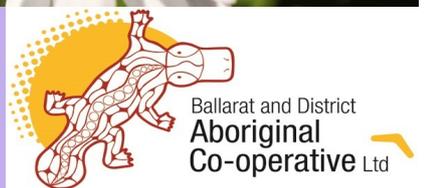




# PLATYPUS TRACKS SPRING EDITION 2021





<b>What's On?</b>	<b>Page</b>
From Our Chairperson	1
From our CEO	2
Medical Centre	4
Children and Youth Services	6
Perridak Burron Early Learning Centre	8
Yirram Burron and Bengadak Babab	9
Cultural Therapeutic Team	10
Social and Emotional Wellbeing	11
Staff Profile	12
Elders Group	13
Calendar of Events	14
NAIDOC Week 2021	16
Good News Stories	18
Platys Page	21
Food Hub, NDIS Support & COVID QR	22
New Staff	23
Become a Member, Garden Maintenance	24
Important Information	25
Important Numbers	26

*We wish to acknowledge the traditional owners of the land of Ballaarat, The Wadawurrung people.*

*We acknowledge their Elders, Past, Present and emerging and also acknowledge those people from other nations who after being part of the Stolen Generations, chose to make Ballaarat their home*

# From Our Chairperson — Larry Kanoa

Firstly, a huge thanks to BADAC CEO Karen Heap, all the BADAC staff and our community. You have all done an incredible job working through multiple lockdowns, to ensure everyone stays informed, safe and vaccinated (where possible).

## Model Rules

This year the Board has begun the huge task of bringing the Model Rules up to date. Model Rules of an association describe:

- BADAC's purposes
- how BADAC operates
- the rights and responsibilities of members and office holders.

are a contract between the association and its members. Members have the right to inspect the rules and obtain a copy on request. We look forward to sharing the updated rules on our website once this work is completed.

## Board Activities

The Board has also been active in strategic planning and representing the community in helping to consider and guide major project decisions.

## Upcoming AGM—Why not consider nominating for BADAC's Board

BADAC's Annual General Meeting (AGM) will take place in November.

It is important that Boards reflect the community they serve. We welcome applications from youth and Elders and everyone in between to serve on next year's Board.

Board experience looks great on a resume. BADAC also gives governance and financial training. Why not consider serving on the Board of a highly successful, expanding organisation whose whole purpose is to benefit our Aboriginal community?

If you want to ask someone about how to nominate or what is involved, please contact us on 5331 5344 or [reception@badac.net.au](mailto:reception@badac.net.au). Current Board member Karen Monaghan, Cultural Therapeutic Supports Program Team Leader (recently our Treaty Officer), is happy to discuss.

## COVID

I am now fully vaccinated and I urge everyone who is eligible to get the jab, to keep yourselves, your families and community safe. Please ring the BADAC clinic for an appointment and COVID clinic information. Our nurses are the best and will treat you with care.

Enjoy spring and stay safe,

All the best,  
Larry Kanoa.



**Why should I get the COVID-19 vaccine?**

- COVID-19 vaccines protect you and your community**  
COVID-19 can be a very serious illness. COVID-19 vaccines protect you and your community from getting really sick or dying from COVID-19.
- Vaccines can help slow the spread of COVID-19**  
Early evidence shows COVID-19 vaccines help reduce the spread of the virus. By getting vaccinated, we can slow the spread of the virus.
- COVID-19 vaccines will help us get back to doing things we enjoy**  
COVID-19 has changed how we live. When more people are vaccinated, COVID-19 outbreaks are less likely. Getting vaccinated can help us get back to doing things we enjoy.

To find out when it is your turn and how to book, use the **Eligibility Checker at [health.gov.au](https://health.gov.au)**  
or call **1800 020 080**  
For translating and interpreting services call **131 450**

**COVID-19 VACCINATION**  
[www.health.gov.au](https://www.health.gov.au)

**Australian Government**

# From Our CEO - Karen Heap

Hi everyone,

These recurring lockdowns have been very hard for our community and it was a relief to have restrictions lessened slightly for regional areas.

As I write, we are now in strict lockdown and operating under a permit system from 11.59pm Monday 23 August. All BADAC staff must work from home unless they have an approved permit. All our services and programs are by phone, telehealth or postponed, except for emergency services including urgent medical, mental health and some home services. As in past lockdowns, BADAC staff are contactable by phone or ring reception on 5331 5344 for assistance.

We are sending out food and grocery hampers from this week. Please contact BADAC if you need help or advice as things can change very rapidly. We will keep you updated, and information can also be found on <https://www.dhhs.vic.gov.au/coronavirus>.

## CO-VID19 Vaccinations

BADAC Medical advises that our young people from age 12 are now eligible for Astra Zeneca vaccine, after consultation with a doctor. If you wish to book or have any questions, please ring the clinic on 5331 5344.

COVID19 Vaccine Clinics are weekly (Thursday). We welcome anyone in our community, regardless of which GP practice they attend, to make a vaccine appointment with us.

Currently BADAC has administered 231 first doses and 149 second doses.

I am very proud of BADAC staff and the BADAC community during these challenging times. We have been able to keep our community safe and well-informed.

## Voluntary Boards

I currently sit on CAFS Board, providing a voice for the Aboriginal community of Ballarat. BADAC and CAFS have created a partnership regarding Stolen Generations issues, and establishing better links for the community.

I'm an active member of the Central Highlands Regional Partnership, which includes CEOs, business representatives, community advocates and key government decision makers. The group identifies the region's strategic priorities and brings them to the government.

I also sit on the BHS hospital redevelopment project, providing a voice for a culturally welcoming redevelopment.

## Childcare News

We all need good news at the moment. Our culturally safe kinder and child care at Perridak Burron is growing well, with lots of children enrolling in our fantastic centre. We still have places available.

Works have commenced at the Yirram Burron site in Sebastopol for the smaller community kinder, expected to be complete late 2021 – early 2022.

## Planning for Growth

As our community expands, BADAC's services and programs, and the staff to deliver them, all increase. We are currently planning for this growth and considering the best ways to implement. We will keep community informed.

## Surveys

Thanks to all who assist us by completing surveys by mail, in person or online. These surveys are vital for getting funding assistance from governments and other funding bodies. They help us to provide evidence for community needs, and that our community supports the project.

I apologise as there can be a long delay between you answering the survey and seeing results while we await the outcomes of our funding applications.

## Census

Census data is very important for BADAC to understand how our Aboriginal community is growing, and what our emerging needs are.

Hopefully you have completed your census. If you need help, there is still time to complete and send it. Please ring BADAC reception and we will organise someone to help you by phone.

