

Ballarat East

Community News

Edition 3, May 2021

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



Ken (centre) and some of the The Shed team at Barkly Square. Photographer: Fiona McNaughton

Connecting at The Shed

Article by Fiona McNaughton,
Ballarat East Neighbourhood House

It was lovely to sit down with Ken and have a chat about the benefits and things he loves most about attending The Shed at Barkly Square, Ballarat East.

Ken has been attending The Shed for about four years, he tells me that his story began by attending a market with his wife. On the same day The Shed had a garage sale stall where he got chatting to some of the "fellas". Ken decided there and then to sign up and he hasn't looked back!

Although Ken is retired, he is quick to point out that The Shed is for everyone. Anyone over 18 years, all

abilities, backgrounds, identities and genders are welcome. Some members have carers and support workers who come along too.

Ken loves the friendly and inclusive atmosphere at The Shed, where good friendships develop. He says, "We do things for each other, like if someone is crook and needs a lift somewhere. We help out". He further explains how The Shed is great for his own mental wellbeing, connecting him to others and to other community organisations as well. For example, when the team collaborate with the YMCA youth program to run workshops with young people.

Spending time with the other members, it is clear that it's a wonderful community. Some of the participants don't have a background

with carpentry or handy work and the work they showed was so impressive - from pens, to fruit bowls, chopping blocks and tables. Ken further adds that "walk-ins" are welcome too. He says, "No-one has to do anything. If you just want to come and hang around and chat that's ok too." Ken himself used to work as a panel beater and then a remedial massage therapist. He says he "went from car bodies to human bodies!"

They are always looking for new members down at The Shed and donations of materials too, such as old fence palings and school desks for example. The team also do restoration work for the community at a very low cost.

...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, present and emerging.

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.

Frequency and distribution

This publication is printed six times each year. In 2021, it will be distributed in February, March, May, July, September and November to almost 7000 letterboxes in the suburbs of Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip.

Editions One and Two were delivered by Australia Post. This and all future editions will be delivered by a team of 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:



Supported by:



Memberships:



ADVERTISEMENT

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

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



Welcome to Edition Three, Ballarat East Community News

We were pleased to receive this feedback from locals, Annette and Gordon: "We wish to congratulate you and your team for Edition 1, February 2021 of the eye-catching look of the new Ballarat East Community News. It is certainly a most professional publication not only in appearance but in the interesting content. There is something for everyone from activities, classes, items of local significance from the wide range of communities covered. Well done. We were both thrilled to see our 'old Scottish friend' Jim Thompson featuring on the front of the first edition in 'Jim's Journey to Volunteering'. As you can well understand we have had a long association with my fellow Scot, from our days at St John of God Hospital and at UFS Medical Centre. Keep up the good work and we look forward to future editions."

We hope you enjoy the stories and information in this edition and that it arrived safely in your mailbox, delivered by our wonderful team of volunteers! If you have a post office box, we are no longer able to deliver a copy to you, so please subscribe online to receive an electronic copy or pick one up at Barkly Square, Ballarat East or Baker's Delight in Bakery Hill.

*Sarah Greenwood-Smith
Editor, Edition 3
Manager, Ballarat East
Neighbourhood House
0422 612 052
reception@ballarateastnh.org.au*

Volunteer to deliver the Ballarat East Community News



The Ballarat East Neighbourhood House team is looking for 15 more volunteers to help deliver this newsletter to every letterbox in the suburbs of Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip.

Volunteers are given a box of around 100 copies (50 in the more spread-out areas) of the Ballarat East Community News, a map and a safety vest.

Delivery usually takes about one hour and there are six editions each year in January, March, May, July, September and November.

We have 16 volunteer team leaders who can help get a box of newsletters to you for delivery. Backup volunteers are available if you need to skip an edition. Join us!

To register your interest please contact us:
0422 612 052 or
volunteer@ballarateastnh.org.au

Connecting at The Shed ...continued from page 1

The craft coming out of The Shed was absolutely superb. The shop where you can purchase goods for cash is open whenever they are, Tuesdays to Thursday 9.00 am - 3.00 pm. Very reasonably priced goods too I might add, great gift ideas!

