

# BRAT NEWS

*Broadmeadows Resident Advisory Team*

## A WORD FROM OUR PRESIDENT

JOHN RUTHERFORD JUNE 2022

Dear Residents,  
It is hard to believe that we are half way through 2022?

### Ongoing concerns with Covid 19

While on the one hand there has been a relaxation of regulations concerning Covid 19 on the other hand the virus remains a very serious health issue for all of us.

Vaccines have made us feel safer and public messaging has increasingly told us that Covid is now a matter of personal not government responsibility.

The difficulty we face as a community is that on Friday 8th July 2022, there was 256,000 active cases, 3977 people in hospital and a death toll passing 10,000 milestone last week.

The number of Covid 19 related deaths per day in Australia as proportion of the population is significantly higher than the U.S.A, United Kingdom, France or Canada, according to information from "our world in data".

More Victorians are dying than in any other Australian State, an average of 18 people per day.

All of this explains the enormous disruptions to every aspect of our social and business life, especially to our hospitals, of health and aged care services.

### What can we do to protect ourselves.

Residents are asked to give serious consideration to the scientific advice of our senior epidemiologists.

- 1) That residents should wear masks in indoors and all crowded areas. In particular high quality (N95/P2) masks should be used.
- 2) That there be a reduction in the size of indoor gatherings and ensure that they take place in well ventilated areas.
- 3) Continue to practice the mandatory wearing of masks on public transport particularly trains, trams and buses.
- 4) Residents are encouraged to be vaccinated with both Covid and flu vaccines, test when you have symptoms, isolate when sick and properly quarantine when exposed.
- 5) That governments and businesses continue to listen and act on the advice of chief health officers.

### Successful "Elvis-Presley" Event

Congratulations to Dallas Neighbourhood House and BRAT for arranging the Elvis Presley impersonation performance on Tuesday 28 June, 2022.

It was a very well attended event at Broadmeadows Community Hub and a real pleasure to hear the artist performing many of Elvis's top hits and a joy to witness members of the audience singing, dancing and moving in time with the music.

The very active participation of people in this excellent activity gave the very clear impression that future initiative of this type would be welcome.

### Retirement of Raphael Merola

On Friday 8th July 2022 Raphael Merola or Raph as he was popularly called retired from Hume City Council.

Raph had worked for council for 19 years and was part of the Broadmeadows Community Hub administrative and customer support staff for the past three years.

During this time BRAT members worked cooperatively with Raph who was a good natured easy going person who was always available to follow up on matters on behalf of residents.

On behalf of BRAT thank you Raph for your most worthwhile contribution to residents general welfare during your time at the Hub and wish you a long contented and rewarding retirement.

### Take care and stay safe.

John Rutherford  
Chairman BRAT



# BRAT; WHO WE ARE AND WHAT WE DO

We are a group of volunteers and students on placement supervised by DNH, who help residents with issues primarily relating to housing as well as other issues of concern.

We hold two to three events annually that focus on topical issues or concerns in and around the Broadmeadows area. We support and promote activities and training to the local community on behalf of them and other organisations.

Some of our main inquiries are:

- Food Parcels
- Applications for Power saving bonus
- Help filling out forms; Centrelink, passports, citizenship and school applications
- Referrals to the VPTA (Victorian Public Tenants Association) regarding housing issues that they were not able to resolve on their own but with the help of Michael and his fantastic team, we have happier public housing tenants in our community.
- Resumes and applying for jobs online.



*BRAT exists to represent the voice of local residents in the 3047 area and surrounds.*



## BRAT OPEN MEETINGS

BRAT holds regular meetings.

We will discuss local issues affecting you.

Plan topics for forums.



It's a great opportunity to get to know your neighbours, and also talk about the positives along with the negatives of living in the Broadmeadows community.

If you have any topics you would like us to look at pop in to the office and let us know. We would love to hear your ideas!



**Dates & Times: Keep an eye on facebook and our website for upcoming dates. Drop in & ask or ring 03 9302 2131**

## BRAT ASSISTANCE APPOINTMENT SERVICE

If you have an issue let us try and help! Broadmeadows Resident Advisory Team is a group of volunteers who can offer help with;



- Assistance finding and contacting support services in our local community



- Assistance completing forms
- Free computer access (bookings required)
- Just ask a question and we will do our best to help



**Dates & Times:**

**Monday - Thursday**

**10am - 1pm**

**To make a booking please contact BRAT on 03 9302 2131**

# BRAT EVENT - EVLIS TRIBUTE

On Tuesday 28 June we had our first public event for the year.

Unfortunately due to illness our speaker from the VPTA was unable to attend. We still went ahead with the Elvis impersonator and lunch. It was fantastic! Dancing, singing & so many happy faces around the room. Just what we all needed a major boost to our mental health and feeling connected to our local community again!



