

# Ballarat East

## Community News

**Edition 23: Spring 2025** Connecting people in Bakery Hill, Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip



Amy Tsilemanis at the creative installation site, Barkly Square. Image by Julian Potter.

## Teapot tales are brewing at Barkly Square!

Save the Date! November 15 tea-nth!

This Spring, get involved with an exciting tea-themed community-art installation that will welcome people to Barkly Square and celebrate the inclusivity and friendship of this special place.

Led by artist and creative producer Amy Tsilemanis, you are invited to one of the fun Teapot Tales workshops. Supported by Regional Arts Victoria, participants will share a cuppa as they decorate teapots (2D shapes kindly cut by the Ballarat

Mens' Shed and 3D teapots donated by the community and sourced from local op shops).

The created works will become part of the installation, along with portraits taken of participants with their creations and audio stories capturing memories and rituals of enjoying a good cuppa, all to launch at a special Barkly Square community event on 15 November.

**Upcoming workshops:** School Holiday Special Monday 22 September, 9.30 am - 10.30 am,

Barkly Square Atrium (behind the café).

Email Amy to book:  
[a.tsilemanis@gmail.com](mailto:a.tsilemanis@gmail.com).

More workshops to be announced or get in touch with Amy to organise a time for you and your group/school/family/aged care facility. Everyone is welcome to get involved.

To find out more, visit,  
[amytsilemanis.com.au/portfolio/teapot-tales-at-barkly-square](http://amytsilemanis.com.au/portfolio/teapot-tales-at-barkly-square)



# 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.

### Advertising

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:

\$175+ GST: Business Card

\$350 + GST: Banner

\$875+ GST: Half page

### Frequency and distribution

This publication is printed four times each year. In 2025 it is scheduled for distribution in March, June, September and December.

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.

### Subscribe

Subscribe to be emailed a link to the full-colour PDF of each edition:  
[ballarateastnh.org.au/contact-us](http://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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### Next Edition

Articles and ideas for Edition 24 are due by Wednesday 5 November by email to [news@ballarateastnh.org.au](mailto:news@ballarateastnh.org.au) or in hard copy to the Ballarat East Neighbourhood House, Barkly Square. Please read the editorial policy:  
[ballarateastnh.org.au/ballar-at-east-community-news/community-news](http://ballarateastnh.org.au/ballar-at-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](mailto: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

I recently read about the concept of 'Joyspan', coined by Dr Kerry Burnight, a gerontologist and former professor of geriatric medicine. She explains that rather than focusing on how long you live (lifespan) or even how long you remain healthy (healthspan), joyspan emphasises the quality and quantity of time spent experiencing joy and fulfilment. The concept is based on the science of well-being, contentment, connection, meaning, growth, choice, and purpose.

This edition has a great range of events, activities or groups in which our local community may get involved. There are opportunities to join a group, find a purpose, make a connection and/or learn something new. Perhaps this might may support people's well-being and increase their joyspan!

From the Seniors Festival (p.3), Bigger Hearts Dementia Alliance (p.4), Popcon (p.7) and Kids in the Kitchen (p.5) to free/low-cost activities at the Ballarat East Neighbourhood House (p.12) and Teapot Tales with Amy (p.1), there are lots of activities happening in the coming months. We hope there is something joyful for you.

*Sarah Greenwood-Smith (she/her)*  
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# Ballarat Seniors Festival 2025



City of Ballarat is excited to be part of the Victorian Seniors Festival again this year. The theme of the Victorian Seniors Festival in 2025 is 'Connect. Create. Celebrate.' and invites older Victorians to come together, discover new interests and celebrate in their community.

Ballarat Seniors Festival is about providing fun and good times with opportunities to participate in a variety of events and activities throughout October. The festival celebrates the important and diverse contributions of older residents in Ballarat and encourages community participation.

Highlights include:  
**Victorian Seniors Festival Country Concert**, Wednesday 1 October  
Glenn Starr - Forever Classics - Hits of the 60s. Covering an amazing array of massive hits from history's most defining heartthrobs and talents. 11.00 am, Civic Hall, Mair Street, Ballarat Central. \$5. Bookings required via [hermaj.com](http://hermaj.com) or call Her Majesty's Theatre on **5333 5888**.

**#TheBiscuitTin in Ballarat Launch**, Tuesday 14 October

This initiative aims to raise awareness of older women's contributions and the need for respect. Join us as we celebrate the contributions of 10 older women in Ballarat and release our Recipes for Respect book. Morning tea will follow. This is a free event.

10.00 - 11.30 am at Eureka Centre Ballarat, 102 Stawell Street South, Eureka.

Enquiries: Call Ageing Well Services **5320 5500** (ask for Cathy)

Bookings:  
[events.humanitix.com/thebiscuittin-in-ballarat-launch](https://events.humanitix.com/thebiscuittin-in-ballarat-launch)

**Ballarat Seniors Festival Community Expo**, Wednesday 22 October

The Ballarat Seniors Festival Community Expo is a key event during the Ballarat Seniors Festival. Come along and join in the fun and find out more about what's on offer in and around Ballarat.

10.00 am - 2.00 pm.  
Ballarat Showgrounds and Events Centre - 6 Rosehill Road, Mt Rowen (accessible venue). Enter via gate 3.  
Bookings not required.

For further Seniors Festival support, please contact the Ageing Well Team on **5320 5500** and ask for Tammy or email [seniorsfestival@ballarat.vic.gov.au](mailto:seniorsfestival@ballarat.vic.gov.au).



