

# Ballarat East

## Community News

Edition 6, February 2022

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

### Neil's Community Voice

Article by Holly Blackburn, Masters of Social Work student, Ballarat East Neighbourhood House.

After thirty-three years, Neil Steinman is still as enthusiastic as ever about arriving at the Voice FM studio at 6.30 am every weekday for the *Home Cooked Breakfast with Neil* segment and every Saturday for the *Sports Show*.

A jack-of-all-trades, Neil has managed to squeeze a remarkable number of roles and experience into his years: a carpenter by trade, teacher of 30-odd years, Ballarat Mayor and City Councillor, volunteer usher with Royal South Street Society and, for over three decades, dedicated volunteer and radio host at Ballarat's 99.9 Voice FM. Neil declares that "the day you stop learning is the day your toes turn up."

The influence of Neil's abundant experience and his dedication to community-wellbeing is seen in the station's character and can be heard through the Voice FM airwaves. Among the assortment of music, including that of local artists, the station's program guide reveals a commitment to diversity and inclusivity - hosting a range of multicultural shows, disability-friendly segments and valuable community information. Neil is particularly proud of the station's



Dedicated VoiceFM Volunteer, Neil Steinman in the studio at Barkly Square, Ballarat East.  
Photographer: Sarah Greenwood-Smith

*Courier on the Air* segment, which offers a reading of the Ballarat Courier five days a week, ensuring that local news is accessible for those with reading difficulty.

Enthusiastic about offering the community a source of local information, Neil says that one of the best things about the station is being

able to provide a link for new and old members of Ballarat to services that can help make them feel more connected to the community.

As a lifelong- learner, Neil never tires of hearing about what community organisations and individuals are up to and how they can contribute to the improvement of its people.

...continued p.3

# 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 has been supported by the City of Ballarat through a Community Impact Grant and by VicHealth through a Reimagining Health Grant.

### Frequency and distribution

This publication is printed six times each year. In 2022 it will be distributed in February, March, May, July, September and December to over 7000 letterboxes in the suburbs of Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip.

Hard copies will be delivered by a team of over 40 local community volunteers, a key community development element of this project.

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

ISSN: 2652-9815 (Print)

ISSN: 2652-9823 (Online)

A project of:



The Ballarat East Neighbourhood House is currently delivering projects with financial support from:



### Contributors

Editions One to Six were compiled and edited by Ballarat East Neighbourhood House staff. We should like to thank our volunteer contributors, Holly, Anne and Anna.

Front page banner designed by Kelsie White: [kelsiewhitedesigns.com](http://kelsiewhitedesigns.com)

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### Subscribe

You can subscribe to be emailed a link to the full-colour PDF of each edition by registering online or emailing the Ballarat East Neighbourhood House:

[ballarateastnh.org.au/contact-us](http://ballarateastnh.org.au/contact-us)

This publication is supported by:



Thanks to VicHealth for supporting the ongoing establishment of this important community project through a Reimagining Health Grant.

### Advertising

We should like to thank the advertisers in this edition for financially supporting this important project for broader Ballarat East.

Advertising rates per edition are:

\$100 + GST: Business Card

\$200 + GST: Banner

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### Next Edition

Articles and ideas for Edition 7 are due by **11 March 2022** by email or in hard copy to the Ballarat East Neighbourhood House office. Please read the editorial policy: [ballarateastnh.org.au/ballarata-east-community-news/community-news](http://ballarateastnh.org.au/ballarata-east-community-news/community-news)

### Ballarat East Neighbourhood House

[reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au)

0422 612 052

Barkly Square,

25-39 Barkly Street, Ballarat East

9.00 am - 5.00 pm Tuesdays to Fridays during school term. We recommend making an appointment.

Memberships:



## Welcome to Edition Six, Ballarat East Community News

I recently read "*Social Connection 101 (v1)*", a report published in December 2021 by the Social Innovation Research Institute, Swinburne University of Technology. I liked the way in which it explained why we need social connection:

"As humans, we have some very basic needs and social connection is one of those that is fundamental to our physical and mental health.

**Belonging:** Humans have a deep-seated need to feel they belong in a group and a community. In evolutionary terms, if you didn't belong, you were out there on your own and had to fight off the woolly mammoths by yourself. On your own, you wouldn't last long so you needed to be with a group to keep you safe, gather food as a team and look after you when you were sick.

**Wellbeing:** Because belonging is fundamental to human existence, evolution built in some physiological responses to encourage us to connect. When we are with people we like, engaging in team activities, being kind and helping others, our body gives us a hit of happy hormones – dopamine, oxytocin, etc. Yes it is really true, we are physiologically incentivised to be with each other.

**Help:** There are lots of things you need done, but you can't do all of these things by yourself. Humans are one of the few species where individuals specialise so that the whole team of people is greater than the sum of its parts. Connection helps us to work together or in teams which is partly why the human species has been so successful evolution-wise."

