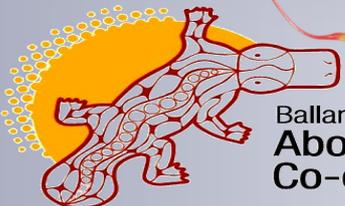


PLATYPUS TRACKS

Autumn EDITION 2021

HAPPY EASTER
EVERYONE



Ballarat and District
**Aboriginal
Co-operative** Ltd



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We wish to acknowledge the traditional owners of the land of Ballaarat, The Waddawurrung 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

At BADAC's February 2021 AGM, I was honoured to be elected Chairperson of the BADAC Board.

The new BADAC Board consists of:

- * Chair – Larry Kanoa
- * Deputy Chair—Ian Petty
- * Secretary—Karen Monaghan
- * Treasurer—Marjorie Pickford

Right: Larry Kanoa
Chairperson



Board members:

- * Pauline Smith
- * Peter Lovett

The Board has already begun Governance training, to ensure we are guiding BADAC lawfully and effectively.

Other Board planning includes:

- Strategic Planning
- Ways in which the board can work more strategically
- Governance and financial training
- Training for board members to keep on top of governance and financial awareness
- Community meetings
- What can we as a board offer at community meetings to members of the community?



BADAC Annual General Meeting February 2021

Vice Chairperson—Ian Petty



Karen Monaghan
Secretary



Peter Lovett



Marjorie Pickford
Treasurer



Pauline Smith



From Our CEO– Karen Heap



Hi everyone,

March has arrived and as I write, BADAC is planning community events and activities for 2021. I am very proud of BADAC and our community for our proactive approach to CO-VID19. Hopefully our work will mean we can open the doors and hold cultural events in the very near future.

Board news

Huge thanks to our outgoing Chairperson Marj Pickford, for her outstanding contribution to BADAC during her two terms as Chair. I am delighted that she remains on our Board, as an experienced and highly respected Board member.

We welcome Uncle Larry Kanoa as our new Board Chairperson. Larry was inducted to the Victorian Aboriginal Honour Roll in 2020, for his lifelong service to BADAC and the Aboriginal community. He vacates the Treasurer role.

Many thanks to our departing Board member Ashlee Rodgers for her valuable service. Its goodbye and hello to long-serving Board member Kylie Laxton. Kylie resigned her Board membership, as we have welcomed her in a different capacity - she is now a proud BADAC employee.

New Board members are Peter Lovett and Pauline Smith. We look forward to the new Board guiding us through 2021 and beyond.

CO-VID19 update

Massive thanks to each and every one of you for ensuring we got through this pandemic to March 2021. I know how hard it was not seeing friends, family and community and I thank you all again.

I'd like to thank my Chief Operating Officer Jon Kanoa, Chief Finance Officer Leigh Skelton, Chief HR & Governance Officer David Carter and all the BADAC staff, who have been very flexible in these trying times and looking after their clients and the BADAC community to the best of their ability.

In the meantime, please remember – BADAC is open for business! Please continue your appointments and health checks as usual, even if over the phone. Our GPs are available by phone or face-to-face if needed. You can call BADAC any time if you need help, support, or just to chat.

CO-VID Vaccine

I know you are anxious for updates on the CO-VID vaccines. We understand they will be available in March or April.

We will keep you posted, and will send out notifications when the vaccines are available and explain what you need to do.

New Program - Cultural and Therapeutic Support

I have previously advised you about our exciting new program, Cultural and Therapeutic Support. CO-VID has obviously impacted the program roll out, but already we have conducted a carers' yarning circle, which was very well received. A young mums' and a community yarning circle are coming soon.

The program is planning a range of exciting cultural and family activities. Therapeutic chats are available now – please ring reception and ask for Karen Monaghan to book.

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.

Youth Programs

This is a great time for our younger members and all Aboriginal youth across the region to contact BADAC to find out about all the exciting activities and events the Youth team is planning for 2021.

Media

BADAC was lucky to gain impressive media coverage of the Peridak Burrton opening – our new 100-place Early Years Centre in Humffray St, Brown Hill.

We still have places available in child care or our kinder programs. Please call the centre on 5334 4727. All children will enjoy Aboriginal culture in their learning and play experiences. The centre is open to both Aboriginal and non-Aboriginal children and families.

