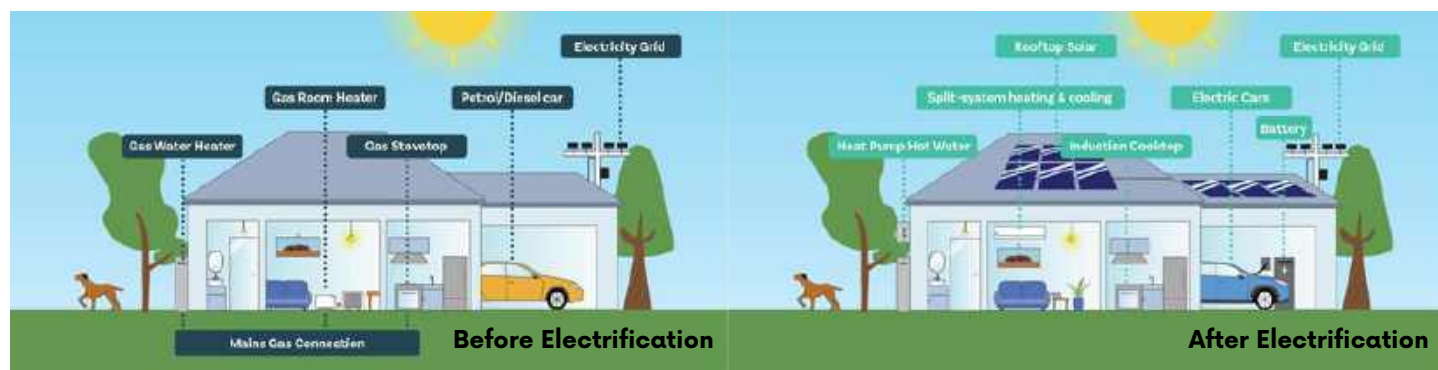


Local Support to Electrify Your Home in Ballarat



Electrify Your Home is an initiative from the City of Ballarat designed to increase your home comfort and reduce your energy bills.

This initiative unites expertise and innovative programs to empower our community to transition to more cost effective, cleaner living. A key to this initiative is bringing Geelong Sustainability's Electric Homes Program to Ballarat.

About the Electric Homes Program

This program makes it easier for households to lower their energy bills, reduce emissions, move off gas and improve thermal comfort at home.

Developed by Geelong Sustainability, this program connects residents with trusted local businesses by offering quality products and services, including purchase and installation of:

- Solar systems
- Battery systems
- Heating and cooling split systems
- Hot water heat pumps
- Draught proofing

- Home insulation
- Home energy audits
- Electric vehicle (EV) chargers

To further support Ballarat residents with reducing their cost of living, the City of Ballarat will offer rebates to those who take action to improve the energy efficiency of their homes. This does not include EV chargers.

Why go all electric?

Better for your wallet

Gas and Petrol Home

Average running costs
\$5,517 per year

- Fossil fuel grid electricity
- Gas space heater
- Gas hot water heater
- Gas cooking
- Petrol and diesel cars

Electrified home

Average running costs
\$559 per year

- Rooftop solar & clean electricity
- Split system heating & cooling
- Heat pump hot water
- Induction cooking
- Electric cars

Energy emissions = ZERO

The difference

Average saving of \$4,958 a year
That really adds up!

Source: Rewiring Australia 2024

Better for the climate

Gas is a fossil fuel, mostly made up of methane, which is a key driver of climate change. Switching from fossil fuels to renewables like solar is essential if we are to meet our net-zero targets.

Better for your health

Studies have found that cooking with gas can contribute to childhood asthma. What's more, gas ducted heating produces poorer air quality than a split system heater, which is also safer and cheaper to run.

To find out more, visit:

electrichomesballarat.com.au



1300 000 175

Helping Parents Thrive

Childcare Support + Financial Aid + Education

Ballarat and surrounds

Program eligibility applies

Free Workshops for Community Groups

The Community Governance Project, funded by the City of Ballarat until 30 June 2025, is working to provide support to community groups in the City of Ballarat through a Strategic Partnership. If you are part of a local community group, don't miss this final term of Workshops!

