

Ballarat East

Community News

Edition 21: March 2025 Connecting people in Bakery Hill, Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip

Klyti brings personal experience to group Qigong

Meet Klyti, an experienced Qigong Facilitator devoted to sharing the benefits of group Qigong in Ballarat.

What is Qigong?

Experience the Inner Flow of Qi

In traditional Chinese philosophy and medicine, "qi" (pronounced "chee") refers to the vital life force or energy that flows through everything in the universe, including the human body. Qigong uses gentle movement, breathwork and guided meditation to stimulate and regulate the flow of energy and blood around the body. These practices allow areas of stagnation within the body, mind and spirit to be revitalised and refreshed.

The form of Qigong Klyti practices is suitable for all bodies and capabilities. Its gentle and informative nature make it an incredibly inclusive activity.

Participating in Qigong classes within group settings is known to bring a deep level of connection between participants. This deepened sense of connection breeds kindness towards oneself and others.

About Klyti

Klyti first experienced the transformational effect of Qigong while improving her physical, emotional and mental health and wellbeing with local Ballarat Practitioner, Howard Evans. Upon experiencing the transformative power of group Qigong Klyti was



Local QiGong Facilitator, Klyti. Photographer: Joel Green.

won over. She has since studied with the founder of OpenSky Qigong, Marg Wyatt.

Klyti says, "I know what it feels like to experience stress, tension and anxiety. I have experienced post-traumatic stress disorder (PTSD), interrupted sleep and what workplace stress can look like."

Based on her personal experience of the transformative effect of practising Qigong, especially in relation to these symptoms, Klyti leads a Qigong practice which focuses on personal relaxation and rejuvenation.

Klyti has run Qigong classes within the mental health and community health sector and has seen first hand the impact that these classes have on personal development and growth, alongside increasing the

ability for participants to relax and be themselves. One participant, Di, says, "Klyti's guidance and knowledge are instructive and have a powerful effect on body awareness, mood and posture."

Through Qigong, Klyti has experienced personal growth and transformation especially around being a mother, releasing trauma and relating to friends, family and colleagues in a meaningful way. Her greatest wish is to share the practice of Qigong with you.

Join Klyti for a Qigong course at the Ballarat East Neighbourhood House, Barkly Square, Ballarat East:

11.00 am - 12.00 noon

Thursdays: 8 May - 26 June 2025

8-week course, \$120/participant

Group limited to 10 participants.

See p. 14 to find out more and for registration details.



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.



The Ballarat East Neighbourhood House welcomes all LGBTQIA+ communities.

About the Ballarat East Community News



The Ballarat East Community News is a project of the Ballarat East Neighbourhood House.

Contributors

This publication is compiled, edited and designed by Ballarat East Neighbourhood House volunteers and staff. Thank you to this edition's volunteer contributors.

The views expressed and 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 the printing costs of this important community project for broader Ballarat East.

Advertising rates per edition are:

\$150 + GST: Business Card

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Frequency and distribution

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About 8000 hard copies are delivered by a team of more than 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.

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Subscribe to be emailed a link to the full-colour PDF of each edition:
ballarateastnh.org.au/contact-us

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Next Edition

Articles and ideas for Edition 22 are due by Wednesday 4 June by email to **news@ballarateastnh.org.au** or in hard copy to the Ballarat East Neighbourhood House, Barkly Square. Please read the editorial policy:
ballarateastnh.org.au/ballarat-east-community-news/community-news

Join our Team

Volunteer to help with this publication by joining our delivery team. Delivery takes about one hour per volunteer, four times a year. 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 - 3.00 pm Mondays to Fridays
(+ open until 5.00 pm Tuesdays)
during school term.

Memberships



Welcome

Your Child's Creative Journey

We are delighted to showcase the talents and skills of a bunch of amazing local women in this edition. From cover to cover, you can read their stories and how they came to teaching or sharing with others. From Klyti's journey to Qigong (p.1), Jess' love of jewellery making (p.16), Lynden's love of moving with Feldenkrais (p.12), Genèvre's business coaching (p.12) and Melissa's passion for writing your ancestry (p.12), there are so many different activities in which you could get involved.

After almost 6 years as a new, small charity, the Ballarat East Neighbourhood House team are excited to be activating a second Community Room at Barkly Square. We have reached out through our networks and designed a pretty cool range of new activities for you to try. If you, or someone you know, has a talent, skills or interest which you would like to share with the community through workshops or courses at the Ballarat East Neighbourhood House, please get in touch. We would love to have a chat!

