

Ballarat East

Community News

Edition 14: September 2023 Connecting people in Bakery Hill, Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip



The Ballarat Dementia Alliance Bigger Hearts Choir.

Bigger Hearts Choir set for major fundraising concert

HANS Christian Andersen reportedly once said 'Where words fail, music speaks'. And in the case of the Bigger Hearts Choir, it speaks volumes.

The choir, a project of the Ballarat Dementia Alliance, is gearing up to showcase its repertoire at a 'Stand By Me' fundraising concert at the York Street Church of Christ, 410 York Street, Ballarat East, from 1.30 pm to 3.30 pm on Sunday 10 September.

Under the leadership of noted Ballarat musician Geoff Hassell, the choir will perform a range of songs in various genres, from rock and roll to classical, along with a few surprises. Guests will include the Creswick Chorus and the Thursday Night

Choir; the Creswick Kids' Chorus; The Harmonies; and The Ballarat Singers. Founded by Kerrie Shiell and her brother Mark in May 2021, the choir was inspired by a similar group in Nottingham, England, which was featured in a 2018 BBC documentary about the power of music in helping people living with dementia.

Kerrie says the Bigger Hearts Choir is similarly for people impacted by dementia, aphasia and their carers, and its purpose is simple, "It's about bringing people together using music as a medium," Kerrie says.

"These are people who would otherwise be quite isolated. Music has

been found to lessen distress and connect people to their past experiences."

The choir has about 25 members and rehearses weekly at the York Street Church of Christ. It performs publicly twice a year and the upcoming concert is designed to raise funds for running the group.

It has been open to anyone who meets the criteria of being impacted by dementia and aphasia – its oldest member is 102 – but the choir's popularity and success has prompted the introduction of an informal (and reluctant) membership cap.

Continued p.5



Acknowledgement of Country



We acknowledge the Wadawurrung people and their ancestors who have been custodians of the Ballarat area for thousands of years, performing age-old cultural ceremonies, celebrations and traditions. We would like to acknowledge the Ballarat Aboriginal community, many of whom were forcibly removed from their families during the Stolen Generations decades and brought to Ballarat. We would also like to acknowledge and pay our respects to Elders past and present.

About the Ballarat East Community News

The Ballarat East Community News is a project of the Ballarat East Neighbourhood House. Its establishment in early 2021 was supported by the City of Ballarat through a Community Impact Grant. Publishing in 2022 was supported by VicHealth through a Reimagining Health Grant.

Contributors

This publication is compiled, edited and designed by Ballarat East Neighbourhood House volunteers and staff. Our front page banner was designed by local artist, Kelsie White. Thank you to this edition's volunteer contributors.

The views expressed or information provided in this publication are not necessarily those of the Ballarat East Community News or Ballarat East Neighbourhood House, including any officers, members, agents, volunteers or contractors.

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The Ballarat East Neighbourhood House welcomes all LGBTQIA+ communities.



Frequency and distribution

This publication is printed four to five times each year. In 2023 it is scheduled for distribution in February, May, July, September and November.

8000 hard copies are delivered by a team of over 60 local volunteers to the suburbs of Bakery Hill, Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip. Involving volunteers is a key community development element of this project.

This publication is printed locally on 100% recycled paper by a family-owned business, Ballarat Mailworks, 512 Dowling Street, Wendouree, 3350.

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Next Edition

Articles and ideas for Edition 15 are due by **Tuesday 31 October 2023** by email (see below) or in hard copy to Barkly Square Main Reception. Please read the editorial policy: ballarateastnh.org.au/ballarat-east-community-news/community-news

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Join our Team

Volunteer to help with this publication by: writing articles, proof-reading, taking photographs, seeking advertising, layout/design and/or delivery. Interested? Please get in touch.

Ballarat East Neighbourhood House

reception@ballarateastnh.org.au

0422 612 052

Ground Floor, Barkly Square, Wadawurrung Country, 25-39 Barkly Street, Ballarat East 9.00 am - 5.00 pm Tuesdays to Fridays during school term.

Memberships:



Welcome to Edition Fourteen, Ballarat East Community News

Those with a keen eye might notice a few improvements in the content and layout of this edition of the Ballarat East Community News. We are really fortunate to welcome volunteer, Darren, to our team. Darren brings years of experience working on news publications and has really lifted the game of our small community newsletter. He seems to be enjoying himself, so we hope that he will stick around and keep helping us to put together the Ballarat East Community News for the benefit of the local community.