## Do Drop In Wednesdays and Fridays Are Running!

Our much-loved Do Drop In Wednesdays and Fridays are happening once again. The groups are restricted to ten people per day, so if you would like to attend, please ring reception and book. Do Drop In offers craft activities from 10.00am to 2.00pm each Wednesday and Friday and a delicious \$2 lunch.

## Media

BADAC continues to feature in local newspaper, radio and TV, to tell Aboriginal stories and portray Aboriginal people in strong and positive ways.

## Stay in touch

Is there anything you need or are worried about? We'd love to hear how everyone is going. Please feel free to contact BADAC reception or drop in as restrictions permit.

## And Finally

Please stay mindful that the pandemic is not over. I ask everyone to remain careful and continue to follow Health guidelines. I hope to see you all at one of our vibrant community events in the coming months.

Kind regards,  
Karen Heap



At the time of printing, we are aware of new restrictions impacting Victoria. As a business we need to follow all Government restrictions, but more importantly, we are conscious of keeping all of precious Community safe.

Regardless of future decisions, we wish to reassure everyone that we will continue to service our Community wherever and whenever possible, and will always have Staff available for any issues, or simply for a chat.

We remind everyone to get your Covid 19 shot if you are eligible, wear a mask when required, remember social distancing, and comply with all QR registrations when accessing BADAC buildings and other sites.

Stay Safe Everyone!

## COVID-19 News

To date, BADAC has administered over 300 vaccinations to community with little, to no side effects to any of the recipients. If you haven't yet booked in for yours, please do so.

The COVID-19 Vaccine clinic will be running weekly on Thursdays. Please contact Medical reception on 5331 5344 - option 2 to make an appointment.

**60+** (Aboriginal & non-Aboriginal) - AstraZeneca only

**40-59** (Aboriginal & non-Aboriginal) Pfizer vaccine

**12-39** (Aboriginal patients) Pfizer vaccine

**12-39** (non-Aboriginal patients) NOT eligible for Pfizer

If you are not eligible for Pfizer and would like the AstraZeneca vaccine, please make an appt with your GP to discuss.

## DIY—Cervical Screen or Pap Test

Have you been avoiding the Pap or Cervical Screening Test (CST) because of the speculum?

At BADAC all Aboriginal and Torres Strait Islander women can now collect your own sample using a swab in the privacy of the toilet or behind the screens.

BADAC is one of the Victorian Aboriginal Health Services participating in research with Melbourne University, VACCHO and VCS Foundation to increase women's cervical screening participation.

Currently only women who are over 30 years of age and who were 2 years overdue could access the self-collected cervical screen.

Through this research project all Aboriginal and/or Torres Strait Islander women, aged 25 – 74 years, who are due to screen, can access the self-collected cervical screen.

Women have said they like this screening method as they are in control of their own body.

Do you have more questions? Have a chat with Sandy or Amanda or make an appointment to hear more.

## Cancelling Your Appointment

WE ALL LOVE HAVING OUR NEW MEDICAL CENTRE AND STAFF LOVE GIVING YOU THE BEST SERVICE OF CARE, BUT

If you are unable to attend your appointment, please do one of the following:

- Cancel via SMS Message/Reminder (Free Message)
- Contact BADAC Medical Reception as soon as possible so that we can give that appointment to someone else who is in need.

THANKS FOR YOUR SUPPORT IN HELPING US TO SERVICE YOU TO THE BEST POSSIBLE STANDARD!

## Bus Trip to Breast Screen

The Best Protection is Early Detection.

Are you a Koorie woman aged 40-74 years?

Have you had your Breast Screen in the last 2 years?

Enjoy some time meeting other women in the community, have a great afternoon tea and have a free Breast Screen

If you have any questions, ask Sandy.

Bookings can be made at BADAC Medical Reception 5331 5344



# Medical Centre

## Medical Appointments

To ensure you receive the best service, we request the following:

- Notify Medical Reception upon your arrival at the Medical Centre
- Please be available in the waiting room at the time of your appointment for the Doctor or Nurse to avoid missing you and attending to the next patient
- If you need forms to be completed by Doctor's please advise Medical Reception upon making appointment, as Doctors will need to allow a longer time to complete forms.



For Bookings Phone: 5331 5344 (Option 2)

**ALL Medical Services FULLY BULK BILLED**

## Advanced Care Plans

Did you know that the nurses at BADAC can assist you to write an Advance Care Plan?

We encourage all our patients young and old, well or unwell to begin thinking about how they would like to be treated should they become unwell or be in an accident that may lead to them being unable to speak for themselves at the time.

An Advanced Care Plan lets the medical team here at Badac Medical Clinic and at the hospital know what sorts of treatments you would like to receive or not receive at the end of life.

If you would like more information you can make an appointment with Anthony to discuss

## Transport Assistance

BADAC has a Medical Driver for Aboriginal Patients who do not have their own means of Transport.

The criteria for using the Medical pickup service are:

- Patient must live within the Ballarat area
- Pickups for medical appointments only
- Contact must be made the day before appointments
- Once you have seen the Doctor please be available immediately for the driver to take you home
- No pickups will be done after 4pm

If you have made a booking for transport and you are not going to be at home or no longer wish to be picked up, please inform medical reception ASAP.

## Updating Your Details

To ensure our community receives the best services from BADAC Medical, we would like to request that you please update your contact details if there are any changes.

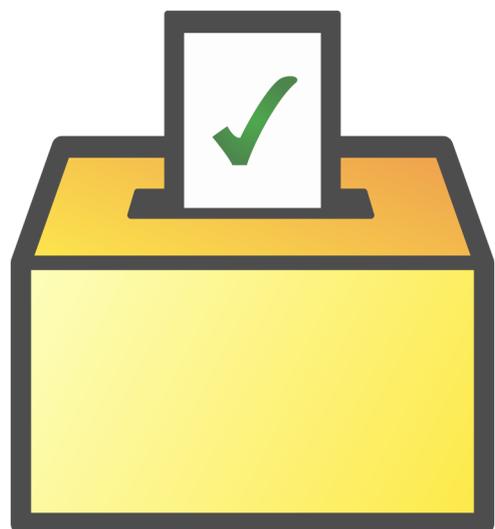
This can be done at Medical when you're next visiting or phone us to update details via phone.

## Feedback Box

Do you have any concerns or questions about the COVID-19 vaccinations?

There is now a 'Feedback' box set up in Medical reception for you to place any of your questions or concerns in there.