To attend The Shed, the cost is just \$5.00 each visit, with hot drinks and biscuits provided. For an extra \$5.00 on a Tuesday and Wednesday you can even get a delicious hot lunch which is provided by The Salvation Army.

Visit or contact The Shed: Barkly Square, 25-39 Barkly Street, Ballarat East or call on 5332 4400
bcmshed@gmail.com
facebook.com/BallaratCommunityMenShed/



Beautiful handmade products from The Shed. Photographer: Fiona McNaughton



After a tough year, thousands of Aussies need your help.
Please give to your local Salvos this Red Shield Appeal & make a difference in your community.

Please donate now



digitaldoorknock.salvationarmy.org.au/greater-ballarat-salvos

Need some space?

Call 0400 990 131

[@teenytinyoffice](http://www.tinyoffice.com.au)



TinyOffice™



Weaving and Wine Workshop

Create your own masterpiece

Ballarat Wholefoods Collective,
Barkly Square, Ballarat East

12.30 pm - 2.00 pm

Saturday 5 June

Light lunch and a
glass of wine supplied.

\$20 Members, \$25-Non-members

Teacher: Jenny Garley

To book please call or text

Wendy on 0419 898 286



Mount Pleasant

History Group

Albert Coates –

A Surgeon from Mountie

Guest, Robin Coates, will trace Sir Albert's Mountie origin and tell some of his early life and the contribution of the Coates family to Mount Pleasant.

Mount Pleasant Observatory

7.30 pm, Thursday 27 May

RSVP to mphg.ball@gmail.com

Bakery Hill

Bakers Delight

Baking fresh daily.

Edition 3 Special

Winter in Ballarat is a great time for having a hot cuppa... and the best partner for a cuppa is one of our delicious Scones. We bake 4 varieties (Date, Choc Mud, Blueberry & White Choc Chip and Cheese & Chive) fresh everyday!

As a Special Offer, when you purchase a 4-pack of scones for \$7.50 we'll throw in any loaf of bread up to the value of \$5.00 for FREE!

Simply present this voucher to redeem the offer.

Shop 6, 73 Victoria Street, Bakery Hill Shopping Complex. Valid until Sunday 18 July 2021 at Bakers Delight Bakery Hill only. 1 per customer per day.

MARKING THE 100TH ANNIVERSARY OF THE MERGER OF BALLARAT EAST COUNCIL AND THE CITY OF BALLARAT

"An Oasis in the Desert" the early history of the Ballarat East Town Hall & Civic Gardens

Tuesday May 25th

Barkly Square 25-39 Barkly St East Ballarat

4.15 – 7.30PM

Held on the site of the former Ballarat East Town Hall

View our diverse collection of historical photographs in our exhibition

Tours of the heritage gardens held at 4.30 and 5.15pm
Presentations begin from at 6pm special guest speakers including Mayor, Daniel Maloney

To book your preferred tour time please RSVP by 21st May
email: admin@bgt.org.au



Join us for refreshments at 7pm after the presentation

Short Courses at BGT

bgt.org.au
JOBS + TRAINING

First Aid:

HLTAID003 Provide First Aid

HLTAID001 Provide Cardiopulmonary Resuscitation

White Card:

CPCCWHS1001 Construction Induction Training (White Card)

Responsible Service of Alcohol:

SITHFAB002

Book now: training@bgt.org.au or 5333 8617

Delivered at our Barkly Square Campus, 25-39 Barkly Street, Ballarat

The latest from the Ballarat East Neighbourhood House

At our recent Annual General Meeting, we updated our Purpose to read: *"Ballarat East Neighbourhood House Incorporated is a public institution which has the charitable purpose of advancing social and public welfare by;*

- 1) Advancing mental health and preventing social isolation;*
- 2) Providing a physical location where it supports individuals to undertake activities, or work on projects, in the company of others."*

Still in our establishment phase, we are continuing to connect with people living and working in the broader Ballarat East area to understand what people want and need to help them be supported with their mental health, feel more connected, less isolated and have a sense of belonging to this wonderful part of Ballarat.

We have been investigating a range of activities that we plan to start in Term Three at both Barkly Square and Eureka Hall. If there is an activity which you would like us to consider, please get in touch.

If you have a skill which you would like to share with others in our community or an interesting presentation which people might like to hear, please let us know.