This edition includes a number of interesting articles about community groups in broader Ballarat East which are seeking volunteers and support. Perhaps there is an opportunity which might suit you? Volunteering is a great way to make new connections, contribute with purpose and support your local community.

There are also a whole lot of awesome (low cost and free) events and activities available over the coming months - at the libraries, Neighbourhood Houses, the Eureka Centre, Lake Esmond and other local places. Make a cuppa, grab your calendar and set some time aside to check out what's on offer. Enjoy!

Sarah Greenwood-Smith (she/her)
Editor, Edition 14
Manager, Ballarat East
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A koala in Kylie Court, Mount Clear.
Picture: Friends of Canadian Corridor.

Focusing on koala biodiversity and habitat

BALLARAT'S koalas and their well-being will be the focus of a forum at the Eureka Centre in Stawell Street South on Thursday 14 September.

Hosted by the Friends of Canadian Corridor (FoCC), the 'Koala: National Icon - Local Treasure' forum is aimed at stimulating discussion and ideas for improving biodiversity, koala and wildlife habitat for inclusion in the City of Ballarat's forthcoming Ballarat Biodiversity Strategy.

Specifically, it will consider current programs such as:

- University of Melbourne and Australian Koala Foundation koala scat research;
- The CSIRO National Koala Monitoring Program, which includes the Ballarat and Moorabool local government areas;
- The Federation University koala DNA sampling program; and

- The FoCC citizen science koala spotting program.

Key speakers will be:

- Bridget Wetherall, City of Ballarat Infrastructure and Environment Director;
- Dr Desley Whisson, Deakin University senior lecturer in Wildlife and Conservation Biology;
- Dr Cathy Robinson, CSIRO Land and Water principal research scientist;
- Jackson Cass, Moorabool Catchment Landcare Group Landcare co-ordinator; and
- Ballarat koala researchers from the University of Melbourne and Deakin University.

The forum will be opened by Ballarat mayor Cr Des Hudson. It will run from 5.00 pm to 8.00 pm. Tickets and booking details are available on trybooking.com, and information is available at focc.asn.au.



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Member for Eureka

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Kirralee gears up for a post-pandemic return of volunteers

“THEY treat me as a person; it’s like I’m part of a family.”

That’s what Jim Clementson says of the staff and carers at Kirralee Aged Care in Richards Street, Ballarat East. Jim, 90, of Buninyong, joined the Kirralee community earlier this year and, once he’d settled in, has found things very much to his liking.

“I’m treated very well. They mean everything to me,” he says, stressing that he’s not “locked up” and can come and go (day trips with family, catch-ups with his coffee club friends, for example) pretty much as he wants or needs to.

But while Kirralee is helping Jim maintain his quality of life, the organisation is now reaching out to Ballarat people to lend a hand by becoming a volunteer.

Customer Relations Officer, Sherrie Kelly, says the pandemic cost Kirralee dearly in terms of its volunteer numbers – in fact because of restrictions, the facility basically lost them all – but now it’s time to get things back on track.

“We’re ready to throw open our doors and bring people back,” Sherrie says. “We want to bring back people who are passionate about making a difference.”

To that end, Kirralee will host a ‘Volunteer Recruitment Day’ and information session from 1.00 pm to 3.00 pm on Friday 22 September, where interested people can find out about working with residents and the opportunities available.



Like family: Kirralee resident Jim Clementson with carers Ann Holland (left) and Theonie Konstantinea.

It will be followed by a ‘Community Open Day’ from 10.00 am to 3.00 pm on Saturday 28 October on the Kirralee grounds, which will feature a wide range of activities – many involving residents – such as face painting, a sausage sizzle, a petting zoo and a special visit by the neighboring Ballarat Wildlife Park.

Sherrie says there is basically no limit to the areas volunteers can be involved in. There’s actual care-giving, as well as administration, musical performance, reading newspapers to residents, maintenance, gardening, the on-site cafe and hairdressing salon, a walking group ... the list goes on.

“It’s not just limited to visiting or caring for an elderly person,” Sherrie says. Some family members often spend time with those who would otherwise have few, if any, visitors.

