August Edition 2026

Social Support Newsletter



A Message from Teresa

Welcome!

Winter has certainly settled in across Ballarat, reminding us how important it is to stay connected with family, friends and our community.

Since our last newsletter in May, we've been busy planning the months ahead. We're excited to announce that our larger Multicultural Tucker events have returned and we are excited to welcome everyone back.

You may also notice some changes within our Social Support team. We are currently recruiting for a new team member, and we'd like to sincerely thank Chloe for stepping into the role while continuing her university studies. Her support has been greatly appreciated by both our team and our clients.

Thank you for your ongoing support. Stay warm, take care, and we look forward to seeing you at our upcoming programs.

Best wishes, Teresa

Welcome to our Hungarian Multicultural Tucker !





5 Fun Facts About Hungary

- Hungary is famous for paprika!
- The Rubik's Cube was
- invented in Hungary. It has become one of the world's best-selling toys.
- Budapest is known as the "City of Spas."
- The capital has over 100 natural thermal springs
- Hungarians celebrate Name Days
- The Hungarian Parliament Building is one of Europe's largest. Located on the banks of the Danube River in Budapest, it has 691 rooms
- Hungarian is one of Europe's most unique languages. Unlike most European languages, Hungarian belongs to the Finno-Ugric language family, making it very different from its neighbouring countries' languages.



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"Supported by the Australian Government Department of Health" Although funding for BRMC Social Support has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

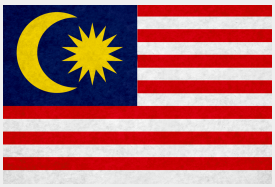
VICTORIA State Government

UPCOMING PROGRAMS...

MULTICULTURAL TUCKER

Join us for a three-course meal & cultural celebration!

Wednesday 14 October



Who can attend? ALL Clients!
Theme: Malaysia
Cost: $15 pp

Wednesday 9 December



Who can attend: ALL Clients!
Theme: Christmas
Cost: $20 pp

Bring Christmas decorations along for your table!

Venue: Ballarat Golf Club: 1800 Sturt Street Alfredton
Time: 12pm to 3pm

Tucker will now be celebrated every second month and can be enjoyed by all BRMC Clients!



Participants are warmly invited to bring cultural artifacts or attend in traditional dress as we celebrate and share the richness of our cultures.



Register by calling **0493 892 325**

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UPCOMING PROGRAMS...

SOCIAL HUB Art meets Ageing Well

Thursday 20 August

Guest Speaker: Registered Nurse, Louise: Heart Health & Blood Pressure Awareness
Activity: Scrap-booking/junk journaling





Thursday 17 September

Guest Speaker: Greg from Hearing Australia: Importance of Hearing Aids
Activity: Peace week activity

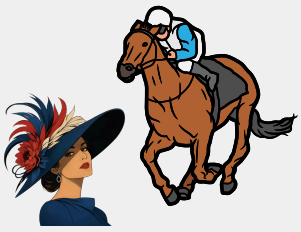




Thursday 22 October

Guest Speaker: Registered Nurse, Louise: Mental Health, Literacy, Food & Mood
Activity: Horse Racing craft activity





Thursday 19 November

Guest Speaker: TBC
Activity: Paint your own Tote Bag







Venue: Victoria Bowling Club: 231 Victoria Street, Ballarat East.
Time: 10am to 3pm
Cost: $15 pp

Register by calling **0493 892 325**

Delicious, healthy morning tea & lunch provided.
Join us for games and prizes following lunch!

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UPCOMING PROGRAMS...

Movie & Lunch - Wednesday 26th August

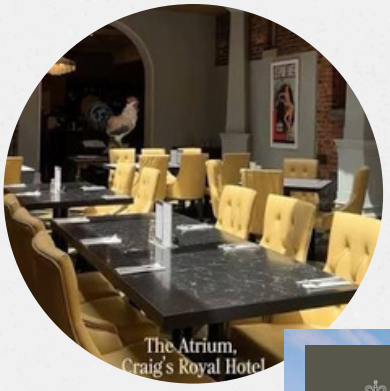
Palace Regent Cinema followed by lunch at Craig's Hotel

Join us for a wonderful day out!

Come along as we enjoy the heartwarming new film **Holy Days,** a delightful comedy-drama featuring Judy Davis, Jacki Weaver and Miriam Margolyes. Set in 1970s New Zealand, this uplifting story follows three eccentric nuns and a young boy on an unforgettable journey filled with friendship, hope and laughter.