We are delighted to have been successful in gaining funding from the state government to build a brand new community-owned Early Years Centre in Sebastopol. Plans and next steps are well underway.

You may have noticed some lovely BADAC ads on WIN TV. These ads showcase some of the services available at BADAC. My thanks to BADAC staff and their friends and families, who provided the 'talent'!

BADAC continues to work with local media outlets to tell Aboriginal stories and portray Aboriginal people in strong and positive ways.

Medical clinic

Please remember - Keep appointments or ring and let us know if you are unable to make your appointment. This is important so that someone else who is waiting can see the doctor faster.

Stay Posted

BADAC continues to plan for the future. Please stay posted for news about Easter hampers and NAIDOC week Family Fun Day, to mention a few important events.

Most of all, stay well, and I hope to see you all at a community in the coming months.

Kind Regards

Karen Heap



BADAC Medical Centre

Covid 19 Updates

During the Covid 19 Pandemic, the doors of the Medical Centre have remained closed. This was to ensure our Community was kept safe and to follow Government and Organisational policies. With the sliding doors closed, The Medical Centre remained open throughout the pandemic, and although the doors are still closed, the Medical staff are still there to welcome you, and check everyone for any symptoms before entering.



At some point the doors will again be open, but for now, we appreciate your patience as we continue to follow safety guidelines and protect all of you.

Please continue to contact Medical Reception for all appointments, be on time, have your phone charged and available if having a telehealth appointment.

As most of you would be aware, the Covid 19 vaccine has commenced being rolled out to specific groups. Aboriginal and Torres Strait Islanders are considered a higher risk group. Aboriginal and Torres Strait Islanders 55 and older will be in Phase 1b, with Aboriginal and Torres Strait Islanders 18-54 being in Phase 2a.

BADAC will be part of the rollout of the vaccine, however to date there has not been any information regarding when the first vaccines will be available to the BADAC Community.

Please continue to be patient and we will notify everyone once we are ready to start vaccinating . Please keep an eye on the BADAC facebook page for updates on when the vaccinations will be available to you.

Do it for your self – Cervical Screen Test 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.

WE ALL LOVE HAVING OUR NEW MEDICAL CENTRE

AND STAFF LOVE GIVING YOU THE BEST SERVICE OF CARE



If you are unable to attend your appointment.....PLEASE.....

- * **Cancel via SMS Message/Reminder (Free Message)**
- * **Contact BADAC Medical Reception as soon as possible if you know you won't make your appointment**
- * **If you need transport, Contact BADAC Medical Reception way ahead of time, so we can transport you to your appointment on time!**

BADAC Medical Centre

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



Medical appointment

- 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
- Advise Medical Reception if you are unable to attend your Medical appointment.
- 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.

Transport

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
- 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



Update contact 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

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



Bookings can be made at BADAC Medical Reception

5331 5344

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.

Farewell to Jo Warren

During February, BADAC said a sad farewell to our long time employee, Jo Warren.

Jo has been the Executive Manager of Health, and previously the Quality Improvement Manager. All up, she has given 7 years to the Cooperative and has been devoted to the health of the local Community.

Jo has chosen to move to Melbourne, and will be involved in the rollout of the Covid 19 Vaccination.

We wish Jo the best in her future, and hope to see her back for regular visits...

.....as long as she leaves her recorder at home!



One of our oldest Community members turns 90



Alvida Clarke turned 90 years old late in 2020, and BADAC staff made sure she knew we all noticed!

We held a "covid" small gathering in the tree room with cake and treats, and helped her celebrate this fantastic birthday with some BADAC staff and some of her family members.

Karen Monaghan also presented a Life time BADAC membership Certificate to her from behalf of the Board and Staff.

Her response was "It's been a long time coming"!

Happy Birthday Aunty Vida...we wish you many more birthday's to come!



Easter Hampers



EASTER HAMPERS WILL BE AVAILABLE TO COMMUNITY MEMBERS AGAIN THIS YEAR.

TO RECEIVE ONE OF OUR AMAZING HAMPERS JUST BEFORE EASTER

PLEASE CONTACT RECEPTION AND PUT YOUR NAME ON THE LIST.