“We can try to be everything to everyone, really.”

Kirralee’s lifestyle team matches volunteers and residents as closely as possible in terms of interests and abilities, and the requirements for prospective volunteers are not restrictive. The most important things people can offer are a caring nature, a sunny disposition, ‘hidden’ skills or talents (maybe juggling, singing, playing an instrument) or a simple desire to bring joy to someone else’s life.

If this sounds like you, register your interest in the information session by phoning **5331 5777** or emailing Sherrie at sherrie.kelly@calvarycare.org.au.

Kirralee, which has more than 100 residents, is a division of Calvary Health Care. The facility is located at 207 Richards Street, Ballarat East.

Supporting our community since 1981



- Adult Education and Training
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Lake Esmond to host Mental Health Expo.



THE Ballarat Mental Health Collective will hold its annual free community event at Lake Esmond, off Lal Lal Street in Canadian, on Sunday 8 October. Car parking will be available at Canadian Lead Primary School.

But before that, a 'Brighten UP Day' - part of the collective's program of activities for Mental Health Month, which is held throughout Australia each October - will take place on Wednesday 4 October.

Beginning in 1995 with an art exhibition, the Ballarat Mental Health Collective initiative has grown to include town, community and workplace activities and the Lake Esmond event.

A highlight at Lake Esmond event will be a 'Circle of Solidarity', which involves people standing together around the lake as a gesture of unity in support of those with enduring mental illness and their families.

In addition this year, the collective will be running a 'How You Frame It!' art exhibition of 30x30cm works on canvas and paper which will be showcased in Ballarat libraries, an exhibition website, on social media and other online platforms. It will run from 2 to 31 October.

Also, a pop-up stand is planned at a location to be confirmed on Tuesday 3 October which will offer promotional material and activities such as rock painting - which people can keep, gift or leave in public locations - and posters with positive

contents aimed at sharing messages of hope and promoting 'Brighten UP Day'.

Those participating in and acknowledging 'Brighten UP Day' will be encouraged to wear bright colors and/or engage in a small act of kindness to mark the occasion.

About 30 organisations participated in the Mental Health Expo at Lake Esmond last year, and organisers are planning for between 40 and 50 this year. Among them will be the Western Bulldogs Foundation, Little Dreamers, the Satellite Foundation and Bloom Wellbeing, Tandem Carers, VMIAC, Lifeline, Anglicare, Catholic Care, Ballarat Veterans' Assistance Centre, the Motorcycles of the Military Brotherhood and the four Neighbourhood Houses of Ballarat.

Activities will include face-painting, pot-planting, an 'odd sock' competition run by GROW Mental Wellbeing Programs, postcard-sending, and a 'Quiet Space' run by Uniting Ballarat.

A keynote speaker, yet to be announced, will be present, showbags and lucky door prize tickets will be given out at the three entry gates to Lake Esmond, a free sausage sizzle will be operating, and performances by the Ballarat City Brass Band and up-and-coming local musicians will provide a musical background.

Coffee and ice cream vans will be on-site and will donate a percentage of their takings to the Collective.

Gates will open at 10.00 am, with an on-stage official opening a little later with the keynote speaker and the Circle of Solidarity taking place straight after.

Updates and information can be found online: facebook.com/BallaratMHCollective.

Bigger Hearts Choir

Continued from p.1

Admission to the performance on Sunday 10 September is \$20 (concessions \$15) - via cash and card at the door or online at humanitix.com. Children will be admitted free, there will be a raffle and afternoon tea will be available.

More information about the Bigger Hearts Dementia Alliance and the choir is available at biggerhearts.com.au.

Gambling Harm Awareness Week

Gambling Harm Awareness Week will be held from 16 to 22 October 2023.

This year's theme will continue to be **Talk. Share. Support.**

During Gambling Harm Awareness Week, we encourage people to talk about the harms associated with gambling and the effects they can have on communities, families, friends, workplaces and individuals. Gambling harm can affect self-esteem, relationships, physical and mental health, work performance and social life.

The week focuses on personal stories of recovery, which are powerful because they offer a sense of hope and optimism. They also encourage open community discussions that help to reduce stigma, which can be a barrier to help-seeking.

The Ballarat Gambling Harm Prevention Taskforce will be hosting a free event on Tuesday 17 October from 11.00 am to 2.00 pm at the Ballarat Town Hall.

