and dance extravaganza by artists from India on Friday 9 September at Ballarat Civic Hall. The night was a fundraising event to support the community projects of BKFA.



Photos via John Drennan

Elder Abuse Workshop at Ballarat Welcome Centre

Lucy Best from Seniors Rights Victoria visited BRMC on Tuesday 6 September to facilitate a workshop around Elder Abuse and how to help our multicultural seniors understand their rights and get support where they need it. Thank you to all our community members who participated.



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



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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