Grant writing with Community Bank Buninyong

- Wednesday 30 April, 10.00 am – 12.00 noon, Community House Buninyong, 407a Warrenheip Street, Buninyong

Are you looking for funding for your community group? If so, this workshop with Community Bank Buninyong may be for you. Community Bank Buninyong supports local groups and clubs to grow and thrive in the activities that they undertake in the community. Support is offered through their grant program and also through the successful SparkTank initiative (visit: sparktank.org.au). Come along and hear how your group can apply for funds. This interactive workshop will provide examples of successful applications and there will be time for discussion. We will also have a break for refreshments. Past participants say, "Absolutely wonderful, so informative and beneficial."

Ballarat Community Directory and MySay

- Monday 12 May, 6.30 pm – 7.30 pm, Barkly Square, Ballarat East
- Thursday 15 May, 10.00 am – 11.00 am, Barkly Square, Ballarat East

Do you want to improve your community group's online presence and share information about your group to more people? Do you want council officers to hear the views of your community group in relation

to projects being undertaken by the City of Ballarat? If the answer to either of these questions is yes then please come along to this interactive session with Council officers who will take us through Ballarat Community Directory and MySay. You will be able to upload your group's information on the directory during the Workshop.

Law Week – Legal Issues for Community Groups

- Tuesday 20 May, 10.00 am – 12.00 noon, Wendouree Neighbourhood Centre, 12 Holly Grove, Wendouree

There are many legal issues that community groups are currently grappling with. During Law Week come along to this workshop presented by Ballarat and Grampians Community Legal Service and learn how your community group can deal with some common legal issues.

Conflict Resolution

- Friday 30 May, 2.00 pm – 5.00 pm, Barkly Square, Ballarat East
- Saturday 31 May, 10.00 – 1.00pm, Barkly Square, Ballarat East

Conflict can seem like it brings only roadblocks, but the challenges of conflict can also bring insight, learning and growth if we approach it in the right way. How do we work through the issues that may emerge to work together in community with people who hold different views, needs and communication practices? How do we address tensions before they get too bad? Or if it went bad, how do we start cleaning up the mess?

In this workshop, we will: unpack what conflict is and when it arises, provide some concrete tools and practise skills that come in handy when dealing with conflict.

Volunteers – Inducting, managing and retaining

- Thursday 5 June, 10.00 am – 11.30 am, Barkly Square, Ballarat East
- Wednesday 18 June, 6.00 pm – 7.30 pm, Online via Zoom/Face to Face (TBC)

This workshop will explore the challenges of inducting, managing and retaining volunteers for your community group. Sue Jakob has worked in many roles managing volunteers for over 15 years, at the same time she has been a volunteer and been part of committees running volunteer community groups across Ballarat. Come along and hear some practical ways to engage and energise volunteers so that they remain active within your group. Past participants say, "Provided motivation to improve our practices."

Marketing and promotion for community groups

- Wednesday 11 June 10.00 am – 11.30 am Barkly Square, Ballarat East
- Thursday 12 June 6.00 pm – 7.30 pm, Online via Zoom

Do you struggle with getting your story out as a not-for-profit or community group? Find it hard to pitch to your target audience for donations, volunteer recruitment, stakeholder engagement and general PR?

As a publicist with over 30 years' experience, Lou will simplify how to get your good news stories out, how to attract the differing sectors of your audience to hear your successes and impact. Also learn how to make your organisation stand out from the crowd. Past participants say, "Love, love, loved it. Best 1 ½ hour spent ever."

To find out more and register: ballarateastnh.org.au/community-governance/community-groups

Support for local women with migrant and refugee backgrounds

Digital Sisters: Free Digital Literacy support for women with migrant and refugee backgrounds in Ballarat

Digital Sisters community partners

The Ballarat East Neighbourhood House is a Digital Sisters community partner and will be running digital skills programs for women with migrant and refugee backgrounds. We will provide:

- One-on-one and group digital skills training and support
- Tailored support
- Support on essential digital skills and AI literacy

Free support for women

Our Digital Sisters program brings together free local support and online learning opportunities. We will run programs for women on topics such as AI, keeping kids safer online and essential digital skills.

