

Ballarat East

Community News

Edition 7, April 2022

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



Magnificent floral display by native flowering plants - Spring 2021.
Photographer: Christine Thomson

Discover the Magical Sparrow Ground, Canadian

Hedley Thomson, Convenor – Friends of Sparrow Ground (in conjunction with the Friends of the Yarrowee River Inc) gives us an update on this great park in Canadian.

During last year, Council folk did a top job cutting and painting a myriad gorse bushes in the eastern section of the southern woodland of Sparrow Ground (south of Spencer Street). This has given the indigenous understorey plants a real leg up (reduced competition), plus making the woodland very pleasant to walk through (gorse, even small, is not pleasant stuff). The potential fire hazard has also been markedly reduced as a result (gorse burns well).

Now for the frightening amount of gorse and broom occupying the western section of the woodland...

Our small group of volunteers did a magnificent job hand-weeding a substantial area of the northern woodland (along Spencer and Richards streets, across to the oval). This meant removal of small gorse and broom (Cape and English) bushes and lots of exotic grasses (a fire hazard). The gorse and broom bushes were 'small' on account of the past work of the Friends over more than 20 years, enabling indigenous plants to spread magically. This has included the arrival of numerous new grass trees. Glorious! Effort was also concentrated on 'tidying up' along Grasstree Creek and associated gullies.

On the latter subject, it is so sad the way our waterways continue to be treated – still as drains. There is no need for this. It has been great fun –

with the aid of a mere shovel – turning the reserve's watercourses from drains back into living environmental assets; well, starting that process, at least. One indicator, immediately following the creation of a number of pools using the 'leaky weirs' technique, was a pair of Pacific Black Ducks seeking out waterborne food and taking a paddle – neither possible before. The 'leaky weirs' are formed from a mixture of materials available 'on site', including fallen woody material, rocks/stones and earth/soil (mind you, most of the latter is material dumped into the creek valley over many years. Like so much other public land Sparrow Ground has been horribly treated over the past 175 years). But it's also amazing, given the chance, how the natural environment can fight back.

Last year a group of Extinction Rebellion folk hammered the blackberry and gorse along the main stem of Grasstree Creek and Council followed up, spraying the regrowth. This work enabled further restorative work to occur, including reshaping of the steep banks and some revegetation. Further revegetation and encouraging regeneration are the next jobs, to include the aquatic and riparian (streamside) environments – areas not commonly dealt with along the City's waterways. As always, it will be interesting observing how the dynamics of nature go to work in shaping the character and environmental value of Sparrow Ground's waterways.

The grasslands present challenges of a different sort. Previously, more

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

Contributors

Editions One to Seven were compiled and edited by Ballarat East Neighbourhood House staff. Front page banner designed by local artist, Kelsie White. We should like to thank our volunteer contributors, Holly, Charisma and Georgina.

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

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Frequency and distribution

This publication is printed six times each year. In 2022 it will be distributed in February, April, June, August, October 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.

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This publication is supported by:



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

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

Next Edition

Articles and ideas for Edition 8 are due by **3 May 2022** by email or in hard copy to the Ballarat East Neighbourhood House office. Please read the editorial policy: ballarateastnh.org.au/ballarat-east-community-news/community-news

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Join our Team

Ways in which you could volunteer to help with this publication include: 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,

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 Seven, Ballarat East Community News

Now in it's second year, the Ballarat East Community News is growing! This is our first edition of 12 pages and it is full of interesting information and stories from across the broader Ballarat East area.

As our team of contributors increases, so too does the range of topics covered and tales told. We enjoyed Hedley's inspired writing about the magic of Sparrow Ground in Canadian and encourage you to have a look at the magnificent cover photo in colour online: ballarateastnh.org.au/ballar-at-east-community-news/community-news.

Thanks also to the other contributors to this edition for sharing their stories about a variety of community activities, from the *Suited for the Job* Program to events and activities at a local church and the wonderful community hub of Barkly Square.

Thanks also to our dedicated team of 40 or so volunteers who deliver around 7000 hard copies of the Ballarat East Community News to your letterbox. If you can spare an hour six times a year to join our Delivery Team, we would be very grateful. If you are interested in writing articles, please get in touch.

Enjoy this lovely Autumn weather!

