



NEWSLETTER - ISSUE MARCH 2024

BLACKMAIL

Blue Mountains Aboriginal Culture & Resource Centre
39 Whitton Street, Katoomba NSW 2780 | (02) 4782 6569

Managers Message

Welcome Back!

This is our first edition of the Blackmail this year. There has been a lot happening at our end since our last Blackmail edition. We re-opened on 8 January and since then we've been busy planning some deadly programs and services for 2024.

We held our Survival Day event at Bureau Park, Katoomba on 26th January 2024 which was a successful event despite the heavy wind. We thank all the community service organisations and wider community members who attended and supported our event. We have included some photos of the day in this edition.

Building renovations will be commencing very soon to add a disability access ramp in. This will take about a month or so, so there will be some disruptions including no access or bookings in our space downstairs. With this, it may cause interruption with our phone lines. We ask for your patience during this time.

We continue to form positive and meaningful partnerships to deliver programs and workshops for our community. Due to popular demand the Working with Wood course with TAFE NSW is running again with a total of 15 participants. Photos in this edition. In addition to this we are in the planning phase of a Mentoring course with TAFE NSW.

Managers Message (cont)

We are in full swing with our Families and Elders programs and events. These events are regularly updated on our website and posted to our social media as well. An exciting feature of 2024 will be more of our NAIDOC 2024 Art Exhibition which is a collaboration between the Blue Mountains Cultural Centre and ACRC. We are still in the planning phase of this, however we will be advertising and sending Expressions of Interests to the Blue Mountains Aboriginal Community who would like to display their art in this exhibition. Stay tuned!

We are sad to let everyone know that James has resigned from ACRC. His last day was Wednesday 13th March. We acknowledge and thank him for his time and work at ACRC. He will be travelling overseas for the next 6 months visiting family and friends. We wish him a safe and enjoyable journey!

Bernadette O'Bryan



[ACRC Facebook](#)



[bmacrc.org.au](#)



Message from the Board

The new Board are settling in well and are working well with Management and Staff to create more opportunities for our community.

Upcoming staff positions: Manager and Elders Support Coordinator:

In the coming months two crucial ACRC positions will be advertised. The position for Manager and position for Elders Support Coordinator. These will be advertised on our social media and advertisements in the local paper.

Second Bite and Community Pantry

In our previous edition we mentioned that we partnered with SecondBite. This is rescued food that we pick up from Coles every Tuesday and Thursday unless otherwise advertised. It primarily consists of fruit, vegetables, and bread. It is free. Pick up only from our office. In addition our community pantry is up and running. We have a lot of staple food in there with breakfast cereals, coffee, tea, sugar, soups, pasta and sauces + more! If you are in need, please contact our office to arrange a time to pick up what you need.

Confirmation of Aboriginality

If you already have a Confirmation of Aboriginality with us and need a copy, get in touch and we will email or post to you. If you are requiring a new Confirmation of Aboriginality, it can take 6–8 weeks, sometimes longer in alignment with Board of Directors meetings.

Elders Wellbeing Calls

Aunty Marie will continue doing Elders wellbeing calls each Monday. Keep an ear out for your phone! Wishing you all good health and a great month. Please do not forget we at ACRC are here to help. Please contact the office for any assistance.



SECONDBITE FOOD RESCUE

ACRC OFFICE
39 WHITTON STREET, KATOOMBA

**Pick up every
Tuesday & Thursday
from 1.30pm
unless otherwise advertised**

Survival Day 2024



Survival Day 2024



Working with Wood 2024



Due to popular demand, Working with Wood is running again for 8 weeks!



BACK AT THE DEPOT

FAREWELL JAMES

March brings some change for BMACRC's Transport program.

We are saying goodbye to James as he sets off to travel Europe.

Here's to a great experience on his journey and we'll be waiting to see postcards!

We will however continue to have Faye and Dave here to get you all to your destinations.

IT'S MARCH 2024 ALREADY

Another year complete and we're full steam ahead into this one. We have already been taking our Elders' group on various outings. This prompts me to answer some questions FAQs that have been coming up while driving clients. . .

Q: How much will transport cost when going to ACRC events?