Good Things Australia

Good Things Australia are future-focused digital inclusion leaders, advocating, partnering, educating and innovating to ensure no one is left behind in the digital world. Since 2023, they have supported over 2,000 migrant and refugee women to be safer and more confident online.

To find out more, please contact the Ballarat Regional Multicultural Council (BRMC) or visit: ballarateastnh.org.au/support/be-connected-online



Free Training
May & June 2025

Supporting Multicultural Women to gain their Car Learner Permit



Gain more independence
Get your VicRoads Car Learner Permit

Multicultural Women of Ballarat without a driver licence...are you sick of using public transport or relying on friends to get around?

Gain more independence by taking the first step and getting your VicRoads Car Learner Permit.

Need a hand? We have FREE of charge, flexible training and 1:1 support in **May and June 2025**.

REGISTER NOW by contacting the Ballarat East Neighbourhood House

0422 612 052 - reception@ballarateastnh.org.au
ballarateastnh.org.au/support/community-road-safety
9.00 am - 3.00 pm Mondays to Fridays during school term
Ground Floor, Barkly Square: Wadawurrung Country, 25-39 Barkly Street, Ballarat East

FREE: LET US HELP YOU PREPARE FOR YOUR CAR LEARNER PERMIT

20 multicultural women in Ballarat will be supported by this program in May and June 2025 - make sure you are one of them!

Our experienced, local facilitator, Melissa Watts, will tailor the training and will support those who register for the program to learn the information and prepare for the VicRoads online (FREE) or face-to-face test (fee payable to VicRoads).

A combination of small group and 1:1 sessions will be available across Ballarat. Resources will be available in a variety of languages.

Let us help you prepare for your VicRoads Learner's Permit test. Contact us today!

Registrations close Wednesday 23 April, 2025. Places limited. Register your interest today!



Project funded by:



Catherine King MP
FEDERAL MEMBER FOR BALLARAT

I know families here are under pressure. That's why Labor is:

- ✓ Delivering tax cuts for every taxpayer
- ✓ Delivering energy bill relief for every household
- ✓ Providing cheaper childcare
- ✓ Funding the biggest ever investment in bulk billing
- ✓ Freezing medicine prices
- ✓ Helping to cut inflation, paving the way for lower interest rates

Standing up for our community!

(03) 5338 8123 | Catherine.King.MP@aph.gov.au | [CatherineKingMP](https://www.facebook.com/CatherineKingMP) | [@catherine_kingmp](https://www.instagram.com/catherine_kingmp)

Authorised by Steve Stalov, Australian Labor Party, Victorian Branch, 438 Docklands Drive, Docklands VIC 3008.



New activities at the Ballarat East Neighbourhood House



Feldenkrais Awareness Through Movement, with Lynden

Join Lynden for these classes which involve following simple instructions to move in unusual movement patterns that promote self-awareness and mobility.

In this class, movement habits and holding patterns are revealed and the movements presented offer alternative, more efficient choices.

Classes will be performed either lying on the floor, sitting in a chair or standing. Be prepared for all three positions.

These classes will encourage a fine inner-focus of yourself in action rather than working with a “hup 2,3,4” concept.

We have a set of yoga mats or you may bring a blanket to lie on over the carpeted floor.

Lynden is a qualified Feldenkrais practitioner with 25 years of experience.

This new course will run for five weeks on Wednesdays from 28 May to 25 June 2025, from 2.00 pm - 3.00 pm. \$75/participant for the course. Limited to 10 participants.

ballarateastnh.org.au/classes/feldenkrais



Genève - a business coach who understands your journey

Genève says, “Before now, I struggled to find my way in both business and the creative industry. Now, I blend business skills with awareness to coach micro-small business owners to navigate barriers. I support the self-employed side hustler, maker, businesses owner and manager.”

