

# PLATYPUS TRACKS

## WINTER EDITION 2020



Above: Works have now been completed at the back of BADAC including the Carpark and new signage.

Above: Works have now been completed at the back of BADAC including the Carpark and new signage.

### OUR DOORS ARE STILL CLOSED, HOWEVER WE HOPE TO HAVE THEM OPEN SOON, WITH SOME RESTRICTIONS

ONCE THE DECISION IS MADE TO OPEN OUR DOORS, ALL CLIENTS AND VISITORS WILL NEED TO USE HAND SANITISER WHEN ENTERING THE BUILDING, FOLLOW SAFE HYGIENE AND DISTANCING ADVICE AND FOLLOW ALL DIRECTIONS BY RECEPTION STAFF.

THERE WILL STILL BE A LIMIT ON NUMBERS PERMITTED IN THE BUILDING, AND ONLY FOR A LIMITED TIME. IF WE ALL WORK TOGETHER WE CAN GET BACK TO SAFELY PROVIDING OUR COMMUNITY WITH A SAFE AND ENJOYABLE PLACE TO MEET AS SOON AS POSSIBLE.



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# From our Chairperson—Marjorie Pickford

Hello Everyone

It has been business as usual for the Board of Directors meeting via video link during this coronavirus pandemic.

The Board welcome Peter Lovett to the board of Directors until AGM.

As our 2017-2020 Strategic Business Plan is currently up for renewal , we are currently drafting up a document that we will discuss with the community around what our new Strategic Business Plan looks like.



Our direction will be to identify aspirational goals as well as building on what is currently core business of the organisation.

Our values will play a key role in wrapping around all of our actions as we move into the future and help build the capacity of staff and also supporting the community.

Once we have a draft version of our plan we will be consulting with the community for ideas, input and endorsement before we finalise.

Exciting times and thank you to all who have implemented our 2017-2020 plan over the past 3 years. We are continuing to build strength in our organisation which will only grow from strength to strength.

The Board of Directors would like to iterate the message that Karen Heap CEO has been sending out to community about coronavirus pandemic.

STAY SAFE STAY AT HOME only go out when you need too for shopping, medical appointments.

We as Aboriginal people are very vulnerable and should not take risks in this pandemic.

Last month has been a shock to me and my family, as I had to have major surgery and I am slowly on the road to recovery. This will take 12 months and I am one of those vulnerable people.

Winter is upon us so stay warm, get you flu shot and take care of your health.

Hope to see community members sometime soon back at BADAC.

**STAY SAFE STAY AT HOME**

**Marjorie Pickford**



# From Our CEO– Karen Heap



## Co-VID19

I am very proud of the Ballarat and District Aboriginal community: we have had NO CO-VID19 CASES! Congratulations to everyone for keeping to the safety restrictions and guidelines. I know how difficult it has been for many. Please continue to exercise vigilance and caution to stay safe.

BADAC has begun delivering services again out into the community, especially the Home and Community Care services which assist our Elders and others. BADAC has put in place rigorous assessment and training for those staff members and ensure they use Personal Protective Equipment (PPE) for both clients and themselves. Hopefully this way we will be able to support our Elders while keeping everyone safe.

I ask our BADAC community to continue to be cautious. Victoria's State of Emergency was extended to 19th June 2020, but some restrictions have been eased. If you can stay at home – you must stay at home.

The only five reasons you should leave home are:

To shop for food and supplies

Exercise

Medical care (or to assist someone else with their care)

Work or study (if you can't do this from home)

Visiting friends and family – we may gather in groups of up to twenty, but must keep social distancing and washing our hands.

## CONGRATULATIONS:

I would like to congratulate Sandy Anderson on receiving the Order of Australia Medal (OAM) in the recent Queens Birthday honours list. Sandy has been a dedicated worker of BADAC for the past 9 years. She has ensured that all Aboriginal and non-Aboriginal women eligible for the Well Women's program are tested, and has been an integral team member. She has been an integral team member and has supported her clients through major operations, and while they were treated for breast cancer or cervical cancer. I would like to thank her for her ongoing quality of service and congratulate her on this very important achievement.

## BADAC is delivering services

Please remember BADAC is open for business and we are still providing services as well as we can within CO-VID19 restrictions. Please don't hesitate to phone if you need any assistance or just want a chat on 5331 5344. Our GPs are available by phone or face-to-face if needed.

## Funeral for Joe Lee

BADAC acknowledged the passing of Joe Lee with a wake on June 2, which was attended by community. Our sincere condolences to Greg and families.

## Advocacy and Connection

As CEO, I am continuing to have virtual meetings with government, Aboriginal peak bodies and organisations and other community organisations, through Zoom, Skype and other web-based technology. I have had meetings with DHHS, Aboriginal Housing Victoria, Family Violence, Orange Door and many others. We also conducted the VACCHO Health Forum using virtual technology, which was quite a different experience!

## Media

BADAC is regularly approached by ABC, WIN news, Ballarat Courier and others for comment and stories. We did a number of features during reconciliation week, which runs from 27 May to 3 June every year. BADAC works with local media outlets to tell Aboriginal stories and portray Aboriginal people in strong and positive ways.

