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November 2022 Newsletter



Dear Readers,

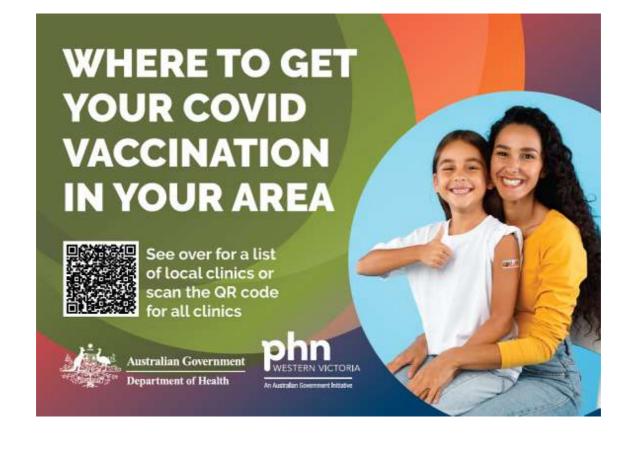
I hope you are enjoying Spring and preparing for a healthy and safe summer as the year draws to an end. Spring has been a welcome return to our social activities and you can enjoy the snaps and stories captured below.

The last month has seen some of Ballarat's multicultural community members recognised for their community service. Former BRMC Board member Ugo Lo lacano has been named Ballarat Senior of the year and is recognized for his extraordinary contributions over many years to Italian seniors but also across the whole community and we join the congratulations to Ugo.

The city of Ballarat's intercultural excellence has also been recognised by the Victorian Multicultural Commission and we look forward to realising further strong commitments made in their Intercultural Plan. BRMC AGM will be held on 30 November and members are encouraged to join us for the meeting and a social gathering afterward.

Contact the office if you wish to attend so we ensure that we cater to all. Happy reading all!

Warm Regards, Ann BRMC Chief Executive Officer



The future state of COVID-1

COVID-19 continues to be part of our lives.

Together, we need to keep our families, communities, and health workers safe.

Most of the 'rules' are gone, but COVID is still a threat, especially to the more vulnerable people in our community.

Protecting yourself is the best way to protect them. If you don't get COVID, you can't spread COVID.

Things to remember

Keep vaccinated. Keep up to date with your vaccinations

Keep testing. Take a rapid antigen test if unwell. It's always a good idea to have some at home. You can pick these and masks up for free at the Ballarat Welcome Centre.

- Wear a mask. Carry a face mask with you when you go out, and wear it when in a crowd or crowded room.
- **Open your windows**. Let fresh air into your home it reduces the spread of the virus.
- **Talk to your GP**. If you are at a higher risk of falling very sick, talk to your GP about COVID medicines and have a plan for when you get COVID.
- Look after others. If you are visiting someone vulnerable, take extra steps to ensure they are protected. If you get COVID• Report your result. You can do it online or by calling 1800 675 398. And tell your contacts.
- **Isolate** if you get COVID. Stay at home for at least 5 days, and until you do not have any symptoms.
- **Don't go to work**. Call your workplace or school and let them know you have COVID. Some people can get financial support.
- **Avoid sensitive settings**. Don't visit or work in sensitive settings such as hospitals and aged care facilities.
- **Get support**. Organize home delivery of essentials such as food, medicines, and baby formula, and see if your friends and family can help you. And remember,

BRMC can also help you.

• **Take extra steps**. Don't have people over. If they come into your home, let them know you have COVID-19 so they can take steps to protect themselves.

This information is available in Chinese, Croatian, Russian, Albanian, Arabic, Assyrian, Farsi, Greek, Hakha, Portuguese, Punjabi, Samoan, Serbian & Turkish. Click the link to download the file in your language: <u>https://www.coronavirus.vic.gov.au/covid-19-resources-to-share</u> or

Please contact BRMC for a copy.

IN THIS ISSUE

Updates from BRMC

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

Upcoming Events

- Barkly Square Global Market -Christmas and End of Year
- Social Hub- floristry workshop
- Welcome Morning Tea
- South Melbourne Bus Trip
- Seasonal Lunch- Ballarat Golf Club
- Multicultural Playgroup
- Karen New Year Celebration in Horsham
- Work Rights Workshop for International Students

Items of Interest

- Victorian Multicultural Awards for Excellence- Ballarat Winner announced
- Federal Budget
- SETS Program
- Victoria Police Diversity
 Recruitment Program- Applications
 open
- ECCV State Election updates
- FECCA Small Grants- CALD Communities
- Commercial Kitchen for Hire

Events in Review

- Ballarat Heritage Festival
- Visarat E Punjab Festival

UPDATES FROM BRMC



Barkly Square Global Market Christmas and End of Year Market

Friday, December 9th from 4pm to 9pm Barkly Square, 25 Barkly Street Ballarat East 3350

Enjoy local shopping, raffles and auctions, kids activities delicious food, a visit from Santa, live music + more!

