

CENTRAL VICTORIA BUSINESS & LIFESTYLE MAGAZINE

THE MISSING LINK

Locals

Lifestyle

Winter

2026



THRIVING THROUGH WINTER

Practical and budget friendly ideas to keep you motivated, energised & positive during the Winter blues.

EVERY YEAR, BETWEEN 100 - 175 LAMBS ARE RESCUED

and rehabilitated through a dedicated foster network of carers and volunteers who open both their homes and hearts.

WHO ARE YOU?

Bringing you the people behind the businesses and organisations

July 2026 | Issue Number 1

FREE



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Editor's Letter



Welcome to the very first edition of the CVBL Magazine!

Thank you for picking up this magazine; it means the world to all of us that you have taken the time to give our publication a read!

This magazine came about after years of frustration, searching for a way to help local businesses promote their products and services, and a way for locals to connect with these local businesses. The world has changed dramatically for small businesses and it is harder than ever to be seen. We decided to make that visibility something tangible. We have decided on the tagline “the missing link” because our overall aim with CVBL is to connect locals with local businesses.

This doesn't just mean potential customers with local businesses; it also means local business people with each other as quality support networks. Over time, we hope that CVBL becomes a valuable asset to the community and an initiative that genuinely helps sustain small business, stimulate local economic growth and to rekindle that much needed sense of community.

We are so excited to showcase the talent in our community! This magazine is a true testament to the amazing people we have in Central Victoria and they all did a phenomenal job in helping us bring quality content to you.

We personally would like to extend our sincere gratitude to a few people who really worked hard to help us make this idea come to life.

Firstly, to Gary (Amanda's dad, Michelle's husband) and Jared (Amanda's husband, Michelle's son-in-law,) who both supported this initiative without hesitation and who have both given their time to this endeavour. We would also love to thank Kai and Loki, our fur-babies, who have been by our side (literally) as we have put this together. They have even been present for many phone calls and some of the photoshoots!

We would also like to sincerely thank Kwik Kopy Ballarat, for whom this magazine would not have presented so professionally. Katie, Andrew and Tegan have been so patient with us as we navigated our way through a project we have never done before. We have no idea how many emails, phone calls and face-to-face consultations happened, yet they always made time for us and the end result speaks for itself.

We would also like to extend our gratitude to Teneil Masters, who came on board in the final hours to help ensure the formatting in this edition was as good as it could be. We are so very excited to now have Teneil as part of the CVBL family! Teneil will be a huge part of the creative vision in our next edition and we look forward to seeing her take our magazine to new professional heights.

Finally, we would like to thank each and every business, organisation and person who agreed to be part of this first magazine. You took a chance on us and have trusted in our vision based on nothing but our word. We hope we have made something that you're proud of and we cannot wait to see what the future holds for you!

To all of our readers, we hope you enjoy this first edition and we hope to see you again for the next in Spring!

Amanda & Michelle



**unapologetically
you**

Memories that stand out

In today's world, photos have never been more accessible. Most people's phones have cameras that do a great job at capturing all of those special, day to day moments. This technology is so advanced that for many years people speculated that professional photographers would become redundant. Whilst there is some truth to this statement, the truth is that it's not just the photographer's camera that you're paying for; although a professional digital SLR camera is incomparable in quality, especially if you want to have your photos enlarged or printed. You are also investing in that artist's talents and their creative eye. You are investing in an experience. Ideally, your photos should be like a work of art, showcasing the style of the photographer. This is where researching your photographer really helps! Ballarat, Melbourne and the Eastern suburbs are spoilt for choice with literally dozens of photographers, all with varying styles. Having so many options means that you can find a photographer whose style reflects your personal visual preference.

Many people will choose a photographer based solely on price and package inclusions, however this approach can be a little short-sighted. Photos are about creating and preserving memories; if you choose someone who is in your budget, but who is not your style, you won't do anything with your photos.

This is something that Amanda, owner of Akira-Bella Photography, is incredibly passionate about. "Since starting my business in 2010 I have witnessed the decline in photo prints, with photos now becoming almost exclusively digital images only. I encourage my clients to have their favourite photos from the session printed; I believe photos should be enjoyed and there's no better way than printing and displaying them!" The digital age has certainly made it easier to capture memories and to share those online, but there is something to be said about curating the perfect set of images. Not only do you get to enjoy these photos daily, it also becomes a talking point in your home.



inspired

With a boutique studio located in Waubra on a small acreage with stunning views, Amanda curates pieces for her studio that add to your overall experience.

Add to your experience with a glam makeover and in house printing!

Part of the experience is that the Akira-Bella studio is at Amanda's home, which her home is welcoming.

There is also a variety of fur-babies there who love to come say hello! Popular fur-babies are their two senior kelpies, who both love attention, pats and plays! The chickens are also popular; free-ranging around the property, you might be lucky enough to give them a quick pat or feed. It's this homely environment that often sees Amanda's clients stay for hours past the end of their session; she really means it when she says you can become part of the Bella Family!

Whether you're a family or business, or whether you're wanting photos taken in a studio or on location (or both,) Amanda has got you covered!

How do you book?

You can reach out via www.akirabellaphotography.com.au where you will find all of Amanda's contact details.



"I photograph you, your family and/or your business with the intention that these photos will end up in printed media in some form; this changes the photos dramatically because all of a sudden you need print worthy images!" This is the reason that Amanda's work is so bold, literally and figuratively. The contrast and punchy colours are designed for print and to catch your eye. "You're unique, so why blend in when you can stand out?" Drawing inspiration from icons such as Annie Leibovitz and Anne Geddes, Amanda loves to fuse technical precision and applied photography principles with creativity and artistic license, culminating in a session that was designed with your individual personality at the forefront.

**unique. bold.
beautiful.**

**BOOK YOUR PHOTOSHOOT WITH GLAM
- QUOTE "MAG" FOR \$50 OFF!**





HAYLEY MAREE
FHB
BRIDAL



WHERE YOUR DRESS IS *you.*

Hayley Maree Bridal is a private bridal studio located in rural Victoria, offering brides a personalised and relaxed experience when finding their dream gown. Specialising in custom designs, thoughtful alterations, and beautiful bridal styling, each appointment is tailored with care to help every bride feel confident, comfortable, and truly herself

0434 028 545
hayleymareebridal.com

The FIVE MINUTE FACE



AN EASY WINTER MAKEUP LOOK
THAT ENHANCES YOUR NATURAL GLOW

1



TINTED MOISTURISER

Hydrate and even
out your skin for a
natural, healthy glow.

2



CREAM BLUSH

Add a flush of colour
to the cheeks for a
fresh, winter glow.

3



MASCARA

Open up your eyes
and add instant
definition.

4



BROW GEL

Shape and set your
brows for a naturally
polished look.

5



LIP TINT

A touch of tint for
hydration and a hint
of everyday colour.



*Five products.
Five minutes.
A naturally beautiful you.*

Skin & Makeup **WINTER HACKS** *that actually work!*

Ice Water Glow-Up

Splash your face with icy water for 15-30 seconds

This helps reduce puffiness, wake up tired skin and (when done prior to putting on makeup) gives a smoother finish to makeup.

Mix Moisturiser With Foundation

Winter air can make foundation look dry or cakey

For a more natural, dewy finish to your foundation, try mixing 1 pump of foundation with a small amount of moisturiser. Add moisturiser until desired consistency.

Lip Balm Before Bed

Say "goodbye" to flaky, Winter lips

Apply a thick layer of lip balm before sleeping and gently exfoliate in the morning with a warm face washer.

Hair Oil on Flyaways

Have instantly more polished hair

Rub one drop of hair oil between your hands and smooth over dry ends or flyaways.

Cream Products > Powder

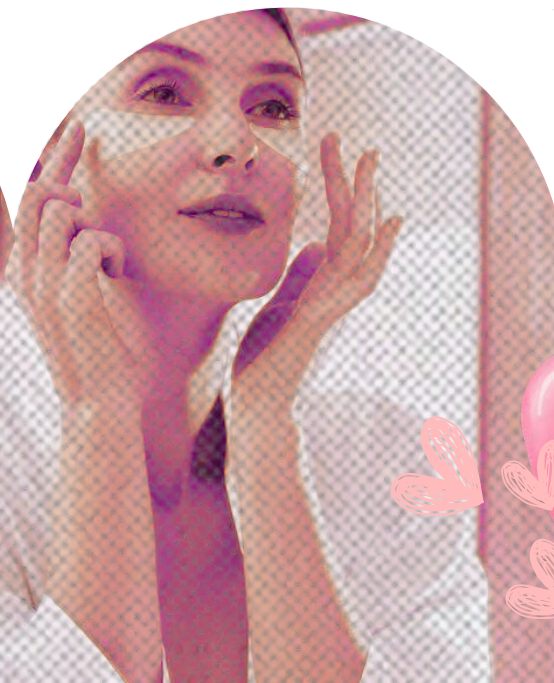
Maintain a healthy glow instead of a matte finish; creams melt into your skin

Swap your powders for cream blush, cream eyeshadow, cream bronzer, liquid or cream foundation and tinted balms.

Petroleum Jelly for Dry Spots

Vaseline is simple, cheap & surprisingly effective

Use a tiny amount on your cuticles, elbows, knees, nose and under the eyes; petroleum jelly helps lock in moisture overnight.



THE “5 MINUTE FACE” *fast makeup look*



Done in under five minutes, but still polished enough for work, school drop-off, or coffee dates.

When the mornings are colder and the snooze button feels extra tempting, a simple makeup routine can make all the difference.

The beauty of the “Five Minute Face” is that it enhances your natural features without feeling heavy — perfect for winter skin and busy days.

Start with a **tinted moisturiser** to give your skin hydration and a healthy glow while keeping your base light and breathable.

Follow with a **cream blush** for a fresh flush of colour that instantly brightens dull winter complexions.

Next comes **mascara** to open up the eyes and add definition in seconds. A quick swipe of **brow gel** helps shape and frame the face while keeping brows polished yet natural.

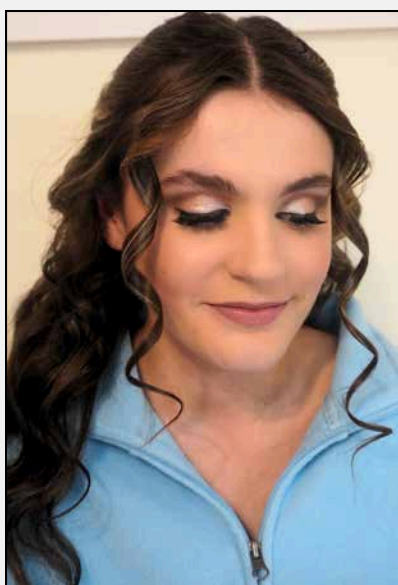
Finish with a nourishing **lip tint** for a touch of colour and hydration that lasts throughout the day.



The result? A fresh, effortless look that feels polished without the fuss — because sometimes less really is more.



Such A Gem.



It's not every day you meet someone like Gemma. She's not even 21 yet and she's already started her own freelance makeup artist and hair styling business.

With formal qualifications in makeup and hair, Gemma provides current expertise in this field.

She has an impressive CV behind her.

Gemma has worked on photoshoots, Melbourne Fashion Week and theatre productions.

Creativity is at the forefront of Gem's practice.

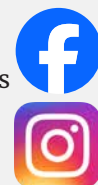
If you ask her, Gemma will tell you that she doesn't love one more than the other; she loves hair and makeup equally.



The benefit of her doing the styling for both is that the overall look is cohesive.

Located in Ballarat, Gemma is happy to travel to all surrounding suburbs and further.

Reach out to her today to discuss your glam needs!



GEM'S HAIR & MAKEUP BALLARAT

0490 401 926
gemshairandmakeup@gmail.com



Tucked away in the heart of Creswick, **Mirror Mirror Creative Hairdressing** is a home-based salon studio redefining what it means to truly experience hairdressing.

Owned and operated by the talented Kiera, this is more than just an appointment — it's a personalised journey. From the moment you step inside, the focus is entirely on you. With an exceptional eye for detail and a deep-rooted understanding of colour theory, Kiera has built a reputation for transformative results. Whether you're dreaming of a bold new look, subtle dimension, or correcting past colour mishaps, her expertise brings each vision to life with precision and care. The result? Hair that doesn't just look beautiful — it feels like you.

Mirror Mirror Creative offers a truly one-on-one salon experience. There are no hidden fees, no juggling between clients, and no waiting while your stylist finishes elsewhere. Every appointment is dedicated solely to you, ensuring uninterrupted attention from start to finish.

The studio itself is an inclusive, welcoming space where all hair goals are embraced. It's a place where creativity meets comfort — and where every client leaves feeling confident, seen, and completely in love with their reflection.

4/34 Elizabeth Road CRESWICK
0438 588 504



MIRROR
MIRROR

Mittens & Moods

Finding joy in the little things

There's a converted chapel on the main street of Gordon, a small community nestled between Ballan and Ballarat. A glance through the front door, shows stained-glass windows, fairy lights, sequins, and walls covered in colourful stickers

This is the studio and shopfront of Mittens and Moods, a small creative business founded by Aleks Wakeham.

What began as a small creative venture has evolved into a thriving business with a loyal community of customers who see themselves reflected in its relatable humour and unapologetic honesty.

Even the name, Mittens and Moods, is deeply personal, but also relatable - inspired by the mitten markings on the paws of Aleks's tuxedo cat, Monty, and the dramatic and expressive personality of Mork, the family's Wolfhound cross.

So, when Aleks says that Mittens and Moods is 'inspired by little paws and big feelings' she means that literally and figuratively. The name reflects a sense of comfort, warmth and the emotional ups and downs of life.

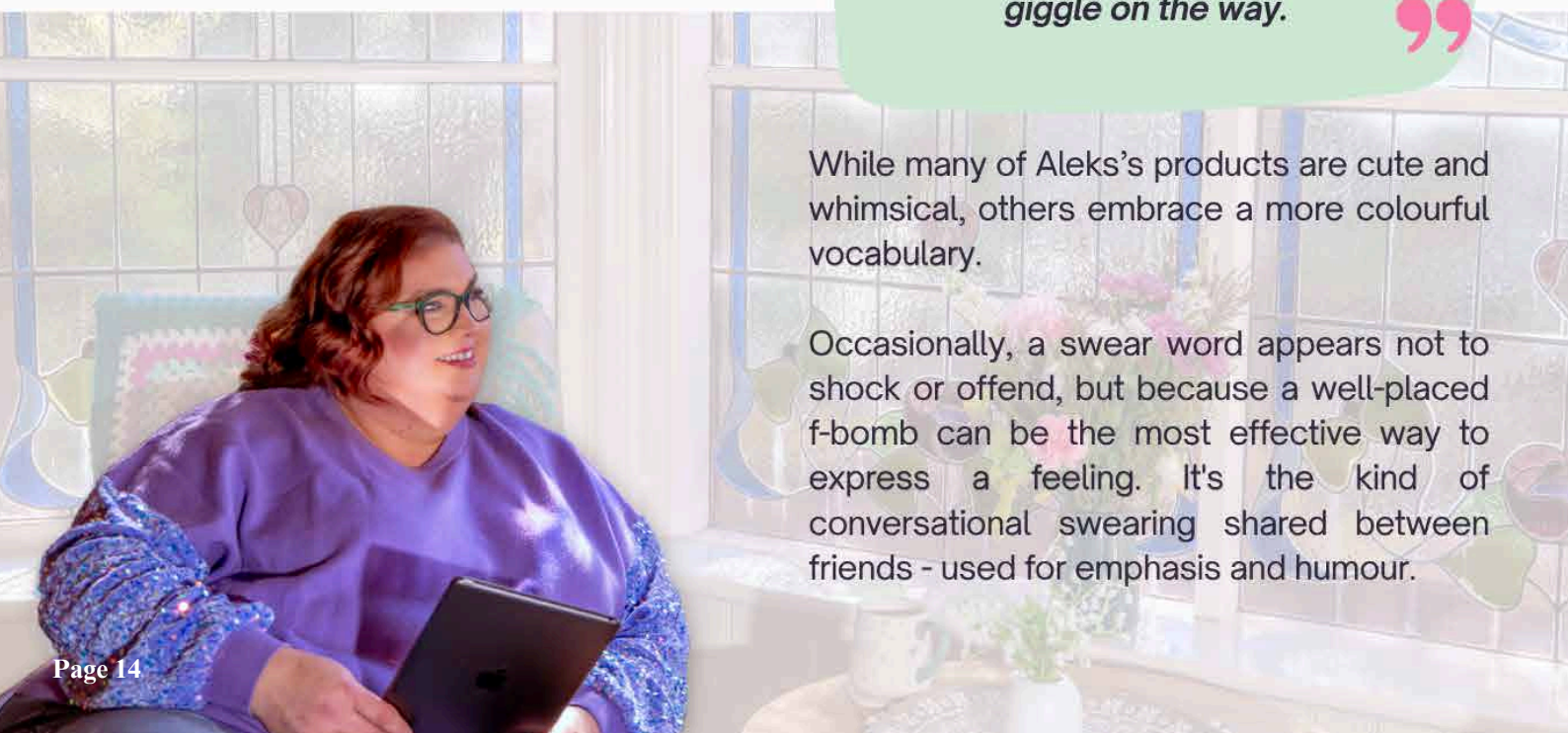
But for all the sparkles and puns, there is a serious side to Mittens and Moods. Aleks is candid about the fact that she, like many of her customers, is quietly carrying anxiety, exhaustion, and overwhelm, and she has built her brand as a gentle antidote to that.