## NAIDOC Week

In these uncertain times we will not be able to run our family Fun Day during NAIDOC Week this year, BADAC is intending to hold the Flag raising and Cemetery walk during NAIDOC week..

## New Programs and Services:

Children's and Youth Services.

As we know, the Aboriginal community in Ballarat region is the fastest growing, and the youngest. The 2016 ABS shows that 50% of us are aged under 24 years and 25% are aged under nine years.

It is important that we continue to strategically prioritise services for families, children and youth, so our children and youth can grow up strong and proud and able to follow their dreams.

We are progressing with our plans for a culturally safe Aboriginal kindergarten in Ballarat. This will be a long process involving investment in land, employing qualified staff and all the right accreditation and checks, but we are working hard on our dream of an Aboriginal kindergarten. Aboriginal culture will be embedded in the fit out, play spaces and curriculum so that our children will feel safe and be able to celebrate their Aboriginal culture from their earliest experiences of education.

## 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.

## Cultural Camps

Once CO-VID19 restrictions are eased, 2020 will see more cultural camps, including a Youth Camp, which is very exciting. Discussion with Elders about linking into cultural camps is still in the early stages with more discussion and consultation to come this year.

## 2020 – from June.

I encourage everyone to continue to check out BADAC's services and programs on our website or ring our friendly receptionists to get updates on what services are opening again.

Hopefully it won't be too long before programs such as Playgroup, Do Drop In Fridays and craft groups re-commence.

Hoping to see you all again in the near future,

Kind regards,

Karen Heap



# BADAC Medical Centre

## MEET BADAC'S GENERAL PRACTITIONERS



DR JORDAN MAYSTON



DR REBECCA QUAKE



DR MIRIAM ATHAYDE



DR BERNIE FENSLING



DR CATHERINE OLIVER



DR COURTNEY WALL

### **Would you like some assistance with giving up the smokes?**

It's your lucky day! Currently through the Medical Clinic we can offer ongoing support for those wanting to reduce or give up the smokes.

Did you know it has been proven that smokers who receive ongoing support during their time of quit actually have a greater chance of succeeding?

Most smokers trying to quit have at least 4-6+ attempts before they reduce or quit. But the knowledge you gain on each attempt helps you through to succeeding further the next time you try. You become stronger through the knowledge of setbacks and winning strategies.

Did you know that using Nicotine Replacement products (NRT) can assist in reducing withdrawal symptoms and double your odds of quitting smoking?

Smokes costing you money you could use for other things? We can help!

Come into the Medical Clinic and discuss with your GP or our Qualified Smoking Cessation Nurse Pheona, how we can support and assist your journey to give up the smokes.



# 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 when you're next visiting or phone us to update details via phone.

## 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.**

# BADAC Medical Messages



BADAC Medical staff would like to thank the community for their assistance and cooperation during the Covid 19 Pandemic.

It has been a challenging time, with all Medical staff having to quickly learn new testing, and to implement appropriate hygiene and safety procedures.

Throughout this, the Community has been incredibly understanding, and we THANKYOU for your understanding and patience.

With our doors opening, we hope to continue with our usual service, however with Covid still around, you can still expect to see a high level of hygiene and safety standards in place, and we ask for your continued patience and cooperation to assist us in keeping you all safe.

We would like to remind our Community that we have plenty of flu shots in stock, and strongly encourage all of you to come in for a flu shot if you haven't already done so.

PLEASE MAKE AN APPOINTMENT WITH MEDICAL RECEPTION!



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

## BUT...

The Clinic has reported **OVER 100 CLIENTS DID NOT ATEND THEIR APPOINTMENTS!** This is a big loss to the Cooperative and more importantly is leaving Doctor's and Nurses waiting around!

Someone in your Community may have desperately needed that appointment!

**Please if you need to cancel your appointment, you can:**

- Cancel via SMS Message/Reminder (Free Message)
- Contact BADAC Medical Reception as soon as possible if you know you wont make the appointment
- If you need transport, Contact BADAC Medical Reception way ahead of time, so we can transport you to your appointment

**PLEASE HELP US TO HELP YOU !!!**



# Your Birth Certificate is Important

## Register your boorai's birth

This will help them for their whole life!



Birth certificates help give Aboriginal kids a great start in life. Adults need them too.

You need to register your boorai's birth to get a birth certificate. Birth certificates help you:

- enrol your child in kinder and school
- access benefits like Centrelink and Medicare.

Everyone needs a birth certificate to get a:

- bank account
- driver's licence
- passport
- tax file number.

### How do I register?

Registering a birth is free, easy and you can register online.

It only takes about 30 minutes.

The hospital doesn't do this for you.

It's never too late to register a birth. You won't get in trouble.

Registering a birth now will help you and your child for the rest of their life.

### Who needs to register a birth?

Usually, both parents need to register a birth.

It's sometimes possible for one parent to register – for example, if you don't know where the other parent is.

If you need help, or you don't have access to the internet, call us. Births Deaths & Marriages Victoria can help.

