

ISSUE 4 · DEC 2023

BLACKMAIL

Special Christmas Edition

Managers Message

BY BERNADETTE O'BRYAN

This issue of the Blackmail newsletter is Celebrating Christmas 2023 or the Holiday Season for some.

We have some exciting news. We have partnered with Second Bite to provide food to our community members in need. For those who don't know what Second Bite is I have included a brief overview do here is: SecondBite exists to provide access to fresh, nutritious food for people in need. We do this by rescuing and redistributing surplus food free of charge to community programs supporting people requiring free food assistance.



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Managers Message (continued)

BY BERNADETTE O'BRYAN

When our community pantry is set up, we will be setting up allocating days and times the community pantry will be available. This is still in the process, stay tuned!

We have held some amazing events and programs this year for our Blue Mountains community. The Bathurst Show, Umina Beach Family Camp, Gerringong Elders Trip. These were all great opportunities and experiences for our Elders, families, and community.



We are looking forward to 2024 starting off with Survival Day 26th January 2024 at Bureau Park, Katoomba. Flyer in this edition of the Blackmail. I would like to let community know the dates for our Christmas break. We finish work on Thursday 21st December 2023 and reopen Monday 8 January 2024.

During this time, we wish everyone a safe and happy time until we meet again in 2024. The Christmas period while can be a happy time for some, it can also be a very hard time. Following this message, we have included some very important numbers in the event you need to speak to someone.

“I look forward to what 2024 has in store for ACRC”

BERNADETTE O'BRYAN





24/7 Mental Health Services




Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service

Anyone thinking about suicide

 suicidecallbackservice.org.au

 1300 659 467

Lifeline

Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Beyond Blue

Anyone feeling anxious or depressed

 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25

 kidshelpline.com.au

 1800 55 1800

MensLine Australia


Men with emotional or relationship concerns

 mensline.org.au

 1300 78 99 78

Open Arms

Veterans and families counselling

 openarms.gov.au

 1800 011 046



Message from the Board

BY MARIE CLEGG AND DIANNE ROYCE

After a huge build up to the AGM, our 2023 Annual General Meeting was a success. It was the first AGM to be held in our new building. The staff and board worked hard to guarantee that our community felt at home and the space represented all of the promise that we see on a daily basis and what we thrive to obtain. We welcome the new elected Board and with the new year fast approaching are looking forward to new meetings, fresh ideas and more exciting opportunities ahead.

CONFIRMATION OF ABORIGINALITY

The ACRC Board will process the COA application at a Board meeting and will only approve confirmation for applicants who are Aboriginal and/or Torres Strait Islander, either born or living in the Blue Mountains LGA, or descendants, or related to Blue Mountains Aboriginal and/or Torres Strait Islander peoples. IT IS NOT AN AUTOMATIC CONFIRMATION.

You are responsible for providing the necessary documentation to meet the Confirmation of Aboriginality criteria, for example your birth certificate, adoption documents if appropriate and any other documentation to verify your Aboriginality. If there is insufficient documentation, your application will not be considered by the Board and will be returned to you for completion.

Please note that there's a minimum of 3 months waiting period for new COA Applications.

We wish our community a Safe and Happy holiday period. We look forward to welcoming you all into a fresh new year with exciting events.

New Elected ACRC Board Members

Chairperson:

Aunty Marie Clegg

Secretary:

Dianne Royce

Directors:

Uncle Colin Locke

Aunty Bev Ward

Jasmine Field





Working with Wood Workshop

A COLLABORATION WITH ACRC AND TAFE NSW

For the past 8 weeks our Working with Wood participants have been creating clapsticks and other traditional wood artefacts at TAFE in Wentworth Falls. These are some of the final products created! Well done to all our participants. Thank you to teachers Roy, Jude and Jo for facilitating these workshops and for collaborating with us





16 Days of Activism - BM Says No to Violence

BY ACRC IN PARTNERSHIP WITH CAVA AND BMCC

On Thursday 30th November, 2023 we held a morning tea for BM Says No To Violence. This activity was part of 16 Days of Action: Blue Mountains Says NO To Violence, a partnership campaign, planned and coordinated by Blue Mountains City Council and the Blue Mountains Coalition Against Violence and Abuse (CAVA).

CAVA members include: [Blue Mountains Women's Health & Resource Centre](#) * [Central Tablelands and Blue Mountains Community Legal Centre](#) * [Blackheath Area Neighbourhood Centre](#) * [NSW Health](#) * [Mountains Community Resource Network \(MCRN\)](#) * [Relationships Australia NSW](#) * [Nepean Blue Mountains Primary Health Network RRR Pilot](#) * [Mountains Outreach Community Service - MOCS](#) * [Domestic Violence Court Advocacy Services \(DVCAS\)](#) * [DV West](#) * [Fusion Australia](#) * [Dianella Cottage](#) * [Integrated Violence Prevention and Response Service \(IVPRS\)](#) * [The Brigid Project](#) * [Zonta Club of The Blue Mountains](#) * [Blue Mountains Aboriginal Culture & Resource Centre](#) * [Mountains Youth Services Team](#) * [Thrive Services](#) * [Housing Plus](#) * [Domestic Violence Liaison Officers](#) * [Belong Blue Mountains](#) * [Gateway Family Services](#) * [Older Women's Network NSW](#) * [Cancer Wellness Support](#) * [Link Wentworth](#) * [Penrith Women's Health](#) *



For more events for
16 days of Activism
please visit the
below link:

[https://genderequit
ybm.net/events-2/](https://genderequit.ybm.net/events-2/)

We had 13 people attend including WDVCS, Dianella Cottage and BMWHRC. It was a wonderful moving event where personal stories were shared and support was showed to each other.