"If you're feeling overwhelmed and you'd prefer the company of your pet and a good book, I think that's a pretty reasonable reaction to the state of the world around us," Aleks says.

"I'm not here to tell you to try harder, be better or do more. Sometimes it's enough just to get through the day. But maybe I can help you have a good old giggle on the way."

While many of Aleks's products are cute and whimsical, others embrace a more colourful vocabulary.

Occasionally, a swear word appears not to shock or offend, but because a well-placed f-bomb can be the most effective way to express a feeling. It's the kind of conversational swearing shared between friends - used for emphasis and humour.



In April 2026, Mittens and Moods took an exciting step forward, relocating from a home studio into a dedicated workshop and retail space in the former chapel on Main Street in Gordon.

The move has allowed Aleks to welcome visitors into the creative process, opening the doors to the local community and creating a space where customers can browse, chat and experience the business firsthand.

Beyond the stickers, mugs and cheeky one-liners, much of the magic happens behind the scenes. Many items are produced in-house, and Aleks also offers personalised products and custom merchandise for retail customers, local businesses, community groups and organisations.



At its heart, Mittens and Moods is about creating small moments of connection - reminders that it's okay to be tired, overwhelmed, obsessed with your pets, or simply trying your best to make it through the week. In a world that often feels a little too serious, Aleks has built a business that gives people permission to laugh about it.

And judging by the increasing number of customers proudly decorating laptops, water bottles and desks with Aleks's creations, it's a community that continues to grow every day.



Shop Online
OR VISIT US IN STORE

Mittens & Moods

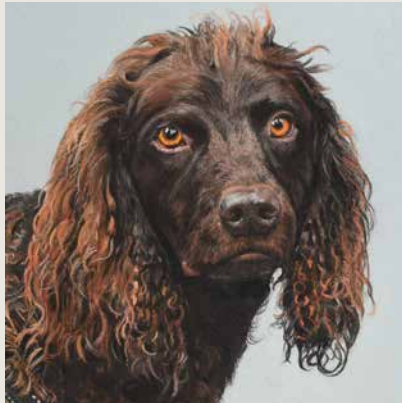
Stickers, stationery and gifts
designed with relatable humour and colourful language

66A MAIN STREET, GORDON VIC 3345

WWW.MITTENSANDMOODS.COM.AU

@MITTENSANDMOODS

MAGGIE DANNATT PET PORTRAITS



"I thought it was the perfect fit," Maggie explains,
"as I had been a people portrait artist and
illustrator for many years and I love animals."

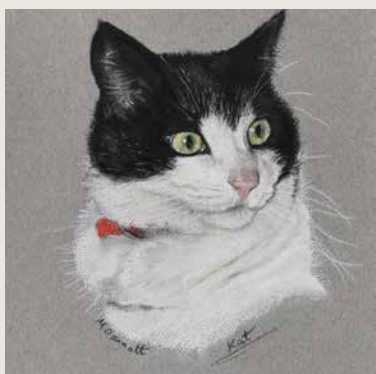


For illustrator and pet portrait artist Maggie Dannett, art has always been about more than simply creating an image—it's about capturing personality, emotion, and the unique spirit of a subject in a way that feels deeply personal.

Working primarily in artist's soft pastels, Maggie specialises in custom pet portraits, offering both beautifully simple "sketch" styles and more detailed, intricate works that bring beloved animals to life on the page. Understanding that every portrait begins with the right reference, she also offers photo sessions at no extra cost to ensure she captures the perfect image and personality of each pet.

Maggie's journey into pet portraiture began unexpectedly after her textile screen printing and painting role came to an end. Looking for a new creative direction, a fellow artist suggested pet portraits—a suggestion that would soon become the foundation of a deeply fulfilling career.

Since launching her pet portrait business in 2017, Maggie has combined her lifelong artistic experience with a genuine understanding of the emotional connection people share with their pets. Her background in portraiture and children's educational illustration has shaped a style that feels both technically skilled and emotionally intuitive.



"I feel that I bring a lifetime of experience working in portraiture and mainly children's educational illustration that enables me to translate what I see in photos to capture the character and life of the subject," she says.

Her portraits become more than artwork displayed on a wall; they become deeply meaningful keepsakes that celebrate the animals who become part of the family.

msdannatt@gmail.com
maggiedannatt.com

LAMB CARE

AUSTRALIA

MEET THE WOMEN BEHIND LAMB CARE AUSTRALIA

Real people. Real hope. Real care.

YOU CAN MAKE A DIFFERENCE

No lamb-sitting required
(although we know you want to!)

FRAGILE LAMBS.
EXTRAORDINARY WOMEN.

A COMMUNITY OF COMPASSION

**For many lambs, survival begins with something simple:
kindness.**



MEET LAMB CARE AUSTRALIA



Welcome to a volunteer led rescue organisation founded in regional Victoria in 2018 to provide lifesaving care for vulnerable lambs.

Across regional Victoria, vulnerable newborn lambs are quietly being given a second chance at life.

Some are orphaned. Some are born too weak to survive without help. Others arrive injured, premature, abandoned, or needing specialist medical care.

Behind every rescue is a network of compassionate volunteers giving around-the-clock care; warming bottles through the night, providing medications, monitoring temperatures, arranging emergency veterinary care, and offering warmth, safety, and comfort to lambs who would otherwise not survive.

THE REALITY OF LAMB RESCUE

When most people are asleep, lights quietly flick on in homes across Victoria.

Bottles are warmed.

Tiny bodies are checked.

Temperatures are monitored.

Medications are given.

Some lambs need help standing. Others simply need someone to sit beside them through the night.

Many arrive frightened, weak, cold, injured, or desperately hungry.



Yet with time, care, and compassion, these same fragile lambs grow stronger; learning to trust, play, and eventually find loving forever homes. Behind every success story is an extraordinary community of volunteers who simply refuse to give up on them.

A STORY OF HOPE

Every lamb who comes into care has a story.

Some arrive unable to stand.

Some are born too weak to feed.

Some face lifelong disabilities requiring specialist care.

Yet time and time again, we witness resilience.

We watch frightened lambs become playful.

We see weakness turn to strength.



And we are reminded that compassion — no matter how small — can truly change a life.

BECAUSE *EVERY* LAMB DESERVES A CHANCE

Lamb Care Australia is entirely community supported.

Without volunteers, donations, foster carers, and everyday Australians choosing to help, these rescues simply would not be possible.

Whether you purchase a book, knit a jumper, donate supplies, or simply follow our journey — thank you for helping vulnerable lambs receive the care they deserve.

TOGETHER, WE CAN CONTINUE GIVING FRAGILE LAMBS A SECOND CHANCE AT LIFE.

WANT TO HELP?

Some rescue lambs wear nappies during recovery from injury, disability or illness! You may be surprised to learn that some rescue lambs wear nappies...

At Lamb Care Australia, they rescue vulnerable newborn lambs from across Victoria — including orphaned, injured and medically compromised babies needing round-the-clock care.

While many lambs recover quickly and go on to live happy, healthy lives, some of our tiniest and most vulnerable lambs require a little extra support.

Lambs with neurological conditions, spinal injuries, mobility issues, disability or medical complications may require nappies during recovery — sometimes for weeks or even months.

Keeping these little lambs clean, dry and comfortable is essential to preventing infection and supporting their healing journey. But nappies, wipes and care supplies can quickly become a major expense for our volunteer-run rescue.



The Great Lamb Nappy Drive!

To donate anything, purchase the book or request a free lamb jumper knitting pattern, please contact them today.



The team at B&L and Lamb Care Australia are inviting our wonderful community to help us support some very special little lives by donating items to keep our compromised lambs comfortable and cared for.

Most Needed Items:

Baby nappies (size 2 - size 7)
Baby wipes.

Every packet donated helps us provide dignity, comfort and specialised care to vulnerable lambs who simply need a little extra help.

And yes... some of them look incredibly adorable waddling around in tiny nappies!

Whether you donate one packet of nappies, become a collection point, or simply help spread the word — every act of kindness makes a difference.



CONTACT LAMB CARE AUSTRALIA

Karina Rasmussen
Founder – Lamb Care Australia

Email:
fundraising@lambcareaustralia.org.au

Website/Facebook:
www.lambcareaustralia.org.au

Regional Victoria, Australia

YOU DON'T NEED TO BOTTLE FEED A LAMB TO MAKE A DIFFERENCE

There are many ways our community can help support vulnerable lambs.

Whether it is through knitting, donating, fundraising, or simply sharing our story, every act of kindness matters.



Ways You Can Support Lamb Care Australia

- Purchase the International Women's Day fundraising book
- Knit lamb jumpers
- Simply contact us and we will happily send you our lamb jumper pattern
- Sponsor a vulnerable lamb
- Donate supplies
- Host a Morning Tea or Community Fundraiser
- Invite Lamb Care to be a guest speaker.



CRAFT FOR A CAUSE

Do you find yourself crafting with nowhere for your work to go?

Crafting for a cause allows you to generously donate your work to one of these amazing not-for-profit organisations to auction off.

Each auction allows the organisation an opportunity to raise funds for medical, food, transport, etc.

You can also make important items:

whether it's warm, woolly blankets for humans and/or animals, or woollen jumpers for displaced lambs, or socks and mittens for premature babies, there are plenty of important items that need to be made. Contact us today for more information!

Not into craft but want to contribute?

There are other ways that you can help!

- Financial contribution (donation)
- Food donation
- Clothing or goods donation
- Purchase from the organisation's store, where there is one
- Volunteer your time
- Share information about the organisation on your socials.



GIFTS BY TRACEY



Custom 3D
Images



Custom Mugs,
T-Shirts & Candles



Custom 3D
Photos





What you buy here carries intention, and creates impact.
Someone else's healing begins with what you choose today.

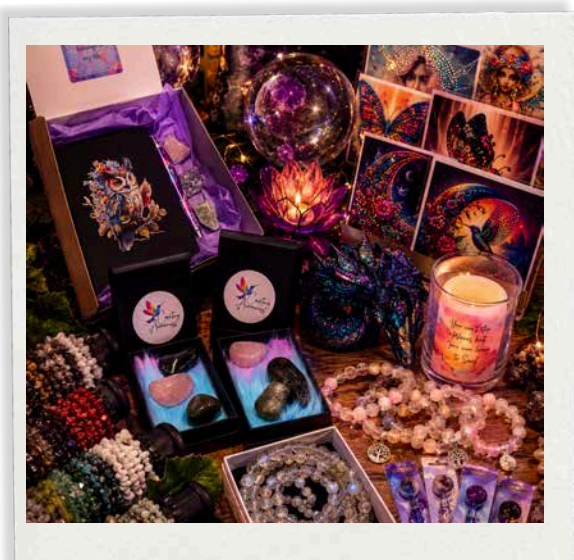
Every piece here is created or chosen with intention, created by myself and other makers who value meaning, connection, and energy behind what they create. This isn't just a shop. It's a way to support something bigger. Every purchase helps fund community events, workshops, and accessible support for those who may not otherwise have access to this work.

When you choose something here...
you're not just buying a product,
you're contributing to real impact.
Creating with Intention, gives with purpose.

Thank you for being part of this collective
movement of change
A space to reconnect
A place to rise



creatingawarenessofficial.com.au



Whispers from the other side...

What happens when you transition to the other side?



What happens when someone gifted with the ability to connect with the spirit world finds themselves unable to reach the one person they long for most?

This was the deeply personal challenge faced by local psychic medium Janée following the passing of her father.

Known for her work helping others connect with loved ones who have crossed over, Janée has spent years offering comfort, clarity, and healing to those navigating grief. However, when her own father transitioned from what she describes as “Earthside” to the other side, her experience was far from immediate reassurance.

Despite her abilities, Janée found herself confronting an unexpected silence. The connection she so often facilitates for others did not come straight away, leaving her to sit with the same heartbreak, uncertainty, and longing that many of her clients experience.

Rather than retreat from this deeply emotional chapter, Janée chose to lean into it.

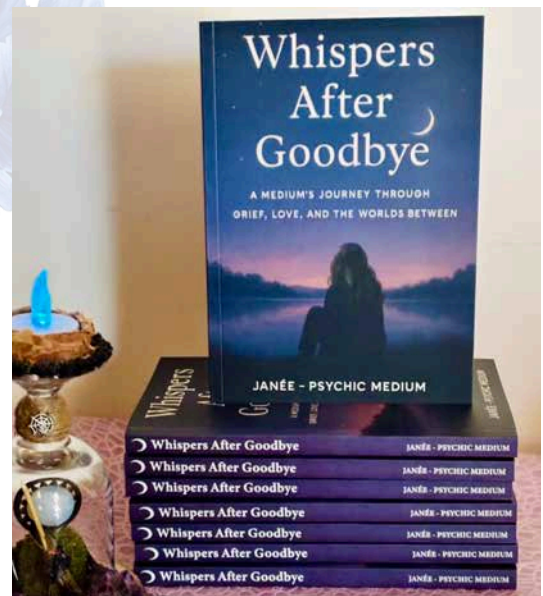
In an act of vulnerability and generosity, she has shared her journey through her self-published book, *Whispers After Goodbye*.

The book offers an intimate look at grief, patience, and the complexities of spiritual connection — even for those who live and breathe this work.

While Janée could have kept this experience private, her decision to open up provides a rare and honest perspective. It serves as a reminder that grief does not discriminate, and that even those who guide others through loss must walk their own path through it.

Through *Whispers After Goodbye*, Janée not only honours her father’s memory but also extends a hand to others navigating their own journeys — offering reassurance that connection, in its own time, is always possible.

Get your copy today. Visit Janée’s website for more information on how to order your copy.