Please tell us when you register a birth if you or the other parent identify as Aboriginal and/or Torres Strait Islander.

It helps us build better services for your community. **Family violence**

We can register a birth while making sure we don't put your safety at risk.

Please let us know if you don't want the other parent to know your address because of safety reasons.

### How do I get a birth certificate?

You can buy a birth certificate when you register a birth, or do it later.

Birth certificates cost money but help with fees is available.

### Our Aboriginal Relationships Officer

Our Aboriginal Relationships Officer works in community and is here to help.

If you need help with any of BDM's services, please contact us.

Email us at [bdm.koori@justice.vic.gov.au](mailto:bdm.koori@justice.vic.gov.au)

BADAC also has a Social Worker (Wendy Holmes) who is available to assist you with this process as well. You can make an appointment with her through the SEWB Team.

You can also ask Cathy Ward (Local Justice Worker) for more information.

Visit [bdm.vic.gov.au/koori](http://bdm.vic.gov.au/koori) | Email [bdm.koori@justice.vic.gov.au](mailto:bdm.koori@justice.vic.gov.au)



The Department of Justice and Community Safety acknowledges Aboriginal and Torres Strait Islander people as the traditional custodians of the land and acknowledges and pays respect to their Elders, past and present.



**BIRTHS DEATHS AND MARRIAGES VICTORIA**

Recognising the significance of life events



# GREAT WORK

The Torch Project provides art, cultural and arts industry support to Indigenous offenders and ex-offenders in Victoria. Their aim is to reduce the rate of reoffending by encouraging the exploration of identity and culture through art programs to define new pathways upon release.

Due to the current restrictions, the exhibition was held online and most of the amazing artworks were sold.

Our community member, Thomas Marks was involved in the Torch Project prior to being released from prison, and his work was featured during the recent event.

Thomas' art is a poem which was seen on the floor of the gallery labelled "Animals and Kinship" and he was very proud to be part of this amazing project. The art in the exhibition was exceptional.

WELL DONE THOMAS!

## **RIGHT:**

*Screenshot of Thomas' poem projected onto the floor of the Torch Exhibition.*

*I've been released from prison. It's time to move on,  
time to sort my life out and be brave and strong.  
I've got to move forward instead of going back.  
I really do want to get my life back on track.  
Thomas Marks, Wotjobaluk/Gunaikurnai, 2020*

## WANT TO BECOME A MEMBER OF BADAC?

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.

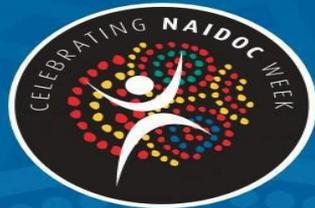
Benefits of BADAC Membership:

- 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!**

## IMPORTANT UPDATE

### NAIDOC Week 2020



#### **National NAIDOC Week 2020 celebrations will be held from the 8-15 November.**

The November dates follow the decision by the National NAIDOC Committee (NNC) to postpone NAIDOC Week from the original July dates due to the impacts and uncertainty from the escalating Coronavirus (COVID-19) pandemic across our communities and cities.

The postponement was aimed at protecting our elders and those in our communities with chronic health issues from the disastrous impacts of COVID19.

#### **HOW DOES THIS AFFECT BADAC'S NAIDOC PLANS?**

BADAC had already made the decision that our July Naidoc celebration would not go ahead as normal, both to abide by the current Covid 19 restrictions and also to protect the elderly and vulnerable members of our community. Instead, staff have been busy preparing amazing NAIDOC Hampers for our active community members which will contain some fantastic items for us all to celebrate our culture, even though we cant be together as a Community as normal.

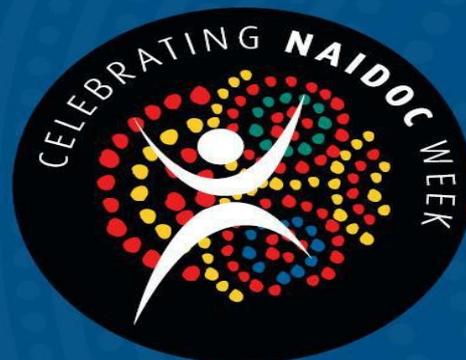
With the recent announcement regarding the dates being changed to November, we are still working on what we can do at that time (certainly the weather should be better!!).

Initial discussions suggest we might have a smaller scale celebration and event at BADAC, however stay tuned for more announcements on this as the year rolls on.

# Always Was, Always Will Be.

8 - 15 NOV 2020

#NAIDOC2020



# Congratulations

## QUEENS BIRTHDAY HONOR LIST—SANDY ANDERSON OAM



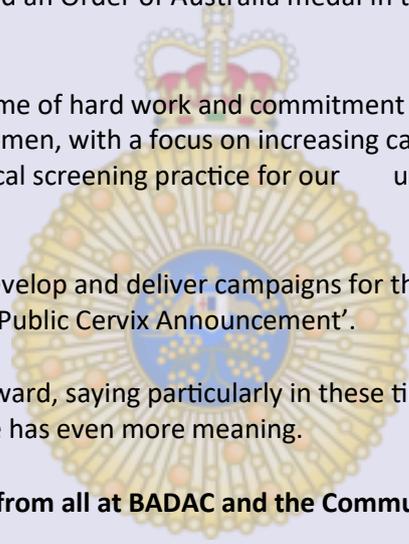
**Sandy Anderson** was awarded an Order of Australia medal in the Queen's Birthday Honours recently.

