

Ballarat East

Community News

Edition 5, December 2021

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



Muskan, International Masters of Social Work Student, studying at Federation University and Ballarat East Neighbourhood House's Volunteer Coordinator, Fiona.
Photographer: Luke Hemer, The Courier

Ballarat Buddies for International Students

Article by Fiona McNaughton, Volunteer Coordinator, Ballarat East Neighbourhood House and creator of the Ballarat Buddies for International Students pilot project.

The idea for this project was inspired by the need for social connections within the Ballarat community. As I pondered the impacts of the pandemic on the global population as a whole, I thought about the local university students who were doing it that bit tougher. Economically most definitely, but living in such isolation

and so far from their home country, culture, family and friends, feels like an entirely different thing. More so when, back home, family and friends are suffering such enormous hardships and distress while living in the time of COVID.

I remember back in my own travelling days and living abroad experiences and how the moments that stayed with me were those when meeting, staying with and/or getting to know the local people of the land. To share in their culture and country

through their tales, their eyes and taste, is a journey and creates moments that are treasured. I think the experiences work both ways, we learn together about other's cultural ways.

What better way to make connections in the broader Ballarat community than to create this pathway? This is a great chance for people to meet for a cuppa and engage in activities as a group.

One student participating in the pilot project is

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Acknowledgement of Country

We acknowledge the Wadawurrung people and their ancestors who have been custodians of the Ballarat area for thousands of years, performing age-old cultural ceremonies, celebrations and traditions. We would like to acknowledge the Ballarat Aboriginal community, many of whom were forcibly removed from their families during the Stolen Generations decades and brought to Ballarat. We would also like to acknowledge and pay our respects to Elders past and present.

About the Ballarat East Community News

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

Frequency and distribution

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

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

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Next Edition

Articles and ideas for Edition 6 are due by **Tuesday 18 January 2022** by email or in hard copy to the Ballarat East Neighbourhood House office. Please read the editorial policy: ballarateastnh.org.au/ballarata-east-community-news/community-news

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 Five, Ballarat East Community News
The Annual Community Newspaper Association of Victoria (CNAV) Awards were held online on Saturday 6 November 2021 and eight of the nine categories included a Ballarat publication as a finalist!



Ballarat Buddies and International Students meeting for the first time in the Eureka Stockade Memorial Park in December 2021. Photographer: Sarah Greenwood-Smith

Ballarat Buddies

...continued from p.1

Julius. He is currently undertaking a Bachelor of Education (Early Childhood and Primary) at Australian Catholic University in Ballarat. Julius tells us, "I was originally born in Jakarta, Indonesia before deciding to migrate to Australia. I moved to Ballarat last year and I have to say that living here has thus far been a great experience. People in Ballarat have been lovely, friendly as well as approachable which can become an encouraging trait for anyone, particularly international students, wanting to settle in Ballarat."

Julius says, "In my opinion, Ballarat Buddies program is a great program that all students should be involved in. There are opportunities to meet up and make friends with the local Ballarat community, alongside giving international students the chance to build up and expand on their social skills with other international students. Lastly, it also allows people to be culturally inclusive with various cultural backgrounds."

The Ballarat East Neighbourhood House team will act as connectors,

bringing together community Buddies with International Students. We are grateful to the City of Ballarat for funding this great initiative.

Ballarat Buddy, Carmel, says, "I've lived in Ballarat since 2013. I grew up on a farm in central Victoria. I have lived and worked in regional Victoria as well as in Australian and the South East Asian cities of Melbourne, Darwin, Hanoi, Bangkok and Vientiane (Capital of Laos). My career in education first began in the late 70s and I've been able to incorporate my love of cultures, diversity, ongoing learning, education, sport, road trips, gardening, cooking and travel into my lifestyle and worldview. Making authentic connections with people is something I think will add value to buddies and students in this program."

If this pandemic has taught us anything, it is the value of human interactions.

If you are keen to join the Pilot Project and form some new, informal and meaningful friendships, please contact Fiona: volunteer@ballarateastnh.org.au or 0422 612 052.

