



**BLUE MOUNTAINS ABORIGINAL CULTURE AND RESOURCE CENTRE
BLACKMAIL NEWSLETTER MARCH 2020**



We Proudly Acknowledge and Respect the
Dharug and Gundungurra People
as Traditional Owners of this Land

ACRC ELDERS LUNCH

TUESDAY 24th OF MARCH

12PM - 2PM

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

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

ACRC ELDERS MORNING TEA

TUESDAY 31st OF MARCH

10AM – 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 April 2020:

Elders Lunch: Tuesday 7th of April, 2020

Morning Tea: Tuesday 21st of April, 2020

**ACRC
OPENING HOURS**

Monday to Thursday 9am-4pm

Closed for lunch 12.30-1.00pm

Friday 9am-1pm

ACTING MANAGERS MESSAGE

Hello ACRC community. My name is Mick Beltran and I am temporarily acting in the Manager's position whilst progress is continuing towards the recruitment of a new ACRC Manager. I am with you only on a part-time basis and my aim is to try to assist the business of the organisation to function properly and be in a reasonable state for the new Manager.

As I have worked with ACRC previously (in 2018 for NDIS project and other work) many of you may recognise me. I was always really keen to work with Wayne when he was Manager here as I was most impressed by his passion and drive to improve ACRC and the service that it provides to community. I promise, though, that I won't try to imitate his extraordinary sense of humour.

At the time of writing ACRC is progressing from the stresses that the spring and summer brought with it and it is worthy to note that the NSW Independent Bushfire Inquiry chose to visit us recently and heard of the damage, disruption and concern that beset the community. Adrian Hansen from Aboriginal Affairs joined with us at that gathering.

It is a privilege to work with your Board of Directors and I know that we are in good hands. I also commend the staff for their diligent efforts and willingness to address the challenges that bushfire related events and sickness and uncertainty have brought to us.

Looking forward to joining with you as opportunities arise.

FUNNEL WEB SPIDER SEASON

What you need to know about spiders

There are five spiders that regularly cause concern to members of the public in this area. Of these only the funnel-webs and red-backs are currently considered dangerous though there are others, such as mouse spiders, which are rarely encountered but potentially dangerous. Any spider larger in size than a dollar coin should be treated with respect, as all spiders have venom glands, though only the large species have fangs able to puncture human skin. The following safety rules apply to all spiders:

1. Do not leave clothes, shoes, towels, etc. on the floor
2. Check shoes before putting them on
3. Do not walk about at night without footwear
4. Do not handle spiders that appear to have drowned in pools, buckets, etc.
5. Wear gloves when gardening or working outside

First Aid

1. Keep the bite victim calm and immobile.
2. For a funnel-web bite, apply a pressure-immobilization bandage to the bite site and the adjacent limb. For example, a bite on the finger should be treated by bandaging the entire arm. Further restrict movement by applying a splint.
3. For a red-back bite, the only first aid required is the application of an ice pack to the bite site to reduce the pain.
4. Seek emergency medical assistance immediately.

For drop off points for the Spider Anti Venom program please visit
<https://reptilepark.com.au/venom-program/spider-first-aid-drop-off-points/>

FINANCIAL COUNSELLING SERVICES

Credit and Debt Hotline 1800 007 007

Financialcounsellingaustralia.org.au

Moneycare (Salvation Army) salvos.org.au/need-help/financial-assistance

Katoomba—Tuesdays 0428 469 942

Penrith—Mondays & Wed 0438 708 264

This service provides free and confidential counselling. By appointment only.

CatholicCare Social Services

4751 4956 ccss.org.au

Provides a financial counselling outreach service each Friday by appointment. Shop 3, 163 Macquarie Rd, Springwood.

Wesley Counselling Service

4723 9217 wesleymission.org.au

Provides a free counselling outreach service at the Lower Mountains and Winmalee Neighbourhood Centres and at Thrive Services in Katoomba for people under financial stress. By appointment only.