We hope you enjoy this beautiful Autumn weather - and this edition!

Sarah Greenwood-Smith (she/her)
Editor, Edition 21
Manager, Ballarat East
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Does your little one love to sing, dance and explore music? Give them the perfect start at the Ballarat Centre of Music and the Arts (BCMA)! Our specialist teachers provide fun and engaging classes designed for preschoolers and lower primary-aged children, helping them build confidence, coordination and creativity through music and movement.

BCMA offers a range of programs tailored to different age groups:

Little Tadpoles (18–23 months)

A parent/carer-inclusive class introducing little ones to music and movement in a structured, yet playful, environment.

Wednesdays, 10.45 am – 11.15 am

Little Froggies (3–5 years)

A magical mix of music and dance, where costumes, props and imaginative play help children explore rhythm and creative expression.

Tuesdays and Wednesdays, 9.30 am – 10.30 am

Vocal Gym (Lower Primary)

A fun introduction to singing and movement, combining music and dance to build vocal confidence and performance skills.

*Mondays, 4.30 pm – 5.30 pm and
Wednesdays, 4.00 pm – 5.00 pm*



Dance Gym (Prep & Grade One)

An exciting introduction to Hip Hop, Tap and Jazz, perfect for energetic young movers exploring different dance styles.

Mondays, 5.30 pm – 6.30 pm

BCMA classes don't just teach music and dance - they help children develop essential life skills, including spatial awareness, motor skills, social confidence and teamwork. Our nurturing environment ensures every child has fun while learning and lays the foundation for future performing arts success!

Enrolments for 2025 are open. Spaces are limited, so don't miss out. To learn more and enrol - contact us:

5331 3086
info@bcma.com.au
bcma.com.au/enrol

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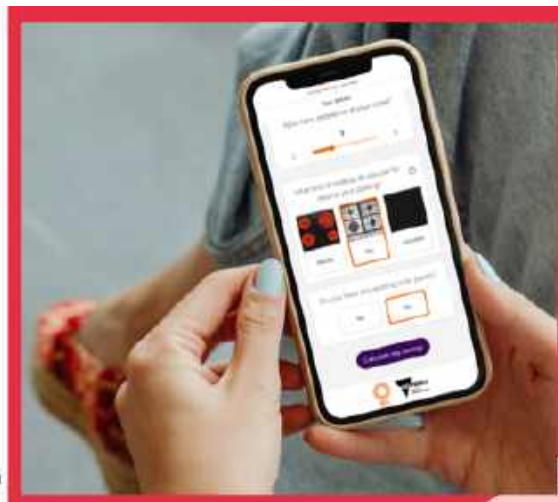
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Head to www.secvictoria.com.au/households/how-to-go-electric or call the SEC on **1300 305 700**



Michaela Settle MP
Member for Eureka

 **5331 7722**
 **/MichaelaSettleMP**
 **michaela.settle@parliament.vic.gov.au**



Letter from Black Hill Flat

When I moved to Ballarat twelve years ago, one of the first things I did was register with the Council as a new resident, mostly for the book of free vouchers for local businesses. The guy at the Phoenix Centre was filling in my details, “And why did you move to Ballarat?” I told him it was for the weather and laughed. Smiling, he started scrolling his drop-down list. I bet him it wasn’t even there. Then he laughed and took it on as a challenge. And found it. Click. And City of Ballarat now has at least one person recorded as moving up here for the weather. But I didn’t really.

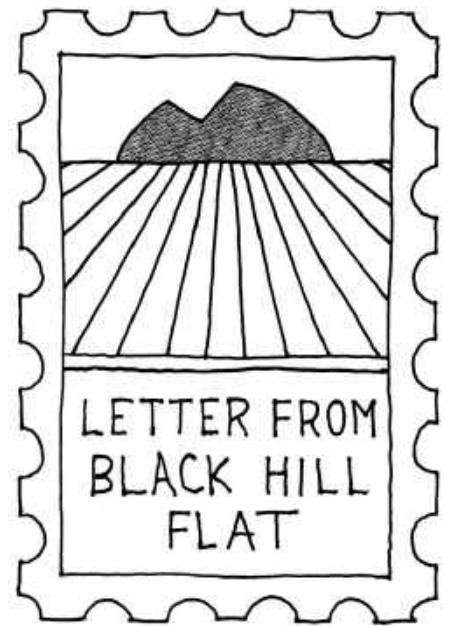
Don’t get me wrong. I’m fine about the weather. The first winter I remembered something from my childhood in Canada. Put on warm clothes before you go out. It’s not rocket science.

