



BLACKMAIL FEBRUARY 2018

Manager's Message

Hello and Happy New Year! Yes, it's a bit late for happy new year, however this is my first letter for 2018.

I would like to start by letting you know that everyone is welcome here at ACRC and that everyone's opinion and worth is of equal value.

If you feel that you're not welcome or if you have not dropped in for a long time, please come in for a cuppa and a yarn and we can start to walk the path of life side by side and not mountains apart.

As you all know ACRC is a very small organisation and we are asked to provide support and services for all Aboriginal people across the Blue Mountains, which can be a hard task to do, considering it is the same distance as what it is from Penrith to Central station. Now many of us may know that Redfern Medical centre is not asked to provide service to people in Mount Druitt or as far out to Penrith. We are the only Aboriginal organisation in the Blue Mountains so in essence we do have to provide service for all Aboriginal people in the Blue Mountains, which I would truly like ACRC to have the capacity to do so.

Therefore, in 2018 there is going to be a few changes here at ACRC. We are going to strive to help and support as many of our community members as possible, even if we are not funded to do so. ACRC's aim will be to ensure that if any community members need support, they are connected with what they need.

I will apologise in advance as I know we won't meet everyone needs, but I can assure you that we will continue to do our best for the Blue Mountains community.

If you or any one you know have any suggestions on how we can better serve our community, please feel free to contact me and I will be more than happy to sit down and have yarn. I look forward to seeing you all throughout the year.

Kind regards,

Wayne Cornish

ACRC PROGRAMS

Elders Support Service

We hope to see you at first Lunch on the 6th of February.

Give me a call we need to catch up and have a yarn on how we can best support you together this coming year. If you want some support going to the doctors or some help around the home or anything else, we can help you with let us know. We have lots of outings coming up in 2018.

Look out for the February Elders calendar of events.

happy Birthday to all those who celebrate their birthdays this month.



Blue Mountains Aboriginal
Culture and Recourse Centre

Koori Playgroup

STARTING BACK

February 5, 2018

Starting at 11am Station Street,
Katoomba

Family Support worker – Raylee is available Monday to Friday between 9am – 5pm, supporting families with children between the ages of 0 -5yrs. Raylee works closely with families to ensure they have a strong connection to community and support services. Please call Raylee if you would like to join the playgroup, need information about family support or just want to have a yarn. 0419 122 608 or email familysupport@acrc.org.au

ELDERS OLYMPIC MEETING

Places are full as from June last year. The 2018 team will meet at ACRC on Tuesday 6th of February at 10 am to meet and discuss

- Safety Group Rules
- Ongoing meetings
- Shirts
- Training
- Banner design

The Young, Strong and Deadly youth program will resume throughout the Blue Mountains, Lithgow, Nepean and Hawkesbury regions in 2018.

We will continue to provide opportunities for youth to connect with others and share cultural knowledge.

Dates of upcoming programs will be confirmed shortly.

We look forward to working with you all,

The Young, Strong and Deadly team

The Closing the Gap program at ACRC in 2018

Closing the Gap is a program that helps Aboriginal & Torres Strait Islander people in three ways:

1. Better healthcare
2. Access to cheaper medicines
3. Dedicated care coordinators and Aboriginal support workers to help support your health

The Closing the Gap (CTG) program supports Aboriginal and Torres Strait Islander people in the Blue Mountains and Lithgow with chronic diseases to access mainstream primary care health services in their local area. NCNS employs Aboriginal outreach workers and care coordinators who link Aboriginal people to the care they need to support staying healthy. They do this by working closely with your own GP. The program helps people to get good healthcare early, to have regular health checks and its someone friendly who can help to navigate the healthcare system.

Through this new partnership with ACRC the Closing the Gap program is right there in your community.

See your Aboriginal Outreach Worker for Closing the Gap at ACRC on the first Friday of every month – starting on 2nd February 2018.