Through this new 8-week course, Genève can assist you to unpack your creative and strategic blocks by asking concise questions to unravel where you want to get to. Join her new group coaching class for creatives, *'Unravel and Action your creative business dreams'*. Topics include:

1. Creating the space for your vision to come to life
2. Aligning your business foundations and creative goals
3. Clarify and Plan your Offers
4. Present your Vision and Goals with courage
5. Strategies - Pillars for sharing your project
6. Create your 90-Day Plan to make it happen
7. Action a Minimum Viable Product
8. Planning momentum and future growth after coaching + Reflect, review and revise for your next iteration

Fridays, 9 May - 27 June, from 9.15 am - 11.45 am. \$240/participant.

ballarateastnh.org.au/classes/businesscoaching



Write your Ancestry, with Melissa

Have you been busy researching your family tree? Perhaps you have a gripping story from your family that you'd love to capture for future generations?

This course will help you to make sense of the research and include it all in a narrative to share with others or add to the family archive. Topics covered include how to write a person you've never met, writing location, incorporating research in a nuanced way, create a compelling story that people want to read, create a writing routine for yourself and how to edit your own work. You will have a chance to share your work and get feedback in a safe environment.

(Note: We will not be doing any research in the class, but you are welcome to bring your research with you. The Eureka Centre Ballarat has a number of researching family history workshops: eurekacentreballarat.com.au/events)

Thursdays, 8 May - 26 June, from 12.15 pm - 2.45 pm. \$95/participant.

This is a Learn Local activity, with costs subsidised through the Victorian State Government's Adult and Community Further Education (ACFE) program in partnership with the Wendouree Neighbourhood Centre.

ballarateastnh.org.au/classes/writing

TANZPRO - Biodanza (Dance of Life) for Children

Calling Ballarat children who love to move and dance, to be creative and share stories!

In Term Two at the Ballarat East Neighbourhood House at Barkly Square, our Participant Coordinator, Liz Wade, will begin offering "TANZPRO - Biodanza (Dance of Life) for Children" courses, for children aged three to six years and six to twelve years.

The program involves dance, story sharing, art, imaginary play and movements with music, curated for children.

TANZPRO is an evidence-based program that supports children developmentally with emotional regulation, empathy, relaxation, self esteem and increased skills in communication and confidence, in a fun and engaging way.

Sessions include:

- **A shared story:** A journey of discovery to another country and its people, geography and customs. Within each story are woven themes that highlight values such as joy, friendship, care for living beings, courage and solidarity.
- **A dance of the theme** (Biodanza) with curated music.
- **Artistic expression:** Children have the opportunity to process the experience pictorially via drawing, art and imaginary journeys.



Children will develop an awareness of self-perception, growing their identity and developing their self-confidence. They will learn to:

- Express their potential
- Have courage to take risks through creativity
- Respect each other
- Feel cared for.

This course encourages pathways to developing empathy which is a fundamental skill to foster lifelong healthy relationships.

TANZPRO's Foundations and History

The methodologies of Biodanza and Biodanza for Children form the basis to which story sharing, artistic expression and experiences from travelling around the world was designed, bringing TANZPRO to life in 2009.

Prof. Dr. Marcus Stueck and Dr. Alejandra Villegas developed, scientifically researched and evaluated Biodanza programs from 2008. They are: Scientists, Researchers, Psychologists, Lecturers, Educators, Didactic/Directors of Biodanza

Schools in Latvia and Germany and Dancers. They have scientifically investigated and published extensive works of research findings related to Biodanza for many years.

TANZPRO, including other methods and 'School of Empathy' involved many professionals and educators, 1800 children and 22 kindergartens and schools over a 4 year period, as part of a German Federal Ministry of Health Project. *Source: auntynanas.com.au/tanzpro/*

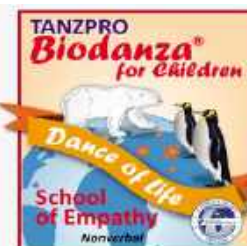
About Liz Wade

Liz is a qualified teacher with many years of experience tutoring and teaching Primary and Secondary students and caring for young people in outside-school-hours-care and respite care. Liz is currently undertaking the Biodanza School which ultimately leads to qualification to facilitate Biodanza programs for adults. Liz will complete the Tanzpro training to be certified to facilitate Tanzpro - Biodanza for Children from Term 2.