PHONE 53 31 5344

Making a Change Program (MAC) 2021 Program

Making A Change (MAC) 2021 Program

Alcohol and Other Drug Day Therapeutic Rehabilitation Program

When: Term 1: Feb 9— Mar 31
Term 2: April 27—Jun 16
Term 3: July 20—Sept 8
Term 4: Oct 19—Dec 8

Days: Tuesday—Friday (Friday optional) for 8 weeks

Time: 9.00 am for a 9.30 start—3.30 pm

Where: Ballarat Community Health, 28 Victoria Street Bakery Hill

Topics will include but are not limited to:

Setting Goals	Communication
Conflict Management	Stress & Anxiety
Health & Wellbeing	Exercise
Cooking	Budgeting
Community Connection	Planning
Self Care	Relapse Prevention

To express interest in participating in the program contact:

Beth : 0497 443 733 Felicity : 0418 631 609 Lee: 0490 047 656

Participants must be stable in their substance use and mental health and they must be able to attend the program not affected by alcohol and or other drugs

Participants must be over the age of 18 years , the program is free, places are limited and an assessment will be undertaken prior to successful enrolment in the program.

MAKING A CHANGE GOOD NEWS STORIES

Term 1 of the MAC Program has welcomed 4 Community members as participants.

Several years ago, Thomas Marks participated in this program and is keen to return this year to talk about his journey and story to this Term's Mac participants. Thomas has put in a lot of hard work to understanding himself, his addiction and the impact the Stolen Generations has had on him. Through his art and poetry, he has found comfort and understanding.

We can't wait to welcome Thomas back to the program, and will see him on March 17th to share his journey of recovery.

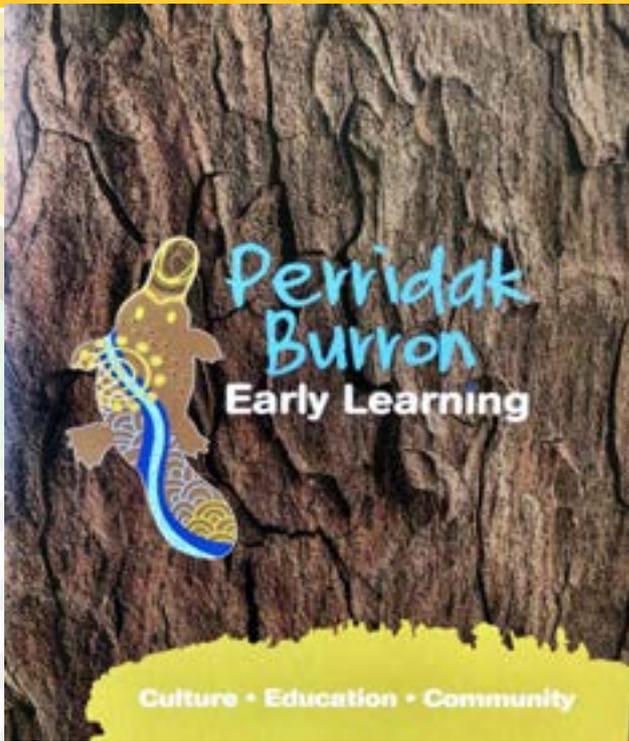
BADAC's stolen Generations Worker Vicki Peart was guest speaker at a the MAC Program recently, and shared her stories on the Missions and Stolen Generations.

IF YOU INTERESTED IN BEING PART OF THE PROGRAM PLEASE CONTACT BETH MACDONALD ON 0497 443 733.

Right:

MAC Participants Tammie & April share a photo opportunity with Vicki Peart from BADAC





Now Open and Taking Enrolments

For more information about the
new centre and enrolments
contact Casey Brown
on 53344727 or on line at
www.perridakburronel.net.au



OFFICIAL OPENING OF PERRIDAK BURRON EARLY LEARNING CENTRE

On Friday 5th February, the Perridak Burron Early Learning Centre was officially opened. The celebration commenced with a Smoking Ceremony performed by Traditional Owner, Barry Gilson, followed by a small gathering to hear Karen Heap & Jon Kanoa talk about the exciting addition to BADAC's business, followed by Centre Manager, Casey Brown addressing the development and future plans for the Centre.

Marjorie Pickford (BADAC Chairperson) officially opened the Centre, which was warmly applauded by all in attendance.