Sarah Greenwood-Smith

Editor, Edition 7

Manager, Ballarat East

Neighbourhood House

0422 612 052

reception@ballarateastnh.org.au

...continued from p1.

than likely these areas would have been woodland, before being cleared many years ago. In their current condition these areas present the challenge of containing a mixture of exotic and indigenous grasses, plus regenerating indigenous shrubs and trees – as well as the insidious gorse and broom. Due to the practice of slashing/mowing over the past 15 years or so, flat weeds (especially dandelions) and exotic pasture grasses have been steadily taking over. Recently Council has agreed to change this regime as part of the process to rehabilitate the grassland species. The removal of the previous heavy infestations of gorse and broom means that the chief tasks will be to ensure those weeds don't return - by the use of spot spraying and physical removal - and the use of fire to remove the bulk of unwanted vegetation, such as exotic grasses (that both smother indigenous plants and create a fire hazard), and to assist the regeneration of indigenous species, such as the various species of indigenous grasses. This way, the balance can be tipped in favour of the indigenous plant species. Already, through the removal of wholesale mowing, there has been a stunning return of various species of indigenous grasses and a range of orchids and lilies in a matter of just weeks. Take a look at the fabulous grasslands area south of Spencer St. Magic!!

COVID-19 conditions limited activities in the reserve during the year but we've managed quite a few **Tuesday working bees from 10.00 a.m. to 12.00 noon.**

One of the privileges of spending time in Sparrow Ground is sharing the space with local fauna. The families of kangaroos are well known to users of the reserve, whilst (as occurred last year) as we worked, we had a pair of kookaburras landing at our feet to collect worms and lizards to feed to their chicks, secreted in their nearby tree hollow nest. This year we also had four Butcherbirds grow to adulthood, we volunteers being treated to the adults' beautiful song as their young were being reared.

It's also been very enjoyable talking with many of the folk who use the reserve, many of whom come from further 'downstream' and walk or ride through to Woorookarung Regional Park. In the last two years, the reserve was especially appreciated as a place to experience some freedom from indoors and to enjoy some much-needed exercise and for its beauty. We as Friends have been greatly encouraged by the supportive comments made in relation to the improved appearance of the reserve, including the wildflower areas and along the waterways. There's still lots to do but the changes over the past couple of years - building on the previous 20 years - show what can be done with not too much but persistent effort.

Looking forward to a productive and enjoyable 2022 which, importantly, will include a celebration of more than 25 years of the Yarrowee River project – watch out for details through Council, et al.

Contact Hedley: 0428 027 895
hedleythomson@gmail.com



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Michaela Settle MP STATE MEMBER FOR BUNINYONG
15 Main Road, Bakery Hill 3350 P: 5331 7722 E: michaela.settle@parliament.vic.gov.au



Activities at Sebastopol Library: Libraries After Dark

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

7.00 pm, Thursday 7 April
Libraries After Dark Book Chat
Bookings online via Eventbrite
Held on the first Thursday of each month.

Want to discuss your latest reading adventures? Meet other readers? Get some reading inspiration? An opportunity to talk about reading, connect with other readers and have a cuppa and chat.

7.00 pm, Thursday 21 April
English Language Chat
Bookings online via Eventbrite

Practise your English skills and make new connections at our monthly English Language Chat. Experienced English speakers are encouraged to come along to help others practise their conversation skills.

Thursday 28 April
Be Creative
No bookings required.
Held on the last Thursday of the month.

In this self-lead program, patrons will come together, bring and work on their craft projects, pass on skills and make connections. A staff member will be around to help locate resources, chat, monitor etc. All sessions start at 6.00 pm unless stated otherwise.

Thursday 28 April
Ballarat sQribblers
Bookings online via Eventbrite

Ballarat sQribblers is a monthly LGBTQIA+ writer's group at Libraries After Dark. Come along to write, share and discuss your writings and other media we have consumed throughout the previous month. The group is informal with both novice and experienced writers welcome.

For more information and to book please follow Ballarat Libraries on Facebook: [facebook.com/ballaratllibraries](https://www.facebook.com/ballaratllibraries) or go to ballaratllibraries.eventbrite.com.au. You can contact the Sebastopol Library on **5335 7985**.

Program format subject to change.



New Child Car Restraint E-Learning Tool

Did you know that over 70% of child car restraints are incorrectly installed or used?

To help parents and carers ensure their children are travelling safely on every trip, Kidsafe Victoria have released a free Child Car Restraint E-learning Tool.

The e-learning tool includes a range of interactive activities, videos and demonstrations to provide you with practical information and advice – relevant to your child's age and stage – on topics including:

- The child car restraint laws and best practice guidelines
- Choosing a suitable child car restraint, including information and advice on the different options available
- Installing your child car restraint and common incorrect installation issues to look out for
- Adjusting and using your child car restraint as your child grows

To access the e-learning tool, visit: safeseatssafekids.com.au/courses/child-car-restraints

A contact card for Catherine King MP. It features a photo of her on the right. On the left, it lists her name 'Catherine KING MP', her title 'Federal Member for Ballarat', and her contact details: phone '03 5338 8123', email 'Catherine.King.MP@aph.gov.au', Facebook 'CatherineKingMP', and Twitter '@CatherineKingMP'. It also includes the slogan 'Standing up for our Community!' and the website 'www.catherineking.com.au'.

