

Ballarat East

Community News

Edition 16: February 2024 Connecting people in Bakery Hill, Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip

Best mates, James and Aidan ride off to Woodmans Hill

JAMES AND AIDAN have been mates since the second week of Prep, seven years ago. They met at the Buddy Bus Stop at Caledonian Primary School. James says, "We were both looking for a friend." Aidan says, "I didn't know at the time that James would become my best friend up until now and beyond!"

The boys played a lot of tag and remember taking their Hot Wheels cars to school and racing them down the slide. For five out of the seven years of primary school, James and Aidan were in the same class.

This year, James and Aidan are both heading into Year 7 at Woodmans Hill Secondary College in Ballarat East.

James, who is a huge fan of Lego, likes building and construction and loves playing games like dodgeball, says he enjoyed being at the "top of the school" and he will miss his friends from the year below as he heads to high school. Aidan says he liked the familiarity of primary school.

Both boys are interested to see how being a Woodmans Hill student is different - navigating a school which is, as James says, "a lot, lot bigger" in both space and the number of people, having to change classrooms for many different subjects and getting used to a new uniform.

Aidan, who is particularly interested in astronomy and maths, is really looking forward to the STEAM program (Science, Technology,



James and Aidan are looking forward to riding to and from school together again this year. *Photographer: Sarah Greenwood-Smith*

Engineering, Art and Maths), saying, "I love all of those subjects, especially maths." He continues, "I know the expectations will be higher. I am excited about being able to use the Bunsen burner and learning some more advanced science."

James says he is keen to get to high school so that he is "closer to being an adult and getting paid". He is hoping to be an actor and suspects drama classes at Woodmans Hill will help with this. James sometimes helps with delivery of this newsletter and enjoys having a chat to people along the way.

The boys will ride their bikes to school most days, one route in the morning and another set of bike lanes and paths coming home. Lots of adventures to be had!

Aidan says he has noticed that, since riding his bike a lot, he is better at greeting people. He thinks this is from saying "good morning" or "hi" to people he passes while riding.

A fan of a tasty snack, James says he is most excited about there being a canteen at Woodmans Hill. He says, "I could get something from the canteen every week...or every day...you never know!"

We wish James and Aidan and all students heading off to start Year 7 at Woodmans Hill Secondary College and other secondary schools around Ballarat the best of luck as they navigate a new world, make friends, learn lots of information and skills and have fun.

If you see these two riding, say hello!



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 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 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

This publication is printed four to five times each year. In 2024 it is scheduled for distribution in February, March, June, September and November.

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

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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ISSN: 2652-9815 (Print)
ISSN: 2652-9823 (Online)



Next Edition

Articles and ideas for Edition 17 are due by **Tuesday 5 March 2024** by email to news@ballarateastnh.org.au or in hard copy to Barkly Square Main Reception. 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 to five times a year. Interested? Please get in touch.

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0422 612 052.

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

Memberships



Welcome to Edition Sixteen, Ballarat East Community News

OVER the summer holidays I was listening to the ABC Conversations podcast and really enjoyed the range of engaging and interesting stories.

One I found relevant was the conversation with Robert Waldinger who has spent most of his working life trying to understand the secret to human happiness.

Robert is the Director of the Harvard Study of Adult Development which has been going for 85 years, tracking what makes for a joyful life and points to meaningful relationships as the key to human fulfilment.

Sometimes, finding your tribe, or making a new one when circumstances change, can be tricky. Heading off to high school is one of life's transition times and there are more throughout adulthood.

If you're looking for people to connect with, get in touch with one of the many wonderful community groups and services in Ballarat. You may have a specific interest aligned to groups such as the Repair Cafe (p.7) or the Speedcubing community (p.6), or want somewhere more general to start, such as one of the four local Neighbourhood Houses or the Ballarat Libraries. Reach out - you might make a new friend.