Many people have been involved with this exciting development, from the BADAC Board approving the new venture, to Chief Finance Manager, Leigh Skelton finding the funds!...Karen Heap and Jon Kanoa pushing ahead with this even with Covid 19 impacting our world. Des Rix for working closely with BADAC to develop the site, and most importantly, Casey Brown who as Manager of Early Childhood Learning & Development, has been responsible for jumping through the many hoops to see this venture come to fruition. Casey's dedication to this centre has been impressive and we thank her and her staff for the amazing work they have achieved behind the scenes to create a wonderful, cultural, and safe space for all children.

YIRRAM BURRON EARLY CHILDHOOD



Above: Karen Heap, Jon Kanoa, Leah Keegan, Julianna Addison (member for Wendouree) and Michaela Settle (member for Buninyong) stand on the Sebastopol site for the new Early Childhood Service.

On Tuesday 15th December, it was announced that the Andrews Labor Government was supporting BADAC with the development of a new Early Childcare Centre in Sebastopol, with a \$900,000 injection of funds.

The new venture “Yirram Burron Early Learning Centre” will be jointly funded by BADAC and the Victorian Government and is set to open in 2022.

Yirram Burron is translated as “Morning Children”, and will be a culturally welcoming, rich and safe early childhood education service, that will deliver 3 and 4 year old kindergarten programs within the heart of the Ballarat Aboriginal Community.

The new development will embrace and embed Aboriginal perspectives into the service delivery, structural environment and education curriculum.

BADAC contributed \$1.5 million to the project, including the purchase of land in Sebastopol, with approved planning permits for a 38 place early learning service that will include kindergarten and long day care.

The centre will inspire children and engage families into early childhood education from the vital early years, to narrow the Gap and enhance educational outcomes for Aboriginal children.

PHOTOS FROM THE OPENING OF PERRIDAK BURRON



Sons of the West Program

Sons of the West - starts on the 15th of March - REGISTRATIONS NOW OPEN!

Sons of the West is a FREE 10-week men's health program that runs across 7 local municipalities, including Maribyrnong, Brimbank, Hobsons Bay, Wyndham, Melton, Ballarat and Sunbury. Each week the program runs for about 2 hours. In the first hour, you will have the chance to hear from guest presenters about different men's health topics. In the second hour, we get out and do some fun and group-based exercise and connect to new networks.

There are loads of giveaways including customised Sons of the West incentives and the chance to win signed merchandise from the Western Bulldogs Football Club.

Here is the registration link to register for Sons of the West 2021 - Sons of the West | Western Bulldogs

Youth Leadership Project- starts in April - REGISTRATIONS NOW OPEN!

The Youth Leadership Project offers unique opportunities for young people aged 14 to 16 to build confidence, make new friends and develop skills that will enable them to become leaders in their community. The program guides local young people through practical and theory based activities designed to enhance participant's capacities in; leadership, teamwork, communication, goal setting and resilience, empowering them to contribute and grow as leaders in their community.

Participation in The Western Bulldogs Leadership Project is FREE and participants go on an overnight camp and receive a complimentary program participant pack.

Here is the registration link to register for the Youth Leadership Project 2021 - Youth Leadership Project Form | Western Bulldogs

For more information please contact **Simone Rodder the Diversity & Youth Manager with the Western Bulldogs 0414 268 909** email: simon.rodder@westernbulldogs.com.au

Woorangalook Koori Surfing Titles

On the 6th and 7th of February, the BADAC Youth Team accompanied 12 Ballarat youth to the Woorangalook Koori Surfing Titles which were held at Urquharts Bluff near Anglesea.

The kids enjoyed learning how to surf and also about water safety.

These Titles are open to all age groups, from Open Men and Women to Under 6 Boys and Girls.

A big congratulations to Lelea Tuitupou who came 1st in the Under 6 Title.



Children & Youth Services

The City of Ballarat
Youth Services and BADAC
invite all members of the
Community to our:



Intercultural Youth Gathering

A Celebration of
Ballarat's
Young People and
Intercultural Diversity
through Music,
Song & Dance.



