



Platypus Tracks

Winter Edition 2018



Inside: * NAIDOC 2018
* Flu Season



BECAUSE OF HER, WE CAN!
8-15 JULY 2018

Your invitation to
BADAC OPEN DAY NAIDOC DAY CELEBRATION!

Want your magazine
delivered via email?

Email reception@badac.net.au

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From Our Chairperson

Marjorie Pickford

Hi Everyone

We are starting to head into Ballarat winter, it is time for our community to have their flu shots and keep warm this winter as I hear it is going to be a cold one.



The Board have been busy upskilling ourselves in Governance and Financial training to improve our skills in the way we do Board business.

BADAC and the Board are gearing up for the biggest week across our community that being “NAIDOC” week coming up from 8th July to 13th July.

The Board would like to see as many community members attend these events during this week is our “Community Day” at the Ballarat Showgrounds on WEDNESDAY 11th July. Come join in the celebrations with BADAC staff and Board Members.

Our second “COMMUNITY meeting” is coming up in July, where councillors from the City of Ballarat will be in attendance to explain to community about wanting to change Australia Day. Please come along and have your say.

As Chair I would like to thank those community members that attended the Community meeting on SECTION 18. There was a great presentation and discussion around Section 18, this won’t happen over night this will take a huge amount of time before it is fully working within BADAC family services.

Isn’t it great to see our building at 104 Armstrong Street taking shape with the framework in place.

Yours Sincerely

Marjorie Pickford



From Our CEO

Karen Heap

June 2018 newsletter

CEO Update

New Building:

Works are progressing on the new building, with the slab laid and structure beginning to take shape. The exciting news is that the second floor, walls and roof are about to go on. We are expecting to see a real change in just a few weeks. A big thank you to everyone for your patience while the construction is progressing safely.



CEO activities:

I attend many meetings and speaking engagements to ensure that the Ballarat Aboriginal and Torres Strait Islander community has a voice regarding education, Children in Out of Home care, justice and health, and to help us to be competitive regarding new funding.

I was honoured to be asked to give a speech at Queens Hall, Parliament House, for the launch of Wungurilwil Gapgapduir on 26 April. This launch marks an important milestone for Aboriginal and Torres Strait Islander people. It is an agreement made after years of negotiating, between 14 ACCOs, the Victorian Aboriginal Childcare Agency (VACCA) and the Victorian government.

This landmark agreement means that BADAC is one of the ACCOs which will oversee Aboriginal and Torres Strait Islander children in out of home care, to make sure they remain connected to culture, family and community. This is a huge step forward for Aboriginal self-determination.

The discussions were led by the Victorian Aboriginal Children and Young People's Alliance, of which I was the first and current Chairperson. We are so proud of this achievement, but there is still a very long way to go to keep our children connected to family and culture. You can read more about it in the upcoming VACCHO newsletter.

Other speaking events at which I have represented BADAC and our community include a lovely smoking ceremony to welcome all the new Aboriginal and Torres Strait Islander babies born last year – all 71 of them! So many new Aboriginal and Torres Strait Islander children is great news for our strong and vibrant community.

Community and Events:

Block out your calendars!! The 2018 NAIDOC Family Fun Day is coming. It's on Wednesday 11 July, and the exciting news is that we have booked the Ballarat Showgrounds venue – so there will be lots of great activities and room to move and have fun.

The day will feature NAIDOC awards, Free Australian animal zoo, free carnival rides, free live entertainment, art and craft stalls and Aboriginal promotional materials.

You can pick up a brochure from reception.

To be a stall holder, please contact Leanne Gafa 5331 5344 or email lgafa@badac.net.au

Kind regards

Karen Heap.



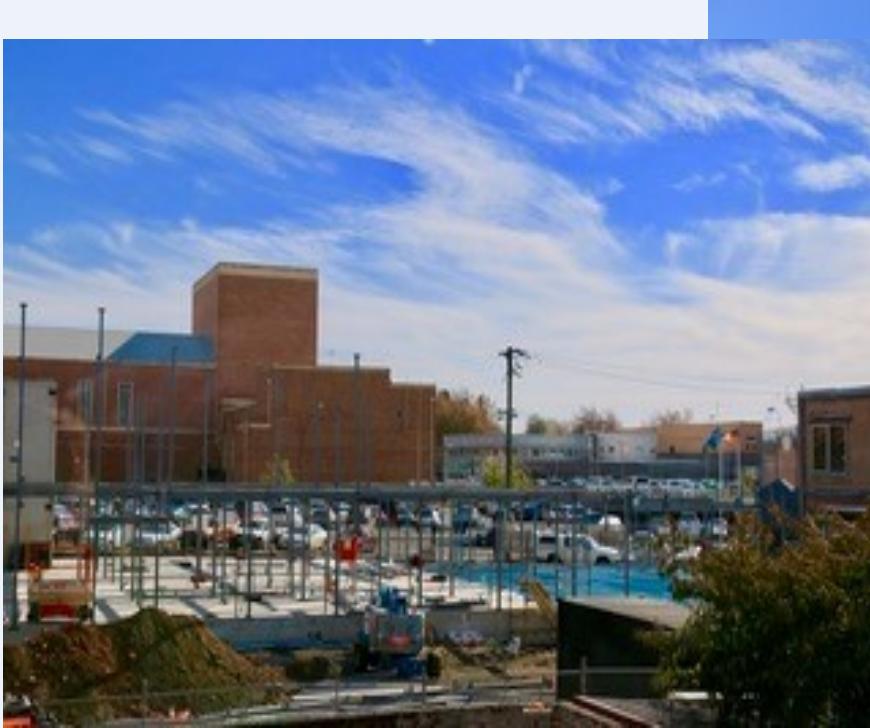
BADAC Redevelopment

Update on Building Site

The building site has been pretty active lately. The Foundation is in, the cement base is complete and the structural supports for the area connecting the buildings are in place.

