

Ballarat East

Community News

Edition 13 July 2023 Connecting people in Bakery Hill, Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip



Adam McNicol. Photographer: Roberto Olivares

Ballarat East's Adam McNicol: Co-Creator of the Ballarat Marathon

It is unlikely that anyone who has met Adam McNicol doesn't know that he comes from Manangatang, a small town (population fewer than 200) in Victoria's Mallee region. He is very proud of his home town, so much so that he wrote a history of the town when it celebrated its centenary in 2011. He followed that up with another book, *They're Racing at Manangatang*, which celebrates the town's iconic annual horseracing meeting.

Now living with his family a little over 3.5 hours south in Ballarat East, Adam, a journalist and author, has his own publishing company, Ten Bag Press. Adam and his team have, so far, released ten high-end photographic books, including portraits of the small communities which dot regional Victoria. More than 8000 copies of *The Mallee* and 7000 copies of *The Wimmera* have been sold. The *Western District* is due out next year.

A lover of footy, Adam also spent a decade working in digital media for a couple of AFL clubs and the AFL itself. The trickiest part of this role was creating positive online stories when the clubs he was working for were beating his team, Richmond.

Adam took up running during the pandemic and can still regularly be found on a Saturday morning at parkrun along the Yarrowee River track or running around Lake Wendouree. Adam is very passionate about the mental and physical health benefits of regular running and thought it would be a great idea to hold a distance running festival in Ballarat.

After two years of planning, the Ballarat Marathon, a road running festival featuring a mile, 5km, 10km, half marathon and marathon, was launched to the public on 6 July.

Adam says, "We are very thankful for the City of Ballarat's generous support, which has enabled us to make our dream of creating a running festival in Ballarat a reality. Ballarat Marathon will be a showcase of everything that's great about our city and our community."

The inaugural Ballarat Marathon will be held on the weekend of 27-28 April 2024. Online registrations open on 27 August 2023.

Visit: ballaratmarathon.com.au
Find Adam's books online too: tenbagpress.com.au

*Sarah Greenwood-Smith (she/her),
Ballarat East Neighbourhood House*



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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Thank you to our advertisers for financially supporting this important community project for broader Ballarat East.

Advertising rates per edition are:

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\$750 + GST: Half page



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 and October.

Over 7750 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 14 are due by **Tuesday 22 August 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

ISSN: 2652-9815 (Print)

ISSN: 2652-9823 (Online)

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 Thirteen, Ballarat East Community News

When we moved to Ballarat over 10 years ago, it was kindly suggested that we would need warm, waterproof coats, boots, beanies and gloves. No need to let a bit (or a lot) of cold and rain stop us enjoying all of the wonderful outdoor opportunities in this beautiful city!

In this edition, there are plenty of options to get out and get a bit of fresh air this Winter - training for the inaugural Ballarat Marathon with Adam (p.1), planting along Specimen Vale with Meredith, Ellen and their team (p.3), becoming a Citizen Scientist with Waterwatch Victoria (p.5), joining in at the Ballarat East Bowls Club (p.8), or trying out Walking Group with the Ballarat East Neighbourhood House (p.12).

For some quiet indoor time, the Ballarat Libraries have some free Winter Warmers activities (p.9).

I was pleased to read that the State Government's Council Rapid Antigen Test (RAT) Distribution Program has been extended until the end of the year (originally finishing on 30 June). Visit the Sebastopol Library and City of Ballarat's Customer Service Centre to collect RATs for your household.

Stay warm!

Sarah Greenwood-Smith (she/her)
Editor, Edition 13
Manager, Ballarat East
Neighbourhood House
0422 612 052
reception@ballarateastnh.org.au



Friends of Specimen Vale busy planting. Image supplied.

Friends of Specimen Vale

Over the past three years, you may have seen our small group of volunteers in action along Specimen Vale Creek between Princes and Stawell streets (Eureka and Ballarat East), planting, weeding, mulching and generally enjoying ourselves as we work our way along the walking track.