Guest Appearance

**Mitch
Tambo**



**HARMONY
FEST
BALLARAT**

March 26th

3:30pm - 6:30pm

View Point, Lake Wendouree

**Featuring Young Performers, Emerging Artists, Diverse Cultures.
Food available to purchase. This is an Alcohol, Drug and Smoke Free Event.**

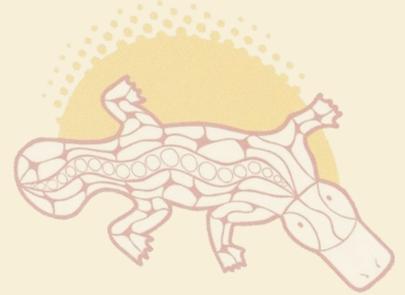
Want to become a BADAC member?

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.

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



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

Badac on Social Media

SOCIAL MEDIA GROUPS TO CHECK OUT:

KOORIE KIDS PARENTING



BALLARAT & DISTRICT ABORIGINAL COOPERATIVE

KOORIE YOUTH BALLARAT



BADAC MEDIA YOUTUBE CHANNEL

Just a reminder to everyone that BADAC has a new Facebook page which has items posted in it regularly.

The old page will eventually be deleted, so please make sure you are following the latest page for the latest information!

RAINBOW TICK ACCREDITATION FOR BADAC

BADAC is committed to making sure that our services are inclusive of LGBTIQ+ community members, and this is the reason why we are undertaking the Rainbow Tick Accreditation.

Our plans to undertake training for staff and volunteers will follow our Board training which hopefully will be soon.

As the Rainbow Tick Advisory Group Coordinator, I would love to talk to any community or family members of LGBTIQ+ people.

It is so important for Aboriginal and/or Torres Strait Islander community give feedback and are consulted.

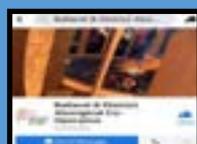
I can be contacted on sanderson@badac.net.au or via the Medical Clinic.

I work on Tuesday and Wednesdays and can make time for a visit.

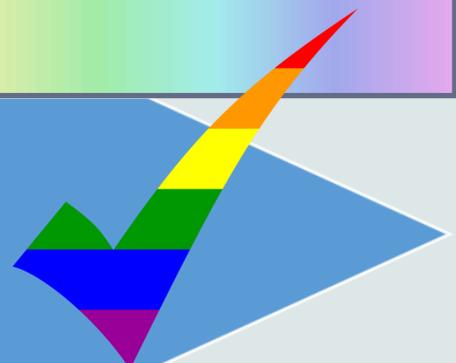
Sandy Anderson.



OLD FACEBOOK PAGE



NEW PAGE



Hoops against Violence



BADAC supported the yearly “Hoop Against Violence” program which was put on by VACSAL in conjunction with the GIFVRAG and Grampians RAJAC, at the Mars Miner Dome during the School Holidays.

The event was attended by kids of all ages from all over the Grampians and South West Districts, and was a great success. Well done to all the kids who came along and joined in the fun!

A massive Congratulations to Tony Lovett, everyone behind the scenes and those who volunteered to help out through the 2 days. This is a great event every year....and especially this year with the Covid restrictions and challenges.

BEVERIN STREET BUILDING

Recently the BADAC Maintenance team has been busy transforming the old Beverin Street Building into a fantastic space to be enjoyed by all our Community.

There is now a carpeted area, adjoining a new modern kitchen, for our Elders to enjoy for meetings and gatherings.

The other area has been upgraded for our youth and Community to use for activity nights (more info coming soon). The floors have been sanded and polished with new flat screen TV's in both areas for movie nights, and other activities.

We are hoping to eventually establish a half court Basketball area out the back, and a lockable shed to store our bikes and sporting equipment.

This new space has a lot of potential to develop into a fun and exciting space for all members of our Community, and we look forward to continuing to get it ready for everyone to enjoy soon.



CULTURAL THERAPEUTIC PROGRAM

With Covid 19 restrictions now easing, the new Cultural Therapeutic Program has been able to venture out on day outings and in the near future, overnight camps.

If you would like to discuss this further, and want to participate in the bush trips, art activities and yarning circles, please contact Karen Monaghan through BADAC to find out the details.

The Cultural Therapeutic Program team are situated at the back of BADAC Main Building, in the old Playgroup area. The team consists of Karen Monaghan, Uncle Paul Kirby, Uncle Rob Watts, Kate Moran and Shelley Lillyst.

Call to let them know you're coming. access to their area is best through the back sliding doors.



BADAC TV Ads



BADAC has recently released 6 TV Ads which are currently being screened on WIN TV Ballarat.