We have an online survey to collect feedback and ideas from our community to find out which activities would be most popular. Visit: ballarateastnh.org.au or call us to complete the survey.



Chatty Wednesdays

From **9.30 am - 10.30 am** on **Wednesdays** during school term, join us for Chatty Wednesdays in A Pot of Courage Cafe, Barkly Square. Come together with other community members, bring a friend if you want, meet new people, have a chat and a cuppa. No need to book, just turn up. We will be at the big table closest to the kids' play area.



Playgroup at Barkly Square

In partnership with the Ballarat Toy Library, we have started a new playgroup at Barkly Square. For the remainder of Term Two, we have Fiona, a qualified early childhood educator, facilitating the sessions. Come along with your babies and pre-school aged children from **10.00 to 11.00 am** on **Tuesdays** during school term. We will be at A Pot of Courage Cafe at Barkly Street (which now has take-away available on Tuesdays from 10.00 am - 1.00 pm). No need to book, just turn up!

Sell your unwanted items online!

We are running a free class on how to sell your items online.

Clear out the spare room or the garage by selling your items on eBay or Facebook Marketplace. Bring along an item you would like to sell and your tablet, computer or other device and we can help you list it on the day. Register online: ballarateastnh.org.au or call us on 0422 612 052.

1.00 - 3.00 pm, Wednesday 16 June

10.00 am - 12.00 noon, Friday 18 June

Tai Chi

Jeni and her Tai Chi team are enjoying their sessions at Eureka Hall on **Tuesdays** and **Thursdays** from **10.00 am - 11.00 am**. Join in! You can register online or call us to book.

Contact the Ballarat East Neighbourhood House:
0422 612 052
reception@ballarateastnh.org.au
ballarateastnh.org.au
Barkly Square, 25-39 Barkly Street,
Ballarat East

*Opening hours: 9.00 am - 5.00 pm
Tuesdays to Fridays during school term. Appointments recommended.*



PROGRAM HIGHLIGHT:

ConnectIT Digital Literacy Workshops



IN LATE 2020, CMY WAS SUCCESSFUL IN RECEIVING A GRANT THROUGH DPC'S 'MULTICULTURAL COVID TASKFORCE', ENCOURAGING ALL VICTORIANS TO PLAY THEIR PART IN HELPING TO SLOW THE SPREAD OF CORONAVIRUS.

FROM THIS, A TEAM OF YOUNG PEOPLE WERE TRAINED AS FACILITATORS TO DELIVER DIGITAL LITERACY WORKSHOPS ACROSS THE BALLARAT AND WIMMERA REGIONS.



ConnectIT included a series of online and face to face sessions, covering how to remain connected through Zoom, and how to access COVID-19 updates, restrictions and vaccinations in language.



CMY Ballarat & Wimmera

OUR REGIONAL CMY TEAM COVERS BALLARAT, HORSHAM AND NHILL. WE RUN A VARIETY OF YOUTH-LED SOCIAL AND RECREATIONAL ACTIVITIES, IN-SCHOOL STUDENT SUPPORT SESSIONS, SCHOOL HOLIDAY PROGRAMS AND ONE-TO-ONE SUPPORT TO EMPOWER AND CONNECT YOUNG PEOPLE FROM REFUGEE AND MIGRANT BACKGROUNDS.

Official information on COVID-19 in your language can be found here:

<https://bit.ly/3hbAzdZ>

25-39 Barkly St. Ballarat 3350

Ph: 5317 7172

info@cmy.net.au



Ballarat Libraries



Robyn Annear
Photographer: Penny Ryan

Everything old is new again: an afternoon with Robyn Annear

Historian Robyn Annear will discuss her book, 'Nothing New: A history of second-hand'. The talk will cover the history of second-hand goods, op-shopping and 'Vintage' as desirable high fashion and also second hand/new-to-me as the norm in our society and throughout history, to our current consumer obsession with new, replaceable goods. This is part of the 2021 Heritage Festival.