Sarah Greenwood-Smith (she/her)
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Adopt a Pet

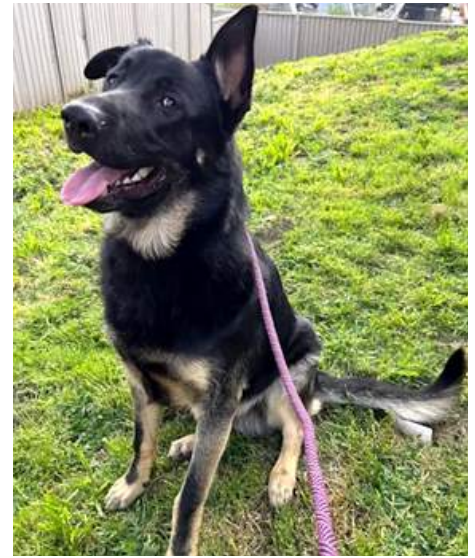
WITH this issue, we're starting an 'Adopt-A-Pet' column to help the Ballarat Animal Shelter find homes for those of our furry friends who are looking for one.

The 2023 year ended with 1154 animals adopted from the shelter, including 856 cats and kittens, 293 dogs and puppies and five rabbits and guinea pigs.



Our February cat is Emily, a 12-year-old female domestic short hair who is described as a 'quiet smoocher'. She previously lived with an elderly person and so would prefer a quiet home to relax in. She can share with other (quiet) cats but will do well by herself. Emily is desexed, vaccinated and wormed.

All Ballarat Animal Shelter animals must be viewed by potential adopters and their household. Call the shelter on 5334 2075 or email animalshelter@ballarat.vic.gov.au for more information about an animal and the shelter's adoption procedures. Some animals are not desexed until after the adoption.



Our February dog is Milo, a large male German Shepherd mix, aged 11 months. He's sweet and timid, and loves being around people, though he can be a bit shy at first and has had limited training so far. He's intelligent and loves to play and explore his environment. Milo would benefit from someone who knows the breed and its needs and will need to go to a home as the only dog (and no cats). Milo is desexed, vaccinated, wormed and has received heartworm preventative.

Multiple bookings may be made for the same animal and the shelter is not able to hold any animals for any reason. As such, there is a possibility that the animal you are interested in may have found a home before your appointment. If this is the case you will be informed by phone call as soon as possible.

Appointment hours are:
Monday to Friday: 12.30pm-3.00pm.
Saturday and Sunday: Closed.

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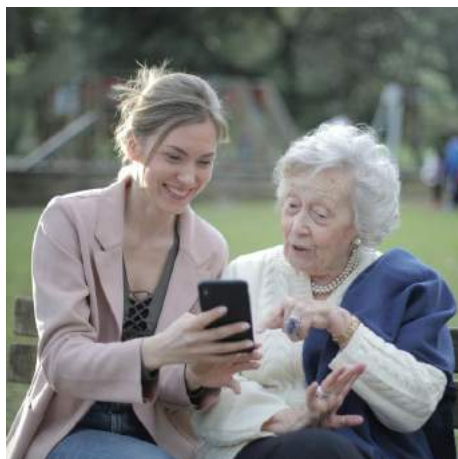
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Safer Internet Day

Be Connected

Youth Podcast



THE PODCAST series being produced by young volunteers at the Centre for Multicultural Youth (CMY), reported on in our last edition, now has a name and an official launch date.

It's called 'Thrive Cast' and will be officially launched with a live listening party and Q&A session at Barkly Square on Saturday 16 March as part of Flourish Fest, CMY's new youth festival project.

Focusing on young people's mental health, the series is a joint project between Multicultural Arts Victoria, CMY Ballarat and headspace Ballarat, supported by VicHealth through its Future Healthy: Future Reset program. The first episode was recorded in late January and the entire series will ultimately be available on Spotify.

Episode One covers how culture impacts mental health as an individual, a member of participants' communities and how people outside their culture perceive them.

Episode Two will focus on gender equity.

Episode Three's subject will be mental health support in schools and how to access effective mental health services safely.

Episode Four's topics will be body image, self-perception, health and fitness.

Episode Five will discuss stigma and how to: talk about mental health in a constructive manner, support peers experiencing poor mental health and look after your own mental health; **Episode Six** is on Ballarat data; and **Episode Seven** is on racism.

The **final episode** will cover healthy relationships, loneliness and forming a healthy network.

Visit: cmy.net.au/young-people-community/rural-regional/ballarat for more about the project.

WE USE the internet in almost every aspect of our lives, so it's important we know how to be safe online, understand the risks and know how to report online abuse. You can join the eSafety Commissioner on Tuesday 6 February to support Safer Internet Day - a global initiative dedicated to raising awareness of online safety.