They feature 3 x 30 second and 3 x 15 second Ads which involved members of the BADAC staff and Community, who volunteered to have their faces on screen.

The Ads feature the Medical Centre, BADAC Services and Peridak Burron Early Learning Centre, and are sending the message about what BADAC does, and what a welcoming and supportive place it provides to the local Aboriginal and Torres Strait Islander Community.

Much Thanks to those who participated, some not as willing as others! A special thankyou to Jenny Muir, April Burgoyne, and

baby Olivia, Leonie Harris, Shakira Winmar and Oakly, Erin Kanoa & Ashleigh, Charlotte & Harrison, Shu Brown, Kyeema & Jarrah, Carley Rose and the many BADAC Staff who stood around, smiled and talked about nothing in particular....and did it again and again and again....just to get the perfect shot.

A big Thankyou to Susan Cowie from AdMedia for her great work making everyone look amazing!!

Do you have love and 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.

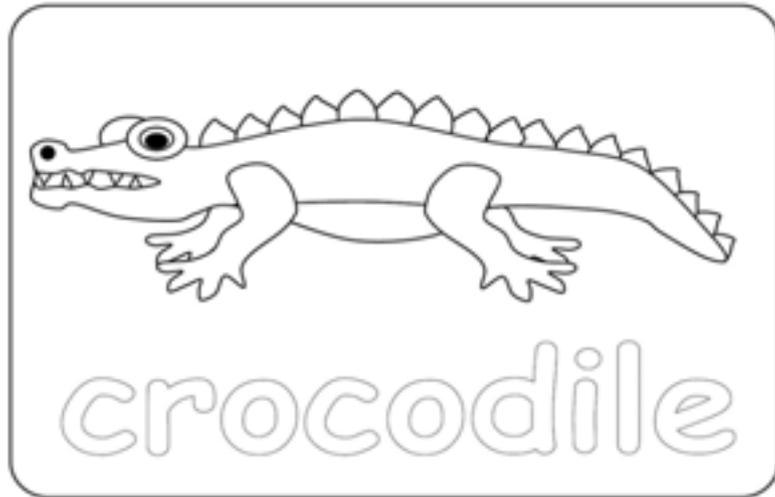
Children and young people requiring foster care can be of any age (up to 18 years), and can come from various cultural, religious, and socio-economic backgrounds.

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.

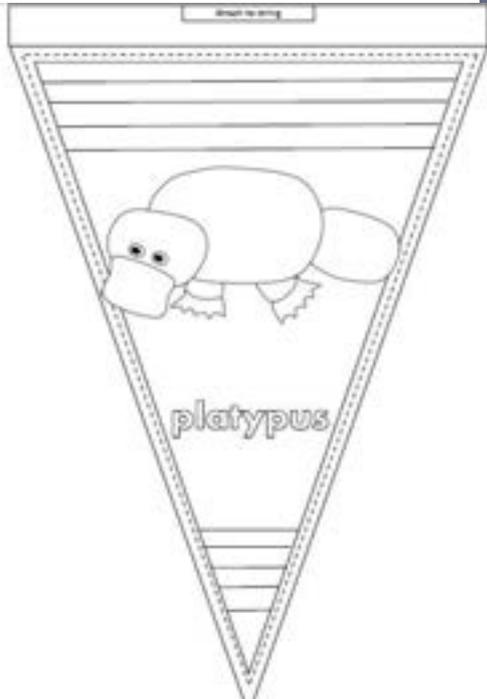
OUR KIDS NEED YOU!





Platys Page is a page designed with lots of fun and creative ideas for the indigenous children in the community

Colour and collect all of the Native Australian animals and make your own Native animal



New buntings with every newsletter

Challenge yourself with some maths questions

1.  +  =

+ =

2.  +  =

+ =



Miranda finds voice for national forum

MIRANDA admits her behaviour used to mean she was not the kind of girl you would call 'good'.

She had been in and out of state care and struggled with wanting to be free while feeling trapped.

When Miranda's family told her they were sending her from Creswick to boarding school she was upset and angry. Miranda thought it was a cruel punishment.

The 17-year-old now realises that move was not a punishment but a life-changer - a chance to do something good.

Miranda, a proud Cunditjmara and Kurnai woman, has been a student and boarder at Worawa Aboriginal College in Healesville for four years.