In the last week of April we should see walls appear and it will be on-wards and upwards from there.

Although there has been a couple of delays, our contractors are telling us that the date of 12/11/2018 is still intact.
Fingers crossed.



Baarlinjan Medical Centre

Looking after your Heart is a Walk in the Park

Regular exercise is great for the heart. It keeps it beating, helps reduces life stress and can assist with our blood pressure.

Regular exercise is great at keeping all our muscles healthy, especially the heart. But if regular exercise isn't possible now, think about just moving. Any activity is better than none.

Did you know that exercise is classified as any nonstop 10 minute movement activity? 10 Minutes is a great place to start being healthy and build up from there. It doesn't have to be hard—just a walk in the park!



Being smoke free is one of the best things you can do to protect your heart.

Smoking makes your blood thicker, increasing your chance of a heart attack or a stroke. Smoking can also affect the vessels that supply blood to your heart and other parts of your body. It reduces the amount of oxygen in your blood and can damage blood vessels, leading to heart disease.

Did you know that as soon as you quit smoking your body begins to repair itself?

Any reduction in smoking will be beneficial to your health, but ultimately quitting smoking is not only good for you, but good for your family!



Maintain a healthy weight. Carrying extra body fat puts stress on your heart. Having a healthy body weight lowers your risk of heart problems. It reduces your risk of developing diabetes and helps lower your blood pressure and cholesterol.



Choose a healthy food intake. Eating healthy foods can assist with a healthy weight, blood pressure, and cholesterol. Try and avoid fatty foods or takeaways foods that are high in saturated fat (bad fats). Aim at including fruit and vegetables each day in your diet - lots of colors of the rainbow. Think about how many fruit and vegetable colors you eat now and try and introduce one more color each week!

Did you know a diet high in salt (added or food included) can increase your risk of high blood pressure and heart disease? Try and aim to not add salt to your food cooking or when served.

If you are concerned about having heart problems, have a family history of heart disease or you may even experience chest pain that you are unsure what it is – speak with your Doctor. Visit your GP and find out more. Call Medical Reception to make an appointment on 53315344.



Baarlinjan Medical Clinic



Medical Appointments:

To ensure you receive the best service, please notify Medical Reception upon your arrival at Baarlinjan

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.

They can allow a longer time to complete forms.

Transport:

Baarlinjan has a Medical Driver for Indigenous Patients whom 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

If picked up, once you have seen the Doctor please be available 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, you can do so at Medical when you're in next or phone to let us know.

For Bookings Phone: 5331 5344 (Option 2)

ALL Medical Services FULLY BULK BILLED

BADAC MEDICAL CLINIC WOULD LIKE TO APOLOGISE FOR THE CURRENT DIFFICULTY WITH BOOKING APPOINTMENTS WITH THE DOCTOR. WE EXPECT TO HAVE NEW DOCTORS ON BOARD VERY SOON WHICH WILL GREATLY IMPROVE THE SITUATION. THANKYOU FOR YOUR PATIENCE.



Baarlinjan Medical Centre

Breastscreen Bus

Bus Trips to BreastScreen

The Best Protection is Early Detection

Are you a Koorie woman aged 40-74 years?

Have you have your BreastScreen in the last 2 years?

Join us on either

Tuesday 26 June 2018

At 12.40pm & return around 2 pm

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



**Any questions ask Sandy
Bookings can be made at BADAC
Medical Reception 5331 5344**



Baarlinjan Medical Clinic

Your eHealth Record



An eHealth record is a **summary** of your health information.

You and your chosen health services can access it online.

What will be in my eHealth record?

Your eHealth record is an **overall picture of your health**.

Over time, it will show important health information like your:



Medical conditions



Medications



Allergies



Immunisations



Your eHealth record connects your health journey



- Aboriginal Health Service
- Hospital
- Pharmacy
- Specialist
- GP Clinic
- Immunisation Clinic
- Allied health professionals [e.g. dentist, optometrist, podiatrist, dietitian]



Your eHealth record travels with you

Connecting your health journey

Ask Medical reception on how to sign up today or visit

www.ehealth.gov.au



Congratulations

Junior Triple Zero Awards



Local Community member, Kylie Hindle was in the bath when she began to have an asthma attack.

She alerted her children by banging on the wall of the bathroom. Her sons, Blake and Ryobi realized that she was struggling to breath, so Blake stayed with his Mum while Ryobi Hindle ran to grab the phone and called 000.

The Operator (Nick) asked him questions, and Ryobi was able to give details of the address and his Mother's condition and stayed on the phone until Paramedics arrived.

Both Ryobi and Blake were heroes!

A total of 31 young Victorians aged between four and 13 were named Junior Triple Zero Heroes today by the Emergency Services Telecommunications Authority (ESTA), for calling triple zero.

The young heroes were nominated by the ESTA triple zero operators who took their call. The awards, which are in their fourteenth year, recognise young people for their bravery and clear thinking in emergencies.



The Minister for Emergency Services, James Merlino, said: "ESTA's triple zero operators work under pressure to help Victorians in need, responding to nearly 7000 calls a day. Victoria's brave Junior Triple Zero Heroes remained remarkably cool, calm and collected and are shining examples of how preparing children for an emergency can save lives."

