



Blackmail



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

ACRC CHRISTMAS ELDERS MORNING TEA

TUESDAY 3RD OF DECEMBER 2019

10 AM - 12 NOON

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

Come together and have a yarn ...

Let's share in some yummy treats and celebrate the fes-
tive

season time together...

Call Jade on 47826569 or 0439595181 for catering & transport.



ACRC OPENING HOURS

Monday to Thursday 9am-4pm

Closed for lunch 12.30-1.00pm

Friday 9am-1pm

Manager's Message

Merry Christmas to everyone and for those in the community who don't celebrate Christmas as my cousin Uncle Pete would say happy Goo Gah day (Happy Goanna day).

I would like to formally congratulate the new board for being elected for the second time, on the 9th of November. I would also like to acknowledge the disappointment of some community members in the lack of consistency and service from ACRC in many different areas. I can assure you that myself and the new board are going to be working very hard to build the service up to what it should be for the community, a trusted and reliable service. In saying this I would also like the community to understand that when staff from any organisation is constantly dealing with lateral violence, bullying and harassment from within and from different parts of the community, no one will ever be able to perform at their peak.

It is well documented that Aboriginal people have the highest rate of burnout from the pressures applied within the workplace. It is also well researched and documented that when a worker is dealing with bullying, harassment and lateral violence that their work performance and their attendance at work will decline dramatically. Thus in turn keeping our own people under oppression by removing every opportunity for self-determination, either physically, mentally, or spiritually will only lead to the demise of an individual, a service and a community as a whole. It is also reinforced that to resolve lateral violence we can't wait for the government or anyone else to do this for us, we as individuals and as a community must do this ourselves. The answers and solutions to deal with lateral violence, must come from within. To build the autonomy for all our community, we must start by naming lateral violence for what it is. Through self-determination and calling out lateral violence we can lead the way to suffocate the toxicity of victimhood, which has led to powerlessness out in the community and within many workplaces. By people taking a stand our community and other communities alike can start to make our own decisions and implement strategies to stamp out this practice. By stamping out this practice we will be building pathways, so future generations may only have to read or be told about lateral violence, instead of following our footsteps of pain and regret.

By naming lateral violence for what it is, it affords us an opportunity to provide a safe cultural space to yarn about the impacts it has on individuals and the community as a whole. By yarning about this subject and other subjects that impact our community we will then be able to identify steps to stamp out destructive learnt behaviours. The new board and I would like to start to form a sub-committee of elders and other community leaders, where we can apply some old traditional ways of sitting in a healing circle and when possible around a fire to try and resolve disputes and dilute any rumours that might be floating in the mountain breeze.

Source: Bullying & lateral violence - Creative Spirits, retrieved from <https://www.creativespirits.info/aboriginalculture/people/bullying-lateral-violence#toc3>

I would also like to confirm what may be a well-known fact within our community that the prior leaders decided to let go of the Young Strong and Deadly program. A program which we were funded by the (BMPHN) Nepean Blue Mountains Primary Health Network (Wentworth Health care limited) to deliver Alcohol and Other Drugs, Mental Health and Suicide Prevention programs for Aboriginal young people (Young, Strong and Deadly) from the ages of 13 through to 28 years old. Through the letting go of this funding our youth have lost a valued cultural service and three community members have lost their jobs. It is going to take a lot of hard work and dedication to rebuild this program and other programs for the future. So I can assure everyone that Management and the new Board of ACRC are committed to meeting current challenges proactively and working hard to rebuild an optimistic and hopeful future for all of us. For further details on the Young Strong and deadly program

Please see the link below [https://www.dropbox.com/sh/qx63lnhqdl50w3/AACH0kk4RXextqTnlapYkAc5a?dl=0&preview=ACRC+Final+\(banner+captions\).mp4](https://www.dropbox.com/sh/qx63lnhqdl50w3/AACH0kk4RXextqTnlapYkAc5a?dl=0&preview=ACRC+Final+(banner+captions).mp4)

In essence many people have known that we at ACRC have been facing tough times for a long period and it is going to take some time to rebuild. So I am personally asking that if you could please be patient while we rebuild and implement strategies to heal the past, so we can build a solid foundation for the future.

Now that this has been said, I would personally like to invite each and every one of you to our end of year get together here at ACRC on the 19th of December, with full details provided later in this newsletter. For those who I don't get to see at the community BBQ I would like to wish you and your family a very Merry Christmas and a prosperous new year.

Yours sincerely

Wayne Cornish

Manager ACRC

Wayne's contacts phone 0247 826 569, email manager@acrc.org.au



Elder of the Month

Aunty Marie Clegg

Aunty Marie has spent 35 years in the Blue Mountains, prior being in Granville. She moved back to the Mountains 6 years ago.