We meet **fortnightly on Thursday mornings at 9.30 am**. The weather can be variable but what can be guaranteed is a sense of bonhomie and satisfaction. We know that while we are improving the health of our urban environment, our own health and well-being benefits too.

The City of Ballarat provides us with plants, stakes, tree guards and mulch, and prepares future planting sites. As an off-shoot of Friends of the Yarrowee River, our group comes under the umbrella of Landcare with insurance and field-worker input as needed. This year, to help us celebrate National Tree Day,

Community Bank Bunninyong has donated funds for catering on our special tree-planting day in August. Look for signs advertising the event along the track later in July.

If you enjoy getting your hands dirty, seeing the results of your endeavours, developing and extending the beauty of native habitats in an urban environment and knowing that you are contributing to something much larger, come and join us.

Notification of dates and meeting sites goes out by email. If you are interested, please contact Meredith (merrieharvey@gmail.com) or Ellen (millie.newington@hotmail.com) so we can include you on our mailing list.

You can find us along the Specimen Vale Creek!

Meredith Harvey
Friends of Specimen Vale



Michaela Settle MP
Member for Eureka

15 Main Road, Bakery Hill VIC 3350
michaela.settle@parliament.vic.gov.au

5331 7722
MichaelaSettleMP

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Travellers Aid is now available from Ballarat Railway Station

Travellers Aid Australia, has a long and wonderful history, that spans more than a century, of assisting travellers in need.

In 1916, women's lives were changing – and World War I was the catalyst. Men were leaving Australia to fight, which meant more women were travelling on their own, joining the workforce, and sometimes leaving life in the country and venturing into the city for the first time.

That year, a group of women formed the first Travellers Aid Society of Victoria, a multi-denominational group lead by volunteers of the YWCA.

Over the intervening years the organisation adapted to the changing needs of our society. One hundred years later, that group now Travellers Aid Australia, is still operating in Victoria. The organisation now supports anyone as they travel. Travellers Aid still depends on the support of volunteers to operate.

“It is quite remarkable that for more than half the life of our city and state, there has been a Travellers Aid, quietly going about its vital role,” said Trevor Huggard, AM. former Lord Mayor of Melbourne, former Travellers Aid Australia board member.

Travellers Aid is about access and inclusion. Across all of their services, they are committed to ensuring that all Victorians can participate in our community. They take pride in the diverse backgrounds of their team

which reflect the communities in which they work.

Travellers Aid operates from four service sites at Southern Cross and Flinders Street Stations in Melbourne and Ballarat and Seymour Railway Stations in regional Victoria.

In 2020, the Victorian Government delivered \$100,000 of improvements to reduce physical barriers to accessibility at Ballarat station. The new Travellers Aid service hub builds on the modifications already completed by adding mobility support for passengers connecting between different modes of transport at the Ballarat Railway Station.

Travellers Aid Vision

A society where people with mobility challenges are treated with dignity and respect, being able to lead full and rich lives with confidence.

Travellers Aid Mission

Empowering people with travel related challenges to connect, engage and participate within their communities through the use of public transport.

Travellers Aid Goal

To be the recognised expert in the delivery of services to people facing travel related challenges.

Operating Hours

7.30 am - 3.30 pm, Monday to Friday

0491 767 177

ballarat@travellersaid.org.au

travellersaid.org.au

Eureka Centre Foyer Upgrade



The Eureka Centre Ballarat's foyer entry wall has been updated with new interpretative content about the Eureka Stockade, and importantly a more prominent Acknowledgement of Wadawurrung Country.

A respect and recognition of the fact that the site of the Eureka Stockade was and always will be on Wadawurrung Country is now emphasised on arrival at the Eureka Centre. Wadawurrung Elder, Aunty Marlene Gilson, has shared with us her artistic representation of the Eureka Stockade, which is informed by her family oral histories. We are grateful to Aunty Marlene for supporting this exhibition renewal.

