

Ballarat East

Community News

Edition 9 September 2022

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



Several of the Ballarat Town Hall bell-ringers, including John (centre back) and Edith (front right). Image supplied.

Siblings' historic ringing of the Ballarat Town Hall's Alfred Bells

How did the people of Ballarat acknowledge the passing of Her Majesty, Queen Elizabeth II? It was a solemn occasion, marked across the world in many different ways.

I was lucky enough, with my parents and children, to be in the right place at the right time on Saturday 10 September. We found ourselves part of a small group privileged to observe the eight bell-ringers ring the bells in the City of Ballarat Town Hall tower.

The day before, the tenor bell was tolled 96 times by bell-ringer, Ed Dunens, in the presence of Mayor Cr Daniel Maloney, in recognition of the 96 years of Her Majesty, Queen Elizabeth II's life and to mark her passing.

Two of those volunteer bell-ringers, are siblings, Edith Fry of Golden Point and John Fry of Mt Clear. They have been ringing the Alfred Bells in the Ballarat Town Hall for decades. They both learnt to ring at the Town Hall.

Edith says, "We rang the bells with the utmost solemnity, that is, fully-muffled, with the tenor open at the backstroke. It meant the bells rang quietly, except for the tenor (the biggest bell) which had a tolling effect.

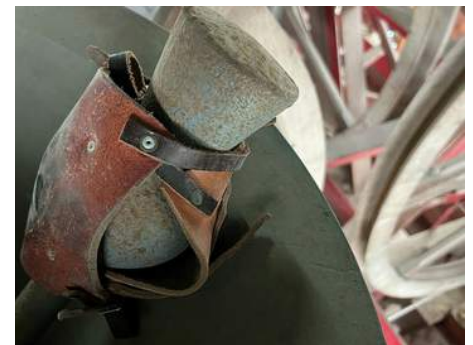
To the best of our knowledge, the Town Hall bells have not rung like this before, and none of us has rung fully-muffled bells before. Ringing like this is reserved for the death of a monarch, a very significant occasion

and it is fitting for the heritage city of Ballarat to do this honour.

On Sunday 11 September, the bells were half muffled, also a mark of respect and with a strange echo effect."

My family members and I felt very lucky for the serendipitous encounter through which we found ourselves witnessing the ringers pulling on the ropes and the changes being called to vary the patterns of sound as the bells rang. It is certainly something we will never forget.

The bell-ringers plan to return to the Town Hall tower on the evening of Monday, September 19, ringing half muffled to mark the funeral of Her Majesty, Queen Elizabeth II.



One of the Ballarat Town Hill bells with the double muffles in place - thick leather patches buckled on to the clapper. Photographer: Ed Dunens, volunteer bell-ringer

Edith says, "Listen out for them. Our precious bells ring out all aspects of our lives, both joy and sorrow."

Sarah Greenwood-Smith, Manager, Ballarat East Neighbourhood House



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 contributor Jo.

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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Frequency and distribution

This publication is printed five to six times each year. In 2022 it has been distributed in February, April, May and September. The final edition will be in November 2022.

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.

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A project of:



The Ballarat East Neighbourhood House welcomes all LGBTQIA+ communities.

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Next Edition

Articles and ideas for Edition 10 are due by **Friday 4 November 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

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 Nine, Ballarat East Community News

Did you know that there are over 400 Neighbourhood Houses in Victoria? In Ballarat we have four Houses based in Ballarat East, Ballarat North, Sebastopol and Wendouree.

Neighbourhood Houses are co-funded by the Victorian Government through the Neighbourhood House Coordination Program (NHCP). Additional funding is sought through grants and generated through activities including social enterprises.

Recently, the Ballarat East Neighbourhood House was in the news as it did not have funding secured beyond June 2024.

Thanks to a statewide community-driven campaign, the State Government has committed to making previously non-recurring funding a permanent part of Neighbourhood House Coordination Program (NHCP) funding.

This is fantastic news and means that we can continue to support the broader Ballarat East community through great activities, including the Ballarat East Community News!

Sarah Greenwood-Smith
Editor, Edition 9
Manager, Ballarat East
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Supporting Ballarat's Community Groups

Commencing June 2022, through a four-year strategic partnership grant with the City of Ballarat, the four Neighbourhood Houses in Ballarat are building capacity for local community groups through training workshops and resources.

The project involves delivery of training about governance, grant writing, financial management, running effective meetings, managing volunteers and applying for incorporation.