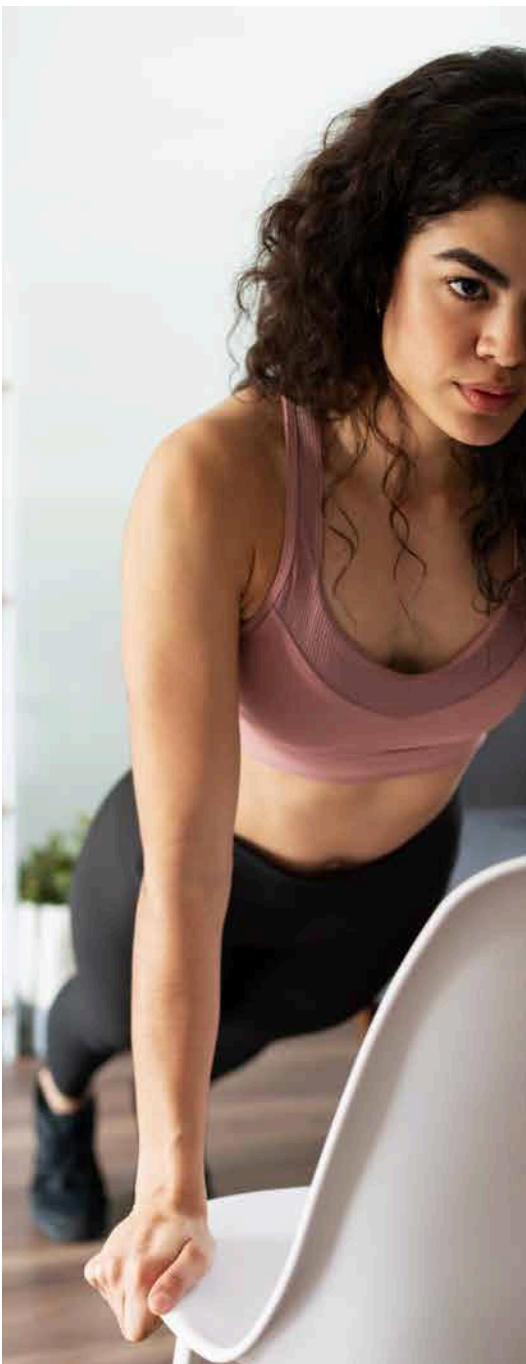
*“Whispers After Goodbye:
A Medium’s Journey Through Grief,
Love, and the Worlds Between”*
\$25 per copy
Free pickup Ballarat, VIC 3350
www.janeepsychicmedium.com

No Gym? No Problem:

Easy Home Workouts Anyone Can Do

When the mornings are cold and motivation feels low, the idea of heading to a crowded gym can quickly lose its appeal. The good news? Staying active doesn't have to mean expensive memberships or complicated routines. A simple home workout can boost energy, improve mood and help keep the body moving — all from the comfort of your lounge room.

The key to a successful home workout is keeping it realistic. You don't need fancy equipment or an hour-long session. Even 15 to 20 minutes of movement each day can make a difference.



Start With a Simple Warm Up...

Before jumping into exercise, take a few minutes to warm up the body. March on the spot, roll your shoulders, stretch your arms and gently loosen your legs. This helps improve circulation and prepares your muscles for movement.

Turn Everyday Objects Into Workout Equipment...

One of the best things about home workouts is that many household items can double as fitness tools.

The Humble Chair

A sturdy chair can become one of the most useful workout tools in the house. It can help with balance, support beginners and add variety to exercises.

Try using a chair for:

- Seated leg lifts
- Tricep dips
- Step-ups
- Chair squats
- Gentle seated stretches
- Incline push-ups.

For those easing into exercise, seated workouts are a great low-impact option that still help strengthen muscles and improve mobility.

Water Bottles as Weights

No dumbbells? No problem. Filled water bottles or canned food items work surprisingly well as light hand weights for arm exercises such as shoulder presses, bicep curls and arm raises.

Towels for Core Strength

A towel placed under your feet on smooth flooring can be used for sliding exercises that activate the core and legs. Towels are also perfect for stretching routines after a workout.

Stairs for Cardio

If you have stairs at home, they can provide a quick cardio workout. Walking up and down slowly for a few minutes can help increase heart rate and strengthen leg muscles.



The Easy At-Home Circuit

Try this beginner-friendly workout using items you already have around the house:

- 10 chair squats
- 10 wall or chair push-ups
- 15 seated knee lifts
- 20-second plank
- 15 stair step-ups
- 10 arm raises using water bottles.



Make Movement Enjoyable

Repeat the circuit two to three times at your own pace.

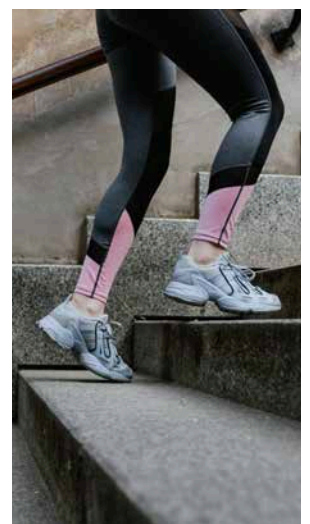


The best workout is the one you'll actually stick to. Put on your favourite playlist, wear comfy clothes and don't worry about perfection. Dancing around the kitchen, stretching during TV ads or walking laps around the backyard all count as movement.

Benefits Beyond Fitness

Home workouts aren't just good for physical health — they can also help reduce stress, improve sleep and lift your mood during the colder months. Regular movement is one of the simplest forms of self-care.

Fitness doesn't have to be expensive, intimidating or time consuming. Sometimes all you need is a little space, a sturdy chair and the motivation to get moving.





CIRCLE SQUARE



Built for you. Not everyone else.

NDIS-aligned, inclusive movement and exercise programs in a gym that was designed specifically for accessibility, not retrofitted.

Circle Square is calm, purposeful, and designed from the ground up around the people who use it. No general public. No overwhelming environments. Every session has structure. Every participant has a plan. Every support worker is a qualified personal trainer.



Shed 3 / 42 Paddy's Drive, Delacombe, Ballarat VIC

Phone : 0408 171 558

Web : circlesq.com.au

Instagram : @circlesquareballarat

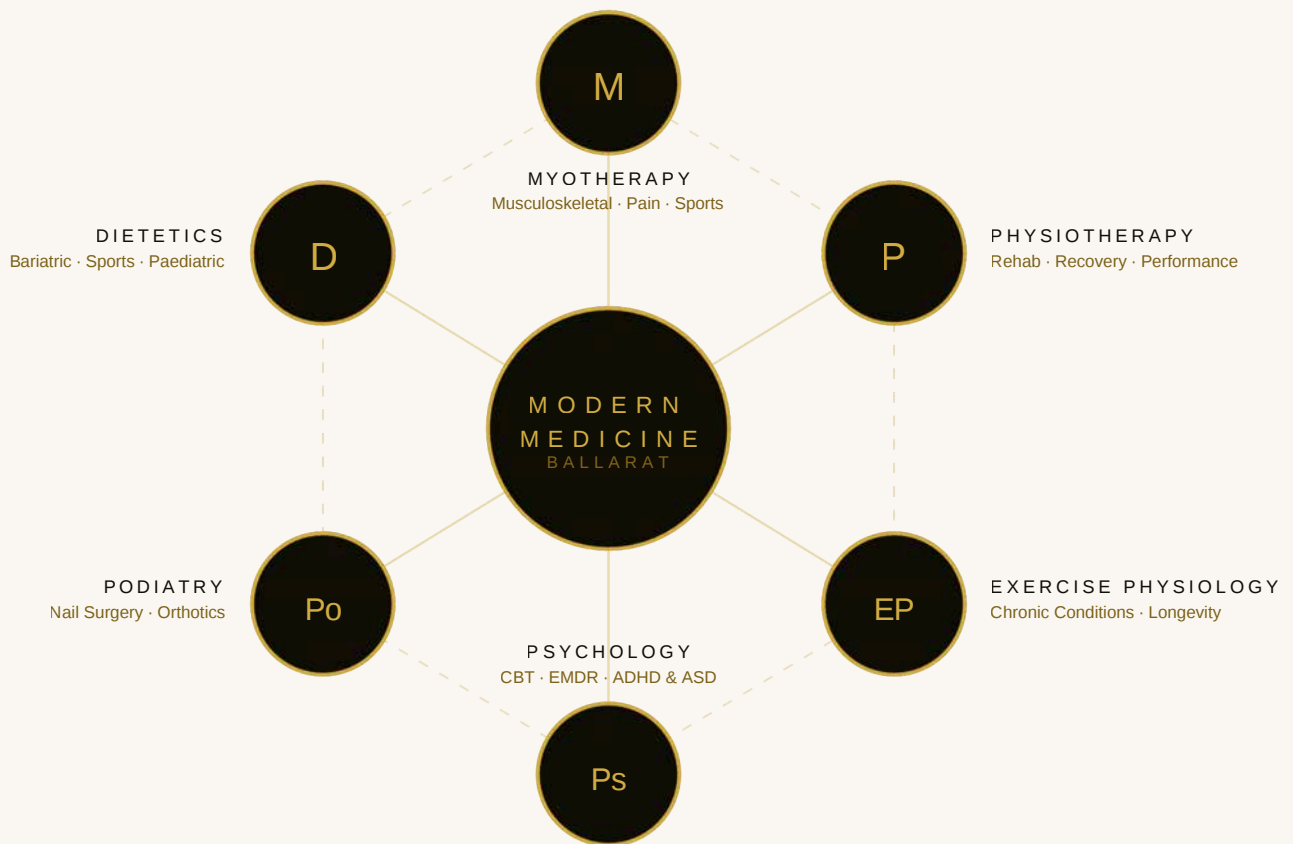
Email : alex@circlesq.com.au



Integrated care. One team. Every stage.

Born from Ballarat Myotherapy Clinic in 2008, Modern Medicine is now one of regional Victoria's leading multidisciplinary allied health practices. Expert clinicians delivering connected care across six disciplines, with a commitment to clinical excellence and ongoing practitioner development.

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03 5331 4221 | info@modernmedicine.com.au

9 Gillies St South, Alfredton VIC 3350

MURPH'S GYM

61 Nolan St, Maryborough VIC 3465

(03) 5461 2416

Monday - Friday: 7am - 6:30pm

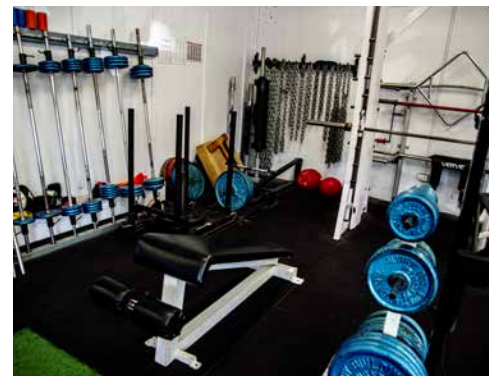
Saturday: 9am - 12pm

For more than 13 years, Murph's Gym has been a trusted part of the Maryborough fitness community. Built on a refreshing "no frills" philosophy, the focus here isn't flashy extras — it's quality equipment, an impressive range of weights, and a clean, motivating environment where real results take centre stage.

Owner Earl has created a gym experience that's straightforward, welcoming, and accessible, offering no lock-in contracts, no joining fees, and the flexibility for casual walk-ins. It's an approach that has earned Murph's Gym a loyal following among locals who are serious about their training and committed to achieving their personal goals.

Known throughout the community as a place for focused, effective workouts, Murph's supports members at every stage of their fitness journey.

Whether you thrive in a group class setting or prefer the personalised guidance of one-on-one training, you'll find encouragement, experience, and genuine support every step of the way.



NO CONTRACTS. NO SIGN UP FEES. CASUAL TRAINING WELCOME.

Natural Health Wellbeing Maryborough

In the heart of Maryborough, *Natural Health Wellbeing* has become far more than just a health store — it's a trusted part of the local community. At the centre of it all is Julie, whose passion for natural health and holistic living has made her a familiar and welcoming face to many locals seeking a more balanced lifestyle.

Conveniently located on one of Maryborough's busiest streets alongside Murph's Gym, the store invites visitors into a thoughtfully curated wellness space filled with products designed to support everyday wellbeing. From nourishing food items and natural body care to practical home products and spiritual essentials, every shelf reflects Julie's commitment to quality and conscious living.

Blending respected health brands with a warm, grounded atmosphere, Natural Health Wellbeing offers a shopping experience that feels both inspiring and approachable — a true one-stop destination for wellness in the region.

With expert knowledge and a genuine passion for helping others, Julie and her friendly team have become trusted guides in Maryborough's wellness community.



Connect

You won't find this shop online -
Instead, connect with them in store!
61 Nolan Street, Maryborough VIC 3465



WINTER WELLNESS

EASY WAYS TO RELAX AND RECHARGE THIS SEASON

As the temperature drops and the days grow shorter, winter invites us to slow down and embrace a gentler pace. While the colder months can sometimes leave us feeling sluggish or uninspired, they also offer the perfect opportunity to focus on comfort, rest, and self-care. The good news? Relaxation doesn't need to be expensive or complicated. A few small rituals can make all the difference.

Create a Cozy Evening Routine

There's something comforting about winding down with soft lighting, warm blankets, and a calming atmosphere. Swap harsh overhead lights for lamps or candles, put on your favourite playlist, and settle in with a hot drink. Herbal teas, hot chocolate, or even warm lemon water can instantly help you feel calmer and more grounded.

Warm, Luxurious Showers

Winter is the perfect time to turn everyday routines into moments of relaxation. A warm shower or bath can ease tension and help you feel refreshed after a cold day. Add a few drops of essential oil, use a nourishing body wash, or finish with a rich moisturiser to keep your skin feeling soft during the dry season.

Move Your Body Gently

Relaxation doesn't always mean staying still. Gentle movement like stretching, yoga, or a short walk can improve mood and reduce stress levels. Even ten minutes of movement can boost circulation and help shake off that heavy winter feeling.

Unplug For An Hour

It's easy to spend winter evenings endlessly scrolling, but too much screen time can leave us feeling more tired than rested. Try setting aside one hour each evening to disconnect from phones and social media. Use the time to read a book, journal, work on a puzzle, or simply enjoy some quiet.

Nourish Yourself With Comfort Foods

Winter is the season for hearty soups, slow-cooked meals, and baked treats. Cooking can be relaxing in itself, especially when shared with family or friends. Focus on simple meals packed with seasonal vegetables and warming flavours that make you feel good from the inside out.

Don't Underestimate Rest

One of the simplest relaxation tips is also the most important: allow yourself to rest without guilt. Winter naturally encourages slower days and earlier nights. Listen to your body, sleep in when you can, and remember that rest is productive too.



“HIBERNATE YOUR BODY, AWAKEN YOUR SOUL.”

This season, relaxation doesn't have to mean booking a retreat or spending a fortune. Sometimes the smallest comforts — warm socks, a cosy blanket, a quiet moment with a cup of tea — are exactly what we need to recharge.

Winter is the perfect time to explore the charm of Ballarat and the wider Central Victoria region, where cosy cafés, historic streets, and family-friendly attractions come alive during the colder months. Visitors can step back in time at Sovereign Hill, wander the beautiful grounds of the Ballarat Botanical Gardens, or enjoy a relaxing day discovering boutique shops and cafés throughout nearby towns like Daylesford and Clunes.

For those chasing a little indulgence, local wineries, hot springs, and artisan chocolate stores offer the perfect excuse for a winter road trip. Whether it's a family outing, a romantic weekend away, or simply a chance to slow down and explore, Central Victoria has plenty to enjoy during the cooler season.