Thanks to the Eureka Centre team for their work on the interpretive content, and Ballarat graphic designer Benjamin Mangan and Ballarat signage company, Philip Smyth Visual Creations for their impressive work on this project.

5333 0333

eurekainfo@ballarat.vic.gov.au

eurekacentreballarat.com.au

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The Ballarat Mental Health Collective are excited to share that the Lake Esmond Community Event and Circle of Solidarity for mental health are returning in 2023: **Sunday 8th of October**



Images are credited to Ballarat Times News group/Michael Chambers.



“The Corangamite Waterwatch Citizen Science program has supported community water quality monitoring on regional waterways, including the Yarrowee, Leigh and Moorabool Rivers since 1995. Many Ballarat residents may have had an introduction to the program when visiting our “Wonderful Water Bugs “ displays at the Ballarat Begonia Festival each year. We are currently looking for passionate community members to join us in testing the waters of Lake Wendouree, Lake Esmond and the Yarrowee and Leigh Rivers and associated wetlands.



The normal suite of tests done by the Waterwatch Community Monitoring Program include dissolved oxygen, pH, electrical conductivity, temperature, reactive phosphorus and turbidity. Volunteers are trained and provided with equipment and support to do monthly monitoring.



A Quality Assurance Quality Control (QA/QC) program is implemented, which focuses on training in appropriate calibration procedures, servicing of equipment, and checking of data. The Corangamite Waterwatch Citizen Science team is looking forward to presenting to the Ballarat community in partnership with the Ballarat East Neighbourhood House during National Science Week, 12-20 August.

The presentation will be held in the morning on **Wednesday 16 August** at Barkly Square, Ballarat East. Participants will learn how our water quality data from Ballarat is collected and what it can tell us about the health of waterways in Ballarat.

There are two Waterwatch Sites in broader Ballarat East, one at Lake Esmond and the other near the Prest Street bridge, Mount Pleasant.

All water quality data collected is entered into the publicly available Waterwatch Data Management System and is available from the



Waterwatch Data Portal: vic.waterwatch.org.au/water_data_portal.php. Have a look at a Waterwatch site near you. If you have a passion for your local waterway you may wish to contact me and register your interest in becoming a Waterwatch monitor.

The Corangamite Citizen Science program is proud to be supported by the City of Ballarat and Central Highlands Water.

Kristen Lees (she/her)
Regional Citizen Science Project Officer, Corangamite Catchment Management Authority
kristen.lees@ccma.vic.gov.au

Supporting our community since 1981



- Adult Education and Training
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- Community Events & Lunches
- Volunteering Opportunities

Tuppen Drive, Sebastopol | www.ballaratnc.org.au | Ph: 5329 3273



Childhood Immunisation Schedule



The Childhood Immunisation Schedule outlines the recommended vaccines for your child from birth to age 4. We all care about keeping the kids in our community healthy. You can protect your child from serious diseases with free childhood vaccinations through the National Immunisation Program.

Your child's health is important. If your child missed a vaccination or is overdue, talk to your vaccination provider about catching up. Children can receive free vaccines as long as they are on a Medicare card or are eligible for one.

There is no need to skip or delay a vaccination visit due to a mild illness such as a runny nose or slight cold. During the visit, your vaccination provider will ask some questions to check there are no concerns in vaccinating your child.

For more information, visit: health.gov.au/childhood-immunisation/routine-childhood-immunisation

Ballarat Wholefoods Collective



Ballarat Wholefoods Collective will be celebrating their 10th Birthday at the next Op. Shop sale on **Saturday 2 September, 2023**. With over 60 stalls booked already its going to be another big day.

There is also a fermenting workshop coming up (keep an eye out for all the details).

The café at Barkly Square will also be open with coffee and food. So put this date into your diary as there will be lots of surprises throughout the day.

