



WINDA-MARA



OCTOBER 2023

JOB VACANCIES

Executive Manager of Corporate Services
Asset & Corporate Operations Manager
Family Violence Case Management Practitioner
Men's Family Violence Practitioner
Integrated Family Services Case Manager

MEDICAL CLINIC HOURS

Please note that changes to days/hours can occur at any time so please contact our medical receptions for availability.

HEYWOOD

Tuesday	10am-4pm	Dr Nicole Kerr
Wednesday	9am-5pm	Dr Christine Wilson
Thursday	9am-5pm	Dr Christine Wilson
Friday (fortnightly)	9am-5pm	Dr Christine Wilson

HAMILTON

Monday	9am-5pm	Dr Frank Fox
Tuesday	9am-5pm	Dr Frank Fox
Wednesday	9am-5pm	Dr Frank Fox
Thursday	9am-5pm	Dr Nicole Kerr

ALLIED HEALTH SERVICES

Allied Health Services are available to community members including massages, podiatry, optometry, and audiology. Check our health section for available dates, and call either of our medical receptions to book your appointment.

WHAT'S ON THIS MONTH!

Willarn Playgroup (excl. holidays)
Term 4 dates and times TBC

Cultural Studies (excl. holidays)
Mondays 3:15pm - 5pm (Hey)
Thursdays 3:30pm - 5pm (Ham)

Women's Group (Ham)
Thursdays (Term 4 TBC)
11am - 2pm (varies)

Massages (fortnightly)
Wednesday 11th Oct onwards (Hey)
Friday 13th Oct onwards (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

Podiatrist (Ham)
Thursday 12th Oct
1:30pm - 5pm

Dietitian (Ham)
Monday 16th Oct
1pm - 5pm

HAPEE/Elders Audiologist (0-5, 50+)
Thursday 19th Oct (Hey)
9:30am - 3:30pm

Youth Drop-In Centre (Hey)
Tuesdays (6-12yrs)
3:30pm - 5:30pm
Wednesdays (12-25yrs)
3:30pm - 5:30pm
Fridays (12-25yrs)
3:30pm - 6:30pm

Recovery Group (Ham)
Wednesdays
11am - 12:30pm

Health is Wealth (Hey)
Wednesday 11th Oct
5pm - 7pm

Optometrist (Hey)
Friday 13th Oct

Community Dinner (Ham)
Wednesday 18th Oct
5:30pm onwards

Community Dinner (Hey)
Wednesday 25th Oct
5:30pm onwards

CONTACT US!

Join our Mailing List or update your details on our website!

Heywood (Main Office)
P: 03 5527 0000

Heywood (Medical)
P: 03 5527 0060

Hamilton (Medical)
P: 03 5527 0090

Heywood (Main Office & Medical)
21 Scott St (PO Box 42)
Heywood VIC 3304

Land Management
598 Henty Highway
Portland VIC 3305

Hamilton (Medical Clinic)
107 Thompson St
Hamilton VIC 3300

Hamilton Community Services & Family Services Office
333 Nth Boundary Rd (HIRL Studio Room)
Hamilton VIC 3300

www.windamara.com.au



Find us on Facebook/Instagram!

VACANT POSITIONS

Executive Manager of Corporate Services

Full-time | Heywood or Hamilton | Salary to be negotiated
This position will provide management excellence. As a member of the Executive Team, you will participate fully in the collective responsibility of delivering on organisational objectives, including through engagement and collaborative effort with employees at all levels in the organisation.

You will be a role model for effective and positive leadership which is ethical, results driven and future oriented and you will collaborate with other members of the Executive Team to promote and achieve organisational cohesion, the development of a culture of continuous improvement, and the promotion and adherence of organisational values.

You will play a leadership role in creating and maintaining a positive organisational culture and an engaged Corporate Services Group.

Applications close 5pm Friday 6 October

Asset & Corporate Operations Manager

Full-time | Heywood or Hamilton | Salary to be negotiated
This position is tasked to establish a consistent property performance standard for Winda-Mara. You will coordinate the asset management portfolio of owned commercial and residential properties as well as fleet maintenance and procurement, ensuring optimisation of assets.

This position manages the equipment and property resources to meet a return-on-investment strategy in a manner that provides safe, productive and cost-effective facilities and equipment for our employees.

While also acting as a key point of contact with internal and external stakeholders, you will review and prepare briefings, correspondence, minutes, agendas and working papers to ensure that actions are followed up and completed.