To register, visit: ballarateastnh.org.au/support/gambling-harm-awareness

To find out more, you can contact the Ballarat East Neighbourhood House on 0422 612 052.

Mentors sought for community-based Ballarat support program



Women and Mentoring is recruiting in Ballarat. Picture: Supplied.

A MELBOURNE organisation which provides support for disadvantaged women, transgender women and gender diverse people involved with the criminal justice system is seeking local volunteers to help out with its program in Ballarat and surrounds.

Women and Mentoring (WAM) primarily offers a formal and supported mentoring relationship with screened and trained volunteers, aiming to help participants develop practical skills to reduce contact with the justice system and the cycle of reoffending.

Also among WAM’s objectives are:

- Promoting effective engagement with services in the community to address the root causes of reoffending and improving life outcomes; and
- Empowering participants to create positive change in their lives.

A community-driven crime prevention initiative, WAM operates across metropolitan Melbourne, Frankston and the Mornington Peninsula, but also accepts referrals from Ballarat and surrounding areas. WAM has just established an official Ballarat presence by setting up an office at Barkly Square, Ballarat East.

As a first step, referral forms are completed and sent to an intake co-ordinator via email, after which the co-ordinator will contact the intended participant to assess eligibility and interest.

The co-ordinator can then create a match with the mentor who best suits the participant’s needs and interests, and the pair will then meet regularly to work on goals identified by the participant. Self-referrals are also welcome, and women who are seeking additional support, particularly if they are in contact

with the legal system, are encouraged to get in touch with Ballarat Program Co-ordinator Emily Murphy.

Under the referral criteria, participants must be 18 and older and willing to voluntarily participate in the program. Specifically, the mentoring service is for those who are already in contact with the justice system (for example facing charges or serving a community corrections order), considered at risk of being charged, or attending court for family violence or other family matters.

According to WAM, each mentoring relationship is unique and the pair has weekly contact, either face-to-face or by phone or online (remote mentoring relationships can also be arranged). Mentors can provide personal and practical assistance; help participants develop self-advocacy skills to find and use community resources; and support participants to achieve individual goals.

So prospective volunteer mentors need to be interested in empowering other women to improve their life outcomes. They must be good listeners, empathetic and open-minded; and have a desire to contribute towards a fairer and socially just community.

To find out more, visit womenandmentoring.org.au; send an email to ballarat@womenandmentoring.org.au; or phone 0403 584 015.



Spring has sprung ... a great time for packing a picnic and hitting the great outdoors. We make a range of delicious rolls and would love them to be part of your picnic (or any other occasion!). This month when you buy our rolls we'll double them for FREE ... for example if you buy 1 roll we'll give you 1 more for FREE, if you buy 6 rolls we'll give you 6 for FREE.

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Catherine KING MP
Federal Member for Ballarat

03 5338 8123

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Standing up for our Community!

www.catherineking.com.au

Authorised by Catherine King, Australian Labor Party 5/11 Sydney Avenue, Sydney ACT



Exploring the cosmos at Ballarat Municipal Observatory and Museum

LAST month's night-sky light show which was spotted over Melbourne, Geelong and Bendigo was thought by some to have possibly been a meteor, but the Australian Space Agency later said it was probably the remnants of a Russian rocket re-entering the atmosphere.

Either way, it's maybe a good thing that we have our own eyes on the sky at the Ballarat Municipal Observatory and Museum.

With 11 telescopes at the Cobden Street, Mount Pleasant facility, there isn't much that happens overhead that will escape the notice of Ballarat stargazers. But there's so much more for space enthusiasts to discover, including education programs for all ages, tours, the museum, the Third Rock Café, a 'Pipehenge', a science shop and a continuing roster of events.

For example, as part of Science Week, the observatory has just run a 'Stunning Saturn!' program to mark the gas giant's closest point to Earth as it travels around the Sun (known as 'Opposition'), and a number of events are planned for the coming school holidays.

Check under the 'Events' tab on ballaratobservatory.org.au, for details.

Other scheduled activities include the observatory's participation in 'International Observe the Moon Night' on 21 October. Between 7.30 pm and 9.30 pm, there will be



Observatory Education Officer Kirralee McLoughlin with the facility's 'Baker' telescope.

telescopes and astronomers present to show people how to identify various features on the Moon.

