

Connecting

Sebastopol

Community News

SEPTEMBER 2024 - ISSUE 7



Ballarat Neighbourhood Centre students Peko, Annette and Alexandru start work at the Sebastopol Community Garden with staff, Matt Rowbottom and Amanda Collins.

Progress for Sebastopol Community Garden

The long-anticipated first stage of the building infrastructure is almost complete for the Sebastopol Community Garden, and we couldn't be more excited about what's next. With buildings installed, including portable classroom, storage, toilet and water tank (including plumbing and mains connection), we will soon be ready to start getting our hands dirty. At Ballarat Neighbourhood Centre in collaboration with Phoenix P-12 College, our gardeners are planning to transform the vacant land into purposeful, productive gardens. The upcoming months will see the introduction of a wide range of community gardening initiatives. Continued on page 4.

Inside this issue:

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- What's On

Use this QR code to view the full colour online newsletters





Acknowledgement of Country



We acknowledge the Traditional Custodians of the land we live and work on, the Wadawurrung People, and recognise their continuing connection to the land and waterways. We pay our respects to their Elders past, present and emerging and extend this to all Aboriginal and Torres Strait Islander People.

About the Newsletter

Connecting Sebastopol Community News is a project of the Ballarat Neighbourhood Centre. This publication is compiled, edited and designed by volunteers, community contributors and Ballarat Neighbourhood Centre staff.

Ballarat Neighbourhood Centre

Ballarat Neighbourhood Centre is committed to creating opportunities for people to connect, learn and participate in their community. We offer adult education, one-on-one coaching for people looking for work, community activities, a community garden, volunteer opportunities and much more! www.ballaratnc.org.au
reception@ballaratnc.org.au

(03) 5329 3273

11 Tuppen Drive, Sebastopol

Ballarat Neighbourhood Centre welcomes
all LGBTQIA+ communities



Scan this QR code to
subscribe to the
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story with us



Upcoming Issues

In 2024 this newsletter will be published quarterly. The Summer issue will be published on 2 December, with articles, events and ads due by

Friday 15 November 2024 to
community@ballaratnc.org.au or hard
copy to Ballarat Neighbourhood Centre.

Advertise with us!

Thank you to our advertisers for helping
to financially support this important
community project for Sebastopol.

Advertising rates per edition are:

\$500 + GST: Half page

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***Discounted rates for local
businesses for the remainder of 2024**

Contact Emily Macdonald
community@ballaratnc.org.au
5329 3273

NEWSLETTER DISTRIBUTION

We are very grateful for the growing number of
volunteers helping to deliver this newsletter.
Thanks to these dedicated volunteers, the June issue
reached almost 3000 Sebastopol households!

Volunteer With Us!

We are still on the search for more volunteers to help
us reach all households in Sebastopol. If you can
spare an hour or two a few times a year to drop some
newsletters into letterboxes, please get in touch!
5329 3273 / community@ballaratnc.org.au

If your house is not yet covered by
a delivery volunteer, you can always
drop into the following Sebastopol
organisations to pick up a copy:

Ballarat Neighbourhood Centre
Open Door & Op Shop
Sebastopol Library
Sebastopol Mens Shed
Salvos Sebastopol
G Gay & Co Mitre 10
Westside Petroleum
My Local Store @ Hertford Street
(Shell Service Station)
Coles Sebastopol

Connecting Sebastopol Community Meet-Up



The group at the August Sebastopol Community Meet-Up

On Friday 2 August, we gathered at the Sebastopol Mens Shed for our latest Sebastopol Community Meet-Up. After a warm welcome from Shed President Les Shimmins, the group shared news, stories and ideas about our beloved Burra and all that is on offer. To support the continuation of this newsletter, Ballarat Neighbourhood Centre are holding a film fundraiser at Showbiz Cinema in September, with a portion of all tickets sales going towards printing costs. A poster with more details and a QR code to book are on the back of this newsletter. We have also registered the newsletter as a fundraising partner with the Victorian Container Deposit Scheme. This means you now have the option of donating the refund from your recycled bottles towards this great publication! More information can be found on page 18.

Ballarat Neighbourhood Centre also has a range of upcoming events, from an afternoon with Sing Australia, to gardening workshops, and an awareness and engagement program for people living with dementia and their families. You can find more details on these activities throughout the newsletter. Ballarat Neighbourhood Centre is also working in partnership with Journey Early Learning Centre and St. James Parish School to plan a 'Family Fun Night' to celebrate Children's Week in October, and have applied for a grant to support this. (See the event poster on page 16). The Sebastopol Historical Society is working with Phoenix P-12 Community College, to put together resources for the 150th anniversary celebrations for the schools Redan Campus (previously Redan Primary School). The Historical Society are also working on improving accessibility for all in their museum. The Sebastopol branch of the Country Women's Association has been busy, catering for the youth development team at the new Alfredton Community Hub and holding scone making workshops at the recently

renovated Ballarat Library. The ladies were very impressed with the facilities at both locations and highly recommend everyone visit these new and revamped spaces. We also heard about the Mens Shed's used power tools sale (which has now been and gone) and their Saturday markets which are returning in Spring - find more on page 5.