Applications close 5pm Friday 6 October

Family Violence Case Management Practitioner

Part-time (30.4hrs) | Heywood | \$37.82-\$44.68/hr

This Family Violence role provides crisis intervention and case management supports to victims of family violence and their families. We are funded to provide service to both Indigenous and mainstream clients. Mainstream clients are referred to us through the Orange Door allocations process. As such, case load will be a mix of both.

Key responsibilities include promoting Aboriginal and Torres Strait Islander People's access to the program through the provision of culturally safe and appropriate services and community development activities, promoting client safety, self-determination and wellbeing, and developing individual case plans with clients, assessing their needs and goals in a client led and holistic approach.

Applications close 5pm Friday 13 October

Men's Family Violence Practitioner

Part-time (30.4hrs) | Heywood | \$42.60-\$47.50/hr

This men's family violence position provides case management and co-facilitates group work to men & young people using violence which promote the safety of the client and their family and improve parental and relational capacity.

This position will also work closely with Brophy Youth and Family Services who provide the Men's Behaviour Change Program, Dardi Munwurro and the Winda-Mara Justice team in their family-focused program to develop strong partnerships.

This position will also hold a small case load of clients (both Indigenous and non-Indigenous) and work collaboratively within the Family Violence team in a holistic approach to family violence and healing.

Applications close 5pm Friday 20 October

Integrated Family Services Case Manager

Full-time | Heywood/Hamilton | \$36.00-\$44.68/hr

This Integrated Family Services position provides a partnership with families and services to assist families to achieve their goals of stability, safety and developmental wellbeing for their children and young people and liaise closely, and on occasion, work with other family services programs and Child Protection.

Our successful applicant will be responsible for supporting Aboriginal and Torres Strait Islander families with complex needs in the best interest of the children and provide referral pathways in parenting and mentoring. This position is responsible for case managing families and clients for Family Services.

Applications close 5pm Friday 20 October

For all positions at Winda-Mara, we strongly encourage Aboriginal and/or Torres Strait Islander people to apply. Visit www.windamara.com.au/employment to view the position description. For enquiries and to apply, please email peopleandculture@windamara.com

SAVE THE DATE

**WINDA-MARA ANNUAL
GENERAL MEETING
THURSDAY 23 NOVEMBER 2023**

COMMUNITY DINNER DATES

HEYWOOD

21 Scott St

5:30pm onwards

Wed 25th Oct

Wed 22nd Nov

HAMILTON

Location TBC

5:30pm onwards

Wed 18th Oct

Wed 15th Nov

COMMUNITY SERVICES

ELDERS UPDATE

Happy belated birthdays to Uncle Keith Saunders, Mark Leeworthy, special birthday wishes to Aunty Thelma who turned 89 and also to Aunty Barb Harman turning 87.

The Elders have been busy over the past month. They had lunch at the Men's Shed which consisted of meat and vegies but most important was the golden syrup dumplings for dessert. We also had a great opportunity to have a yarn with some of the Elders at Heywood Rural Health and community members of Heywood sharing a Mexican meal. We dropped off the Winter Warmer Packs to the Elders and some of our HACC clients, which included biscuits, cheese, a jar of lollies, and a choice of either knitting, diamond art, adult colouring book, word search or a sudoku and a knee rug.

Our day out op-shopping in Warrnambool was a popular event. Visiting a shop before having a lunch with Hamilton Elders and Warrnambool Elders at The Flying Horse and then visiting another op-shop after lunch before we came home to Heywood.

We took a road trip with the Elders and visited Nigretta Falls and Wannan Falls where we had a boxed lunch.

And there was also a visit to the Peshurst Bakery for some of their scrumptious pies and pasties.

UPCOMING EVENTS

Creating a Recipe book that we can get published. Hopefully some old recipes will be found.

Lunch at the Men's Shed again, this time it is Halloween Theme.

Soon, it is planned that the men will go fishing on a chartered boat so we hope they come back with some fish to share!

We're planning a visit to the Sawpit Area to see the sculpture with Wal Saunders and a BBQ to follow.

An Elders Summit is coming up at the first week of October.



WINDA-MARA ABORIGINAL CORPORATION WORK & DEVELOPMENT PROGRAM

Do you have fines?