Or you can Call or see our Care Coordinator (Vicki) – every Thursday and Friday at Thrive Family Services Katoomba. And you can call the Close the Gap number anytime for assistance on 02 4706 0299

Join us at Penrith Regional Gallery for

CREATIVE APPROACHES TO WORKING THERAPEUTICALLY WITH FAMILIES AND COMMUNITIES WITH SUE WILDMAN AND AUNTY BEV EATON

Tuesday 27th February 2018

COST: \$93.50 MEMBER OR \$154.00 NON MEMBER

Discover the theory and processes involved in art therapy and art as therapy in this introductory workshop. Learn about different approaches that can be used with individuals, families and groups. This workshop will incorporate experiential activities using different techniques and arts media to enable hands-on experience. Best Practice, evidence based workshop. You do not have to be an artist to attend, it is for anyone who would like to learn about the benefits and therapeutic use of art and craft.

Register Online: www.leadpda.org.au Phone: 9620 6172 or Bindi 0439 002 379 Mon - Wed or email: bindim@leadpda.org.au

Time: 9am - 4pm

Where: Penrith Regional Gallery, 86 River Rd, Emu Plains

This workshop is for Aboriginal and Torres Strait Islander Workers only



Healing Through Creativity 2018

Relax with watercolour or craft activities, followed by a delicious lunch.

For people living with or recovering from mental illness.

10am - 12:30pm
1st, 3rd & 5th Wed
of each month
during the school
term

Mid Mountains
Community Centre
9 New St Lawson
\$10 includes tutor
fees, material and
lunch

Call Leesa to enquire on 4759 2811



HTC is a Blue Mountains Food Services Project that receives funding from State and Commonwealth Governments.

SPRINGWOOD NEIGHBOURHOOD CENTRE AND KATOOMBA NEIGHBOURHOOD CENTRE ARE PROUD TO INTRODUCE A NEW GROUP IN 2018

PEERS IN RECOVERY

FOR ANYONE WITH A LIVED EXPERIENCE OF MENTAL HEALTH ISSUES

GOLD COIN DONATION

The group will run on the first Wednesday of the month during school terms. The first group will be

1:30pm-3:30pm
February 7th, 2018
The "Green Room" at The Springwood Hub
104-108 Macquarie Rd Springwood.

Please call Faye on 0430 035 253 to RSVP or for more information



The Blue Mountains Aboriginal Culture & Resource Centre would greatly like to thank Blue Mountains Food Co-Op for their continued support for our community.

Their generous support helps build healthy change into the community and we greatly value and appreciate all of their input.

Thanks to Gateway Family Services for their support with their Christmas Hampers this past year. Your amazing work builds for more sustainable supported communities.



Robert Harvey's Website

Hi there,

As some of you may have been aware I have been doing a TAFE course in Photography and Photo-imaging. The good news is that I have passed and now am a fully qualified professional photographer. I have a website called Robert J Harvey Photography, the address is

<https://rob1969RobertHarvey.myportfolio.com>

So, feel free to have a look and drop me a message if you would like.

Thank you to all that have helped this process.

Many thanks,
Robert Harvey

THANKYOU to 'It's In The Bag' for their support with the bags this past Christmas. Their work Ensuring everyone is afforded the dignity so many of us take for granted

<https://www.facebook.com/sharethedignity/>



Firethorn

Pyracantha spp.

Family: ROSACEAE

Description

Fiercely thorny shrubs or small trees up to 4m tall. Leaves narrow and oblong-shaped, arranged alternately along stem. Upper surface glossy dark green, lower surface pale green, hairy.

Masses of white flowers in branched clusters occur in spring to summer, followed by masses of yellow to orange-red berries in late summer to autumn.

Resourced from

<http://weedsbluemountains.org.au/weeds/watsonia-2/>



Welcome to the
Aboriginal Culture
&
Resource Centre.

We proudly
acknowledge & respect the
Dharug & Gundungurra
people as traditional
owners of this land.

(02) 4782 6569

admin@acrc.org.au

www.acrc.org.au

[facebook.com/BlueMountainsAboriginalCultureResourceCentre/](https://www.facebook.com/BlueMountainsAboriginalCultureResourceCentre/)

Mon - Thurs 9am-5pm, Friday 9am - 12pm