Wendy Aston,
 Ballarat Wholefoods Collective
 9.00 am - 12.00 noon
 Thursdays and Saturdays
 (During School Terms)
 0419 898 286
ballaratwholefoodscollective@gmail.com
ballaratwholefoodscollective.com
facebook.com/ballaratwholefoodscollective
 Ground Floor, Barkly Square,
 25-39 Barkly Street, Ballarat East

Flowers thru the Ages

An event by Ballarat Floral Art group

9.00 am - 4.00 pm, **Saturday 28 and Sunday 29 October, 2023**

\$10.00 per person, includes freshly baked scone plus tea/coffee.

There will be a trading table filled with items used to assist in flower arrangements.

We will have flowers arranged for sale and have floral demonstrations on both days by well known floral artists.

All money raised goes to a local charity (last year Fiona Elsy Cancer research received \$3000)

facebook.com/Ballaratfloralart



We love our Winters in Ballarat – perfect weather for Soup and Casseroles and, of course, delicious bread to go with them.

Therefore when you buy a Sourdough Vienna or High Tin (which are a perfect companion for Soup/Casseroles and also make a mean toastie) we'll throw in 8 Dinner Rolls (another great companion for Soup/Casseroles) FREE.

Simply bring in this coupon to redeem the offer. One per customer per day.

Shop 6, 73 Victoria St, Bakery Hill Shopping Complex
 Valid at Bakers Delight Bakery Hill only until 30 August 2023

Catherine
KING MP

Federal Member for Ballarat

03 5338 8123

Catherine.King.MP@aph.gov.au

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Standing up for our Community!

www.catherineking.com.au

Authorised by Catherine King, Australian Labor Party, 501 Sydney Avenue, Easton ACT.

Community input sought on future of Eastwood Leisure Complex

Community feedback is now being sought by the City of Ballarat on draft concept plans for the redevelopment of the Eastwood Leisure Complex, Ballarat Central. A major transformation is planned to deliver high quality, accessible infrastructure for current and future users of the facility.

Concept designs for a new facility have been created based on consultation with the managing committee of the Complex and key users and stakeholders.

Now, the City of Ballarat wants to hear from as many members of the public as possible to help shape detailed designs to be created during the 2023/24 financial year.

The current concept designs outline a plan to demolish and redevelop the existing Complex, into a new community hub to provide an opportunity for generational change in the heart of the Ballarat.

The existing structure of the basketball stadium at the rear of the complex would be retained but would also undergo upgrades.

It is proposed that the multi-purpose hub would be redeveloped to accommodate up to 200 people at one time, including a medium-sized conference and community event space, ten meeting rooms, two multipurpose activity rooms and access to a kitchen providing a home for community celebrations, cultural events and meetings.



City of Ballarat Mayor, Cr Des Hudson encouraged as many community members as possible to give feedback to identify priorities and ideas for the facility in the future.

“We know the building is outdated and we are really excited about what is in store for the future, but we want the community to be involved in the journey,” Cr Hudson said.

“We want as much input as possible to make this facility the best it can possibly be and make it a gem in the very heart of Ballarat.

“The more people engage with us, the more it helps us create a facility that most benefits the community.”

An online survey has been established on the City of Ballarat MySay page:

mysay.ballarat.vic.gov.au/eastwood-leisure-complex-project

with feedback sought from the wider community on the draft concepts to inform updates to concept plans and the development of detailed designs.

The survey will remain open until 11.59pm on **Sunday, 30 July**.

As part of the public consultation, there will also be drop-in sessions at the Complex, where community members can see the designs in detail and also have face-to-face discussions with City of Ballarat officers.

