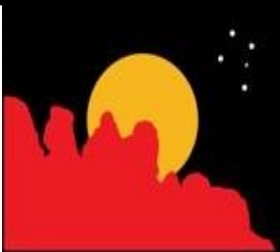




# Blackmail



We Proudly Acknowledge and Pay Our Respects  
to the  
Dharug and Gundungurra People

## ACRC ELDERS LUNCH

**TUESDAY 5th OF NOVEMBER**

**12PM - 2PM**

**AT BLUE MOUNTAINS ABORIGINAL CULTURE &  
RESOURCE CENTRE**

Call Jade on 4782 6569 or 0439 595 181 for catering & transport

## ACRC ELDERS MORNING TEA

**TUESDAY 19th OF NOVEMBER**

**10AM – 12 NOON**

*Come in for a yarn*

**AT BLUE MOUNTAINS ABORIGINAL CULTURE  
& RESOURCE CENTRE**

Call Jade on 4782 6569 or 0439 595 181 for catering & transport.

### **Elders Dates for October 2019:**

**Elders Lunch: Tuesday 3rd of December, 2019**

**Morning Tea: Tuesday 17th of December, 2019**

### **ACRC OPENING HOURS**

Monday to Thursday 9am-4pm

Closed for lunch 12.30-1.00pm

Friday 9am-1pm

## Manager's Message

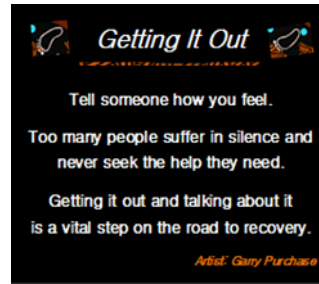
Hello Yes I am back; did you miss me? Well yes it's been a while now since I have written a manager's message but with a bit of luck this won't be the last for a long time. However, this month's message is not about me it is about ACRC and our community. As many of you would have heard a new board was elected on the 28<sup>th</sup> of September and will now have to be re-elected on the 9<sup>th</sup> of November (10am) at Katoomba RSL club, so I would encourage all members to get down and vote as what happens here, affects our community. You will also find a message from the new board provided on a separate document along with this blackmail.

The new board have affirmed with me their commitment to listen to and liaise with the community in an effort to build a strong cultural relationship across the mountains for all our community. The new board and I want to establish cultural mentors for all staff including myself, once again, to ensure that elders and senior leaders of our community provide greater influence in how we work with and for, each other and our community collectively.

The new board and I will also be creating a space for a subcommittee to address all the recent hurt caused within ACRC and the wider community and from them they will formulate a plan with the community in how we as community and as individuals can let go off much hurt and pain that we carry and that our ancestors have carried before us. As you would have seen in previous blackmails and in this blackmail, we are wishing for our community to come together. We would like you to step forward and be a part of our committees to ensure our community are represented properly through cultural activities and through greater community engagement, in all our programs and community activities in the future.

This is why we have started putting together cultural spaces here at ACRC although the cultural spaces have been laying dormant for the past 12 months, we want all Community to come and enjoy and participate. We want community members to come and help us make ACRC a culturally safe community for all, as it should be. I am inviting all community members to come here to ACRC. You are all welcome. Come and see all the changes here at ACRC that myself and all staff have worked so hard to achieve. All these changes are designed to provide a cultural safe place for community members. Come and sit with our workers and reconnect with ACRC, as this is our work place but it is your community centre.

Yours sincerely,  
Wayne Cornish



## **Aboriginal Mental Health Initiative**

In response to a request by the NSW Aboriginal Land Council, AHMRC, ABSec and other Aboriginal organisations, a commitment was made in 2017 by the Health & Return to Work Directorate (Psychosocial Unit) to implement an initiative to raise awareness and assist with the psychological well-being issues related to Aboriginal workers throughout NSW.

Initial meetings were held in 2017 with key stakeholders to maintain rapport and ascertain the level of assistance required to provide the information to PCBU's to manage psychological risks in the workplace. These meetings confirmed that an ongoing need for further assistance is required to address this major issue. NSWALC, AHMRC & AbSec have reported an existing 'bullying' culture amongst many Aboriginal organisations and a lack of awareness of their obligations under Work Health & Safety (WHS) and Workers Compensation legislation. NSWALC confirmed they would be capable to act as a conduit to distribute information and to provide guidance to all Land Councils throughout NSW, in addition to AHMRC following the same process with all AMS's [Aboriginal Medical Services], with the intention to make this information available to all Aboriginal organisations & non-Aboriginal organisations, who employ Aboriginal workers.