This magazine has a variety of businesses you can support, including experiences you can do. Your business means the world to our locals over the Winter season, when it is often the quietest time throughout the year. You can also find links to these businesses on our website: www.cvbl.com.au

Whether enjoying Winter in your own home, or exploring your local area, Winter doesn't have to be dreary.



Just living my best life

KINESIOLOGY.

LISTENING TO THE LANGUAGE OF THE BODY.



Hayley Batters is a qualified ICPKP kinesiologist who opened her clinic, Pure Balance Kinesiology, in Maryborough in September 2024. Offering 1:1 sessions and occasional women's wellbeing events, Hayley works with women in a calm, grounded and deeply attuned way — supporting them to understand and shift what's been sitting beneath the surface, so they can feel a sense of clarity, ease, and confidence as they move forward.

In a world where women are often carrying the invisible weight of family, work, and responsibility, it's not uncommon to feel overwhelmed, exhausted, or disconnected from themselves. Kinesiology offers a gentle, deeply effective way to begin restoring balance — not by pushing harder, but by listening more closely to what the body has been holding.

Kinesiology is a holistic modality that works with the body's structural, biochemical, and emotional systems. Using a process known as muscle testing, it helps identify areas of stress or imbalance — including those that may sit beneath conscious awareness. From there, a session becomes a collaborative, participatory process, drawing on a range of techniques such as acupressure, nervous system support, sound therapy, brain integration, and guided conversation to help the body release stored tension and recalibrate.

Women often come to kinesiology for a wide range of reasons from physical pain, fatigue, and hormonal imbalances, to anxiety, feeling overwhelmed, relationship issues and feeling stuck in patterns they can't quite shift. Others are seeking clarity, direction, or support in moving toward personal or professional goals.

What makes kinesiology unique is that it meets each woman exactly where she is. There is nothing she needs to have figured out beforehand. The body leads the process, revealing what is ready to be addressed and supporting change at a pace that feels safe and sustainable.

Over a series of sessions, many women begin to feel clearer, more settled, and more connected to themselves — creating space not just for healing, but for a more useful, aligned way of living.

If you are ready to feel more connected to yourself, to move through life with less internal noise and more grounded clarity, kinesiology offers a gentle place to begin.

Hayley welcomes women to experience this work either in her Maryborough clinic or online via zoom.

For bookings, upcoming workshops and more, visit:
www.purebalancekinesiology.com.au
instagram: @pure.balance.kinesiology
ph: 0409337276



YOU'RE NOT BROKEN. YOU'RE OVERWHELMED.

It's time to come back to yourself

No one taught you how to feel safely.
So you learned how to shut it down.

We live in a world that teaches us to push through,
stay busy, and ignore what we feel. But your
body isn't the problem. It's trying to be heard.
Creating Awareness is about learning to
understand your emotions, regulate your
nervous system, and come back to calm,
in a way that actually lasts.

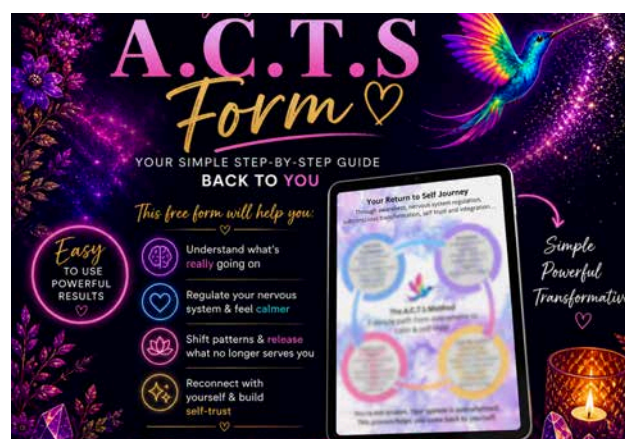
OFFERING:

6 month Sisterhood Circles
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1:1 Sessions using Psych-K
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Community Events & more

If something in you is ready for a different way...
this is your invitation.



creatingawarenessofficial.com.au



Build Better Results Without Burning Out

Whether you're succeeding professionally but empty at home, grinding hard and getting nowhere, or just running on fumes, the pattern's the same.

We'll map out what's actually holding you back and show you the exact pathway to build the life you love.



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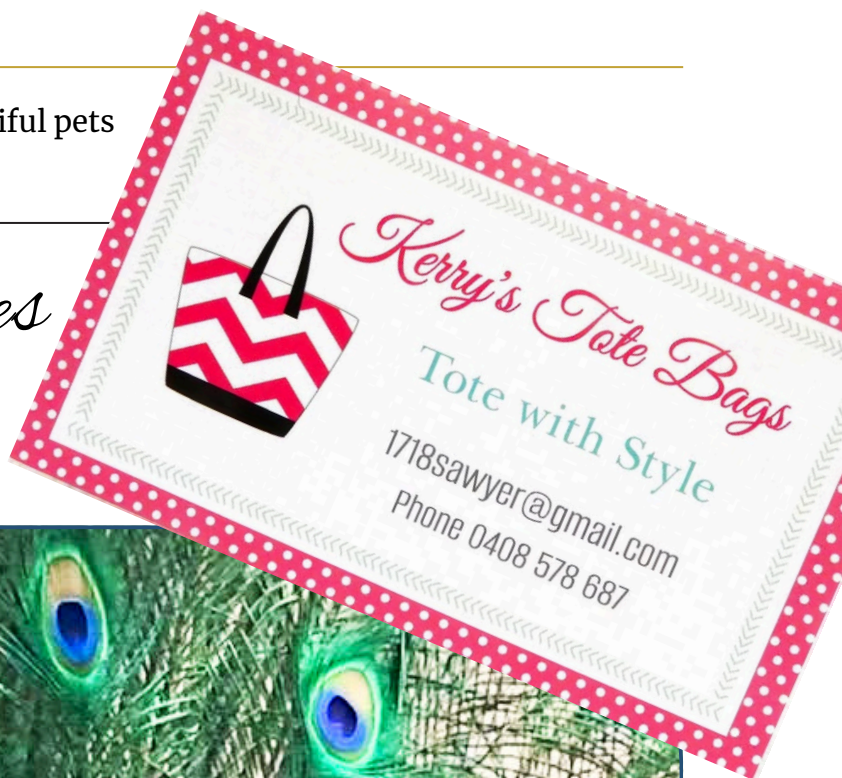


CUTEST PET COMPETITION

We asked you to share photos of your beautiful pets and wow, did you deliver?!

Meet your winner! *To Lopes*

You have won a \$50 voucher with Kerry's Tote Bags - congratulations!



01



We are so excited to share a selection of them with you here in print.. For the full gallery, head to www.cvbl.com.au/petcomp

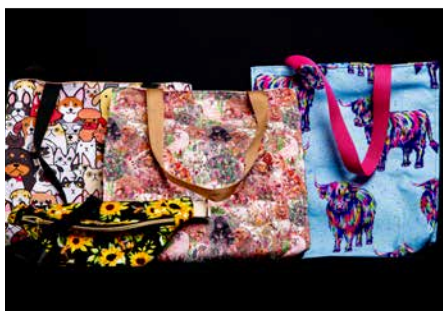
Kerry's Tote Bags



1718sawyer@gmail.com



0408 578 687



Practical.

Did you say “pockets?”

Kerry has really taken into consideration the practicality of each item. Whether it's a reversible kitchen apron or a tote bag with zips and pockets, each item is crafted to be as practical as can be!



Sustainable.

Reduce. Re-use. Recycle.

Whether it's re-purposing stock feed bags into fully lined shopping/ tote style bags, or saving fabrics from decades ago, each item is crafted with sustainability in mind.



Stylish.

Good for the planet, but the opposite of drab.

Make a statement with bold colours, fun patterns and soft textures. Do you have a specific colour palette? Do you have old fabric you want re-purposed? Chat with Kerry about a custom creation just for you or for giving that fabric a new lease of life.



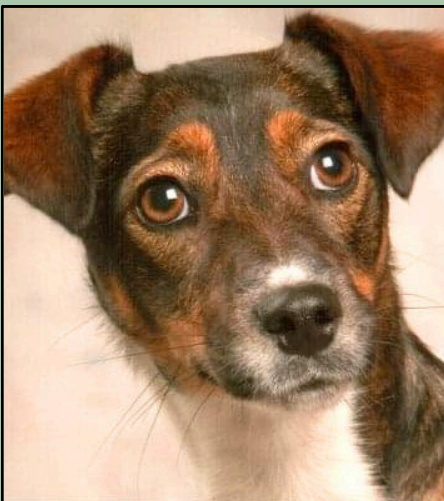
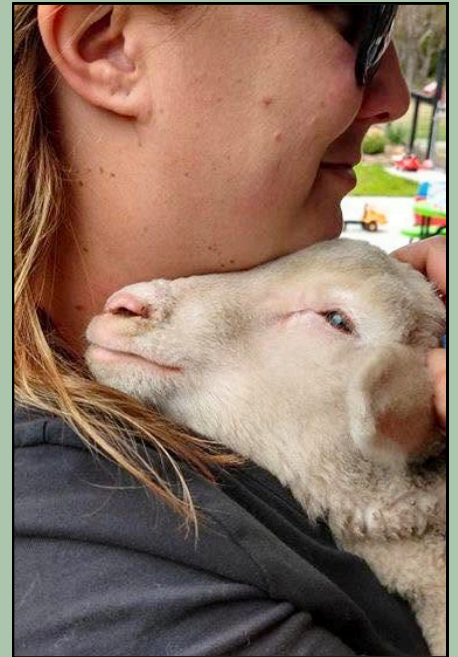
Affordable.

Quality and skill without the cost of overheads.

Shopping locally means that artisans like Kerry can offer quality, handmade items without a hefty pricetag because there are no additional overheads, such as premises rentals. This means that Kerry can pass these savings directly onto you.

Meet your second prize winner...

Nel Francis



Congratulations!
You have won a sticker pack by

**Mittens
& Moods**



You have also
received a bonus
prize of a
Lamb Care Australia
plushie for your
inclusion of your
sheep family!



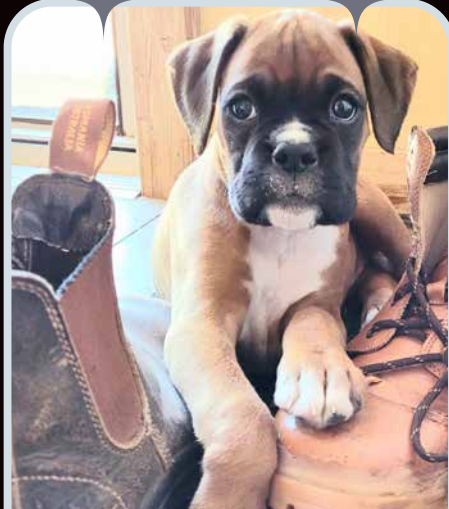
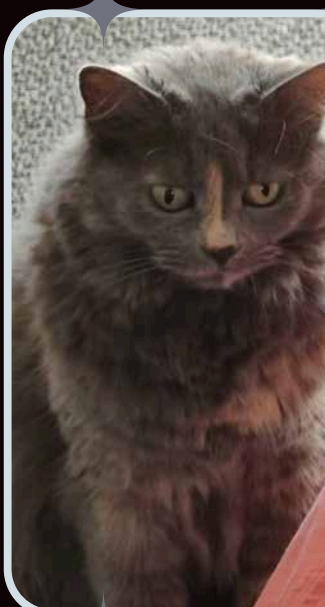
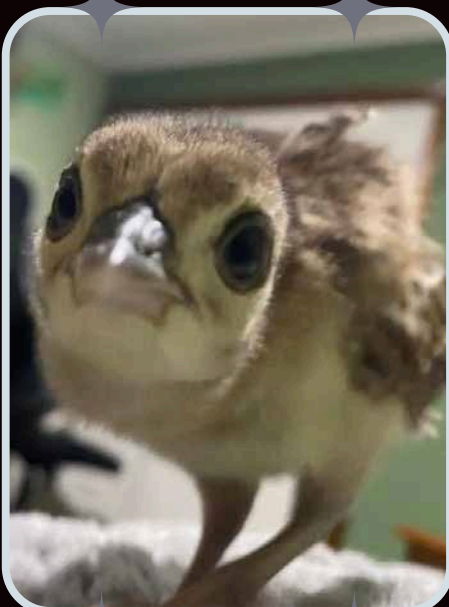
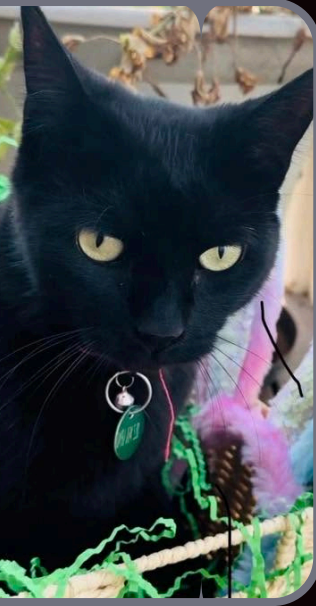
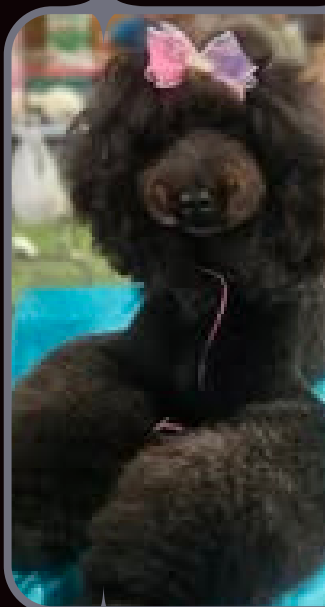
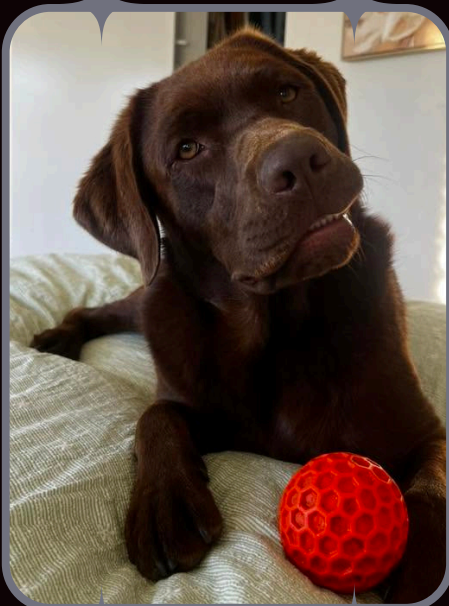
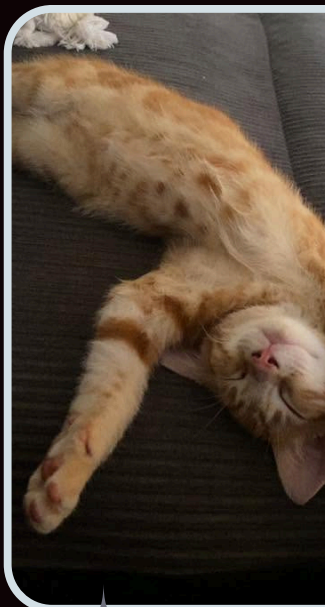
We were so excited to see so many beautiful lambs and sheep in the cutest pet competition! In honour of this edition featuring Lamb Care Australia, we have decided to share these gorgeous photos!

As a thank you to our community for taking such good care of these fur babies, we are gifting each sheep parent a keyring and bookmark from Lamb Care Australia!



Bonus Lamb Photos!





Honouring

A Lifetime of Love

In the quiet moments after goodbye, it is often the smallest reminders that linger longest — pawprints by the door, a favourite blanket folded away, or the familiar sound of paws that once filled the home with joy. For many families, saying farewell to a beloved pet is one of life's most emotional experiences.