As well, there will be Moon, Saturn and stellar object viewings, an astronomical talk and an observatory tour. For this event, the Moon will be a waxing crescent seven days old, offering great opportunities for viewing along the terminator, which is the line between night and day.

Opened in 1886 on the initiative of James Oddie, the observatory now has one of the most comprehensive collections of instruments in regional Australia - including the first disability access telescope in Australia, designed and built by members.

The Ballarat Astronomical Society was formed in 1958 and has managed the observatory program and telescope collection since then. The Ballarat Dark Sky Community, which works with others to combat light pollution and protect the night sky for current and future generations to share, is auspiced by the society.

The observatory even has its own resident astrophysicist.

It's open to the public each Tuesday, Thursday and Saturday and on other days for special events. Private bookings also are available.

Take a look at the observatory's website or phone 0429 199 312 to find out more.

A blue and white advertisement for Joe McCracken MP. It features a portrait of Joe McCracken on the left. The text reads: "JOE McCRACKEN MP MEMBER FOR WESTERN VICTORIA I'm here to help with any state government matters." At the bottom, contact information is provided: "A: 17 Lydiard St North, BALLARAT VIC 3350 E: joe.mccracken@parliament.vic.gov.au P: 5332 2405 | W: www.joemccracken.com.au".

JP Service at Barkly Square

A JUSTICE of the Peace (JP) is available to the public at Barkly Square, 25-39 Barkly Street, from noon to 1.30 pm every Thursday.

A JP is an independent and objective person who can witness official and legal documents such as statutory declarations or affidavits for use in court. They also perform other services like certifying true copies of an original document or certifying a person's identity.

No appointment is necessary to access the service, which is free of charge.

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Barkly Square Gardens Landscape Plans

(BALLARAT EAST TOWN HALL GARDENS)

This is your chance to view the plans
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The Ballarat East Town Hall Gardens, along with the adjoining Specimen Vale and Britannia Reserve are a much-loved community asset located within the heart of the Ballarat East Civic Precinct.

Wednesday
20th September

1pm - 4pm

The Atrium
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Visit: bigbrothersbigsisters.org.au

Select Mentoring Ballarat Community Based in the programs window and apply to be a mentor today!

For more info contact Jodie Downey Ballarat Mentoring Co-ordinator on 0437 247 911 or email jodie.downey@bbbsau.org

Family friendly fitness fun for everyone

THE Llanberris Reserve athletics track, on the corner of York and Young streets, Golden Point, comes alive on Friday nights from October to March. From 5.45 pm each week, the Ballarat YCW conducts their Friday night junior track and field season. Kids of all ages from four to 16 run, jump and throw their way around different activities each week. If you have a child who would love to try their hand at track and field competition, head along for a free come-and-try session.

For more information, contact Ballarat YCW today: 0400 491 957 or president@ballaratycw.com.au.



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Welcome to the Upside of Ageing

Funded by the Department of Health and Aged Care, LiveUp is your free healthy ageing guide.

liveup.org.au

Coming up at Ballarat libraries

Is the Internet lying to me?

A fascinating afternoon exploring internet scams, hoaxes and conspiracies, and the search for reliable information.

Session 1: RMIT FactLab.

The CrossCheck team at FactLab is a team of online verification experts who monitor mis- and disinformation and alert the media and community leaders – preferably before it causes further damage.

The FactLab team will take you through some tips on how you and your family can avoid scams and hoaxes in everyday life.

Session 2: Van Badham in conversation with ABC journalist Prue Bentley.

Hear journalist and author of *QAnon and On: A Short and Shocking History of Internet Conspiracy Cults* in conversation with Prue Bentley, Editor ABC Ballarat and Southwest Victoria.

The two will explore the murky world of internet conspiracy cults and how we can identify and protect against them.

Please note: your free ticket covers both sessions.

Saturday 28 October

2.00 pm - 4.00 pm

Ballarat Town Hall

Bookings:

events.humanitix.com/ballarat-libraries



Tackling Ageism Creative Competition

It's important to recognise and celebrate the older people in our lives. And that's why Ballarat Libraries and City of Ballarat Ageing Well are inviting students from preschool to prep, primary and secondary school to join our campaign to tackle ageism in Ballarat. All students are invited to join our creative competition.