Mother of 3 children, 6 grandchildren.

Worked 12 years at the Aboriginal Land Council in Parramatta, 3 years as an Aboriginal SLSO at Chifley College, Mt Druitt and is currently doing a Wiradjuri language course through Dubbo. Aunty Marie was a part of the Young Strong Deadly program and is still participates within ACRC. Aunty Marie is a proud Wiradjuri woman.



OPEN INVITATION

Uncle Ed Walker and Uncle Len Murphy are sending out an open invitation to form a committee to readdress the commemoration of our Indigenous Diggers in a Memorial; here at ACRC, for those who are interested in being part of the committee please contact Wayne Cornish 4782 6569

Pictured below: Uncle Len Murphy



Pictured above:
Uncle Ed Walker

Christmas Message from the Board of Directors

We wish all community members and ACRC staff a wonderful holiday season.

May 2020 bring happiness, growth and strength to all of us as individuals and as a community.

The holiday season can be a hard time for some of us. Please remember that you are not alone and if you need support to reach out to a friend, loved one or one of the many great support services available here in the Blue Mountains.

We look forward to working alongside you in the year ahead!

Amie Smith, Bernadette O'bryan, Brian Bell, Coralie Richmond,
Pat Field, Paul Glass and Rebecca Chatfield

Staying Healthy – Beat the Heat & Smoke!

As we have experienced over the past weeks, hot and dry conditions are likely to continue across NSW for the foreseeable future.

Take precautions to protect your own, and your family's and pets' health, with four simple steps:

- Drink plenty of water
- Keep cool
- Have your asthma medication on hand
- Help others

See NSW Health tips on 'Beat the Heat': <https://www.health.nsw.gov.au/environment/beattheheat/Pages/default.aspx>.

We will be experiencing significant smoke drift in coming days. If you see **unattended fire** (not just smoke) call **000** immediately.

Personal preparedness and self-reliance will be critical over this period. Make sure you and your family have a **plan**. You can find some local preparedness information and tools at: <http://www.mcrn.org.au/index.php/emergencies/emergency-pages-menu>. In addition, prepare an emergency kit (which should include critical medications/scripts and pet supplies). Keep personal ID, mobile phone and credit card on you.

Look out for your neighbours, especially anyone particularly **vulnerable** (children, the frail elderly or others with mobility issues).

For trusted sources of **information**:

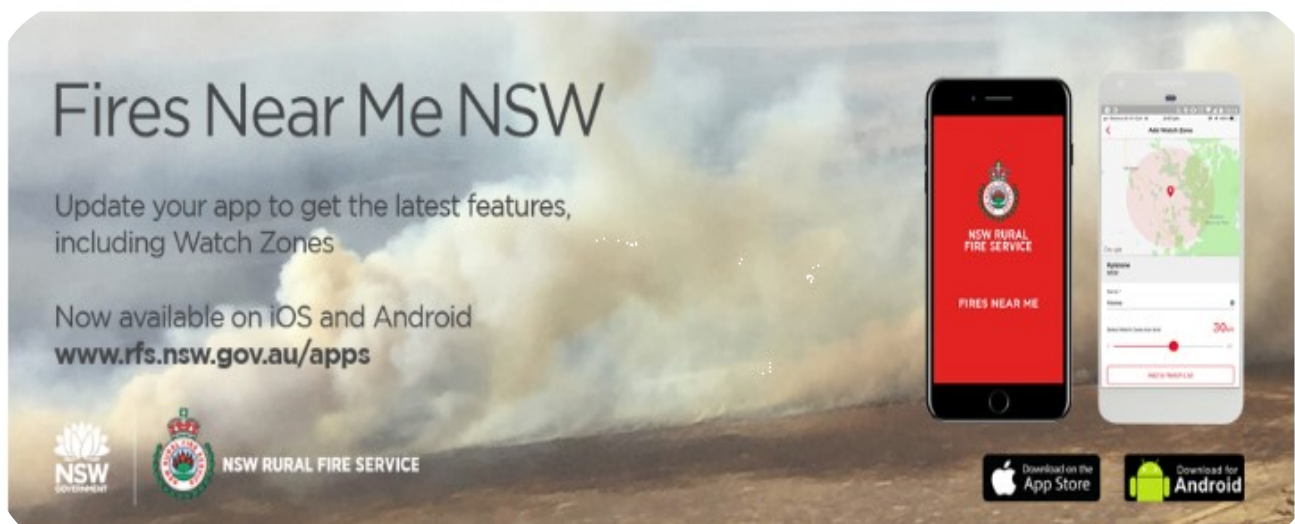
Fires Near Me app or the NSW RFS website;

ABC 702 (our emergency broadcaster);

Your local RFS Brigade Facebook page;

If you do not have access to the internet or radio, contact Bushfire

Information Line on 1800 679 737 (1800 NSW RFS for up-to-date information).