## CLEAN UP AUSTRALIA DAY

BRAT signed up to help clean up Australia. We walked from our building and thru Olsen place filling 5 rubbish sacks! Karen Sherry (Hume Councillor) joined us and we met some interested community members and shop keepers along our way!



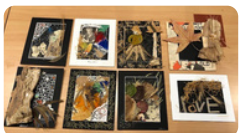
## HEALTH EVENTS & MESSAGES OUR WAY

Dallas Neighbourhood House was lucky to be given some recent funding to provide health messages our way! The events have been really popular here are some examples:



### **Taking a little me time workshop**

DPV health led information/discussion on the importance of self care & advice on skincare on a budget from a local Beautician



### **Taking a little me time Art workshop**

Participating in art and self expression using low cost/found materials, take time out from everyday life, daily stress & create something beautiful.



### **Health & Nutrition on a budget**

DPV health talk on nutrition, followed by budget & creative gardening talk/discussion & planting herbs to take home.

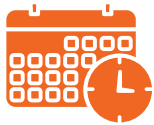


### **Cook your food Parcel - Cooking demonstration**

Using food parcel ingredients we demonstrate new ways items can be made into a meal. Save money and create nutritious meals.

# FOOD PARCELS

Dallas Neighbourhood House runs a food parcel program which supplies food parcels to around 120+ households per week!



**THURSDAY'S 11AM - 12.30PM (BROADMEADOWS COMMUNITY HUB)**

**FRIDAY'S 10AM-11AM (CALIVIL ST)**

**APPOINTMENT NECESSARY  
RING 9302 2131 TO BOOK**



## Eligibility by suburb

Local need is so high that now we will only supply parcels to residents of the following suburbs:

- Broadmeadows
- Dallas
- Jacana
- Glenroy
- Campbellfield
- Meadow Heights
- Coolaroo



## Health Care, Pensioner or Refugee's

We will need to check your Health Care card, Pension or Immi Cards to prove eligibility and suburb residence, we will accept people who have submitted applications.



By appointment only - you must ring us to book by Wednesday each week for Thursday or Friday pick up. Ring 03 9302 2131

# POWER SAVING BONUS

The \$250 power saving bonus is now open to EVERYONE!!

Dallas Neighbourhood House is able to assist people to submit their applications.

This service is by appointment only please ring 9302 2131 to book your appointment.

We will need you to bring:



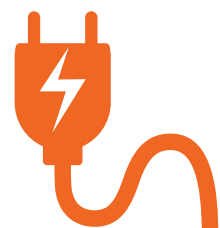
Your electricity power bill (electronic or hard copy)



Your bank account details you would like the \$250 payment to be paid into.



**\$250**



By appointment only - you must ring us to book on 03 9302 2131

# MEET ONE OF OUR PLACEMENT STUDENTS

**Name:**  
**Samiullah**



? **What are you studying?**

**A** A Diploma in Community Services at Stott's

? **What do you do in your student placement?**

**A** Help all round, in the office, food parcels and events.

? **Where do you think you would like to work?**

**A** Community center as a welfare worker.

? **What's your favorite thing about the hub?**

**A** Friendly environment, close to home, opportunities to see different programs and interacting with community members.

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# MEET ONE OF OUR VOLUNTEERS

**Name:**  
**Homira**



? **How long have you been volunteering at the hub?**

**A** About 5 years.

? **What made you want to be a volunteer?**

**A** Learning English and helping immigrant people.

? **What do you do in your volunteering role?**

**A** I help with the food parcel program and in the kitchen cooking soup for Tuesday's Soul Soup.

? **What's your favorite thing about the hub?**

**A** Friendship, best communication, nice people, good team working.

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# A BIG THANK YOU STUDENTS WHO HAVE COMPLETED PLACEMENTS IN 2022

We have been extremely lucky to have some fantastic students complete placements with us in 2022. Sad to see you leave but we wish you luck in your future careers.



Prem - Master of social work



Bec - Diploma of Community Development & Community Services



Nidhi - Diploma of Community Services



Taibu - Diploma of Community Services



Reema - Diploma of Community Services



# INTERESTED IN VOLUNTEERING?



## We are seeking Emergency Food Relief Logistics and Handling volunteers

Requirements of the role include:

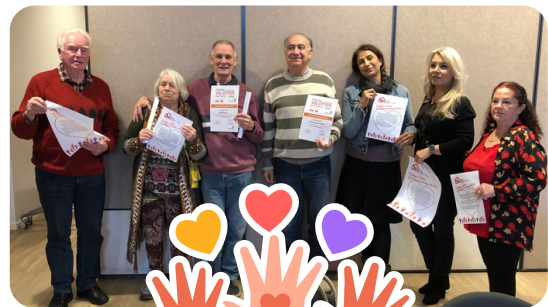


- Being physically able to bend and lift small boxes from pallets onto trolleys to bring inside.
- Being physically able to load these items onto shelves in our cupboard or walk in fridge inside the building.
- Demonstrated commitment to social justice principles.
- Good interpersonal and verbal communication skill.
- Reliable and punctual.
- Willing to commit to the role for a period of at least six months.
- Willing to undergo a Police Check (DNH will fund the cost of this)

None of the items will be particularly heavy work and will be done in pairs where required & trolleys will be used, but bending will be required.