The initiative recommends a collaborative approach between SafeWork NSW and key stakeholders to provide assistance to address the need as identified, so that both Aboriginal & non-Aboriginal organisations understand what is required and are aware of mental health services available to the Aboriginal community of NSW.

Presentations can be conducted to raise awareness of a PCBU's legislative obligations under the NSW WHS and Workers Compensation Legislation, upon request, as below, in addition to providing assistance in addressing and implementing this legislative requirement for psychological risk factors within the workplace.

**Blue Mountains Cultural Centre, Katoomba**  
**30 Parke St, Katoomba — 4780 5410**  
**Friday 22nd November 2019 from 10.30-11.30**  
**Light morning tea provided 10am**  
**Transport available**  
**Bookings please phone Cathy 4782 6569**  
**For enquiries please phone Wayne 4782 6569 or 0447 983 275**

<p><b>Andrew Rowe</b>  <b>B.App.Sci (OH&amp;Env.)</b>  <b>Dip. of Counselling (Aboriginal)</b>  <b>Ad.Dip. Elect.Eng. A.MIEAust.</b>  <b>Principal Inspector   Psychosocial Services</b>  <b>SafeWork NSW</b></p> <p><b>Department of Finance, Service &amp; Innovation</b>  Level 1, 300 Macquarie Street,  Liverpool, NSW 2170  p 9618 8558 m 0467 730 843  <b>Email: <a href="mailto:andrew.rowe@safework.nsw.gov.au">andrew.rowe@safework.nsw.gov.au</a></b></p>	<p><b>Stephen Cochrane J.P.</b>  <b>LLB (Indigenous), Diploma of Business</b>  <b>Advance Dip Indigenous Leadership</b>  <b>Manager Aboriginal Stakeholder Engagement</b>  <b>and Aboriginal Programs</b>  <b>SafeWork NSW</b></p> <p><b>Department of Finance, Service &amp; Innovation</b>  92-100 Donnison St, Gosford NSW 2250  p 02 4321 5708   m 0418 537 316  <b>Email: <a href="mailto:Stephen.Cochrane@customerservice.nsw.gov.au">Stephen.Cochrane@customerservice.nsw.gov.au</a></b></p>
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## EMERGENCY CONTACTS & INFORMATION

### Hospitals

#### **Blue Mountains District ANZAC Memorial Hospital**

**Katoomba** Cnr Woodlands Road and Great Western Highway

Ph **4784 6500**

Emergency **4784 6534**

[www.nbmlhd.health.nsw.gov.au](http://www.nbmlhd.health.nsw.gov.au)

#### **Springwood Hospital**

**Springwood** 7 Huntley Grange Rd

Ph **4784 6500**

#### **Nepean Hospital**

**Penrith** Derby St, Kingswood

Ph: **4734 2000**

Emergency **4734 2408**

#### **Westmead Hospital**

**Westmead** Cnr Hawkesbury and Darcy Roads

Ph: **9845 5555**

Emergency **9845 6520**

#### **Community Health Centres**

These offer a variety of health services, including counselling and support for young people with mental health or drug and alcohol issues, family counselling, and early childhood health services.

#### **Katoomba Community Health**

**Centre Katoomba** 93 Waratah St

Ph: **4782 2133**

#### **Springwood Community Health Centre**

**Springwood** 288-292 Macquarie Rd

Ph: **4751 0100**

#### **Special Services for Young People**

If you don't feel like seeing your local doctor for whatever reason, the Mountains offers quite a few health services specially for young people.