ESTA's CEO Marty Smyth said: "Teaching your children how and when to call triple zero, including knowing your home address, really can save lives. We tell parents and carers that the life a child might save could be yours".

The ESTA Junior Triple Zero Hero Awards program rewards children for their bravery during an emergency and helps spread the triple zero (000) message. The award recipients are generally children under the age of 16 who have called triple zero in an emergency and provided the relevant information to enable police, fire, ambulance or VICSES to arrive at the scene.



Congratulations

Leaky Pipe Award—Faye Clarke

Congratulations to Faye Clarke who is the winner of the “Leaky Pipe Award” which she received for her tireless work supporting the Ballarat Koorie Community to address their eye health.

Faye leads BADAC’s close work with the University of Melbourne on the “Check Today See Tomorrow” campaign to help improve vision outcomes for Aboriginal and Torres Strait Islander people.



Indigenous Eye Health presented the *Leaky Pipe* Awards during the dinner at the **Close the Gap for Vision by 2020: Striving Together – National Conference 2018** to recognise and celebrate the achievements of individuals and groups in progressing activities to Close the Gap for Vision.

Nominations were invited from all Indigenous eye health stakeholders for individuals, groups or organisations who had made a significant contribution or achieved outcomes to Close the Gap for Vision. Demonstrated achievements by working in cataract, refractive error, diabetic eye care and trachoma care were considered, with Faye’s work being honored with the award.

The Leaky Pipe has been used to illustrate the complexity, difficulty and challenge for a patient to successfully navigate the eye care service system and exit with delivery of a treatment outcome at the other end.

The leaky pipe shows the many steps, providers and locations in the pathway for an eye care patient and the high potential for patients to drop out of the pathway or ‘leak from the pipe’.

Efforts to Close the Gap for Vision require fixing the leaks in the pipe and the pathway will only successfully deliver care when all leaks are fixed and steps effectively coordinated.

On the 16th March 2018, Karen Monaghan’s son Shayne Pedrotti received the Federation University’s Federation College Growth Award for Certificate 3 in Plumbing.

Congratulations Shayne.





PLATYS PAGE



Winter Word Search

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

COAT
COLD
FROST
ICE

IGLOO
SCARF
SNOW
WINTER



NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

NAIDOC originally stood for 'National Aborigines and Islanders Day Observance Committee'. This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.

N _____
A _____
I _____
D _____
O _____
C _____



Stolen Generation Team



The Stolen Generation mob had an outing on Thursday 25th May, and visited the Chinese Museum in Bendigo Vic.



Next meeting and catch up of the Stolen Generation team will be on the 21st June.

We will be going to the movies!!!

New Arrivals



A Big Community Welcome to Georgina Violet Kickett

Born 6th March 2018 Weighing 6lbs 15oz

Congratulations to Maddy Skrypko and Aidan Kickett



Health & Social Wellbeing

Making A Change (MAC) Program

Alcohol and Other Drug Day Therapeutic Rehabilitation Program

When: 2018

Term 1: Feb–March Term 2: May–Jun

Term 3: July–Sept Term 4: Oct–Dec



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

To express interest in participating in the program contact:

Sonia Giles 0409 802 114

Claire Coutts: 0409 414 017

Beth McDonald: 0497 443 733

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.



Health & Social Well Being

MAC 'Drumbeat' Program



Well Done to Patrick Monaghan who donated a Recycled Water Bottle to the MAC Program.

The MAC (Making a Change) program participants have several Drumbeat sessions (with real drums), with overwhelming positive feedback where it reduces stress and anxiety, coping with triggers and cravings, understanding communication better, and to use as a relapse prevention tool.

Unfortunately drums are very expensive and most participants cannot afford to buy one. To help participants make their own drums we welcome Recycled Office Water bottles, which they can decorate and take home with them.

Patrick, was the first person to generously donate one, and here is a picture of it newly decorated by one of the current MAC participants. He spent hours decorating this drum to give to his grandson, and is making another one for himself so that he and his grandson can drum together.

If you have a large Office Water Bottle, please donate to the MAC Program through the Social & Emotional Wellbeing Program located at 8 Market Street.

FOSTER CARE



NUKKANYA

"look out and Listen"

**Are you interested in becoming a Foster Carer?
Foster Care Information and Training for those
interested in becoming a Foster Carer in the Ballarat/Grampians
Region.**

Contact: Paul Kirby at BADAC 5331 5344

0497 410 717 pkirby@badac.net.au



Health & Social Wellbeing

BADAC Keela Borron



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

If you have any questions regarding this project, please contact the Social & Emotional Wellbeing team at 8 Market St on (03) 5331 5344 – Prompt 3



Health & Social Wellbeing

BADAC Keela Borron

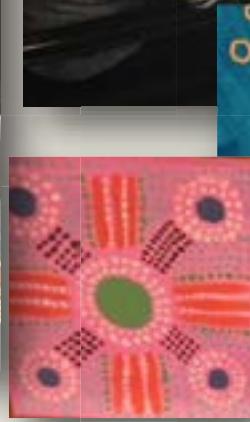
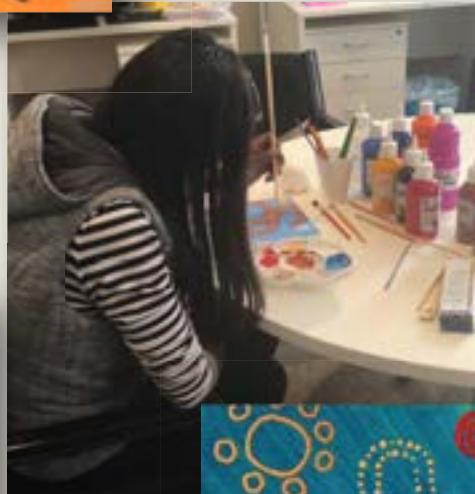
BASKET WEAVING