2.00 pm, Saturday 29 May 2021

Ballarat Library,
178 Doveton Street North
Free! Bookings required:
robynannearballarat.eventbrite.com.au

~

Libraries after Dark - Movie Night

Love and Friendship (PG)

7.00 pm, Thursday 10 June

Sebastopol Library: 181 Albert Street

~

Sharing Stories - Celebrating life through art

Are you 65+? Do you enjoy art, being creative and connecting with people? Sebastopol Library are partnering with Ballarat Community Health for this series of creative workshops that include drawing, picture making, storytelling and writing.

7.00 pm, Thursdays:

27 May, 3 June, 10 June and 17 June.

Bookings Required: 5335 7985

Catherine KING MP

Federal Member for Ballarat

03 5338 8123

Catherine.King.MP@aph.gov.au

CatherineKingMP

@CatherineKingMP

Standing up for our Community!

www.catherineking.com.au

Authorised by Catherine King, Australian Labor Party, 5/9 Hyndley Avenue, Ballarat ACT.

'Developing Our Children Together' program



'Developing Our Children Together'
Image: Ballarat Regional Multicultural Council

A parenting support group for multicultural parents with children under the age of 5.

Sessions from **10.00 am - 12.00 noon**

on **Fridays: 28 May, 4, 11, 18, 25 June, 16 and 23 July** at the Ballarat Welcome Centre, 25-39 Barkly Street, Ballarat East. This free-of-charge program is run by the Ballarat Regional Multicultural Council, supported by the Victorian Government. If you need further information or want to join, please contact Community Engagement Team Leader, Heeyoung: 0410 760 618 or hy.lim@brmc.org.au.

'Stay Safe Online, Tell Someone' Program.

This free program, recently launched by the Y, is comprised of three engaging and fun resources specifically designed for 8 - 12 year olds, 13 - 17 year olds and adults.

Each resource addresses challenges faced in the online world and encourages people to #TellSomeone if they see, hear or feel something online that makes them feel worried or unsafe. Complete the training today!

ymca.org.au/stay-safe-online/

Yourground

Your Sport. Your Leisure. Your Play. Your Place.

Ballarat is included in a new interactive map to help make more inclusive public space for everyone to enjoy leisure, sport and play.

YourGround maps local streets, parks, trails and recreational spaces, sharing the often-hidden experiences of safety for women and gender-diverse people when accessing sport and recreation in Victorian towns.

The online map helps to gather perceptions of safety in public space and make real change in our local area.

Statistics show that movement and access is restricted for women and gender diverse people due to fear, of violence and harassment: while 80 per cent of Australian men report feeling safe when walking alone at night, a 2019 Community Council for Australia report notes that only 50 per cent of women say the same.

With the implementation of Victoria's Gender Equality Act 2020, creating inclusive spaces for women and gender-diverse people is a priority state-wide.

The YourGround map crowdsources data, allowing users to anonymously drop a pin, tell a story or share an experience while out for leisure, sport, exercise or play. To participate and share your experience, visit yourground.org.

Jigsaw Puzzles
Australia

Peter & Susan Begbie

Fully Personalised Puzzles

0408 571 101



jigsawpuzzlesaustralia.com.au

contact.jigsawpuzzlesaus@gmail.com



Gates of Eastern Town Hall Gardens Colouring Competition

Many fantastic community groups are located at Barkly Square, Ballarat East. The photograph on page 4 of this edition shows the previous building, the East Ballarat Town Hall, built in the early 1860s. This historic building was demolished in the late 1940s.

The Ballarat East Town Hall Gardens

were planted on the adjacent land. Mature Spanish Fir, Cedars and Oaks remain as part of the former gardens, in addition to the ornate gates.

In the Ballarat Star on 13 April, 1894, this was written about the gardens: "A particularly fine show of chrysanthemums is now being made

by Mr Edwardes, the caretaker of the Town Hall Gardens, Ballarat East, and visitors to the gardens cannot help being delighted with the rich and varied displays of choice blooms". (Source: Trove)

Visit the old Town Hall Gardens on your next trip to Barkly Square.



Drawing by Ballarat Artist
Kelsie White
kelsiewhitedesigns.com

First Name:

Age:

I give permission for BENH to use my colouring in promotional material including online (website/Facebook): Yes/No

All ages: Get creative! Colour in, take a photo and email it to us with your first name and age to reception@ballarateastnh.org.au by Friday 2 July 2021 and you could win one of ten Baker's Delight Bakery Hill vouchers.