For all enquiries, please contact Emma at emma@bgt.org.au or (03) 5333 8600 or visit https://www.barklysquare.org.au/barkly-square-global-market.html



Stallholder inquiries are welcome. Please register your interest below

Stall holder registration here

BRMC Research and Policy

Development of Research and Policy Page for BRMC website

At BRMC we are continuing to grow our research capacity in order to make sure we can advocate for our diverse communities as effectively as possible. We are currently developing a new Research and Policy page on our website to be launched as part of a website refresh by the end of the year.

The Research and Policy page will be a one-stop shop for information about diversity and settlement and will feature original BRMC research reports, submissions, and summaries of our multicultural dialogues and events.



Migration and Settlement Services

In October, the Strategy and Settlement team provided beneficial programs to our participants, from children to adults, together with staff from the organizations we collaborate with.

We sincerely thank them for their efforts and hard work for the better life and well-being of the multicultural people living in Ballarat.

In particular, we would like to express our sincere gratitude to the supported playgroup team of the City of Ballarat, facilitator Emily Markovic, Jack and Stephanie, facilitators from the Multicultural Women's Friendship Circle, and excellent Anti-Racism Active Bystander Trainers who provided the training sessions to the Ballarat Neighborhood House this month.

Welcome Morning Tea

Last Wednesday of each month, 10.30 am - 12pm

Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

We welcome everyone to come in and say Hello to newly arrived migrants. These are

usually fun mornings with lots of stories, tea, and quite often a dance! (you can check out our socials for some to see all the fun moments)



Anti-Racism Active Bystander Training

A session was held last month on the 18th and 25 October, at the Ballarat Neighbourhood House





Multicultural Women's Friendship Circle

Held on the **1st, 2nd, and 3rd Wednesday of each month at 10 am - 12 pm** Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

John Bradshaw from Cafs Ballarat visited the Multicultural Women's Circle on 3rd November for an informal session on looking after your money - budgeting, spending "leaks", good and bad credit, scam awareness, and how to get help. To find out more, visit <u>https://cafs.org.au/financial-counselling/</u>

If you would like John to deliver a session for your community group, you can email him on john.bradshaw@cafs.org.au or 0417 860 002.



Multicultural Playgroup in October

BRMC multicultural playgroup is designed to develop children's physical, social, cultural,

and mental wellbeing

Parents with children under 5 years of age are highly encouraged to join.





Programs in November:

- Welcome Morning Tea: 23 November 10:30am 12 noon, contact Heeyoung: hy.lim@brmc.org.au or 0491 066 246 / 0491 066 247
- Anti-Racism Active Bystander Workshop: contact Heeyoung: <u>hy.lim@brmc.org.au</u> or 0410 760 618
- Case management (Settlement support): we support people who live in Australia for less than 5 years. Contact Abrar: <u>a.dham@brmc.org.au</u> or 0491 066 246
- Multicultural Playgroup: Every Thursday 10:30 am 12 noon (during school terms), contact Nyibol: <u>n.deng@brmc.org.au</u> or 0491 066 247
- Multicultural Women's Friendship Circle: 1st, 2nd and 3rd Wednesday 10 am 12 noon (during school term) contact Nyibol: <u>n.deng@brmc.org.au</u> or 0491 066 247

Diversity Education Programs

Diversity Youth Group

Diversity Youth Group (DYG) was introduced in January 2022 to cater to the academic well-being, mental health, and social-emotional needs of the students in the the13-17-year-old age group.

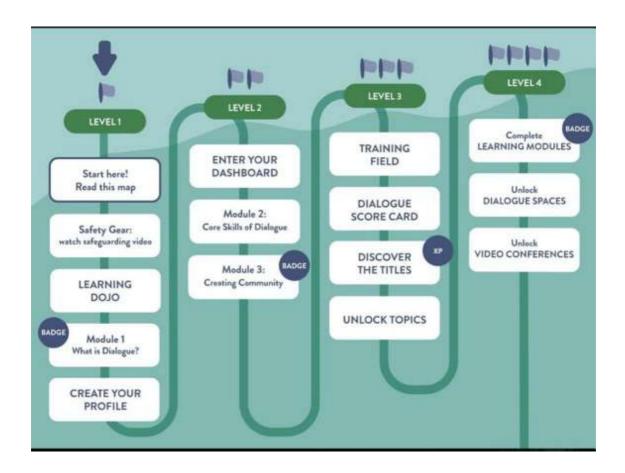
The students participated in a global dialogue opportunity with their peers in Ukraine and India on the topic 'Culture, Belief, and Values', receiving excellent feedback from the facilitators.