Across Ballarat and surrounding regional communities, FurEver With Us is helping families navigate this difficult time with compassion, dignity and personalised care, providing thoughtful pet after-life services that honour the extraordinary bond between people and their pets.

Founded by passionate pet lovers who understand the profound grief that accompanies loss, FurEver With Us approaches every family with empathy and respect. Every companion entrusted to their care is treated gently and individually, ensuring dignity throughout every stage of the journey.



Recognising that practical arrangements can feel overwhelming during times of grief, FurEver With Us offers complimentary collection of beloved pets from homes and veterinary clinics throughout the Ballarat region and surrounding areas. Once arrangements are complete, pets are respectfully returned home to their families at no additional charge.

The business works closely with local veterinary clinics, providing a trusted extension of care when families need support most. These partnerships help ensure pet owners receive clear guidance, compassionate communication and peace of mind during emotionally challenging decisions.

A cornerstone of the service is its commitment to private, individual cremation. Families can be assured that their beloved companion is cremated separately and respectfully, with only their pet's ashes returned to them. For the team at FurEver With Us, this promise is deeply personal, reflecting their own experiences as pet owners who understand the importance of trust and transparency.

Beyond cremation services, FurEver With Us offers a range of meaningful ways to celebrate and remember cherished companions. Whenever possible, families receive complimentary bespoke fur keepsakes and pawprints as a lasting tribute.

Personalised urns, memorial items and remembrance pieces provide tangible comfort long after farewell.



LOVE. DIGNITY. RESPECT.



Rituals help us heal.

For those seeking a more personal goodbye, mobile viewing services can be arranged at a location of the family's choosing. The team also provides gentle, professional euthanasia services in the comfort of a pet's home or favourite place, allowing companions to remain surrounded by familiar sights, sounds and loved ones.

Memorial services are another important part of the support offered. FurEver With Us can help create and officiate private ceremonies, giving families the opportunity to celebrate a life well lived in a meaningful and personal way.

"FurEver With Us can provide guidance and support"

Their care extends even further. For families who have previously buried a pet and later relocate, FurEver With Us can provide guidance and support with exhumation where possible, arranging respectful cremation services so treasured companions can continue the journey alongside their families into a new chapter of life.

As Australians increasingly view pets as cherished members of the family, expectations around after-life care continue to evolve. Services such as FurEver With Us are helping reshape what compassionate pet farewell care can look like, particularly in regional communities where personalised options have traditionally been limited.

Ultimately, their work is about far more than logistics. It is about honouring companionship, preserving treasured memories and helping families move through grief with kindness and understanding.

Because while a pet's life may be measured in years, the love they leave behind lasts forever.

0474 451 548
fureverwithus.com.au



HERE4U

Disability Services

Across Ballarat and surrounding communities, HERE4U Disability Services is making a meaningful difference through compassionate, personalised support that places people first.

Led by Kaylene, the service is built on genuine care, respect, and the belief that every individual deserves the opportunity to live with confidence, independence, and connection. Understanding that every client's journey is unique, HERE4U Disability Services takes a tailored approach to support, creating meaningful relationships and providing care that is both flexible and empowering.

From everyday living assistance and community participation to emotional support and practical guidance, the team is dedicated to helping clients feel comfortable, capable, and valued in every stage of life.

Their warm and approachable nature has helped build a trusted reputation throughout the Ballarat region, with families appreciating the personalised care and genuine understanding shown to every individual.

At its core, HERE4U Disability Services is about more than support work — it's about creating positive experiences, encouraging independence, and helping people feel truly seen and supported within their community.

HERE4u Disability Services is excited to welcome new clients and offer flexible, personalised support.

Services include:

- Respite for NDIS participants
- Level 1 and 2 Support Coordination
- Experienced support workers for 1:1
- Social support
- Community access
- Personal & in-home care
- Cleaning
- Transport
- Weekend and public holiday support.

The team is all about connection, respect and helping you live life your way – with support that is empowering and genuine.

Whether you're looking for everyday help, weekend support or someone to back you through life's challenges – HERE4U is literally here and ready to go.

Kaylene Dijs

Director/ Support Coordinator

0415 945 540

kaylene.dijs@here4udisability.com.au

www.here4udisabilityservices.com.au

"Kerryn is reliable, caring and prompt. I have found my support from Kerryn to be of quality, unique care which makes me feel good; special" - Leanne G

SUPPORTING LIVES, EMPOWERING INDEPENDENCE

In regional communities, personalised support and genuine connection can make all the difference — and that's the heart behind Kerryn King Support Service, founded by Kerryn King in Maryborough.

With more than 15 years of experience across aged care and disability services, Kerryn has built a reputation for compassionate, people-first care that focuses on dignity, independence, and meaningful community connection. Her background spans roles including Community Support Worker, Case Manager, and PAG Coordinator, giving her a deep understanding of the support people and families need at every stage of life.



What sets Kerryn apart is her commitment to creating support that feels personal rather than clinical. She focuses on empowering individuals while fostering a warm and respectful environment where clients feel heard, valued, and supported in achieving their goals. Her vision centres around quality care, positive mental health, and recognising the unique journey of every individual. Kerryn is also a member of the Australian Community Workers Association (ACWA), demonstrating her ongoing commitment to professional development and ethical practice.

As demand for disability and aged care support continues to grow throughout Central Victoria, local providers like Kerryn King are helping strengthen the sense of community that regional towns are known for — offering not only practical support, but genuine care and connection when it matters most.

Kerryn is offering support with community access, personal care, meal preparation, overnight support, respite, supported accommodation, disability and aged care support.

At the heart of Kerryn's work is a simple but powerful belief — that every person deserves to feel valued, supported and empowered to live life on their own terms.

"I am so grateful for Kerryn."

"Kerryn supports me with compassion, care and makes sure all my daily living support {needs} are delivered. I never need to worry. I know I can trust Kerryn for all my need and requirements."

"Nothing is impossible."

- Carmel B.

"Kerryn is magnificent. Her dedication to personalised care and her deep ties within the community set her apart." - Amanda C

PH: 0439 236 546

Email: kerrynmking@gmail.com

ABN: 29115137022

<http://info-kerrynking.online>

Launch. Grow. Thrive.

How one Ballarat consultancy is taking the stress out of NDIS registration - and giving local providers the confidence to succeed.



We built Provider Springboard from real industry experience, so providers can grow with confidence.

Benita & Lucy - Directors

THE STORY

For many small business owners in Ballarat, becoming a registered NDIS provider can feel like navigating a labyrinth without a map. The paperwork, the audits, the compliance requirements — it can be enough to make passionate carers walk away before they've begun.

That's the problem Benita and Lucy set out to solve when they founded Provider Springboard. Between them, they bring a rare and perfect combination of skills and knowledge: Benita has conducted hundreds of audits of providers through her role as an approved quality auditor for the NDIS, as well as working as a Registered Nurse and an NDIS registered provider for community nursing care. Lucy brings sharp business operations expertise that turns compliance into genuine organisational strength.

"We understand the system because we've lived it — and we're passionate about sharing that knowledge."

Together, they've built a consultancy where the jargon gets translated, the checklists get explained, and providers feel genuinely supported rather than simply processed.

WHY IT MATTERS LOCALLY

Ballarat's disability services community is growing — but registered providers aren't keeping pace with demand. Every business that navigates registration successfully means more choice, more capacity, and better outcomes for participants and their families in our region.

Provider Springboard works with both brand-new businesses taking their first steps into the NDIS, and established providers who need to tighten their compliance, survive an audit, or simply grow their operations with confidence.

The team's approach is deliberate and considered for each individual business. Rather than handing over a folder of generic documents, they work alongside clients to understand their specific context: their support categories; their team structures; their real-world challenges and build systems that actually get used.

**Book a free
15-minute
consultation**

How Provider Springboard can help



Registration Support

Guided help through the full NDIS provider registration process.



Audit Readiness

Documents, systems and confidence to face your NDIS audit prepared.



Internal Audits

Annual internal audits to stay compliant and keep your systems sharp.



Business Growth

Planning, marketing, HR and operations to build beyond compliance.

0493 411 511

providerspringboard.com.au

hello@providerspringboard.com.au



**SUBURB
HIGHLIGHT**

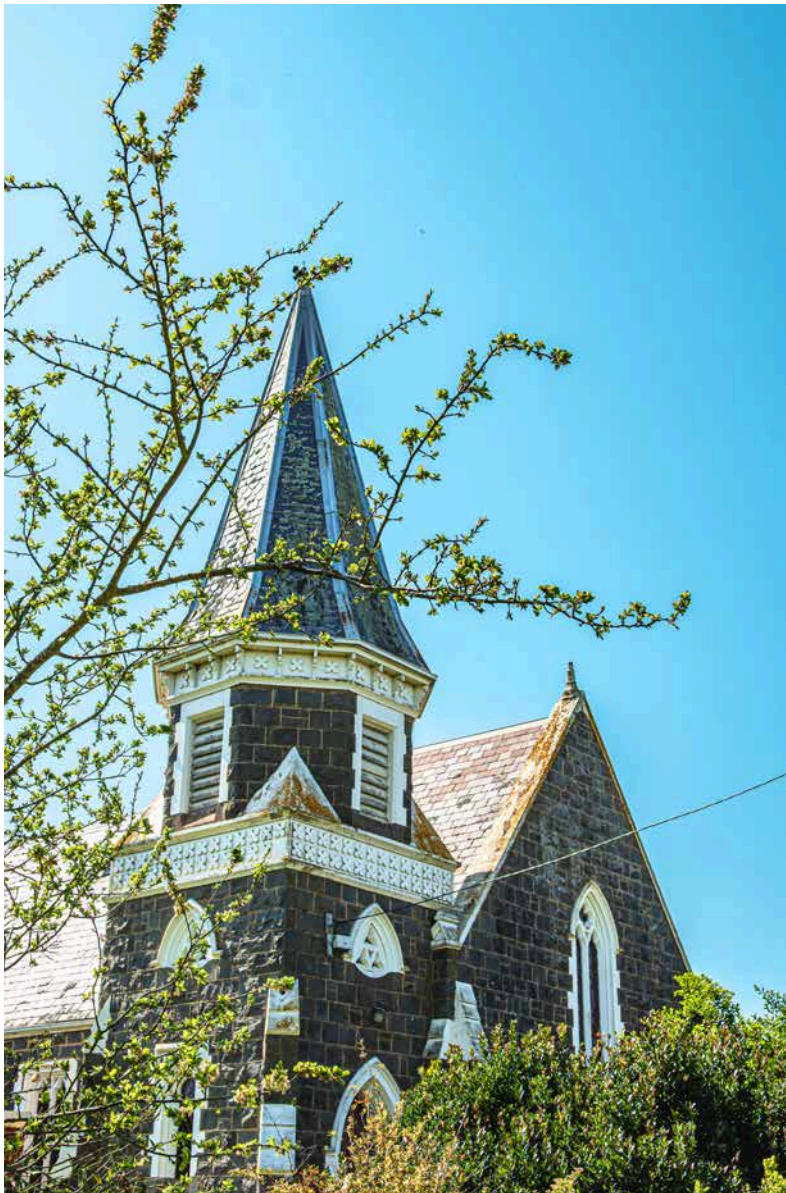
Learmonth

TRANQUIL, HISTORIC, RURAL

The town lies on the Sunraysia Highway,
136 km NW of Melbourne and 23 km NW of Ballarat



Learmonth sits on the northern shore of Lake Learmonth, a shallow volcanic lake (approx. 24km²) surrounded by low, conical hills. The lake (Djadjawurrung/Wathawurrung name Tombin) is fed via an engineered inlet (Morton's Cutting) from Coghill's Creek; it was artificially deepened in the late 1800s.



Learmonth was named after the Learmonth brothers (Thomas and Somerville) who ran cattle in the Burrumbeet area from 1838. The township was surveyed in 1859 and developed through the 1860s. Early landmarks included the Stag Hotel (c.1854) and churches (Presbyterian, Catholic, Wesleyan in 1857). A government school began in 1859 (superseding the earlier church-run school).

A shire headquarters was built in Learmonth in 1866 (Shire of Sebastopol, later moved to Ballarat-Wendouree in 1964). Other 19th-century facilities included an Anglican church (1861), courthouse (1864) and a mechanics' institute (1867). A short railway branch linked Learmonth to Waubra from 1888 until its closure in 1968.

With no railway line now and new roads being built in new housing developments around Delacombe, Learmonth has become a destination for tourists and locals alike.

Lake Learmonth is the community's main attraction. As well as swimming, the lake is stocked for fishing (redfin, trout, carp) and set up for boating: in 2022 the Ballarat council reopened the lake for water-skiing, wakeboarding, jet-skiing, canoeing, windsurfing and fishing. There are walking trails, picnic areas and a playground by the lake.

Established in the 1850s around Lake Learmonth and Tombin, it retains a handful of historic buildings and a tight-knit community.

Learmonth's economy is centred on agriculture (sheep and cattle farming) and local services, and its scenic lake draws recreation (boating, fishing, water sports.)



Learmonth has a limited range of local services. Facilities include a country pub ("Stag Hotel"), a café/antique shop, and a small motel/caravan park on the lakefront.

Community amenities include a lawn bowls and tennis club, and a small reserve with playground by the lake. There is also a community garden.

You will also find an adorable little community library reading nook on the road.

Spend some time walking the street to read about the history of the buildings, thanks to the informative signs placed in front of heritage buildings.

The old streetscape also attracts visitors: a heritage walking tour highlights the former flour mill site, the Register-listed old shire offices and other 19th-century buildings.

Nearby Lake Burrumbeet (4 km away) also has recreation facilities and a racecourse (Burrumbeet Cup each New Year).

Learmonth is a quiet stop-over on the "Golden Triangle" touring loop (Ballarat–Ararat–Bendigo) and appeals to birdwatchers and anglers.

Accommodation options are limited to a lakeside caravan park/motel and B&Bs; most visitors stay in Ballarat or Burrumbeet and make day trips.

This is a beautiful town to stop in, whether it's for a few hours or a few days. With just enough amenities, beautiful scenery and plenty of heritage to enjoy, Learmonth never disappoints.



It's the little details. McM and Co LITTLE DELIGHTS.

0423 124 949
noleenburrows@hotmail.com

McM and Co
Little Delights



*There is something **special** about homemade products.*

It's more than the love and care that is put into them;

it's the rich history behind them. There is no exception here. McM and Co started with a passion for cooking and sewing.

When she was young, Noleen would watch her grandmother cook and found the process of how things were made fascinating. With some encouragement from her husband, Noleen studied a Certificate III in Commercial Cookery, which is where she learnt to make jams. A few years ago, she added making tomato-based sauces to the mix. Noleen also has a passion for sewing, which started all the way back in school. She was hooked on this, however she didn't start getting back into sewing until she became a nana. Noleen's grandchildren were her reason to start sewing clothes and her beautiful husband was the reason she started selling her clothes, jams and sauces at the markets.



Noleen's products became so popular at the markets that she needed help. This is where her talented niece, Jenny, comes into the story. Jenny is a mum of two beautiful girls. She is a swimming teacher and she has dyslexia. Jenny is very artistically minded and she enjoys arts and crafts. Her superpower is her tenacity; she is very clever at problem solving and has a knack for being able to re-create anything she puts her mind to. Both Noleen and Jenny are committed to their craft, always striving for perfection. They also both approach their creative process by considering the practical needs. For example, a lot of the clothes they make have push studs instead of buttons to make them easier to use. Noleen and Jenny are also happy to custom make pieces for you, especially if you have a vision for a specific colour or pattern.