This medal recognises a lifetime of hard work and commitment to improving health outcomes for all Victorian women, with a focus on increasing cancer screening rates and delivering inclusive cervical screening practice for our under-screened communities.

Sandy has supported us to develop and deliver campaigns for the LGBTIQ community, even modelling in our latest 'Public Cervix Announcement'.

Sandy was humbled by the award, saying particularly in these times, an award that recognises the role of a nurse has even more meaning.

**CONGRATULATIONS SANDY** from all at BADAC and the Community



## WELCOME TO THE COMMUNITY NIOKA



Nioka Mann, born on 11th may at 9.11 am. (9 pounds). Beautiful baby girl to Natasha Charles, one of our amazing medical receptionists.

## BEHIND CLOSED DOORS



Cooking up a Storm.....

While BADAC's doors have been closed, there has always been a number of staff still working in the building.

With café's often closed, it was amazing to see Peter Shane Rotumah coming in a couple of days a week and prepare lunch for everyone.

Everything from curried sausages, Chow mein and spaghetti Bolognese has been on the menu, and it has been lovely to smell the food cooking in the building and to have a healthy and hearty lunch available.

Thanks Peter Shane.....you're good....but you're food is better!



# Harmonious Donation

## HARMONY FESTIVAL CELEBRATIONS - THURSDAY 12TH MARCH



Launch and Flag Raising Ceremony.

Left: Frances Salenga; Jon Kanoa; Mayor Cr Ben Taylor; Nikki Foy; and representative from Timor Leste.

Right: Performing on the day was amazing Talented vocalist, Jayden Lillyst.



## A GENEROUS DONATION!

In early April the team at Custom Innovation Co came across the news that there was a critical shortage of PPE available to frontline medical practitioners serving the Aboriginal community.

Custom Innovation Co is a 2D/3D scanning and 3D printing technology company, having seen printer companies around the world 3D printing various models of face shields, and having access to high tech 3D printers in Melbourne; reached out to BADAC to see if they could help.



Having their own 3D printers that are setup and developed specifically for mass scale 3D printing of human replicas for the apparel industry, they had to spend time re-configuring and adapting printers to create a prototype that would shield workers properly, was comfortable to wear for long periods of time and could be printed using their own technology.

Finding components for the shields was a challenge. They were lucky to find a local partner KF Plastics from Sydney for the main visor component, who after hearing who the shields were for, were happy to make and donate their product to the cause.

After a week or so of testing and manipulating various open source designs they managed to develop a prototype and shared it with BADAC for staff testing and real world feedback.

One of their team members drove to Ballarat and hand delivered the prototypes to Karen and the Health team and within a few days we gave them a tick of approval to commence production.

Custom Innovation Co went ahead and established one of their main printers to begin the task of printing 100 Face Shields for delivery - a very different production line to their normal 3D printed human torsos printed for apparel clients around the world.

After several weeks of printing and a few stop-starts waiting on delivery of items like print filament, they assembled the 100 face shields and delivered them to the BADAC Medical.

We would like to thank the amazing team from Custom Innovation Co for their hard work and incredibly generous donation of PPE gear, which has been so important to our health team and community during the Covid 19 pandemic.

# BADAC SERVICES INFORMATION



BALLARAT  
Centre  
Against  
Sexual  
Assault  
ABN 39 089 584 391

## Sexual Assault Counsellor / Advocate

### Services Available:

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

For more information or to make an appointment:  
Please 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

## 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.



# CALL OUT FOR ELDERS



**DHELK DJA**  
SAFE OUR WAY

STRONG CULTURE  
STRONG PEOPLES  
STRONG FAMILIES

## Call out for Elders!

### Grampians Dhelk Dja Action Group calls upon the Elders

If you're an Elder or a respected person in the Grampians region and are passionate about tackling Family Violence, Dhelk Dja encourages you to apply for membership and be an important voice for your community

For more information regarding membership please contact Andrew (Cobba) Harrison on **0427 267 451**





## Reconciliation Word Search

N	H	Z	N	J	X	R	E	H	I	V	N	I	Y	A
O	Y	V	N	H	L	P	D	V	W	O	P	R	A	G
I	E	T	P	Y	A	K	V	Y	I	M	T	J	U	N
T	A	S	I	I	N	L	L	T	T	N	Q	K	S	I
A	B	B	N	L	D	V	I	T	U	C	D	A	T	M
I	E	H	O	M	A	N	A	O	S	B	W	I	R	A
L	H	W	H	R	G	U	C	L	K	Z	N	X	A	E
I	C	S	J	O	I	G	Q	P	U	D	P	W	L	R
C	N	V	C	F	E	G	K	E	I	E	A	I	I	D
N	A	E	N	X	A	R	I	G	H	T	S	G	A	D
O	R	C	I	T	I	Z	E	N	S	H	I	P	N	M
C	N	G	X	A	J	N	E	G	A	T	I	R	E	H
E	K	N	F	W	O	Z	Z	Q	P	L	E	K	K	K
R	O	C	G	U	O	L	S	P	A	Y	Z	B	F	V
E	E	W	S	A	K	J	C	D	R	A	Z	F	N	D

Find the Following Words:

- Australian
- Country
- Dreaming
- Reconciliation
- Indigenous
- Equality
- Recognition
- Heritage
- Citizenship
- Land
- Value
- Rights
- Aboriginal



### Reconciliation:

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians.