If you can't get to BADAC Medical to submit your questions or concerns, please email them through to:  
[medical@badac.net.au](mailto:medical@badac.net.au)



# Children & Youth Services

## July School Holiday Program

During the July school holidays, kids were invited to take part in a range of fun and exciting activities.

The CYS staff and kids all had a ball participating, getting to hang out with their friends and meet new friends.

Everyone is looking forward to the next lot of holidays and to see what fun the CYS team has in store!



# Children and Youth Services

The CYS team and Youth have been having a great time on Monday afternoons at Youth group. The kids and staff come together each Monday after school and enjoy a range of activities.

## After school Youth group

**IT'S BACK!!!**



If you have children that you think would like to join in on all the fun and make some new friends, please

Contact Children & Youth Services Support Worker- Jane Marini at [jmarini@badac.net.au](mailto:jmarini@badac.net.au) or Ph. 0427 740 791

**WE WOULD LOVE TO SEE YOU!**

## BADAC's PARENTING PROGRAM

Do you have a young child aged 6 and under in your care?

Would like some support to deal with their tantrums, grumpy moods or time managing your routine?

Would you like other young Mums to sit and chat to you about proven parenting techniques?

Do you need some helpful tips on raising your little ones?

Would you like a visit from someone friendly to chat too?

Would you enjoy outings with other Parent's to discuss all things parenting?

BADAC's Koorie Parenting Program is here to help.

This free service is safe, confidential and culturally sound, and available to all Mums and Dads who just need some advice, support or a listening ear.

If this sounds like a program you would find helpful....please contact the Koorie Parenting Program mob of Bec and Rebecca through BADAC Reception.



# Perridak Burron Early Learning Centre



What an amazing start to our service delivery of Early Childhood Education and Care within the Brown Hill and district community. We have been absolutely overwhelmed with the amazing support and feedback we have received from children, families and the community.

Our enrolment numbers are growing by the day and we can proudly say we now have our very own 'Perridak Community'. The growing amount of enrolments also results in continuing Educator recruitment. Families will notice many new staff faces within the service, as our team grows, I encourage all community members to welcome and embrace our new Educators as we do reciprocally with new families. Our community is growing, let's grow it together. Another result of growing numbers is the opening the Yaluk (River) room. Opening the Yaluk room has enabled us to now split our 0-2 year age group into 0 – walking, and walking - 2 years. This has created a more streamlined and age appropriate learning environment for those children aged under 2 years old.

Children within the whole centre have been enjoying numerous activities including cooking, painting, singing, craft, pyjama days, special guests and a whole lot more. To see the joy on the children's faces each day is just amazing.

If you are considering utilising our service for 3 or 4 year old kindergarten in 2022, please ensure you register your interest with Marc in reception at Perridak Burron on 5334 4727.



For more Information about the new centre and enrolments, contact Perridak Burron on 52344727 or online at [www.perridakburroneel.net.au](http://www.perridakburroneel.net.au)

# New Koorie Kindergarten—Sebastopol



*Building works are coming along nicely at our future kindergarten with works due to be complete late 2021, early 2022*



## PLAYGROUP



### **Bengadak Babab—meaning Celebrating our Children.**

Our playgroup facilitator Jane has been doing some amazing work with our families in playgroup (when lockdown hasn't interrupted). The kids had Shu Brown visit them to play the didgeridoo and showing them how to make animal sounds. The children also enjoy their snack time with each other.

The playgroup sessions are run from the Perridak Burron Early Learning site on Mondays and Fridays 10:30am—12:30pm.

If you would like to join Bengadak Babab, please contact Jane Marini on 0427 740 791 or [jmarini@badac.net.au](mailto:jmarini@badac.net.au) (Monday & Tuesday)



# Cultural Therapeutic Program



## Stolen Generation Memorial

The Cultural Therapeutic Program together with the Stolen Generation Group are continually working on designing a Stolen Generation Memorial for the front garden at BADAC.

If you are part of the Stolen Generations and would like to contribute to the designing of the memorial, come along to our meetings and have some lunch and a cuppa.

We meet fortnightly on Thursdays from 11am.

For further information please contact:

**Vicki Peart**, Stolen Generation Worker

**Karen Monaghan**, Cultural Therapeutic Support

Program Team Leader

Phone 5331 5344

## Carer's Circle

Carer's Circle is a weekly gathering for carers of Aboriginal children to connect and learn through meaningful, creative experiences. As a social and support group, participants build knowledge, skills, networks and relationships to ensure the children in their care remain connected with their culture and community.

The group meets Monday mornings from 10am

## Music Program

Storytelling is an important part of Aboriginal culture and so many wonderful stories have been passed down through song and dance.

Playing and creating music has huge therapeutic benefits – there is strong evidence around stress reduction and the easing of symptoms of depression through music. Music can help to settle your heart rate and even decrease blood pressure.

After the success we have had with our first sessions, we are excited to be able to continue to create a space for music making and song writing, and welcome anyone, of any age, to join in regardless of musical experience or ability. There is no pressure to sing or perform - all stories are important and worthy of a song.

If you would like to join in, please contact Kate Clarke on 0459 764 249

### Women's Group

When: Tuesdays 11am—1:30pm

Fortnightly from 7th September

Where: BADAC—Aussie Animal Room (old playgroup)