1) **Write** – in no more than 200 words, tell us more about this person and how they have helped you or shaped your life.

- Primary school students – how has an older person helped you in your life?
- Secondary school students – how has an older person shaped or changed your life?

2) **Draw or paint** – send us a drawing of your chosen person with a short description on the entry form (an adult can help write your description if needed).

- Preschool to prep – why is your chosen older person great?

An entry in each category will win a stack of books worth \$100.

Entry forms can be collected from any City of Ballarat library or can be found at the libraries' website centralhighlandslibraries.org.au, and click Ballarat Libraries, Competitions. Entries close Saturday 30 September.

Moon Hack 2023

Moon Hack is an international event that runs for two weeks, bringing kids from across the world together for coding. It's a free, easy and hands-on way to learn how to code.

Assistance from an accompanying adult is required. Tickets are free and required for children only. Suitable for ages 8-12.

Location: Library Outreach at Buninyong Community House, 407 Warrenheip Street, Buninyong.

When: Thursday 12, 19 and 26 October. 4.00 pm-4.45 pm

Bookings:

events.humanitix.com/moon-hack-2023-buninyong-outreach

Eureka Centre Library Pick-Up

Did you know that you can put books from the Ballarat Libraries on hold and request to collect them from the Eureka Centre?

Mondays to Thursdays from 10.00 am - 4.30 pm at the Ballarat Research Hub at Eureka (BRHAE).

102 Stawell Street South, Eureka

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Ballarat East Neighbourhood House

Be Connected Online

Waste-Free Lifestyle Course

The FREE 8-week Waste-Free Lifestyle Course will be held from 9.30 am - 12.00 noon on Wednesdays from 11 October at the Ballarat East Neighbourhood House, Barkly Square.

We also have a Waste-Free Lifestyle Social Group meeting from 1.00 pm - 2.30 pm fortnightly from Thursday 12 October. To register for either activity: ballarateastnh.org.au/support/waste-free-lifestyle

Term 3 Waste-Free Workshops

Over four free 1-hour sessions on Saturday mornings at Sebastopol Library, we learnt about trying to live a Waste-Free Lifestyle, with lots of hands-on activities facilitated by the knowledgeable and encouraging Julie.

The first session focussed on being an 'imperfect zero-waste warrior'. This brought me a sense of relief, as I was conscious that my efforts seemed so insignificant and there is so much more I could be doing. But Julie helped us to understand that making small changes is still progress, and not to become overwhelmed by the extent of the waste problems our society faces. Julie spoke about the concept of Gap versus Gain, another way of looking at our progress towards our goals.

In the second session, we learnt a bit of plastics chemistry and why chemical combinations make some packaging difficult to recycle. The best thing we can do is reduce the amount of plastic we bring into our homes.

We were inspired by having two

young girls participating with their mums, the next generation learning how to live waste-free!

The third session was about reducing our food waste at home and we discussed many simple ideas. We were shocked to hear how much food is wasted and motivated to cut down what we throw out by planning meals, using our leftovers and composting.

Our last session was really 'hands-on,' a waste audit! We brought all our household waste from the last 7 days, spread it out on a tarp and talked about substitutions for the main culprits, which turned out to be (no surprise) soft plastics. Some ideas were making our own snacks instead of buying muesli bars, biscuits or chips, cooking our own meals instead of buying packaged meals and buying fruit and vegetables at markets or shops where produce is not unnecessarily wrapped in plastic.

Over the four sessions we shared our knowledge of local places to buy products with minimal packaging, and I will be visiting these suppliers for my future shopping. The Ballarat Wholefoods Collective at Barkly Square is a great place to shop waste-free as you can bring your own jars and containers.

I enjoyed learning about the waste-free journey and hope to join the next course with a friend. Maybe you will be there too!

Pam Strange, local resident



The Ballarat East Neighbourhood House is proud to be part of a national movement to close Australia's digital divide. We are a Be Connected Network Partner, receiving grant funding from the Federal Government to support those aged 50+ get online safely and confidently.

Join our **Free Workshop - Avoiding Scams** from 9.30 am - 11.30 am on Wednesday 4 October at the Ballarat East Neighbourhood House, Barkly Square. Contact us to register (p.2).