The CNAV has around 80 members from across Victoria and publications range from weekly, full-colour printed newspapers with large teams to quarterly journals compiled by small groups of volunteers.

Best feature story: 27 entries

Second Place - Ballarat East Community News, Edition 4 - 'The Ballarat East Community Pays it Forward', by Sarah Greenwood-Smith. *Judges comments available: ballarateastnh.org.au/ballarat-east-community-news/community-news-network.*

Best newspaper: 20 entries

Finalist (one of five): Ballarat East Community News. The judge said, "Established this year, well done on your initiative, for your community and advertisers' support and for putting yourselves forward for this category. I liked your online links to further information."

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

Sarah Greenwood-Smith

Editor, Edition 5

Manager, Ballarat East

Neighbourhood House

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Ballarat Community Garden

Hello from the Ballarat Community Garden! If you have never found us, we are on the corner of Queen Street and Dyte Parade, Ballarat East, right next to the railway line. We have about 80 members who each has a plot to grow whatever we wish. Most of us like to be able to eat what we grow but some people enjoy a display of flowers.

The garden is looking great as the weather has warmed up. We are now harvesting broad beans, peas, silver beet and lettuce while the standard summer crops are growing strongly. Tomatoes, beans, carrots, potatoes, corn and zucchini have all been planted and will provide a continuous supply of fresh vegetables right through the summer months. The next planting season will be in early February when cabbage, cauliflower, broccoli and brussels sprouts are planted for Autumn and Winter harvesting.

The good rain we have had during spring has been great for our plants which have produced prolific growth all around the garden. Our ride-on mower has been well-used by members to keep paths and walkways neat and tidy.

Thank you to everyone who supported our seedling sale in October. We hope the seedlings are growing strongly and will start to



Carol waters her seedlings at the Ballarat Community Garden.
Photographer: Ron Wheaton.

produce good crops. We have built another hot house in anticipation of producing even more seedlings next year. Thank you to the Ballarat Regional Multicultural Council (BRMC) for funding the new hothouse through the Thrive Project, a joint initiative.

An outdoor pizza oven is fired up most Friday afternoons during the summer months when our members enjoy a shared meal and good company during the cool of those lovely summer evenings. A well-appointed common room is available for a coffee and chat with our friends at any time of the year.

Half-a-dozen chooks provide us with eggs and some good fertilizer for our gardens. Volunteers from within our group take turns to tend the birds' needs, ensuring they have food and water. They are locked away in a secure enclosure each evening to keep them safe from foxes and other predators.

The Garden is a wonderful refuge during these difficult times. To get out in the fresh air, getting your hands dirty in the soil and watering and tending those beautiful plants producing our own food, is great therapy. Chatting to other gardeners, sharing skills and knowledge is great to help form friendships with like-minded people.

We do have a turnover of members at the Garden. Some people move away from town while others find that ageing limbs mean that they are unable to continue to care for the garden.

If you wish to find out more about us or to become a member, please contact our President, Sheilagh Kentish on 0417 347 395.

*Ron Wheaton, Volunteer
Ballarat Community Garden
Corner of Dyte Parade and Queen Street North, Ballarat East
ballaratcommunitygarden.org.au*

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Families enjoying time together at the Ballarat East Neighbourhood House Playgroup at Barkly Square.
Photographer: Muskan Vij

Playgroup at Barkly Square

Playgroup Coordinator, Fiona McNaughton, introduces Tuesday Playgroup at Barkly Square.

Partnering with the Ballarat Toy Library, the Ballarat East Neighbourhood House established the Barkly Square Playgroup in May 2021, on Tuesday mornings from 10.00 am to 12.00 noon during school term.

It has been an interesting time to start up a local playgroup, yet so necessary and needed with so many instances of social isolation. Young children in our community have missed out on vital opportunities to engage in social and play spaces with peers their own age.

Parents and carers have been missing out on interactions and community networking opportunities as well.

Playgroup parent, Klyti, says, "For me, personally, attending the Ballarat East Neighbourhood House Playgroup gives me a feeling of belonging. I feel understood and on the same page as others. For Robin, our oldest, I feel it is an opportunity to explore and the same for his younger brother Ethaniel. It's always a pleasure being part of the Ballarat East Neighbourhood House community."