There were some concerns raised about access to St Georges Reserve. The soccer pitches have been upgraded, however access to the facilities have not. The rough tracks which lead into the grounds do not provide safe, universal access, and the area is often used for illegal rubbish dumping. A member of the group plans to write a letter to council, and as the 'Sebastopol Meet-Up Group,' we will continue to discuss this issue and ways that we can advocate for improvements.

We ended our meeting with some delicious scones with jam and cream, baked for us by the lovely gentlemen at the Mens Shed, followed by a shed tour. Thank you to all involved in hosting us!

We warmly welcome you to join us next time ...

Sebastopol Meet-Up

10:30 - 11:30am, Friday 4 October

Sebastopol Fire Brigade – CFA

180 Albert St, Sebastopol

Join us for a cuppa and chat!

Everyone is welcome

To RSVP or stay informed about future meet-ups contact Emily Macdonald:
community@ballaratnc.org.au / 5329 3273
Or follow Connecting Sebastopol on Facebook

Community

Continued from front page . . .

Gardening activities will include composting, garden bed preparation, landscaping, cultivating fresh produce, and a range of training and workshops designed to foster food security and provide horticultural training. The workshops will cover everything from sustainable gardening practices and food security to the principles of therapeutic horticulture and promoting well-being through hands-on activities and nature-based therapies.

Expect to see activity in the garden start taking place, as we implement the next stage of the gardens. With plans for an orchard, foraging food forest, seasonal crops and Indigenous and culturally resonant plantings, we aim to celebrate and honour the rich tapestry of our community and offer opportunities for collaboration, creativity, and learning through public workshops, seminars, and a host of other community-driven initiatives.

Our community's strength lies in its people, and we can't wait to invite everyone to contribute their time and skills to this exciting project. Whether you have a green thumb or just a passion for helping others,

there will be numerous opportunities to get involved. From planting and maintenance to organising workshops and events, your participation will be invaluable in bringing these projects to life. If you are thinking about a career in horticulture, or you want to increase your skills and knowledge in gardening, Ballarat Neighbourhood Centre delivers courses to get you started. Gardening Up Jobs will give you a real taste of the horticulture industry and there are also many opportunities to volunteer in our gardens. This project was part of Spotlight on Sebastopol. Funding provided through Regional Development Victoria and supported by City of Ballarat has provided for the completion of the initial stage of infrastructure. Sebastopol Community Garden is located at 4-10 Spencer Street, Sebastopol. Stay tuned for more updates and get ready to roll up your sleeves. For more information or to register your interest, contact:

Ballarat Neighbourhood Centre
Email: reception@ballaratnc.org.au
Ph: 03 5329 3273



Juliana Addison MP **State Labor Member for Wendouree**

As your local State Member of Parliament, I'm here to represent you and the Ballarat Community.

Listening to the community is an important part of my job, so I am always keen to hear about the issues that matter to you.



Visit the Men's Shed in Spring!

Saturday markets resume on Saturday 28 September from 10 am till 12 noon, and the Nursery guys are busily raising and transplanting seeds and cuttings into saleable plants for home gardeners! A big range of flowers, shrubs, decorative plants, and some veggie seedlings from our own gardens are on sale at excellent prices. Talk to the growers at the market to get valuable hints on how best to raise the plants you take home! We also sell



items of woodwork constructed on site, refurbished furniture lovingly restored, outdoor furniture, mowers, used power tools (all test and tagged), relishes and chutneys made on site, and kindling. We

are also happy to take orders for anyone who needs something special done! Just ask us!

Our range of cheap and reliable used mowers, whipper-snippers, and other guaranteed garden equipment and machinery is brilliant, thanks to the superb skills of our Mower Men! They can fix almost anything; they restore and service all stock, and they back up



every item sold. Prices for very reliable mowers begin at \$50, up to really excellent mowers for \$120, all of which will meet your needs for years! You can buy cheaply but with great confidence, Monday to Friday from 9 am till 2 pm. And don't forget that if you have a mower at home that's misbehaving, bring it to the boys at the Shed for expert, quick and cheap repairs and service that won't break the bank! We never do major repairs without discussing costs with customers first. Finally, if you have a spare old mower or garden equipment lying around that you don't want any more, we'd appreciate you donating it to the Shed so that we can get it going well enough to satisfy someone else! Everyone wins!

We welcome cash, but also have EFTPOS facilities.
201 Vickers Street, Sebastopol. Phone: 5379 9256

Community

Salvation Army Thrift Shop

Written by Narelle Dare



Store Manager Len and volunteers sort donations.

Op shopping is a great past time with many wonderful and different goods available. You might be looking for a new outfit or a special gift for someone, some even sell furniture. As well as selling items to people in the community they also provide a source of funding for different activities, and people in need. Another benefit to op shopping is that you are giving the items a second chance at life and they are not ending up in landfill, something we should all be mindful of - reuse, reduce and recycle. You may even be interested in upcycling old clothes to make new garments, or even bags, something you can learn more about through Ballarat Neighbourhood Centre's 'Op Shop Upcycling' classes - the next class will commence on 23 October. Over the next few issues I am going to explore the different op shops in and around Sebastopol and nearby suburbs. This time I sat down with the



Community

manager of Salvation Army Thrift Shop Delacombe, which opened in 2021. The store is located at 29 Cherry Flat Road, Delacombe, and is accessible by catching Ballarat - Delacombe bus #25 to Delacombe Town Centre. The store is open Monday to Saturday 9:30am - 5:00pm.