Gambling Help 1800 858 858

Gamblinghelponline.org.au

FOOD AND FOOD VOUCHERS

Blackheath Area Neighbourhood Centre

4787 7770 (no vouchers)

265 Great Western Hwy, Blackheath

Thrive Services 4782 1555

2 Station St, Katoomba

Belong Blue Mountains—Katoomba Neighbourhood Centre

4782 1117 8 Station St, Katoomba (no vouchers)

Belong Blue Mountains - Mid Mountains

Neighbourhood Centre 4759 2592

7-9 New St, Lawson (no vouchers)

Salvation Army 4782 9251

St Hilda's Anglican Church 4782 1608

Springwood Neighbourhood Centre 4751

3033 104-108 Macquarie Rd, Springwood

St Vincent De Paul 1800 606 724

Vinnies.org.au/find help (food and bills)

Winmalee Neighbourhood Centre

4754 4050 62 Whitecross Road, Winmalee

MENS SHED ASSOCIATION

- prioritises the wellbeing of all men valuing the role that Men's Sheds play in the prevention of social isolation by providing a safe, friendly and welcoming place for men to work on meaningful projects and to contribute to the wider community.
- will endeavour to always address the needs of Men's Sheds and to source further funding and resources for the direct benefit of sheds.

Men's Sheds registered with the Australian Men's Shed Association are to maintain an open door policy and conduct themselves in a non-discriminating manner, have a minimal membership or joining fee, ensure and observe safe work practices, aim at improving the well-being of all men and support their community.

As part of the Australian Men's Shed Association's Funding Agreement, the Association is committed to providing practical support for existing sheds, provide assistance in the development of new sheds, attracting and securing corporate sponsorship, raising awareness of men's sheds, encouraging engagement and participation, improving the health and wellbeing of all men.

The national service provider now has over 1050 Men's Sheds, representing an estimated 150,000 individuals and employs nine staff.

The Men's Shed concept was an Australian initiative from very humble beginnings; the idea has now spread internationally with Men's Shed Associations operated by health authorities and other entities in Ireland, UK, New Zealand, Canada, US, Kenya, and South Africa. At the 4th National AMSA Conference in Brisbane 2011, a meeting of representatives from New Zealand, Ireland, UK and Australian Men's Shed Associations took place. This led to the creation of an international affiliation of Men's Shed Associations, with AMSA taking the lead role in developing this Federation. It is aimed at sharing knowledge, developing Men's Sheds in other nations and making representations to the World Health Authority on the benefits of Social Inclusion in relation to health.

<https://menshed.com/>

Katoomba Mens Shed 4782 7433

6 Orient Street, Katoomba

Blackheath Area Mens Shed 4787 5773

8 Bundarra Street, Blackheath

Central Mountains Men's Shed

0425 271 029 5 Queens Rd, Lawson

Lower Mountains Men's Shed 4751 2663

19 Calver Ave, Mount Riverview

Lithgow District Men's Shed Association Inc

0425 294 824 1 Fred Burley Drive, Lithgow

Gateway Family Services Upcoming Programs (Term 1)



Program	Date & Time	Location	Registration
Let's make art together A creative & connecting time for you and your little one. Open to Parents, Grandparents and Carers. Babies in arms welcome.	Every Monday 2nd Mar - 23rd Mar 10am - 11.30am *Younger Siblings Welcome	Gateway Family Services 14 Oak Street KATOOMBA	Gateway 1300 316 746 (free call)
No scaredy Cats Strategies to help your child reduce anxiety and build resilience. This group will assist you to understand how anxiety develops and how to offset its progress whilst providing some strategies for its management.	Every Wednesday 4th March—18th March 10.00am to 12 noon *Childcare available	Gateway Family Services (Penrith premises) Cnr Henry & Station St PENRITH	Gateway 1300 316 746 (free call)
Tuning In To Kids Emotionally intelligent Parenting Learning to better talk and understand your child to help manage your child's emotions and behaviour.	Every Monday 23rd Mar - 30th Mar 10.00am - 12 noon *NO Childcare	Blackheath RSL Cnr Station Street & Bundarra Road, Blackheath	Gateway 1300 316 746 (free call)

ACRC KOORI PLAYGROUP

LOCATION

Greenwood Early Education Centre
 Dora Street, Katoomba
 Mondays 11am to 1pm
 School Term only

At playgroup you can:
 Meet new people
 Make new friends
 Learn through play
 Have lots of fun

Lunch provided

Playgroup Co-Ordinator
 Raylee Wall 0439 028 652
familysupport@acrc.org.au



The mental health impacts of Australia's bushfire crisis

For people with a history of trauma, the world can feel like an unsafe place. As bushfires burn across Australia, these feelings can intensify.