MERRY CHRISTMAS and HAPPY NEW YEAR

Raylee will be on leave from 21st
December 2019 and will return on 6th

January 2020

To all of my playgroup Mums, Dads,
Grandparents, Carers and children
Wishing you peace, joy and all the best
these holidays has to offer. May this
season of giving and spending time with
family and friends bring you joy that
last throughout the year.
See you all 2020. Raylee



Celebrating 20 years



FREE CHRISTMAS DAY LUNCHES!

Now at 3 locations:

- Blackheath Community Centre, Gardiners Ave.
- Mid Mountains Neighbourhood Centre, New St Lawson.
- Blaxland Neighbourhood Centre, Hope St.

Don't spend Christmas Day alone! Everyone's invited!

Doors open at 10:30 for morning tea, lunch is served 12:00 to 2:00pm. It's free for everyone!

For further info: www.kinshipatchristmas.com.au

kinshipatchristmas@live.com.au

Ph 0414993873 or 0451462966

Kinship at Christmas is not affiliated with any church or other organisation

*Blue Mountains Aboriginal Culture &
Resource Centre's*

Elders Xmas Lunch 2019

Tuesday, 10th of December

**Katoomba RSL 12noon-
2pm**

86 Lurline St Katoomba

**RSVP Thursday 5th of
December**

**for Catering & Transport
Purposes Jade Ph: 47826569**

ACRC presents COMMUNITY BBQ

LET'S CELEBRATE THE END OF YEAR WITH A BBQ.
COME FOR A YARN AND FEED

Transport provided – please phone Jade 0439 595 181

THURSDAY
DEC 19TH

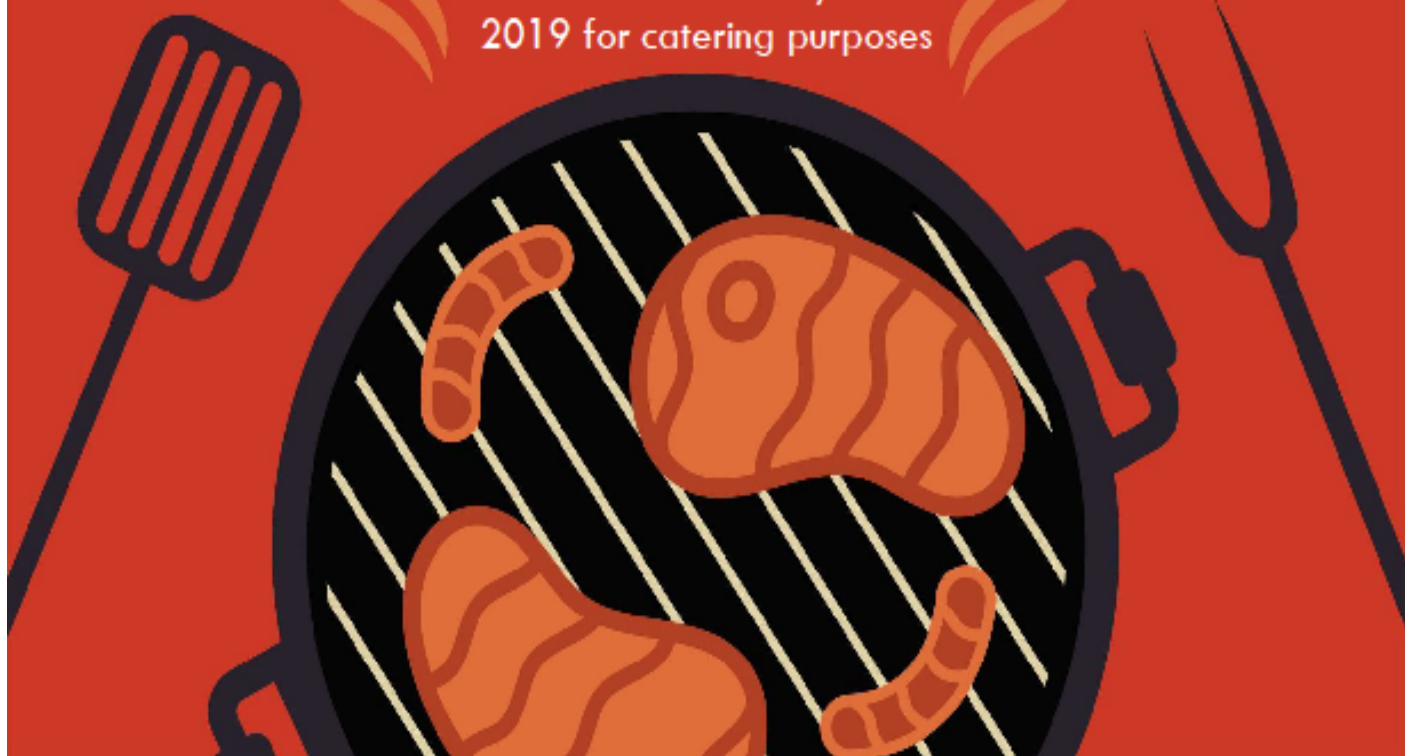
TIME:
4PM-6PM

BBQ DINNER
AT 5PM

ACRC

14 Oak Street, Katoomba

RSVP TO 4782 6569 by 17th DEC
2019 for catering purposes



Merry Christmas & Happy New Year

Another year around we would like to thank all the Elders for all their participation & contribution this year. It's been a big year for all of us and we have had some bumpy moments that has taken its toll on all of us, we have also had some wonderful gatherings that show how wonderful it is when we come together and support each other connected in wellbeing, culture and community strong. The Elders program is finishing up with the Elders Christmas party on the 10th of December, I will be doing home visits and social

support over the next couple of weeks after that to support preparation for the time we are closed over the break.

We would like to wish you all a very prosperous, joyful, healthy and nurturing festive season.

Elders support worker Jade will be on leave from after Friday December 2019

and will return 13th of January 2020.



2020 ELDERS EVENTS:

ELDERS LUNCH: Tuesday 4th of February 2020 12 Midday – 2 pm

ELDERS MORNING TEA: Tuesday 18th of February 2020 10 am – 12 Midday

ACRC Community Transport