If you are interested in attending please call

Kate Clarke or Karen Monaghan on 53315344 ext: 101

### Men's Group

When: Tuesdays 10am-12.30pm

Fortnightly from 31st August

Where: 115 Beverin Street, Sebastopol

If you are interested in attending please call

Rob Watts or Paul Kirby on 53315344 ext. 101

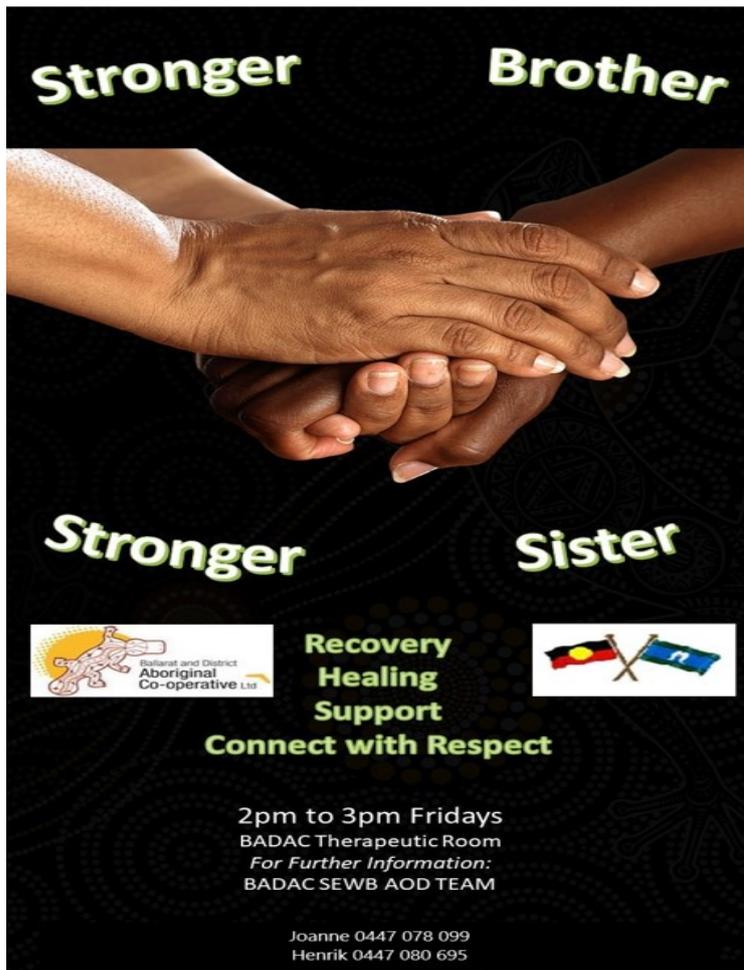
FOR MORE INFORMATION ABOUT THE CULTURAL THERAPEUTIC SUPPORT TEAM, OR TO ENQUIRE ABOUT SMOKING CEREMONIES OR CULTURAL EVENTS, PLEASE CONTACT CULTURAL THERAPEUTIC MANAGER, SHU BROWN THROUGH BADAC RECEPTION.

RIGHT: Azlan Harris, Tristan Harris, Jack Walker, Doug Laxton, Paul Kirby had a great day out during NAIDOC week to Narana, near Geelong, enjoying some cultural connection. Rob Watts was playing photographer!



# Social and Emotional Wellbeing

## Stronger Brother Stronger Sister



stronger Brother

Stronger Sister

Recovery  
Healing  
Support  
Connect with Respect

Ballarat and District  
Aboriginal  
Co-operative Ltd

2pm to 3pm Fridays  
BADAC Therapeutic Room  
For Further Information:  
BADAC SEWB AOD TEAM

Joanne 0447 078 099  
Henrik 0447 080 695

The poster features a central image of two hands clasped together, one from a person with a darker skin tone and one from a person with a lighter skin tone. The background is dark with a subtle pattern. Logos for the Ballarat and District Aboriginal Co-operative Ltd and the Australian and Victorian flags are included.

Stronger Brother, Stronger Sister, Stronger Together, is a new peer support group for all community members who suffer from, or struggle with substance misuse and addiction. The program offers a culturally safe, confidential and supportive space to be able to share their struggles and successes together.

The group provides support and education surrounding addiction, substance misuse and recovery.

The program is facilitated by Henrik and Jo from Social Emotional Wellbeing - Alcohol & Other Drugs Team.

It runs every Friday afternoon 2pm -3pm in the Therapeutic room at BADAC. Please enter from the car park entrance and staff will be there to meet you.

If you are interested in joining this peer support group, please contact Henrik or Jo.



## WRISC Family Violence Support

WRISC Family Violence Support and the Aboriginal Program, support Families and the local Aboriginal Community, who have experienced Family Violence, especially, during Corona Virus.

If you or someone you know is needing support for Family Violence, please call our reception on 53 333 666 and speak to someone in the Aboriginal Program.



## Sexual assault counsellor / Advocate

Whilst we are currently in the process of filling positions for a Sexual assault counsellor and Team leader, if you are in need of assistance, please contact Ballarat CASA on 5320 3933. We look forward to being able to offer this service to our community through BADAC once again very soon.

## We're still here to help!

Even though we are restricted with staff in the building, please rest assured that the Social Emotional and Well Being team are still here to help. If you are in need of counselling—mental health, AOD or any other services that we offer, please don't hesitate to call—5331 5344 opt #3

# Staff Profile



**Name:**

Jade Purcell  
Proud Gunditjmara women.

**Position:**

Aboriginal Health Worker

**Time at Badac:**

I started at BADAC 13 years ago, however I was employed at the Cultural Centre in Main Rd where I worked for a few years first. So all up I've been around for roughly 17 years.

**What other roles have you worked in since being at BADAC?**

I started in retail at the Cultural Centre in Main Rd, here in Ballarat. I then came across to BADAC to help Esther do Admin in Finance. From there I moved to Medical after studying Massage Therapy, and while working in Massage Therapy the manager at that time asked if I would be interested in becoming an Aboriginal Health Worker, which I then went on to study and am happy to be still working in that field to this day.

**What qualifications do you hold?**

Diploma in Remedial Massage  
Certificate 3 in Aboriginal & Torres Strait Islander Primary Health Care  
2017 Certificate 3 in Pathology Collection

**Are there any other work/life achievements you have completed whilst at BADAC?**

I have been able to travel overseas a few times, including America 3 times and New Zealand once.

**What do you love most about working at BADAC?**

Being involved within the community. I love catching up with everyone and seeing the next generation growing up. I like the thought of me being able to help and support people in either the rough or great times in their lives.

**How has BADAC as a whole (buildings/community/staff) changed since you've been here?**

**Any other wisdom/stories you'd like to share?**

If you want something, put your mind to it and you can achieve it!

THANKS FOR BEING A DEDICATED AND  
LOVED MEMBER OF BADAC STAFF JADE!



# BADAC Elders Group

Our Elders group enjoyed a lovely afternoon out during NAIDOC week. They were treated to lunch, cake, music and awards. The group had a great time catching up with each other.



The Elder's Group enjoys regular outings and activities.  
Cost \$5.00 per person per Outing/Activity unless otherwise stated.

We welcome new members, however you will need to be registered with My Aged Care or the National Disability Insurance Scheme to be eligible.

For more information, please speak with Mick Clark at BADAC or phone him on 0499 025 284

## Do You Have Love & Care To Give Our Koorie Kids?

Are you interested and in a position to provide a culturally safe and secure place for a child in our community to stay?

Unfortunately, there are still Aboriginal/Torres Strait Islander children being removed from an unsafe environment. Ultimately, the best outcome is to not see these children removed. But when they do, we need to find suitable placements for children and sibling groups.

Foster care is temporary care of children by trained, assessed and accredited foster carers.

Children and young people requiring foster care can be of any age (up to 18 years), and can come from various cultural, religious, and socio-economic backgrounds.

Children and young people are placed in foster care for a range of reasons, and Foster care can occur as a result of a court order, or through a voluntary arrangement between

the child or young person's parent and a service provider. It could be overnight, for a month or longer – it all depends on the needs of the child.