Offering a mix of one-on-one mentoring and group work, DYG helps the students know themselves and discover the essentials of dialogue, incentivized by badges and reward points. *Refer to the image below- the Ultimate global dialogue.*

Youth Group is fast gaining popularity so book your spot today.

We meet Thursdays 6-7pm on Zoom.

To register a student, contact Sarabjit Kaur at **E:** s.kaur@brmc.org.au or



Diversity Homework Club

This free academic well-being program offers 5-12-year-old students the opportunity to learn and grow together.

The tutors make learning fun for the students through STEM kits, 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



BRMC's Diversity Homework Club and Youth Group teams' celebrations

We celebrate our achievements at the MY Education Awards 2022:

• Diversity Homework Club (Ballarat Regional Multicultural Council) - Highly commended Regional OSHLSP of the Year 2022

- Timothy Walton Winner, Outstanding Volunteer
- Vanessa Seymour Highly Commended Outstanding Volunteer
- Anne Slattery Highly Commended Outstanding Volunteer
- Kathjajini Neelavannan Winner Outstanding Primary Student
- Nivetha Neelavannan Runner-up Outstanding Primary Student
- Ujjwal Gambhir Highly Commended Outstanding Primary Student
- Nyadoar Moses Highly Commended Outstanding Secondary Student





Professional learning for tutors

BRMC's **Diversity Homework Club** and **Diversity Youth Group** deliver award-winning academic and social-emotional wellbeing programs for school-age students. Lauren Siegman, the Consultant Researcher at String Theory, met the tutors on Tuesday to learn about the two programs and their impact on the participants' educational outcomes.



Migrant English Program (MEP)

Our MEP team offers one-on-one mentoring to individuals for social communication, functional workplace English and for IELTS, OET, PTE and TOEFL assessments.

We use Innovative teaching ideas and resources to empower participants with the knowledge and skills needed to achieve their language learning goals.

The English learning support is available to clients in Ballarat, Ararat, and Horsham.

If you'd like to support this program, we would love to have join our team as a community volunteer. Training, teaching resources and ongoing support will be provided.

For more information, contact Sarabjit Kaur E: s.kaur@brmc.org.au M: 0424 711 353



Anna-Donya / MEP participant

Social Support Services

On 27th October, the BRMC Social Support Team took our Seniors on a Bus Trip to Halls Gap Zoo. Despite the light rain, the clients enjoyed themselves walking around the beautiful surroundings, whilst trying to avoid the poncho-eating free reign deer. After a morning tea and a visit to the zoo, we journeyed to Barney's Bar and Bistro in Pomonal and were treated to a history lesson of the building by owners Col and Sue, and a delicious two-course meal.



Bus Trip

After a fun trip last month at the Halls Gap Zoo, this month we are headed to the South Melbourne Market, Wednesday 23rd November, departing at 8.45 am from the Victoria St Bowling Club.

We will spend the day exploring the market, and its multicultural cuisines and stalls. Clients will have the opportunity to do some early Christmas Shopping and buy their own lunch from the variety of eateries at the market (we will provide morning tea). Returning to Ballarat at approximately 4.30 pm.

This trip is fully booked; however, a waitlist is available.

Health and Wellbeing Seasonal Lunch

The health and wellbeing seasonal lunch will be held at the Ballarat Golf Club, Wednesday 30 November, 11 - 2 pm

We will enjoy a healthy and seasonal two-course meal, along with a Theroband exercise class and a talk from Ballarat Community Health about Mental Health.

Social Hub

BRMRC Social Hub program is designed to support carers. We understand the important role they play in caring for others and oftentimes, not taking a time off for their own well-being.

The program is delivered monthly and runs from 10 am to 3 pm. During this time Carers leave their loved ones in the care of our trained BRMC staff.

This month the location will be, Brown Hill Cricket Club, Thursday 17th November, 10 am – 3 pm

We will be hosting a floristry workshop, a morning and afternoon tea, an African Massage Therapy Session, and a catered lunch.

There will also be a book swap, a plant swap, and an opportunity to share stories about your country of birth and its culture.

If you know someone who would benefit from BRMC Social Support Services, or you would like more information, get in touch with Teresa on 0417 109 052 or <u>teresa@brmc.org.au</u>.

