

Ballarat East

Community News

Edition 25: Spring 2026 Connecting people in Bakery Hill, Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip



A city of multiculturalism with a heart of gold

Good morning everyone. Please allow me to make Acknowledgement of Country first.

"We acknowledge the Wadawurrung and Dja Dja Wurrung People as the first nations and the Traditional Custodians of the land we live and work on. We pay our respects to their Elders past, present and emerging, acknowledging their ongoing connection to Country, culture, and heritage."

My name is Jack Yang, standing here today, attending the Harmony Celebration Flag Raising Ceremony, feeling like a dream, and feeling a deep sense of gratitude.

My wife Shirley and I have called Ballarat home for over seven years. And like many of you here, our journey has been one of hope, patience, and persistence. For years, we worked hard and contributed, but with the uncertainty of visa issues hanging over our heads. We loved this city, but we weren't sure if this city would truly be able to keep us.

That all changed just before last Christmas.

After years of petitions, paperwork, and waiting, we were granted our Permanent Residency.

When that news came, it wasn't just

a legal status. It was the moment this community, this beautiful city, officially said to us: "You belong."

And that moment of joy did not come from us alone. It came from the incredible fabric of support that makes Ballarat so special. I want to take this moment to thank all the people who stitched that fabric together for us.

I want to thank our Federal Member, Catherine King, and our State Member, Joe McCracken, for their strongest support. To Mayor Tracey Hargreaves, and Councillors Samantha McIntosh, Des Hudson, and Tess Morgan, Former Mayor Frank Williams—thank you for believing in us.

To Sundram and Suzanne from the BRMC, who work tirelessly every day to make our multicultural community feel seen and heard. To the leaders and friends at St Peter's Church, and multicultural societies, local schools, and businesses who wrote letters and offered support—your voices were our strength.

But there are two groups of people I specifically want to acknowledge, because they represent the everyday kindness of Ballarat.

First, to my "Tai Chi family." Every morning, rain or shine, we meet by the lake. We move slowly, we breathe deeply, and we share a moment of peace. You have given me friendship, health, and a reason to get up every morning. You are my family here.

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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, compiled, edited and designed by volunteers and staff.

Ballarat East Neighbourhood House

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0422 612 052 (call or text)

Open: 9.00 am - 3.00 pm Mondays and 9.00am-5.00pm Tuesday to Thursdays during school term. Closed weekends, public holidays and school holidays.

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.

Frequency and distribution

This publication is printed four times each year. It is scheduled for distribution in March, June, September and November. 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.

Advertising

Thank you to our advertisers for financially supporting the printing costs of this important community project.

Advertising rates per edition are:

\$175+ GST: Business Card

\$350 + GST: Banner

\$875+ GST: Half page

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Read it online in colour (scan above)

ballarateastnh.org.au/ballarat-east-community-news/community-news

Next Edition

Articles and ideas for **Edition 26** are due by **November 23** via email to news@ballarateastnh.org.au or in hard copy to the Ballarat East Neighbourhood House, Barkly Square. Please read the editorial policy (online, link above).

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.



Memberships



Neighbourhood Houses
The Heart of Our Community



SPECIAL OFFER

Purchase any Loaf and receive 4 free traditional bread rolls

Offer valid until: **15 October 2026**

Only valid at Bakers Delight Bakery Hill:

Shop 6, 73 Victoria Street, Ballarat, 5333 3845

Only one pack of 4 rolls per transaction. One coupon per customer per day.

Welcome

Welcome to the Spring edition of the Ballarat East Community News.

My name is Kaitlyn, and I am delighted to introduce myself as the new Manager of Ballarat East Neighbourhood House and the new editor of this newsletter. I am excited to be joining such a welcoming and vibrant community and look forward to getting to know the many people, groups and organisations that make this such a wonderful space.

You may have noticed that there has been a break between newsletter editions, and I would like to thank our community for your patience during this transition period. As we move forward, I am excited to bring this community newsletter into its next era of highlighting events, celebrating local achievements, sharing opportunities for community connection, and conveying valuable information to you all.

As I begin this new role, I am looking forward to building on the wonderful work already taking place at the Ballarat East Neighbourhood House while exploring new ideas and opportunities together. Whether you are a long-time participant, a volunteer, a local partner, or someone considering visiting us for the first time, I encourage you to drop in, say hello, and become part of all that Ballarat East Neighbourhood House has to offer. I am excited for what lies ahead and can't wait to connect with you all in the months to come.

Kaitlyn Barclay (she/her)

Editor, Edition 25

Manager, Ballarat East

Neighbourhood House

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Celebrating 10 years of Bigger Hearts



Bigger Hearts Dementia Alliance Ballarat (BHDAB) are celebrating 10 years of activities to improve the quality of life for people living with dementia, their families, carers and friends in the Ballarat region.

Activities supported by BHDAB include the Singing Circle; Carer Gathering; Crafty Carers; Coffee and Chat; Art Program and walks on the Woowookarung dementia trail.

As part of the 10-year celebrations

- a tea dance will be held on Friday 11 September at Victoria Bowls Club
- an art exhibition will be held at Art on Albert, Creswick from 3rd -27th September, running Thursday to Sunday 10am-4pm
- a digital display will be held at the Ballarat Library 21st - 27th September

BHDAB is a group of volunteers committed to working to help people understand dementia, running activities for people living with dementia, their families and their carers.

