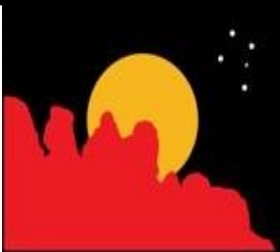




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We Proudly Acknowledge and Pay Our Respects
to the
Dharug and Gundungurra People

ACRC ELDERS LUNCH

TUESDAY 1st OF OCTOBER
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 15th OF OCTOBER
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 5th of November, 2019

Morning Tea: Tuesday 19th of November, 2019

ACRC OPENING HOURS

Monday to Thursday 9am-4pm
Closed for lunch 12.30-1.00pm
Friday 9am-1pm



Message from the Board

September has been a busy month for the Board following up particularly our meeting with Ms. Wessels and Mr. Hodges from the new Department of Families, Community and Justice who came along to our Board meeting to explain the new roles and programs from the Department.

It was a very useful meeting which explained many of the delays we have experienced in communicating with them as their role changes and particularly as they roll out the new program “Their Futures Matter”. This program will offer needs based support, one connected response and ‘smart’ system. The idea is that a number of government departments are combining to direct and prioritise whole-of-government funding to deliver targeted solutions that achieve measurable and meaningful outcomes. We have been invited to be part of this new system which involves a change in planning and reporting through a system called ‘Program Logic’ operated by the Department of Social Security.

The other issue discussed at length was the issue of accommodation which we had previously raised with the Department. They assured us that a complete review and audit of Clairvaux is being undertaken and they agreed with some of our concerns, particularly, the fact that our proposed programs for older clients, youth and families are limited by our ever shrinking accommodation.

The changing demands for reporting for Targeted Early Intervention and other programs place an increased demand on our staff and their skills.

The Board also received a ‘Financial Health Check’ report which unlike the audit has identified a number of financial concerns but also proposed solutions as to how we might rectify these deficiencies.

Follow us:

Facebook: <https://www.facebook.com/BlueMountainsAboriginalCultureResourceCentre/>

Website: www.acrc.org.au

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

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

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

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-

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

- 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

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

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

Mid Mountains Neighbourhood Centre 4759 2592

7-9 New St Lawson Mon to Thurs—some bread, fruit and vegetables 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

St Hildas Anglican Church 4782 1608

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

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

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.

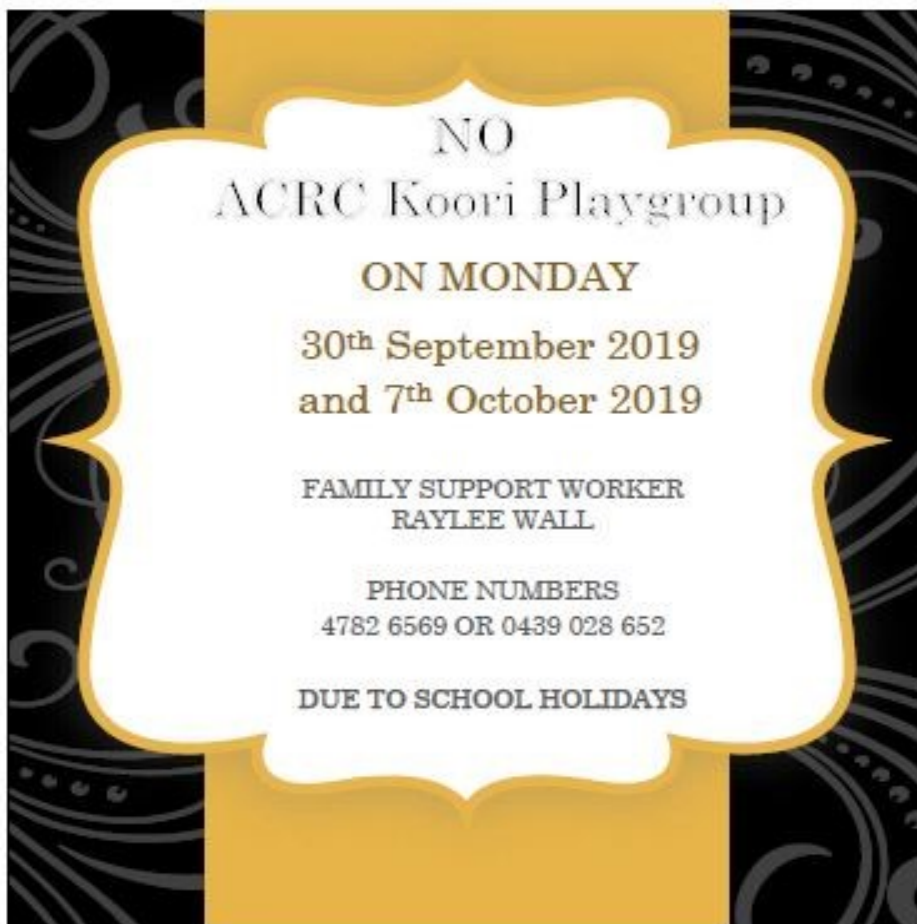
www.winmaleeneighbourhoodcentre.com.au

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.