For Aboriginal and Torres Strait Islander peoples, Australia's colonial history is characterised by devastating land dispossession, violence, and racism. Over the last half-century, however, many significant steps towards reconciliation have been taken.

Reconciliation is an ongoing journey that reminds us that while generations of Australians have fought hard for meaningful change, future gains are likely to take just as much, if not more, effort.

In a just, equitable and reconciled Australia, Aboriginal and Torres Strait Islander children will have the same life chances and choices as non-Indigenous children, and the length and quality of a person's life will not be determined by their racial background.

Our vision of reconciliation is based and measured on five dimensions: historical acceptance; race relations; equality and equity; institutional integrity and unity.



We apologise to all Playgroup Parents and thank them for their patience during this Covid 19 shutdown.

As restrictions lift, we hope to have our Playgroup operating again really soon, and will ensure we contact everyone and welcome you all to a safe and hygienic environment.

If you would like to know more about Playgroup, want to be involved, register your child or you're interested in the Parenting Program, Please contact BADAC Children & Youth Services team.

There has been a facebook page set up for parent "Koorie Kids Parenting" which is available for everyone to access. The page has lots of great ideas about activities for kids and recommendations from other parents.

## WHAT HAVE THE BADAC YOUTH ENGAGEMENT TEAM BEING DOING THROUGHOUT COVID?



# YouTube

With all the shutdowns, restrictions and no go zones we have all been dealing with, it would be understandable if you think the Youth Team have been doing "not much at all".

This could not be further from the truth, with the team working together to create media projects, short film projects, setting up a their own You Tube channel and being culturally creative!

To view the projects the team have been working on, google **BadacMedia on YouTube**. Currently there are 5 projects uploaded, including a short film on BADAC National Reconciliation Week, Nikki Bell talking about local artefacts and a joint production with the Social and Emotional Wellbeing team, which discusses the drug ICE in the Ballarat Aboriginal Community.

The team are very excited to be doing these small productions and welcome everyone to subscribe to the Channel so they can get more of the community watching and enjoying their work.

### ***Do you have any children interested in Youth Group?***

***We hope to be open again soon!!***

BADAC's Youth Groups give Koorie kids the opportunity to socialize and build relationships with other kids from our Koorie community.

With a focus on Cultural Activities, Youth Groups run a variety of activities each week during school terms for Kids and Young Adults.

### **2020 Youth Group will be run Monday, Tuesday, and Wednesday Evenings**

<b>MONDAY AFTERNOON:</b>	<b>*KANYUL (Joeys)</b>	<b>5 to 8 years (3.30—5.30)</b>
<b>TUESDAY AFTERNOON:</b>	<b>*DJINYAP (Kookaburras)</b>	<b>9 to 12 years (3.30—5.30)</b>
<b>WEDNESDAY AFTERNOON:</b>	<b>*KUDDRRK (Cockatoos)</b>	<b>13 to 16 years (3.30—5.30)</b>

\*(Waddawurrung Language)

Where possible we will arrange to pick our kids up from school and drop them home afterwards. If you have a child/children interested in participating in any of our youth groups, please contact the Youth Engagement Team at BADAC

# BADAC'S COVID 19 PLAN—JULY 2020 onward

Covid 19 has had a major impact on everyone, and this includes the daily work routines at BADAC, program closures and our ability to interact with all of you.

One of the things which makes BADAC so great, is the regular visits from the Community. Sometimes to seek services, sometimes for a cuppa, but always to be in a safe and culturally safe place.

We are very aware of the difficulty and sense of isolation this has caused to many of our community, but unfortunately we need to continue to follow all legal restrictions announced by the Government, and also to ensure all of our vulnerable members of the local Community stay safe and well throughout this pandemic!

As restrictions were starting to lift earlier this month, we had plans to open our doors to the Community on the 1st of July, however with the recent upsurge in Covid 19 cases in Victoria, we need to keep them closed for a while longer.

This recent resurgence of the virus, has also had an impact on the commencement of some of our programs, such as Playgroup, Youth Group, Women's Program, Men's Program, School Holiday Program and our Friday Community Arts Group.

We are waiting patiently, like many of you, for the opportunity to open our doors and to get back to running our programs again, however we can all expect our practice of safe hygiene practices, social distancing and regular use of hand sanitiser, to last for many more weeks if not months.

Once the decision to open the doors at BADAC for our Community to return to the building, you can expect a few changes, which we will need to enforce for quite some time.