If this is something that interests you, reach out to BHDAB on 0477 673 946, or find us at 'Bigger Hearts Ballarat' on Facebook and biggerhearts.com.au

Michaela Settle MP
State Member for Eureka

POWER YOUR DAY FOR LESS

FREE ELECTRICITY IN THE MIDDLE OF THE DAY FOR ELIGIBLE VICTORIAN HOUSEHOLDS

From 1 October, the new Midday Saver will give many Victorians access to three hours of free daytime electricity, helping households that can shift their usage save on energy bills.

michaela.settle@parliament.vic.gov.au 5331 7722 [/MichaelaSettleMP](https://www.facebook.com/MichaelaSettleMP) michaela.settle.com.au

A city of multiculturalism with a heart of gold

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And secondly, to the citizens of Ballarat—those I know well and not so well. You may not realise it, but your simple, daily kindness was the foundation of our hope. You made a foreign place feel familiar. You made a house feel like a home.

That is why Harmony Fest matters. It is a celebration of that kindness.

This is a city that doesn't just tolerate diversity—it advocates for it. It wraps its arms around.

When we raise this flag today, let it be a symbol of the understanding, tolerance, and respect we have for all cultures and all religions. It is a flag of harmony, and that harmony is built on connection.

We feel so lucky, lucky to live in a city with a beautiful lake, with stunning gardens, and with a gold rush history. But mostly, we feel lucky to live in a city of multiculturalism and with a heart of gold. Ballarat is not just the place where we live. Ballarat is our home. Thank you.

We would like to thank Jack Yang for sharing this speech with us to include in this edition.



Quality, affordable, pet friendly, over 50's living: No Entry/ Exit Fees!



BALLARAT
LIFESTYLE VILLAGE

OPEN DAY

Saturday 10 October 2026 | 9 AM - 4 PM

263 Scott Pde, Brown Hill 3350 | 03 5332 2009 | ballaratlifestylevillage.com.au

"Join Us For Change" - Centre for Multicultural Youth (CMY)



Join Us For Change (JUFC) is CMY's latest and biggest program, funded by Respect Victoria and supported by Ballarat Foundation. JUFC is part of Respect Ballarat, a whole-community initiative working to prevent gendered violence.

Through our popular Join Us At The Table format, community members come together over food and conversation to share their perspectives on respect, equity and safety.

Since May, we have hosted dinners, a lunch and a coffee-and-cake consultation, hearing valuable insights from the Ballarat community about the drivers of gendered violence, what safety means, cultural safety and barriers to seeking help.

We have also begun working with local schools, collaborating with Women's Health Grampians on

respect-related sessions with secondary students, and with ElephantEd for upcoming respectful relationship sessions in primary schools. These conversations ensure young people have a voice in shaping a safer, more respectful community.

See Me, Hear Me, Know Me

In June, we launched this creative storytelling project transforming the mental health experiences of multicultural young people into three powerful, accessible videos and downloadable resources.

Featuring local young people as storytellers, the films explore cultural identity and pride, belonging, cultural competency, intersectionality, racism and the resilience needed to navigate social and systemic barriers. Youth-led and grounded in lived experience,

the project aims to ensure multicultural young people are heard and valued. The resources are designed for use in schools, workplaces, sports clubs, community programs and discussions around the dinner table with family.

To receive these free resources, email ballaratinfo@cmynet.au

Get involved

10 September – free dinner event, focusing on men as allies and the important role men are playing in preventing gendered violence.

Scan the QR code for more info.



For more information about the *Join Us for Change* project and CMY's work in Ballarat:

cmynet.au/young-people-community/rural-regional/ballarat/
Instagram: **@cmynet_ballarat**



DELIVERING FOR OUR COMMUNITY!

- Cheaper healthcare with more bulk billing
- A fairer tax system for first home buyers and 5% deposits
- Free TAFE and cutting student debt by 20%
- Cheaper childcare and cheaper PBS medicines
- More tax cuts, \$1,000 instant tax deduction and \$250 tax offset (from 2027-28)



Catherine King MP
FEDERAL MEMBER FOR BALLARAT

Standing up for our community!

Authorised by Catherine King
MP, 5 Lydiard St Nth, Ballarat,
VIC 3350

Connect, Create, Celebrate the Ballarat Seniors Festival!

The Ballarat Seniors Festival is back this October, offering a fantastic month of activities, entertainment and opportunities to connect with others in our community.

As part of the Victorian Seniors Festival, this annual celebration recognises the important contribution older people make to Ballarat while encouraging everyone to stay active, engaged and involved in their community.

Whether you enjoy live music, arts and culture, community events, health and wellbeing activities, or simply meeting new people, there is something for everyone to enjoy. Many events are free or low-cost, making it easy to get involved, try something new and celebrate alongside friends, neighbours and fellow community members.

We encourage all older residents to explore the program and join in the fun, friendship and community spirit that make the Ballarat Seniors Festival such a special event each year.

The festival is also a great reminder that staying socially connected plays an important role in maintaining health and wellbeing as we age. Attending local events can provide opportunities to make new friends, reconnect with old ones, discover local services and learn about programs available throughout the year. The welcoming and inclusive atmosphere of the festival ensures there is something of interest for everyone, regardless of age, ability or background.

Ballarat has a strong tradition of community participation, and the

Seniors Festival is one of the highlights of the local events calendar. It showcases the talents, experiences and stories of older residents while bringing people together to celebrate the richness and diversity of our community. From educational sessions and creative workshops to social gatherings and community expos, the festival offers countless opportunities to engage, learn and have fun.

We encourage everyone to browse the festival program, invite a friend or family member along, and make the most of the many activities on offer throughout October. Whether you attend one event or many, you'll be helping to build a more connected, age-friendly Ballarat while creating lasting memories and meaningful community connections.



BALLARAT SENIORS FESTIVAL 2026

1-31 October

This year's theme, 'Connect. Create. Celebrate,' encourages older Victorians to come together, discover new interests, share experiences and celebrate community.

For the full program, visit ballaratseniorsfestival.com.au

Victorian Seniors Festival 2026 | VICTORIA State Government | CITY OF BALLARAT