PAINTING WITH OCHRE



ART PROJECTS



Health & Social Wellbeing

WOMEN'S GROUP

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

Once a month

8 Market Street

contact Catherine or Jo

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



YOGA IS FOR EVERYONE

WHEN
Tuesdays 3:30pm to 4:30pm
Thursdays 12pm - 1pm

WHERE
KFS Lydiard street
Pama room
Ballarat and District Aboriginal Co-op

First things first:
Badirri – Is inner deep
Listening and quiet still awareness
Our day to day life is full of distractions
doing yoga can be beneficial
It can remove stress and anxiety

Make this time for yourself
40min stretching
20min full body relaxation

NO COST
ALL AGES
STAGES
ABILITIES
GENDER

ENHANCES
Flexibility
Mind discipline

PROMOTES
Healthy eating
Sleeping patterns
Improved physical
psychological
Spiritual &
Emotional Wellbeing

EQUIPMENT
Convenient clothes
Water bottle
We are the equipment.
Yoga mats provided

For more information or to join a group

Contact Well Being Services

8 Market Street BADAC

On 5331 5344 - Prompt 3

Family Violence Program

Hi All,

The FVP is well under way and there has been a lot happening over here at 4 Market St.

We are here to support those in the community who want to change the way they treat their partners/family members for the better.

We say support because that's exactly what we do. We support community members who want to take responsibility for violent or abusive behaviours against family, ex/partners, and or children.

We believe that most people don't enter relationships thinking they want to hurt their partner, but we do know that a lot of the time this happens because people don't have the skills and understanding to change the way they treat those around them. That's what we can help with!

We provide advice, FV education, strategies, court support, promote healthy relationships, and offer solo, family or couples counselling in a non-judgemental way.

We hope to link people with the program to learn new skills so they can understand and change their problem behaviours and become better partners and parents.

We are based at 4 Market St and encourage you to come and have a confidential yarn if you have any questions, think we may be able to help, or help someone you know.

Not sure if you need some support?

- Have you hurt people you love?
- Do you struggle controlling your anger?
- Do you have an IVO against you?
- Do you ever feel like your behaviour is controlling?
- Are you sometimes overcome with emotion?
- Have you ever felt your partner or family are scared because of your behaviour?
- Do you say things to loved ones and regret it later?
- Has any of this got you in trouble with the Police?

If you answered YES to any of the above questions, you may benefit from our support. If you have any questions please call Ash, Matt, Tanya, or Fran at BADAC on 5331 5344, ask reception in the community area, or come and see us at 4 Market Street.

Participation in the FVP is voluntary.



Naidoc Week 2018

Save the Date and Come Along!



INVITATION

BADAC NAIDOC OPEN DAY – WEDNESDAY 11TH JULY

10:00 am to 2:00 pm – BALLARAT SHOWGROUNDS

All in one huge underground pavilion, off street parking, enter off Howitt Street

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander Peoples

As part of BADAC's NAIDOC week celebrations we will be holding an open day. This event is open to everyone who would like to share the day with us and to all of you who have supported us during the past 12 months.

The day will feature:

- | | |
|----------------------------|----------------------------------|
| NAIDOC Awards | Free Live Entertainment |
| Free Australian Animal Zoo | Free Carnival Rides |
| Art and Craft stalls | Aboriginal Promotional Materials |

If you wish to participate as a stall holder please contact
Leanne Gafa ASAP on 53 31 5344 or email lgafa@badac.net.au

PLEASE COME ALONG AND BE PART OF OUR BIGGEST AND BEST OPEN DAY EVER



Towards Treaty

Your Invitation!

The Victorian Treaty Advancement Commissioner, Jill Gallagher AO, and her team will be visiting the Grampians and Mallee region from 18 - 22 June to talk about the journey towards treaty. Jill will share information about the treaty process so far, and her role in establishing a democratically elected Aboriginal Representative Body for all Aboriginal Victorians.

Jill and her team will be in Ballarat on Monday 18th June and we would like the opportunity to speak with your Community from 11-12:30pm at BADAC Community Area at 5 Market street. T

he visit will be an informal 'drop in' style event, Jill will be available to talk with anyone who attends. We will also have packs to give away and opportunity to participate in an art project.

Jill is keen to speak with as many people as possible on this trip, if you know of people that are unable to make this event, please encourage them to contact our office (8684 7546 enquiries@victreatyadvancement.org.au) and we'll try to arrange time to meet with them or you contact me on my mobile 0437902007

We believe it is absolutely critical that our community walks with us on the journey to treaty.

Transitioning Kids to Aboriginal foster homes



During May, BADAC invited a Representative from Bendigo District Aboriginal Cooperative to chat to us about their experience with their program which transitions Aboriginal Foster Kids into Aboriginal homes.

BADAC is negotiating with DHHS to adopt this program, which will see all Aboriginal children who are in foster care, being transitioned to Aboriginal Families for Care.

This will involve an enormous responsibility for all of us at BADAC, and a big change for our Community. It will call for the employment of many new staff, but the rewards for our kids will outweigh all challenges.

The program has had enormous success in BDAC, and we look forward to the changes it will bring to our local Aboriginal kids in the future.



For more information on these changes, or you are interested in becoming a Foster Carer, please see Kelvin Meloury or Paul Kirby at BADAC Koorie Family Services at 109 Lydiard Street.