An advertisement for Bakery Hill Bakers Delight. It features the Bakery Hill logo at the top, followed by the 'Bakers Delight' logo with a wheat stalk. Below that, it says 'Baking fresh daily.'

With Easter just around the corner we'd love you to try some of our award-winning Hot Cross Buns. There are 5 great varieties to choose from – Traditional, Choc Chip, Apple & Cinnamon, Fruitless and Mocha. So come in, buy a 6-pack, and we'll throw in any Loaf to the value of \$5 for **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 Sunday 17 April 2022.*

Justice of the Peace at Barkly Square

Maria is the resident Justice of the Peace (JP) at Barkly Square. As a good-statured community member, Maria was asked by the community to take on the role of JP fifteen years ago. Maria is registered and sworn in with the Royal Victorian Association of Honorary Justices, undertaking regular professional development, and attending meetings with fellow JPs. All services provided by JPs are confidential and will be treated with sensitivity.

What exactly is a Justice of the Peace?

A JP is an independent and objective person who can witness official and legal documents. In Victoria, they can conduct the following:

- attesting the execution of a document
- witnessing a statutory declaration
- witnessing an affidavit for use in court
- certifying true copies of an original document
- certifying a person's identity

What do I need to bring?

If you are attending to have a copy of a document certified, you must bring the original copy i.e. if you are wanting a copy of your licence certified, please bring your actual licence. Statutory Declaration forms are available at Barkly Square.

How can I access the JP at Barkly Square?

You can walk into Barkly Square without an appointment any time between 12.00 noon and 1.30 pm on a Thursday.



Pictured: Justice of the Peace, Maria Sozanski, at Barkly Square.

What are the costs?

Services provided by the Justice of the Peace are free.

Article by Holly Blackburn

Ballarat East Neighbourhood House: Share your ideas with us and win

The Ballarat East Neighbourhood House team are keen to gather community ideas and feedback around activities, groups and events in which you would like to participate as the organisation continues to grow. By participating in this survey, you can choose to go in the draw to win one of ten \$20 vouchers from A Pot of Courage café. If you prefer to respond on paper, please write answers and your contact details and drop in to Barkly Square, Ballarat East or take a photo and email reception@ballarateastnh.org.au or

text **0422 612 052**. An online version of the survey is available too. Visit: ballarateastnh.org.au.

1. Do you know what a Neighbourhood House is and what we do? If yes, please tell us more.
2. Have you participated in an activity, group or event with Ballarat East Neighbourhood House? If yes, please provide any feedback you may have. If no, do you mind sharing why?
3. In your opinion, is the Ballarat East Neighbourhood House location welcoming, inclusive and accessible? We should like your feedback around factors such as location convenience, ease of access (by public transport or private vehicle), parking, general atmosphere, etc.
4. What types of activities are you interested in? Please note all that apply: Gardening, Tai Chi, Yoga, Cooking, History, Employment Skills, Social groups, Arts and Crafts, Mental Health Support, Playgroup, Walking Group, Computer Skills, Book Club, and/or Basic Literacy and Numeracy.
5. If there are other activities in which you would like to participate at the Ballarat East Neighbourhood House, please share your ideas.
6. Do you feel comfortable and safe participating in community activities post-lockdown?
7. Are you interested in volunteering with Ballarat East Neighbourhood House?

Please return your answers by **Friday 29 April, 2022**.



Let's invite them all here

Because everything we love about our city is better when enjoyed with our favourite people.

weareballarat.com.au

**WE
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Jules' journey from the environment to self-healing

Interview by Charisma Okley. Article by Georgina Noad-Delaney, both Community and Human Services Students, Federation University.

From exploring nature, having a passion and drive to help the environment and now learning ways of complete health ... Jules White has done so much in her life. She uses knowledge and lessons from her adventures to help guide others to do the same to learn about themselves so they too may have true unity and health.

Jules always had a passion for the environment, as experiences in her life had given her that drive. When Jules was just twenty years of age, she completed a 65 kilometre hike from Cradle Mountain to Lake Saint Claire in Tasmania. She achieved a goal from her bucket list, but this was not the end for her exploring and adventures.

Inspired by walking during the lockdowns, Jules is training to complete a coast trek for Beyond Blue. The hike is 30 kilometres and will raise money for mental health. Her fundraising goal is \$4000.