- No one with a cough or cold or symptoms of Covid 19 will be allowed to enter the building. (Medical reasons will be an exception but will need to follow the Medical Centre's Covid 19 procedures)
- Hand Sanitiser will need to be used while entering the building and when exiting, and handwashing will need to be done regularly.
- Number of people in the Community areas will be limited to ensure we are within the legal requirements of the Government.
- Visitors will be asked to keep their visits to a reasonable time. Eg. 1 or 2 hours maximum. (This will allow others to access the building as well without being over recommended capacity)
- Everyone will need to follow the directions of Reception and other Staff, to ensure we are fulfilling our requirements of providing a safe space for our Community.
- Everyone will need to keep a minimum distance between themselves. This is currently 1.5 metres.
- Coughing and sneezing into your elbow will be expected.
- Children will need to be monitored while in the building



# Covid 19—identifying the symptoms



Australian Government

Coronavirus  
(COVID-19)

## COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS		COVID-19	COLD	FLU
		Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
<b>Fever</b>		Common	Rare	Common
<b>Cough</b>		Common	Common	Common
<b>Sore Throat</b>		Sometimes	Common	Common
<b>Shortness of Breath</b>		Sometimes	No	No
<b>Fatigue</b>		Sometimes	Sometimes	Common
<b>Aches &amp; Pains</b>		Sometimes	No	Common
<b>Headaches</b>		Sometimes	Common	Common
<b>Runny or Stuffy Nose</b>		Sometimes	Common	Sometimes
<b>Diarrhea</b>		Rare	No	Sometimes, especially for children
<b>Sneezing</b>		No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe.

**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY**

For more information about **Coronavirus (COVID-19)** visit [health.gov.au](https://www.health.gov.au)

# INDIGENOUS DISABILITY ADVOCATE



Congratulations to Fiona Tipping who has a new role as Indigenous advocate for the Disability Royal Commission and general advocacy as well.

Do you have a story to tell the Disability Royal Commission and need help? The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with a Disability is currently running and is expected to run until 2022.

Fiona Tipping has recently taken on a new role at GdA as an Indigenous Advocate for the Disability Royal Commission in the Grampians region. This is a collaboration between First Peoples Disability Network Australia, Grampians Advocacy and the Department of Social Services. She is here to help you access the supports you need to tell your story to the Royal Commission and be heard. Being heard can be the start of the healing process as well as an avenue for much needed change.

Until now we have not had much support for our Indigenous mobs to tell our stories to the Disability Royal Commission. FPDNA chose GdA as one of four Commonwealth funded advocacy organisations across Australia to employ an Indigenous advocate because of Fiona's long relationship with BADAC and the wider community. GdA is the only organisation doing this type of work in Victoria.

Fiona will be providing Indigenous advocacy for Ballarat, Bacchus Marsh, Ballan Daylesford, Creswick, Clunes, Ararat, Stawell, Halls Gap, St Arnaud and the Golden

Plains Shire, and all the small towns in between.

Her support is free, safe and confidential. How you choose to tell your story is completely up to you.

When COVID-19 isolation restrictions are relaxed Fiona will continue to attend BADAC on Fridays as per normal but please feel free to call 1800 978 544 for a yarn to find out how she can help you or someone you know or care for.

## BADAC CULTURAL & SOCIAL THERAPY



Hi everyone

My name is Karen Monaghan

I am the Cultural & Social Therapeutic Clinician at BADAC

I am a Reiki level 2 Practitioner, and will be doing Reiki healing sessions at BADAC SEWB starting soon. There will be limited places and will be by appointment only. I am also a qualified counsellor and am more than happy to have a yarn.

If you are interested or would like to know more please don't hesitate to call me or pop into BADAC.

Cheers and Blessings,

Karen Monaghan    BADAC Extension 144    Ph: 0447 946 606



# BADAC BUILDING WORKS



It has taken some time, but finally the building works at BADAC have been completed.

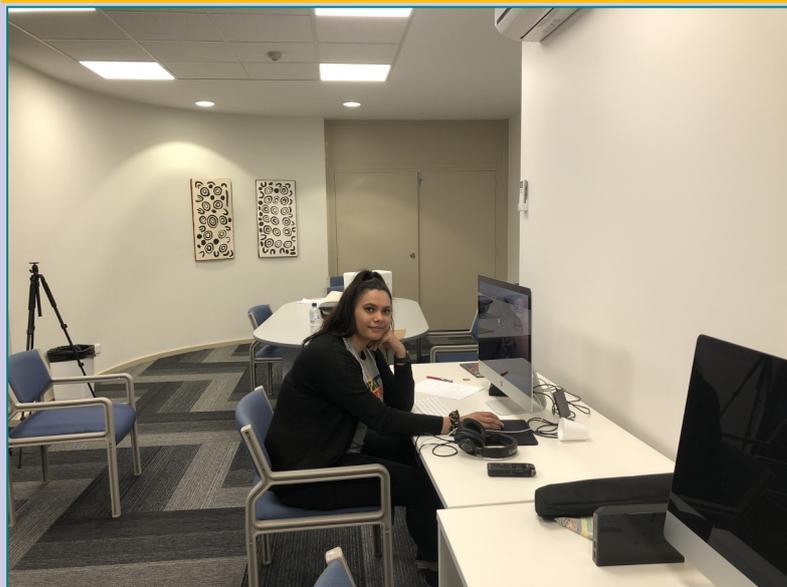
The Car Park at the back of BADAC has recently been completed, with areas of native flora being planted by our maintenance team.