BADAC Youth Group



Any children from Prep to Grade 6 interested in our junior youth groups?

MONDAY is Homework group at the Ballarat Library from
3.45pm—4.45pm

TUESDAY is Auskick at Vic Park from 4pm—5pm

WEDNESDAY is our Senior youth group from grade 7 upwards and will be at the Koori Hub on Main Road from 4pm—6pm

If you have a child/children interested in participating in any of our youth groups please contact Emily Buzzacott, Amanda Rowland or Amber Barker-Lovett on 5331 5344.



*PLEASE NOTE we have limited number of pick ups available.

Badac Play Group

BADAC Playgroup is open to Aboriginal and Torres Strait Islander children in the community. Children from birth to 5 years of age are encouraged to come along and join in the fun

Playgroup runs every Tuesday and Thursday during the school term from 10:30-12:30

Lunch is provided.

Tuesday is held at Forest Street Primary School on the corner of Forest Street and Hancock Street Wendouree.

Thursday is held at Yuille Park Kindergarten in Violet Grove Wendouree.

Why don't you come along and meet other families. Great for the kids to learn how to socialise, join in activities and have fun.

Contact Rebecca Bux or Emily Buzzacott for more information.

Ph: 53315344

Tuesdays
Forest St Primary
School

Thursdays
Yuille Kindergarten

29th May
Reconciliation Week
Ballarat Library

31st May
Craft

5th June & 7th June
Sensory/Craft

12th June
Craft

14th June
Nikki KPSA Activity

19th & 21st June
Sensory/Craft

26th June
Craft

28th June
Happy Jacks
(Cost Involved)

BADAC Youth Group



Lacrosse

On Tuesday the 3rd of April, 20+ children participated in an event organized by Tasi for the BADAC community.

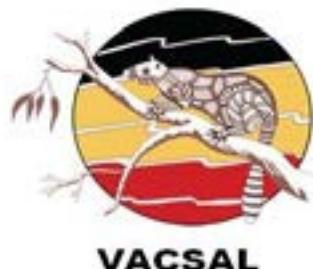
Kevin Sandy a North American Indian ran a range of drills with the children and gave them a history lesson on how Lacrosse came about.

The children that attend had a great time.

If anyone is wanting to get involved and try a different sport contact BADAC on 53315344 for more information.



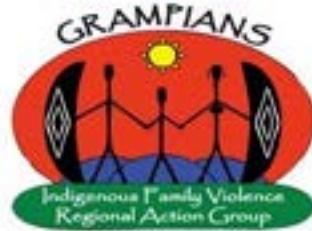
Hoops Against Violence



VACSAL



Ballarat



Monday 2nd & Tuesday 3rd July, 2018

The Grampians Indigenous Family Violence Regional Action Group (GIFVRAG) and the Grampians Regional Aboriginal Justice Advisory Committee (RAJAC) will host a “Hoops Against Violence” program in Ballarat on Monday 2nd and Tuesday 3rd July at the home of the Ballarat Miners, the Ballarat Minerdom.

The Program will consist of a basketball clinic featuring community members and Victoria Police followed by a basketball challenge match between Ballarat and Horsham. On Tuesday there will be a 3 on 3 Basketball tournament.

Koorie young people (U18 years of age) from across the Grampians and Barwon South West regions area including Ballarat, Halls Gap, Horsham, Heywood, Geelong and Warrnambool are invited attend the Program.

Hoops Against Violence is a basketball program that aims to:

- raise awareness of Family Violence issues within the Grampians & Western District areas
- Increase participation by Aboriginal people in local competition
- Promote coordination between services, agencies and the Koorie community

This year's program will be:

Monday 2nd July

- Basketball clinic
- Workshops
- Koories & Police – Ballarat v Horsham Basketball Challenge match

Tuesday 3rd July

- 3 on 3 tournament

This program is a result of the continued involvement of the GIFVRAG, RAJAC, Victoria police, ACJP, Goolum Goolum, BADAC and VACSAL, as we strive to address the over representation of Aboriginal & Torres Strait Islanders in the family violence sector.

For further information or details, please contact me either via email abarker-lovett@badac.net.au or mobile 0476 886 169

Baker Boy struts his stuff



Danzel Baker, aka Baker Boy, 21, burst onto the music scene in May with his first single, Cloud 9, which hit 76 in the Hottest 100. His follow-up track, Marryuna, reached 17.

Born and raised in the remote Top End communities of Milingimbi and Maningrida, the now Melbourne-based Baker Boy takes his name from the dance duo formed by both his father and uncle Jeremiah in the 1980s, The Baker Boys.

"Back in the community — this is the late 80s — there was no social media of course, there was no television, all we had was a VHS player, video, very old school,"

He said that one night he and his brother were searching through their father's cupboard looking for John Wayne movies when a video cover featuring a glamorous couple caught their eye: Fred Astaire and Ginger Rogers.

"Once we watched Fred [and Ginger] do their magic that was it, we just got really into dancing,"

"All we did was traditional dancing, that's corroboree, through our ceremonies and cultural obligations.

"We didn't do no rehearsals or anything; we had the steps, we had the moves, and a lot of the moves we had and what we did with our feet and arms and body was more into traditional Indigenous cultural dancing.

That fusion dance style has influenced Baker Boy, and the Djuki Mala dance troupe he toured with.

Danzel featured his father and uncle in the video clip for Marryuna, which means "let's dance" in Yolngu Matha. (Yolngu Language).