If you are in a position to offer up a room and invite children in, please call Koorie Family Services on 5331 5344, opt 4 to find out how you can help keep our children from entering Out of Home Care and stay in our community.

**OUR KIDS NEED YOU!**



# Calendar of Events

**2021 SEPTEMBER**

CALENDAR YEAR

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	01 STW Program Boxing Program Do Drop In	02 Stolen Generation Memorial Group	03 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	04
05	06 Carers Circle Singing Group Playgroup - Perridak Youth Group	07 Women's Group	08 STW Program Boxing Program Do Drop In	09 Stolen Generation Memorial Group	10 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	11
12	13 Carers Circle Singing Group Playgroup - Perridak Youth Group	14 Men's Group	15 STW Program Boxing Program Do Drop In	16 Stolen Generation Memorial Group	17 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	18
19	20 School Holidays (Holiday Program) Singing Group	21 Women's Group	22 STW Program Boxing Program Do Drop In	23 Stolen Generation Memorial Group	24 Do Drop In Stronger Brother/Stronger Sisiter	25
26	27 School Holidays (Holiday Program) Singing Group	28 Men's Group	29 STW Program Boxing Program Do Drop In	30 Stolen Generation Memorial Group	01	02

**2021 OCTOBER**

CALENDAR YEAR

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	02
03	04 Carers Circle Singing Group Playgroup - Perridak Youth Group	05 Women's Group	06 STW Program Boxing Program Do Drop In	07 Stolen Generation Memorial Group	08 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	09
10	11 Carers Circle Singing Group Playgroup - Perridak Youth Group	12 Men's Group	13 STW Program Boxing Program Do Drop In	14 Stolen Generation Memorial Group	15 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	16
17	18 Carers Circle Singing Group Playgroup - Perridak Youth Group	19 Women's Group	20 STW Program Boxing Program Do Drop In	21 Stolen Generation Memorial Group	22 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	23
24	25 Carers Circle Singing Group Playgroup - Perridak Youth Group	26 Men's Group	27 STW Program Boxing Program Do Drop In	28 Stolen Generation Memorial Group	29 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	30
31	01	02	03	04	05	06

# Calendar of Events

2021 NOVEMBER

CALENDAR YEAR

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01 Carers Circle Singing Group Playgroup - Perridak Youth Group	02 Women's Group	03 STW Program Boxing Program Do Drop In	04 Stolen Generation Memorial Group	05 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	06
07	08 Carers Circle Singing Group Playgroup - Perridak Youth Group	09 Men's Group	10 STW Program Boxing Program Do Drop In	11 Stolen Generation Memorial Group	12 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	13
14	15 Carers Circle Singing Group Playgroup - Perridak Youth Group	16 Women's Group	17 STW Program Boxing Program Do Drop In	18 Stolen Generation Memorial Group	19 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	20
21	22 Carers Circle Singing Group Playgroup - Perridak Youth Group	23 Men's Group	24 STW Program Boxing Program Do Drop In	25 Stolen Generation Memorial Group	26 Playgroup - Perridak Do Drop In Stronger Brother/Stronger Sisiter	27
28	29 Carers Circle Singing Group Playgroup - Perridak Youth Group	30 Women's Group	01	02	03	04

At the time of printing, we understand that some of these community programs will not go ahead due to restrictions and lockdowns. We aim to keep you as updated as we can with the ever changing circumstances.

## BADAC Beanies

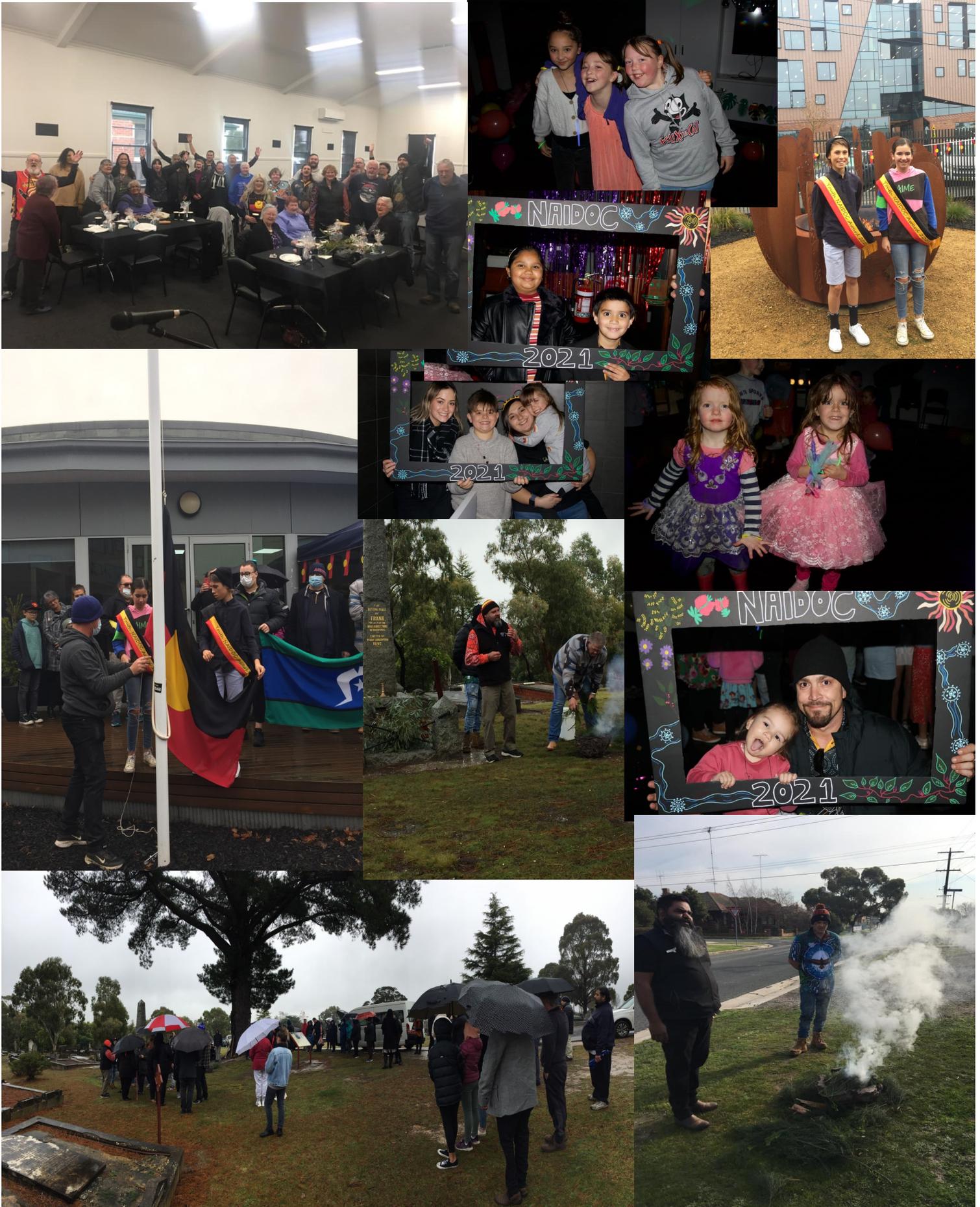


We have BADAC beanies available to purchase from reception for \$10. If you would like one, please contact reception or call in and see us to purchase.