The Salvation Army operates two types of op shops, Salvos Stores and Salvos Thrift Shops. The Thrift Shops are owned and operated by local Salvation Army Churches and are run by volunteers, therefore they have reduced overhead costs and their prices are rock bottom. Funds raised at the Delacombe shop go towards running programs for children, youth, seniors and families in our local community. Children's programs that are assisted include supported playgroups, a preschool music group (CoCo Sounds) and Kids Club for Primary School aged children (Beans). For youth, a youth group is supported through these funds. For families, a group which is run online fortnightly, called Mums Next, provides women a chance to chat and connect in a safe space. For seniors and other people in the community, groups such as Companion Club and a craft group are supported. The shop also offers urgent emergency relief, primarily in the late afternoon and weekends. They do request that you leave this as a last resort and go through the Emergency Relief Centre in Eureka Street first.

To share a wonderful op shop that you know about, email community@ballaratnc.org.au

Christmas support



Christmas is just around the corner, and if you need a little extra support this year, it's best to reach out to one of the services available to assist early:

- A range of organisations offer toy hampers and/or vouchers, including Anglicare (Ph: 5333 0600), Salvos (Ph: 5337 0600) and Uniting (Ph: 5332 1286).
- God's Christmas Gifts is operated by Family Life Church in Mount Clear and provide gifts for children aged 0 - 16 years. <https://godschristmasgifts.org.au>
- Reverse Advent Calendar supplies boxes of food. Contact York Street Church of Christ on 5331 1079 www.facebook.com/reverseadventcalendarballarat
- The Y Ballarat offers Bags of Joy for young people between the ages of 12 - 21. Register for this via their website <https://yballarat.org.au/bags-of-joy>

Ballarat Autism Fest!

After months of planning by the [Ballarat Autism Network](#), Ballarat's first Autism Festival took place on Sunday 25 August at Ballarat Neighbourhood Centre in Sebastopol. Over 500 people attended and



enjoyed a range of fun and free family activities including a baby animal nursery, face painting, balloons, a quiet area with sensory items and bean bags, Lego, jigsaws and much more! The [Rotary Club of Ballarat South's](#) sausage sizzle was a hit, and there was even toastie making workshops with Ballarat's own Master Chef, Tim Bone.

The Ballarat Autism Network plays a pivotal role in the community, offering guidance towards information, services, and resources through its website and social media platforms.



Its work encompasses connecting the Autism community, educating, and promoting inclusion into the wider community, which helps to build a stronger, more inclusive community where diversity is celebrated and everyone has the ability to thrive. Find out more about Ballarat Autism Network online: <https://ballaratautism.com/> www.facebook.com/ballaratautism



Community

Support local business

Here at the **Connecting Sebastopol Community News**, we were sad to hear that local business Emporium Flair Co is closing. We thank store owner Tracey, for her support of this newsletter and for helping to bring some post office services back to Sebastopol. Please head along and support them before 26 October.

We would also like to give a shout out to the local businesses around the Sebastopol Library and the Victoria-Albert Streetscape works (see article below). Even if access and parking is a little bit more difficult over the next few months, please continue to shop locally and support small businesses where you can!

Spotlight on Sebastopol Project Updates

YARROWEE RIVER ACCESS

Work is now complete on the Yarrowee River Access project, delivering improved car parking, seating and shelters at Orion Street, Dowcra Street and Yuilles Station Reserve Park, along with extensive planting at these sites.



VICTORIA - ALBERT STREETScape PROJECT

The Victoria-Albert Streetscape project now has updated plans, with works not as extensive as originally planned. The focus will be on tree planting around the Sebastopol Library and making improvements to the median strip in front of the library. These works are scheduled to start in August / September and will be completed in November.

GLENELG HIGHWAY BIKE PATH

In exciting news, the first stage of the Glenelg Highway Bike Path project has commenced. Stage one will involve a bike path being built along Hertford Street between Albert Street and Tuppen Drive. The plan for the overall Glenelg Highway Bike Path project is to create a cycling trail all the way from Delacombe Town Centre to Yarrowee Creek, improving safety and access for bike riders in Sebastopol and Delacombe.



EMPORIUM FLAIR CO.

We are saddened to advise that we will be closing our doors.

Our last opening day will be the 26th October.

We would like to thank all our valued customers for their support over the last year. We hope that you will continue to support us until we close.

A large number of products will be marked down with some savings as much as 50%.

This is an opportunity to start your Xmas shopping early, come in and check out our amazing variety of products. Shopping with us supports many small businesses.

188 ALBERT ST, SEBASTOPOL

STORE hours

MONDAY	CLOSED
TUESDAY	10AM-5PM
WEDNESDAY	10AM-5PM
THURSDAY	10AM-5PM
FRIDAY	10AM-5PM
SATURDAY	10AM-3PM
SUNDAY	CLOSED

Community

From Sebastopol to Chile

Written by Tara Lupus

Earlier this year Tracey Robinson, co-owner of Elements Health & Fitness in Sebastopol, was invited to teach yoga and be a trainee teacher at The Four Winds Shamanic School and sanctuary in Chile, South America. The Four Winds is the leading school of energy and healing, founded by Alberto Villoldo. Tracey started off as a trainee and was promoted after the Chile trip as a Junior Assistant, now teaching online.