This article is dedicated to Noleen's late husband, Glenn.
May he Rest In Peace.
We thank him for encouraging Noleen to share her gift.
We look forward to this family venture's growth!

Welcome to The Central HIVE

The
CENTRAL
HIVE

-A beautifully curated giftware store
showcasing locally handmade products in the heart of town-

The main street of Maryborough has a welcome new addition; The Central HIVE

Born from a long-held passion of supporting handmade, owner Milly, has created a permanent space for creators and small handmade businesses to sell their high quality, unique items with an exceptional customer experience.

This space provides the community with an opportunity to support makers by purchasing gifts and goods that are hand crafted, expertly made and directly benefits local creators and the wider community.

With the rise of fast fashion and cheap imports, it's never been more important to support people who are making items with heart and soul utilising quality materials, natural ingredients and highly regarded skill created in our local community.



Variety of wares available include:

- Giftware
- Candles and Diffusers
- Baby and Children Clothing and
- Baby Accessories
- Jewellery
- Bags
- Home, Personal and Skincare
- Cards
- Blankets and Knit Ware
- Art
- Cakes and Slices
- Jams, Relishes, Sauces and Honey
- Kitchenware and Accessories.

This store is more than just a warm and inviting giftware store; The Central HIVE is also a place for creative connection.

Every Wednesday and Saturday morning, bring along a project and enjoy morning tea and a cuppa with new friends at the "Sit & Stitch | Yarn & Yarn" sessions for only \$10. From 10:30am - 12:30pm.

A variety of expert workshops are also held throughout the year with more information available on their Facebook page: TheCentralHIVE

When visiting north central Victoria you can visit their original concept store where the dream was first born at 9 Gillies Street, Rochester.

0419 389 829
thecentralhive@outlook.com
89-91 High Street, Maryborough, VIC 3465
Open: Wednesday - Friday 10:00am - 4:00pm
Saturday 10:00am-1:00pm

SHADOW BOX MEMORY ART

*Turn everyday objects into
meaningful décor*

What You'll Need

- A shadow box frame (or a deep photo frame, or glassless frame)
- Household keepsakes or small objects
- Glue gun or craft glue
- Scissors
- Scrapbook paper, fabric, or cardstock for the background

Optional:

- twine or ribbon,
- dried flowers,
- labels or handwritten notes,
- paint, pens or markers.

Step 1: Choose Your Theme

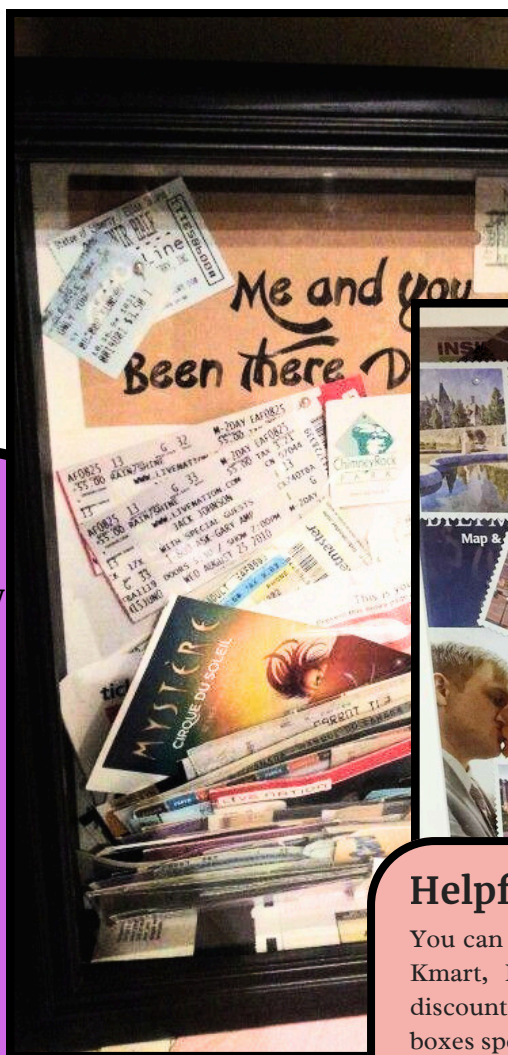
Pick a collection of objects that tell a story

Some ideas include:

- vintage kitchen items,
- travel souvenirs,
- family heirlooms,
- gardening treasures,
- sewing supplies,
- beach finds,
- old photographs or postcards.

Step 2: Arrange Your Background

Cut your chosen paper or fabric to fit inside the frame. Neutral linen textures, floral prints, or vintage-style paper work beautifully.



Helpful hint:

You can find photo frames at shops like Kmart, Big W, Reject Shop or other discount stores. Some even sell shadow boxes specifically for this purpose.

You can also find cheap frames on Buy, Swap, Sell or Marketplace pages or op shops!

SHADOW BOX

Memory Art

Step 3: Lay Out Your Objects

Before gluing anything down, arrange your items inside the frame until you're happy with the look.

Tip:

Try layering larger items at the back and smaller pieces toward the front for depth and texture.

Step 4: Secure Everything

Use a glue gun or strong craft adhesive to carefully attach each object. Allow everything to dry fully before moving the frame.

Step 5: Add Personal Touches

Include:

handwritten recipe cards,
dates,
favourite quotes,
tiny labels,
pressed flowers,
or meaningful notes.

These details make the artwork feel truly personal.

Step 6: Frame & Display

Close the frame and display your finished shadow box on a shelf, gallery wall, or entry table.

**NOW YOU CAN ENJOY YOUR MEMORIES
IN A CREATIVE WAY & HAVE SOMETHING PRODUCTIVE TO DO OVER WINTER!**



*Memories are
beautiful
reminders of
time well
spent.*



Welcome to CALM WITHIN

YOUR JOURNEY BACK TO SELF

*A free community event to
reset, reconnect & rise together*



HEALTH

Nourish your
body & mind



WELLNESS

Tools, support
& healing
practices



SPIRITUALITY

Deepen your
connection
within



CONNECTION

Connect with
yourself &
like-hearted
others



COMMUNITY

A welcoming
space for
everyone

You are
welcome
here

COME AS
YOU ARE
LEAVE
CONNECTED
& INSPIRED

ALL ARE WELCOME ♥ EVERY JOURNEY MATTERS



EVERYONE
WELCOME



A SAFE SPACE
FOR ALL



FREE
TO ATTEND



OPEN HEARTS
OPEN MINDS

ROBINSON FAMILY PHOTO DIGITISING

Those old photos tucked away in drawers aren't just pictures — they're moments, stories, and irreplaceable memories of people we love. Over time, they fade, curl, and quietly deteriorate, and with them, pieces of your family history.

Digitising your photos means they can be shared easily with children, grandchildren, and loved ones near and far.

"It's a way of protecting the past while making it part of the present again" says Paula.

"Safely, simply, and with heart."

"These are your everlasting memories" adds Kelsey "and that is why this is so important to us."

Paula and Kelsey began this service in February 2026, which grew from their own experience regarding the importance of preserving family photos and understanding how meaningful (and sometimes emotional) these images can be. They approach every collection with care, patience, and respect. The digitising of loved ones' treasured photographs allowed these precious memories to be played on computer and tv, providing an invaluable connection to happy memories from times past. Photographs are then easily sharable to family by way of a quality SanDisk USB. Memories deserve to last.

Paula and Kelsey are incredibly proud of the personal, caring and individual nature of each project they take on. They are unique in that they will collect and deliver your precious project personally. This allows them to better understand the connection that you have with these photographs and your beautiful memories.

Areas of service include:

- Creswick
- Ballarat
- Maryborough
- Castlemaine
- Clunes
- Skipton
- Beaufort
- Gordon
- Surrounding areas
- 60km radius of Creswick.

Their services are perfect for:

- Downsizers
- Estate cleanups
- Relocation
- Transitioning to aged care facilities
- Getting organised
- Emergency evacuation planners (who want their memories condensed to USB.)



0437 459 122

robinsondigitising@gmail.com
facebook.com/robinsondigitising

"AT ROBINSON FAMILY PHOTO DIGITISING, WE TREAT EVERY PHOTO WITH CARE AND RESPECT, CAREFULLY DIGITISING YOUR TREASURED MEMORIES ONTO A HIGH-QUALITY SANDISK USB SO THEY'RE PRESERVED FOR GENERATIONS TO COME."





"Playful as a fox in a field of flowers!"

Tucked into the heart of Maryborough is a local business proving that style doesn't need to come from a capital city to make a statement. At Izak Fox, style is personal and every customer is treated like more than just a sale.

Blending modern trends with approachable country hospitality, Izak Fox has become a go-to destination for locals wanting fashion & homewares that feels polished.

What makes Izak Fox stand out isn't just the carefully curated collection—it's the experience that husband and wife duo, Gavan and Katie, foster in store for you.

Shopping here feels relaxed and welcoming, with genuine conversations. Known for their impeccable service and friendly environment, something that most people don't actually know is that Izak Fox has 6 different areas in the store! Go beyond the service counter to discover the old gold vault from the 1800's (now a stunning buddha crystal room, which seems only fitting!) Head down the hallway to find a clothing room with a change room to the right, then an outdoor garden courtyard with pots, garden ornaments and rusty garden sculptures.

You may wonder why everything in the store seems so heavily discounted and permanently on sale; well, Gavan and Katie source end-of-line products, as well as sample stock. Because of this, they can sell items up to 1/3 of the recommended retail price! Even better, everything is brand new and in brand new condition; this is **not** second hand or damaged stock!

The boutique has become part of the fabric of the local community over the past 4 years and now draws regular customers from Ballarat, Bendigo and the surrounding areas. People are willing to travel here because of the prices

In the shop, you will find:

- Clothing (mainly Italian)
- Homewares
- Huge range of faux flowers and floral arrangements
- Gifts.

Gift wrapping is also offered in store.



In many ways, Izak Fox reflects the evolving spirit of regional Victoria itself—stylish, ambitious, community-minded, and proudly local.

For Maryborough locals and visitors alike, Izak Fox is more than a boutique. It's a celebration of self-expression, confidence, and the power of shopping local.

Come into the store to discover elevated everyday style, made affordable because quality doesn't always have to come with a luxury price tag.



Mon-Fri, 9am-4pm
Sat, 9am-2pm
Open on the occasional Sunday.

izakfox11@gmail.com
186 High Street, Maryborough VIC



MINI MUNCHERS Petting Zoo

More than a petting zoo — an experience designed to delight, educate, and connect.

There's something timeless about the excitement of meeting animals up close — the laughter of children feeding a lamb for the first time, the curiosity sparked by a tiny pony, or the joy of cuddling a fluffy bunny.

That sense of connection is exactly what makes Mini Munchers Petting Zoo such a memorable experience for everybody.

Shelley and the team are passionate about animal care; a lot of the mini munchers are rescue animals. They are also passionate about the community, with this experience focusing on inclusivity. This is a sensory space where everybody is safe to enjoy. The team's calm approach, attention to detail, and dedication to creating memorable experiences ensures every event feels personal and thoughtfully delivered.

From gentle sheep and cuddly rabbits to playful goats and friendly ponies, every animal encounter is carefully designed to be safe, engaging, and unforgettable. It's more than simply looking at animals from behind a fence — Mini Munchers encourages genuine interaction, helping children build confidence, compassion, and an appreciation for animals through hands-on experiences.

Enjoy a warm cuppa and cake, or freshly cooked chips from a kitchen equipped with all of the essentials.

With colouring in sheets and cookies to decorate, it's not just the animals that can keep you amused.

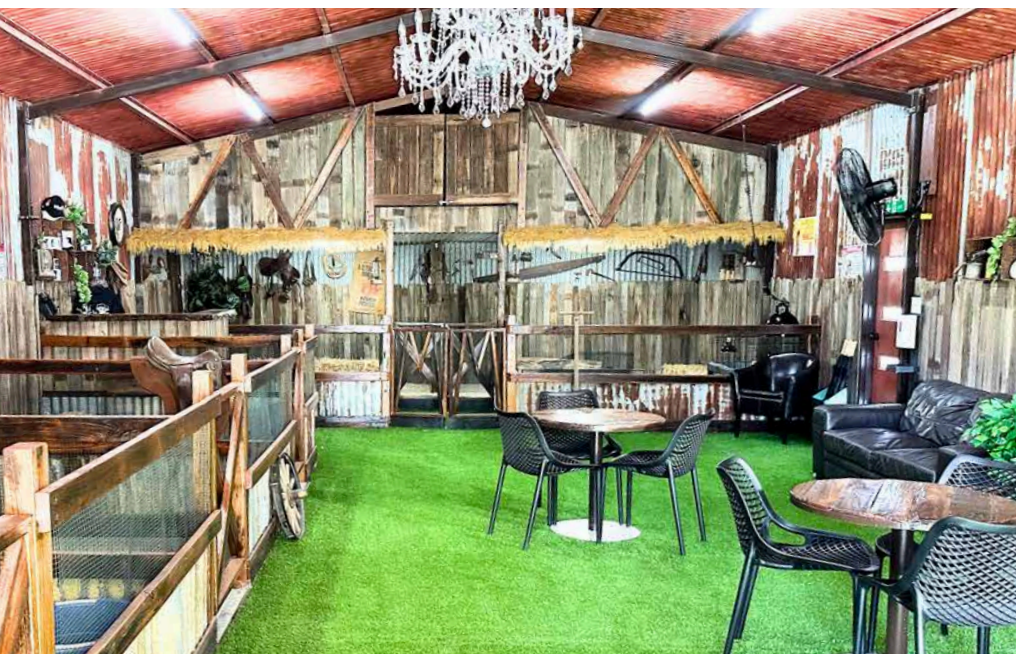
This intimate venue is perfect for weddings, parties, work functions and other events. With a beautiful interior barn space with a chandelier, as well as outdoor seating, grassy areas and kid's playground, there truly is something for everyone.



Located just 5 minutes outside of Delacombe town centre, you really don't have to travel far to enjoy that authentic country charm. Bookings are essential, as numbers are limited per session.

20 Westgate rd Smythes Creek, 3351
www.minimuncherspettingzoo.com.au

minimunchers.pz@gmail.com
0477 029 107





Ballarat Chocolate Experience Store.com.au

Chocolates | Sweets | Desserts | Hampers | Kids Parties



Tucked away in the heart of Ballarat, Ballarat Chocolate Experience Store has quickly become a must-visit destination for locals, tourists and chocolate lovers alike. Showcasing luxurious chocolates and products sourced from around the world alongside exceptional local and Australian favourites.

The store offers an indulgent experience unlike any other.

Guests can relax and enjoy an extensive all-day menu featuring signature waffles, handcrafted mocktails, rich signature hot chocolates, velvety signature mochas, chocolate fondue boards and freshly dipped strawberries coated in premium chocolate.

The experience continues with fun-filled kids birthday parties that combine creativity, chocolate and unforgettable memories, making them one of Ballarat's sweetest celebrations.

Adding to the magic is The Sweet Owl Hampers, offering beautifully curated hampers available both in-store and online. From luxury chocolate gifting to celebration hampers and thoughtful gifts for every occasion, customers can also enjoy free delivery Australia-wide.

Come in, indulge, and experience the magic for yourself.

Available in-store & online via
www.thesweetowlhampers.com.au
 Proudly donating \$1 from every sale to Ballarat's Soup Bus.

The Sweet Owl
HAMPERS
Seriously Owsome Gift Hampers!



66 Bridge Mall, Ballarat Central

See why we receive 5 star Google Reviews



savings

KITCHEN SAVINGS HACKS

food

FROM **FRUGAL**

TO **FABULOUS**



The Australian beef industry is worth over \$18 billion annually and producing around 2.6 million tonnes of beef per year. It supports our local farmers yet despite being one of the world’s biggest exporters, many Australians are finding beef increasingly unaffordable.