Find out more and register

This 10-week course will be on Tuesdays from 1.00 - 2.30 pm (3-5 yo) and 4.00 - 5.30 pm (6-12 yo) from 29 April at the Ballarat East Neighbourhood

House, \$150/child. For details, see: **ballarateastnh.org.au/classes/tanzpro**



BALLARAT EAST MEDICAL DR FRANKLIN BUTUYUYU

Dr Franklin's interests include skin health, complex care and caring for families. He is taking new patients.

He joins Dr Rodney Allen in supporting the ongoing physical and mental health of our current and future patients.

Term 2, 2025: Activities

Mondays

★ **Gentle Yoga**
with Kate
7.30 am - 8.30 am
Eureka Centre
\$80, 8-week course
From 5 May

★ **Community Auslan: B**
with Jane
9.30 am - 12.00 pm
Barkly Square, Rm 103
\$80, 8-week course
Learn Local Course*
From 5 May

★ **Mat Pilates**
with Nadine
12.30 pm - 1.30 pm
Barkly Square, Rm 103
\$120, 8-week course
From 5 May

Climate Café
with Susan and Gerry
A supportive
facilitated space to
share thoughts and
feelings about the
climate crisis.
5.30 pm - 7.00 pm
Barkly Square, Rm 103
FREE
7 April

Saturdays

**Community Auslan:
"Voice Off" Practice**
10.00 am - 11.30 am
Sebastopol Library
FREE
26 April, 31 May, 27 June

**Watercolour
Crash Course**
with Christine
10.00 am - 4.00 pm
Barkly Square, Rm 102
\$100, 1-day course
Saturday 24 May

Tuesdays

**Playgroup with the
Ballarat Toy Library**
with Jane
10.00 am - 12.00 noon
Barkly Square, Rm 103
FREE
From 29 April

**Be Connected -
Digital Skills**
with Greg
Drop-in sessions
10.00 am - 11.00 am
Barkly Square, Atrium
2 sessions FREE for
people aged 50+
From 29 April

★ **Tanzpro (3-6 yo)**
with Liz
1.00 pm - 2.30 pm
Barkly Square, Rm 103
\$150, 10-week course
From 29 April

★ **Tanzpro (6-12 yo)**
with Liz
4.00 pm - 5.30 pm
Barkly Square, Rm 103
\$150, 10-week course
From 29 April

The Ballarat East
Neighbourhood House is
on Wadawurrung Country,
Ground Floor at
**Barkly Square,
25-39 Barkly Street,
Ballarat East.**
We are available from
**9.00 am - 3.00 pm
Mondays to Fridays**
(Closed Public Holidays and
School Holidays).

Term 1: to 4 April 2025
Term 2: from 23 April 2025
See the most up-to-date
version of this calendar at:
[ballarateastnh.org.au/
classes/activities](http://ballarateastnh.org.au/classes/activities)

Wednesdays

Walking Group
9.30 am - 10.30 am
meet outside the Café
at **Barkly Square** for a
walk along Specimen
Vale Creek
FREE
From 30 April

**Chatty
Wednesdays**
10.30 am - 11.30 am
Near the Café
Barkly Square
FREE
From 30 April

★ **Mat Pilates**
with Nadine
12.30 pm - 1.30 pm
Barkly Square, Rm 103
\$120, 8-week course
From 7 May

★ **Feldenkrais**
with Lynden
2.00 pm - 3.00 pm
Barkly Square, Rm 103
\$75, 5-week course
From 28 May

Several activities supported by:



*All Learn Local Courses
receive Victorian State
Government funding
through the Adult and
Community Further
Education program, which
covers the tuition costs up
to a rate of \$9.35/hour
per person.
Participants pay a course
fee to cover our
administration, amenities
and materials costs.
Please see our website for
additional information
including course codes.