Tracey is an Energy Medicine Practitioner in Sebastopol and through extensive training online and in South America, has learned to help others how to transform their past into sources of wisdom, to heal from fears and unlock their true potential, through both trainings and in her private one on one sessions. "We can lose ourselves through trauma and bad relationships from our past. Through these sessions and practices, we can heal from our pain and stuck emotions, and allow ourselves to find out who we really are," Tracey said. Tracey mentioned some of the biggest highlights from the training were watching the transformation of others and meeting people from all over the

world. By the end of the course, participants were so different from when they started, and it was an amazing journey to be a sacred witness to the participants personal growth and healing.

Some of the key learnings Tracey took from her training were to embody the practices, for example having a beginner's mindset, enjoying the journey even when things get tough, being open to learning from all experiences, and reconnecting with and looking after our Earth. Members of Elements Health & Fitness have enjoyed learning some of the teachings and practices Tracey was taught during her time in Chile. The team at Elements pride themselves in practices such as non-judgement, which is brought into classes and the gym.

Each day, our minds are flooded with a range of thoughts which are both mundane, as well as deeper contemplations about life and the world around us. In our busy world with so much clutter, noise, expectation and demand, it's important to find time to practice slowing down, being mindful and still. Elements Health & Fitness provides a range of classes that include movement, mindfulness and breathing exercises, to help members enhance their wellbeing. In particular, the Immersive Sound Journey class uses sound to create vibrations for healing, and it is a fantastic way to unwind at the end of a busy week and calmly enter the coming weekend. From a young age, Tracey has been passionate about music and played instruments including the clarinet and classical guitar, as well as singing in a choir. Classes like the sound bath at Elements, are one amazing way that Tracey continues to explore music creatively, while sharing a wide range of experiences with others in the Sebastopol and Ballarat community.



Joe McCRACKEN MP

MEMBER FOR WESTERN VICTORIA

Always fighting for Sebastopol!



17 Lydiard St North, Ballarat VIC 3350



www.joemccracken.com.au



joe.mccracken@parliament.vic.gov.au



03 5332 2405

Community

Elements Health & Fitness

Elements Health and Fitness is where health, fitness, mindfulness, and community seamlessly blend. Located at 97 Hertford Street Sebastopol, we take a holistic approach to health and wellness, offering a variety of group fitness classes, personal training, and healing sessions tailored to your unique journey.



Since our start as Elements Mind Body Studio in 2017 and our move to Hertford Street in 2020, we've remained dedicated to integrating exercise with mindfulness. As a locally owned and operated gym, we're proud to offer a comprehensive range of Life Fitness and Hammer Strength equipment. Members have unlimited access (24/7) to our large gym floor!

Our diverse group classes include Element Barre, Sprint, Yin Yoga, Pilates, Yoga, Boxing, Circuits, Pilates Reformer and Strength Training. Beyond standard fitness offerings, we also provide personal training, sound healings, meditation and yoga programs, all designed to foster balance and serenity for both body and mind.



**Mention this
advertisement for
your two-week free
trial at Elements
Health & Fitness**

Address 97 Hertford Street Sebastopol

Phone 03 4343 1986

Website <https://elementshealthfitness.com.au>

Email admin@elementshealthfitness.com.au

Dementia awareness, support and activities



With recent funding from Dementia Australia, Ballarat Neighbourhood Centre will be working in collaboration with City of Ballarat Ageing Well Services, and Bigger Hearts Dementia Alliance Ballarat to commence a series of activities for people living with dementia and their families and carers. The organisations working together will pool resources to develop and deliver an awareness campaign aimed at encouraging local organisations and businesses to become Dementia Friendly and to broaden awareness in the community of the experiences of people living with dementia and their loved ones who are also usually carers. There will be a series of free workshops, online training and information packages to grow awareness of how we can all assist those living with dementia in our community. As a group, we are currently undertaking an initiative to collate an activities and events calendar for people living with dementia and their families and carers. This will be launched at a morning tea at 10am on Tuesday 24 September at Ballarat Neighbourhood Centre. Register your interest on our website: www.ballaratnc.org.au

Interested in free dementia awareness training & volunteering?

Ballarat Neighbourhood Centre is looking to build a cohort of volunteers with a special interest in working with people living with dementia, to do free awareness training and assist with group activities, to give carers a little break from the constant responsibility of caring. If you are interested, please contact Ballarat Neighbourhood Centre: reception@ballaratnc.org.au
03 5329 3273

Community

The Power of a Park

Written by Peter Wilkie

I have walked in M.R. Power Park daily for years. Something about today, though. The Winter Solstice, June 21st, the year's shortest. Today, with cool breeze and soft chunks of clouds in the paler blue Winter's sky, there's something that feels so good it should be celebrated. I've been coming to M. R. Power Park to exercise my dogs for 10 years or so. I first came here with Benny, a Kelpie cross, in his senior years. Benny, as his breeding suggests, was all business. The business of retrieving balls, thrown until my worn out shoulders ached.

