



BLACKMAIL MAY 2018

Manager's Message

Hello, I would like to start off this month by saying that as we welcome the cooler weather with heaters at night be sure to check all your heaters are in working order. I would also like to remind people that if you are cold and have no proper heating and not enough blankets to keep you warm ACRC will be getting some Blankets for those in community who really need them. I would like to express that no we are not giving free blankets out to everyone just those who are really in need. Please be aware that there are many places out there that can provide assistance for you which I will ensure that we have a full list of these services in next month's newsletter. If you need help in accessing blankets before our next Newsletter please call ACRC and one of our workers will do their best to make sure you have warm blankets for the cold nights.

On another note

Well I am pleased to say we have had another busy month here at ACRC as we continue to strive in building our NDIS capacity to serve as many community members as possible. I would also like to share with you that we will continue to work towards more programs to support as many people throughout the Blue Mountains region. Once again we are always open for feedback on what other services you feel are needed for our Blue Mountains Community. I would now like to send out big congratulations to our Elders Support Coordinator Jade and all the Elders who went up and competed at the Elders Olympics in Inverell, where the weather almost out shone all the elders' smiles. I personally got to meet Chad Morgan and we all got watch Chad perform live on stage at the Gala dinner on the night of the Olympics.

NAIDOC reminder

Yes, it is that time again to start thinking about NAIDOC and all the up and coming NAIDOC events being planned for JULY. In next month's black mail, we will be calling for expressions of interest for our annual NAIDOC Art exhibition, we will also be reminding people about the NAIDOC awards and how to nominate someone for the NAIDOC awards in July.

Yours faithfully

Wayne Cornish

ACRC PROGRAMS

2018 ELDERS OLYMPICS

Recently some of our Elders from A.C.R.C competed in the Elders Olympics in Inverell.

We had a great day. The weather was perfect and although we didn't win we had higher scores than we have had before. We did really well in the footy passing with 300 points and impressive points in the bean bag and the softball toss. With 30 teams from all over New South Wales competing, it was great to see so many people enjoying the day of sun, friendship and competition.

We also looked pretty good in our team shirts, which matched our wonderful banner.

Congratulations to Port Macquarie, we are looking forward to competing up there next year.

We would also like to thanks Wayne & Jade for all the time, effort & work they do give us the opportunity to compete in these Olympics. We really appreciate everything they did for us.

Thanks you

Aunty Kay Cooper

Captain of

The ACRC Elders Olympics Team 2018



Elders Support Service

Give me a call we need to catch up and have a yarn on how we can best support you together this coming year. If you are Aboriginal 50 or over 5 you want some support going to the doctors or some help around the home or if there is anything else, we can help you with let us know. We have lots of outings coming up in 2018. Look out for the May Elders Calender Of Events. Happy Birthday to all those who celebrate their birthdays this month.

Jade Pyle

Elders Support Coordinator

elders@acrc.org.au

47826569 or 0439595181

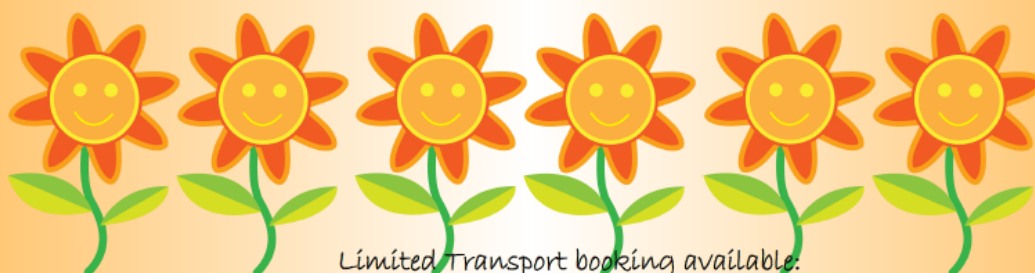


ARCR Koori Playgroup

Playgroup Starts Back

Monday 30th April 2018

First playgroup is at
Wentworth Falls Lakes



Limited transport booking available.

Call ACRC on 02 4782 6569

FAMILY SUPPORT COORDINATOR

Raylee is available Mondays to Thursdays between 9am – 5pm & Friday 9-12:30. Raylee support families with children between the ages of 0 -5yrs and Raylee is able to liaise with government departments and works with families to ensure they have a strong connection to community and support services. Please call Raylee if you would like to join the playgroup, need information about family support or just want to have a yarn.

Raylee

47826569 or 0439028652



YOUNG, STRONG AND DEADLY



The Young, Strong and Deadly youth program continues to grow and improve. Participants are successfully building connections, increasing support networks and gaining pathways to employment.

