

Ballarat East

Community News

Edition 10 December 2022

Connecting people in Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip



Local poet, Melissa Watts, with her poetry collection.
Photographer, interviewer and article writer: Adam McNicol

The poetic voice of local creative, Melissa Watts

There are many creative people living in Ballarat East and Melissa Watts is one of them.

Moving to Ballarat East 13 years ago gave Melissa the opportunity to pursue her creative endeavours. She joined Ballarat Writers, started a PhD in creative writing and history at Federation University and began being mentored by other local writers.

“I love living in Ballarat East,” Melissa said. “I find great inspiration from my surroundings. There is so much history in this area, and I’m inspired by the natural environment. When I look out my window, I can see places

like the Woookarung Regional Park and Mount Buninyong.”

Melissa lives with her partner Ben and their three children – James, Henry and Lily – who love to help her deliver the Ballarat East Community News and enjoy chatting to community members as they do.

In April, Melissa launched a poetry book called *Small Towns: Poems of people and place*, which is available from online bookshops and Everybody Knows Books in Ballarat Central.

“There’s a mix of traditional poetry with more humorous and political

poems,” Melissa explained.

“Being in lockdowns during the last couple of years got me thinking about the role of communities.

Having the support of the local community when I launched the book proved that the Ballarat East area loves to support its creatives.

My nearby friends and neighbours, along with the great people who run Everybody Knows Books, were very encouraging and supportive.”

Melissa recently completed her PhD in which she studied the role of a group of women during the Second World War.

“I researched female cartographers from the Australian Women’s Army Service, who were based at the Fortuna Villa Mansion in Bendigo,” she said.

You can find Melissa online at melissawatts.net or on Instagram at [@melissa_watts_writer](https://www.instagram.com/melissa_watts_writer).

How to paint a sigh by Melissa Watts
Inspired by David Moore,
Untitled (Landscape with Water)

Eucalyptus scent
across water in the
movement of morning’s vapour.
White on grey -
a shore which makes
the sound of brush
stroke upon canvas.
Slow waves, the shape
and speed of a contented sigh.
It’s a cold filling of lung to the brim,
a warm exhalation into the dawn.



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.

About the Ballarat East Community News

The Ballarat East Community News is a project of the Ballarat East Neighbourhood House. Its establishment in early 2021 was supported by the City of Ballarat through a Community Impact Grant and publishing in 2022 is supported by VicHealth through a Reimagining Health Grant.

Contributors

This publication is compiled, edited and designed by Ballarat East Neighbourhood House volunteers and staff. Our front page banner was designed by local artist, Kelsie White. Thank you to this edition's volunteer contributors Jo and Anne.

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.

Advertising

Thank you to our advertisers for financially supporting this important community project for broader Ballarat East.

Advertising rates per edition are:

\$100 + GST: Business Card

\$200 + GST: Banner

\$500 + GST: Half page



The Ballarat East Neighbourhood House welcomes all LGBTQIA+ communities.



Frequency and distribution

This publication is printed five to six times each year. In 2023 it is scheduled for distribution in January, March, May, August and November.

Over 7000 hard copies are delivered by a team of over 40 local volunteers to the suburbs of Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip. Involving volunteers is a key community development element of this project.

This publication is printed locally on 100% recycled paper by a family-owned business, Ballarat Mailworks, 512 Dowling Street, Wendouree, 3350.

This publication is licensed as Creative Commons Attribution-ShareAlike 4.0 International.

A project of:



This project is supported by:



Subscribe

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

Next Edition

Articles and ideas for Edition 11 are due by **Friday 13 January 2022** by email or in hard copy to Barkly Square Main Reception. Please read the editorial policy: ballarateastnh.org.au/ballarat-east-community-news/community-news

ISSN: 2652-9815 (Print)

ISSN: 2652-9823 (Online)

Join our Team

Volunteer to help with this publication by: writing articles, proof-reading, taking photographs, seeking advertising, layout/design and/or delivery. Interested? Please get in touch.

Ballarat East Neighbourhood House

reception@ballarateastnh.org.au

0422 612 052

Barkly Square,

Wadawurrung Country,

25-39 Barkly Street, Ballarat East

9.00 am - 5.00 pm Tuesdays to Fridays during school term.