The sessions will be held at the following times:

- Monday 17 July, 9.30 am–11.30 am
- Monday 17 July, 4.30 pm–6.30 pm
- Wednesday 26 July, 5.00 pm–7.00 pm

The Eastwood Leisure Complex Redevelopment project was identified as a high priority in the City of Ballarat’s Community Infrastructure Plan 2022 – 2037. It is currently used by about 100 different user groups and attracts more than 1000 weekly visitors.

The City of Ballarat is continuing to actively seek Victorian and Federal Government support to help deliver the project.



JOE McCRACKEN MP
MEMBER FOR WESTERN VICTORIA

I'm here to help
with any state
government matters.

A: 17 Lydiard St North, BALLARAT VIC 3350
E: joe.mccracken@parliament.vic.gov.au
P: 5332 2405 | W: www.joemccracken.com.au



the little things
Interactive Photography Exhibition: Until 1 October
Exhibition Launch and Youth Arts Program (12-25)
Saturday 9 September
12.30 pm - 5.00 pm
Intercultural Youth Celebration (12-25)
Saturday 9 September
5.00 pm - 8.00 pm
Ballarat Welcome Centre, 25 Barkly Street, Ballarat East
Contact: Meg Lee
0493 125 189, meg.wimmerayouth@gmail.com

Ballarat East Bowling Club



The **Ballarat East Bowling Club** was founded in 1926 in Bradshaw Street, Golden Point. The club is situated among a beautiful native backdrop where you can watch amazing sunsets from our upstairs lounge. We are close to Ballarat Central, Sovereign Hill and family-friendly parks.

The Club has a rich history in our community of being the only community hub of its kind in Golden Point. We currently host bowls teams in Division 2, 7 and 9 on Saturday as well as Division 4 in the midweek competition and Division 2 in the Indoor competition. All divisions made finals last season.

As well as having a rich and successful bowling history, the club boasts several community groups who meet at the venue on a regular basis, including the **Ballarat Petanque Club** who have established pistes on the top playing field. The Petanque club are always looking for new members and can be contacted on 0418 420 490.

The Club also hosts the **Canadian Car Club** meetings twice per month and the **Ballarat Fishing Club**, monthly.

Last year we hosted a very successful fundraiser for Beyond Blue with several local businesses and community groups taking part in a wonderful day.

The Club is open every Friday night from 5.00 pm until late – light meals are served from 6.30 pm onwards. You are welcome to stay and enjoy the AFL football on the big screen. As

P.8

well as meals and drinks, we have raffles, members happy hour and Joker Poker. During the Winter season we have AFL football on the big screen every Sunday afternoon.

The Club is available to host meetings, birthday parties, engagement parties, weddings, wakes or any other function. The Club has a big screen TV with AV equipment, white boards and all the tools for a successful meeting, conference or function. Self-catering is available or catering can be arranged.

Ballarat East Bowling Club is always looking for new bowling and social members and becoming a member of the club affords you opportunities such as discounted hall hire and members prices for food and drinks.

Weekly Events

Mondays

7.00 pm: Zumba Class

Tuesdays

10.00 am: Pennant Bowls (in season).

Afternoon: Ballarat Petanque Club

7.00 pm: Indoor Pennant Bowls

7.00 pm: Ballroom Dancing

Wednesdays

1.00 pm: Indoor Social Bowls

1.00pm: Ladies Cards

Evening (monthly): Ballarat Fishing Club

Thursdays

7.00 pm: Ballroom Dancing

7.00 pm: Cornhole Competition

Fridays

5.00 pm - late: Petanque - Meals, Raffles, AFL on the Big Screen.

Saturdays

9.00 am: Kids' Zumba Class

9.00 am: Indian Dance Class

1.00pm – 5.00pm: Pennant Bowls (in season)

Sundays

1.00pm – late: AFL on the big screen and members draw

Afternoon: Ballarat Petanque Club

Maureen Peach, Treasurer

Ballarat East Bowling Club

300 Bradshaw Street Golden Point

0437 313 888

facebook.com/ballarateast.bowlingclub

Ballarat In The Know



Ballarat In The Know is a new website for residents to find out about events, things to do and where to eat and drink in Ballarat.