The mental health impacts of traumatic events like the bushfire crisis can be huge, and long lasting. For people on the front lines, fighting fires or fleeing their homes, the danger is real and visceral. But for those further removed geographically from the fires, breathing smokey air and reading harrowing media reports can also be extremely distressing and triggering. Everyone in Australia needs mental health support during this difficult time, and we've already seen many heartwarming examples of people looking out for each other, in the spirit of mateship. But we must also remember that the impacts of this crisis will ripple out far beyond this moment. We need robust mental health support to be available not just during an emergency, but also well into the future. For people with a history of trauma or [post traumatic stress disorder](#) (PTSD), this is particularly important. These people can be incredibly resilient in times of crisis, and often step in to help others in need. But after the worst is over, the delayed impact on them can be significant. SANE Australia is committed to supporting people navigate the lasting impacts of the bushfire crisis and other traumatic events.



Get Support

If you (or someone you know) needs support - the [SANE Help Centre](#) is open from Monday - Friday, 10am - 10pm AEST. Our team of counsellors are available by phone, web chat and email, so you can comfortably communicate in the way that feels best for you.

We can provide you with counselling, support, information and referrals, and we specialise in assisting adults who identify as having a complex mental health issue, complex trauma or high levels of psychological distress.

We also provide support to the family or friends that care about these people.

If you'd like to chat with other people who understand what you're going through, the [SANE Forums](#) are online 24/7. There's one Forum for Lived Experience, and another for family, friends or carers. The Forums are anonymous, and moderated by health professionals, to keep the conversation safe and supportive.

The Australian Government has recently announced a mental health support package for people affected by the bushfires. If you have been affected by recent bushfire events and would like to access these supports you can call the Australian Government bushfire disaster assistance line on 180 22 66 or visit: <https://www.lifeinmindaustralia.com.au/mental-health-support-for-bushfire-affected-communities>

SANE is not a crisis service. If you're feeling distressed and need urgent help now, call 000 or contact:

Lifeline: 13 11 14

Suicide Callback Service: 1300 659 467

Kids Helpline: 1800 55 1800

Bushfire Mayoral Relief Fund

A Blue Mountains Bushfire Mayoral Relief Fund has been created to help our community recover and rebuild, following recent bushfires.

This registered fund will provide funding toward projects that contribute directly to the recovery and rebuilding efforts of any fire affected residents in the Blue Mountains. It enables the Australian community to assist our local community in their time of need.

Tax deductible donations can be made to the following account:

BSB: 082 656
Account: 46 179 2573

Via:

- Internet banking
- Telephone: 02 4780 5000
- Council Offices: 2 Civic Place, Katoomba / 104 Macquarie Road, Springwood, or
- At any National Bank branch.

For more information go to Bmcc.nsw.gov.au/MRF.

Thank you for donating to this significant local fund.



Life after the bushfires

Narrow neck regenerates after devastating bushfires earlier in the year. It brings hope and joy seeing these photos.

Photo credits: Marion Whitehead, Katoomba resident



Volunteer for Bushfire Recovery

Following this season's unprecedented bushfires, you can register your interest to help the NSW National Parks and Wildlife Service (NPWS) and the Saving our Species program rehabilitate and protect our threatened animals and plants.

Register as a volunteer now

<https://www.nationalparks.nsw.gov.au/volunteer-bushfire-recovery>

Details of how and when you can contribute to the recovery process will be provided after you register. First we need to do some extensive assessment, research and logistical planning for the recovery activities. The identification of bushfire recovery activities for volunteers may take some time so we appreciate your patience and understanding.

Depending on the area or species affected, there may be a range of roles available and various skills needed. Each national park and region of NSW is likely to have different needs.

Please note that the current focus for NPWS is our fire response. It may be some time until we can contact registered volunteers and give further updates on volunteer activities. If your area of interest is wildlife, find out how you can help injured wildlife and find a wildlife carer organisation.