Memberships:



Welcome to Edition Ten, Ballarat East Community News

What an achievement to be publishing Edition 10 of the Ballarat East Community News. Wow!

We are so proud to have established this new community news publication during a global pandemic and to see it thriving.

Thanks to both the City of Ballarat for a Community Impact Grant to get this project started and VicHealth for a Reimagining Health Grant to grow it into an award-winning publication (look right) within 10 editions.

We have a team of almost 50 delivery volunteers (but always welcome a helping hand, so please get in touch if you would like to join the team).

A small team of volunteers help to gather the stories, images, facts and figures to make sure that we are delivering up-to-date, engaging and relevant content each edition.

Regular financial support from our advertisers helps with printing costs (7500 hard copies each edition).

Thanks to all involved in this important community development project. We think it is awesome!

Sarah Greenwood-Smith
Editor, Edition 10

*Manager, Ballarat East
Neighbourhood House*

0422 612 052

reception@ballarateastnh.org.au

Winner! Best Sports Reporting: Swordcraft in Ballarat

At the recent Community Newspaper Association of Victoria Annual Awards, held in Mount Macedon, the Ballarat East Community News was a Winner for volunteer, Jo Latten's, article about Swordcraft in Edition 8. The judge was journalist, Lisa Dennis, who wrote, "Once again it was incredibly tough to select a winner from this year's entries. There were some great reads featuring a wide array of topics, characters and sports."

"The fantastic main image which accompanied the story immediately grabbed the reader's attention. This was an extremely well written piece which really drew the reader in from first glance and set the tone for the activity and placed the reader at the venue amongst the participants. If one was ever considering taking up Swordcraft this piece definitely answered all your questions from a great firsthand perspective. This submission was a standout."

The article was also given a special mention in the Best Feature Story category. The judge was journalist, Mike Smith. Here are some of his comments:

"Jo Latten and the paper have done a great job here. They are having a lot of fun with this story and that is perfect for this. Swordcraft is grownups dressing up as knights, elves and different war band groups in live action role plays. Jo Latten

does this as a Q&A and I think that is the perfect treatment for this because our two swordcrafters, Dominic and Samantha, take us through what this is all about beautifully, with a heavy dose of tongue in cheek, but also the beneficial side of this as well. Every question that pops into your mind 'What is this?', 'What on earth is it about?', 'What is going on here?' is asked.

The Ballarat East Community News treats this story well, giving us an in-depth view of what it's about, giving us information as well as fun and light. I love the photograph on the front by Margaret Bosidis, the wry smile on that gentleman just about says it all. This is a fun story, it's a little bit cheeky, it's got a sense of humour. I love that it's on the front page and that's the community newspaper saying that we don't have to take ourselves so seriously all the time but also there is a very interesting side to this swordcraft movement and the newspaper and Jo have covered that beautifully as well.

So congratulations to Jo for getting excited about this and congratulations for covering it so well. Congratulations to Ballarat East Community News for putting this story on the front page, I think a lot of people would have read it to the very last word and would have been intrigued and might now go along and have a look or even participate and I think that's going to be a great thing for the community."



I'm here to help.

Please contact my office
if you feel that I can be of
any of assistance

Michaela Settle MP
STATE LABOR MEMBER FOR EUREKA

15 Main Road, Bakery Hill VIC 3350 5331 7722
michaela.settle@parliament.vic.gov.au MichaelaSettleMP

Authorised by M. Settle. ©
Alan Frost, Sydney 198

Join the Ballarat East Neighbourhood House Zero-Waste Homes Community

Delivering a hands-on course for householders to enable them to confidently address waste and recycling issues.

The Ballarat East Neighbourhood House was successful in receiving \$38,017 in funding from Sustainability Victoria to deliver a Zero Waste Home program in Ballarat in partnership with the three other local Neighbourhood Houses and local environmental organisations and individuals.

The idea is to develop the pilot project during 2022 and deliver it four times in 2023, continually improving it along the way.