Our current dog, Charlie, likes to visit the Park, too. When Charlie and I walk, like today, shortest of days, he spends most of his time with nose planted earthwards. Charlie is less interested in the sport of ball chasing, but his nose mapping could tell many stories. When Benny and I visited, it was rare to see

others here. The park seemed forgotten as Ballarat went about its growing, living and changing. Now M.R. Power Park is vibrant, lively, beautiful and becoming a valuable asset to the people of Sebastopol and beyond. The future beckons with greater



promise as the park is transformed even more. Here, today, as Charlie and I walk, I'm struck by the visions, sounds and scents of this wonderful oasis.

The playground is vibrantly purple, blue and yellow, surrounded by green lawns. Small children squeal, laugh and romp, swing, slide and climb. The flying fox glides and spins, and the Mums watch and chat, secure that their youngsters are safe, burning off the energy of Winter days indoors, with all the room they need to run, bounce, laugh and grow.

Looking south east, the skatepark is similarly alive. Scooters and boards zip and grind, flip and leap, younger kids wrapped in gear to keep them safe. Older kids are honing their prowess in remarkable displays, and I wonder if a new Arisa Trew is here?

The graffiti removalists are here, too, tidying up, removing the hideous tags, and the clean ramps,



pipes and signs give a sense of community. A Dad watches his kids scoot, other adults watch on feeling like this marvellous asset is cared about, our community richer for there being somewhere to escape the screens and let off steam.

In the BBQ area, a group of differently abled folks enjoy lunch, their carers and friends serving sausages in fresh air and at comfortable benches. Charlie lifts his head as we pass, enjoying the aroma of cooking sausages as he glances at me, wondering if those smells might mean an extra feed?

In the fenced off dog park, furry blurs of various shapes and sizes yap, race and burn off their doggy energy, while grateful dog parents watch on, toss balls, pat new friends. Tails are wagged. Charlie and I climb the gentle slope beyond, the sounds of skates and kids and barks fading into the background, we meander past the trees. Silvery leaves of magnificent gums sparkle and glimmer in the sunshine.

I pause to consider that these trees have silently observed the changes around them. These trees have survived, flourished and grown, once lonely in an unhabituated space, now they ponder silently as the skates fizz and kids laugh, and walkers walk, and



joggers jog. In the distance below our vantage point, the crew who are transforming the Bonshaw end of the park into a marvellous marvellous wetlands and natural space wind down to the end of their week. To our right, high above, a Black Shouldered Kite hovers still on the breeze, eyeing its unsuspecting

Community

prey below. At ground level, the Kite is watched suspiciously by walking Magpies, who decide their immediate future is to be observing somewhere else, as they soar up to land among the high branches of trees that have seen it all. We loop around to navigate another stand of magnificent gums, Charlie breaking into a sprint to climb the old loading ramp, jutting upwards, alone now. Its bluestone and steel structure no longer needed to load animals, it stands proud and solid as the park takes on new life around it. We follow the gentle curve of the manicured walking/jogging/meandering track, passing an older lady wearing a pink jacket and supported by an orange walking stick, our exchange confirms the weather better than either of us expected, here, on this shortest day of the year. Just beyond are the football goals where kids hone their skills, girls and boys enjoying a spot of kick to kick.

As I head back towards Grant St, Charlie sniffing another spot of invisible interest, I wonder if Mr M.R. Power somehow knows what's becoming of his magnificent gesture in leaving this beautiful space to the residents of this fine city, and if he's pleased to see it alive, used, cared for, rejoiced in?

Thank you. To Councillors with vision. To Council staff who care and create, build and maintain. To residents who pick up litter, and their dog's poos. To craftsmen in their powerful machinery creating the next chapter in this park's life. To the graffiti removalists, and to parents who explain why looking after our valuable spaces ensures that there's great places for their kids to enjoy, grow, develop and thrive. And thank you, Mr Power. This once empty space is now appreciated by many, and will be for decades to come. Such a powerful legacy. The Power of a park? The life it gives the community who treasure it.

Supported playgroup

Ballarat Neighbourhood Centre (BNC) is starting up a new Family Playgroup commencing Term 4 for Delacombe families with children aged 5 and under. The Family Playgroup is aimed at local families looking for a weekly program to promote learning through play. All activities will be facilitated by an early childhood educator who will encourage playful engagement and learning.



This supported playgroup will focus on activities with an emphasis on literacy, language and numeracy, through songs, reading, craft, gardening, food preparation and play. Activities designed to be fun for both parents and children.

Benefits of a supported playgroup are numerous for both child and parent. Parents become more engaged in their child's valuable developmental and social learning and have opportunities to build valuable support networks and connections with others with shared experiences. This program will also support parents who may be looking towards going back to work and would like some upskilling and training in computers, literacy numeracy and language, commercial kitchen and cooking, gardening/horticulture and job readiness to build confidence and skills through Ballarat Neighbourhood Centre's successful adult learning program.

If you are interested in the new playgroup, please visit the BNC website or contact our office for further information. Our website has an up-to-date list of all courses and programs including the Family Playgroup and adult learning:

<https://www.ballaratnc.org.au> / 03 5329 3273



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 Ty Hancock
  047 9090 511
  corgitech.com.au

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School Refusal

Written by Narelle Dare

Does your child struggle to attend school? Do they attend school but struggle to complete their work? Or exhibit avoidance behaviours such as not getting out of bed, refusing to leave the house or running away from school? Do they suffer from sleep disturbances or consistently complain of headaches or nausea? Are they emotionally distressed when faced with the prospect of school and school work?