A: Transport provided for ACRC-run events are priced at the minimum charge. Meaning that the fee is a total of \$6 for each passenger.

Q: Can I make a quick stop on the way home from the event?

A: You must contact me at the office beforehand and request that I book in the additional trip for you. Providing it can be achieved without disrupting any other passengers getting home from the event, the trip will be added and the normal transport fee will be charged. Do not request extra trips from your driver when you are collected.

That last one also applies when there isn't an event. If you are being transported and you wish to add stops, call 02 4782 6569 as soon as possible to request the change. Please do not leave it to the last minute and ask your driver.





Community Programs - Family and Youth

Hi Community,

At ACRC the Families and Youth program is off to a running start for 2024. Kicking off with Survival Day which was a massive hit and an amazing day to bring the community together and celebrate the Survival of our culture.

Koori Playgroup has recommenced for Term 1 at Bungarrabee Centre in Hazelbrook where we meet each Monday from 11am to 1pm. A Childcare education from MOCS support our playgroup.

Recently we have explored the option of changing the venue for our Koori Playgroup to make it more accessible for more local Indigenous Families to attend. We are hoping to enforce these changes started Term 2, so keep an eye on our social media for all updates.

This term we have partnered with Gateway Family Services to facilitate 'Circle of Security', a parenting program which helps parents develop secure relationships and stronger bonds with their children. We recently met with Ted Noffs Street University which has recently opened in Katoomba and have created a partnership with them to help support our Indigenous youth in the Blue Mountains.

Community Programs - Family and Youth (cont)

We also have our Colour Fun Day coming up, this event is to show awareness for Mental Health and people effected by the 2022 Floods. This event is for all ages and our whole community, this event is Kindly provided by Wenworth Healthcare – NBMPHN. Our annual Family Fun Day is coming up in the April school holidays. We hold a partnered event with Belong and MOCS every April and October School holidays, we hope to see you all there!

Our Family and Youth individual support has been at full capacity the whole of 2024 but we are thriving and supporting our clients where and when needed, thank you all for being patient and respectful to all our changes. We are excited and passionate to keep excelling to make ACRC better.

Please feel free to contact me for any type of support!

Trish O'Bryan – familyandyouth@acrc.org.au





KOORI PLAYGROUP TERM 1 2024

**26TH
FEBRUARY**

**Welcome back!
Excursion to Gloria Park**

**4TH
MARCH**

**Making our mark!
Hand and footprint art.**

**11TH
MARCH**

**Smoothie Day!
Make your own smoothie.**

**18TH
MARCH**

**Crazy hair at Koori
Playgroup Day!**

**25TH
MARCH**


Aunty and Uncles Day!

**1ST
APRIL**

**Johnny Cakes and arts
and craft!**

**8TH
APRIL**

**Easter art and craft!
Easter egg hunt.**



FAMILY FUN DAY

SAUSAGE SIZZLE AND FUN FOR THE
WHOLE FAMILY!

Wednesday, 24 April
10-1

Village Green, Bullaburra



Mountains Outreach
Community Service



Contact:

0422733224

communitydevelopment@mocs.org.au

0403817317

cferreira@belongbm.org.au

(02) 47826569

familyandyouth@acrc.org.au



COLOUR FUN DAY 2024

Mental Health Awareness Event

23rd March
11am - 1pm



Bureau Park - Barton
Street, Katoomba

This activity is supported by Nepean Blue Mountains Primary Health Network (NBMPHN).

New Date and New Venue!

Community Programs - Elders

Hi everyone,

We have welcomed a few new members who have joined our Elders Activities at the beginning of this year, it's been great to see the connections with everyone! Seniors Week is 11 -24 March. The Blue Mountains Cultural Centre are welcoming our Elders for lunch and a private tour of the Portraits Exhibition during that week.

The Blue Mountains Women's Health and Resource Centre have joined with A.C.R.C. to offer 2 women's weaving workshops in early June. We are looking forward to that as well as a Men's Paint n Yarn on the 10th of April.

During Reconciliation Week this year Blue Mountains People for Reconciliation / ANTaR are running a special Bird BINGO & Lunch on Wednesday the 29 of May. There will be lots of laughs, prizes and good food. Keep an eye out for their flyer soon.