Why is this? Our farmers reputation that Australian Beef is such high quality and recent reduced cattle herds overseas, we end up sending 70–75% to other countries which then drives up cost due to our own supply and demand. Our farmers are struggling to keep up with demand while also making sure that they can get food on their own table. Production costs in energy, labour, transport and processing have risen up to 25% over recent years and isn’t showing any signs of slowing down.

With cost of living always going up, getting a piece of eye fillet or sirloin is a luxury and special treat. With these few little cooking hacks, you can enjoy more beef on your fork while also saving some money.



TASTY → SAVINGS

See how to save



Average price of Beef (referenced from 3 major supermarket chains)*

CUT	BUDGET PRICE/KG	PREMIUM EQUIVALENT
Chuck	\$16 - \$21/kg	Ribeye ~\$35–\$45/kg
Blade (Oyster)	\$16 - \$20/kg	Scotch fillet ~\$40+/kg
Topside	\$16 - \$22/kg	Sirloin ~\$30+/kg
Gravy Beef/Shin	\$15 - \$18/kg	Eye fillet ~\$38–\$50/kg

• Prices as per time of publication

you can save 50% – 70% Per KG

**SIMPLY BY
CHOOSING
THE
RIGHT
CUTS.**

HACK 1

VELVETING

Velveting is a Chinese cooking technique that tenderizes beef, ensuring it stays silky and juicy rather than tough when stir-fried.

Best cut – Topside (most tender) or Blade (most flavour)

Prep time – Quick to finish but needs to be planned to account for resting

Knife skills – Beginner to Intermediate



Against The Grain



Blade steak

5 Easy Steps

1. Prep: Slice 250g of beef thinly against the grain. (refer to the photo above.) Try your best to keep slices as thin as you are comfortable with based on your knife skills and as consistent as you can for even cooking.
2. Tenderize: Mix in 1 tsp of baking soda with $\frac{1}{4}$ cup (60mls) of water or oil, cover, and let it sit in the fridge for 30–60 minutes.
3. Rinse: Thoroughly rinse the beef in cold water to remove all baking soda, then pat it very dry with paper towels. Important step as it will remove the acid and taste of baking soda.
4. Marinate: Combine with 1 tbsp cornstarch, 1 tbsp soy sauce, and 1 tbsp oil, allowing it to sit for another 20–30 minutes.
5. Cook: Briefly stir-fry (1–2 minutes) over high heat.

HACK 2

DRY BRINE & BUTTER BASTING BBQ STEAK

Dry brining beef is the process of salting the surface of the meat and letting it rest uncovered in the refrigerator for several hours to a few days. This method draws out moisture, which then dissolves the salt and gets reabsorbed into the meat, resulting in better seasoning, enhanced tenderness, and a superior, crispy sear.

Basting during the cooking process replaces missing fat from the leaner tougher cuts which in line makes the meat juicier and much closer to a ribeye effect.

Best Cut- Chuck (most marbling) or Topside (most tender)

Prep time- Quick to finish but needs to be planned to account for resting and self-control

Knife Skills – Only cut to serve.



LOW COST LUXURY

Prep

Brining: Best choice of salt for brining which also is the cheapest of the options is a fine salt (e.g. Iodised Table salt or a cooking salt). Coarse and flaky rock salts don't distribute well over the cut. Formula is 1-2% of salt to the weight of the cut. This roughly equates to $\frac{3}{4}$ teaspoon per 250gms beef. Evenly distribute the salt and making sure that it is sticking to the cut.

Resting: (Min 1 hour, overnight for the best results): Place the meat on a plate in the fridge uncovered. Having the steak uncovered in the fridge also aids the brining process. Make sure the beef is stored safely away from any other perishables.

Cooking: If you are worried about the amount of salt on the steak before cooking, just lightly pat dry with paper towel. No washing or scraping off the salt. Less brine equals less flavour. Add other spices such as garlic & pepper. No spice mixes as they primarily have added salt. For this process, cooking the steak to medium (60 degrees) is the sweet spot. 80% cooking time on indirect medium heat with BBQ lid closed. Take meat off the heat to rest while you get the BBQ grill on High heat. Once to temp, 1-2 minute each side on direct heat while brushing the steak with melted unsalted butter (herbed or plain).

MICK MAKES CAKES

DELICIOUS GRAZING PLATES

A FEAST FOR YOUR EYES & A DELIGHT FOR YOUR TASTEBUDS



Run by passionate cook Mick, this homegrown business has built a loyal following for one simple reason: food that feels as personal as the moments it's made for. Every morsel is handcrafted with a clear attention to detail and a genuine love for delicious, homestyle cooking.

In a town known for its rich history and tight-knit community, Mick Makes Cakes fits right in - offering a modern, creative catering service grounded in old-fashioned care and friendly service. Whether it's a milestone celebration, a simple sweet indulgence or sharing with friends and family, Mick proves that great food is where memories are made. For locals looking to take the hard work out of their next event and add something truly special, Mick Makes Cakes is the only name worth remembering.



Pastries, Slices, Cakes, Charcuterie, Sandwiches, Wraps, Grazing Platters

mickmakescakes1@outlook.com

Mick-makes-cakes.square.site

Available at The Central Hive, Maryborough

YOUR LOCAL COUNTRY PUB



GOOD FOOD. COLD DRINKS. GREAT COMPANY.

Welcome to The Stag Hotel Learmonth.

Whether it's a quiet drink after work, dinner with the family, or a weekend catch-up with mates, The Stag is the perfect place to relax and enjoy true country hospitality.



HEARTY MEALS

Classic pub favourites made fresh.



CLASSIC BEER, AND DRINKS

Great selection of classic beers and drinks.



POOL TABLE

Challenge your mates to a friendly game.



FRIENDLY SERVICE

Warm smiles and country hospitality every time.



COUNTRY ATMOSPHERE

Relaxed, welcoming and always comfortable.



★ UPCOMING EVENTS ★

Stag Motor Show meets Market Sept 20th

Open Pool Competition Jul 19th

Black 'n' Blue Fundraiser Aug 9th

Find all of our ONLINE INFORMATION



428-440 High Street
Learmonth VIC 3352



(03) 5343 2224

★ GOOD FOOD • COLD DRINKS • GREAT COMPANY ★

Get Ya Graze On

Let's create something delicious

Not every reinvention begins with a grand plan—sometimes, it starts with a quiet decision to choose family & a different pace.

After 12 years running a successful conveyancing business, Katrina stepped away from the structured demands of the industry to create something more flexible, more creative, and more aligned with the life she wanted to build. From that decision, Get Ya Graze On was born.

At its core, the business is refreshingly simple: thoughtfully curated grazing options designed to suit a wide range of occasions. From corporate office lunches and sporting events to bridal showers, birthdays, and private functions, Katrina has developed a versatile offering that includes savoury and sweet boxes, sandwich selections, children's options, and on-site catering.

BUT WHAT TRULY DISTINGUISHES GET YA GRAZE ON IS IT'S A MOBILE GRAZING VAN.

In an industry often centred around drop-off catering, Katrina has introduced an experience that is both practical and engaging. The van allows her to cater on-site, bringing a sense of presence and interaction that suits everything from large-scale community events to polished corporate functions. It's a point of difference that doesn't just serve food—it creates a moment.

And then there's the colour.



The van, unapologetically pink, is a reflection of Katrina herself—vibrant, a little playful, and entirely authentic. It's a visual signature that turns heads and sparks conversation, adding personality to every event it attends.

Beyond presentation and convenience, there's a deeper understanding behind the business. Food, after all, sits at the centre of life's meaningful moments—celebrations, milestones, gatherings both big and small. Katrina recognises that her role, while seemingly simple, contributes to these experiences in a lasting way.

Equally important is her commitment to the local community. Katrina's involvement extends well beyond her business, with a history of supporting initiatives such as donating Ballarat's first Share the Dignity vending machine, participating in The Great Aussie Hike to raise funds for charitable causes, and continuing to contribute through product donations and local support wherever possible.

Get Ya Graze On doesn't aim to overcomplicate. Instead, it delivers what people genuinely need—quality food, presented with care, made accessible, and offered with a distinct sense of personality.

Sometimes, that's exactly what makes something stand out. And in this case, *it just happens to arrive in a pink van.*



0411 691 040
katrina@getyagrazeon.com



SOFT. LUXURIOUS.

*Celebrate the moment...
simple, affordable, memorable.*

Established in 2019, Marshmallow Delight is an online gourmet marshmallow store based in Ballarat, in the beautiful Central Highlands of Victoria.

Delight your senses with marshmallow, nougat wafers, mallow cream, mallow cones, mallow crunch and chocolate-dipped treats of beloved Australian favourites and Scottish classics – all thoughtfully refined with a modern touch.



Each marshmallow is hand crafted in small batches to maintain the best possible quality, using dairy free, gluten free, nut free and egg free products where possible.

With a focus on inclusivity, Sharon also uses halal beef gelatin.



GLUTEN
FRIENDLY
OPTIONS



DAIRY
FRIENDLY
OPTIONS



EGG
FRIENDLY
OPTIONS



NUT
FRIENDLY
OPTIONS



HALAL
GELATIN
USED



OFFERING LOCAL
DELIVERY AND
REGULAR
PICK-UP POINTS.

Nationwide shipping is
also available for
most items.

ORDERS CAN BE PLACED BY

- ✉ EMAIL: marshmallowdelightau@gmail.com
- 🌐 WEBSITE: marshmallowdelight.com.au
- 📘 FACEBOOK: [marshmallowdelightau](https://www.facebook.com/marshmallowdelightau)
- 📷 INSTAGRAM: [@marshmallowdelightau](https://www.instagram.com/marshmallowdelightau)

Scan to see more



Are you ready to add a personal touch to your gifts or products?



In regional Victoria, businesses and community organisations are built on passion, resilience and connection. Whether it's a local entrepreneur launching a new venture, a sporting club run by dedicated volunteers, or a charity working tirelessly to support a worthy cause, having access to affordable and professional branding can make all the difference.

That's where Personalised 4 U is making a lasting impact. Founded by local Registered Nurse and creative entrepreneur Kym Evans, Personalised 4 U has become a trusted partner for businesses, community groups and charities across Central Victoria.

More than a merchandise and printing provider, the business offers personalised branding, marketing and promotional solutions designed to help organisations grow without the high costs often associated with larger agencies.

From custom apparel and uniforms to promotional merchandise, logo development, marketing materials and social media support, Personalised 4 U delivers tailored solutions that suit both the vision and budget of each client.

With no large minimum order requirements, businesses can access professional products and services regardless of their size or stage of growth.

What truly sets Personalised 4 U apart, however, is its commitment to the community.

Schools, sporting clubs, fundraising events and volunteer organisations often operate on limited budgets while striving to make a significant impact. Personalised 4 U works closely with these groups to create meaningful merchandise, event apparel, promotional materials and fundraising products that help raise awareness, strengthen community engagement and support important local initiatives.



The business is also passionate about supporting grassroots charities and not-for-profit organisations. Through creative design, branded merchandise and awareness campaigns, Personalised 4 U helps charities tell their stories, connect with supporters and maximise fundraising opportunities.

One example is the company's ongoing support of Lamb Care Australia, a volunteer-run rescue organisation dedicated to helping vulnerable newborn lambs. Through fundraising merchandise, promotional campaigns and storytelling initiatives, Personalised 4 U has helped increase awareness and support for the organisation's vital work.

At its heart, Personalised 4 U believes branding is about more than logos and merchandise. It's about helping local businesses build confidence, assisting charities in sharing their message, and creating products that bring people together.

What truly sets Personalised 4 U apart, however, is its commitment to the community.

For Central Victoria's businesses, community groups and charities, Personalised 4 U offers something increasingly valuable: personalised service, genuine community spirit and a commitment to helping others succeed.

Personalised 4 U

Supporting local businesses, communities and charities across Central Victoria.

Phone: 0458 443 038

Email: info@personalised4u.com.au

Website: www.personalised4u.com.au

Facebook: Personalised 4 U



BUSINESS BITE: BUSINESS PLANNING

A well-crafted business plan is one of the most valuable tools any small business can have, whether you're launching a new venture or looking to grow an established operation.

For new businesses, it provides a clear roadmap, helping owners define their goals, identify their target market, manage finances, and prepare for challenges before they arise.

For existing businesses, a business plan serves as a strategic guide, allowing owners to review performance, adapt to changing market conditions, explore new opportunities, and make informed decisions with confidence.

More than just a document for securing funding, a business plan creates clarity, direction, and accountability—helping businesses stay focused on long-term success while navigating the day-to-day demands of running a business.



Key Benefits of a Business Plan

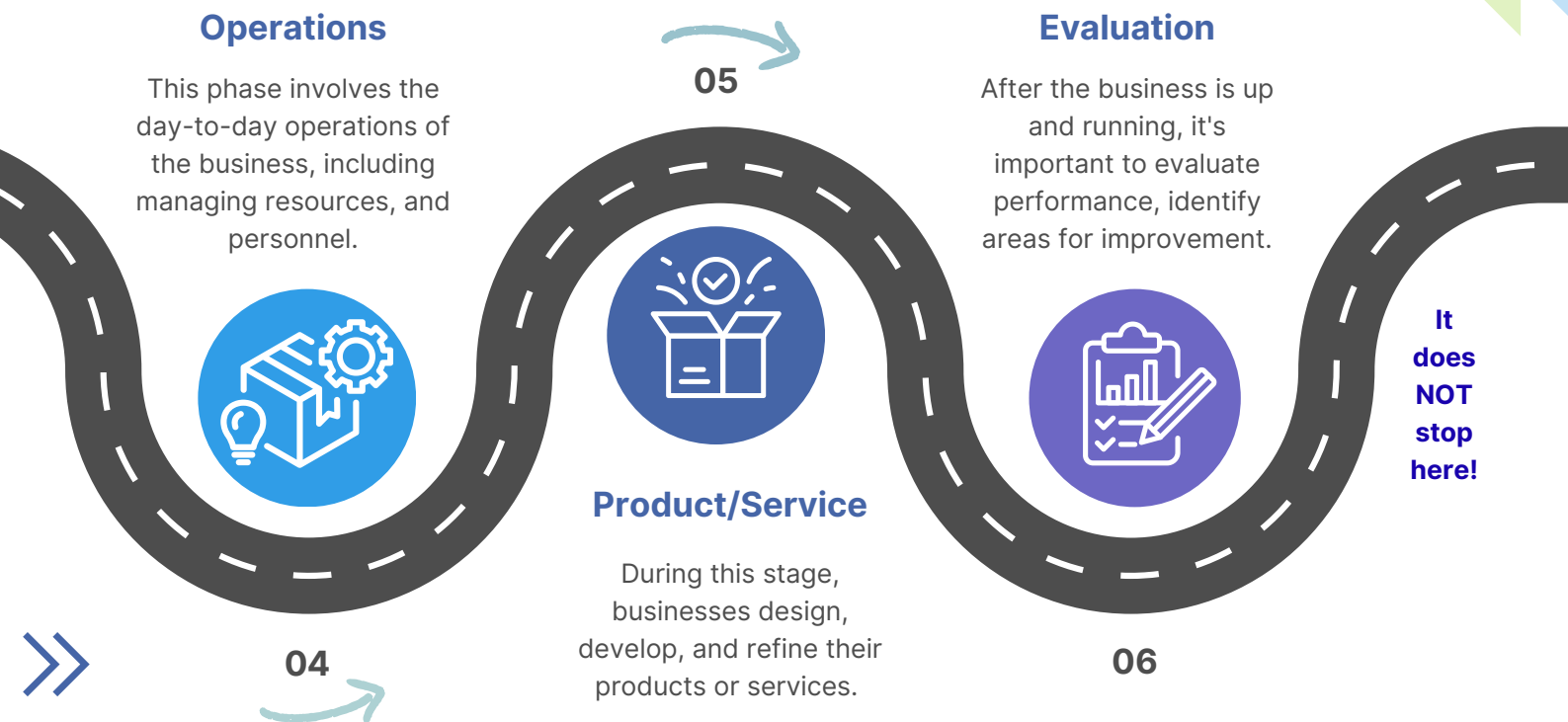
A well-developed business plan does far more than outline your ideas—it provides a clear framework for success. It demonstrates that you have thoroughly researched your market, understood your target audience, and identified a pathway to profitability.

