



**BLACKMAIL**  
**OCTOBER 2017**

***Managers Message***

I would like to start sending out my thanks and appreciation for everyone who attended the launch of our new Young strong and Deadly program and to my staff for all your help and support. Although the weather was not great as we started the morning with a light dusting of snow, so yes the day was very cold, nether the less we still had just under 40 people in attendance. Just to refresh everyone the new Young Strong and Deadly program is a brand new program for Aboriginal youth 15-22 years of age to address AOD, ICE mental health and suicide prevention. The program will commence next Saturday the 7th of October which the whole team are really looking forward too. For more information please contact our office 4782 9402 I would now like to take the time and ask "**you**" the Aboriginal community get behind ACRC your only Aboriginal community service organisation within the Blue Mountain's. I say this as many of our community would like ACRC to do a lot more within the community up and down the mountain and not just in Katoomba itself, which we would like to do ourselves. However for ACRC to do more within the Blue Mountains community we need your help and support. So I ask that as a community let's come together more often for positives outcomes for all community and not just a few. I ask if we as a community could at least consider how we could come together for all that we strive for is not for ego, but to help our community as a whole on ore of a holistic approach which we need if we are to ever rise above and stand as one, thus building a strong and safe place for our future generations.

I thank you for taking to read to read my message and I look forward to hearing feedback form community so that we can strive together and not as individuals.

Until next time I say good bye and I look forward to seeing many of at the AGM and at other community events.

Manager

Wayne Cornish

**AGM**

AGM Saturday 18<sup>th</sup> of November, all members will receive an invite and full agenda in the next couple of weeks. If you would like to attend the AGM please send your RSVP to [admin@acrc.org.au](mailto:admin@acrc.org.au) or call 47826569.

# ACRC PROGRAMS

## Koori Playgroup: –

Koori Playgroup will re-commence on Monday 9th October 2017 at KOOSH (10 Station Street Katoomba at the back of Katoomba Neighbourhood Centre) from 11am to 1pm Raylee Wall will be there organizing fun cultural activities and programs for our families with babies and young children. Our Koori Playgroup will be holding some picnics and other outdoor activities during this year's warm weather so make sure you come along!

Transport is available with a cost of \$2.  
Call ACRC if you want to know more about the playgroup  
On 02 4782 6569 or Mobile number 0439 028 652



## Elders Support Service

Spring is here, we hope everyone recovering from the winter bug. October is going to be a fun month with Elders Outing to Jenolan Caves, lunches and morning teas. Please call me if you would like to meet up or some support with anything and or attend any of our events. Stepping On is running this month with myself and Auntie Bev Eaton, please see brochure for details .For anyone celebrating their birthday, ACRC wishes you a very Happy Birthday.

Kind regards

Jade



## ACRC Women's Group

13<sup>th</sup> October 2017

Time: 10:30am to 1:30pm

Location: To be given closer to date

RSVP: Tuesday 9th October 2017

Transport available when you book with a \$2 cost

# ACRC Community Transport Program



ACRC, with the support of Transport NSW, provides low cost transport in the Blue Mountains. As the Blue Mountains is spread over 100 kilometers, with 27 villages and towns scattered along the Great Western Highway, distance and isolation can severely limit people's access to services, especially when they lack personal transport.



ACRC's Community Transport program aims to help the local Aboriginal population access essential services, reduce social isolation and improve the quality of life for our local Aboriginal population.

## What we offer

- Point to point transport- We can provide transport from your home to destinations in the Blue Mountains or to Hospitals and specialists in Sydney and Penrith.
- Group transport - We provide group transport for activities that are run by ACRC such as outings or morning teas. Or group activities run by other services in the mountains, such as, art groups & poetry groups.
- Additional assistance - We provide additional assistance to our elderly or frail clients, such as, carrying clients shopping or luggage and assisting with any additional mobility requirements including wheelchair accessible transport.
- Low cost transport, we would be generally cheaper than a taxi

## Eligibility

- All clients must be residents of the Blue Mountains LGA.
- For Elderly clients, clients must be aged 50+ and signed up under the 'My aged care' system.
- For disability clients, clients must be signed up to the NDIS with transport included in their package.
- For all other Aboriginal clients there must be a genuine need for transport, such as, financial disadvantage or other hardship.

*To sign up and  
make a  
booking call  
ACRC on  
4782 6569*

## CAN YOU EVACUATE?

Although the fire season is winding down we did experience weather this year that could have had catastrophic implications.

### Can you evacuate if a major fire was to occur?

If you cannot **let us know**. In the event of an emergency we can provide the contact details of those vulnerable to emergency services to assist. But we **need your permission** to provide your details to other organisations like the fire brigades and emergency response teams.