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Member for Eureka

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

# Dementia Action Week

*September is Dementia Action Month and 15 – 21 is Dementia Action Week.*

Bigger Hearts Dementia Alliance, as well as running regular programs such as Bigger Hearts Choir, Carers Group, Crafty Carers and Cuppa and Chat, will be out in the community raising awareness and conducting Dementia Friendly Community Activities.

Bigger Hearts Dementia Alliance Ballarat Incorporated is completely Volunteer-run. We haven't any paid staff and operate with the direction of five executive members and around 15 others who help shape our decisions and contribute through program facilitation and other tasks.

We will be celebrating our 10 year anniversary next year as our story began in 2016 with Edie Mayhew's diagnosis of Alzheimer's Disease. She and her partner of 30 years, Anne Tudor, set about creating Bigger Hearts Dementia Alliance initially to support others going through the reality of Living with Dementia.

With the help of professionals and community members momentum grew quickly and Edie developed the catch phrase "Our Hearts Are Bigger" because of dementia.

In those 10 years Bigger Hearts Dementia Alliance has delivered



**Woowookarung Dementia Friendly Forest and Sensory Trail.** This has raised the profile of the benefits of being in nature when you have a diagnosis of dementia and provided countless hours of enjoyment for all the Ballarat community not just people living with dementia and their families.

The list goes on, with Bigger Hearts' achievements...

**The Bigger Hearts Choir** meets weekly under the guidance of Geoff Hassell; **Cuppa and Chat** is a great outlet for both the person living with dementia and carers; **Carer Catch Up** is a lovely social get-together where carers support each other and share a delicious afternoon tea; **Crafty Carers** involves carers

bringing along their craft project to work on. This group offers socialisation and time-out and **Dementia Friendly Community education** is for service groups, business and other organisations so that they can support people living with dementia and their carers by having a greater understanding of dementia.

Bigger Hearts Dementia Alliance is just as relevant today as when Anne and Edie began because we are living longer which, along with lifestyle factors, is our greatest risk of developing dementia. If you would like to know more about our programs or join us, do make contact.

*Glenda Hipwell, Secretary,  
Bigger Hearts Dementia Alliance  
dementiaallianceballarat@gmail.com*



**Catherine KING MP**

FEDERAL MEMBER FOR BALLARAT

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*Standing up for our community!*



Subscribe to my newsletters  
to keep updated on grant  
opportunities and what's  
happening in our electorate



Authorised by Catherine King MP, 5 Lyndard St Wd, Ballarat, VIC 3350



# Ballarat Mental Health Collective

## Kids in the Kitchen



**Sunday, October 19,  
10am - 2pm**

Enter Lake Esmond from Clayton St,  
Larler St, and Lal Lal St.  
Car Parking available at Canadian Lead  
Primary School and along Larler St.

**What to expect:**

Meet new people, family fun activities,  
**free sausage sizzle** and join your  
community in supporting mental wellbeing  
together. Food vans at your cost.  
**No registration needed!**

For any disability access requirements contact  
bmhcommunityevent@gmail.com



Learn to make Healthy Rice Paper Rolls! The Ballarat Healthy Lunch Kitchen is bringing the Kids in the Kitchen classes to Barkly Square for children to learn basic cooking skills. For \$25 per child, each will prepare delicious rice paper rolls with lots of yummy fillings with chef Millie. Once made the class will eat the rolls and might even have some to take home! To register, visit:

(8-12 yo) [socialplanet.com.au/activity/view?id=40183](https://socialplanet.com.au/activity/view?id=40183)

(13-16 yo) [socialplanet.com.au/activity/view?id=40248](https://socialplanet.com.au/activity/view?id=40248)

# DON'T PUT YOUR FAMILY'S FUTURE ON THE LINE

Truckies, always obey the  
signs at every level crossing.



Authorised by the Victorian Government, 1 Treasury Place, Melbourne

[transport.vic.gov.au](https://transport.vic.gov.au)







# TELL US YOUR THOUGHTS ABOUT GAMBLING

We're asking the Ballarat community to share their views on gambling and gambling-related harm. Your input will help guide future programs, policies, strategies to reduce harm, and advocacy efforts by local organisations.

## How to get involved

There are 3 ways to get involved.



**Complete the survey** by scanning the QR code below



**Submit a written response** to [hsplanning@ballarat.vic.gov.au](mailto:hsplanning@ballarat.vic.gov.au)



**Attend a drop-in session:** Visit [mysay.ballarat.vic.gov.au](https://mysay.ballarat.vic.gov.au) for drop-in session information.

## JOIN THE CONVERSATION



Submit your feedback at  
[mysay.ballarat.vic.gov.au](https://mysay.ballarat.vic.gov.au)  
or scan the QR code.

Consultation closes 9 November.



## Need Help? You're Not Alone. Reach Out Anytime

If you would like support with your gambling, or are impacted by someone else's gambling, please contact one of the following services:

### Cafs – Gambler's Help (Ballarat)

Free, confidential support  
1800 692 237

### Gambler's Help – Cafs

Gambler's Help (Victoria-wide)  
Free counselling and support services  
1800 858 858  
[gamblershelp.com.au](https://gamblershelp.com.au)

### Gambling Help Online

24/7 online support and self-help tools  
[gamblinghelponline.org.au](https://gamblinghelponline.org.au)

### Lifeline

Crisis support and suicide prevention  
13 11 14 | Text 0477 13 11 14  
[lifeline.org](https://lifeline.org)