Jules's passion for the outdoors led her to a fun and exciting career. She studied a Bachelor of Applied Science in environmental management, going on to create her environmental consultancy business. Jules helps companies and businesses be more environmentally friendly and think of their ecological footprint. She works with her husband and best mate to help create positive environmental change.



Jules takes inspiration from her environment. Becoming a mother gave her the motivation to make another career change. Jules completed a Bachelor of Education so she could teach adults about the environment and inspire a younger generation. In addition, Jules taught in a specialist science centre.

Jules again found inspiration from her own life and surroundings on a new journey. After having children and being busy, she felt as though there was more in life. In this self-discovery, with help from a mentor, she found a new passion. She had seen and has followed the Ayurvedic lifestyle for over 15 years, which she now inspires and teaches others to follow. Jules explains, "These principles encourage the process of whole-body healing; this approach works collectively to focus on not just your physical and mental health but also your emotional health. In addition, these principles are set about harmony and understanding yourself and within the nature around you."

The Ayurvedic lifestyle uses practices such as yoga meditation, encouraging

both alone-time and time spent with others and managing and maintaining a healthy work-life balance. According to Jules, these practices are all about "Know thyself". Jules says, "Each of us needs to look inside and see who we are and our Dosha. This Dosha, or body type, guides us in making choices and using that to help balance ourselves." Jules went on to study for and receive her Yoga Health Coach certificate.

Jules uses her education in her own life and home. Her mission is for her home to be almost waste-free. She has reached her former goal of having very minimal waste. However, she wants to push it further to having only enough waste to fit in a jar. In her home, she drives an electric vehicle and takes time to think about her food waste and make sure her family are living in a balance.

Jules believes that anyone can use and benefit from these principles and programs. Even though many have busy and seemingly repetitive routines, anyone can implement this program. "Get up before sunrise. Life is meant to be easy and joyful." This program is about deprogramming old habits and installing new ones that fit the person.

Jules has found that this ancient lifestyle has held so many benefits for her that she wishes to share and hopefully help others. She quotes, "To be a master of something is to teach someone else." You can find more information about Jules through the Ballarat East Neighbourhood House: ballarateastnh.org.au/classes/living-wisely

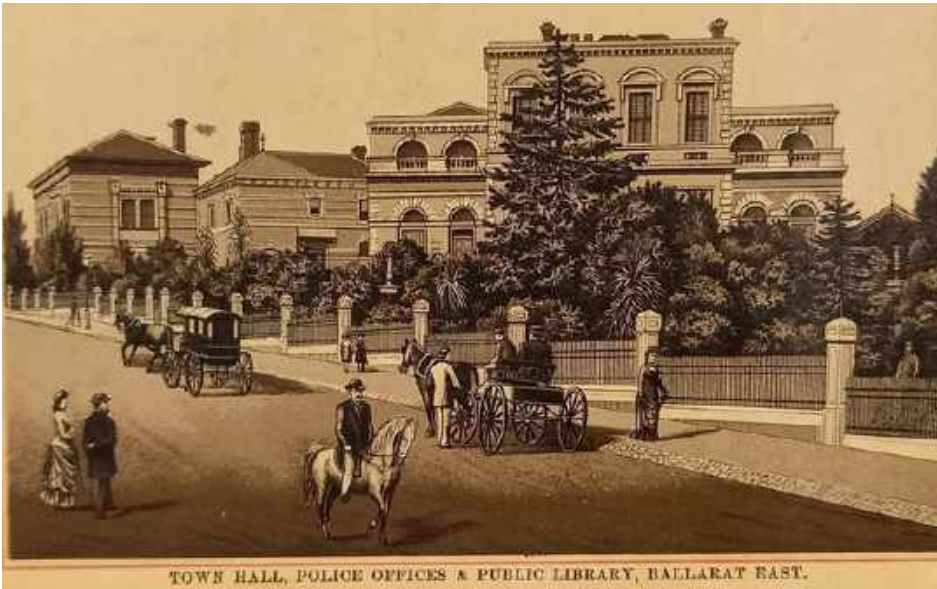
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TOWN HALL, POLICE OFFICES & PUBLIC LIBRARY, BALLARAT EAST.

Excelsior Album of Ballarat Views. Courtesy of Australiana Section, Eureka Centre

The Oasis in the Desert

This coming May, a community event is being planned at Barkly Square as part of the Ballarat Heritage Festival. Over the weekend of 21-22 May a celebration of the site's significance entitled "The Oasis in the Desert" will feature a flower and garden show, talks and demonstrations, a choral presentation, garden tours and a major exhibition of photographs highlighting the unfolding beauty of the Ballarat East Town Hall Gardens.