It's Free!

See inside for details on how to register



This resource was developed by



Health  
Murrumbidgee  
Local Health District



Stepping On  
© Cleason and Swan

This brochure may contain  
images of Aboriginal and  
Torres Strait Islander people  
who have passed away



Health  
Nepean Blue Mountains  
Local Health District



**STEPPING ON**  
Move about with  
confidence



Health  
Nepean Blue Mountains  
Local Health District

**STEPPING ON**



#### The Program:

Stepping On is an exciting, friendly and FREE community program run by the Nepean Blue Mountains Local Health District. This program can help reduce the risk of falling and help you get about at home.

#### Who Can Join?

Anyone who is:

- Any Aboriginal or Torres Strait Islander person aged 45 and over, who is:
- Living at home or in community
- Able to walk by yourself or with a walking stick
- Scared of falling or has fallen recently



#### What will be covered?

- Making home safer
- Moving safely in the community
- Safe footwear
- Seeing well
- Eating healthy for strong bones
- Know your pills
- Exercises to make you stronger and less wobbly
- Weekly get together for seven weeks and again in two months for a catch up

#### When, where and who to contact:

2 hours each week

7 weeks

Includes morning tea

STARTS WEDNESDAY

OCTOBER 25<sup>th</sup> 10:00-12:00

TO REGISTER CALL 4734 3877



Health  
Nepean Blue Mountains  
Local Health District



#### Personal benefits:

- Step out and about safely
  - Get stronger
  - Yarn together
  - Become more aware of falls hazards
  - Be more independent
  - Move safely in the community
  - Learn about food for stronger bones
  - Right pills, right time
- Stepping On works to reduce falls



## The Young Strong and Deadly Aboriginal youth program will be held in the Blue Mountains, Penrith, Hawksbury and Lithgow areas

The **YOUNG STRONG AND DEADLY** Alcohol, drugs, Ice, mental health and suicide prevention program will be delivered to Aboriginal youth between the ages of **15 and 22 years of Age**, both male and female. The program will be facilitated by ACRC Youth workers. Each program will have a specialised health worker from the Wellington Aboriginal Corporation Health Service (WACHS).

### Connecting to Country

The Young Strong and Deadly program will be run over two Saturdays. The first day will be Connecting to Country, providing the participants with the opportunity to take part in a cultural learning experience.

### Deadly Thinking workshop

After the Connecting to Country day trips, the Young Strong and Deadly youth team will deliver a deadly thinking one day workshop. The Deadly thinking workshop is designed to give participants tools to help deal with personal issues and to provide them with skills to help family and friends dealing with addictions, mental health issues and suicide ideations. The program will be delivered in a safe space where each participants will be given the opportunity to speak about their experiences. The day will allow the participants to realise their strengths and continue to build on them. This workshop will also provide opportunities to build support networks.

Contact ACRC for further details (02) 47826569

### Dates

**Blue Mountains:**  
Connecting to Country: 7.10.17  
Deadly Thinking: 21.10.17

**Hawksbury**  
Connecting to Country: 14.10.17  
Deadly Thinking: 28.10.17

**Penrith**  
Connecting to Country: 4.11.17  
Deadly Thinking: 11.11.17

**Lithgow**  
Connecting to Country: TBC  
Deadly Thinking: TBC



This service has been made possible through funding provided by the Australian Government under the PHN Program.







Gorse *Ulex europaeus*

Gorse is a dense, extremely spiny shrub up to 7 m tall, but more commonly 1 m to 2.5 m tall. It grows very quickly.

The alternating leaves resemble spines and are grey-green when young, darkening with age. Spines and leaves have a waxy coating and end in sharp yellow points.

Gorse flowers are 15 mm to 25 mm long, bright yellow in colour and grow singly from the bases of the leaves. The flowers are shaped like those of peas, and they have a distinct coconut-like smell. In NSW, flowering peaks in March to May, then again in July to October.

Seed pods are pea-pod shaped, black when mature and are covered with fine, dense hairs. Seed production is prolific and it remains viable in the soil for 25 years or more.

Gorse invades native vegetation, where it outcompetes with native plants, excludes all native ground cover and therefore reduces biodiversity. It also infests and spreads rapidly along watercourses and in wetlands. Gorse thickets provide habitat for rabbits, feral cats, house mice and foxes.

Gorse is highly flammable



(02) 4782 6569

admin@acrc.org.au

www.acrc.org.au

facebook.com/BlueMountainsAboriginalCultureResourceCentre/

Mon - Thurs 9am-5pm, Friday 9am - 12pm