Earlier this year, Baker Boy supported American rapper 50 Cent alongside A.B. Original during shows in Sydney and Melbourne.

His song Marryuna was voted in at 17 in the JJJ Hottest 100. The entry makes Baker Boy the second-highest ever ranking Indigenous artist in the Hottest 100's history, after A.B. Original's January 26 hitting number 16 in 2016. It was also the first song performed in an Indigenous language to crack the top 20.

Baker Boy visited the KHub in May, before performing at the Karova Lounge. He taught some of the Local mob the dance moves to his song Marryuna, and joined with Billy Parker to show off their amazing dance moves.

Thanks to Amber Lovett-Barker for organising his visit to the KHub.



Staff Introductions



My name is **Liz Bourke** and I'm excited to have commenced in the role of **Executive Manager of Koorie Family Services** at BADAC.

I have moved to Ballarat from Traralgon where I spent many years on Gunaikurnai lands, working with Aboriginal children and families, in cultural planning and in services for young people.

Prior to my move to Ballarat I was the Practice Leader for Aboriginal Children at the Department of Health and Human services. In this role I worked with Aboriginal families and community to ensure their voice was heard in making plans to ensure the safety of Aboriginal children and in Cultural Planning. I also worked closely with the Co-op's in Gippsland to support their programs.

I had the privilege of helping implement the Cultural Planning program in Gippsland and have really enjoyed supporting children and families to find healing through linking with their culture, their land and their mob. I'm really passionate about children's right to grow up strong and proud of their culture wherever they happen to be living.

There is a huge amount of work going on in the Koorie Family Services program at BADAC. I look forward to supporting and building the team as we move towards the transition of Aboriginal Children into Aboriginal Care.

Over the next 18 months the Koorie Family Services team will grow significantly to support the transition of children and young people in Kinship Care and develop a foster care program at BADAC. As always, our focus will be to support children to return safety to their families wherever possible and to ensure we maintain connection to family and culture for all the children involved with our programs.



Hi, my name is **Jo Warren** and I am a well known face around BADAC, having worked within the Medical Team since 2013.

I have recently been the successful candidate for the position of **Executive Manager of Health and Home Support**.

I am very excited about continuing to offer my skills to the Health and Home Support Team, and hope to explore new and innovative ways to improve the overall well being of the Community, in alignment with the strategic plan.

The construction of the new building is creating a lot of excitement among staff and the community, and I look forward to when we open the doors and provide the whole community with a modern and welcoming building for General Health and also Social and Emotional Well Being.

As you are probably aware, aged care/disability and the funding for this has changed. I hope that our services are providing you with what you need but please don't hesitate to contact me if you have any ideas or questions.

Keeping us Healthy

To assist in keeping staff and our Community Health over this Winter Flu Season, BADAC will be placing bottles of Hand Sanitizer at all Receptions Desks (Visitor's Books), and around areas where there's a lot of staff and community interaction. Staff have been asked to use this sanitizer regularly, and we ask that all Visitors to BADAC do the same.



We will also be placing boxes of tissues for everyone to utilize and ask that if you have a cold and need to cough or sneeze that you use either a tissue, or if you don't have one available, use the crook of your arm. Not your hand!

Quit Smoking

Knowledge is Power! Breathing is Life



FREE INFORMATION SESSION

THURSDAY 14TH JUNE AT 12PM IN COMMUNITY
ROOM

Have someone in the family or household who smokes? Do you smoke? Want to encourage a loved One to extend their life and reduce their smoking?

Would you like to be empowered to understand products that are available to assist in reducing or quitting smoking?

We are here to help!

A Guest speaker is coming to BADAC to discuss all the various options of Nicotine Replacement Therapy (NRT) to assist in Quit smoking? They will discuss expelling any fears or myths you may have about the smoking or the products used to quit.

Come along for a friendly chat. We would love to see you there helping to spread the word:

"Knowledge is power and breathing is Life!"

RSVP by Tuesday 12th June to Medical Reception by dropping in or call 5331 5344 ext.2

A realistic look at how long it takes for your body to recover after your last puff



● Twenty minutes after quitting, your blood pressure decreases.

● Eight hours: The amount of carbon monoxide in your blood drops back to normal while oxygen increases to normal.

● Forty-eight hours: Your nerve endings start to regenerate, and you can smell and taste things better.

● One to nine months: Coughing, sinus congestion, fatigue, and shortness of breath decrease.

● One year: The added risk of heart disease declines to half of that of a smoker.

● Five years: Your stroke risk may be reduced to that of someone who never smoked.

● Ten years: Your risk of all smoking-related cancers such as lung, mouth, and throat decreases by up to 50 percent.

● Fifteen years: Your risk of heart disease and smoking-related death is now similar to that of someone who never smoked.

SOURCE: AMERICAN LUNG ASSOCIATION

Winter Flu Season



On Thursday 3rd May, BADAC held a Staff Lunch-eon and discussed the dangers of the Flu season.

All staff were given the opportunity to have a free flu shot, with the majority choosing too.

The Flu shot is not painful and is recommended by the BADAC Medical Team.

If you would like to have a flu shot, please see Medical Reception.