If you answered yes to any or all of the above questions then your child may be suffering from what is termed School Refusal or School Can't. We see you defending your children against those that don't understand and we hear your pleas to your children to please attend school.

Did you know last year that the Federal Senate of Australia did a national inquiry into the national trend of school refusal? They received 172 submissions into the inquiry, with submissions coming from all education departments around

Australia, Beyond Blue, Headspace, The Black Dog Institute, and other mental health organisations as well as many coming from parents in your exact situation. You are not alone!

School refusal/can't is different to other attendance issues as the child is not hiding their reluctance to attend school, parents are aware of their child's absence from school, parents have made multiple attempts to address their child's non-attendance, and the child is generally absent of any antisocial behaviour. You may be asking why we are using both the terms School Refusal and School Can't to explain the same situation. The reason for this is that during the senate inquiry a lot of the experts that came forward and explained that the old term School Refusal is not reflective of the actual situation of what is occurring with our children and young people, a better term to use is School Can't.

This is because School Can't actually reflects that the children want to attend school but for whatever reason, be it due to ill-health, neurodiversity or bullying, can't attend, whereas refusal more often

Catherine **KING MP**

Federal Member for Ballarat

 **03 5338 8123**

 **Catherine.King.MP@aph.gov.au**

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Standing up for our Community!

www.catherineking.com.au

Authorised by Catherine King, Australian Labor Party, 5/9 Sydney Avenue Barton ACT.



Historically Speaking



than not equates to won't, which isn't the case for many in this predicament. Over the next few years hopefully we will see the Education Department in Victoria working alongside welfare organisations and families in these situations to build better equipped schools and more specialty schools that can cater for these young people. In the meantime, if you find yourself in grasp of dealing with a child with school refusal/can't there are plenty of groups on Facebook, ie School Can't Australia, to help and support you. There is a new local parent/carer support group planning to start up, supported by Salvation Army Family Connections. To register your interest contact Alison at: alison.ford@salvationarmy.org.au

City of Ballarat Council Elections – October 2024

Every four years, City of Ballarat residents vote to elect Councillors to represent the Ballarat community. **The next Council Election will be held on Saturday 26 October 2024.**

Ballarat has usually been divided into three wards, Central, South and North Ward, with three councillors in each ward. This election the Ballarat Municipality will move from three wards to nine. Each of these nine wards will have one elected Councillor. The new wards are:

- Alfredton Ward
- Brown Hill Ward
- Buninyong Ward
- Central Ward
- Delacombe Ward
- Golden Point Ward
- North Ward
- Sebastopol Ward
- Wendouree Ward

Nominations for candidates close on the 17 September, and we look forward to finding out who will be standing in the Sebastopol Ward. Visit: www.ballarat.vic.gov.au/about-us/council-elections-2024

Sebastopol Public Gardens

The Sebastopol Historical Society are currently running an exhibition titled "Lost Sebastopol. It was launched as part of Heritage Week celebrations back in May and is still available to see. The exhibition looks at businesses, private homes, industries and public sites that once existed in Sebastopol but due to the march of time and progress and no longer

with us. One of those very important sites was the Sebastopol Public Gardens. In such a rich mining area it was foresighted of the council to set aside land for gardens and a sports reserve. All that remains today

are two blue gums which are near the main oval at the Marty Busch Reserve. You may like to take a walk around the recreation reserve and see if you can find the trees and the plaque that marks their history.



In 1867 land was granted for the establishment of public gardens and recreation reserve in Sebastopol. By 1869 an iron fence had been erected and trees, shrubs

and garden beds planted. Among which were the two blue gum trees which mark the site today. The garden matured quickly and in the later years of the 1890s was a popular spot for picnics etc. After the turn of the century and the first world war the focus of the reserve became its sporting facilities. The maintenance of the gardens was discontinued at this time. Today just a few trees remain.

We have had many visitors to the Lost Sebastopol exhibition since it was opened and we have heard many interesting anecdotes and recollections about the sites that haven't been recorded before. The Historical Society meets on the fourth Thursday of each month at 7:30pm at the old Sebastopol State School building in Yarrowee Street behind the Sebastopol Bowling Club. The museum there is open on the first Sunday of each month from 1:00pm until 4:00pm. We also host groups and individuals at the museum by appointment.

Artscape

Children's Book Week Colouring Competition!



Lillian, Ava and Tracey collect their book prizes

In the last Connecting Sebastopol Community Newsletter we ran a colouring competition to celebrate Children's Book Week, with this year's theme 'Reading is Magic'. We were absolutely overwhelmed with the number of entries we received, 124 in total! This made it very hard to pick winners, so we invited guests at Ballarat Neighbourhood Centre's community lunch to vote for their favourites. Ten winners were selected to receive a certificate and a book donated by locally owned business Shawline Publishing Group.



Community lunch guests vote for their favourite colourings

We would like to say a huge congratulations to Andre, Ava, Charlotte, Darcy, Jax, Lakaysha, Mililah, Olivia, Scarlett, Tracey & Lillian for your winning entries, and a big thank you to all the children who participated. We loved seeing your beautiful and creative colourings and they are currently on display at Ballarat Neighbourhood Centre for everyone to enjoy!