Learn how to:

- Not bring waste into your home (prevention)
- Minimise the amount being brought into your home
- Repair items
- Re-use what is brought into your house
- Recycle
- As a last resort – dispose of the item



Image from Pexels

Here are the statistics: Householders contribute to 12.4 million tonnes (16%) of Australia's waste. We are the largest contributor of plastic waste (supplying 47% of total plastic waste) and organic waste (supplying 42% of total organic waste). Yet it is not slowing down, with Australia's waste growing at twice the rate of our population.

Something has to be done. Householders are part of Australia's waste problem. We can also be part of the solution.

This project is specifically designed to empower householders to tackle waste and recycling directly in our homes. It all begins with each participant undertaking a detailed audit of the home to ascertain what waste, recycling and other materials are present. With the results of the audit, combined with the interest and passion of the participants, we will define the themes and topics.

This program directly reduces the waste of every household. Local experts who know how to re-purpose household waste (including non-organic, organic and plastic) will be guest speakers presenting.

Their local knowledge, passion and experience will be invaluable in leading, directing and supporting us in changing how we deal with waste in our homes.

Complete our survey to win!

Scan the QR code to complete a short survey to help design the workshops. Go in the draw for vouchers from Ballarat Wholefoods Collective. Survey closes Thursday 15 December.

Register your interest for 2023

To register your interest in joining the Zero-Waste community and to find out more about the free workshops being run in 2023, please contact the Ballarat East Neighbourhood House on 0422 612 052/reception@ballarateastnh.org.au.

You can find out more online: ballarateastnh.org.au/support/zero-waste-homes

Have Your Say on Recycling and Waste Collections

- Would you like to see a new purple-lid kerbside bin for glass or do you prefer the Pass on Glass drop-off system?
- Are you likely to place your food waste in the green waste bin as part of a new combined food organics and garden organics (FOGO) kerbside collection?
- Are your bins a good size and how often would you like to see your waste and recycling collected?

The City of Ballarat also has a recycling and waste survey open until 18 December 2022. Visit mysay.ballarat.vic.gov.au.



Commerce Ballarat
Your partner in business

BALLARAT Christmas Giveaway

OVER \$3500 IN PRIZES TO BE WON!

#ShopToWinBallarat

FOR MORE DETAILS VISIT WWW.COMMERCEBALLARAT.COM.AU

Working to prevent elder abuse with Seniors Rights Victoria

The Australian Government's recent National Elder Abuse Prevalence Study estimated that around 15% of the population aged 65 and over, living in the community (rather than residential care) have experienced elder abuse in the past 12 months.

Seniors' Rights Victoria (SRV) wants to help people reduce the risk of elder abuse by understanding their rights and increasing knowledge on the ways to plan ahead to ensure their wishes are met. They're offering a free information/training session at Ballarat East Neighbourhood House on Thursday 15 December from 2.30 pm - 4.30 pm.

An expert from SRV will help you increase your knowledge and skills on the following:

- A brief overview of ageism and how it can be a factor in elder abuse
- What elder abuse is
- Signs of abuse
- Reducing the risk of elder abuse
- Legal and non-legal options when abuse occurs
- What SRV is, what they do, how they help and when to call
- What to expect when you call SRV
- Who to call for more urgent matters or concerns
- Tips and advice on how to share this information with your community

The session will include a discussion, a delicious afternoon tea and resources for your community.



A COTA Victoria Program

To register please contact Lucy Best, Project Coordinator at SRV: lbest@seniorsrights.org.au 03 9655 2179.

CASE STUDY

When people don't provide the care they promised

Many people don't realise that what they are experiencing is elder abuse, or they don't know what to do about it when abuse occurs.

This (de-identified) case study highlights the types of issues with which Seniors Rights Victoria (SRV) can help.

Margie's adult daughter moved in with her after a relationship breakdown. Although her daughter was working, she wasn't making any financial contributions to the household.

Margie called SRV to talk through what was happening. She explained that she was finding it increasingly stressful having to cover the additional food and utilities bills on her limited budget. Margie didn't know how to approach the conversation, as she feared her

daughter might react badly or feel unsupported.

The helpline workers at SRV explained to Margie that her daughter not contributing could be financial abuse. They explained to Margie that she was within her rights to ask the daughter for a financial contribution to the household expenses. The discussion with SRV helped empower Margie to sit with her daughter and explain the financial burden she had created. Margie found a mediator who was able to support the conversation.