Social Support Newsletter for November

UPCOMING EVENTS

Destination Ballarat Launch

BRMC is working with our EVOLVE partners, the City of Ballarat, Ballarat Community Health, Centre for Multicultural Youth, and Wimmera Development Association on our research paper, Destination Ballarat. We aim to release our report in December and hold a launch event. Watch for your invitation!

Multicultural Women's Friendship Circle



Social Hub

The venue is at the Brown Hill Cricket Club, Thursday 17th November 10 – 3 pm, \$10pp

We will be hosting a floristry workshop, a morning and afternoon tea, an African Massage Therapy Session, and a catered lunch.

There will also be a book swap, a plant swap, and an opportunity to share stories about

your country of birth and its culture.



Welcome Morning Tea

Wednesday 23 November, 10.30 am - 12 pm

Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

You are invited to come and meet new migrants who have recently arrived in Ballarat. We also invite the community to discuss how we can best support them to find ease in settling.

Please RSVP to Heeyoung : hy.lim@brmc.org.au



Bus Trip to South Melbourne Market

Wednesday 23rd November, departing at 8.45 am from the Victoria St Bowling Club, \$20pp

We will spend the day exploring the market, and its multicultural cuisines and stalls.

Clients will have the opportunity to do some early Christmas Shopping and buy their own lunch from the variety of eateries at the market (we will provide morning tea). Returning to Ballarat at approximately 4.30 pm.

This trip is fully booked, however, a waitlist is available. \$20pp.



Seasonal Lunch

To be held at the Ballarat Golf Club, Wednesday 30 November, 11 - 2 pm, \$10pp

We will enjoy a healthy and seasonal two-course meal, along with a Theroband exercise class and a talk from Ballarat Community Health about Mental Health.



Multicultural Playgroup

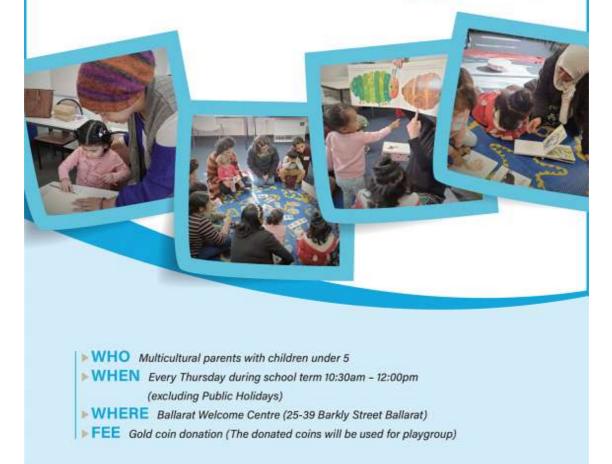
BRMC multicultural playgroup is designed to develop children's physical, social, cultural, and mental wellbeing

Parents with children under 5 years of age are highly encouraged to join.



We invite you to join the

Multicultural Playgroup



If you want to join or need further information, please contact Nyibol: 0491 066 247 or n.deng@brmc.org.au



Victoria Karen Community Celebrations

The Victoria Karen community cordially invites you to their New Year celebrations, on December 10th, 2022, at the Lan Maroske Hall, in Horsham.



Ballarat Italian Association

The Ballarat Italian Association is showcasing 3 Italian Movies screened at Regent Cinemas on the 11th & 12th of November, details are below.

IF ONLY [MAGARI] - Movie 1 | November 11, 2022 6:20 pm - 7:50 pm

The Predators- Movie 2 | November 12, 2022 3:30 pm - 5:00 pm







Our Community Employment Connectors Offer Work Rights Workshop for International Students

These sessions are curated to educate International students about their rights at the workplace, how to safeguard their well-being, and various other topics including, how to land their first job!

Come along, it's a free 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?

Tuesday, 22nd November 2022 | 2pm - 3.30pm at Ballarat Welcome Centre 25/39 Barkly Str, Ballarat East VIC 3350 Light refreshments will be provided



Scan the QR code or click on the link to book your seat via Eventbrite: https://WorkshopforInternational Student.eventbrite.com.au

For further information, contact Quynh: 0491 066 248 or q.tran@brmc.org.au









ITEMS OF INTEREST

Victorian Multicultural Excellence Award and new Intercultural Plan 2022-2026

It's been an exciting time for Ballarat as a leader in diversity. Two weeks ago, on Tuesday 25 October the City of Ballarat won the Victorian Multicultural Commission's Award for Multicultural Excellence in the Local Government Category, recognizing its impact as Australia's first Intercultural City with a strong Intercultural Ambassadors Program and cultural celebrations such as Harmony Fest.