Date: Wednesday 26 August
Time: 10.30am for 11am showing
Place: Palace Regent Cinema
Lunch: 1.30pm
Cost: $30 pp



Ticket includes:

- movie ticket
- snack pack & two-course lunch



Confirm your ticket
0493 892 325

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UPCOMING PROGRAMS...

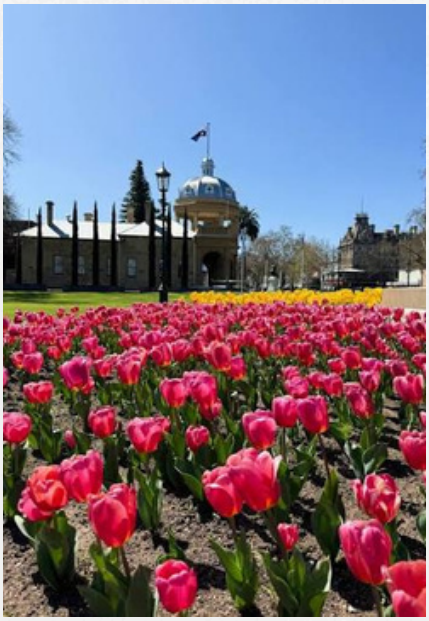
Bus Trip Wednesday 23rd September

Come along as we enjoy a Lavish Day Out in Bendigo!

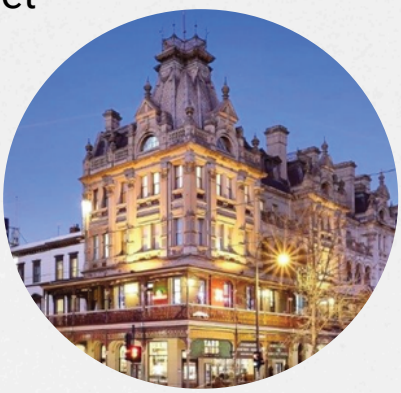
Indulge in a delightful day of elegance and relaxation as we begin with a delicious High Tea at the iconic Shamrock Hotel.

Afterwards, we'll enjoy a leisurely visit to the beautiful Bendigo Tulip Display and the stunning Bendigo Botanic Gardens, where you can soak up the vibrant colours and spring blooms.

To complete our day, we'll return to the Shamrock Hotel to enjoy a delicious two-course lunch before heading home.



Date: Wednesday 23rd September
Time: Departing 9am from the Victoria Bowling Club:
231 Victoria Street
Ballarat East
Cost: $45 pp