Thursdays

★ **Hypnotherapy/
Meditation**
with Clare
9.15 am for a 9.30 am
start - 10.30 am
Barkly Square, Rm 103
\$80, 8-week course
From 8 May

Book Group
10.30 am - 12.00 noon
Atrium, **Barkly Square**
FREE
Monthly Thursdays
during school term:
8 May, 12 June

★ **Qigong**
with Klyti
11.00 am - 12.00 noon
Barkly Square, Rm 103
\$120, 8-week course
From 8 May

**Let's Talk Rubbish
Social Group**
1.00 pm - 2.30 pm
Every 2nd Thursday
Café, **Barkly Square**
FREE - All welcome
1, 15 & 29 May,
12 & 26 June

**Community
Auslan:
Practice Group**
2.00 pm - 3.00 pm
Café, **Barkly Square**
FREE
From 1 May

Watercolour
with Tegan & Blazer
6.30 pm - 8.30 pm
Workshoppery,
Barkly Square
\$180, 9-week course
From 8 May

Fridays

★ **Gentle Yoga**
with Kate
7.30 am - 8.30 am or
8.45 am - 9.45 am
Eureka Centre
\$100, 10-week course
From 2 May

★ **Community
Auslan: C**
with Jane
9.30 am - 12.00 pm
Barkly Square, Rm 103
\$80, 8-week course
Learn Local Course*
From 9 May

Watercolour
with Tegan & Blazer
10.00 am - 12.00 noon
Workshoppery,
Barkly Square
\$180, 9-week course
From 9 May

**Hypnotherapy/
Meditation**
with Clare
12.45 pm for 1.00 pm
start - 2.00 pm
Barkly Square, Rm 103
\$80, 8-week course
From 2 May

Sketchbook Club
with Tegan
1.30 pm - 3.30 pm
Workshoppery,
Barkly Square
\$180, 9-week course
From 9 May

All activities require
registration, agreement to the
Activity Terms and Conditions,
are subject to change without
notice and require minimum
participant numbers (usually 7
people). If needed, we can
provide a participant payment
plan.

Ballarat East Neighbourhood House

Term 2, Community Room 102

Barkly Square



New ★
Activity or Time

Learn Local Your goals, your way
*All Learn Local Courses receive Victorian State Government funding through the Adult and Community Further Education program, which covers the tuition costs up to a rate of \$9.35/hour per person. Participants pay a course fee to cover our administration, amenities and materials costs. Please see our website for additional information including course codes.

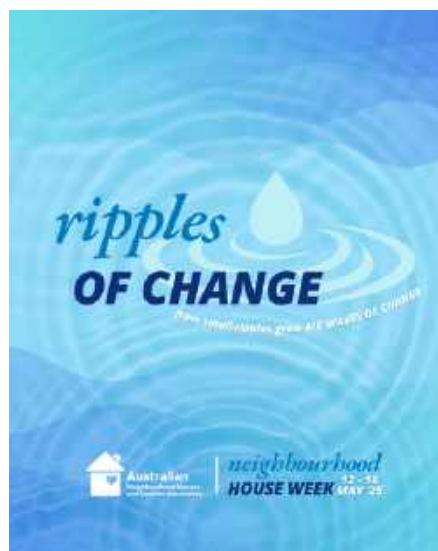
Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
All activities require registration, agreement to the Activity Terms and Conditions, are subject to change without notice and require minimum participant numbers (usually 7 people).	If needed, we can provide a participant payment plan. For the most up-to-date version of this calendar visit: ballarateastnh.org.au/classes/activities	Introduction to Jewellery Making with Jessica 9.30 am – 12.00 noon \$250, 8-week course (including supplies) From 7 May	Community Auslan A with Jane 9.30 am – 12.00 noon \$80, 8-week course <i>Learn Local Course*</i> From 8 May	Unravel & action your creative business dreams with Genève 9.15 am – 11.45 am \$240, 8-week course (including supplies) From 9 May
Monday Mend-Along and Art-and-Craft-a-noon with Liz 12.30 pm – 3.00 pm FREE BYO art, craft, sewing or mending projects, supplies & equipment. From 28 April	Beginners' Sewing with Christine 12.30 pm – 3.00 pm \$80, 8-week course <i>Learn Local Course*</i> From 6 May	Winter Woollies with Sandra 1.00 pm – 5.00 pm FREE Craft/Knit/Crochet/Create All welcome From 23 April	Write Your Ancestry with Melissa 12.15 pm – 2.45 pm \$95, 8-week course <i>Learn Local Course*</i> From 8 May	Exploring Watercolour with Christine 12.15 pm – 2.45 pm \$150, 8-week course. From 9 May