Kay Miller has been appointed two days a week as the Community Governance Officer and would like to talk to local groups and organisations to see what support is required.

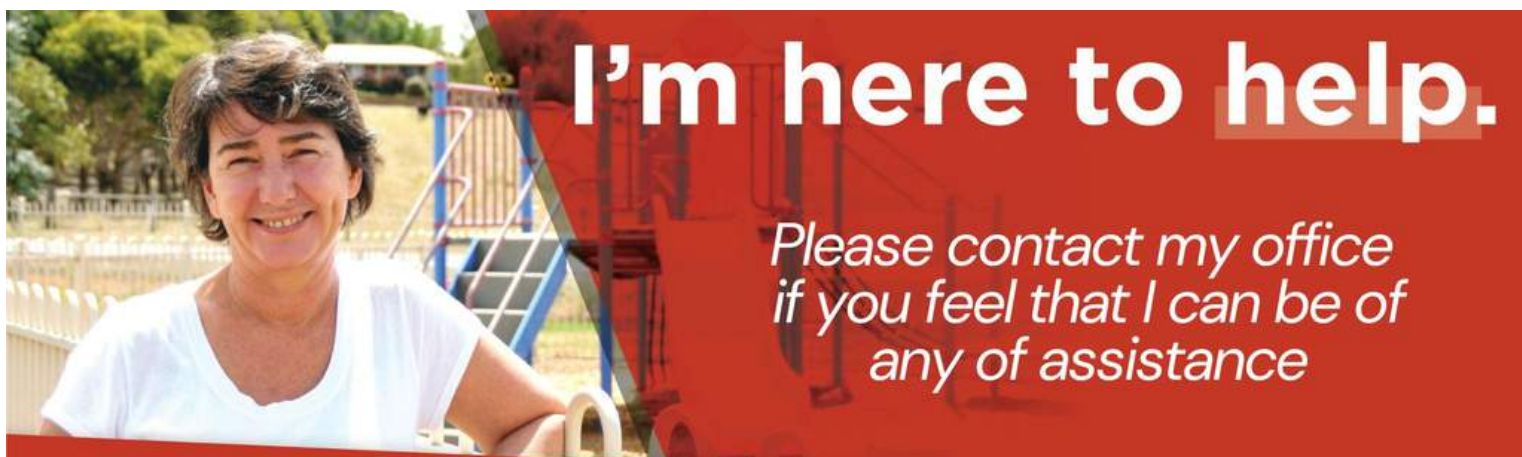
The project is focusing on smaller groups across the City of Ballarat who may not have the resources (time or money) to seek the advice they need.

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 free list of online resources is also available online:

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

If your group of organisation has no more than one paid staff member or an annual operating income under \$150,000 or thereabouts, (excluding one-off project grants), and you have some questions about how you are operating or would like some training in a particular area, please contact Kay by phone **0460 699 669** or email: community@ballarateastnh.org.au.

For more, see:
ballarateastnh.org.au/community-governance/community-groups



Michaela Settle MP
STATE LABOR MEMBER FOR **BUNINYONG**

📍 15 Main Road, Bakery Hill VIC 3350 📞 5331 7722
📧 michaela.settle@parliament.vic.gov.au 📱 [MichaelaSettleMP](https://www.facebook.com/MichaelaSettleMP)

Authorised by M Settle, 15 Main Road, Bakery Hill.

Soraya and Wayne work together to improve driving skills

L2P Coordinator at the Ballarat Foundation, Padma Giri, shares this inspirational story about Soraya, who has been supported to improve her driving skills and gain her licence.

Soraya started in the L2P program early 2021 in the middle of the lockdowns. She was desperate to get support to learn to drive a car.

Soraya's father passed away when she was young and she had limited adult support throughout her life. Support workers and wellbeing coordinators at school were the main support access for Soraya and her three siblings. She said it was never easy to manage things on their own without the adult support, but she was lucky enough to be guided in the right direction.

Through the Ballarat Foundation's L2P program, Soraya was matched with volunteer mentor Wayne.



Soraya was a quick learner when it came to driving. She completed her traineeship at VicRoads in Learmonth Road, Ballarat. Getting to and from this location on the available public transport, in addition to managing other appointments for herself and her siblings, was a challenge. Soraya persisted and proved she could do it.

As a passionate and dedicated L2P mentor, Wayne offered Soraya his free time when they were allowed to be on the roads amid lockdowns. They developed a great partnership and Wayne was glad to help Soraya, knowing her circumstances and her commitment to support her family.