Transport

BY GERARD SCIFO

Another year almost over! Thank you for your continued support in 2023. When I first took on this role, everyone was only just coming out of a forced hibernation due to the covid restrictions of that time. It has been great to see everyone getting out, catching up with each other and participating in events, since then. Christmas is almost here and BMACRC Community Transport will cease operation for two weeks of the holiday period. Transport's last day of service will be 21 December 2023. Service will resume on 8 January 2024. If you already have dates and appointments in January that you know you will need transport for, please make your bookings by 21 December by 4pm.

West Zone	Central Zone	East Zone	Outer Zone
Extending from the Central Zone to Mt Victoria	Medlow Bath to Wentworth Falls	Extending from the Central Zone to Springwood	Hawkesbury Rd, Springwood to Winmalee & Nepean Hospital

The area serviced by BMACRC Transport is divided into four zones and fees are calculated for each trip based on these zones:

A trip within a single zone = \$3.00

A trip crossing from one zone to another = \$6.00

A trip covering three zones = \$9.00

A trip covering all four zones = \$12.00



***MERRY CHRISTMAS AND
A HAPPY NEW YEAR!
FROM GERARD, JAMES,
FAVE AND DAVE***



Family and Youth

BY TRISH O'BRYAN

This year the Family and Youth Program here at ACRC has excelled and grown enormously since the beginning of the year. Our Koori Playgroup, Girls Groups and Fun days was all about creating memories and making friends. Bringing together our community and creating a safe space for our families and young people to explore their culture and connect to country.



In 2023 we had 2 Community fun days, this included Survival Day, to celebrate the survival of the Torres Strait Islander and Aboriginal culture and people. We also held an Easter Fun Day where we had an easter egg hunt and a BBQ at Wentworth Falls Lake. We also did a combined excursion with some of our lovely elders out to the Bathurst Show! And finally, we had travelled down to Umina Beach for our first Family Camp in 4 years! Our Family and Youth Support service has reached an all-time high of clients receiving support. I am so excited to see what 2024 has installed for us!

Merry Christmas!

“We thrive from giving support to achieve big dreams”

TRISH O'BRYAN





Family and Youth Highlights

BY TRISH O'BRYAN

It has been an amazing year full of wonderful events!

Below we have attached a upcoming event, for any information feel free to contact us at familyandyouth@acrc.org.au





Term 1
2024

KATOOMBA

Circle of Security Parenting

8 week parenting program - FREE to register



Circle of Security Parenting helps parents develop secure relationships and stronger bonds with their children.

The *Circle of Security* course helps parents and carers of children aged 0-12 years learn:

- How to help your child feel more confident and secure
- How to help your child manage their emotional responses
- How to better understand your child's emotional needs



build stronger parent/child bonds



learn positive parenting skills



promote secure attachments

DATES:

Tuesdays 13th Feb - 2nd April

VENUE:

Gateway Family Services
14 Oak Street Katoomba

TIME: 10:00am - 12:00noon

COST: FREE

Parking available onsite



CHILDCARE LIMITED
Bookings required



Register at 4720 6500 or groups@gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.





COLOUR FUN DAY 2024

Mental Health Awareness Event

24th February
11am - 1pm



Melrose Park -
Albion Street, Katoomba

Elders Message

BY ELLY CHATFIELD AND TRACEY ALLEN

Hi there everyone,

It's starting to feel like Christmas is not very far away now.

The Elder's at ACRC have been "Painting Up Christmas" and have some gorgeous Christmas Decorations to sell to raise money for Elders Projects 2024 ! (Email office@acrc.org.au to look/purchase).

Once again, the amazing Mootang Tarimi team, Donna and Rae and the wonderful clinicians have visited us monthly and will continue through to December and indeed into next year.



**“These trips
have proven
to be so
beneficial in
lifting spirits”**

ELLY CHATFIELD

Learning lots, lunch and the great company make these sessions so enjoyable. I would like to mention that everyone looks fantastic in their new glasses that was made possible through the Mootang Tarimi team and our thanks go out to them. We have held a couple of Bingo games with our lunches (Australian Animals Bingo) We invited members of ANTAR to join us at the Lawson Belong Rooms. Our group could be heard laughing and generally having a lot fun. It was hilarious. This year's three-day trip away was to Gerringong. These trips have proven to be so beneficial in lifting spirits and I just love sitting with you all, listening to your stories, sharing meals, and experiencing the Whale Watching Tour, we saw a total of five whales. Walking on the beach and shopping, eating meals together, it was all simply a magnificent experience. Thank you for allowing Tracey and myself the privilege of your company.

I also thank our supporters, Shayne Thompson from Blue Mountains City Council, Stef from Thrive Services and Caleb, Glen Turner from Nepean Creative & Performing Arts High School, Rod Williams from Near & Far Coaches and Deidre Ikin, I value your support and assistance greatly.

We have more events to come for next year and we are already working on the Elders Calendar 2024.

We look forward to seeing you.



Elders Highlights

BY ELLY CHATFIELD AND TRACEY ALLEN

We have included some photo highlights from the past year.

All these events and outings were amazing.





E L D E R S
C H R I S T M A S P A R T Y

Christmas BBQ here
at ACRC
15 Dec
From 12pm

Please book transport and RSVP
by Wednesday 6 December.

Please let us know if you need
any special meals.

Survival Day

2024

Day

Friday 26th January

11am - 3pm

Bureau Park
Katoomba

Food
Trucks



Snow
Cones

Kids
Petting
Zoo

Information
Stalls

Indigenous Dance Performances

Amusement Rides