Inaugural Art Display



Join us for the launch of the Ballarat East Neighbourhood House's **Inaugural Art Display**. 1.30 pm, Friday 10 November. Community Room, Ground Floor, Barkly Square.

Community Groups - Free support and training

The Community Governance Project funded by City of Ballarat is working to provide support to community groups in Ballarat, delivered by our four local Neighbourhood Houses through a Strategic Partnership.

Register now for FREE Workshops: ballarateastnh.org.au/community-governance/community-groups (or call on 0422 612 052)

Images from Pexels and Canva.



Committees and Boards

Presented by Annie De Jong, CEO - Ballarat Cemeteries and Kay Miller, Ballarat East Neighbourhood House.

Session 1: Wednesday 6 September, 10.00 am - 11.30 am - Theatre, Barkly Square, Ballarat East.

Session 2: Wednesday 13 September, 6.30 pm - 8.00 pm - Online via Zoom.

Thinking of joining a committee or board?

Not sure what skills are needed and what opportunities are offered?

Come along and find out what you need to know, before putting your hand up.



Online Promotion for Community Groups

Presented by Lou Ridsdale, Food is Free Inc.

Session 1: Wednesday 4 October, 10.00 am - 11.30 am - Theatre, Barkly Square, Ballarat East.

Session 2: Wednesday 11 October 6.30 pm - 8.00pm - Online via Zoom.

Come along to this workshop to learn what tools are available to assist your group to promote itself online.

Lou has extensive experience in marketing and publicity for community groups and utilises many online tools in her work.



Managing Privacy Online for Community Groups

Presented by Greg Horgan, Digital Mentor, Ballarat East and Ballarat North Neighbourhood Houses.

Session 1: Wednesday 1 November 10.00 am - 11.30 am - Theatre, Barkly Square, Ballarat East.

Session 2: Wednesday 15 November 6.30 pm - 8.00 pm - Online via Zoom.

In this workshop we will benefit from Greg's extensive experience and knowledge in relation to:

- Managing members' information - eg dos and don'ts for sending out group emails and lists;
- Managing volunteers' contact details - dos and don'ts for using this information;
- Who is responsible for this information in a community group and where and how should it be stored;
- Using social media - eg Facebook comments on posts on group pages - managing reputational damage;
- Scams - what to watch out for.

Partnerships and Networking for Community Groups

Session 1: Tuesday 21 November 10.00 am - 11.30 am - Theatre, Barkly Square, Ballarat East.

Session 2: Tuesday 28 November 6.30 pm - 8.00 pm - Online via Zoom. Presented by Ballarat East Neighbourhood House.

This workshop will focus on the benefits of partnering with other organisations to deliver events and services. Issues with partnerships and other forms of collaboration will also be explored. We will look at the many forms partnerships can take and explore what networking for community groups really means.

Child Safe Standards Community of Practice

Community Groups are invited to join these monthly meetings at Barkly Square to work through implementing the standards. Join us 1.00 pm - 2.30 pm on Thursdays: 14 September, 19 October and 16 November, Room 103, Barkly Square.

All Welcome!!!!

BALLARAT NORTH NEIGHBOURHOOD HOUSE



OPEN DAY

Come along, check out our facilities, discuss our programs.

Tuesday 12th of September, 2023
6 Crompton Street, Soldiers Hill, 3350

Cuppa and nibbles provided

More information:
0491 753 307

Term 4, 2023: Activities

Mondays

X Drawing Group
with **Jenette**
1.00 pm - 3.00 pm
Ballarat East
Neighbourhood
House Community
Room, **Barkly Square**
\$80, 9-week course
BYO supplies
From 2 October

The Ballarat East
Neighbourhood House
staff and volunteer
office (Room 102) and
our Community Room
(Room 103) are on
Wadawurrung Country,
downstairs at
Barkly Square,
25-39 Barkly Street,
Ballarat East.

We are available from
9.00 am - 5.00 pm
Tuesdays to Fridays
(closed Mondays, Public
Holidays and school
holidays).

Please ask for us at the
Barkly Square Main
Reception (near the
Barkly Street entrance).

All activities and prices
require registration,
agreement to the Activity
Terms and Conditions,
are subject to change
without notice and
require minimum
participant numbers
(usually 7 people). Please
contact us to register and
confirm start dates.