After gaining her driver's licence, Soraya secured a full-time job. She said that having this qualification in her resume helped greatly.

Soraya enjoys visiting her sister who lives 300 km away, whom she hadn't seen for two and a half years. She says, "It is the sense of freedom and not needing to rely on others to take my siblings to appointments which is great. We are able to go out at any time of the day without checking the bus schedule or missing the appointments if we miss the bus."

If you are interested to help young people (16-23) gain their supervised driving practice hours, please contact Stacey or Padma on **0422 809 587**, l2p@ballaratfoundation.org.au.

Volunteer driver supervisor mentors must hold a valid full Victorian drivers licence, complete a police check and working with children check and attend a mentor training.

\$10

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The benefits of going to a small school

Warrenheip Primary School students, Ryder and Lena, share their thoughts about the benefits of going to a small school.

We feel very lucky to go to a small school like Warrenheip Primary School. Not only are we only minutes from town, we have a huge play space which makes it feel like we are in the bush.

If you go to a little school, you can make friends with everyone very fast. There will be lots of equipment to play with when you are at a small school because it will not be taken by the other hundred kids.

There are lots more excursions where you can meet up with other schools. However, in a big school you won't usually be able to go on excursions with other schools.

There are many more possibilities in a small school. More programs and stuff you like to do. We have private music lessons, cooking classes and an Art Therapy program. Bigger schools might have them, but they are limited to only a few students.

The parents can connect with the teachers easily because there won't be hundreds of parents going up to the one teacher.

In a big school there would be lots of classrooms and you might get lost. In a small school you will have a maximum of five classrooms and if you're lucky there might only be two.



Ryder and Lena, Warrenheip Primary School. Image supplied.

Trust us you will make friends very fast in a small school. There will be nothing to be scared of, it will not be crowded. The classrooms will not be filled with loud noises.

It's nice to feel like you belong.

Written by Ryder

Going to a small school can benefit you so much. We here at Warrenheip Primary School don't miss out on anything.

Firstly, the classes are quite small, so you get to learn more and get to spend more time with your teacher. Another reason is that you get to connect with all the kids in the school and you get to be friends with everyone not just the people in your grade.

Secondly, being in a small school gives you lots of benefits with the variety of activities we do. We do a lot of fun activities that not much big

schools get to do. One of the activities is an art program where we got an artist (Jacinta), who taught us all different types of art that we didn't even know existed.

One of my favourite activities was the kitchen garden program. All of the kids in the school got to make amazingly healthy food and we used fresh produce from our own garden. It was also very fun because we learnt how to make different food and what country it came from.

Our school has a good connection between the families and the school. We have a Parents' Club, where some of the parents organise fundraisers and the money raised goes back to the students. We got new iPads this year and so many of our excursions and camps are paid for.

So that is why going to a small school can have such huge advantages.

Written by Lena

Are you looking for a commercial kitchen space?



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an initiative of RCT Jobs & Training

Recognising Henry Lawson in Ballarat, on the 100th anniversary of his death



Hedley Thomson, Jane Gaylor and Peter Vanderkley (L-R) in costume, photographed when they performed at 'Bibo' café & restaurant on 4 June 2022. Image supplied.

Members of Ballarat National Theatre for years, alongside my fellow performers, Jane Gaylor and Peter Vanderkley, I very much enjoy doing live performances where there is a chance for audience interaction, which is very different from being on stage. Together, we have created a series of performances to recognise the 100th anniversary of Henry Lawson's death.

The intention of our performances is to bring to life some of the best known of Henry Lawson's output - both poems and prose; this includes the likes of 'The Loaded Dog', 'Send Round the Hat' and 'A Bush Publican's Lament'. We also like to highlight the little known fact that Henry made it to Ballarat as a 20 year-old, specifically for the purpose of visiting the Eureka sites; on a 'pilgrimage' as he described it. He wrote some cracking pieces about the Eureka Rising and its significance, so we like to highlight that fact by performing pieces such as 'The Fight

at the Eureka Stockade': "Was I at Eureka? His figure was drawn to a youthful height and a flood of proud recollections made the fire in his grey eyes bright...".

The fact is, most of us know little about the man, his life, his work and how influential it's been over the past 135 years; plays, musicals and films have all been written about him and his work, inspiring writers and artists in their work over that time. In fact, it was the 1904 portrait of Lawson by John Longstaff that was the inspiration for the establishment of the Archibald Prize.