This website recently took out silver in the Digital – News and Information category at the 2023 Melbourne Design Awards. The win sees the website entered in the national awards.

Ballarat In The Know is the ultimate guide for residents to find out about the great things happening in their city and inspire them to invite their friends and family to visit.

Almost 50 per cent of tourists who visit Ballarat are motivated by their friends and family and look to them for inspiration.

An initiative of the City of Ballarat, Ballarat In The Know is a result of recent focus groups with residents who came together to share their experiences around planning for when their loved ones' visit.

“The simple act of inviting someone to visit you plays an important part in the recovery of the city’s visitor economy businesses, so it’s never been more important to share everything you love about Ballarat with your friends and family,” Cr Hudson said.

Start exploring all that Ballarat has to offer by visiting the Ballarat In The Know website:

ballaratintheknow.com.au

Image used with permission from the City of Ballarat

Ballarat Libraries

Warm up this winter at the library!

Winter Warmers is a series of free workshops supporting participants to practise self-care this winter. Annette Subhani from New Pathways Life Coaching facilitates hands on sessions. To register:

events.humanitix.com/tours/winter-warmers



Wellbeing through Storytelling and Creativity

Monday 17 July, 11.00 am - 12.30 pm

Wendouree Library

Gillies Street North, Wendouree



Prioritising My Self-Care

Thursday 20 July, 1.30 pm - 3.00 pm

Ballarat Library at Town Hall

225 Sturt Street, Ballarat Central



Turning Sleep into Wellbeing

Thursday 3 August, 5.30 pm - 7.00 pm

Sebastopol Library Community Hub

181 Albert Street, Sebastopol

Fine Free Libraries

As of Saturday July 1, Ballarat Libraries are fine free! We've removed existing overdue fines and from now on, no new overdue fines will incur, as long as items are returned—even if they are a little late. Replacement costs still apply for lost or damaged items.

As an act of goodwill, community members may donate non-perishable food to the Ballarat Foundation's Winter Appeal at any of our Libraries.

Unsure about your library account? Visit or call any City of Ballarat Library, or email us at ballaratlibraries@ballarat.vic.gov.au.

Children's Book Week



Each year since 1945 the Children's Book Council of Australia (CBCA) has brought children and books together through Children's Book Week. During this time schools and public libraries, including the three in Ballarat, spend one glorious week celebrating books and Australian children's authors and illustrators.

cbca.org.au/shortlist-2023

Carer Gateway



Do you care for a family member, partner, neighbour or friend with disability, mental illness, aging or health issues?

If so, you are a carer. As a carer, there is support for you too.

If your caring role is affecting your wellbeing or putting strain on day-to-day life, contact **Carer Gateway**.

Carer Gateway helps you access peer support groups, counselling, tailored support packages, emergency respite, coaching, information and more.

Carer Gateway is an Australian Government program providing free services and support for unpaid carers. There are 2.65 million carers in Australia, and 750,000 live in Victoria.

Carer Gateway Roadshow - Ballarat FREE

10.00 am - 1.00 pm, **Tuesday 1 August**
Mercure Ballarat - 613 Main Road, Golden Point.

To register: eventbrite.com/e/carergateway-roadshow-ballarat-tickets-668049844067

For further information and support, please contact Carer Gateway:

carergateway.gov.au

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- 19 August:** Conduct a waste audit at home

10.00 am - 12.00 noon, Saturdays
 Sebastopol Library,
 181 Albert Street, Sebastopol

Funded by:
 Sustainability Victoria



Register Now
 0422 612 052

reception@ballarateastnh.org.au

ballarateastnh.org.au/support/waste-free-lifestyle



Waste-Free Lifestyle Course
 The FREE 7-week Waste-Free Lifestyle Course will be held from 9.15 am - 11.45 am on Tuesday mornings from 25 July. This course will be delivered by the Ballarat East Neighbourhood House at the Ballarat North Neighbourhood House (6 Crompton Street, Ballarat North).
 To register:
ballarateastnh.org.au/support/waste-free-lifestyle



Power Saving Bonus finishing soon
 Every eligible Victorian household can access the \$250 Power Saving Bonus. The current round is even available to those who received payments under previous rounds (before 24 March), when you visit the Victorian Energy Compare website. It **closes 31 August**.