We put together this community news to help share stories of people

who live, work, learn, play and volunteer in our local area, showcase the wonderful work of local organisations and highlight the range of great activities available. We hope it helps you feel connected.

*Sarah Greenwood-Smith*  
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...continued from p.1

## Neil's Community Voice

Neil's desire to remain open-minded can be observed in his yearning for their ideas, "It's amazing the people that you get to talk to ... people with opinions about the ways we should be going, things we should be covering, it's amazing," he says.

To listen to Neil in action, you can tune into 99.9 Voice FM every weekday morning from 7.00 am for the *Breakfast Show* and every Saturday morning from 7.00 am for a rundown of local and national sports events.

Voice FM is a not-for-profit community broadcaster established in 1982 and is run entirely by a group of dedicated volunteers.

If you have an idea for a radio segment, would like to learn a radio skill, are interested in volunteering or want to become a sponsor of the show, please get in touch with the station on **5333 1201** or visit Voice FM 99.9 online: [voicefm.com.au](http://voicefm.com.au).

## Safer Internet Day 2022

This Safer Internet Day, Tuesday 8 February, 2022, the Ballarat East Neighbourhood House team is calling on our community to play it safe and fair online.



Join the global initiative that brings families, schools, organisations and governments from 170 countries together to raise awareness about online safety.

Resources available include a fact sheet with information around these 'Five Tips for Staying Safe Online':

1. Manage the voices you engage with
2. Update your security and privacy settings
3. Take charge of your location settings
4. Make it a habit to collect evidence of online abuse
5. Raise your voice about online abuse

There is no place for online abuse. We can all help to make life online enjoyable by being kind and respectful to each other. To find out more, visit: [ballarateastnh.org.au/support/esafety](http://ballarateastnh.org.au/support/esafety)

**Michaela Settle MP**  
STATE MEMBER FOR BUNINYONG

**Delivering for our region**

15 Main Road, Bakery Hill VIC 3350

**P:** (03) 5331 7722 **E:** [michaela.settle@parliament.vic.gov.au](mailto:michaela.settle@parliament.vic.gov.au)

Authorised by M Settle, 15 Main Road, Bakery Hill. Funded from Parliamentary budget.



ADVERTISEMENT

## No Interest Loans for people in need

In partnership with Neighbourhood Houses Victoria, the Ballarat East Neighbourhood House is raising awareness and helping low income community members in Ballarat to access *Good Shepherd's No Interest Loans*, so they can purchase the essential goods and services they need to move forward in life.

Australia has one of the highest rates of household debt in the world. Payday lenders and rent-to-buy operators target vulnerable individuals who are struggling to make ends meet. Consequently, many Australians are trapped in a cycle of debt, and may be paying interest rates up to 400 per cent per annum. These loans prey on people who are escaping domestic violence, struggling to put food on the table, or struggling to paying the rent. This is completely unacceptable.

The *Good Shepherd No Interest Loans* program provides individuals and families on low incomes with access to safe, fair, affordable credit with no fees or charges applied. No Interest Loans of **up to \$1,500** can be used for a range of essential goods and services from household appliances and education supplies to car repairs and healthcare.

**What can I use a No Interest Loan for?**

Loans up to \$1,500 are available for essential goods and services including:

- Household Items
- Car Repairs & Registration
- Medical & Dental
- Technology
- Furniture
- Education

Talk to us today  
**(03) 9606 0117**

Neighbourhood Houses Victoria | Good Shepherd

**To find out more about how to access this program, visit:**  
[ballarateastnh.org.au/support/no-interest-loans](http://ballarateastnh.org.au/support/no-interest-loans),  
**or contact us: 0422 612 052 or**  
[reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au)

## Free Kids' Art Activity Booklets



*NGV Kids on Tour* offers children and families throughout Victoria the opportunity to engage with art and creativity through a range of free hands-on activities, games and workshops developed by the National Gallery of Victoria (NGV).

This year's program aims to foster social connection and engage creative thinking through making.

The Ballarat East Neighbourhood House has 30 free take-home NGV Kids on Tour Activity Booklets. The Activity Booklets have a range of activities aimed at primary and secondary school-aged children.

**To find out more about how to access this program, visit:**  
[ballarateastnh.org.au/classes/art-for-kids](http://ballarateastnh.org.au/classes/art-for-kids),  
**or contact us: 0422 612 052 or**  
[reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au)

## Activities at Sebastopol Library: Libraries After Dark

A range of great, free activities are coming up, organised by the Libraries After Dark team at Sebastopol Library, 181 Albert Street, Sebastopol.