I actually moved up here for a few reasons, including one I’d never even heard of: Black Hill. I first saw Black Hill in the rain; the air cool and refreshing, the colours of the wet shale cliffs deep and bright and earthy. I was going to be commuting to work in Melbourne, so I was hoping for something within a short bike ride from the station. White Flat, Soldiers Hill, Ballarat Central, but I kept coming back to Black Hill Flat. Coffee shops out the front and bush out the back. What’s not to like?

On one of my trips up to Ballarat I’d been looking at a house in what is now my street. It wasn’t a house anyone would get excited about, but it was in the right place. The three most important things about real estate? Location, location, location. I hopped in the car and headed down the street toward the city centre. It was time to make an offer on something.

And there it was. There. On the lawn of that house half-way down the street. A for-sale sign that wasn’t there two hours ago. Brick veneer. Nice.

In an instant, I rang the agent. He was busy with something else. I told him I was heading back to Melbourne in fifteen minutes. He was keen. He rang the tenant. Out came the tenant. You could see he was a nice guy (I’ve since met his cousin in the local park – I love how Ballarat is still so small-town). He showed me around. It was perfect. Relatively. Well, it was definitely better than anything else I’d seen. He had fish tanks in the living room, so the curtains were drawn, so you couldn’t see the view of the Yarrowee and the hill, but I knew it was there. It was perfect. Have I said that already?



I made an offer. “Ooh,” said the agent, “below the vendor’s price range.” He rolled his eyes to make it clear I’d be lucky. And I was. The vendor came back with an offer at the very bottom of her range. I wasn’t going to quibble.

Sold.

And so I moved to Ballarat. Well, Ballarat East, and more particularly, Black Hill Flat. I had no idea it was called that and only found out when I started reading about local history. But that’s another story.

From our suburban correspondent



Ballarat Ageing Well Expo
FREE EVENT

Wednesday 26 March | 10am-2pm
Mercure Ballarat Hotel & Convention Centre

Visit the Ballarat Aquatic and Lifestyle Centre stand and ask us how you can get a **FREE 7-day Gold Pass!**

Are you 55+, a carer or family member who is interested in exploring services and supports available to us as we age?

Come to our **FREE** expo event to connect with over 50 organisations including local health, aged care and social service providers and advocacy groups. Learn about changes to Aged Care and explore ways to age well.

Drop in or stay a while.

For more information



Scan the QR code, or visit ballarat.vic.gov.au
Questions? Contact Ageing Well Services on 5320 5500
or email ageingwell@ballarat.vic.gov.au

GET IT # **BALLARAT** Ageing Well

New Café opens at Barkly Square

Exciting news for Ballarat East residents with Our Kitchen Social Café (OKSC) opening in late February at Barkly Square. More than just a café, OKSC is a work force development and integration social enterprise. Its primary role is to provide practical work experience and training to long term unemployed people in our region, especially those experiencing mental health, domestic violence or disability barriers preventing them from gaining a job.

Our vision is to provide a safe and inclusive training space for trainees to learn and develop their employability skills, meet potential employers and provide a trained workforce which celebrates diversity, for local businesses.

Our training program is funded by the Department of Jobs, Skills, Industry and Regions (DJSIR), with participants undertaking Adult, Community and Further Education (ACFE) hospitality-focused courses. Trainees complete a nine-week 'Cafe Skills' Course, working with hospitality mentors to learn introductory cafe skills. They also complete qualifications in Barista and Food Safety. Along the way, they develop friendships, build confidence, develop their resumes and explore career pathways.

OKSC is also proud to support other social enterprises doing good for our



Our Kitchen Social Cafe (OKSC) at Barkly Square, Ballarat East.
Image supplied.

community. We use Streat coffee beans and are supported by Daylesford-based Health Futures Australia. Streat is a social enterprise helping young people thrive and belong with a healthy self, home and work. They provide our coffee beans which are ethically-sourced and roasted to perfection in Collingwood. Health Futures Australia have donated equipment to the café and are working with us on a healthy school lunch program.

As a startup program of the Ballarat Neighbourhood Centre, the café is slowly building its menu, adding new items and daily specials and quickly becoming established at Barkly Square. In April our plans include children's cooking classes and introducing corporate catering, in partnership with Our Kitchen Social Enterprise.