It fills us with such delight that for the last six weeks of Term Four we have been able to host the Playgroup in person at Barkly Square, visit the wonderful A Pot of Courage cafe and see our amazing community come together again! We feel so grateful for the high uptake in participation of the Playgroup, not to mention the Ballarat Toy Library lending us a range of great toys each week.

We feel fortunate to have an array of great families coming along who are inclusive, open, great to talk with and engage in meaningful conversations and interactive play experiences with one other.

It is a very casual environment and we welcome everybody. Playgroup parent, Fiona, says, "I love bringing my kids, Callum and Rhys, to Barkly Square playgroup. The atmosphere is friendly and welcoming and has a lovely community feel. It gives the children a chance to interact with peers of various ages each week, and I love catching up with new and familiar faces."

We are very much looking forward to continuing our Playgroup and thank the Ballarat Foundation for financial support through their Community Grants program to allow the Playgroup to continue on and grow in 2022.



Christmas is almost upon us and it's time to break out the festive cheer!

Present this coupon at our Bakery when you purchase a 6-pack of our delicious Fruit Mince or Lemon Tarts and receive a loaf of bread up to the value of \$5.00 for FREE.

Thank you to everyone in our great community who has supported us throughout the year and we wish you a Merry Christmas and a happy and safe 2022.

*Shop 6, 73 Victoria Street, Bakery Hill Shopping Complex. Valid until Sunday 26 December 2021 at Bakers Delight Bakery Hill only.
1 per customer per day.*



Meet a friend. Be a part of something. Join your local community.

Barkly Square is now open for business, with over 20 community organisations here for you



Find out more at www.barklysquare.org.au/



Bob Carmichael, volunteer gardener with the newly formed Ballarat East Town Hall Gardens Restoration Group. Photograph supplied by the City of Ballarat.

Ballarat East Town Hall Gardens Restoration Group

A new group is currently forming to help restore the Ballarat East Town Hall Gardens, adjacent to Barkly Square, Barkly Street, Ballarat East.

Supported in its establishment by the City of Ballarat, the group aims to engage volunteers to spend time improving the Gardens and running community events and activities in this beautiful space.

If you, or someone you know, are interested in finding out more about this group, please contact the Ballarat East Neighbourhood House team on **0422 612 052** or reception@ballarateastnh.org.au.

What is a Neighbourhood House?

There are four Neighbourhood Houses in Ballarat, with the Ballarat East Neighbourhood House the most recently established.

The main purpose of the Ballarat East Neighbourhood House is to advance social and public welfare by

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

We provide activities, community events and training, along with supporting community groups.

ballarateastnh.org.au



Building Governance Capacity for Ballarat's Community Groups

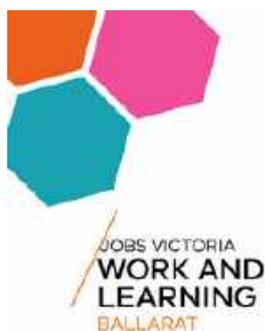
In late-October 2021, the City of Ballarat's Council approved a four-year Strategic Partnership proposal from the four Neighbourhood Houses in Ballarat.

This project will see the four Ballarat Houses (in Ballarat East, Ballarat North, Wendouree and Sebastopol) working closely together to support community groups across our city.

A Governance Officer will be available two days per week to engage with local community groups and build capacity through training workshops and resources around governance, grant writing, financial management, running effective meetings, managing volunteers and applying for incorporation.

Two part-time roles will be advertised shortly by the Ballarat East Neighbourhood House - a Governance Officer and Administration Assistant. If you, or someone you know, may be interested, please get in touch.

Members of Ballarat community groups who would like to know more can contact the Ballarat East Neighbourhood House on **0422 612 052** or community@ballarateastnh.org.au.



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'Our Kitchen' Social Enterprise Lunches
Community Events and Volunteering



Ballarat East Neighbourhood House - Term 1, 2022

We are looking forward to bringing members of the community together again through a range of groups, classes, activities and events.