With 2022 being the 100th anniversary of dear Henry's death, we reckon Ballarat should acknowledge the fact and we should also think about laying claim to him because of this visit here in 1888 and his writings about Eureka and its impact on Australian life ever since.

More information about the presentation of the works of Henry Lawson for edification and enjoyment of our local folks will be available in October through the Ballarat East Neighbourhood House:

ballarateastnh.org.au
facebook.com/BallaratEastNH
0422 612 052

Hedley Thomson

Food is Free Table in Ballarat East

The Ballarat East Community Garden in Dytes Parade, Ballarat East now has a Food is Free Table which offers food, plants, seeds and excess pots free to the public.

The table is located at the end of the of community garden near the double gates. It is stocked with produce from the Community Garden or from people associated with the garden.

There is a Facebook page for Friends of the Ballarat Community Garden which lists upcoming events:

facebook.com/groups/ballarattcommunitygarden



Food is Free table, Ballarat Community Garden, Ballarat East. Image supplied.

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



Ballarat Serviceman, Jack Messenger



Jack Messenger. Image supplied.

Wednesday 14 September marks the anniversary of Ballarat's first loss of life in World War I.

John (Jack) Messenger had grown up in Humffray Street and attended the Golden Point State School before joining the Royal Australian Navy in December 1912.

After the outbreak of war in early August 1914, Australia's first significant involvement was to despatch the Australian Naval and Military Expeditionary Force to neutralise a German communication base near Rabaul in New Guinea. The submarine AE1 was assigned as an escort vessel with Jack Messenger a member of its 35-man crew, but on 14 September it struck an uncharted reef and was lost with all hands.

Jack Messenger therefore became the first Ballarat serviceman to lose his life in what became known as the Great War. He is commemorated at tree 1433 in Ballarat's Avenue of Honour, on the Australian War Memorial Roll of Honour and on the Plymouth Naval Memorial in the United Kingdom.

The wreck of the AE1 was found off Rabaul in December 2017.

Garry Snowden, Golden Point

Do you think carers need better support?

Let's get loud for carers in the Victorian State Election!

With the Victorian State Election set for Saturday 26 November, now is the time to advocate for better support for carers.

The more voices we have speaking up for carers, the harder it will be for our state politicians to ignore us!

Carers Victoria is calling on political candidates of all persuasions to commit to the practical solutions proposed in their Election Statement - *Carers Count Too*. It's time to care for the carers because they count too.

Find out how to advocate for better support for carers in the lead-up to the election.

Visit: carersvictoria.org.au/our-impact/state-election-advocacy or call Carer's Victoria on **1800 514 845**.



ReCranked delivers bikes to flood-affected areas

Following a highly successful appeal for unwanted bikes to repair, restore and refurbish, the ReCranked volunteer team from The Y Ballarat prepared 100 bikes to go to flood-affected areas around Evans Head in Northern New South Wales. Bikes were donated from across the state. The generosity of the Ballarat community and beyond was truly heartwarming.

Early on Monday 4 July, Wallace Martin, ReCranked Coordinator, along with the team, packed the truck ready for the 1,600km journey. Transportation was made possible through the generous support of Sixt Car Rental Ballarat.

For more information about the ReCranked program, please see: yballarat.org.au/recranked

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Howard: 0402 592 309 or Klyti: 0425 716 457

St Paul's Anglican Church, Bakery Hill

Staying connected

For many people loneliness is an ever present reality, whether through illness, lack of employment, changes in family circumstances, or ageing. Unfortunately, this invisible problem can impact on our physical and mental health. At St Paul's we aim to keep people connected by maintaining existing relationships, and by meeting and making new friends.

Connecting with our Seniors

Margaret Nankervis is a resident of Calvary Kirrallee aged care home in Ballarat East and also a lifetime member of St Paul's. Margaret worked for 35 years at Davies Bakery in Eureka Street. This business was formerly the Eureka Bakery which was established in 1854, eventually amalgamating with Brogden Bros Bakery, also in Eureka Street, to become Sunicrust. Photos of these old establishments can be found at the Mechanics Institute and online: bih.federation.edu.au/index.php/Eureka_Bakery.

Margaret loves sharing local stories of over 100 years of family life in Ballarat East – drop in and say “hello” to her, or to one of the many of our seniors in residential care – you will be enriched!

Mother's Union (MU) is another opportunity for seniors to get-together and support each other. It is a long-established international union of Christian women who support local and international programs for



Margaret enjoying a visit from Sr Elisa. Image supplied.

women and children. A group of a dozen ladies meet at St Paul's on the first Thursday of the month from 1.30 pm – 3.00 pm.