Margie's daughter explained that she hadn't realised her mother was on a limited budget. She recognised that she had slipped into being cared for, without acknowledging that Margie had her own needs too. The mediator helped Margie and her daughter communicate what they would both like out of living together and how they could make it work for both of them. Margie's daughter apologised and they made an agreement to create some more formal arrangements to ensure everyone felt supported financially and emotionally.

Seniors Rights Victoria (SRV) is a community legal centre that provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

If you, or someone you know needs of some support you can call the SRV Helpline on 1300 368 821.

Have you visited Barkly Square?

A warm and welcoming environment with over 20 community-minded organisations under one roof.



facebook.com/barklysquareballarat 25-39 Barkly Street, Ballarat East barklysquare.org.au (08) 5333 8600

Meet our 2023 Pet Mascot!



Blazer, Image supplied.

We are super excited to announce that Blazer is the winner of our inaugural Pet Mascot competition! During 2023, Blazer will join some of the Ballarat East Neighbourhood House participants while they are walking, creating, volunteering, learning, chatting and connecting with others. Blazer will help spread the word about how great our community is and some of the ways to get involved.

Thank you to the 60+ people who voted in the Pet Mascot competition and to Glenn and Kerry from Baker's Delight Bakery Hill for donating 10 x \$10 vouchers for some lucky winners.

We look forward to working with Blazer during 2023!

Coming up in 2023

It has been lovely to see more and more people coming along to discover the wide range of activities offered by the Ballarat East Neighbourhood House.

New activities this year which have been popular include:

- Beginners and Intermediate Auslan (Australian Sign Language)
- Mindfulness in Nature with Art
- Creative Kids' Club
- Alexander Technique
- Gentle Yoga
- Hypnotherapy-Meditation

In 2023 we are looking to run some additional activities, including:

- Sewing
- Art classes
- Poetry Writing Workshop
- Fiction Writing Workshop
- 'Write Your Life' Memoir Workshop
- Digital Skills for the Workplace
- Digital Skills for Jobseekers

Details are still being finalised.

In 2023 we will continue to run our regular programs, including:

- Playgroup
- Tai Chi
- Walking Group
- Drawing Group
- Be Connected (Digital Skills)
- Chatty Wednesdays
- Winter Woollies

For the 2023 Activities Calendar keep an eye on this page:

ballarateastnh.org.au/classes/activities or call us on **0422 612 052**.

Bicycle Stand for the Repair Café and Tool Library

In June 2022, in partnership with Recranked, the Ballarat Community Men's Shed and Ballarat Tool Library, we ran a successful Bicycle Maintenance Workshop at Barkly Square, 25 Barkly Street, Ballarat East.

The participants learned and shared skills to fix and maintain their bicycles and made new friends too!

Through a VicRoads Community Road Safety Grant, we purchased a bicycle stand and donated it to the Ballarat Tool Library for their ongoing use and for use by the Repair Café.

Ballarat Tool Library:

- 4.00 pm to 6.00 pm Tuesdays
- 10.00 am to 12.00 noon Saturdays

Repair Café events will be held on the last Saturday of the month from 1.00 pm to 4.00 pm.



Ballarat Tool Library volunteers, Greg and Tony, with the new bike stand. Image supplied.

"SPIRITED"
community
contemporary
collaborative
creative

AN EXCITING OPPORTUNITY AWAITS YOU! **"SPIRITED"**
Under the Artistic Direction of Generate Dance
For dancers and creative performance artists who are committed and ready to inspire and be inspired.

Get involved in the debut performance of *generate* DANCE in 2023!

For further information contact generatedance1@gmail.com

This project was made possible by the City of Ballarat and Regional Arts Victoria. Generate Dance acknowledges the generous support of the Regional Arts Victoria Creative Inspiration Grant:
<http://www.rav.net.au/funding-opportunities/creative-inspiration-grant>

Photo: Dlenka Votik - Unsplash.com

\$360,000 Grant supports development of Y Learn and Swim

Last month the Y Ballarat was thrilled to learn that they were successful in securing a State Government Building Blocks Improvement Grant of \$360,000 to support the development of Y Learn and Swim in Brown Hill Ballarat.

