

## STAYING HOME LEAVING VIOLENCE (SHLV) OUTREACH at Doonside Cottage (2 Astral Drive, Doonside) every second Friday 9.30-3.30, starting 29 April

SHLV Blacktown is a program run by the WASH House Inc.  
If you need more information about SHLV contact the  
WASH House on 9677 1962 or at 5 Kelly Close, Mt Druitt



### SHLV can assist you in the following ways:

- Support you and your children to remain safely in your own home
- Alternative options for safe housing
- Risk assessments, safety audits and security upgrades for your home
- Information on AVO's and assistance at court
- Emotional and practical support
- Referrals to appropriate support services and counselling
- DV groups
- Advocacy

### The SHLV project works with women who:

- Are aged 18 years and over with or without children
- Have experienced intimate partner violence
- Have ended or are in the process of ending an abusive relationship

# SHLV

### Domestic Violence is a PATTERN OF ABUSE and CONTROL that includes:

- Physical Violence
- Threats of Violence
- Verbal/Emotional abuse and put downs
- Social Isolation
- Controlling your money
- Forcing you to have sex
- Stalking, including by phone, text and internet

## SHLV supports women and children to live free from violence.

DV affects all women regardless of age, sexual orientation, religious beliefs, culture and ethnic background

[www.bacc.org.au](http://www.bacc.org.au)

#### Marayong House

64 Falmouth Rd  
Quakers Hill 2763  
Ph: 9626 5312

#### Roving Child Care

64 Falmouth Rd  
Quakers Hill 2763  
Ph: 9626 5312

#### Doonside Cottage

2 Astral Drive  
Doonside 2767  
Ph: 9621 2937

#### Dean Park

9 Yarramundi Drive  
Dean Park 2761  
Ph: 9621 2937

#### Youth Program

64 Falmouth Rd  
Quakers Hill 2763  
Ph: 9626 5312

#### Paint Mt Druitt REaD

64 Falmouth Rd  
Quakers Hill 2763  
Ph: 9626 5312

# Where's Rooby Roo?



**ROOBY ROO** loves to visit lots of places in Mt DrUITt. She has been spotted in Westfield Mt DrUITt at our reading day, perhaps you can keep an eye out for her when you're out shopping and you might be lucky enough to meet her.

If you do see her make sure you get a photo together and send it to us here at BACC and we will send you a Rooby Roo goody bag.

Send your Rooby Roo pics to michelle@bacc.org.au or PO Box 4105 Marayong NSW 2148. We would love to share your photos on our Paint Mt DrUITt REaD Facebook page.

**ROOBY ROO** loves to visit Mt DrUITt Library to see what wonderful story books they have. Perhaps you can ask a grown up to take you there so you can borrow a book to take home and read. I know the people at the library love to see children visit and check out all the fantastic books they have there.

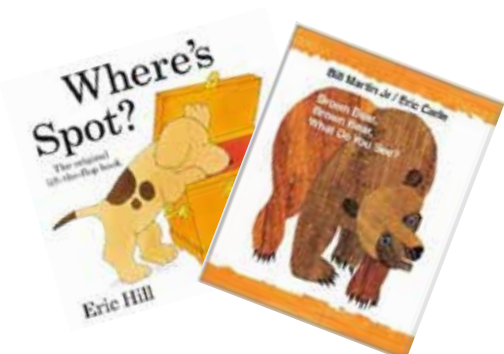


**ROOBY ROO** has spotted some Paint Mt DrUITt REaD reading boxes in Mt DrUITt. Did you know that if you see a reading box in a shop you can take a book home and read it and bring it back the next time you go there. Rooby gets so excited when she sees reading boxes around Mt DrUITt because she knows children love books just as much as she does.

## 5 Top Tips For The First 5 Years

Spend time together every day

1. looking and listening
2. talking
3. singing and rhyming
4. reading
5. drawing and writing



Some of Rooby Roo's favourite story books are 'Where's Spot?' and 'The Big Brown Bear'.



# YOGA

## @ DEAN PARK

WEDNESDAYS 9.45 - 10.45am  
9 Yarramundi Drive, Dean Park



## @ DOONSIDE COTTAGE

TUESDAYS 10:00 - 11:00am  
THURSDAYS 6:00 - 7:00pm  
2 Astral Drive, Doonside

### THE MOST BENEFICIAL ASPECTS OF YOGA INCLUDE:

- Increases endurance, strength and flexibility.
- Mental endurance and physical stamina are tested through holding postures for extended breaths.
- Arm and shoulder strength is multiplied as you use your own body weight for resistance.
- Lats and other back muscles begin to support the spine better than before.
- Abdominals and obliques are refined and sharpened through building core muscles.
- Poor and average posture begins to correct itself over time.



### MEET *Johanna Stuchley*

Hey, my name is Johanna and I'm from Nirimba TAFE doing my diploma in Community Services and I have been completing my work placement with BACC for the last few months.

I have loved working here as everyone in this organisation is so friendly and welcoming. I have found the programs that BACC runs are fun and exciting to be apart of, everyone here has been very supportive and wanting to help me with the work I need to complete for my studies. I can't wait to continue and complete my work experience here at BACC.





BACC has purchased a retired State Transit Bus with the vision of creating a Youth Space that the Youth of the Blacktown LGA can call their own.

**But we can't do it without YOU!**

We now have the exhilarating task of making it exactly what YOU want. BACC will be establishing a new Youth Committee to steer the project.