STAFF HOLIDAY LEAVE

Raylee will be on leave from Wednesday 2nd October and will return Monday 4th November 2019. Playgroup will continue as normal.

General enquiries phone Cathy on 4782 6569

Emergencies phone Jade on 0439 595 181 or 4782 6569



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:

Starts Monday, October 14

12noon - 2 pm

Lithgow Community Health Centre

2 Col Drewe Dr, Bowenfels NSW

2 hours each week for 7 weeks

Includes light lunch

TO REGISTER CALL 4734 3877



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

Acting Manager's Message

Welcome to Spring! With warmer weather predicted, please keep hydrated and plan your journey ahead to keep yourself safe from the heat. With continued changes within our organisation and community, we hope community continue to feel safe and supported to access resources and connection in coping through these unusual times. ACRC programs continue to run, with Koori Playgroup having 12 families in attendance each week during School terms with the support of MOCS. We encourage any new families who wish to attend to come along and check it out. Our Elders lunches and morning teas are continuing to grow strong, with the support of Elders bringing food plates to share. It's lovely to see everyone pitching in and coming together for a laugh and yarn. Cathy, our office Administrator has been working hard in keeping our Facebook and website updated with local services, events and other relevant information for our community. We would like to acknowledge that Cathy is now with us for 16 hours per week to assist with the general operations of the organisation which has been a great help lately with the staff shortages we have been experiencing. Also our new driver Paul has settled into the job really well and we are very grateful for the extra support of his consistent work. We have been approved for a new roller door to be installed on our Garage which will be taking place in the next month. The previous one was a WHS hazard. We look forward to share some new programs and events with you all in the upcoming season. Please keep your eye out for some information for the school holiday programs for the little ones.

Take care and travel safe peoples.

Acting Manager
Jade Pyle



A 3 week program that teaches effective strategies for discipline, challenging behaviours, and emotion coaching.

Thursday 25th October, 1st November, and 8th November
9.30am to 12.00 pm at Thrive Services
2 Station St, Katoomba

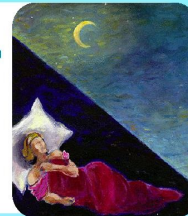
Contact Selina on 02 4782 1555 or
selina@thriveservices.org.au for more details



Blue Mountains Family Support Service Inc.
Blue Mountains—2 Station Street,
Katoomba 2780
Lithgow—261 Main Street, Lithgow 2790
w—thriveservices.org.au
f—thriveservicesLithgowBlueMountains



Getting a better night's sleep



A 5 week course to help you learn strategies to get a better night's sleep.

When :
Starting Wednesday October 30th

From :
10am to 12 noon

Where :
Blue Mountains Women's Health &
Resource Centre
124 Lurline St, Katoomba

Cost :
\$25 for the entire course

Bookings :
Essential, please call 4782 5133 to
secure your place

**Call 4782 5133 to book
or for more information**



Blue Mountains Women's Health
&
Resource Centre
124 Lurline St, Katoomba 2780
Telephone (02) 4782 5133
Web : www.bmwshr.org

Mountains Outreach Community Service

supporting families & building community in the Blue Mountains

Web: www.mocs.org.au

Facebook: Mountains Outreach Community Service



Holiday Fun Morning! Wednesday 9th October

Bullaburra Village Green

Noble Street

10 am—12 noon



FREE!

Bullaburra RFS Fire Truck & activities!

Bring your bike or scooter for wheelie fun!

Retro Hello!

Art & craft!

Games!

Billie Booksiel

Morning tea

Cancelled if raining call 0422 733 224 on the day. For more information call 4758 6811

Find more school holiday activities at www.strongerfamilies.net.au



We acknowledge the Darug and Gundungurra people as the Traditional Custodians of the land on which we live and work. MOCS is committed to reconciliation.





Forest Magic! with Naomi

Craft a dragon fly, fairy, fairy house, toadstool, fearsome dragon or other creatures inspired by magical forests.

**@ Blaxland Library
Tuesday October 8**

10:30am - 12 noon
6yrs - 12yrs
\$6.00 per child

BOOKINGS ESSENTIAL ALL MATERIALS SUPPLIED



CREEPY CLAY CREATURES

Halloween is approaching, so let's make some creepy characters using wonderful air-drying clay!

with Naomi

Thursday October 10
@ Springwood Library / HUB

10:30am - 12 noon
6yrs - 12yrs \$6 per child