Michaela Settle, Member for Eureka and Juliana Addison, Member for Wendouree, were on site to deliver the fantastic news. Along with the project team, they took a tour of the centre and admired the progress.

“This Building Blocks grant really contributes to developing outstanding facilities for our youngest learners,” said Carina O’Neill, Y Ballarat’s Project Manager for Facility Development. “This means that our outside spaces will be greatly enhanced, encouraging indoor-outdoor play and maximising those exploratory learning opportunities.”

In the Early Learning section of the building, construction is forging ahead with plastering, flooring and tiling all almost complete.

The bright spaces are being fitted out with colourful cabinetry and fittings, all created around the philosophy which emphasises the important role of the environment in education. Designed to provide rich environments to initiate learning and safe spaces where children can explore and express themselves, the 5 rooms will cater for children between the ages of 6 weeks and 5 years old.



Juliana Addison MP (front, centre), Michaela Settle MP (front, right) and members of The Y Ballarat team at the Y Learn and Swim Centre, Brown Hill. Image supplied.

The Early Learning Centre (ELC) is on track to open on 30 January 2023. The 3- and 4-year old quality kindergarten programs at YLS will be free and offered for 15 hours a week.

Enrolments are now open for Long Day Care and the 3- and 4-year-old Kindergarten programs. Swim School enrolments will open in January 2023. More details about the centre can be accessed at ylearnandswim.org.au.

As the largest Early Years Manager of kindergarten services in Victoria, the Y Kinders’ experienced team is excited to continue innovating and evolving, always keeping the wellbeing of children and their families central to the development of new care and education initiatives.

The Executive Manager of Children’s

Services at Y Ballarat said that the amount of interest shown by the community had been impressive.

“The convenience for families of offering long day care, kindergarten and a swim school all in one location cannot be understated. We’re just so excited about the early education offer we’re delivering at Y Learn and Swim. We pride ourselves on offering inspired early education and at Y Learn and Swim, with the incorporation of water safety and fun in the program, we’re aiming for a really unique program. The purpose-built centre in a great location will also really assist families.”

The Centre will offer the established and highly regarded Y Swimming Lesson program for children enrolled in the ELC and also to the public.

Catherine
KING MP

Federal Member for Ballarat

03 5338 8123

Catherine.King.MP@aph.gov.au

CatherineKingMP

@CatherineKingMP

Standing up for our Community!

www.catherineking.com.au

Authorised by Catherine King, Australian Labor Party, 302 Sydney Avenue, Easton VIC.

Bakery Hill

Bakers Delight
Baking fresh daily.

It is TART season!

We bake the most delicious tarts and between now and Christmas have 3 fantastic flavours: the brand new MANGO PASSION TART (limited time), the ever popular zesty LEMON TART and the traditional FRUIT MINCE TART.

Come into our Bakery, purchase a 6-pack of any of our TARTS and we'll give you any loaf of bread up to the value of \$5.20 FREE!

Simply bring in this coupon to redeem the offer. One per customer per day.

Shop 6, 73 Victoria St, Bakery Hill Shopping Complex

Valid at Bakers Delight Bakery Hill only until 24 December 2022.

Celebrating and raising awareness of Australia's growing urban agriculture movement with events nationwide.

For the entire month of November SUSTAIN: The Australian Food Network celebrated the rich diversity of individual and collective activities around localised green actions and showcased them throughout the second annual Urban Agriculture Month. The theme for this year was 'Growing Edible Towns and Cities.'

For those who are lovers of backyard gardening, run a community garden, are sustainability educators, eco warriors, microgreens growers, compost lovers, soil stewards, beekeepers, mushroom farmers, backyard chicken fans, seed savers, preservers, small/balcony garden advocates, horticulturists, green-thumb newbies or permaculture gurus...this was a fabulous annual event open to individuals, businesses and groups alike.

People hosted open gardens, workshops, guided tours, skill share classes, crop and plant swaps, communal feasts and an array of other activities during Urban Agriculture Month. Many used the month to connect with new groups, and to make new discoveries into what is happening in the urban agriculture movement. It brought some new awareness and media attention to the work people are doing in this space, along with growing connections and new members.