ArtBox@BNC

This former shipping container can be used for displaying art works or other artifacts of interest, as well as running small workshops or residencies, and is located at Ballarat Neighbourhood Centre, 11 Tuppen Drive, Sebastopol. If you're interested in exhibiting or working in the space, contact us:

reception@ballaratnc.org.au / 5329 3273



This Artscape page is sponsored by Raintree Art

64 School Lane, Cambrian Hill, 3352.

Email: info@raintreeart.com.au

www.raintreeart.com.au

Ph: 0409 846 200

Celebrating Seniors Month at Ballarat Neighbourhood Centre

Ballarat Seniors Festival is an annual event held over the month of October and is part of the Victorian Seniors Festival. Seniors Festival is a month-long series of events for and about seniors, celebrating the contribution of older people and providing opportunities for older people to be active and connected.

Afternoon Tea with Sing Australia



Sing Australia is back once again to celebrate Seniors Month at Ballarat Neighbourhood Centre with their 'What A Wonderful World' music concert. Join us for a fabulous afternoon of melodies, delicious scones with jam and cream, and tea and coffee.

1:30pm, Monday 21 October

Cost: Gold coin donation

**Location: Ballarat Neighbourhood Centre,
11 Tuppen Drive, Sebastopol**

**Bookings essential: 5329 3273 /
reception@ballaratnc.org.au**

Active Ageing Through Gardening Workshop

Join us for a 60-minute workshop focused on garden design and practices to help you continue to enjoy the benefits of gardening into your senior years. Your workshop host is Amanda Collins, therapeutic horticulturalist, home gardener, beekeeper, volunteer and community gardening advocate.

Date: Friday 25th October

Time: 1:30pm – 2:30pm

Cost: Gold coin donation

**Bookings: Bookings preferred, but not essential. Ph: 5329 3273
Ballarat Neighbourhood Centre,
11 Tuppen Drive, Sebastopol**



Community Lunches



We warmly welcome you to join us for community lunch. A delicious and wholesome two-course lunch + fresh fruit + tea/coffee + take home bread.

Time: 12 noon - 1pm / Cost \$15

**Dates: Friday 13 & 20 September
Friday 25 October & every Friday in November**

Please call to book: 5329 3273

**Vegetarian and gluten free options available on request*



Join us for a chat and cuppa at Chatty Cafe, 10:30am every Thursday at Delacombe Community Hub, 18 Nandiriog Drive. Bring the kids, bring a craft, come with a friend, or

drop by and make a new one! Coffee, tea and sweet treat provided. No booking necessary.



Follow Ballarat Neighbourhood Centre on Facebook to stay up-to-date with the latest activities and events!



03 5329 3273



reception@ballaratnc.org.au



11 Tuppen Drv, SEBASTOPOL



www.ballaratnc.org.au



Kids Corner

Term Three at Sebastopol South Kindergarten

The children at Sebastopol South Kindergarten have had a very busy start to term three. We have been learning about road safety and the importance of holding an adults hands and that we need to stop, look, listen and think before we



cross the road. We have been to visit St James Parish School and short walk around our local community. The children are enjoying our new joint program with some of the residents from Jack Lonsdale Lodge. We sang songs, did some dancing and shared a lovely morning tea.

Back at kinder we enjoy reading stories, singing and dancing. There is always some type of construction happening, sometimes with duplo, magnetic shapes and large wooden blocks. We love spending time in our huge yard where the children spend lots of time climbing, playing in the sandpit, on the swings, riding bikes and playing in the cubbyhouse.



Children's Week 2024

FAMILY FUN! NIGHT!

Facepainting

Sausage sizzle

Craft activites

Sports games

Balloons

CFA fire truck

A FREE FAMILY EVENT FOR THE WHOLE COMMUNITY!

5pm - 7pm, Friday 25 October
St James Parish School
Entry via Vale St, Sebastopol

SCAN THE QR CODE FOR MORE INFO

Proudly bought to you by

Book A Tour Today!

We would love you to come and see our wonderful centre and meet the Little Wonders Early Learning education team.

Call us to book in a personalised Wonder Tour.
ballarat@littlewondersele.com.au 03 5317 9229

School Report

St James' Primary School helping to regenerate and protect the Yarrowee Creek



Students at St James' Parish Primary School have been planting trees in collaboration with Ballarat City Council for the past 15 years along the Yarrowee Creek. This year, they planted over 300 trees at the site just off Docwra Street. The trees that they planted 15 years ago are now standing several metres tall, providing natural habitats for wildlife, erosion control and a windbreak.

The children also visit the creek on a fortnightly basis and test the water quality to help ensure the protection of wildlife. The school is a part of the statewide River Detectives program, which is a citizen scientist program and students test and record information to submit to the Corangamite Water Authority. The school has also participated in Clean Up Australia Day rubbish collections along the creek for over 10 years now. Each March, students from across the school walk along the creek with gloves, tongs and rubbish bags to collect as much litter as they can find. This year, over 12 bags were filled with rubbish!

The Yarrowee Creek provides many opportunities for deep learning for the school and the children have really developed strong connections with the area. Caring for and showing stewardship of common community areas is so important for schools and St James' Primary School certainly wants to create these strong community connections!

Sebastopol Primary School Wellbeing Hub - Student Wellbeing and Inclusion

Our Wellbeing Hub was opened on 15th July and it is proving to be a valuable space for children during play breaks and for short wellbeing sessions as an alternative to class time, as needed. When children can reset and focus on their emotional capabilities in a calm space with a safe adult, then resilience, learning stamina and engagement with peers can be enhanced.