If you need help with your application, contact the Ballarat East Neighbourhood House team to make an appointment (contact details p.2).

VicRoads Driver Fatigue Presentation

Having dropped off to sleep whilst driving last year, I was very motivated to learn more about fatigue and how to prevent it! Thankfully I woke up before running off the road, but two wheels were on the gravel shoulder and I was heading for a white post! It gave me a huge fright!

At the recent Ballarat East Neighbourhood House VicRoads presentation about Driver Fatigue, I learnt that people of all ages are at risk of driver fatigue. It contributes significantly to the road toll, causing deaths and serious injury.

Driving when fatigued has the same impact on a driver's ability as being over .05 from drinking alcohol. It is dangerous to drive when we would normally be asleep, or when we have been awake for many hours.

We learnt how to recognise when we are fatigued and how to prevent it, as well as strategies to manage fatigue if it occurs.

I encourage everyone to attend this presentation when it is offered again.

It is valuable information that may save your life, or the life of another person.

Thank you to the Ballarat East Neighbourhood House for this excellent and very relevant presentation.

Pam Strange, local Ballarat resident

Find out more:
ballarateastnh.org.au/support/community-road-safety

Community Groups - Free support and training



An introduction to the Child Safe Standards for Community Groups

Presented by the Ballarat East Neighbourhood House

Session 1: Wednesday 19 July,
10.00 am - 12.00 noon,
Theatrette, Barkly Square

Session 2: Wednesday 26 July,
6.00 pm - 8.00 pm,
Online via Zoom

We all want to protect children when they engage with our community organisation or group.

Children have the right to feel safe and to be safe all the time but this requires commitment from everyone in the community.

The updated Child Safe Standards introduced into Victoria have been applicable from 1 July 2022. The standards support community organisations and groups to become child safe organisations.

The Neighbourhood Houses in Ballarat have been working through the standards, making some improvements to the way we operate to ensure children are, and feel, safe at all times when interacting with us.

To assist community groups and organisations, as part of the Community Governance Project, we are offering a Workshop introducing the Child Safe Standards. The Workshop will include a review of each standard and some practical steps that can be taken by community groups to implement them.



Grant Writing

Presented by Kay Miller, Ballarat East Neighbourhood House, Sandi Darrington, Ballarat Neighbourhood Centre and the City of Ballarat.

Session 1: Saturday 5 August,
10.30 am - 12.00 noon,
Theatrette, Barkly Square

Session 2: Tuesday 15 August,
6.00 pm - 8.30 pm,
Online via Zoom

Session 3: Thursday 17 August,
10.30 am - 12.00 noon,
Wendouree Neighbourhood Centre

Write winning grant applications!

Does your group or club have a great idea? Wanting to boost participation? Deliver great things for the community?

Let us help you.



Community Group Networking Lunch

Saturday 5 August
Join us for a \$15 networking lunch in between the two Workshops at Barkly Square. 12.00 noon-1.00 pm.



Meaningful Evaluation Processes - From Meeting Targets to Transformative Change

Presented by Kristen Sheridan, Manager, Ballarat North Neighbourhood House

Session 1: Saturday 5 August,
1.00 pm - 2.30 pm,
Theatrette, Barkly Square

Session 2: Wednesday 23 August,
6.30 - 8.00 pm,
Online via Zoom

Why is it important to evaluate our projects? Why is it key to plan for the evaluation at the start of the project - as part of the grant application process?