Locally, seventeen events took place, including a talk from author and star of SBS TV's Gourmet Farmer,



Matthew Evans, on soil at Food Is Free Green Space. Other activities included Gardening workshops, beekeeping, open beehive experiences, kokedama workshop, tomato seedlings market sales, medicinal plants workshop and a food crop swap from Ballarat Community Garden in Ballarat East.

Urban Agriculture Month is a thirty-day celebration, bringing together passionate and like-minded groups to be one allied collective. People learnt from our community and shared the knowledge so others could be empowered to nourish our towns and cities.

Sustain: The Australian Food Network are a think and do network connecting passionate people like you to build tangible change. In 2021 we hosted the very first national Urban Agriculture Month with the theme being 'Care Farming and Gardening in the Climate Emergency'. The month

saw 219 nationwide events, with over 3000 attendees.

The recent Federal election shone a light on community and localised impact being a priority for many, especially youth. We've seen the fallout from the cost of fresh produce and empty supermarket shelves with the Pandemic being the catalyst for societal changes swinging back in favour of growing your own and DIY.

Never has there been such a vital time to determine solid pathways for climate action, sustainable food production and localisation of produce than now.

To find out how the Ballarat community celebrated 'Growing edible cities and gardens' with Urban Agriculture Month, visit: urbanagriculturemonth.org.au sustain.org.au

Lou Ridsdale, Food is Free Inc.

Supporting our community since 1981



- Adult Education and Training
- Employment Services & Support
- Community Events & Lunches
- Volunteering Opportunities

Tuppen Drive, Sebastopol | www.ballaratnc.org.au | Ph: 5329 3273



Gambling Harm Prevention during Gambling Harm Awareness Week

Each year the Victorian Responsible Gambling Foundation encourages partners to host local events during Gambling Harm Awareness Week to start community conversations about gambling harm. Talking about this harm, which affects individuals who gamble, family members, friends, workplaces and communities can help to reduce the associated stigma and promote help-seeking.

'Gambling With Your Health' Event

Child and Family Services (Cafs) hosted the 'Gambling with your health?' event, presented by Gambling Harm Awareness Ballarat and hosted by Foundation Lived Experience Committee member Lynda Genser in partnership with the Ballarat East Neighbourhood House.

Community members enjoyed a free lunch and listened to a panel of local community leaders and professionals discuss gambling harm, harm



Artwork created by participants of the 'Pictures of Hope' workshop

prevention, reducing stigma and the value of alternative activities to gambling. Guest speaker from ReSPIN and former member of the Foundation's Lived Experience Advisory Committee, Paul Fung, then shared his personal story of gambling harm and recovery.

'Pictures of Hope' Workshop

This was a unique creative workshop, 'Pictures of Hope', also hosted by Cafs. Bringing together their Gambler's Help support services and the disability support services provided by local social enterprise, The Glow Project, the workshop involved therapeutic tools such as ambient music, gentle movement, mindfulness and visually enticing craft materials.

"The participants openly explored difficult emotions, whilst focused on creating visual expressions that were beautiful, satisfying and wonderfully different from one another," said artist and tutor Linda Franklin.

"Sincere thanks for having the vision and know-how to bring together several services to support the young women cared for by The Glow Project Disability Support."

John Bradshaw, Cafs



Grassfires move so quickly, it's **impossible** to outrun them.

This summer, significant pasture growth in paddocks and roadsides means that fast-moving grassfires will be a serious risk across Victoria. Rural grassfires can be just as dangerous as bushfires, and can actually spread even faster, travelling at speeds of up to 25km/h. If you live close to open paddocks or grasslands, you could be at risk and need to be prepared. On Extreme or Catastrophic Fire Danger Rated days, the safest option is to leave early.

How well do you know fire?

Plan. Act. Survive. Go to vic.gov.au/knowfire

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



What would a wise person do?



Philosophy students at Barkly Square. Image supplied.

So, how have you gone through the week? Did you remember to ask yourself, "What would a wise person do in this situation?" What occurred for you?

A powerful question to be asked in any situation and to be able to belong to a group – the Practical School of Philosophy – where we delve deep into questions like this and more, is a normal everyday occurrence.