### Laughing Yoga

Thursday 10 February 2022

6.00 – 7.00 pm, ONLINE

Laughing Yoga explores how to create and use intentional laughter for health and wellness. Intentional laughter requires a commitment to play, to suspend the adult mind and to allow the ridiculous to have its time in the sun.

### Songs of Your Life

Thursday 17 February 2022

6.00 – 7.00 pm

What song means the most to you? Is it a wedding tune, a first dance, a song that makes you laugh or cry? We all know that music can evoke emotions in us all. Join us as we play your favourite song and learn why it means so much.

### First Thursday Book Chat

First Thursday each month, 7.00 pm

Want to discuss your latest reading adventures? Meet other readers? Get some reading inspiration? Join us for our First Thursday Book Chat. An opportunity to talk about reading, connect with other readers and have a cuppa and a chat.

For more information and to book please go to [eventbrite.com.au/o/ballaratl-libraries-21914475987](https://eventbrite.com.au/o/ballaratl-libraries-21914475987) or contact the Sebastopol Library on **5335 7985**.

**Program format subject to change dependent on COVID restrictions.**

**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](http://www.catherineking.com.au)

## Connect with others through activities at the Ballarat East Neighbourhood House

Our team of staff and volunteers are looking forward to welcoming you back to the House in Term One. However, in the interest of keeping our volunteers, staff, participants and the community safe in the current COVID-19 environment, the start dates for several of our planned activities have been delayed until early March 2022.

See our up-to-date Activities Calendar: [ballarateastnh.org.au/classes/activities](http://ballarateastnh.org.au/classes/activities)

We have a range of **free** online information available:

### Be Connected Digital Literacy

Join our experienced Digital Mentor, Greg, for online catch-ups on **Tuesday mornings from 9.30 am**. These sessions are funded through the Be Connected program. If you need help using Zoom or would like to borrow a digital device, please contact us.

Greg's series of '10 Tips and Tricks' sessions will cover topic such as:

- Streamlining your digital device
- Enhanced email usage (including how to prevent spam)
- Important settings you should apply to your Smart Phone/Tablet
- Speeding up your workflow (on any device)

We will also have a series of Digital Literacy Sessions presented by our nbn Local Community Ambassador on Thursday afternoons.

### Community Road Safety

Supported by VicRoads, we will be offering six free educational sessions around Road Safety. They include: *Safe Driver* (keeping older drivers safe), *Motorised Mobility Devices* and *Fatigue* (strategies to help avoid driving whilst tired). Please contact us for booking details.

### Watercolour

Our two-hour Friday afternoon Watercolour classes will start soon. You can learn a new project or technique each week with local artist and illustrator, Kelsie White. Please contact us to book. There are also three free tutorials available online: [ballarateastnh.org.au/classes/watercolours/watercolour-with-kelsie](http://ballarateastnh.org.au/classes/watercolours/watercolour-with-kelsie)

### Justice of the Peace

There are now Justice of the Peace services available:

- 11.00 am - 1.30 pm, first Thursday of the month at Barkly Square, Barkly Street, Ballarat East.
- 10.45 am - 1.00 pm Fridays at Ballarat Neighbourhood Centre, Tuppen Drive, Sebastopol.

*It is a requirement of entry to the Barkly Square building (in which the Ballarat East Neighbourhood House office is located), Eureka Hall (for Drawing Group and Tai Chi) and the Ballarat Neighbourhood Centre in Sebastopol that all people aged 12 and over can show either evidence of being fully vaccinated or a medical exemption.*

Contact us:

[ballarateastnh.org.au](http://ballarateastnh.org.au), 0422 612 052  
[reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au)  
9.00 am - 5.00 pm Tuesdays to  
Fridays during school term.

## Community Connection and Recovery

# wellways

*In partnership with Wellways, the Ballarat East Neighbourhood House will be delivering a series of six free one-hour **Mental Health and Wellbeing** webinars held on Wednesday evenings from 7.30 pm, 2 March 2022.*

Wellways is a leading not-for-profit mental health and disability support organisation with services across Australia. Their services span mental health, disability and community care and reach thousands of people each year. They were established in 1978 by families advocating to improve the services, information and support available to people with mental health issues, their carers, families and communities.

Wellways work in partnership with people and their families to identify their own needs and goals and support them to attain a great life in the community.

The series of *Community Connection and Recovery* webinars will be delivered by a range of speakers from local mental health and wellbeing and mental health specialist support agencies.

**To find out more about how to access this program, visit:**  
[ballarateastnh.org.au/support/mental-health-and-wellbeing](http://ballarateastnh.org.au/support/mental-health-and-wellbeing)  
or contact us: 0422 612 052 or [reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au)

Join us on the first Tuesday of each month for our Biznet Breakfasts! A chance to hear from speakers across a variety of on trend topics, network with local business people and develop your skills.  
[commerceballarat.com.au](http://commerceballarat.com.au)

**biznet** Breakfast

Partners: FINDEX, 3BA, BJT LEGAL, living, Adroit, Commerce Ballarat



**Partners in  
Parenting**

## New program aims to prevent adolescent depression and anxiety

**PARTNERS IN PARENTING PLUS (PIP+)** IS AN AWARD-WINNING, EVIDENCE BASED FREE ONLINE PARENTING PROGRAM DESIGNED TO SUPPORT MENTAL HEALTH AND WELLBEING AMONG TEENAGERS.