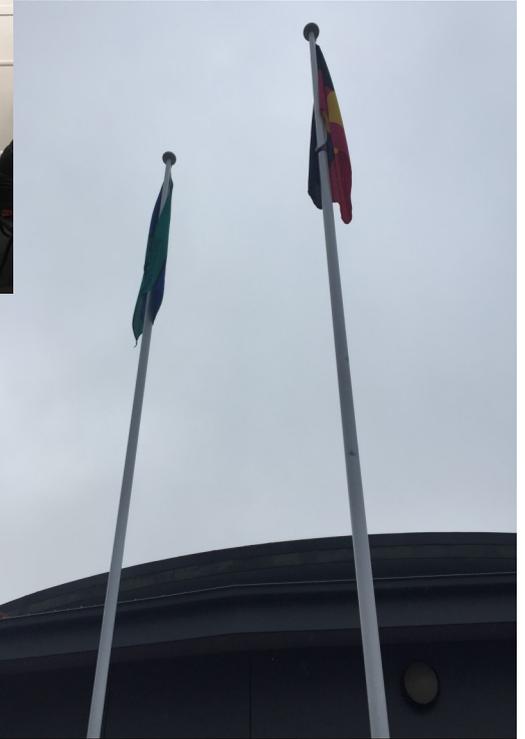


# NAIDOC Week 2021

Although we couldn't celebrate big this year for NAIDOC, we were lucky enough to be able to have a few small events throughout the week with Community, staff and Elders. We are looking forward to holding our Community Open Day in September (providing COVID stays away)



# NAIDOC Week 2021



# Good News Stories

## The Melbourne Art Trams project

The Melbourne Art Trams Program returned in 2021 with all designs by First Peoples artists. The top six selected artworks speak to diverse themes of environmental ecologies and caring for Country, to personal stories of journeying and family, and reflect on the history and cultural heritage of First Peoples in the landscape. Thomas Marks had the privilege of been chosen for the project in 2021.

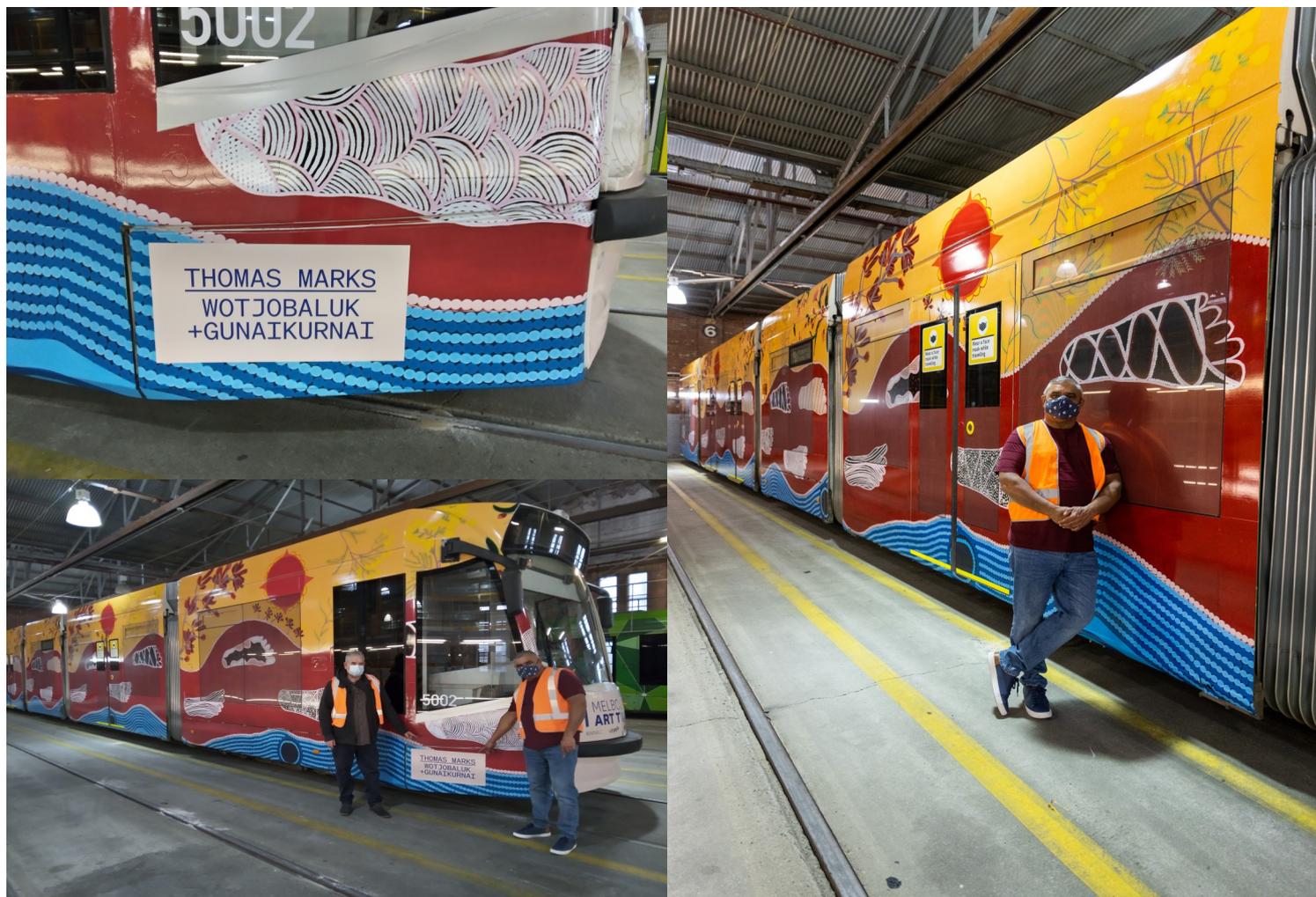
“This work represents walking on my father’s Country and the importance of leaving my footprints and connections. My father was a proud Wotjobaluk man. It’s a tribute to him, connecting our two spirits together as father and son. It shows flowering Indigenous plants that grow along the Wimmera River nurtured by the warmth of the sun and the river. These have provided food and cultural resources for Wotjobaluk people for generations.”