After being unable to have face-to-face groups for nearly three years due to the COVID-19 pandemic, the Ballarat branch of the School of Philosophy has started back with in-person groups at a new venue at Barkly Square.

We are delighted to join the community at Barkly Square, if only for a couple of nights, and we will be offering "The Wisdom Within" course to newcomers starting 8 February 2023:

practicalphilosophyvic.org.au/product/the-wisdom-within/

The course introduces some of the great philosophical teachings from around the globe and allows participants to look at life and its meaning, the world and its causes.

It also explores ways of bringing humanity's great philosophical insights into our everyday lives, placing the emphasis on learning from our own experiences, the most powerful of teachers. It poses the question, "Who am I?" and gives

practical ways to explore the answer.

I asked some of our current students what they had found to be most valuable since starting Philosophy.

"I enjoy the friendly and open-minded discussions of the wise and use the practical tools the school teaches to bring greater wisdom into my everyday life." Melissa

"In being part of the School of Philosophy I have enjoyed learning new ways to relax and be present to what is in front of me. Through the meditation practices I have found that things flow more easily and answers come to me more readily."

Ruth

"Every week I join a group of people who are keen to ask the big questions and explore how we can be better people. The wisdom I receive and apply to my everyday life has had a massive and profound effect. I am less stressed, a better wife and mother and can sit to meditate everyday." Julie – participant of 15 years

We will be having a stall at the Barkly Square Global Market on 9 December from 4.00 pm to 9.00 pm. Come and have a chat about the benefits of exploring what Philosophy can offer and enter in our raffle to have a chance to win a philosophical book written by Eckhart Tolle.

Alison Brookman,
alisonbrookman@schoolofphilosophy.org.au
0400 939 326

Mount Pleasant History Group

The Mount Pleasant History Group (MPHG) held their November meeting at the Ballarat Observatory on Thursday 17 November.

The group welcomed two visitors from the Sebastopol Historical Society. Bruce Harris (current President) spoke of the way in which their society operates with an emphasis on the displays of historical artefacts which they have, with many organisations and visitors enjoying those. He talked about the links between the two suburbs, especially with regard to gold mining.

Neil Wright (a past President) spoke of his 'growing up' days in Mount Pleasant, and the memories of his exploits.

During the group activities section of the meeting MPHG President, Max Duthie, informed the group of his intention to retire from the position of President of the group, while still retaining his interest in the history of the suburb as a group member, but not in any leadership role. The activities of the group will continue to be managed by the current Committee.

Max Duthie
(Retiring) President MPHG

mphg.ball@gmail.com
[facebook.com/MPHGB](https://www.facebook.com/MPHGB)

Justice of the Peace

A justice of the Peace is available near the main entrance to Barkly Square, 25-39 Barkly Street, Ballarat East, every Thursday from 12.00 noon to 1.30 pm.

Maria is available to provide assistance with document witnessing, certified true copies, statutory declarations, affidavits and more.

This is a free service facilitated by BGT Jobs and Training Ballarat.

Discover Hypnotherapy-Meditation with Clare



Clare. Image supplied.

Clare has lived and worked in Ballarat all of her life and currently works as a Certified Hypnotherapist and Nature Based Therapist in a busy private practice. Clare is passionate about sharing the wonderful world of Hypnotherapy with our community.

She has over 30 years of experience in the health care industry, including aged-care and acute and palliative care units in a large regional hospital.

Clare's vast experience as a Pastoral Practitioner involved working individually with clients and supporting them through some of the most challenging times in their lives.

She has assisted people to cope through surgical care, oncology and cancer care, pain management, ageing, diagnosis and prognosis support, cardiac care, rehabilitation and palliative care. Clare has helped patients and families navigate through end-of-life care and is experienced in giving dying and grief/bereavement support.

Clare's past experience gives her a deep understanding of habits or beliefs that can get in the way. She has also observed the incredible capacity of the human mind to move

from trauma to triumph. This has inspired Clare to assist people beyond the hospital environment by utilising a holistic approach toward healing the mind, body and spirit.