The program offered helpful strategies that were easy to implement. It enabled me to be more in tune and understanding of what my teen was going through and gave her an outlet to share her thoughts and feelings too.

REGISTER OR LEARN MORE:  
[partnersinparenting.com.au](https://partnersinparenting.com.au)

✉ [med-pip-plus@monash.edu](mailto:med-pip-plus@monash.edu)

☎ 0492 476 075

This program is part of a research project approved by the Monash University Human Research Ethics Committee

# NO ONE'S UNSINKABLE

To all those Unsinkable Guys out there –

You might think it's safe to have a few drinks around water, skip the lifejacket when you're out on the boat or go for a swim without checking the conditions.

But statistics prove that 4 out of 5 drownings are men.

Just remember that no one's unsinkable.

🔍 UNSINKABLE GUY

**RETHINK  
TAKING RISKS  
AROUND  
WATER**



## Explore the Eureka Centre

Each year the Eureka Centre welcomes people from around the world who seek a meaningful connection to one of Australia's most significant foundation stories – the Eureka Rebellion.

Eureka Centre is located at the Eureka Stockade Memorial Park, considered to be the site of the 1854 Eureka Stockade where the rebellion took place. It is home to one of Australia's most compelling historic artefacts, the Eureka Flag.

Through its museum display and its public and education programs, the Eureka Centre explores the social history and cultural impact of the Victorian gold rush and honours the stories of the men and women who risked their lives in the fight for miners' rights.

Eureka Centre offers a program that aims to connect with and engage the local community. Local history is explored each month in *Talking History* public lectures, kids' programs are offered during the school holidays and special programs are presented to mark significant events such as Harmony Fest, Ballarat Heritage Festival and NAIDOC week.

Eureka Centre is open Monday to Sunday from 10.00 am to 5.00 pm. Entry is \$6 full, \$4 concession and is **free to City of Ballarat residents on provision of photo ID.**

Eureka Centre is also home to BRHAE: *The Ballarat Research Hub at Eureka* – a one-stop-shop for historical and family research, which combines the



Eureka Centre Ballarat. Image supplied.

services and resources of the City of Ballarat's Australiana Research Library, the Public Record Office Victoria's Ballarat Archives Centre and the Ballarat and District Genealogical Society. BRHAE is open Monday to Thursday from 10.00 am to 4.30 pm.

To stay in touch, pick up a seasonal brochure or subscribe to the monthly e-newsletter at:

[eurekacentreballarat.com.au/subscribe](http://eurekacentreballarat.com.au/subscribe)

### Upcoming Events

#### TALKING HISTORY

*'Prey to Passion: Medea on the Goldfields'*

- A public talk by Peter Freund
- Thursday 3 March 2022, 5.30 pm
- Free entry

*'Ballarat: Better than the Great Exhibition'*

- A public talk by Doug Bradby
- Thursday 7 April 2022, 5.30 pm
- Free entry

*'Gold Digger Jewellery: An Australian Original'*

- A public talk by Dr Linda Young
- Thursday 5 May 2022, 5.30 pm
- Free entry

### BALLARAT HARMONY FEST

*The Chinese Miners' 'Residence Tax Revolt' of 1859*

- Historian Paul Macgregor explores the way that Chinese miners on the Victorian goldfields dealt with racism and banded together to end discriminatory taxes and laws. He will give special attention to the Residence Tax Revolt of 1859 in Victoria, which he considers to be 'the equal of the Eureka Rebellion, in terms of miners demanding rights and fair treatment'. The talk will be followed by a 45-minute discussion.
- Sunday 20 March 2022, 1.00 pm
- Free entry. No bookings required.

**Eureka Centre Ballarat**  
102 Stawell Street South, Eureka

## Supporting our community since 1981



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



Tuppen Drive, Sebastopol | [www.ballaratnc.org.au](http://www.ballaratnc.org.au) | Ph: 5329 3273

**Keep up** these simple  
things to **keep**  
**COVID-19** down  
and **out**



Wear a mask.



Keep windows  
and doors open, and  
meet up outdoors.



Keep getting tested  
if any symptoms.

**Get your third dose now,  
to protect yourself and everyone you love.**

**KEEP**  
**COVID-19**  
**DOWN AND OUT**

[CORONAVIRUS.vic.gov.au](https://www.coronavirus.vic.gov.au)

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne