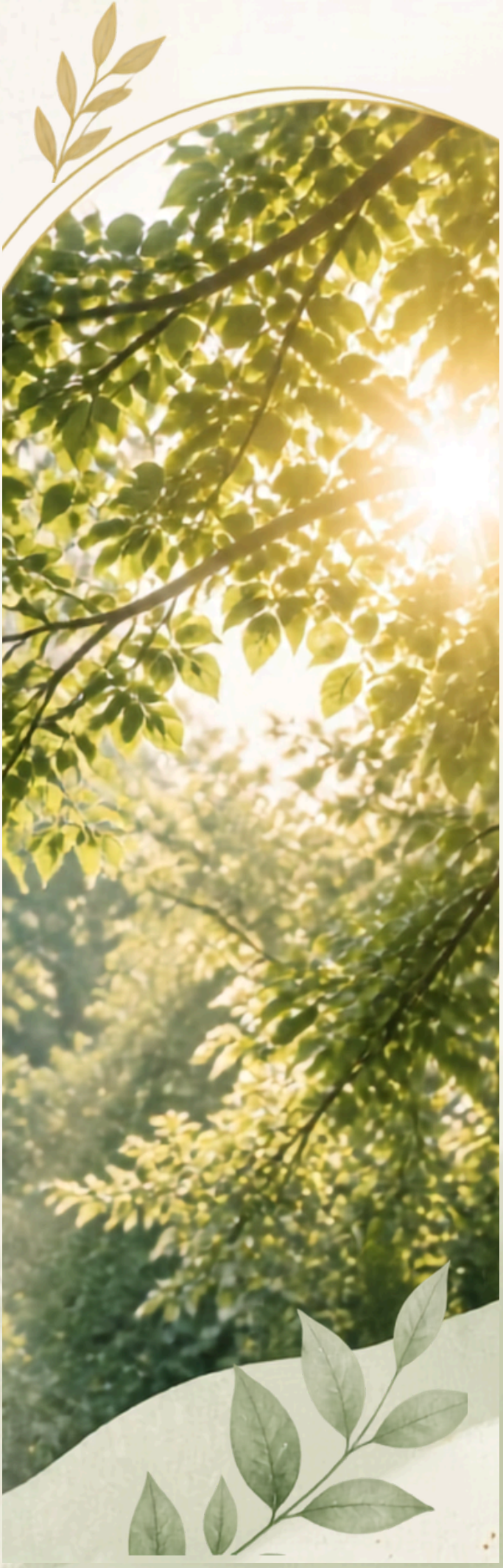
Confirm your ticket
0493 892 325



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RESEARCH SNAPSHOT:

How Trees Can Support Mental Wellbeing



A new Australian study by researchers from UNSW's Centre for Healthy Brain Ageing (CHEBA) and Australian Catholic University found that older adults living in greener neighbourhoods tended to experience **fewer symptoms of depression over time.**

Followed more than **1,000** adults aged **70–90** for over a decade.

Tree-lined neighbourhoods may encourage **more time outdoors, physical activity,** and **community connection.**

Even a short time outdoors among trees can help **reduce stress, improve mood,** and support **overall wellbeing.**

Nurture nature. Nurture mind.

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Happy Snaps 2026!

Thank you to all who participated !



















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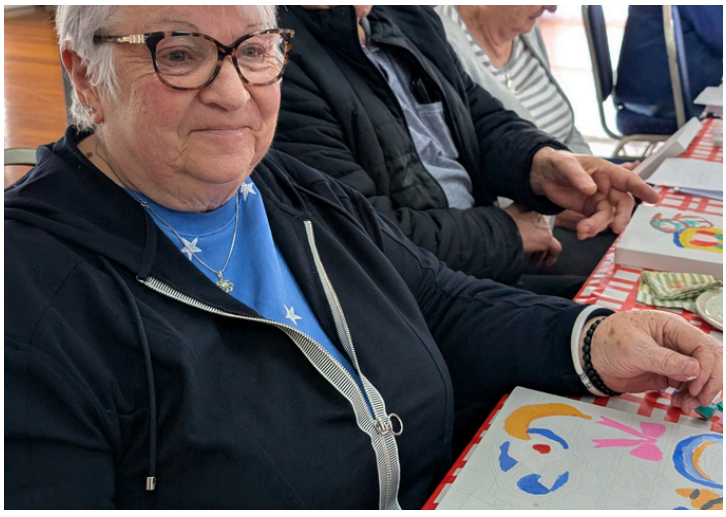











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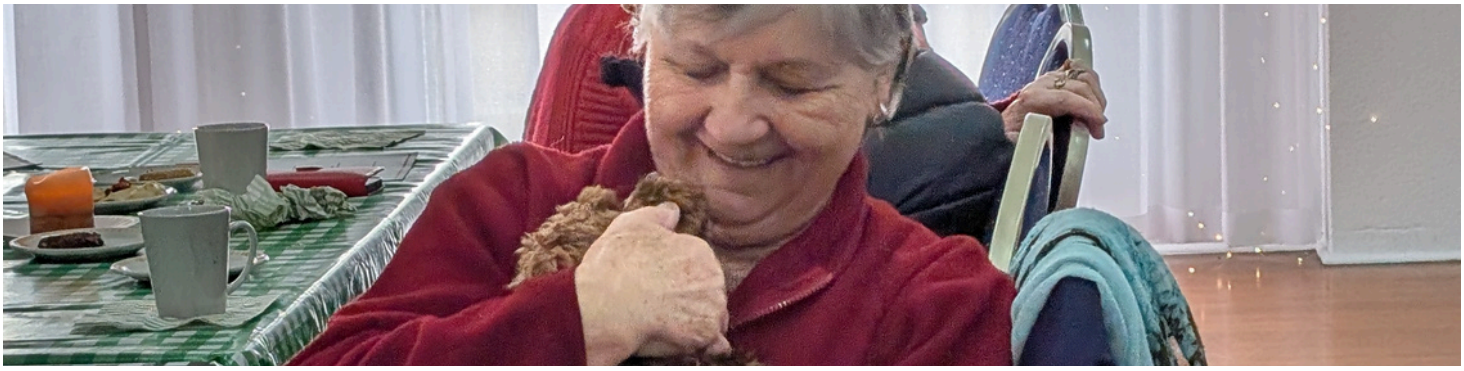












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