Hence, Clare discovered the incredible world of hypnosis to tap into the amazing power of the mind, where we can develop personal resources to create new patterns of behaviour and experience changes that will enrich our lives. It is a safe and natural way for us to access the wisdom and abilities of the inner mind to find solutions to obstacles in life and/or make positive changes in our lives.

Clare says, "Hypnosis is just a very relaxed and focused state of mind, like a deep meditative state. It's a process where the conscious mind is asked to step aside temporarily to allow you to connect with the subconscious mind. It's relaxing and enjoyable!"

Throughout Clare's practice as a Hypnotherapist she says, "I have witnessed incredible positive changes in people's lives and this is something I would like to share with others and provide an opportunity for them to experience and notice the difference."

With a compassionate and holistic approach, Clare will guide you to connect inwardly with your self-awareness to utilise your own wisdom and inner strength.

Join with Clare in these sessions from 1.00 pm - 2.00 pm on Fridays at Barkly Square until 16 December and from 3 February 2023 to experience hypnotherapy in a safe and nurturing space. Each session costs \$10/person.

The sessions will cover:

- Deep relaxation and wellbeing
- Releasing stress and anxiety
- Manifesting positivity and confidence

ballarateastnh.org.au/classes/hypnotherapy-meditation
or call us on **0422 612 052**

2023 Kids on Tour Theme: LET'S MAKE ART!



It's Free: Children and families can enjoy free art activities and workshops at over 130 community venues across Melbourne and Victoria these summer holidays, including the Ballarat East Neighbourhood House at Barkly Square.

The National Gallery of Victoria (NGV) Kids on Tour coincides with the NGV Kids Summer Festival, 14 - 22 January 2023 taking place at the NGV International and The Ian Potter Centre: NGV Australia, Fed Square.

The Ballarat East Neighbourhood House's Kids' Club coordinator, local Art Teacher Nellie, will be running free art activities on **Tuesday 24 January** at Barkly Square.

To find out more and to register, visit: ballarateastnh.org.au/social-connection/art-for-kids or call us on **0422 612 052**



**Artwork by Lucas,
Creative Kids' Club, Ballarat East
Neighbourhood House.**

Lucas, 7, says, "It is a safety car driving around the danger sign so no one drives over the cliff and crashes and falls into the canyon."

Thanks for sharing your work Lucas!

Free training program for community groups

Following a survey of local community groups, a schedule of free training sessions is being developed for delivery across Ballarat in 2023.

This is part of the four-year Community Governance Project funded by the City of Ballarat and delivered by the four Neighbourhood Houses in Ballarat through a Strategic Partnership.

The topics of most interest include:

- Running a successful community group
- Marketing and promotion
- How to manage difficult situations within your group
- Committee skills evaluation and succession planning
- Partnerships, collaborations and networks
- Grant writing
- Where does the money come from? Grants, donations and fundraising

Save the date for these free training sessions to be run in 2023 (times and locations in Ballarat to be confirmed):

Grant Writing

Wednesday 8 February

How to get people onto your team and keep them

Tuesday 21 March

Running a successful Community Organisation

Thursday 18 May

Managing Difficult Conversations and Situations

Tuesday 6 June

Here's the pitch – PR for community organisations

Date TBC

For more details and a calendar, visit ballarateastnh.org.au/community-governance/community-groups

The project is focusing on smaller groups across the City of Ballarat who may not have the resources (time or money) to seek the advice they need. A governance health check assessment tool has been developed which can be used to see how your group is functioning particularly in relation to governance. A list of online resources is also available for community groups:

ballarateastnh.org.au/community-governance/community-groups/community-group-governance-resources

If you would like a hard copy of the calendar or any information about the training or support for your community group, please contact us.

Kay Miller

*Community Governance Officer
Ballarat East Neighbourhood House
community@ballarateastnh.org.au
0460 699 669*



Barkly Square Global Market Christmas and End of Year Market

Friday, December 9th from 4pm to 9pm
Barkly Square, 25 Barkly Street Ballarat East 3350

Enjoy local shopping, raffles and auctions, kids activities
delicious food, a visit from Santa, live music + more!

For all enquiries, please contact

Emma at emma@bgt.org.au or (03) 5333 8600 or visit

<https://www.barklysquare.org.au/barkly-square-global-market.html>

Proudly supported by