“Becoming an artist has changed me in so many ways. It has given me a better perspective and outlook on life and it has taught me to have patience; I guess it’s created a whole new world for me and has given me a lot more confidence in myself.”

“I guess I focus on things from my past, like the Stolen Generations. It wasn’t my choice, it’s something that was forced upon me. I not only get inspiration from my Stolen Generations background but through my subsequent life experiences in trying to connect back to my identity, culture and aboriginality. When I complete a painting, I feel I have achieved a little bit more of the healing process. It gives me a sense of belonging; a knowing of who I really am. It also gives me a sense that I can achieve anything that I put my mind too.”

You can see Thomas’ artwork ‘Walking on my Father’s Country’ on tram 5002, Sydney Rd, Brunswick, routes 6 & 19

Below: Thomas Marks alongside the tram which his artwork can be found on



# Good News Stories

## GWS v Gold Coast Suns

A few of our Community members were lucky enough to visit the GWS Giants Indigenous Players while they were in the region playing against Gold Coast Suns in July.

A huge thanks to Zane for organising!



Left: Charlee, Kyeema, Shu, Indi, Miah, Nicole and Tarelle with Jeremy Finlayson & Bobby Hill from GWS



Left: Community members Zane and Levi participating in the Welcome to Country which was conducted by Deanne Gilson

## Stories in Song



L-R Aunty Lisa Sansbury, Rose Turtle Ertler, Aunty Kym Krasa, Uncle Paul Kirby, Uncle Jack Walker, Uncle Rob Watts

The Cultural Therapeutic Support Program recently delivered two song writing workshops, with a beautiful group of Elders. In the second session we welcomed musician and artist Rose Turtle Ertler, who worked with us to get stories and ideas into words and then find the perfect melodies.

Storytelling is an important part of Aboriginal culture and so many wonderful stories have been passed down through song and dance.

Playing and creating music has huge therapeutic benefits – there is strong evidence around stress reduction and the easing of symptoms of depression through music. Music can help to settle your heart rate and even decrease blood pressure.

# Good News Stories

## NAIDOC at Delacombe Day Care

Aunty Bel had the pleasure of being able to visit Delacombe Day Care during NAIDOC week where her granddaughter Georgina goes. They asked her to come in and do some activities with the children. Aunty Bel went in and sang a song and painted the children's faces for their NAIDOC Day. It was very rewarding for her, and special as she got to share that day with her granddaughter and her little friends.



## A welcoming addition

Community elder Aunty Anne Patmore recently welcomed her first great-grandchild, Kandan. Anne also has 10 other grand children. Here she is pictured with Mitchell, Kandan and Connor



Do you have a good news story?

Have you, or someone in your family celebrated a milestone birthday or have an achievement you'd like to share?

Then we would love to hear from you!

Please email Erin Kanoa — [ekanoa@badac.net.au](mailto:ekanoa@badac.net.au)

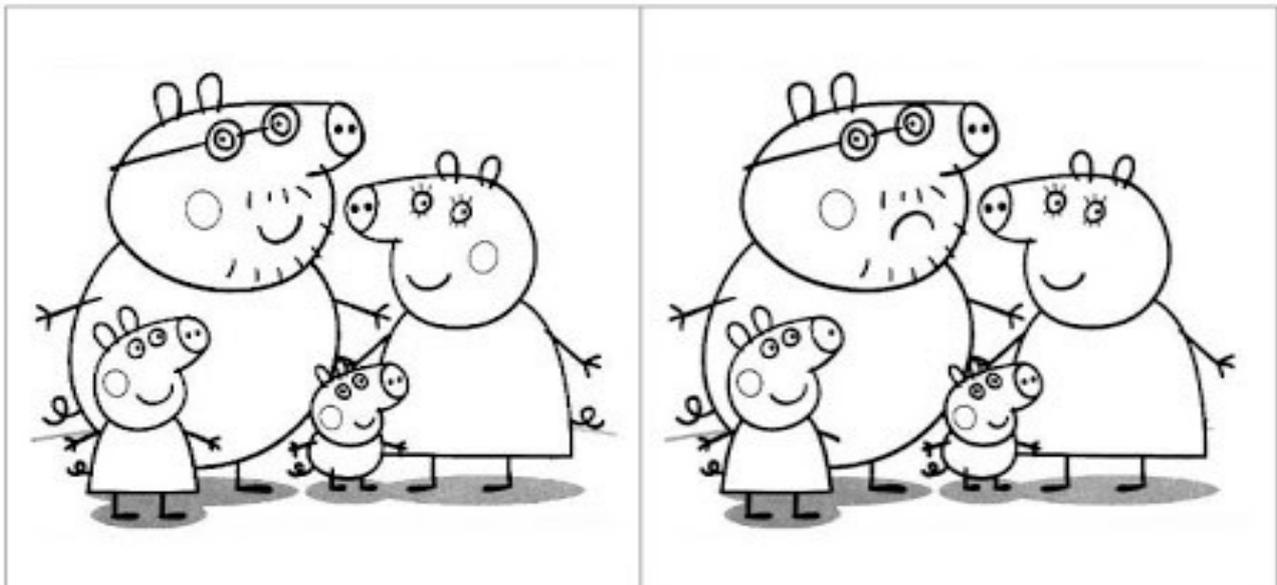




Ginés Ciudad-Real

Attention Activities Spot the Difference

### spot 5 differences



[www.attentionworksheets.com](http://www.attentionworksheets.com) [www.orientacionandujar.es](http://www.orientacionandujar.es)



# Welcome to New BADAC Staff



## Brandon Green

Men's Community Connection Worker  
Family Violence Support & Local Justice



## Rebecca Griffiths

Women's Community Connection Worker  
Family Violence Support & Local Justice



## Shelley Lane

Aboriginal Hub Practitioner—The Orange Door  
Family Violence Support & Local Justice

## Angela McGannon

Aboriginal Hub Practitioner—The Orange Door  
Family Violence Support & Local Justice



## Dr. Rajni Patel

General Practitioner  
BADAC Medical Centre

## Dr. Maulik Patel

General Practitioner  
BADAC Medical Centre



## Pepequita Lane

Community Home Support & NDIS Support Worker  
Home & Community Care

# Become a BADAC Member Today



BADAC currently has a membership of over 400.