On Wednesday 26 October, the Council unanimously endorsed the new Intercultural Plan 2022-2026 which sets a bold agenda for an inclusive, welcoming city that views diversity as a strength.

BRMC Chair Joy Sawiche and CEO Ann Foley are proud that BRMC has contributed vital feedback to the new Plan and fully support its endorsement. BRMC is looking forward to working collaboratively across the city and with our vibrant growing cultural and faith communities to promote diversity, advocate for services and support, combat racism, build cultural leadership, enable innovative employment opportunities, and strengthen community cohesion.



Here is the list of Awardees

SETS Program

The Settlement support program provides free support to people who have been in Australia for less than 5 years.



Read more here

Federal Budget Commitments to Support Settlement and Diversity

The Australian Government released the Federal Budget on 25 October 2022. Some key commitments that support cultural diversity include:

- Permanent Migration Program Increase from 160,000 to 195,000.
- \$42.2 million over two years from 2022–23 to increase visa processing capacity.
- \$1.0 million over two years from 2022–23 to conduct a review of Australia's multicultural policy settings to support efforts to further strengthen social cohesion.

Find out more

Victoria Police Diversity Recruitment Program

Victoria Police is encouraging applicants from culturally and linguistically diverse communities that are under-represented in the Victoria Police workforce to apply for the Victoria Police Diversity Recruitment Program.



Victoria Police Diversity Recruitment Program

Apply now! Western Victoria - Round 4 2023

Applications close 27 November 2022

Register to attend an online Information Session on Monday 07 November 2022 at 6.00pm

Victoria Police is encouraging applicants from culturally and linguistically diverse communities that are under-represented in the Victoria Police workforce to apply for the Victoria Police Diversity Recruitment Program.

"Victoria Police is committed to growing a workforce that is representative of the communities we serve — we value the diversity of age, gender, culture, religion and sexual orientation of our employees" - Victoria Police

Click the link for more information

BRMC is proudly participating in the Ballarat Industry Mentoring Pilot Working Group

The project was launched by the City of Ballarat last month, hoping to address the region's workforce shortage. This initiative was created over several months, with collaboration between the City of Ballarat and other international and local organizations.

The scheme will aid mentees, who are mainly migrants residing in Melbourne and Sydney, in understanding what working in a regional town looks like.



Image source: City of Ballarat website

Read more here

ECCV State Election

ECCV's 2022 State Election Platform calls on the Victorian Government to learn from the experiences and systemic gaps exposed by the pandemic and ensure that our diverse communities can respond, rebuild and recover equitably.



Read more

FECCA Small Grants For CALD Communities

FECCA is working with the Federal Government and other organizations to administer the **CALD COVID-19 Health Small Grants Fund**. This Fund will help multicultural community groups to lead grassroots communication activities around COVID-19 and the vaccination rollout, targeting CALD communities.



Read more here

Global Kitchen

Through Multicultural infrastructure funding by the Victorian Government, BRMC was able to assist the Barkly Square community to set up our Global Community and Commercial Kitchen.

If you are looking for the perfect location to hold cooking classes, or want to just take your home baking business to the next level, with a fully equipped commercial kitchen, then look no further!

Community and Commercial Kitchen now available to hire at Barkly Square



Hire the kitchen from just \$40 per hour with a minimum of 2 hours.

BARKLY SOUARE

Contact Barkly Square today to hire the space on (03) 5333 8600 or bookings@barklysquare.org.au. Visit barklysquare.org.au/commercial-kitchen for more information.

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

Ballarat Heritage Festival a finalist in the tourism awards

The Ballarat Heritage Festival continues to cement itself as one of Victoria's premier tourism events, after being named as a finalist in the Festivals and Events Category at the 2022 Victorian Tourism Awards.



Image source- City of Ballarat website

Virasat e Punjab Ballarat

Virasat e Punjab is a festival that is held every year in Ballarat, to celebrate the Punjab Culture through music and dance. This year's celebration was held on the 13th of August and organized by Raman Marupur.



Have something you would like us to share on social media or in our monthly newsletter? Tag us on Facebook <u>@brmc.ballarat</u> or submit items to <u>media@brmc.org.au</u>.

BRMC Contact Details

Ballarat Welcome Centre 25-39 Barkly St, Ballarat VIC 3350 Phone: 03 5383 0613 Email: info@brmc.org.au

Website: <u>www.brmc.org.au</u> Facebook: <u>www.facebook.com/brmc.ballarat</u>





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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