That whole first trip down in the car to the all-girls

school, Miranda cried. She cried the whole first day because she missed her family.

While Miranda misses her family when away at school, she is finding her voice and is set on becoming the first in her family to finish VCE.

In sharing her story, Miranda has also earned a spot in the ABC's Heywire youth advocacy program. Heywire aims to help regional youth make a difference in their communities and for other young people across Australia.

Teachers at Worawa encouraged Miranda to speak up.

"I've met a lot of good people at school. I love that it's a small school so you know everyone and it's good to connect," Miranda said.

"Really, before I came here I didn't know much about

my culture. Sometimes in lessons like English, I might research culture as something to write about but every term we have culture days."

Miranda has four younger siblings and she hoped to set a good example for them.

This year Miranda is starting year 11 and while she has long-held aspirations to become a vet, Miranda said she was open to plenty of options for what she might do after finishing school.

Heywire will bring 35 young Australians together for the year in sharing their stories. Miranda said it was great meeting people with inspirational stories from different backgrounds and learn new skills.

Miranda looked forward to what she might learn from the experience.

—MELANIE WHELAN

SHARING: Miranda, from Creswick, shares her story of being sent to boarding school to help other young people via ABC's Heywire program. **Picture:** Worawa Aboriginal College.

A Great Step Forward to Reconciliation

Together with the City of Ballarat, KEAG and BADAC we are incredibly proud to have the work commencing on the installation of two brand new flagpoles at View Point, overlooking Lake Wendouree.

Shortly, both the Aboriginal and Torres Strait Islander flags will fly proudly alongside the Australian flag at the location.

This work is part of the City of Ballarat's ongoing commitment to its Reconciliation Action Plan and to raise awareness of the significance of First Nations peoples and their cultures.

We would like to reiterate the word of BADAC CEO Karen Heap, "it's a really positive move".

The Lake is of significant cultural importance to the local Wadawurrung people and is the site of the annual January 26 Survival Day Dawn ceremony on January. We look forward to when the flags being raised.



Above: Mayor Daniel Moloney, Wadawurrung woman Tammy Gilson, BADAC's Jon Kanoa and Councillor Belinda Coates turn the soil for the new flagpoles.

A call for Newsletter articles, photos and stories



WE ALWAYS WELCOME YOUR NEWSWORTHY ARTICLES, PHOTOS AND STORIES FROM OUR COMMUNITY. IF YOU HAVE SOMETHING TO SHARE, PLEASE CONTACT RECEPTION, OR SEND SOMETHING THROUGH TO RECEPTION@BADAC.NET.AU OR CALL TARELLE TO DISCUSS. WE ALSO WELCOME LOCAL ABORIGINAL BUSINESS WHO WOULD LIKE TO ADVERTISE IN THIS NEWSLETTER TO SEND US THROUGH ANY INFORMATION OR BUSINESS CARDS TO GET THE WORD OUT THEIR AND TO SUPPORT THEM .

ANY BUSINESS, ANY SERVICE, ANY GREAT STORIES!

Getting to know our Elders

Uncle Paul Kirby

Uncle Paul Kirby was born in Balranald in New South Wales.

He was the 12th child of 13, with his Father being Yithi Yithi /Wiradjuri and his Mother being Wamb-Wamba/Yorta Yorta.

Uncle Paul lived on Balranald Aboriginal Mission Reserve at Nyah West, and went to school at Balranald Central School, Nyah West Primary School and Swan Hill and Box Hill Technical Schools.

He remembers his time on the mission, spending time with the Elders and being taught bush skills, and going fishing and hunting. He says that eating bush tucker sustained the families diet, and he used to love gathering bush honey, eating saltbush berries, wattle gum and yabbies'.

He used to play with all the other mission kids, and they used to make tin canoes to go through the flat water. He remembers making shangai's (slingshot) and playing marbles.

He describes himself as very mischievous, and occasionally got the strap from his Dad. He states that being the youngest of 13, meant his father had mellowed a bit by the time he was born, so maybe didn't get it quite as bad as his older siblings had?

All of Uncle Paul's family were musical and artistic.

He worked as a plumber/gasfitter in Melbourne and Echuca, and a sheetmetal worker at an aircraft factory.

Following this he became the Manager at Camp Jungai, Student Residence Manager at Deakin University at Geelong and eventually a truck driver at Ballarat.