You can get involved and take these three simple actions when approaching online safety: Connect. Reflect. Protect.

Connect - by keeping apps and devices secure and regularly reviewing privacy settings.

Reflect - on how your actions online may affect others or your own safety.

Protect - yourself and others by visiting eSafety.gov.au to find out how to stay safe online and report online abuse.

By sharing the Connect. Reflect. Protect. message, we can work towards making every day a Safer Internet Day. Visit eSafety.gov.au/sid to sign up as a supporter and learn more.

BE CONNECTED is an Australian government initiative committed to building the confidence, digital skills and online safety of older Australians. Whether you want to pick up new skills or dive into a new topic, you can access free learning resources online (beconnected.esafety.gov.au) or join a local, free digital skills sessions.

The Ballarat East Neighbourhood House is a Be Connected Network Partner and delivers the program at Barkly Square and Ballarat North Neighbourhood House.

Ballarat East Neighbourhood House, Barkly Square, 25-39 Barkly Street

Digital Device Drop-In Sessions
9.30 am - 11.30 am, Wednesdays during school term from Wednesday 7 February 2024. Meet Greg in the Community Area near the Cafe.

Ballarat North Neighbourhood House, 6 Crompton Street, Soldier's Hill

Digital Device Drop-In Sessions
10.00 am - 12.00 noon, Fridays from 9 February 2024. Meet Greg at the Neighbourhood House.

Individual appointments are also available by arrangement.

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Speedcubing competition in Ballarat



SPEEDCUBING
AUSTRALIA

SPEEDCUBING AUSTRALIA is a not-for-profit, wholly volunteer-run organisation dedicated to supporting the Australian speedcubing community. Speedcubing is the act of solving twisty puzzles, such as the Rubik's Cube®, as quickly as possible.

On the weekend of 16-17 March, 2024, the 'Brilliant Ballarat 2024' speedcubing event will be held at St Patrick's Cathedral Hall in Ballarat.

Speedcubing Australia began life in 2010 as the RMIT Rubik's Cube Club and are now recognised by the World Cube Association (WCA) as a Regional Organisation. Speedcubing Australia has grown to host in excess of 60 competitions a year in every state and territory.

Advertisement

There are currently 17 official events you can compete in at a WCA competition - the most well known is the Rubik's Cube® or the 3x3x3 Cube. Other events include big cubes up to 7x7x7, solving the cube blindfolded and some that are not even cubes such as the Pyraminx and Clock.

Their speedcubing competitions are open to everyone, regardless of their solving speed. If you can solve a cube, you are welcome to participate! There are no age categories, so anyone can compete at any age or ability level. Competitors range from 5 to 85 years old, with a majority falling between 10 and 20 years old.

Speedcubing Australia welcome spectators and volunteers.

Registrations are open, closing on Friday 8 March. Places are limited to 120 competitors. The base registration fee is \$38.00. To find out more, visit: worldcubeassociation.org/competitions/BrilliantBallarat2024

Community Health Needs

THE Western Victoria Primary Health Network is currently undertaking data collection for its 2024 'Needs Assessment' and wants to hear from local communities on their thoughts pertaining to the gaps and health needs in the region.

The Network is running an online survey and hopes to hear from as many local people as possible.

Anyone who participates has a chance to win a \$200 gift card. Go to meetingplacewestvicphn.au/needs-assessment for more information.

The Network may not have the capability to address all needs that surface from the results, but is committed to strongly advocating for change on behalf of the communities it serves, to help influence funding distribution.

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Ballarat Repair Cafe

ISN'T IT annoying, not to mention disappointing, when a favourite, useful appliance or other household item suddenly stops working, is out of warranty (if it ever had one) and you can't work out how to fix it?

Well, instead of throwing it away, maybe the Ballarat Repair Cafe can help.

Now in its fifth year, the Ballarat Repair Cafe takes place on the last Saturday of each month, from 1.00 pm to 4.00 pm in the Ballarat Tool Library space at Barkly Square, 25-39 Barkly Street, Ballarat East.