For the most up-to-date
version of this calendar,
visit:
[ballarateastnh.org.au/
classes/activities](http://ballarateastnh.org.au/classes/activities)

Tuesdays

**Playgroup with the
Ballarat Toy Library**
with **Jane**
10.00 am - 12.00 noon
Barkly Square
FREE
From 3 October

Sewing: Short Courses

with **Christine**
12.30 pm - 3.00 pm
Barkly Square
Beginner's Applique
10 & 17 October
Beginner's Patchwork
24 & 31 October
Beginner's Overlocking
14 & 21 November
Repairs and Alterations
28 November &
5 December
\$40, 2-week course
OR
\$140, 8-week course
Learn Local Course
From 10 October

Auslan: Advanced

with **Jane**
1.00 pm - 3.30 pm
Eureka Centre
\$70, 8-week course
Learn Local Course
From 10 October

Alexander Technique

with **Julianne**
3.45 - 4.45 pm
Eureka Centre
\$70, 8-week course
From 10 October

Sewing Circle

3.00 pm - 5.00 pm
Barkly Square
FREE
Bring your own machine
and material or hand-
sewing project to work
on.
From 10 October

Wednesdays

**Waste-Free
Lifestyle**
with **Julie**
9.30 am - 12.00 noon
Barkly Square
FREE, 8-week course
Funded by
Sustainability Victoria
From 11 October

Walking Group

9.30 am - 10.30 am
meet outside the Café
at **Barkly Square** for a
walk along Specimen
Vale Creek
FREE
From 4 October

Be Connected Improving Digital Skills

with **Greg**
1:1 sessions
9.30 am - 10.30 am
10.30 am - 11.30 am
**WEDNESDAYS &
THURSDAYS**
Barkly Square
2 sessions FREE for
people aged 50+
Please register.
From 11 October

Chatty Wednesdays

10.30 am - 11.30 am
Café, **Barkly Square**
FREE
From 4 October

Winter Woollies

with **Sandra**
1.00 pm - 5.00 pm
Barkly Square
FREE
From 4 October
*Often also on during school
holidays - contact to confirm*

Thursdays

**Auslan:
Intermediate**
with **Jane**
9.30 am - 12.00 noon
Barkly Square
\$70, 8-week course
Learn Local Course
From 12 October

Waste-Free Lifestyle Social Group

1.00 pm - 2.30 pm
2nd & 4th Thursday
Café, **Barkly Square**
FREE - All welcome
From 12 October

Exploring Writing: Short Courses

with **Melissa**
12.15 pm - 2.45 pm
Barkly Square
Poetry
5 & 12 October
Fiction Writing
26 October &
2 November
Memoir
23 & 30 November
Writing Feedback
7 & 14 December
\$40, 2-week course OR
\$140, 8-week course
Learn Local Course

**Auslan:
Exercise Group**
2.00 pm - 3.00 pm
Café, **Barkly Square**
FREE
From 5 October

Watercolour
with **Tegan & Blazer**
6.30 pm - 8.30 pm
Workshop, **Barkly Square**
\$140, 8-week course
From 12 October

Fridays

Gentle Yoga
with **Kate**
7.45 am - 8.45 am or
9.00 am - 10.00 am
Eureka Centre
\$90, 10-week course
From 13 October

Auslan: Beginners'

with **Jane**
9.30 am - 12.00 pm
Barkly Square
\$70, 8-week course
Learn Local Course
From 13 October

Watercolour

with **Tegan & Blazer**
10.00 am - 12.00 noon
Workshop, **Barkly Square**
\$140, 8-week course
From 13 October

Hypnotherapy/ Meditation

with **Clare**
12.50 pm - 2.00 pm
Barkly Square
\$70, 8-week course
From 13 October

Drawing Skills

with **Tegan & Blazer**
1.00 pm - 3.00 pm
Workshop, **Barkly Square**
\$140, 8-week course
From 13 October

Exploring Watercolour

with **Christine**
2.30 pm - 5.00 pm
Barkly Square
\$105, 8-week course
Learn Local Course
From 13 October
(no class 17 November)

To book or find out more: ballarateastnh.org.au, 0422 612 052, facebook.com/BallarataEastNH
X = SOLD OUT or reception@ballarateastnh.org.au

● = Limited space remaining

Updated 29 August 2023