For the past 5 years, Uncle Paul has worked in various roles within BADAC .

He describes his hobbies as music, woodwork, gardening, animals and being on country eating bushfood.

Uncle Paul works with the Cultural Therapeutic Support Program at BADAC, and enjoys the opportunity to talk to Community about culture and sharing his knowledge, whenever he gets the opportunity.



Elders Group Information

Cost \$5.00 per person per Outing/Activity unless otherwise stated. We welcome new members, you will need to be registered with My Aged Care or National Disability Insurance Scheme to be eligible.

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



The Community Home Support Team would like to wish all
our clients a very Happy Easter.



Social & Emotional Wellbeing

BADAC Keela Borrón Program



Keela Borrón Team: Lisa Jakiel, Marilyn Gale, Jo Snibson, and Korrie Lennecke

The term “Keela Borrón” in Waddawurrung language means “Speak Children” and represents the core values of this new project, which is to listen to the voices of the children past and present, to support the healing of families and strengthen cultural connections

Keela Borrón is a program developed by the Ballarat and District Aboriginal Co-operative in consortium with Ballarat Health Services - Mental Health Services as a part of a demonstration project funded by the Department of Health and Human Services

The project aims to improve the mental health and wellbeing of parents who have a moderate to severe mental illness with Aboriginal and or Torres Strait Islander children and prevent the placement of their children in out of home care as well as supporting family unification



This includes associated:



Trauma - Multiple Health needs - Social Support -Alcohol and other drug issues Involvement or risk in child protection/out of home care.
Frequent interaction with police and/or involvement in the correctional system.

WOMEN'S GROUP

Grandmothers, Aunties, Sistas and Daughters gather for a yarn, feed and some time out

Once a month

Upstairs BADAC Medical Centre Armstrong Street—SEWB

Contact Korriene for information

MEN'S GROUP

Once a Fortnight
Come for a meal, a yarn and connect with the community

If you wish to join the group

contact RobWatts on 0408463890



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.

BADAC Services available for you

Sexual Assault Counsellor / Advocate



BADAC provides a Sexual Assault Counsellor/Advocate service to all members of our Community. This service is:

- * Confidential and free trauma informed sexual assault counselling services
- * Culturally Safe space for male and female adults, adolescents and children
- * Flexible locations for appointments as required
- * Legal/Court support and advocacy

FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT:

Contact SEWB @ Badac (03) 5331 5344 EXT 3

Social and Emotional Wellbeing Services
Ballarat and District Aboriginal Cooperative
Level 1—106 Armstrong St, Ballarat 3350

Supported by Ballarat CASA



BADAC's Koorie 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, Danielle and Rebecca through BADAC Reception, or Sue Clark (Manager Children & Youth Services) on 0499 021 023.

Stolen Generation News



Yarning about Victorian Stolen Generations Reparations

The Stolen Generations Steering Committee are inviting Stolen Generations and family to come yarn about a Reparations package.

We want your input on how Victorian Stolen Generations Reparations can assist in supporting your healing journey.

You can have your say at
Ballarat on 12 March 2021

To register please contact:

Email: sgr@connectinghome.org.au

Phone: 1800 747 732 (1800 SGR SEC)

Text Option: 0438 157 068

Victorian Stolen Generations Reparations Steering Committee

FOOD HUB COMMUNITY PROJECT

FOOD HUB IS A HARVESTRY MINISTRY OF FOOD COMMUNITY PROJECT

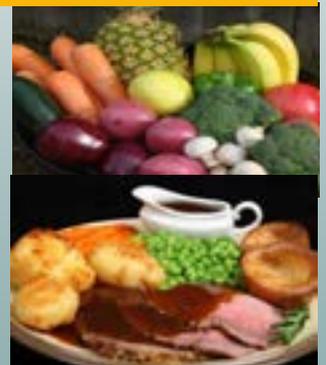
Head down to the Corner of Dawson and Mair Street Ballarat

“FREE” Meals are available every Thursday from

11.30 AM—1.00 PM

FOOD BANK IS OPEN EVERY FRIDAY 2.00 PM—3.00 PM

www.harvestministryoffood.com



Useful 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**

Email: reception@badac.net.au

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

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.

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 # 2

KOORIE FAMILY SERVICES 5331 5344 Option # 9

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.