Our Kitchen Social Cafe (OKSC) is located at Barkly Square, 25-39 Barkly Street, Ballarat East. It operates from 8.30 am to 2.30 pm weekdays. Meet your friends at the café for a coffee, cake or lunch and help grow our café. Children are most welcome with a child friendly menu and a dedicated play area.

For more information contact oksc@ballaratnc.org.au or follow us on social media.



BARKLY SQUARE OPEN DAY

SATURDAY 29 MARCH
10 AM - 2 PM

25-39 BARKLY STREET, BALLARAT EAST
BARKLYSQUARE.ORG.AU

Discover the services & programs on offer at Barkly Square, home to over 30 organisations!

FREE ENTRY - All ages welcome



- Tours, Workshops & Shopping
- Free Kids Games & Activities
- Engineering Technique Displays
- Hair & Pampering Sessions
- Volunteering Opportunities
- Live Music & Theatre Performances
- Food & Beverages available to buy

Ballarat Survivor Hub



The Survivor Hub is a survivor-led, not-for-profit organisation. Founded in 2021, our community was created by survivors for survivors to be an informative, inclusive and supportive network.

The impacts of experiencing intimate assault can be traumatic and long-lasting. Healing takes time and there is no right or wrong way to cope, but many survivors find connecting with others who have experienced the same trauma has its benefits. The Ballarat Survivor Hub MeetUps are a safe and inclusive space where survivors can connect, vent, ask questions, learn and heal.

Our MeetUps are a great place to connect with other survivors and get a sense of what our community is like. There is no pressure for participants to share anything they do not wish to, (or to share anything at all) and discussion topics are driven by the questions and concerns of survivors at the MeetUp. We talk about whatever our survivor participants want to talk about and if they don't feel like talking, that's totally ok too.

Ballarat MeetUps are facilitated by Caity and monitored by psychologist Raffaella. Caity believes that the more we learn about and normalise these conversations, the easier it will be to remove the shame and secrecy surrounding abuse. Raff has extensive clinical experience working with survivors, particularly those in institutional settings.

Ballarat MeetUps usually take place on the third Monday evening of each month (5.45 pm - 7.15 pm). You can register and find out more information about our MeetUps via our website: thesurvivorhub.org.au

We welcome all survivors 16 years and older. For those unable to attend, we offer a fortnightly Online MeetUp on the first and third Wednesdays of the month.

Sophie Lewis (she/her)
MeetUps Coordinator
The Survivor Hub
info@thesurvivorhub.org.au



helping scientific research and getting a detailed report on what's feeding your garden."

So far, approximately 80% of the 5,800 individual samples screened have shown trace elements that are within recommended levels. EPA provides a scientific report, and if the soil is not up to scratch, EPA can give you some tips on ways to manage your garden.

"Any home gardener who sends in samples can have scientific results for the price of the postage and ensure your family is gardening in soil you can trust – we just need more country people to get involved," Prof Taylor said.

Register or see more details on GardenSafe on the EPA Victoria website: epa.vic.gov.au/for-community/get-involved/citizen-science-program/gardensafe

Garden Safe



EPA Victoria have a free soil screening government citizen science project that's mapping soil conditions across the state.

Victoria's Chief Environmental Scientist Prof Mark Patrick Taylor says it's a free service for home gardeners that does science and the environment a favour.

"Register on the EPA Victoria website, send in three small samples and you'll receive a scientific assessment of your soil condition and the trace elements it contains," Prof Taylor said.

"It's a free offer to home gardeners anywhere in Victoria," he said.

"EPA's scientists will add your soil data to a study that is mapping soil condition across the state. You'll be

JOE McCRACKEN MP
MEMBER FOR WESTERN VICTORIA



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EdConnect volunteers support leaders of tomorrow

EdConnect Australia supports students at educational risk across Victoria through their well-established school volunteer program and is urgently seeking volunteers to help at Mount Clear College.

EdConnect Australia connect volunteers who want to make a difference with young people in school who need extra help and guidance, be it mentoring or learning support.

EdConnect volunteers are drawn from all walks of life, including past educators, professionals, tradespeople, parents and grandparents or students.

Volunteers such as Ballarat local Melanie Whelan give their time each week to support student's learning in the classroom and under the guidance of a class teacher.