## VOLUNTEERS WEEK

BRAT & Dallas Neighbourhood House have many more volunteers than they do paid staff. We could not function without our fantastic volunteers dedicating their time and energy to us! Volunteers mean we can run BRAT, our Board, both Food Parcel programs, Men's group, Bingo, Soul Soup, and every event we run! You are amazing people and we could not be who we are without your contribution!



This photo only shows about half our volunteers

## LETS CONNECT

"Lets Connect" is an event for families with pre-schoolers in Hume. It rotates locations across Hume throughout the year. In June, it was our turn to host! With over 100 people attending, they collected information, took part in small play activities, enjoyed story time, animal farm, coffee cart, popcorn & hot soup. If you have any pre-schoolers at home please keep an eye out for the next event.



Organisations include: Dallas Neighbourhood House, Hume Council, Uniting Vic Tas, Anglicare, Meadows Primary School, DPV Health and more

# 2022

## GET OUT OF THE HOUSE & MEET SOME LOCAL COMMUNITY MEMBERS

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### MEN'S GROUP

Our Men's group meets on Tuesday's at the Broadmeadows Community Hub.

A small group of local men who catch up for a chat and a cuppa.

**Dates & Times:**

**Tuesday 10.30am - 12pm**

**During school Terms**

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### COMMUNITY LUNCH - \$3

Join us for fun, friendship and food. Share a meal and meet new people without blowing your budget.

**Dates & Times:**

**Monday's 12.30pm - 1.30pm**

**Bookings Essential 03 9302 2131**

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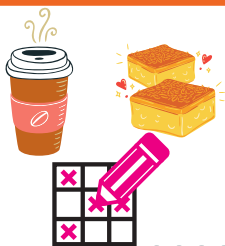


### SOUL SOUP - FREE

Enjoy a lunch of freshly cooked soup and bread that has been lovingly prepared by our wonderful volunteers. Help reduce waste by bringing your own mug. Vegetarian and halal friendly.

**Dates & Times:**

**Tuesday's 12pm - 1pm**



### COFFEE & BINGO - GOLD COIN

Join us for coffee, cake, friendship and some bingo fun! We've got a showcase of prizes (grocery items) up for grabs. Gold coin donation.

**Dates & Times:**

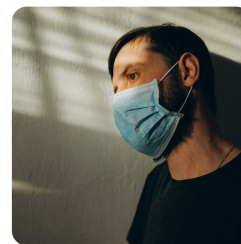
**Tuesdays 10.30pm - 12pm**

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# WHERE ELSE CAN I FIND HELP?

These are challenging times for us all. It is OK to ask for help, here are some numbers of organisations offering assistance:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800
- MensLine Australia 1300 789 978
- Suicide Call Back Service 1300 659 467
- Beyond Blue 1300 22 46 36
- Headspace 1800 650 890
- QLife 1800 184 527



Family Violence support services

- Safe Steps 1800 015 188 (24/7 line)
- The Orange Door 1800 2710 151
- Anglicare Victoria 03 9301 5200

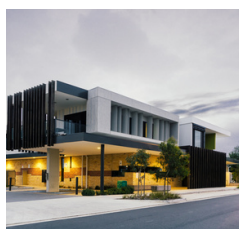


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## IMPORTANT DATES



- 1st July: NAIDOC Week
- 4th July: Independence Day (USA)
- 14th July: Bastille Day (France)
- 30th July: International Day of Friendship
- 1st Aug: Homeless Prevention Week
- 12th August: Red Nose Day
- 12th Aug: International Youth Day
- 26th August: Daffodil Day
- 1st Sep: Indigenous Literacy Day
- 4th Sep: Fathers' Day
- 17th September: Australian Citizenship Day
- 21st Sep: International Day of Peace
- 23rd Sept: AFL Grand Final Day
- 2 Oct: Domestic Violence Awareness Month
- 2 Oct: Daylight Savings Starts
- 10 Oct: World Mental Health Day
- 24 Oct: Diwali - Festival of Lights
- 11 Nov: Remembrance Day
- 10 Sep: RUOK Day World Suicide Prevention Day
- 3rd Dec: International Day of People with Disability
- 10 Dec: Human Rights Day
- 18 Dec: International Migrants Day
- 25 Dec: Christmas Day
- 26 Dec: Boxing Day
- 31 Dec: New Year's Day



### **Broadmeadows Community Hub**

**Address:** 180 Widford St, Broadmeadows, 3047

**Phone:** 03 9302 2131 or 0459 310 754

**Email:** [brat.residents@gmail.com](mailto:brat.residents@gmail.com)

**Website:** [www.dallasnh.org.au](http://www.dallasnh.org.au)