BADAC member's enjoy some great benefits and it only costs \$ .10c to apply .

Applications are sent to the Board who make all decisions about approving new members.

**SPEAK TO THE FRONT RECEPTION STAFF ABOUT A MEMBERSHIP APPLICATION FORM!**

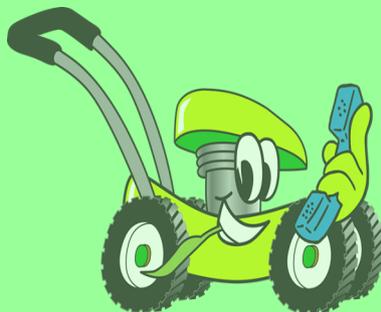
Benefits of BADAC Membership:

- Have a voice on BADAC's future (Nominate for the Board)
- Priority access to BADAC Housing opportunities
- Regular Newsletters and Annual Report
- Additional supports when needed including Food Hampers and household goods
- Part of making a difference for the Ballarat Aboriginal Community
- Special mail outs for events and community information

## Garden Maintenance Services

Our lawn services are available for participants under the Community Home Support and HACC-PYP Programs who are in need of help to maintain their gardens/yards. Our services included in this program are as follows.

- Lawn Mowing
- Weeding
- Clearing footpaths
- Green waste removal
- Minor pruning



CHSP services support eligible Aboriginal and Torres Strait Islander peoples aged (50+) and non-Aboriginal/Torres Strait Islander person aged (65+).

The Home and Community Care Program for Younger People (HACC-PYP) provides short term support for people with disabilities aged under 50 years.

For more information please contact BADAC reception on 03 5331 5344

## Social Media



Ballarat & District Aboriginal Co-Operative  
Koorie Youth Ballarat

@BallaratBADAC  
@korieyouthballarat



BADAC Media

[www.youtube.com/channel/UCiRheklZ9CrTL\\_iG8Zium4g](http://www.youtube.com/channel/UCiRheklZ9CrTL_iG8Zium4g)



Ballarat & District Aboriginal Co-Operative

@BADAC\_Ballarat



Ballarat & District Aboriginal Co-Operative

@badac\_ballarat



BADAC

[www.linkedin.cn/ballarat-and-district-aboriginal-cooperative](http://www.linkedin.cn/ballarat-and-district-aboriginal-cooperative)

# Community Information

## New Members Welcome

Thinking of becoming a member?

Membership of BADAC is open to all members of the Ballarat and District Aboriginal Community.

To be a member you must have lived in the Ballarat Region for 12 months and you must be Aboriginal and/or Torres Strait Islander.

People who are married or De facto partners of Aboriginal and/or Torres Strait Islanders are also able to become members providing their partners are eligible for membership

Membership is a great way to connect with BADAC's services and your community.

Contact Reception to find out more!

Ph:03 53315344

## Contact Us

BALLARAT & DISTRICT ABORIGINAL COOPERATIVE

P.O. Box 643

Ballarat VIC 3350

106-108 Armstrong St North

Ballarat VIC 3350

T: (03) 5331 5344

F: (03) 5333 1637

## Our Services

BADAC supports the health and wellbeing of the Ballarat and District Aboriginal community with a range of holistic services, including:

- Badac Medical Clinic
- Koorie Family Services
- Stronger Families
- Integrated Family Services
- Kinship Care
- Aboriginal Family Lead Decision Making (AFLDM)
- Early Years/Playgroup
- Home and Community Support
- Drug and Alcohol Rehabilitation Support
- Social & Emotional Wellbeing Program
- Justice Support
- Family Violence Support
- Social Worker
- Youth Groups
- Youth Leadership Programs
- Cultural Outings and Camps
- Stolen Generations Support

**Have you changed your Address**

**OR**

**Want your magazine delivered via email**

**If so please let reception know either by dropping in or giving us a call (03) 5331 5344.**

**You can also email our Media Officer, Erin Kanoa  
ekanoa@badac.net.au**

## Important Numbers (After Hours)

### **Triple Zero 000**

The Triple Zero (000) service is the quickest way to get the right emergency service to help you. You can contact Police, Fire or Ambulance in life threatening or emergency situations.

### **Lifeline 13 11 14**

24 hour crisis support and suicide prevention service.

### **Kids Helpline 1800 551 800**

Helpline for children.

### **SuicideLine Victoria 1300 651 251**

SuicideLine is a 24/7 telephone counselling service offering professional support to people at risk of suicide, people concerned about someone else's risk of suicide, and people bereaved by suicide.

### **Parentline 13 22 89**

Parentline Victoria is a state wide telephone counselling, information, and referral service for parents and careers of children age 0-18 years. Parentline's hours are 8am-12 midnight 7 days a week.

### **BHS Mental Health Services 1300 661 323**

Anyone can contact Mental Health Service if they are worried about their own changes in mood, ideas or behaviour, or someone else living in the region.

### **Direct Line 1800 888 236**

Direct Line is a 24/7 telephone service providing counselling, information and referral service for anyone in Victoria wishing to discuss alcohol or drug-related issues.

### **Aboriginal Legal Services – Victoria 1800 064 865**

VALS is an Aboriginal community controlled organization operating Statewide in Victoria, providing community justice services and legal practice services to all Victorian Aboriginal community.

### **Nurse-On-Call 1300 60 60 24**

Nurse on call is a 24/7 phone service that provides immediate, expert health advice from a registered nurse.

### **Maternal and Child Health Line 13 22 29**

The Maternal and Child Health Line is a free 24/7 statewide telephone service available to Victorian families with children for birth to school age.

### **Gambler's Help 1800 858 858**

Gambler's help is a 24/7 free support service for people who are affected by gambling.

### **National Debt Hotline 1800 007 007**

A national, free, confidential & independent financial information service.

### **BADAC SERVICES INFORMATION (BUSINESS HOURS ONLY):**

**MAIN RECEPTION 5331 5344 Option # 9**

**MEDICAL RECEPTION (MEDICAL) 5331 5344 Option # 2**

**MATERNAL CHILD HEALTH—5331 5344 Option # 2**

**SOCIAL & EMOTIONAL WELLBEING/SEXUAL ASSAULT SUPPORT—5331 5344 Option # 3**

**KOORIE FAMILY SERVICES 5331 5344 Option # 4**

**HOME & COMMUNITY CARE 5331 5344 Option # 9**

**FAMILY VIOLENCE 5331 5344 Option # 9**

Please let Reception know if you want to speak to someone specifically. A message will be given to staff member to phone you back.