One of the significant aspects of the former gardens was their horticultural excellence during the late 19th century and particularly the cultivation and display of show flowers, especially chrysanthemums. The gardens received glowing tributes from visitors as recorded in newspapers of the time and was the venue for annual garden shows.

As part of Ballarat's Heritage Week, the Ballarat East Town Hall Gardens Revitalisation Group will showcase

this aspect of Ballarat East's significant contribution to the 'Garden City' by organising a Flower and Garden Show, much like in the past.

We've brought chrysanthemum specialists and others on board for the event at Barkly Square which fits in perfectly with the Heritage Festival and showcases, possibly for the first time in recent years, the heritage significance of the Ballarat East Civic Precinct.

The event is being supported by tenants at Barkly Square including Ballarat Group Training, Gordon TAFE staff and students, Ballarat East Neighbourhood House, Ballarat Regional Multicultural Council, the Men's Shed, Pot of Courage and others.

John Dyke, City of Ballarat, on behalf of the Ballarat East Town Hall Gardens Revitalisation Group



Victorian Waterway Survey

What do you love most about your waterways?

The My Victorian Waterway survey is designed for any Victorian who visits a waterway. This survey will build on data collected in a previous My Victorian Waterway Survey (2009) to identify trends in waterway use, perceptions and knowledge over time.

Responses from the last survey have been used to inform government policy, decision-making and investments. Your responses will help us understand what the community's vision is for how waterways are managed - now and into the future.

We invite you to take part in the Survey - it should take only 10 minutes to complete and is open until 7 April 2022.

Visit: water.vic.gov.au

Editor's Note: Almost 10 years ago, after finishing as State Coordinator of the Waterwatch Victoria Program to move to wonderful Ballarat with my family, I was asked to proof-read the 289 pages of the Victorian Waterway Management Strategy. Epic! Hopefully, the results from this important survey will inform the next edition of the Strategy and someone else will proof-read it!

The Community & Commercial Kitchen at Barkly Square is now available to hire.

Looking for the perfect location to hold cooking classes with free parking in the centre of Ballarat? Need an affordable kitchen space close to the Ballarat CBD for your catering business? Want to take your home baking business to the next level with a fully equipped commercial kitchen?



Hire the kitchen from just \$15 p/hour with a minimum of 3 hours. Find out more information about the kitchen including rates and equipment list via our website: <https://www.barklysquare.org.au/commercial-kitchen.html>

Pictured: Pot of Courage staff using the kitchen to prepare catering.

BARKLY SQUARE
an initiative of BCTJ (Barkly Community Trust & Joint)



The special oak tree in Canadian.
Photographer: Pam Strange

The Story of a Special Tree

Article by Pam Strange, Canadian Resident and Ballarat East Community News Delivery Volunteer

An old oak tree in Gale Street, Canadian, had great significance to the Strange family. It was a living link with our ancestors.

The tree was also a valuable piece of Ballarat history as it connected present day residents with important historical events.

Edmund Strange, my great-grandfather, was probably the first member of the Strange family to move to Ballarat, arriving from Geelong in 1851, after sailing from England with his parents and siblings. In approximately 1857, Edmund and his wife Lucy planted an oak tree in Gale Street, Canadian, to mark the spot of their first camp on the diggings of Daltons Flat.

Edmund and Lucy built a small weatherboard cottage on a plot of land near their gold workings and had eleven children from 1858 to 1880. All except one survived to adulthood. I made submissions, in 2014 and 2019, to the City of Ballarat, to have the oak tree nominated for the City's Exceptional Tree Register.

The tree was assessed in 2019 by the City of Ballarat Vegetation Planning and Management Officer who found it to be in good condition. He believed it fulfilled at least 3, and probably more, criteria for inclusion on the Exceptional Tree Register.



Pam with the felled tree which had a 1.5m diameter. Image supplied.

Unfortunately, permission was not given by the private land owner for the nomination to proceed. Even if the tree was on the Exceptional Tree Register there would be no legal protection against its removal. It concerns me that trees of such importance to the history of Ballarat cannot be protected for posterity.

Ballarat East residents may recall the story of the tree, published in The Ballarat Courier on 1 November 2014. I collected some acorns from the tree in 2020 and have shared them with my cousins as mementos of the tree. Sadly, the tree was felled in 2021 to allow development of the site.

The beautiful oak stood healthy and strong for 165 years through many seasons. Some of the timber has been salvaged and will be made into keepsakes for the descendants of Edmund and Lucy Strange.