Evaluation brings together data about the outputs and outcomes of the project. It will help to show if we have met the goals we were anticipating for the project.

What went well and what can be improved for next time are also valuable parts of an evaluation.

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.

Term 3, 2023: Activities

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

Drawing Group

~~X~~ with Jenette
1.00 pm - 3.00 pm
Ballarat East Neighbourhood House Community Room, Barkly Square
\$70, 8-week course
BYO supplies
From 10 July

Waste-Free Lifestyle

with Julie
9.15 am - 11.45 am
Ballarat North Neighbourhood House (Soldier's Hill)
FREE, 7-week course
Funded by Sustainability Victoria
From 25 July

Computer Skills: Introduction to Wordpress

with Andrew
9.30 am - 12.00 noon
Ballarat East Neighbourhood House Community Room
\$50, 4-week course
Learn Local Course
From 19 July

Cooking: Let's Make Dumplings & a meal

with Lilly
9.30 am - 2.30 pm
Barkly Square Kitchen Barkly Square
\$70, 5-hour course
Share a dumpling lunch & make a take-home meal.
Learn Local Course (4 separate sessions)
20 or 27 July or 3 or 10 August

Gentle Yoga with Kate

7.45 am - 8.45 am or 9.00 am - 10.00 am
Tower Room, 'Eureka Centre'
\$90, 10-week course
From 14 July

Saturdays

Waste-Free Lifestyle

with Julie
10.00 am - 11.00 am
Sebastopol Library
FREE
Funded by Sustainability Victoria (4 separate sessions)
15, 22, 29 July and/or 19 August
Registration required

Playgroup with the Ballarat Toy Library

with Jane
10.00 am - 12.00 noon
Ballarat East Neighbourhood House Community Room, Barkly Square
FREE
From 11 July

Walking Group

9.30 am - 10.30 am
meet outside the Café at Barkly Square for a walk along Specimen Vale Creek
FREE
From 12 July

Auslan: Beginners'

with Jane
9.30 am - 12.00 pm
Ballarat East Neighbourhood House Community Room, Barkly Square
\$70, 8-week course
Learn Local Course
From 20 July

Auslan: Intermediate with Jane

9.30 am - 12.00 noon
Barkly Square
\$70, 8-week course
Learn Local Course
From 21 July

~~X~~ Watercolour

with Tegan & Blazer
10.00 am - 12.00 noon
Workshoppery, Barkly Square
\$140, 8-week course
From 14 July

Sewing: Beginners'

with Christine
12.30 pm - 3.00 pm
Ballarat East Neighbourhood House Community Room, Barkly Square
\$70, 8-week course
Learn Local Course
From 25 July

Chatty Wednesdays

10.30 am - 11.30 am
Café, Barkly Square
FREE
From 12 July

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
FREE - Please register

Hypnotherapy/ Meditation

with Clare
12.50 pm - 2.00 pm
Barkly Square
\$70, 8-week course
From 14 July

Limited sewing machines available to lend - bookings required

Winter Woollies

with Sandra
1.00 pm - 5.00 pm
Barkly Square
FREE
From 12 July
Often also on during school holidays - contact to confirm

Auslan Exercise Group

2.00 pm - 3.00 pm
Café
Barkly Square
FREE
From 13 July

Still-Life Drawing

with Tegan & Blazer
1.00 pm - 3.00 pm
Workshoppery, Barkly Square
\$140, 8-week course
From 14 July

Sewing Circle

3.00 pm - 5.00 pm
Ballarat East Neighbourhood House Community Room, Barkly Square
FREE

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

~~X~~ Exploring Watercolour

with Christine
2.30 pm - 5.00 pm
Barkly Square
\$105, 8-week course
Learn Local Course
From 21 July

Bring your own machine and material or hand-sewing project to work on.
From 11 July

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).

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

● = Limited space remaining

Updated 12 July 2023