#### **FPNSW Penrith**

**Penrith** 13 Reserve St

Ph **4749 0500**

**Family Planning Healthline**

**1300 658 886**

#### **Youth Drug and Alcohol Service**

**Penrith** Nepean Hospital,

Derby St

Ph: **4734 1333**

#### **Headspace**

**Penrith** 606 High Street

Ph: **4720 8800**

[www.headspace.org.au](http://www.headspace.org.au)

Mon - Fri 9am-5pm

#### **Dental Clinic**

New appointments and emergencies

Ph: **1300 769 221** or **4734 2387**



#### **General Emergency Contacts**

Police/Fire/Ambulance **000**

National Relay Service **106**

State Emergency Service (SES)

**132 500**

## GENERAL INFORMATION

### Libraries

In partnership with Blue Mountains Libraries, the Blue Mountains Volunteer Home Visitors runs a free home library service for people who are frail aged and/or people living with a disability who may require assistance accessing the Blue Mountains Libraries. They can deliver reading materials, audio books, DVDs and magazines.

### Belong Blue Mountains

**Katoomba Neighbourhood Centre**  
4782 1117

**Mid Mountains Neighbourhood Centre** 4759 2592

**Lower Mountains Neighbourhood Centre** 4739 1164

**Springwood Neighbourhood Centre Co-operative** 4751 3033

### Day Centre Programs for people over 65

The aims of these services are to provide group programs and activities that assist older people to socialise, and that promote health and wellbeing whilst living in their community. Services aim to support people attending the centre as well as their carers. All programs focus upon promoting:

- Independence
- Self esteem
- Health, physical and emotional well-being
- Social interaction

### Some local Day Centres include:

**Healthy Living for Seniors Day Centres** 1800 486 484

Located in Springwood and Katoomba  
[www.uniting.org](http://www.uniting.org)

**Anglicare Social and Wellness Centre Katoomba** 1300 111 278

**Anglicare Social & Wellness Centre Winmalee** 4754 5841

**Anglicare Social and Wellness Centre Leonay** 4735 8541

### MAC Registered Services (CHSP)

These Anglicare Centres also cater for people with dementia.

[www.anglicare.org.au/at-](http://www.anglicare.org.au/at-)

**Aboriginal Health Services Aboriginal Liaison Officer**  
6350 2750 or 4759 8700 Lithgow and Lawson Community Health Centres

Aboriginal worker for advice, consultations and referrals for the Aboriginal community.

**Greater Western Aboriginal Health Service** 9836 7300  
[wachs.net.au](http://wachs.net.au)

- Blue Mountains Aboriginal Healthy for Life Program
- Aboriginal & Torres Strait Islander Oral Health Clinic**  
4784 6712 Blue Mountains Hospital, Katoomba
- Nepean Community & Neighbourhood Services** 4706 0299  
[nepeancommunity.org.au](http://nepeancommunity.org.au)

## Food—Vouchers, Food Parcels and Affordable Meals

### **Thrive Services 4782 1555**

2 Station Street, Katoomba Monday to Friday 10am to 4pm (closed 12.30 to 1pm) [www.thriveservices.org.au](http://www.thriveservices.org.au)

### **Belong Blue Mountains**

#### **Katoomba Neighbourhood Centre 4782 1117**

8 Station Street, Katoomba. Fresh food & vegetables, bread, and non perishable items regularly available. Please call to check produce availability. Food hampers of pantry staples available each year in June/early December). [www.kncinc.org.au](http://www.kncinc.org.au)

#### **Mid Mountains Neighbourhood Centre 4759 2592**

7-9 New St Lawson Mon to Thurs—some bread, fruit and vegetables [www.mmnc.org.au](http://www.mmnc.org.au)

### **Gateway Family Services 4720 6500**

70 Old Bathurst Road, Blaxland Tuesday, Thursday and Friday mornings 9am-12pm  
Tuesday and Friday afternoons 1.30pm to 4pm

[www.gatewayfamilyservices.org.au](http://www.gatewayfamilyservices.org.au)

### **St Hildas Anglican Church 4782 1608**

68 Katoomba Street, Katoomba. Food parcels available at the Anglicare office (behind church).

[www.sthildas.net](http://www.sthildas.net)

### **St Vincent De Paul Family Assistance Hotline 1800 606 724**

Emergency relief may be given in the form of food parcels, food vouchers, and assistance with utility bills, clothing, furniture and referral. The assistance given is based on an assessment conducted by their volunteer mem-

bers at the time of the home visit.

[www.vinnies.org.au](http://www.vinnies.org.au)

### **Katoomba Leura Senior Citizens Centre 4782 1174**

Upper Level 87-89 Katoomba Street, Katoomba

Morning Tea (minimal cost): Monday, Tuesday, Thursday and occasional Saturdays, 9.30am onwards

Lunch \$7: Tuesdays 11.30am-1pm, Civic Centre Dining Rm.