The planning process encourages you to carefully evaluate every aspect of your business, from operations and marketing to finances and growth opportunities.

A business plan also helps uncover potential challenges before they become costly problems, allowing you to prepare strategies and solutions in advance.

What's Included in a Business Plan?

- **Executive Summary:** An overview of your entire plan.
- **Company Description:** Your mission, vision, and the products or services you provide.
- **Market Analysis:** Insights into your industry, target customers, and competitors.
- **Organisation Structure:** The layout of your business and team.
- **Products/Services:** A detailed description of what you sell, including products and services.
- **Marketing & Sales Strategy:** Your approach to reaching customers and generating revenue.
- **Financial Projections:** Budgets, forecasts, and profit/loss statements.
- **Funding Request (if applicable):** The amount of funding you need and its intended use.



By setting measurable goals and achievable milestones, it creates a clear roadmap for growth while providing a benchmark to track progress and maintain accountability.

Most importantly, a strong business plan gives you the flexibility to adapt and pivot when circumstances change, ensuring your business remains resilient and focused on long-term success.

Would you like a FREE Business Plan template?
Head to www.cvbl.com.au to download your free copy.

“Empowering success through practical support, professional guidance and meaningful business solutions.”



MICHELLE'S ESSENTIAL BUSINESS SUPPORT

BUILDING SUCCESS

Michelle understands that every successful business is built from many interconnected parts. From creating detailed business plans and streamlining operations to assisting with recruitment and workplace training, her services are designed to strengthen the foundations that support long-term growth. Businesses can access guidance in areas such as business planning, B2B sales and business development, workforce training solutions, recruitment support and virtual assistant services.

Founded on more than three decades of experience across employment services, training and recruitment, Michelle's Essential Business Support was created with a clear purpose: to provide practical, personalised assistance that helps people achieve their professional goals. Whether supporting sole traders, start-ups, growing businesses or individuals seeking employment, the focus remains the same — delivering tailored solutions that create real outcomes.

One of the standout aspects of the business is its flexible approach. By offering professional support on an hourly basis with no minimum hours, clients can access the assistance they need while maintaining control over their budget. This practical model allows businesses to invest where it matters most while receiving experienced, results-driven support.

ONE PIECE

As Ballarat continues to grow as a centre for innovation, entrepreneurship and small business development, services that provide practical business guidance are becoming increasingly valuable within the region's evolving business landscape.

AT A TIME.

For entrepreneurs looking to establish a strong foundation, businesses seeking operational support, or individuals wanting to strengthen their employment prospects,

Michelle's Essential Business Support offers professional expertise backed by experience, dedication and a genuine commitment to helping others succeed.

In business, it's often the behind-the-scenes support that makes the biggest difference. From planning and administration to recruitment, training and business development, having the right guidance can transform an idea into a thriving enterprise. That's where Michelle's Essential Business Support is helping local businesses and job seekers alike take their next step with confidence.

CONTACT

Michelle's Essential Business Support
michellecrossballarat@gmail.com
0494 312 978

COLLEGE AUSTRALIA

Build your future with us!



ABOUT US

Nationally Recognised Training Since 2005

For over 21 years, College Australia has been helping Australians gain the skills, confidence, and qualifications needed to succeed in today's workforce. As a nationally recognised Registered Training Organisation (RTO 31222), we deliver flexible, industry-focused training designed to fit around your lifestyle.

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- Aged Care
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- Health Administration

BUSINESS & LEADERSHIP

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- Leadership & Management
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- Customer Service

Qualifications range from

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- Certificate III
- Certificate IV
- Diploma
- Graduate Diploma



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More information

Email: michellec@ca.edu.au
Phone: 0494 312 978





Meet Cally, Resolve Finance Ballarat Central

Backed by more than 15 years of experience, Cally takes a personal approach to lending, supporting clients across Australia with tailored solutions through Resolve Finance Ballarat Central.

Known for his transparent and personalised approach, Cally is committed to making the lending process simple, stress-free and aligned to your long-term financial goals.

In 2025, Cally was named a finalist in the Better Business Awards—an industry recognition that places him among some of the top-performing brokers in the country. But the award itself only tells part of the story. To the locals, though, Cally is known best for his supervisors: Blue & Skye, his gorgeous doggos.

In an industry often defined by numbers, policies, and fine print, Cally has built his reputation on something far more human: clarity, care, and long-term relationships. His approach isn't about pushing products—it's about understanding people.



Whether it's a first-home buyer navigating the overwhelming early steps, a growing family restructuring their finances, or a business owner looking to expand, Cally brings a calm, solutions-focused presence to every conversation.

Clients aren't just presented with options—they're guided through them, with transparency at every stage.

Get In Touch

Phone: 0478401343

Email: admin.bc@resolvebroker.com.au or
piyush.cally@resolvebroker.com.au

Local Address: Sturt Street, Ballarat, Vic 3350

Melbourne Address: 242 Hawthorn Road, Caulfield North VIC 3161

Facebook: Resolve Finance Ballarat Central

Instagram: [@cally.australianmortgagebroker](https://www.instagram.com/cally.australianmortgagebroker)

Website: resolvefinance.com.au/ballaratcentral

Calendly: calendly.com/mortgagebrokercally

Law on Lydiard

Step into Law on Lydiard and the difference is immediate.

There's no overwhelming jargon. No unnecessary complication. Instead, there's a grounded, human approach that focuses on understanding before advising. Paul's strength lies in translating the often-intimidating language of law into something clients can actually use—clear, practical guidance that empowers rather than overwhelms.

Operating in the heart of Ballarat, Law on Lydiard is deeply connected to the local community. And that connection matters.

Understanding the local property market, the dynamics of regional business, and the needs of families within the area allows Paul to offer advice that is not only legally sound, but contextually relevant.

Legal support doesn't have to feel distant or intimidating. And through his work at Law on Lydiard, Paul is demonstrating exactly that.

Law On Lydiard offers the following services:

- Insolvency and Bankruptcy Matters
- Business Disputes
- Employment Law
- Professional Disciplinary Matters
- Property Disputes
- VCAT Matters
- Civil Litigation
- Wills & Probate Matters
- Building Contracts.

On Law On Lydiard's website, you will find valuable free resources, such as an informative podcast and written articles.

Contact Law On Lydiard weekdays
Monday to Friday, 8:30am - 5:30pm.

PAUL DONALD COTT
PRINCIPAL LAWYER

0412 483 758
paul@lawonlydiard.com.au
www.lawonlydiard.com.au

46 Lydiard St S,
Ballarat Central VIC 3350



In a profession often
defined by complexity
and formality,
Paul of Law on Lydiard is
quietly reshaping what it
feels like to work with a
lawyer.



Moving can be overwhelming.

Make the process simpler and as stress-free as possible by entrusting your valuables with Koala Care.



Alex offers a transparent pricing structure by offering a per hour fee structure. This approach makes it easier to work within your budget, as Koala Care can assist you with ideas on how to reduce labour and time requirements for your job. If budget is not a factor, Koala Care can assist with the entire moving process, including wrapping, packing, unpacking and rubbish removal services.

*“We treat every item with genuine care
- just like a koala carrying its joey.”*

Koala Care offers “man with a van” services as well. This is ideal for those little pickup jobs, such as Facebook Marketplace or Gumtree purchases.

Alex can also assist with office and commercial moves, junk removals, pre-move clean outs, furniture assembly and piano moving services.

The customer experience is top priority for Alex and his team. Rest assured that Koala Care is well aware that they are working with some of your most valuable assets, at a time that is stressful and often fraught with “curveball” problems. Alex has been working as a removalist since he was a teenager; he is well equipped to deal with problems as they arise.

Contact Alex today for a free quote.

Based in Maryborough, Koala Care Removalists services Bendigo, Ballarat, Castlemaine, Daylesford & surrounding areas.



Professionals Maryborough Are Your *Trusted* Local Agents

Professionals Maryborough Statistics in the last 12 months

Sales:



136 SOLD

Past 12 Months



\$443,000

Median Price



60

MedianMarket Days



5.4%

Rental Yield

Rentals:



33 LEASED

past 12 months



\$380 P/W

Median Price



17

Medianmarket days



504

Renters Interested



Professionals Maryborough

03 5461 1166

maryborough@professionals.com.au

 **Professionals**



NEW CHAPTER FOR MARYBOROUGH FLOOR COVERINGS

Maryborough Floor Coverings, a trusted name in the region for more than 40 years, has welcomed new owners Cameron and Leah Retallick from 1 February 2026. Building on the strong legacy established at the Tuaggra Street showroom, Cameron and Leah are bringing their passion, expertise and friendly, personalised approach to the business while continuing the same trusted service that has made Maryborough Floor Coverings a staple of the local community for decades.

With more than 20 years of flooring industry experience, Cameron is committed to helping customers find the perfect flooring solution for their home or business. Together with Leah, who ensures every customer feels supported throughout the entire process, they are dedicated to delivering a seamless experience from start to finish.

From selecting the right colours and products in-store, to professional measuring and quoting, expert advice and quality installation, the team works closely with every customer to ensure their flooring complements both their style and lifestyle. Conveniently located on Tuaggra Street, the showroom features an extensive range of flooring options, including carpets, vinyl planks, sheet vinyl, floating floors and engineered timber, with a wide selection of leading brands and styles on display.

Cameron, Leah and their team look forward to welcoming both existing and new customers, continuing a long-standing tradition of friendly, personalised service while helping people create spaces they love.

Whether you're renovating, building or refreshing a room, contact Cameron, Leah and the team today to arrange a free in-home measure and no-obligation quote.

**AT MARYBOROUGH
 FLOOR COVERINGS, IT'S
 NOT JUST ABOUT
 FLOORING—IT'S ABOUT
 MAKING YOUR HOUSE
 FEEL LIKE HOME.**





attention: snorers

OVERNIGHT SLEEP APNOEA TESTS

(without the messy wires)



\$99

No referral
needed



This year, Lamb Care Australia proudly released a very special limited-edition fundraising book:

*Strong Women, Fragile Lambs –
The Women Behind Lamb Care Australia*

Strong Women, Fragile Lambs is available to purchase as a keepsake, or a meaningful gift.

This heartfelt publication celebrates the incredible women behind lamb rescue; the foster carers, transport volunteers, fundraisers, bottle feeders, and advocates who quietly dedicate themselves to saving vulnerable lives.

Order Your Copy.

Available in:

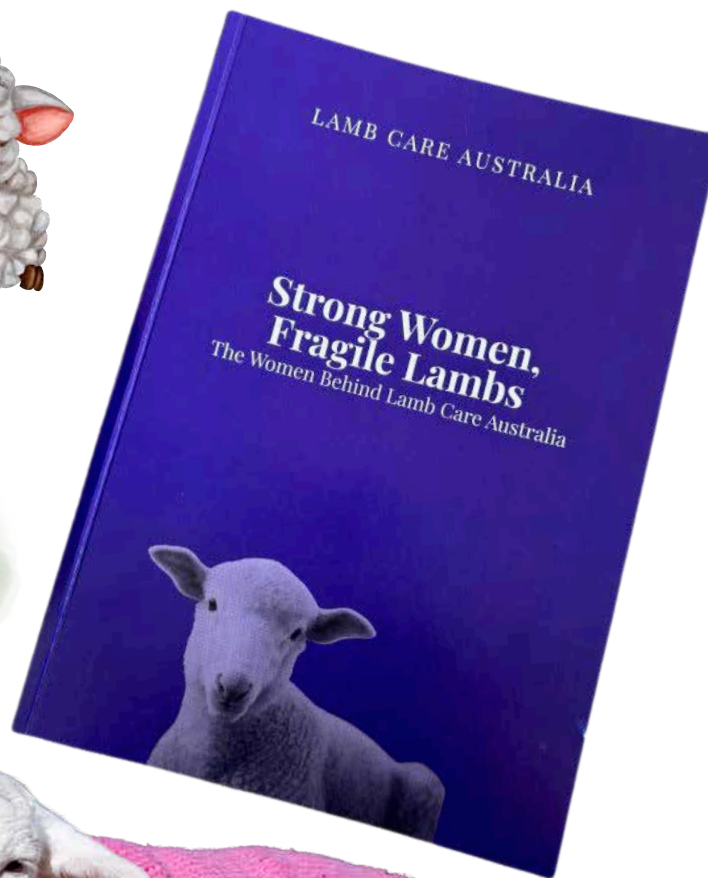
- Standard Book Edition
- Book & Merchandise Bundles
- Certificate of Support Packages.



For order information, please contact:

- ✉ Email: fundraising@lambcareaustralia.org.au
- 🌐 Website/Facebook: www.lambcareaustralia.org.au
- 📍 Regional Victoria, Australia

Every purchase directly supports vulnerable lambs in care.



Filled with real stories, volunteer profiles, photographs, and moving reflections, the book offers a rare glimpse into the unseen work of lamb rescue.

GOLDFIELDS

+ PHARMACY DELIVERY →

by Smythesdale Pharmacy

Goldfields Pharmacy Delivery has been developed to support care providers with a simple, reliable way to manage both medications and consumables for their clients.

WHAT WE OFFER

- ◆ Medication supply, packing, and home delivery to Ballarat and surrounding areas
- ◆ Consumables for Home Care Package and NDIS clients via PharmLink
- ◆ Daily deliveries and scheduled deliveries to suit your clients needs
- ◆ Competitive pricing to help maximise client budgets
- ◆ Meal delivery service using Farmdoor Riverina meals

WHY PARTNER WITH US

- ◆ Locally owned and operated by Smythesdale Pharmacy
- ◆ Flexible and responsive service tailored to your organisation
- ◆ Reliable delivery across Ballarat and surrounding regions
- ◆ Ongoing support to ensure continuity of care
- ◆ We understand the challenges of coordinating care across Ballarat and surrounding areas. Our service is designed to reduce administrative burden, streamline ordering, and ensure timely delivery directly to your clients.

WHAT IS PHARMLINK?

Founded regionally in Bathurst NSW, and built to connect care between participants, providers & pharmacies to better support participants locally.

How it works:

Consumables are ordered via online portal with each participant budget and approved items listed. The order is then delivered straight to them.

WE:

- ◆ Manage orders and invoicing
- ◆ Source products
- ◆ Deliver directly to clients often quicker than online alternatives



Why use PharmLink through us

ONE SUPPLIER → LESS ADMIN

MEDICATIONS + CONSUMABLES TOGETHER + MEAL DELIVERY

- ◆ Competitive pricing often cheaper than online alternatives
- ◆ Local pharmacist support
- ◆ Reliable delivery across Ballarat and surrounding areas
- ◆ We source products for you
- ◆ Free medication packing & delivery when combined medications and consumables are combined
- ◆ One delivery for everything
- ◆ No sign up fees, lock in contracts or admin fees



CALL TO ORDER: (03) 4318 0309

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WEB: GOLDFIELDSDELIVERY.COM.AU