These photos were taken when the hub has been open during play breaks. Some students are enjoying a quieter indoor area to play as a space to assemble jigsaw puzzles, share creations with blocks and animals, colour,



manipulate kinetic sand and build positive relationships with peers.



Connecting Sebastopol

Did you know that **Connecting Sebastopol Community News** has a Facebook Page? Follow us for events and stories about Sebas!

www.facebook.com/connectingsebastopol/

Pets & Puzzles Page

Meet a Local

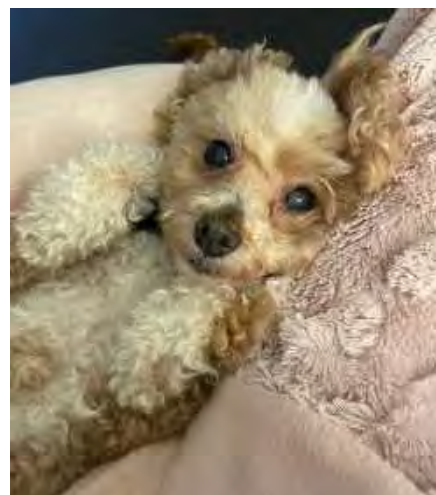
Name: Lulu

Bio: This is a picture of my pet apricot toy poodle Lulu. She sleeps a lot . . . likes to go for walks with poppy . . . loves treats and snuggles. She follows me around and sleeps in my bed. My name is Ava Thornton. I am 11 yrs old.

Thank you Ava for sharing your gorgeous dog Lulu with us!

Send us your pet pics!

Want to see your furry friend on this page? All kinds of pets are welcome. Send your submissions including a pic, your details, and your pet's info to: community@ballaratnc.org.au



Guess where?

Put your knowledge of Sebastopol to the test! Do you recognise this lovely walking trail?

Find the answer at the bottom of this page

Photographer: Will Lay



Recycle and support the Sebastopol Community News!

As part of the Victorian Container Deposit Scheme, when you take your recyclable bottles to a refund point, you now have the option of donating your refund to this newsletter! Ask in person at a depot, search on a vending machine or download the CDS Vic West app and search for



**Connecting
Sebastopol
Community
Newsletter**



Guess where: Wallaby track in the Redan Wetlands, on the border of Sebastopol and Redan

WHAT'S ON

September, October, November

Stick me on your fridge



Sebastopol Community Newsletter Film Fundraiser!

2pm, Sunday 29

September

All tickets \$17!

See back page for details

SEBASTOPOL MENS SHED MARKET

10am-12pm, Saturday 28 September

and last Saturday of each month

201 Vickers Street, Sebastopol

www.facebook.com/SebasMensShed

Seniors Festival

1st - 31st October

Visit the City of Ballarat website for the events calendar:

<https://www.ballarat.vic.gov.au/community/ageing-well-ballarat/ballarat-seniors-festival>

Seniors Month at Ballarat Neighbourhood Centre

Sing Australia Afternoon Tea

Monday 21 October, 1:30pm

Active Ageing through Gardening

Friday 25th October, 1:30pm



Children's Week 2024

Friday 18 – Sunday 27 October

Children have the right to a clean and safe environment.

Friday 25th October - Family Fun Night!

5pm - 7pm, St James Primary School



FREE COMMUNITY EVENT !!

LAKE ESMOND

BALLARAT 4 MENTAL HEALTH



Family Friendly Activities, Stalls, Music, Coffee & Food Vans, Free BBQ, keynote address & more!

SAVE THE DATE!



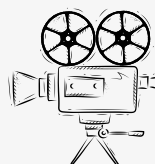
SUNDAY OCT 13, 2024



Stay in touch and find us on Facebook at
Ballarat Mental Health Collective

<https://www.facebook.com/BallaratMHCollective>

Free Film Screenings



AT SEBASTOPOL LIBRARY

With a cuppa and chat afterwards

Royal Wedding, 1pm, Thursday 3rd October

Ride Like a Girl, 1pm, Thursday 7th November

Sebastopol Library, 181 Albert St



SAVE THE DATE

150 YEARS REDAN

Come and be part of this historic event as we honour the rich legacy of our Redan Campus. Enjoy a day filled with memories, activities, and reconnecting with the community.

Date: Friday 22nd November, 2024

Location: Redan Campus, Crn Alfred/Hertford St

OPEN TO THE PUBLIC

REFLECT. GROW. LEARN



Join us for a Sebastopol Community Newsletter Film Fundraiser!

All tickets are \$17, with a portion of ticket sales supporting printing of the next Sebastopol Newsletter

Runt is a new Australian film, following the journey of 11-year-old Annie Shearer and her best friend, Runt, an adopted stray dog. A fun and heartwarming tale for the whole family!

When: 2pm, Sunday 29 September

Where: Showbiz Cinema, Delacombe

Tickets: Book using the QR code, or in person at Ballarat Neighbourhood Centre

**Bookings close Thursday 26 September*

Connecting
Sebastopol



The SEC is back.
To deliver renewable, affordable, reliable energy.
Helping reduce energy bills, drive down emissions and create jobs.
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