**To register your interest please contact us on 9626 5312.**





## MEET *Fuapepe Seiuli*

My name is Fuapepe and I am a third year student at the Western Sydney University, Parramatta campus, studying a bachelor of Social Work. I have recently started my work placement with BACC since the 1st February 2016.

My experience at BACC has been nothing short of amazing. I love the friendly staff members and clients that I come across on a daily basis. I have been given the privilege of working on a few of BACC's projects and programs which has been rewarding and it has broadened my perspective on building up communities. I look forward to the future and I cannot wait to use all the experience, knowledge and skills that I have gained at BACC for future employment.

## Baby Rhyme Time

Baby Rhyme Time is a fun, interactive half hour program for babies aged 0-24 months and their parents and primary caregivers. It facilitates adult-baby interaction, pre-literacy support and communication development through simple songs and action rhymes.

### **BABY RHYME TIME:**

- Models best practice in communication and pre-literacy activities for babies from birth.
- Creates a supportive environment for parents and primary caregivers to interact and engage with their baby.
- Provide positive key messages on the important role parents and primary caregivers play in their baby's language and early literacy development.
- Increases skills and confidence of parents and primary caregivers to use language and early literacy activities at home with their baby.
- Introduces BACC as a safe and welcoming place that offers a range of programs, services and resources.
- Reduce parents' and primary caregivers' social isolation by building relationships with other families living in the area.

**BABY RHYME TIME @  
DOONSIDE COTTAGE**  
THURSDAYS  
10:00 - 10:30 AM  
2 Astral Drive, Doonside



**BABY RHYME TIME @  
MARAYONG HOUSE**  
TUESDAYS  
9:30 - 10:00 AM  
64 Falmouth Road, Quakers Hill





# The World's Greatest Shave

***Being sponsored to colour, wax or shave your head, face or chest is a wonderful way to help support the continued research into blood cancers as well as helping families face the challenges associated with diagnosis***

Each March over 150,000 people are sponsored to either shave or colour their hair in support of research into blood cancer. These vital funds raised help support the continued research into effective treatment for blood cancer. In one day 34 Australian's will be diagnosed with leukaemia, myeloma or lymphoma and will need the support of organisations such as the Leukaemia Foundation. Although rates of survival are improving, blood cancers are still the third largest cause of cancer related deaths in Australia.

Community participation in helping raise much needed funds are vital for the continued research into blood related cancers as the Leukaemia Foundation does not receive ongoing funding from the government. In light of this BACC, with the support of management and workers at Blacktown City Council, Rooty Hill Depot held

a breakfast fundraiser at Rooty Hill Depot on Thursday 10th March, 2016. It was fantastic to see so many people coming along and generously supporting this event by either purchasing breakfast; buying raffle tickets or shaving their hair. BACC would like to say a huge thank you for your much needed support!

On Wednesday 30th March, 2016 BACC also participated in a community breakfast at William Dean Public School to help raise more funds for the Leukaemia Foundation. Children at the school were invited to join in on the fundraising efforts by attending school that day with "crazy hair".

Both of these events are a wonderful example of how communities can come together to support the continuation of important research.



# CARD MAKING

The custom of sending greeting cards can be traced back to the ancient Chinese, who exchanged messages of good will to celebrate the New Year, and to the early Egyptians, who conveyed their greetings on papyrus scrolls.

By the early 1400s, handmade paper greeting cards were being exchanged in Europe. The Germans are known to have printed New Year's greetings from woodcuts as early as 1400, and hand made paper valentines were being exchanged in various parts of Europe in

the early to mid 15th Century with the oldest valentine known to be in existence in the British Museum.

By the 1850s, the greeting card had been transformed from a relatively expensive, handmade and hand-delivered gift to a popular and affordable means of personal communication, due largely to advances in printing and mechanization, as well as the introduction of the postage stamp.



*Indigenous  
Cardmaking@  
Doonside  
Cottage*

Fridays  
10 am - 12 noon  
6 Astral Dr. Doonside



*Cardmaking@  
Dean Park*

Wednesdays  
11 am - 1pm  
9 Yarramundi Dr. Dean Park



*Cardmaking@  
Marayong House*

Wednesdays  
10 am - 12 noon  
64 Falmouth Rd. Quakers Hill





# Want to feel better, have more energy and perhaps even live longer?

Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore and the benefits of exercise are yours for the taking, regardless of your age or physical ability. Need more convincing to exercise? Check out these five ways exercise can improve your life.

## No. 1: Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories.

## No. 2: Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight, being active boosts high-density lipoprotein (HDL), or “good,” cholesterol and decreases unhealthy triglycerides. In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

## No. 3: Exercise improves mood

Need an emotional lift? Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

## No. 4: Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores.

## No. 5: Exercise promotes better sleep

Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep.



**MOVE IT & LOSE IT@  
MARAYONG HOUSE**

**THURSDAYS  
12:30 - 1:30PM**

64 Falmouth Road  
Quakers Hill

**MOVE IT & LOSE IT@  
WOODCROFT**

**MONDAYS  
9:30 - 10:30AM**

Antique Cres.  
Woodcroft Lakes  
(near Tennis Courts)

**MOVE IT & LOSE IT@  
DEAN PARK**

**WEDNESDAYS  
1:15 - 2:15PM**

9 Yarramundi Drive  
Dean Park