Wednesday Mental Health and Wellbeing Webinars

In partnership with Wellways, the Ballarat East Neighbourhood House will be delivering a series of free one-hour **Mental Health and Wellbeing** webinars held on the first Wednesday evening each month from 7.30 pm.

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

Women's Health Grampians

whg.org.au

7.30 pm - 8.30 pm Wednesday 4 May

The mental health impacts of COVID lockdowns on women, in particular, women from a migrant background.

Wellways

wellways.org

7.30 pm - 8.30 pm Wednesday 1 June

The importance of community connection and presentation from a person with lived experience of schizophrenia.

Lifeline Ballarat and the Cooina Mental Health and Wellbeing Hub

ballarat.lifeline.org.au

bchc.org.au/service/cooina-mental-health-programs/

7.30 pm - 8.30 pm Wednesday 6 July

How to access these important services in Ballarat. Who they are for and how they can support you.

To find out more about how to access this program, visit:
ballarateastnh.org.au/support/mental-health-and-wellbeing
or contact the Ballarat East Neighbourhood House: 0422 612 052 or reception@ballarateastnh.org.au



- Master 10 simple habits to reset your health and vitality
- Learn about seasonal living and tune into the natural rhythms of your body
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St Paul's has been a prominent feature of the Ballarat East landscape and community since the first wooden church was built to support the bustling life of the diggings in March 1855. Now, more than 160 years later, the Church is still at the heart of a busy city with many new settlers arriving, not for gold but for open spaces, clean air, new opportunities and less traffic!

The people of St Paul's continue the mission of our forebears by encouraging friendships, supporting the community, caring for the environment and exploring our faith journey together.

Encouraging Friendships

Morning Coffee Group

At the end of lockdowns in 2020 many people felt nervous about going out, so a Morning Coffee Group was begun at A Pot of Courage café, Barkly Square to encourage folk to get out and about again. This group continues at 10.30 am each Friday and is open to anyone who would like to stop for a cuppa and chat. Contact Sue on 0429 092 205.

A **Movie and Lunch Group** meet at the Regent Multiplex several times a year. Everyone is welcome. Next catch up is at 12.00 noon on Wednesday 27 April to see 'The Duke'. Cost is \$24.00 per person. Booking essential by 21 April. Contact Heather on 0402 262 779.

Singing Group

If you enjoy singing then you are welcome to come along to the Church on Tuesdays at 5.30 pm. No experience is necessary. Contact Hedley on 0428 027 895.



Enjoying a quiet moment on the handy seat in St Paul's Native Garden. Image supplied.

Friendship is also fostered through the Mother's Union and visits to residents of local Aged Care homes.

Supporting the Community

Bell ringing

COVID-19 and our rapidly changing world has sent us all into a bit of a head-spin for the past couple of years. At St Paul's it was decided to ring the bell each evening at 6.00 pm to signal a moment of prayer for the community. Many people commented that it was a comfort to them, and so we continue with this new tradition. If you would like to be on the bell ringing roster please contact Mark on 0488 333 481.

Native Garden

As you walk down the lane past St Paul's we hope you enjoy the native garden which brings birds and colour to the area. There is a seat for a breather as you walk back up again!

Caring for the environment

Plant Sale

A busy group of gardeners prepare a huge range of plants and garden-related items for the Plant Sale which is held twice a year. Come along on 7 May at St Paul's from 8.00 am to 2.00 pm, grab a bargain and have a chat.

Nerrina Wetlands

A group of volunteers also meet on an irregular basis to weed and tidy up at the Nerrina Wetlands. If you would like to be involved please contact Hedley on 0428 027 895.

Exploring our faith journey together

Whatever your age or stage, everyone is welcome to join us as we learn and grow together. We meet on Sundays at 8.00 am and 10.00 am - both traditional services and Thursdays at 10.30 - a short service of readings and discussion. On Saturdays, our Gathering is at 5.00 pm, an informal time of music, discussion and reflection. Contact Sr Elisa on 5332 6479.



The Friday Morning Coffee Group at Barkly Square. Photographer: Sarah Greenwood-Smith

The people behind the fashion - BGT's new Suited for the Job project



Interview by Charisma Okley. Article by Georgina Noad-Delaney, both Community and Human Services Students, Federation University.

When it comes to entering the workforce, a common first step is a workplace interview. Unfortunately, this can be daunting for many reasons, one being fear about appearance.

Ballarat Group Training (BGT) came up with the inspiration to create a Ballarat program called 'Suited for the Job' to help people develop looks for job interviews. Suited for the Job is designed to help style individuals with donated clothes to help them with potential job interviews. The program has received donated clothing and should be ready to launch in mid-May.