Fellowship and friendship are key components of the meeting which usually features a guest speaker and refreshments. So if you are a past member, or new to Ballarat, pop in and say hello. Transport can be arranged. Contact Dorothy on 0451 008 687.

Connecting with the Community

Morning Coffee Group

This group meets every Friday from 10.30 am – 11.30 am at A Pot of Courage Café at Barkly Square, Ballarat East. Just pop around to the community table which is behind the main dining area. You are most welcome. Contact Sue: 0429 092 205.

Plant Sale

Thank you to everyone who supported our Plant Sale in May. The weather was against us but over \$4000 was raised which was a marvellous effort. Put the next one in your diary for Saturday 5 November.

Sue Lanyon, St Paul's Anglican Church

Ballarat Floral Art Group's Annual Floral Display 2022

Petals, Pots and Whatknots

Come to the Robert Clarke Center at the Botanical Gardens Ballarat for the Ballarat Floral Art Group's Annual Floral Display. Held from 10.00 am – 4.00 pm on both days, this event will include beautiful floral arrangements produced by our members.

Saturday 8 October: Demonstrations from 1.00 pm by Alan Randell-Smith and Greg Block.

Sunday 9 October: Demonstration from 1.00 pm by Lani Chapman.

We are fundraising for a local charity. Entry is \$10pp and includes Devonshire Tea. There will be a trading table on both days and EFTPOS available.

Bakery Hill

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We are nearly three quarters through the school year and we know it can be hard to come up with something different for the school lunches. Problem solved... we have delicious and nutritious 6-packs of Cheese & Bacon, Cheesybite and Margarita Scrolls which are perfect lunchbox fillers. Also great for picnics, after School munchies or really any occasion!

As a special offer to readers of this newsletter, when you purchase a 6-pack of any of the above mentioned products for \$7.90 we'll throw in any loaf of bread up to the value of \$5.00 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 31 October 2022.

Catherine KING MP

Federal Member for Ballarat

03 5338 8123

Catherine.King.MP@aph.gov.au

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Standing up for our Community!

www.catherineking.com.au

Authorised by Catherine King, Australian Labor Party, 5/9 Sydney Avenue Barton ACT.

Woovookarung: A “place of plenty” with plenty of surprises



Cr Ben Taylor and Friends of Canadian Corridor receive a donation from the Buninyong Community Bank to construct the rail trail across the land. Image used with permission from the City of Ballarat

Ballarat East is nestled beside Woovookarung Regional Park. Within walking, cycling or a short car ride is a forest with kangaroos, echidnas, the occasional Koala, 91 bird species and over 300 native tree, shrub and wildflower species. In Spring the forest is alive with wildflowers.

For many years the forest was neglected, used for plantations, timber and firewood and unfortunately rubbish dumping. In 2012 the blue gum plantations were removed.

Alarmed at the possibility of new suburbs on the ex-blue gum plantation land, the Friends of Canadian Corridor and local residents banded together to develop a different vision for the land, resulting in the Park.

During two large public forums in 2013 and 2014 the vision of a “Multi Use Forest Park” was developed and launched into the 2014 State election. Community consultation sessions with local residents and stakeholders were held during 2015 with the Canadian Regional Park declared open on 5 August 2016 by Premier Andrews and renamed Woovookarung Regional Park in 2017. Woovookarung is a Wadawurrung word for a “place of plenty”.

Now under Parks Victoria

management, the Park hosts the Lookout, Trails including the Grasstree Nature Trail and the award winning “Dementia Friendly Forest and Sensory Trail” developed from an idea from Ballarat’s Bigger Heart Dementia Alliance.

The Friends are now working with the City of Ballarat to develop a Mt Clear “Bunny” trail connection between Mt Clear along the old Rail line to Eureka. The start point was the purchase of a key triangle of land and old rail embankment in Recreation Road. A grant of \$33,000 was donated in May this year to the Friends by the Buninyong Community Bank to construct the rail trail across the land.

Tree planting is an annual focus for the Friends with another 500 Koala habitat trees west of Dozed Road earlier this month. A Citizen Science “Koala Sightings” program has 250 sightings in the Park and Corridor since 2018.

The Friends are promoting the Aussie Bird Count - aussiebirdcount.org.au - (17-23 October) and the Woovookarung pop-up Wildflower Walk (23-30 October) in collaboration with the Ballarat Field Naturalists Club.