ACRC Community Transport will be operating up till the 20th of December 2019. Transport will resume from the 6th of January. To receive transport for the 6th of January through to the 14th of January bookings need to be made in advanced now due to limited availability!!!

PLEASE BOOK FOR JANUARY TRANSPORT NOW!!!!!! LIMITED AVAILABILITY!!!!

Call 47826569

ACRC Transport would like to wish you a very Merry Christmas & Happy New Year!!!

Emergency Contacts & Information

EMERGENCY SERVICES

Fire/Ambulance/Police

Emergencies 000, TTY 106

Bush Fire Information Line

1800 679 737

State Emergency Service 132 500

Energy Emergency - If life threatening call 000.

Contact your local distributor.

Sydney Water 13 20 90

HOSPITALS AND MEDICAL HELP

Blue Mountains Hospital

4784 6500

Cnr Great Western Highway and Woodlands Rd, Katoomba

Springwood Hospital 4784 6500

7 Huntley Grange Road, Springwood

Lithgow Hospital 6350 2300

Cnr Col Drewe Drive and Great Western Highway, Lithgow

Nepean Hospital 4734 2000

Derby St, Kingswood

Westmead Children's Hospital

9845 0000

Cnr Hawkesbury Road and Hainsworth St, Westmead

After Hours Health Services

afterhourshealth.com.au or contact Health Direct 1800 022 222

Poisons Information Line

13 11 26

NSW FACS COMMUNITY SERVICE CENTRES

Prevention and early intervention, child protection and out-of-home care.

Blue Mountains Community Services Centre 4752 2600

435-457 Great Western Highway Faulconbridge

Penrith Community Services Centre 4722 7300

EMERGENCY RELIEF

Lifeline Telephone Crisis Support

131114

Mountains Care (Emergency Crisis Relief 4720 6100)

Gateway Family Services Blaxland

4720 6500; Katoomba 4782 5326

Provides emergency food vouchers and financial relief.

Thrive Services 4782 1555 Subsidised food parcels, donated fresh food, assistance with utility bills.

Salvos Connect 1300 371 288

For vouchers to assist with financial help and purchasing food and clothing.

Suicide Call Back Service 1300 659 467

Operates 24 hours/7 days and the website offers video counselling.

Winmalee Neighbourhood Centre

4754 4050 Community Food Cupboard, fresh food, emergency food vouchers, Winter Warmers, utility assistance and financial counselling.

FAMILY SUPPORT SERVICES

Thrive Services 4782 1555

thriveservices.org.au

Gateway Family Services

Blaxland 4720 6500; Katoomba 4782 5326 gatewayfamilyservices.org.au

Family Drug Support (24 hours)

1300 368 186 fds.org.au

Western Sydney Family Referral Service

1300 403 373 relationshipsnsw.org.au

FRS supports families with vulnerable children and young people, linking them to appropriate community services.