We also have a new sign on the wall in Market Street.

Hopefully we can show off this new area once we get back to welcoming you all to our doors.



# BADAC CREATIVE MEDIA SPACE



Early in 2020, BADAC was successful in obtaining a grant from Creative Victoria to set up our very own media space.

The Youth Team have been busy using the new equipment and are very excited to be producing some wonderful short productions for the Playgroup and Kindergarten Programs and other projects.

Using the name “BADAC Media”, and posting productions on our own Youtube Channel, we hope to produce many more films, short documentaries and cultural stories, to keep our history alive and always available for our future generations.

If you have any ideas for a media production, please come in and have chat!



# Getting to know our Elders

## UNCLE ROB WATTS

Rob Watts is a fairly new face around the Ballarat Aboriginal Community, however his connection to the area and family ties go way back

Rob was born at Framlingham Mission in the 1950's and raised by his Great Grandmother and his Uncle Percy. His memories of the mission are still very strong, and his connection to the land and his culture as a Gunditjmara man are incredibly strong.

He has memories of working on a dairy farm as a young fella, and left the mission after he turned 18. From then, he went on to married life and kids, and spent time living in Druin, Dandenong and Broadmeadows.

He recalls working at Parkville Youth Justice Centre, as a Koorie Liason Worker, working with the young kids and teaching them art. Eventually he moved to Queensland, and spent 17 years in the Sunshine state.

In the past few years, he returned to Ballarat, and enjoys being "back on his country again"

In 2019, Rob commenced working with the Department of Justice, visiting Hopkins Prison and working with the Aboriginal inmates, and in late 2019, he came to work at BADAC as the Strong Culture Strong Family Cultural Worker.

Rob has amazed all of us with his exceptional artistic ability, and his artworks are amazing. He painted a beautiful mural in the Playgroup area, made some kids furniture, has been sharing his talents in wood burning, and continues to come into work with yet another artistic creation, and above all, presents himself as a strong Gunditjmara man who is passionate about sharing his cultural knowledge to everyone he meets.

He is now an important member of the Children & Youth Services team, with his leaderships and knowledge paving the way for our younger community to observe and become culturally strong.

Rob can often found in the Drop in Space at the back of BADAC, doing some burning, painting or chatting to anyone who drops in.. Or planning a Bush Camp for the Community.

When the doors re open.....why not come in and listen to his stories and watch his cultural creativity!



## 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

### ELDERS GROUP EVENT CALENDAR

We would like to thank all our Elders and the support they have given us through this uncertain time. We are happy to say that we are currently reviewing when we will be able to start our Elders meetings/outings again. This however is going to look a lot different than it did before COVID-19. Please watch this space and we will give you more information in the near future.

From all our staff in the Community Home Support Program.

# Strong Culture Strong Family Program

## STRONG CULTURE STRONG FAMILY PROGRAM



### “RESPECT for CULTURE”

# R E S P E C T

(Recognising our Elders) (Sharing our Problems) (Enjoying our Culture) (Time Out)

## BUSH CAMPS FOR ABORIGINAL MALES, FEMALES & FAMILIES OF ALL AGES!



All camps are drug and alcohol free and use of Mobile Phones will be limited.

*Camping equipment , sleeping bags, food and water, chairs and transport will be supplied.*

*Participants will need their own pillow, towel, change of clothes, toiletries, sturdy shoes & medication*

- There will be separate Camps for Aboriginal males, females & families.
- Each Camp will be led by an appropriate Local Elder/s and BADAC Staff
- Camps will be for one night or several nights, depending on participants, and location, and may include visits to important cultural sites.
- All Camps will be focused on strengthening participants understanding of their Aboriginal culture and to assist in personal and community healing.
- Camps will be arranged once enough participants have registered their interest.
- Any anti social behaviour, disrespect for culture or other participants will not be tolerated. (Please don't ask to attend if you cant follow the rules!)



**CONTACT UNCLE ROB WATTS AT BADAC 0408 314 199 FOR MORE INFORMATION**

# Social & Emotional Wellbeing

## BADAC Keela Borron



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

The term “Keela Borron” in Wathaurong 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 Borron 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 or Brianna 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 Peter or  
Kelvin at SEWB



## 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 some-one in the Aboriginal Program.

Ange, Lyndel, Darcie, Mel and Tracy

# Local artwork and products for sale at BADAC



BADAC Staff have been busy recently, sewing and making some great products to sell .