Ballarat Group Training's Emma is hoping that Suited for the Job will help many reduce the amount of stress of job interviews and help give confidence to people. She says, "For many people, interview clothing can be confusing and potentially unaffordable."

Participants book an appointment and meet with a stylist to help them gain confidence in creating a look in a private, safe space.

This group is run by an efficient team with experience in various fields,

Our vision is an opportunity for people to go to interviews, jobs and engagements looking and feeling their best while having the tools they need to be confident in reaching their goals.

including Emma, Sue, Dee, Bethany and Lauren. They would welcome more volunteers.

Emma has worked in the community services field in youth. This opportunity will help people gain confidence through a new wardrobe and hopefully assist them to achieve success in interviews.

Sue, now the program coordinator for the project, wanted to help. Sue had a background in management and volunteer coordination. Sue engaged her two children, Bethany and Lauren, to help.

Bethany, who has always had a passion and eye for fashion, was eager to join this project. She has always loved fashion as she has been sewing since the age of ten and has always been keen to work. Bethany had previously studied fashion and was then a stylist for five years at a Bridesmaid's shop. However, she had always had a passion for having a business and recycling old clothes to make them new again. Bethany now works in her own business and manages an Op. Shop part-time.

Bethany also works for the project in a style aspect by helping redesign clothing to help style people. She uses all her past fashion experiences to help give people the best services she can whilst recycling clothes to reduce waste.

Lauren, Sue's other daughter, has also been involved in the project. She has come over from Tasmania and is currently studying a PhD in Ecology, which is about how living things interact with habitats. This project meets Lauren's views as she believes strongly in sustainability and helping the environment around us by preventing clothes going to landfill. She works on the administration and data entry and not in the fashion aspect like her sister.

This group have worked collaboratively to help grow this idea to reality. They hope to expand to a network of groups from reaching out to gain clothing to networking to let people know of the service. In addition, this project will help many gain confidence through having comfortable and appropriate clothes for potential job interviews.

The goal is to have about ten volunteers helping run the program three to four days a week. It is about creating the attitude that "the right outfit can change the world" by creating a sense of confidence.

This project is still looking for volunteers to help give style confidence to people looking for employment. You do not need previous experience and training will be provided. Customer service experience would be great.

This sense of helping others is not just giving a new look. It allows them to feel comfortable in themselves as "an outfit is twenty per cent style, eighty per cent confidence."

Contact the Suited for the Job team on 5333 8600 or bgt.org.au/suitedforthejob

Ballarat East Neighbourhood House

Term 1 has seen some new activities and events at the Ballarat East Neighbourhood House including our very popular **Beginner's AUSLAN** Class with Jane (running again on Thursdays in Term 2). We were very proud of the successful **International Women's Day lunch** held on Tuesday 8 March in partnership with the wonderful A Pot of Courage café team at Barkly Square. It was fantastic to bring people together to share stories, music and delicious food in such a beautiful space.

In Term 2, we are looking forward to working with the Eureka Centre to trial a couple of new activities - **Yoga with Kate** on Fridays and **Alexander Technique** (details to be confirmed). See the Activities Calendar on the last page and our website for details.

We are also starting a **Walking Group** on Wednesday mornings (9.30 am - 10.30 am) from Barkly Square along the Specimen Vale Creek. It will finish in time for participants to join the **Chatty Wednesdays** group from 10.30 am - 11.30 am at A Pot of Courage café, if they choose. Chatty Wednesdays will include interesting guest speakers in Term 2. Stay tuned!

Join our experienced **Digital Mentor**, Greg, for weekly catch-ups to learn how to make the most of your phone, tablet and/or laptop. Greg is at Barkly Square on Tuesday mornings from 9.30 am to 11.30 am during school term. These sessions are funded through the Be Connected program.

Join our team

The Ballarat East Neighbourhood House is advertising a new position for the Strategic Partnership on which we are working with the City of Ballarat and the three other Neighbourhood Houses in Ballarat (Ballarat Neighbourhood Centre, Ballarat North Neighbourhood House and Wendouree Neighbourhood Centre).

The Governance Officer is a 15-hour/week position, working to support Ballarat's community groups. Applications close on Wednesday 27 April. See:

ballarateastnh.org.au/support/community-groups

We are looking forward to working with John from Child and Family Services Ballarat (CAFS) to run a free **Financial Literacy** session at 1.00 pm on Friday 6 May and a special free musical activity called, **'What song means the most to you'** at 1.00 pm on Friday 20 May. Both at Barkly Square.

Join our new **Ayurveda 101** sessions at Barkly Square from 10.00 am on Tuesday 17 May (or online at 7.00 pm).