Organised and run entirely by volunteers and auspiced by BREAZE (Ballarat Renewable Energy and Zero Emissions), repairers can inspect and, in most cases, get an enormous range of items back into working condition. "Basically, if you can carry it in, we'll look at it," joint co-ordinator Sue Jakob says.

According to Sue, who manages the activity with Clare O'Connor, the success rate for repair efforts is about 70 per cent. About a further 10 per cent of items can be partially repaired (or advice given on what's needed to fix them. If a part is needed and the owner brings that part back, the repair will be made).

The Repair Cafe has a roster of about 25 volunteer repairers, many of whom have mechanical, electrical, electronic, sewing and mending backgrounds



Fixed: Gaynor with her repaired paddle and repairer Howard.

and skills and most of whom are present on repair days. Repairers often work together to problem-solve a particularly challenging project. Sue says somebody once brought in a paddle, like an oar used in rowing or kayaking, which needed some help. Several repairers with different areas of expertise put their heads (and their hands) together to ultimately present the very happy owner with a fully-working paddle.

Repairers are always happy to put the finishing touches to a project. "They get a lot of satisfaction out of fixing something and saving it from landfill," Sue says. Unusual items like the paddle aside, Sue says the most common things submitted are lamps of all shapes and sizes, followed by clocks, clock radios, kettles, toasters, coffee machines and the like.

As knowledge of the Repair Cafe grows, so does its popularity. According to official statistics, from 2019 to 2022, it saw a total of 441 items. Just last year alone it saw 313 items – 219 were repaired, 44 were partially repaired or advice given, 42 were unable to be repaired and 664.7 kilograms of material was saved from landfill.

With lines sometimes out the door on repair days, the cafe has to limit visitors to a single item each, but there's no appointment needed and inspections and repairs are free.

Next Repair Day: Saturday 24 February.

Contact:

facebook.com/ballaratrepaircafe
(where you can subscribe to an e-news)

repaircafe@breaze.org.au

Catherine KING MP
Federal Member for Ballarat

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Standing up for our Community!

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Free Training for Ballarat's Community Groups

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

Register now for one or more of the eight FREE Workshops for Community Groups in Term 1, 2024: ballarateastnh.org.au/community-governance/community-groups.

Please note that, in all cases, Session 2 is a repeat of Session 1 so there is no need to register for both sessions.

Workshop #1 - Running a Successful Community Group

- **Session 1:** 10.00 am - 12.00 noon, Wednesday 21 February 2024: Ballarat Regional Multicultural Council (BRMC) Building Meeting Room, Barkly Square
- **Session 2:** 6.30 pm - 8.00 pm, Wednesday 28 February 2024: Online via Zoom

This Workshop will cover three main topics:

1. Meetings: Kay Miller, Ballarat East Neighbourhood House
2. Budgets: Greg Jakob, Ballarat Tool Library
3. Applying for Charity Registration: Adrian Tinetti, Ballarat and Grampians Community Legal Service

Workshop #2 - Delivering Your Successful Grant

- **Session 1:** 10.00 am - 11.30 am, Tuesday 27 February 2024: Barkly Square, Ballarat East
- **Session 2:** 6.30 pm - 7.30 pm, Tuesday 12 March 2024: Online via Zoom



Workshop #3 - Grant Writing for Community Groups

- **Session 1:** 10.00 am - 11.30 am, Tuesday 5 March 2024: Buninyong Community House
- **Session 2:** 6.30 pm - 8.00 pm, Tuesday 19 March 2024: Online via Zoom

Learn to write great grant applications with the team from the Ballarat East Neighbourhood House and Ballarat Neighbourhood Centre, with special guest speakers from the Community Bank Buninyong & District.

Learn about:

- Finding and developing a great idea for your community group's next project
- Determining the need for the project
- Documenting the proposed community benefit of the project
- Creating a budget and gathering quotes
- Preparing for evaluation of the project and setting up a baseline of data



Workshop #4 - Child Safe Community Groups

- **Session 1:** 1.00 pm - 2.30 pm, Wednesday 13 March 2024: Wendouree Neighbourhood Centre, 12 Holly Grove, Wendouree
- **Session 2:** 6.30 pm - 8.00 pm, Thursday 14 March 2024: 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 Workshop will include a review of each standard and some practical steps that can be taken by community groups to implement them.

Images from Pexels

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