Community Programs - Elders (cont)

Our health program will be looking at the strength in connection, relaxation exercises, mental health as well as exercises to limit falls, increasing balance and general wellbeing in partnership with Aboriginal Chronic Care Outreach.

I am still signing up people who aren't registered with My Aged Care so please let me know if you need to sign up so you can get support when you need it. Joining My Aged Care means you are entitled to discounts on things like meal services, fall prevention devices, personal care, domestic assistance and home modifications.

- Please let us know a week in advance if you have appointments or when attending Elders Activities and especially if you need transport.
- If anyone is experiencing cold and flu symptoms please wear a mask or reschedule appointments to be mindful of our staff members and drivers.
- Sometimes I'm out of the office and not here until after 10am, so please make appointments if you need any support with daily living, medical appointments or trying to work out the Aged Care system and supports.
- Here: office@acrc.org.au for those on email or phone (02) 4782 6569 Tues – Friday.

Look forward to seeing you soon, Tracey



Elders Events 2024

12:00 - 3.00PM
13/03/2024

BLUE MTNS CULTURAL CENTRE + LUNCH
SENIORS WEEK - PORTRAITS EXHIBITION

10.00 - 1.00PM
20/03/2024

MOOTANG TARAMI OUTREACH SERVICE
HEALTH SESSION + LUNCH

11.00 - 1.00PM
10/04/2024

MEN'S PAINT N YARN + LUNCH
ACRC OFFICE

10.00 - 12.00PM
24/04/2024

PENRITH MARKETS + LUNCH

10.00 - 1.00PM
08/05/2024

MOOTANG TARAMI OUTREACH SERVICE
HEALTH SESSION + LUNCH

10.00 - 1.00PM
22/05/2024

CREATE A CALMING COLLAGE + LUNCH
ACRC OFFICE

10.00-1.00PM
04/06/2024

WOMEN'S WEAVING WORKSHOPS
AT BMWHRC

10.00 - 1.00PM
11/06/2024

WOMEN'S WEAVING WORKSHOPS
AT BMWHRC

10.00 - 1.00PM
26/06/2024

MOOTANG TARAMI OUTREACH SERVICE
HEALTH SESSION + LUNCH

Welcome to the MQ Chiro Care Hub

@ Blue Mountains Aboriginal Culture & Resource Centre

Macquarie University Chiropractic Students will be joining us every visit to provide chiropractic care. By attending the Chiro Hub @ ACRC you'll receive high quality evidence-based healthcare, and you will also be helping our final year Masters Students as they fulfil the requirements of their course.

At the ACRC Chiro Hub, our students will be fully supervised by accredited Macquarie University Clinicians. We provide care for all ages, including:

- Joint pain in back, neck, shoulders, hips/knees/feet
- restriction of mobility and tension
- disc problems and sciatica
- headaches, migraine
- sporting injuries

We also offer **Specialty Services** such as: exercise and stretching advice, strength and flexibility assessment, and ergonomic advice for work and home.



To book an appointment or to find out more about how we can help You please contact:

MQ Chiro Hub @ ACRC Katoomba • Ph (02) 4782 6569



KATOOMBA - 11 APRIL

STRONG FAMILIES, OUR WAY COMMUNITY YARN UP



Strong Families, Our Way Project focuses on strengthening sustainable, community-led structures of self-determination in the Aboriginal child and family system in NSW. The primary focus of Strong Families, Our Way is the co-design and formation of new or strengthening of existing Aboriginal Community Controlled Mechanisms (ACCMs). ACCMs are local community-led bodies which provide support and oversight over the NSW child and family system from the perspectives of local communities. They are independent of government and accountable to their communities, and they work in partnership with government and NGOs to improve outcomes for Aboriginal children, young people and families. We invite you to come along to learn more about the Project and how your community can become involved. Lunch provided.

Date: Thursday 11 April 2024

Time: 11:00am - 3:30pm

**Venue: Aboriginal Cultural Resource Centre
39 Whitton Street**

CLICK OR SCAN BELOW TO REGISTER



SFOW Penrith Rego link

**SCAN
ME**