Master the **Art of Living Wisely** at Barkly Square from 10.00 am on Tuesday 31 May (or online at 7.00 pm).

Learn to **Flow with the Seasons** at Barkly Square from 10.00 am on Wednesday 15 June (or online at 7.00 pm).

Enjoy a **Taste of Living Wisely** in an 8-week online course starting at 7.00 pm on Tuesday 3 May.

In **National Law Week**, we will be hosting a day of free legal information sessions in partnership with the Ballarat and Grampians Community Legal Service. On Wednesday 18 May, talks will include:

- 10.30 am - 11.15 am, Wills and Probate
- 11.30 am - 12.30 pm, Powers of Attorney
- 1.30 pm - 2.30 pm, Advanced Care Directives

On Thursday 19 May, a free online webinar will be held at 7.00 pm about Wills. To register: ballarateastnh.org.au/support/legal-support.

Supported by VicRoads, we will be offering six free **Community Road Safety** 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.

See our up-to-date Activities Calendar: ballarateastnh.org.au/classes/activities

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

Contact us:

**ballarateastnh.org.au, 0422 612 052
reception@ballarateastnh.org.au
9.00 am - 5.00 pm Tuesdays to
Fridays during school term.**

Victorian

Law Week

16–22 May 2022



Do you need help?

Find answers this Victorian Law Week.

Organisations across the state are running free community events and activities to help Victorians understand their rights, find answers to their questions, know what help is available and how our legal system works.

For free events online and near you visit

lawweek.net.au

Term 2, 2022: Calendar

FIND AN ACTIVITY FOR YOU

Our office at Barkly Square is open 9.00 am - 5.00 pm Tuesdays to Fridays during school term. We recommend making an appointment.

Mondays

Drawing Group
with Jenette
1.00 pm - 3.00 pm
Eureka Hall
\$10 per/class
BYO supplies



The Ballarat East Neighbourhood House staff and volunteer office is closed on Mondays, Public Holidays and during school holidays

All activities and prices require registration and are subject to change without notice and require minimum participant numbers (usually 6 people). Please contact us to register and confirm start dates.

Tuesdays

Be Connected Improving Digital Skills
with Greg
9.30 am - 11.30 am
Barkly Square
Free of charge

Tai Chi
with Jeni
10.00 am - 11.00 am
Eureka Hall
\$10 per class

Playgroup with the Toy Library
10.00 am - 12.00 noon
Barkly Square internal courtyard
Free of charge

Taste of Living Wisely
with Jules
7.00 pm - 8.00 pm
Online via Zoom
8 weeks
Starting 3 May
\$10 per class

Wednesdays

Walking Group
9.30 am - 10.30 am
meet at A Pot of Courage Cafe, Barkly Square for a walk along Specimen Vale Creek
Free of charge

Chatty Wednesdays
10.30 am - 11.30 am
A Pot of Courage Cafe
Chatty Tables
Free of charge

Winter Woollies
with Sandra
1.00 pm - 5.00 pm
Large Community Table near A Pot of Courage Cafe, Barkly Square
Free of charge

English Paper Piecing/Get to Know Your Sewing Machine
with Christine
1.00 pm - 3.00 pm
Barkly Square
4 & 5-week courses
\$15 per class + supplies

Wednesday Wellness Webinars
First Wednesday monthly
7.30 pm - 8.30 pm
Online via Zoom
Starting 4 May
Free of charge

Thursdays

Beginner's Auslan
with Jane
9.30 am - 11.30 am
Barkly Square
8-week course
\$10 per class
Learn Local Course

Tai Chi
with Jeni
10.00 am - 11.00 am
Eureka Hall
\$10 per class

Be Connected Improving Digital Skills
with Greg
1.00 pm - 3.00 pm
1:1 sessions
Bookings required
Barkly Square
Free of charge

Fridays

Gentle Yoga
with Kate
9.30 am - 10.30 am
Tower Room, Eureka Centre
\$10 per class

Garden Revitalisation Group
with Julie, Paul & Valdi
10.00 am - 11.00 am
A Pot of Courage Cafe, Barkly Square
Free of charge

Tai Chi for Memory
with Jeni
11.00 am - 12.00 noon
Woovookarung Regional Park
Monthly from 29 APRIL
\$10 per class

Watercolour
with Kelsie
2.30 pm - 4.30 pm
Barkly Square
Ongoing, weekly
\$15 per class + optional supplies

More events will be added during the term. Be sure to like us on Facebook to keep up to date!

To book or find out more: ballarateastnh.org.au, 0422 612 052, facebook.com/BallarateastNH or reception@ballarateastnh.org.au