2025 Neighbourhood House Week

Neighbourhood House Week, happening across Australia in the second full week of May each year, is a nationwide initiative to celebrate the role of over 1,000 Neighbourhood and Community Houses and Centres.

This year, from 12 to 18 May 2025, we're making waves with the theme "Ripples of Change"!

Every action, no matter how small, has the power to create a ripple effect, spreading kindness, sparking ideas and strengthening communities. At Neighbourhood and Community Houses and Centres (NCHCs) across Australia, we see it happen every day! A friendly smile, a shared story, a new skill – these



small moments add up to something big, sending waves of meaningful change that extend far beyond our local neighbourhoods.

From community projects to everyday conversations, these ripples of change build momentum, shaping stronger, more connected communities. Whether it's volunteering, learning something new or simply reaching out to someone in need, every action helps.

This Neighbourhood House Week, join us in celebrating the power of small actions that lead to big impacts. Get involved – have a chat, lend a hand, try a new class or be part of a local event. Whether it's a moment of kindness, a new connection or a community initiative, every story inspires others to take action. Together, let's turn little ripples into big waves of change!

Finnish-Australian artist & jewellery maker shares her skills



Local artist and jewellery maker, Jessica Larm. Photograph: Enya Larm Photography

Ballarat local, Jessica Larm, is a Finnish-Australian artist and jewellery maker. This May, Jessica has been selected to be a Craft Lab demonstrator of jewellery making with the City of Ballarat's Heritage Festival at the Mining Exchange.

Craft Lab is a celebration of traditional artisanal skills coupled with contemporary flair. Craft Lab maintains old skills but also explores how these can be applied in new ways.

Practitioners share their knowledge, expertise and techniques with thousands of members of the public over four full days. Visitors can expect to meet and talk with the practitioners, all of whom are willing and available to share their secrets and trade practices.

See:
creativeballarat.com.au/craftlab25practitioners and
ballaratheritagefestival.com.au/explore/craft-lab-25

Jessica studied Bachelor of Fine Arts at Federation University, Camp Street, Ballarat in the early 2000s. In recent years, Jessica studied Jewellery Engineering at Melbourne Polytechnic.

Influenced by her Finnish heritage and modern Scandinavian design principles, Jessica's art skills extend to painting all mediums, drawing, mixed media, collage, paper crafts, jewellery making, metal work and silversmithing.

Jessica says, "My vision is to create handmade jewellery that explores the art form as an intimate sculptural object held close to the human body and conveying personal meaning to the wearer."

Ever since she was a child growing up in the art scene of inner-city Melbourne in the 1980s, Jessica has been inspired by the mystery of the creative process. Having had the privilege of being able to watch artists at work close up from a

young age, she has formed a deep respect for art as a vocation.

Jessica brings a rich life experience to her work. Having worked as a nurse supporting people in their intimate life moments and then living through and overcoming personal health issues and trauma, she discovered the power and strength that art, and in particular jewellery making, could bring.

Jessica is a recent recipient of a Ballarat Arts Foundation emerging artists grant, the Stubbs Roberts Award. See: **jessicalarm.com**

On Wednesday mornings in May and June, Jessica will be running an 8-week course *"An introduction to making your own jewellery"*. Together, the group will explore their own styles of art jewellery and what jewellery means to them personally. Then they will explore a variety of simple techniques such as beading, bending wire and using recycled materials. For more, visit: **ballarateastnh.org.au/classes/jewellery**