"I am a journalist by trade and I am studying teaching. I heard about EdConnect in my hometown, Geelong, and was keen to become part of the incredible fleet of volunteers helping in classrooms across the nation. I started volunteering with EdConnect at Mount Clear College as learning support in 2025, so I am still new to the program," said Melanie.

EdConnect Australia volunteers are screened and trained and can assist



in primary or secondary schools as a mentor or as learning support with subjects such as numeracy, reading, or science as well as helping around the school with kitchen garden projects, canteen, gardening, library and much more.

"Starting small. I volunteer for one period (about an hour) twice a week so there is plenty of time to fit volunteering about my work and everything else I need, or would like, to do. I can also take a short hiatus for my upcoming teaching placement," she says.

"Volunteering does complement my teaching studies, but I am not in the classroom as a student teacher. My focus is to offer literacy support to students and teachers, which is really fun. I am based in year nine classes and students have incredibly

creative ideas for writing tasks. This makes every lesson really interesting."

Melanie explains what she has learned from the students, "So much. Students can be really open to sharing their ideas, their writing and their opinions. They offer some really fun and interesting perspectives that are often really thought-provoking," she continues.

"Reading and writing are my passion. Students sometimes need a little guidance to flesh out their great ideas into writing for others to read. I hope I have been able to impart a little of my own writing experience to help develop their own craft."

EdConnect Australia volunteers are driven by the greater good and are passionate about helping the next generation. Whether volunteers are drawn to assisting with learning or life skills, EdConnect will likely have a role to match a volunteer's skills and interests.

EdConnect is calling for ten new volunteers in the Ballarat area to commence this year. Hundreds of volunteers across Victoria are giving their time and energy in an array of roles to support young people in their local communities. To become an EdConnect Australia volunteer, visit: edconnectaustralia.org.au, email: edconnect@edconnect.org.au or call **1800 668 550**.



Try a FREE Course to Help You

- Improve your Computer Skills
- Find a Job
- Volunteer for the Community
- Improve your English and Literacy
- Learn Something New!



Ballarat Neighbourhood Centre,
11 Tuppen Drive, Sebastopol
www.ballaratnc.org.au Phone: 5329 3273



Cross-Country Season is around the corner



The Ballarat YCW Athletics Club, based at the corner of York and Young streets, Golden Point (adjacent to Llanberris Reserve), is one of the largest athletics clubs in regional Victoria, with over 400 junior and 100 senior members. For over 70 years, the Club has been providing the people of Ballarat with the opportunity to compete in athletics events of all types.

Fitness, family, fun and the thrill of competition. That's a great way to describe Ballarat YCW Athletics Club. Of course, there's more than just competition at Ballarat YCW. As well as an opportunity to compete at club, regional or state level, we offer:

- The chance to rub shoulders with some of Australia's elite athletes
- Friendship
- Accredited coaching
- A healthy lifestyle

2025 Cross-Country Program Age Groups

- U/6, U/8, U/10, U/12, U/14 & U/16 Girls and Boys.
- U/18, U/20, Open, 40+, 50+ & 60+ Male & Female.

Age group is determined by age on 1 April 2025. (Example if they turn 6 on 30 March 2025, they will be in U/8 for the season. If they turn 6 on 4 April 2025, they will be in U/6 for the season.)

Racing Distances

The distances run each week depend on your age group and are as follows:

- U/6: 300m most weeks with some 400m
- U/8: 600m most weeks with some 700m or 800m
- U/10: 1000m or 1200m
- U/12: 1200m or longer runs with U/14's
- U/14-U/16 normally 3-4 km with the shortest 1500m and longest a 6 km lap of the Lake
- U/18 – 60+ distances from 3 km up to 10 km.

Handicaps

Most events are handicapped. This is an important feature of our races as it gives everyone a chance to win. Over the season the handicapper attempts to give all boys and girls a chance to win or place. Points are awarded for the handicap finishing order. The aggregate is a tally of points earned over the season.


Championship races

Ballarat YCW also conducts championship races at regular intervals. There are three Club Championship Saturdays throughout the season with gold, silver and bronze medals awarded to place-getters in each of these races.

First week of competition Saturday 29 March 2025 – Victoria Park (near BBQ's) – 12.00 noon.

Our cross-country program can be viewed on the club website: ballaratycw.com.au. You can also follow us on Facebook (**Ballarat YCW**) for the most up-to-date information.

**Check out the 2025 YCW
Ballarat Cross Country
Season information online:**



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www.goldenpointmedicalcentre.com.au