Upcoming dates:

Nepean: 7th and 8th May

Lithgow: 14th and 15th May, 12th and 15th June

Blue Mountains: 28th and 29th May

Hawkesbury: TBC

For more information or to register please contact

Amie Smith at assist@acrc.org.au or 0498 030 535

Art work by Lithgow Deadly Thinking participants, March 2018

Blue Mountains Aboriginal Culture & Resource Centre's

Outreach Day

25/05/2018

10am-2pm

COME CONNECT WITH SERVICES AROUND THE MOUNTAINS
ENJOY A SAUSAGE SIZZLE

KIDS ACTIVITIES

SHUTTLE RUNNING FROM KATOOMBA STATION

Ph:47826569



SEEKING EXPRESSIONS OF INTEREST

*Are you an Aboriginal person living in the Blue Mountains, Hawkesbury, Lithgow or Penrith?
Are you interested to contribute to Mental Health and Alcohol and Other Drugs' service
planning and advocacy for your local community?*

The Nepean Blue Mountains Local Health District (NBMLHD) and Nepean Blue Mountains Primary Health Network (NBMPHN) Joint Aboriginal Advisory Committee for Drug and Alcohol and Mental Health is seeking new membership to help represent the concerns of local Aboriginal peoples.

This Joint Aboriginal Advisory Committee began meeting in 2016, and prioritises:

- Committee members' input in helping represent local Aboriginal communities' interests and provide advice about needs, and planning for Drug and Alcohol and Mental Health services.
- Harm minimisation approaches aimed at reducing the harmful effects of alcohol and other drugs on individuals and society.
- A new 'stepped care' model for mental health that guides service planning to ensure the right level of intervention is provided to people in the community at the right time.
- Further developing the cultural safety of local services, as part of continuous quality improvement, and by building on the advice and successes of Aboriginal communities and services.

The commitment?

- Meetings – are held face-to-face (or via teleconference) and are approximately every 2 months. Meetings are 2 hours' duration, with pre-meeting reading when necessary. Current schedule:
 - Thursday, 24 May, 10.30 am – 12.30 pm
 - Wednesday, 6 June, 10.30 am – 12.30 pm
 - Thursday, 23 August, 10.30 am – 12.30 pm
 - Wednesday, 3 October, 10.30 am – 12.30 pm
 - Thursday, 6 December, 10.30 am – 12.30 pm
- Location – meetings are normally held at the Springwood Community Health Centre, with this being changed on an as-needs basis occasionally.
- Reimbursement – \$50.00 (including GST) will be paid for community representative attendance at each Committee meeting, from the NBMPHN. Employees of NSW or Federal Government funded services are not eligible for expense payment.

We look forward to hearing from you! Once nominations have been received and reviewed, we will be in touch to invite the most suitable representatives to be involved.

Note that nominations are due by Friday, 11th May. Please ensure that contact details for nominees are provided including full name, address, mobile or other telephone number and email address.

For further information, please contact:

Elisabeth Wilkinson | Mental Health Program Officer, Nepean Blue Mountains PHN
P: 02 4708 8130 or E: elisabeth.wilkinson@nbmphn.com.au



FILL MY CUP

Your invited to our
Woman's Group meeting
Any Theme Ideas welcome

18th May 2018
10am to 12:00pm

At Wentworth Falls Lake

Limited Transport booking available:
RSVP 15th May 2018 on 02 4782 6569

Apple Berry - Billardiara species

Apple Berry –
A fruiting Vines found in woodland and
forests of Victoria.

Fruit requires 2
to
3 days of
ripening off the
stem, soft
flesh
tastes like
dried
pear.



Billardiara scandens - Sweet Apple Berry - On the Vine

Sourced from
<http://bushfoodsurvivalplants.blogspot.com.au/2011/08/apple-berry-billardiara-species.html>

APOLOGIES

FIRE UP



**CANCELLED DUE TO UNFORSEEN
CIRCUMSTANCES WILL COMMENCE BACK
IN THE WARMER MONTHS**

NAIDOC BALL TICKETS ON SALE JUNE



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

TICKETS ONLY ON
SALE FOR 6 WEEKS
LIMITED SEATS

GET IN AS SOON AS JUNE STARTS!!!!

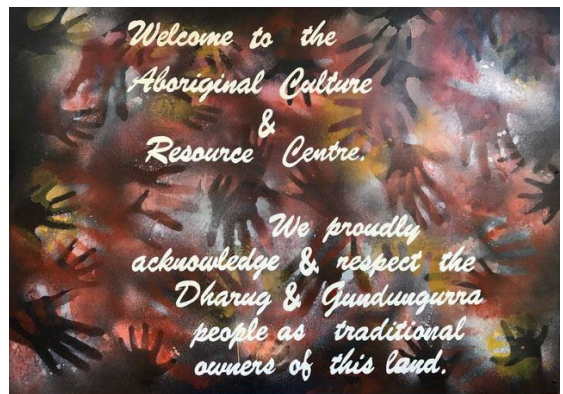
If you want to talk about the NDIS and what it
means give Mick a call

On

47826569

Or email

admin@acrc.org.au



(02) 4782 6569

admin@acrc.org.au

www.acrc.org.au

[facebook.com/BlueMountainsAboriginalCultureResourceCentre/](https://www.facebook.com/BlueMountainsAboriginalCultureResourceCentre/)

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