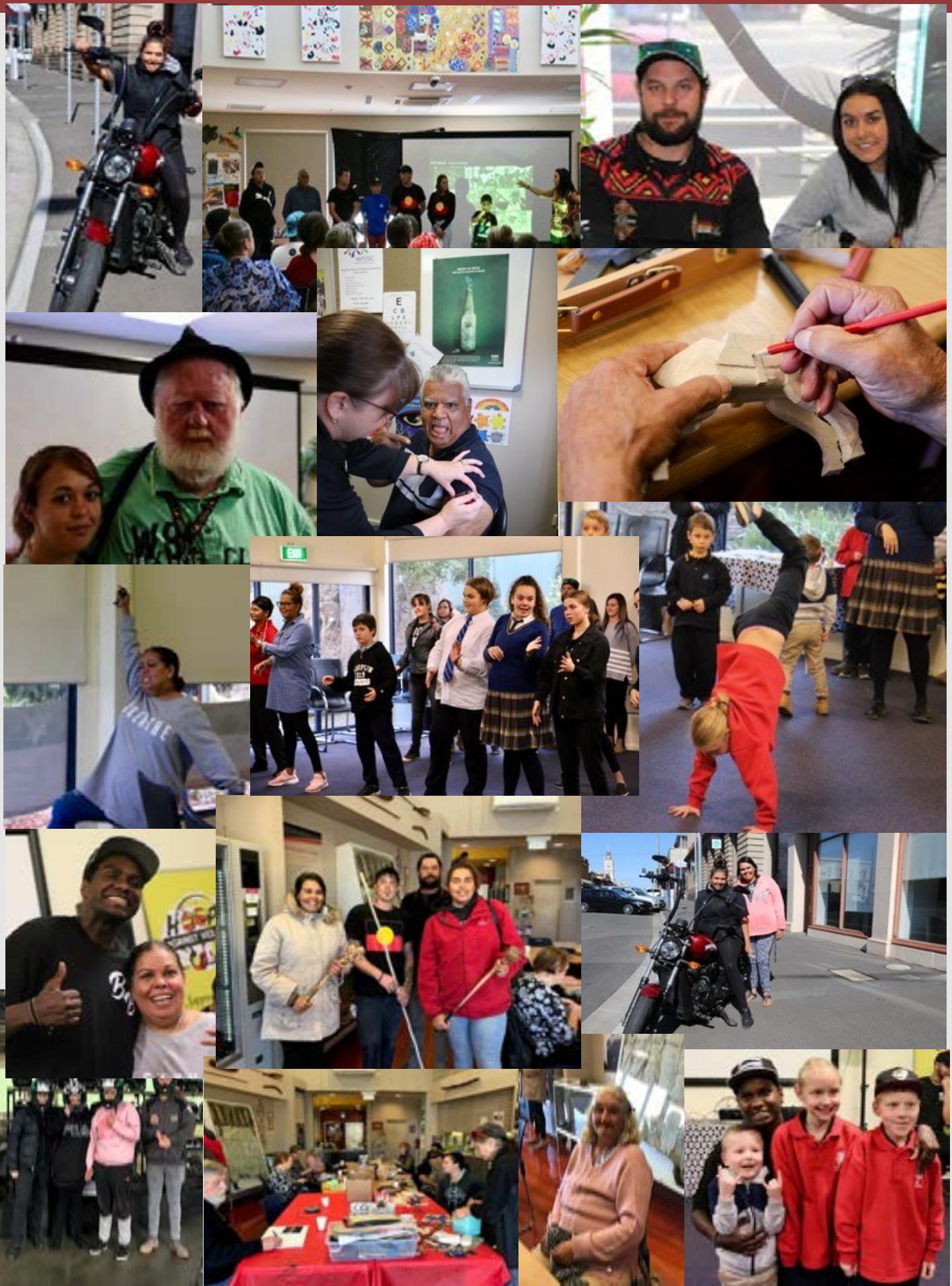


How to Protect Yourself and Others from "the Flu"

- Proper Hand Washing
- Cover Your Cough
- Get an flu shot every year
- Stay Home if You are Sick
- Don't visit people in hospitals or long-term care homes when you are sick with influenza
- Exercise regularly and eat a healthy, well balanced diet



Happy Snaps



Closing the Gap



The Hon Daniel Andrews MP

Premier of Victoria

1 Treasury Place
Melbourne, Victoria 3002
Australia
Telephone: +613 9651 5000

Ms Karen Heap
Chief Executive Officer
Ballarat and District Aboriginal Co-operative
5 Market Street
BALLARAT VIC 3350

D18/30737

Dear Ms Heap

I would like to personally thank you for representing Victoria at the recent Special Gathering on Closing the Gap on 7-8 February in Canberra. The meeting was an historic event and your contribution was significant.

The Special Gathering was another reminder of the strength of an united voice. The influence you and the other Victorian delegates had in shaping the dialogue at the Special Gathering was evident, and reflected in the Special Gathering Statement's call for self-determination and a community-led approach. This is an outstanding achievement.

I am grateful to have heard your reflections first hand in both Melbourne and Canberra. As we work towards new Aboriginal affairs frameworks at the national and state levels, it is important that we get the process and policy right. As a respected Victorian Aboriginal community leader, your guidance is essential.

Victoria is committed to taking a self-determination approach to the refresh of the Closing the Gap agenda and the Victorian Aboriginal Affairs Framework. We will continue to elevate the voices of Aboriginal Victorians so they critically shape every stage of the refresh process.

It is my hope that as we move through this process, we will see a new kind of relationship between government and Aboriginal Victorians grow — one of mutual respect, accountability and equality.

Thank you again for sharing your expertise and your continued openness to partner with us on this journey.



Yours sincerely

The Hon Daniel Andrews MP
Premier

16/04/18

Cc Minister for Aboriginal Affairs



Stronger Families

KFS – Stronger Families

Stronger Families is intensive holistic family support, with the aim to help families develop positively so they can stay together, with children growing up in their own homes where possible. DHHS refer clients onto Stronger Families at BADAC if it is appropriate for the family. We then work collaboratively with other BADAC services and other support agencies to help meet the family's individual needs. Stronger Families are involved with a family for 12 months.