Jeff Rootes, FoCC secretary
focinfo@gmail.com
focc.asn.au
facebook.com/friendsofcanadiancorridor

Spring Time is Planting Time in Sparrow Ground!

Sparrow Ground, in Canadian, contains a wonderful plethora of indigenous plants. This means that not a lot of the usual types of planting activities are needed but some are...so the Friends of Sparrow Ground have arranged two opportunities for residents to do a little planting and at the same time learn about what makes Sparrow Ground so special.

It really is the only reserve within the urban area of the city to have such a profusion of indigenous flora – which makes such good habitat for many animal and bird species.

The activities will be as follows:

2.00 pm Sunday 18 September 2022

Kline Street entrance: mainly to replace plants removed or mown over along the creek and the nearby open area.

11.00 am Saturday 24 September

Richards Street entrance: mainly to augment the Council’s plantings and other works carried out to manage access (pedestrian and otherwise) into and across the reserve at various points.

Plants, guards and stakes will be provided. Please bring shovels, spades, hammers and buckets (water will be obtained from Grasstree Creek). Come suitably clothed and bring drinking water. Planting shouldn’t take more than an hour (obviously dependent on numbers attending) to be followed by a tour of explanation and exploration of the Reserve for those who wish to come along.

Hedley Thomson, Convenor – Friends of Sparrow Ground and Member – Friends of the Yarrowee River Inc.
0428 027 895
hedleythomson@gmail.com

Stay safe on our roads

New, easy access, VicRoads approved webinars now available online and at a Neighbourhood House near you.

Research shows that road accidents increase from the age of 75.

Community members, families and carers can now access a free 45-minute online Safe Driver course to understand “driving health” for older drivers – accessible online, by visiting chanh.org.au/roadsafety or by booking a public access computer at one of the four Neighbourhood Houses in Ballarat.

By watching the four short modules you will learn ways to reduce accidents and the severity of potential injuries.

The **VicRoads Safe Driver** course addresses the implications of age- and health-related complications when driving. It also discusses ways to manage these complications to support older people to continue driving safely.

From 2019 to 2020 the medical review board made 88,400 “Fitness to Drive” decisions, with 92% of these people being able to continue to drive. Find out how older people can maintain their “driving health”.

If driving is no longer an option, this course will introduce some of the support services available to assist older drivers with future travel plans.

The course is available through the Central Highlands Association of Neighbourhood Houses and has been created in partnership with VicRoads Community Road Safety Grants.



Ballarat East Neighbourhood House



Some of the team behind Ballarat's Neighbourhood Houses (L- R) - Jane Grimwood (Central Highlands Association of Neighbourhood Houses Network Coordinator) and House Managers: Sarah Greenwood-Smith (Ballarat East), Kristen Sheridan (Ballarat North), Vicki Coltman (Ballarat) and Manya Ferwerda (Wendouree). Image supplied.

Working together across the four Neighbourhood Houses in Ballarat, dedicated staff, tutors and volunteers are helping to amplify awareness of the essential community development work that we do - helping to build a strong and resilient community in Ballarat.

Through projects such as the Strategic Partnership with the City of Ballarat (see p.3), the four Houses collaborate to deliver free or low-cost education programs, activities and community events to help support anyone and everyone in Ballarat. We offer a place in which people can come together, make connections and feel a sense of belonging.

Coming up in Term 4, there will be many events across the four Neighbourhood Houses in Ballarat.

Get Online Week

17-23 October

1 in 4 Australians are digitally excluded. All four Neighbourhood Houses will be hosting a free event during Get Online Week, which has the theme 'Try one Thing'.

ballarateastnh.org.au/classes/be-connected-online

Victorian Seniors Festival October

The major statewide festival for Victorians over 60, the Victorian Seniors Festival focuses on providing fun and good times with opportunities to participate in events and activities at low cost or free of charge throughout October. It's an extra special year, because in 2022 the Festival turns 40! Seniors Card Holders can enjoy eight days of free public transport from 2-9 October. ballarateastnh.org.au/support/seniors

Gambling Harm Awareness Week 17-23 October

This year's theme is *Could gambling be affecting your wellbeing?* The question is posed to encourage people to reflect on the negative effects of gambling, such as feelings of stress or guilt, lack of concentration, or difficulty sleeping. While people may recognise these harms, they don't always associate them with their own gambling. ballarateastnh.org.au/support/gambling-harm-awareness

Contact us:

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