### **Salvation Army 4782 9251**

Baptist Church 41 Waratah Street Katoomba (next to Aldi)

### **Winmalee Neighbourhood Centre 4754 4050**

Every Monday at Springwood Baptist Church, 313 Macquarie Rd, Springwood. A nutritious 2 course lunch every Monday (excluding holidays). Gold coin donation.

[www.winmaleeneighbourhoodcentre.com.au](http://www.winmaleeneighbourhoodcentre.com.au)

### **Blue Mountains Food Services 4759 2811**

Provides a range of services to assist older people and people with disabilities and their carers, including:

#### **Meals on Wheels**

Offers a variety of frozen meals and fresh fruit options to suit your dietary needs that are delivered to your door weekly by their friendly volunteers.

## HISTORY OF ACRC

We are calling out for members to come forward to form a committee and create a book about the history of the Blue Mountains Aboriginal Culture and Resource Centre.

**Wednesday 13th November 10am**

For further details please contact Wayne Cornish, Manager, on 4782 6569.

## NEW GARAGE DOOR INSTALLED

On Friday 18th October we had a new roller door installed due to WHS issues.



## MENTORING

We are calling out for Elders to come and provide mentoring for our Staff and Community by participating in our ACYFS/ playgroup programs.

For further details please contact Wayne Cornish, Manager, on 4782 6569.



## KOORI PLAYGROUP

School terms only

The playgroup is for Aboriginal children aged between 0-5 years only and Mothers, Fathers, Aunties, Uncles, Grandparents & anyone who is a carer for an Aboriginal child.

Lunch is provided.



Greenwood Early Education Centre  
Katoomba

Mondays 11am-1pm

2 Dora Street,  
Katoomba

Transport can be provided please contact ACRC and book in on Thursday by 2.30pm



# Gateway Family Services

(An activity of Blaxland Uniting Church)



presents...



## Let's Talk about ..... Siblings Without Rivalry

### Helping our kids to get along !

Are you wanting to know more about helping your kids cope with conflict ?

Siblings Without Rivalry is based on the widely acclaimed work of Adele Faber & Elaine Mazlish, who give parents lots of practical tools for encouraging co-operation, reducing competition and to help make it possible for children to experience connection and happiness in their sibling relationships. If you are looking for ways to help your children live together so you can all live, then this group is for you !



Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.

### Come along to our 4 Week Parent Group!

For parents and caregivers with children aged from  
0-12 years old

**LOCATION:** Gateway Family Services  
74 Old Bathurst Rd, Blaxland

**WHEN:** Tuesday 5<sup>th</sup> November –  
26<sup>th</sup> November, 2018

**TIME:** 7:00pm – 9:00pm

**COST:** Donation

**Register at Gateway:** 1300 316 746

NO CHILD CARE AVAILABLE



# GRANDPARENTS AND ELDERS DAY



**Photobooth**  
**Radio Blue Mountains Live feed**  
**Steam Tram ride**  
**Model Trains**



**Come recapture the experience of yesteryear by sharing a steam tram ride and a tour of the historical exhibits relating to the steam era.**



**NSW Grandparents Day is an initiative of the NSW Government that provides people with opportunities to connect with their families and communities.**

**Sunday, 3rd of November 2019**  
**Valley Heights Railway Museum**  
**Tusculum Rd, Valley Heights**  
**10.00 a.m. - 2.00 p.m.**

**FREE ENTRY TO THE MUSEUM FOR GRANDPARENTS AND THEIR FAMILIES**

For more information please contact Imelda on 4751 3033



# WALAN MAHLEE CULTURAL PROGRAM



Come along to participate in a variety of cultural activities. Transport provided to those without transport. *For Aboriginal children of all ages.*

**When:** Fridays from 3:30pm - 5pm

**Location:** Koolyangarra Aboriginal Family Centre  
1 Kington Place, Cranebrook NSW 2749

**Contact:** Trudy or Dave 02 4706 0280



NEPEAN COMMUNITY & NEIGHBOURHOOD SERVICES

Respect. Resilience.  
Reconciliation.

[www.nepeancommunity.org.au](http://www.nepeancommunity.org.au)