Several groups will be coming together for social connection, such as **Playgroup**, **Art Group for Carers & Children** with Jane, **Chatty Wednesdays**, **Winter Woollies** and our **Community Aphasia Group** run in partnership with local Speech

Therapists from Optiform.

For some activity, **Tai Chi** will be available two mornings a week at Eureka Hall with Jeni. We are also trialling **Tai Chi for Memory** for people with dementia and their carers at Woookarung Regional Park also with Jeni. Morning **Walking Groups** will be starting up again in Term 1, so please get in touch if you would like to participate or lead a group.

In the art, craft and creative space, classes include **Drawing Group** with Jenette, **English Paper Piercing** with Christine and **Watercolour** with Kelsie.

You can also learn about cooking for special dietary requirements, such as for people with food allergies and intolerances, in the new **Adaptable Cooking** class with Jane.

Communication classes in Term 1, 2022 include **Writing Community Newsletters** with Melissa, **Children's Book Creation** with Jane and **Beginner's AUSLAN** also with Jane.

There are two options for free Digital Skills classes - **Be Connected** sessions on Tuesday mornings with Digital Mentor, Greg, or **Digital Literacy** sessions with our NBN Local community ambassador, Rachael, on Thursday afternoons.

Join us for free **VicRoads** sessions designed for older drivers and their families: Safer Driver and Fatigue.

See p.8 and our website for more.
ballarateastnh.org.au



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Term 1, 2022: Calendar

FIND AN ACTIVITY FOR YOU

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

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

Drawing Group

1.00 pm - 3.00 pm
Eureka Hall
From 31 January
\$10 per/class

Be Connected Improving Digital Skills

9.30 am - 11.30 am
Barkly Square
From 1 February
Free of charge

Chatty Wednesdays

9.30 am - 10.30 am
Barkly Square
From 2 January
Free of charge
Bookings not required

Writing Community Newsletters

9.30 am - 12.00 noon
8-week course
From 9 February
\$25 in total
Learn Local Course

Beginner's Auslan

9.30 am - 11.30 am
Barkly Square
5-week course
From 11 February
\$10 per class
Learn Local Course

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

All activities are subject to change without notice and require minimum participant numbers (usually 5 people).

Morning Walking Groups will also resume in 2022. Please contact us for more details.

All activities require booking unless 'Bookings not required' stated above

VicRoads Sessions

9.30 am - 10.30 am
Barkly Square
From 10 February
Free of charge

Tai Chi

10.00 am - 11.00 am
Eureka Hall
From 1 February
\$10 per class

Playgroup

10.00 am - 12.00 noon
Barkly Square
From 1 February
Free of charge
Bookings not required

Community Aphasia Group

3.00 pm - 5.00 pm
Barkly Square
Start date TBC
Free of charge

English Paper Piercing

1.00 pm - 3.00 pm
Barkly Square
5-week course
From 9 February
\$10 per class
Learn Local Course

Winter Woollies

1.00 pm - 5.00 pm
Barkly Square
From 2 February
Free of charge
Bookings not required

Tai Chi

10.00 am - 11.00 am
Eureka Hall
From 3 February
\$10 per class

Art Group for Carers & Children

9.30 am - 11.30 am
Barkly Square
From 10 February
Free of charge

Adaptable Cooking

12.30 pm - 2.30 pm
Barkly Square
5-week course
From 10 February
\$10 per class
Learn Local Course

Digital Literacy

1.30 pm - 3.00 pm
Barkly Square
From 17 February
Free of charge

Tai Chi for Memory

10.00 am - 11.00 am
Woovookarung
Regional Park
From 11 February
\$10 per class

Children's Book Creation

12.30 pm - 2.30 pm
Barkly Square
5-week course
From 11 February
\$10 per class
Learn Local Course

Watercolour

2.30 pm - 4.30 pm
Barkly Square
5-week course
From 4 February
\$10 per class
Learn Local Course

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/BallarataEastNH or reception@ballarateastnh.org.au