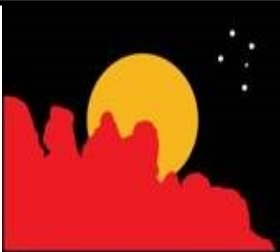




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We Proudly Acknowledge and Pay Our Respects
to the
Dharug and Gundungurra People

ACRC ELDERS LUNCH

TUESDAY 6th OF AUGUST

10AM - 2PM

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

NAIDOC Lunch at ACRC – Come in and share in some damper and soup.

Call Jade on 4782 6569 or 0439 595 181 for catering & transport

ACRC ELDERS MORNING TEA

TUESDAY 20th OF AUGUST

10 AM – 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 September 2019:

Elders Lunch: Tuesday 3rd of September, 2019

Morning Tea: Tuesday 17th of September, 2019

ACRC OPENING HOURS

Monday to Thursday 9am-4pm

Closed for lunch 12.30-1.00pm

Friday 9am-1pm

Message from the Board

Last week the finance delegates of the Board met with the manager to discuss the draft budget prepared for the 2019/2020 financial year. This meeting will be followed up with a further meeting in the next week or so when hopefully all of our staff will be back at work having recovered from their recent illnesses. We wish them a speedy return to good health.

The discussions focus on our aim of building culture through a practical ongoing training program as a foundation for resilience amongst our young men and women to help them to better cope with the demands and challenges of education, work and healthy living.

The National Disability Insurance Scheme was also discussed. We have been a provider since 2017 and have made little progress in developing our ability to deliver services. The manager has undertaken to complete a survey of potential clients for the services that we have agreed to offer. He will report back to the Board in the near future. If you are a potential client or know of someone in need of services please contact the manager at ACRC.

Being able to provide services to NDIS clients allows us not only to help and support our NDIS clients but is also a way in which we can provide work and training within our community. Additionally, we are considering the option to engage trainees and, at the suggestion of staff to engage with students from TAFE as part of their practical work training. These two ideas will not only provide practical training but will also create job and work opportunities for members of our community.

The Board would like to congratulate the NAIDOC award recipients, in particular Aunty Pat Field whose long time commitment to ACRC and our community continues to contribute so much to cultural knowledge.

Yindyamangidyal,

Can't afford new glasses?

You may be eligible for a free pair of prescription glasses.

To find out if you are likely to be eligible: Contact the NSW Spectacles Program.

Phone: 1300 84 74 66

Email: spectacles@visionaustralia.org

Visit: visitaustralia.org/spectacles

Eligibility criteria apply. A recent Centrelink Income Statement is required at time of application. Spectacles can only be supplied by Optometrists/Optical Dispensers that are registered with the NSW Spectacles Program.



Your Health is in Your Hands

Did you know that Aboriginal and Torres Strait Islander people of all ages are eligible for an annual 715 health check?

Aboriginal and Torres Strait Islander people have higher rates of chronic disease than the non-Indigenous population, as well as a lower life expectancy. Yet nationally, only 30% of people are getting their 715.

Having a regular health check can help reduce the risk and likelihood of chronic disease and illness.

The 715 health check is:

- free at all Aboriginal Medical Services and bulk billing practices
- available to Aboriginal and Torres Strait Islander people of all ages annually and
- provides access to follow up services to help manage chronic health conditions

For more information visit www.health.gov.au/715-health-check.



Why get immunised?

Immunisation is a safe and effective way to protect you and your children from harmful, contagious diseases. It also safeguards the health of other people, now and for future generations. Before vaccination campaigns in the 1960s and 1970s, diseases like tetanus, diphtheria, and whooping cough killed thousands of children. Today, it is extremely rare to die from these diseases in Australia.

Protect yourself: All diseases we vaccinate against can cause serious ongoing health conditions, and sometimes death. Immunisation is a safe and effective way of protecting you and your child against these diseases.

Protect your community: Immunisation protects more than yourself and your child from serious diseases. When you are immunised, you protect yourself as well as helping to protect the whole community. When enough people in the community are immunised, it is more difficult for these diseases to spread. This helps to protect people who are at more risk of getting the disease, including unvaccinated members of the community. This means that even those who are too young or too sick to be vaccinated will not encounter the disease. We call this 'herd immunity' and it can save lives. [Vaccination rates](#) are over 93% for 5 year olds in Australia, but this needs to be higher. Find out more by watching the [Immunisation facts in 90 seconds video](#) on the Get the Facts website.

Manager's Message

Firstly I would like to start to congratulate Aunty Pat Field for her well deserved and long overdue Naidoc Award and recognition of her dedication and continued hard work for our people and our community. I would also like to pay homage to all the other unsung heroes who work diligently behind the scenes helping family and friends.

I would now like to thank all the volunteers who have helped ACRC since its inception and I would ask that these volunteers or people who know these volunteers to come forward to help me to pay recognition for all of their hard work.

I wish each and everyone here happiness and I would like for us all to start coming together more frequently to share culture and to support each other socially and emotionally.

I would like the community to come forward and help me set up a mentoring system where elders are given respect and the opportunity to show and teach what they know. I thank each and every one of you in advance for coming forward with ideas so that we can build this community in the positive way which we deserve.

Yours sincerely,
Wayne Cornish

Casual Driver position

ACRC is looking for a casual driver to support our community with transport in the Blue Mountains. Applicants must hold a full drivers licence and have a Police and Working with Children Check.

As ACRC is an Aboriginal community organisation we highly encourage Aboriginal applicants from the local area.

Employment is casual at the rate of 27.39/hr.

For more information or to submit a resume please email:
manager@acrc.org.au.

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

Falconbridge

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.

Aboriginal Women's Wellness and Cooking Group



Free, practical and fun group, facilitated by Auntie Bev Eaton, will include a mixture of cooking for health and trying out some physical activities.

When :

Thursdays starting August 15th for 5 weeks from 10am to 1pm

Where :

ACRC
Katoomba

Bookings :

Essential.
Call 4782 5133 to secure your place

Bookings essential call

4782 5133 to book you place



This group is a partnership between

Blue Mountains Women's Health & Resource Centre and

Blue Mountains Aboriginal Culture and Resource Centre and funded by the Blue Mountains Food Co-Op

Elders Outing to La Perouse

Tuesday 27th August

**Pickups start at 8am
should return up the
mountain about 4pm
Morning Tea provided
Please bring money
for lunch ...**



**Bookings essential
Call Jade on 4782 6569 or
0439 595 181 to book.**



Blue Mountains Aboriginal
Culture and Resource Centre

Koori Playgroup

**Every Monday
Morning During
School Term**

Starting at 11am Dora Street,
Katoomba NSW 2780
At Greenwood Education Centre

For more information,
Call Raylee on 02 4782 6569