If you think this program might be suitable, speak with your DHHS case manager about a possible referral.

Stronger Families – Dot Farquhar and Deanne Jakiel-Hayes



Taking the Challenge in July??



Thinking about loving your liver?

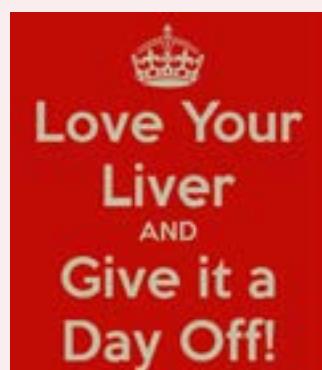
Thinking a day without alcohol may be achievable?

During May, several staff at BADAC took the “**One Day in May Challenge**” and were rewarded with a wonderful, official certificate.

April and Renee from the Social & Emotional Wellbeing Team were quick to sign up!

If you too have had a day off alcohol in May (one 24 hour calendar day) come on over to 8 Market street and request your certificate ..

Who knows maybe you would consider a ‘Dry July’ week or the entire month?**NOW THERE IS A CHALLENGE!!!**



Koorie Engagement Action Group



BECAUSE OF HER, WE CAN!

8-15 JULY 2018

**The Koorie Engagement Action Group invites
Aboriginal Women to be a part of the**

Ballarat 'Because of Her We Can' Story-Telling and Portrait Project

**Do you want your portrait taken and feature
in what is going to be a powerful display of the
strong women that make up our community?**

**ALL ABORIGINAL WOMEN AND YOUNG
GIRLS IN BALLARAT ARE WELCOME.**

**To register: Contact Sissy Austin on
0413360628 or put your name and details in
the box at BADAC Main Reception (5 Market
Street) by 15th June 2018.**

**We are also seeking 3-5 Aboriginal Women to participate
in sharing and capturing their stories on film.**

**There will be an official launch of all portraits and short-films at the beginning of
NAIDOC Week. The portraits will be displayed at various NAIDOC events across
community. We will contact you with further details regarding photo taking dates.**

**This is about empowering our women and show-casing the strong, deadly and
resilient Aboriginal and Torres Strait Islander women in our community. No shame!!**

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 and District Aboriginal Cooperative

P.O. Box 643

Ballarat VIC 3350

5 Market St

Ballarat VIC 3350

T: (03) 53315344

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**
- Emergency Housing**
- Drug and Alcohol Rehabilitation Support**
- Social & Emotional Wellbeing Program**
- Justice Support**

Have you changed your Address?

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

Want your magazine delivered via email

Email: reception@badac.net.au

Important Numbers (After Hours)

Triple Zero 000

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

Lifeline 13 11 14

24 hour crisis support and suicide prevention service.

Kids Helpline 1800 551 800

Helpline for children.

SuicideLine Victoria 1300 651 251

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

Parentline 13 22 89

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

BHS Mental Health Services 1300 661 323

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

National Debt Hotline 1800 007 007

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

The Lifeline logo consists of a stylized eye-like symbol followed by the word "Lifeline" in a blue, lowercase, sans-serif font.The Kids Helpline logo features a pink and purple smiling face icon next to the words "Kids Helpline" in a blue, lowercase, sans-serif font.The logo for Ballarat and District Aboriginal Co-operative Ltd. It includes a stylized illustration of a person in traditional dress, the organization's name in a serif font, and the letters "Ltd" at the bottom right.

Journey to Treaty



Victorian Treaty
Advancement
Commission

Learn about the journey to treaty



Learn about the future
Aboriginal Representative Body



Talk with the Commissioner
Jill Gallagher AO



Get your treaty t-shirt

Grampians and Mallee Roadshow – Community Gatherings

Ballarat

Monday 18 June
1.00pm – 3.00pm

Koorie Service Hub
403 Main Road,
Ballarat

Horsham

Tuesday 19 June
11.30am – 1.30pm

Horsham Town Hall
71 Pynsent St,
Horsham

Mildura

Wednesday 20 June
12.30pm – 2.30pm

Quest Mildura,
115-119 Madden Av,
Mildura

Robinvale

Thursday 21 June
12.30pm – 2.30pm

Community Arts Centre
34 Robin St,
Robinvale

Swan Hill

Friday 22 June
4.00pm – 6.00pm

The Grain Shed
8/2 King St,
Swan Hill

Can't make a gathering?

Call the Commission on 8684 7537 and we will try to come to you.

victreatyadvancement.org.au
enquiries@victreatyadvancement.org.au





INVITATION

BADAC NAIDOC OPEN DAY – WEDNESDAY 11TH JULY

10:00 am to 2:00 pm – BALLARAT SHOWGROUNDS

All in one huge underground pavilion, off street parking, enter off Howitt Street

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander Peoples

As part of BADAC's NAIDOC week celebrations we will be holding an open day. This event is open to everyone who would like to share the day with us and to all of you who have supported us during the past 12 months.

The day will feature:

NAIDOC Awards
Free Australian Animal Zoo
Art and Craft stalls

Free Live Entertainment
Free Carnival Rides
Aboriginal Promotional Materials

If you wish to participate as a stall holder please contact
Leanne Gafa ASAP on 53 31 5344 or email lgafa@badac.net.au

PLEASE COME ALONG AND BE PART OF OUR BIGGEST AND BEST OPEN DAY EVER