- Scrunchies \* Wheat Packs \* Tap Sticks
- Dog Bowls \* Soft Toys \* Dog Bandanas

ALL ITEMS AVAILABLE FROM RECEPTION



## Artwork for sale by Local Aboriginal Artists

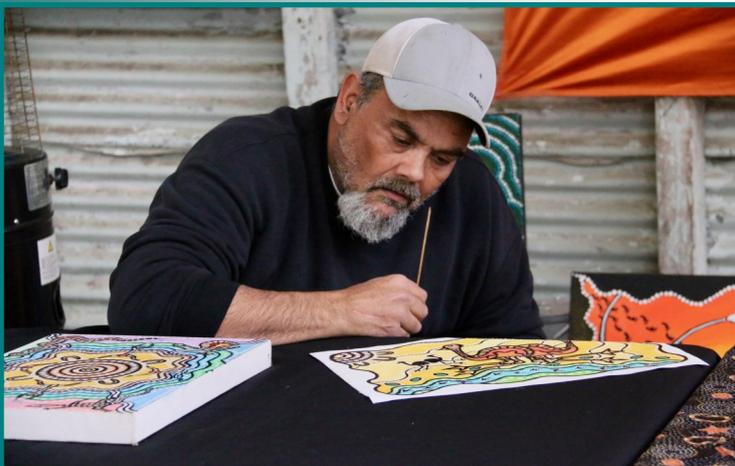
In and around our Local Community, we have many established and emerging Aboriginal Artists.

Many of these talented people are involved in BADAC, and utilise programs and spaces to do their creative work.

To support these people, BADAC often has some examples of their works on our walls, available to look at, or available for sale.

We currently have some canvases from well known artist, Billy Blackall who's quality is held in high regard.

Robert Watts, our Strong Culture, Strong Family worker is also well known nationally for his art work, including paintings, emu egg carvings, wood carving and cultural pieces. Rob is often found doing his amazing works in the new Drop in Centre at the back of BADAC. He is available to do works on consignment, create murals or teach painting techniques.



BADAC welcomes all Aboriginal Artists who would like to offer their artworks for sale through BADAC. Of course we do not ask for any commission, just provide an opportunity to support our Local Artists to paint their stories and offer them for sale. In some cases, we can support artists to purchase canvases, paints, brushes, wood burners and other art needs.

If you are a local Aboriginal artist, wood carver, creative genius, or interested in purchasing any of these amazing Locally created Aboriginal Artworks, please contact Reception at BADAC for more information.

# Free Services Available to YOU

## Social Worker

Wendy Holmes is available on Friday's to help you complete forms, provide general advice, link you in to services and advocate on your behalf. Wendy has been helping members of our community with:

- |  |  |
|--|--|
| Completion of Centrelink forms                 | Emergency Housing Referrals                |
| Completion of Legal Aid documents              | Assisting with supplies for new baby       |
| Helping with Funeral arrangements              | Disability Pension applications            |
| Referrals to Financial Counsellors             | Advocating with Housing                    |
| Assisting with arranging State Trustee Support | Advanced Care Plans .....And so much more! |

Please contact April at the SEWB Program to make an appointment!



## Local Justice Program



Outstanding fine or warrant which you would like to discuss with BADAC's Local Justice Worker, please contact Cathy Ward at 8 Market Street.

**Development Permit Sponsor**, which allows for eligible community members to pay off their fines and do services or doing voluntary work. This has been a fantastic initiative of the Victorian Government and has helped well for many of our mob.

With further reforms planned for the near future, it is advisable to address your outstanding fines as soon as possible. To avoid a surprise, please come in and discuss your fines and let us show you the different ways we can help you take the stress of debt off your shoulders!

**Cathy Ward** is our new Local Justice Worker at BADAC and can be contacted at 8 Market Street or on **Mobile: 0497 115 428**

## Aboriginal Community Liaison Officer (ACLO) Program

### PAULINE SMITH IS OUR LOCAL ACLO

The roles and responsibilities of the ACLOs are to:

- Develop and maintain an understanding of Aboriginal issues within the local area.
- Promote awareness of the role of the Victoria Police within Aboriginal communities.
- Improve relationships between Victoria Police and the aboriginal communities.
- Establish good communication between Police and the local Aboriginal communities.
- Encourage Aboriginal communities to communicate and work with police members.
- Attend to welfare needs and offer support to Aboriginal persons in custody and their families. This responsibility is not to be confused with the ACJP role of visiting offenders in cells.
- Help work out disputes involving Police and Aboriginal communities.
- Advise and educate Police members on cultural awareness.

**Pauline can be contacted on 0459 874 367**



## FOOD HUB COMMUNITY PROJECT

### FOOD HUB IS A HARVESTRY MINISTRY OF FOOD COMMUNITY PROJECT

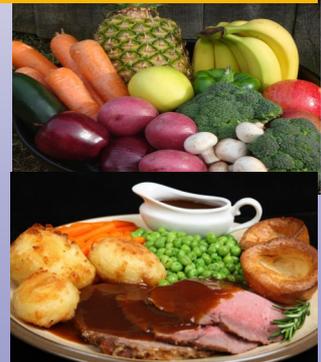
Head down to the Corner of Dawson and Mair Street Ballarat

"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](http://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:

- Baarlinjan 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](mailto: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.

### Gambler's Help 1800 858 858

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

### 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.

### National Debt Hotline 1800 007 007

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

### 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.