By joining the Worker Development Program, you can work off your fines at \$49p/h through activities such as:

- Unpaid work/cultural activities including Arts, Crafts and Traditional Artefact Creation
- Treatment given by a doctor, nurse or psychologist
- Courses – including educational, vocational or life skill courses
- Counselling, including financial counselling
- Drug or alcohol counselling
- Mentoring (if you are under 25 years of age)
- Service Engagement and Referral

For more info contact Grant Roberts, Local Justice Worker
03 5527 0053 | grantroberts@windamara.com

KARREETA KOORNONG MAAR

YOUTH MENTOR LOGO REDESIGN COMPETITION!

We are looking to give our youth mentor program logo a refresh!

Open to youth from Heywood, Hamilton & Portland area aged 12-25.

Email designs to Tayla by 5pm Fri 6 Oct
taylawakely@windamara.com

OUR
CURRENT
DESIGN

DEADLY PRIZE FOR
THE WINNING DESIGN!



COMMUNITY SERVICES

NEW ZEALAND CULTURAL EXCHANGE

Earlier this month we had 5 youth head to Aotearoa, New Zealand for 8 days apart of the “Native Nations – Tracing Indigenous Footsteps” program. Our youth embarked on a cross cultural Indigenous youth exchange to unite Indigenous nations and communities of the world and make positive change.

We had a jam packed 8 days learning so much. This program allowed us the opportunity to gain a deeper understanding of our similarities, commonalities, and shared values between our cultures. Some of the activities we participated in were traditional welcomes, guided tours of geysers, bubbling mud, and beautiful native bush where we heard some of the creation stories.

We learned and participated in Māori arts and crafts, visited the Kiwi Conservation Centre and learned about land management and practices. We spent time with local community and Elders, who took us hunting or gathering and taught us how to prepare what we caught and gathered.

We participated in waka ama & overnight bush camp, team building activities and so much more. All our youth had some big achievements during the time from dancing and speaking in front of large groups, navigating their first time overseas and overall stepping out of their comfort zones. Watch this space there will be some short videos released soon showcasing the Exchange and our youths highlights and experiences.



HOLIDAY PROGRAM

We had a great turn out for the first week of the September Holiday Program. On Tuesday we had Ben Walsh from the Western Bulldogs come down and run a football skills session and we also had a netball skill session; it was great to see everyone having a go. Wednesday, we had Bobby Cunningham come down to the Portland Basketball stadium to teach us some basketball skills, followed by the Indigenous Hip Hop Project who showed us some deadly dance moves

and taught us about having no shame, to be proud & have respect.

Friday, we went to the Hamilton cinema to watch the new Teenage Ninja Turtles movie, which was great.

For the second week we had some fun at the Inflatable World in Portland, and we had yet another successful Junior Ranger Program activity with Glenelg CMA.

We also had our young mob representing at the Junior Football Netball Carnival down in Melbourne.



**YOUTH
DROP-IN
CENTRE
TERM 4**

MONDAYS
3:15pm - 5:00pm

**Cultural
Strengthening**
School-aged (mob only)
Contact: Jenna on 5527 0084

TUESDAYS
3:30pm - 5:30pm

WEDNESDAYS
3:30pm - 5:30pm

FRIDAYS
3:30pm - 6:30pm

Our drop-in centre has laptops available for homework, art supplies, sports equipment, new music equipment and more so come say hi to our youth team!

(Open to both Indigenous and non-Indigenous Youth)

COMMUNITY SERVICES



Become an L2P mentor

WOULD YOU LIKE TO HELP YOUNG PEOPLE GET THEIR LICENSE?

Contact L2P coordinator, Jan Lineker at the Glenelg Shire Council

Phone: 03 5522 2206 | 0466149341

Email: JLineker@glenelg.vic.gov.au

Or apply at

<https://yoursay.glenelg.vic.gov.au/l2p>



For secondary school students



Bullying is NEVER OK!

Tips for secondary school students who experience bullying

Bullying is deliberate verbal, physical and/or social behaviour intended to cause ongoing physical, social and/or psychological harm. Bullying can make you feel anxious, depressed and lonely. It can happen anywhere — in person, or online using various digital platforms and devices (this is called cyberbullying). It might be obvious to others or hidden.

Bullying in person or online might look or feel like being:

- repeatedly hurt physically, or verbally through abusive texts, emails, images, videos, or nasty gossip and chat
- excluded or ignored
- tricked or humiliated by fake accounts.

No one deserves to be bullied or hurt. You can choose to:

- treat others how you would like to be treated — with kindness and respect
- include others in games and chats
- only share information about others with their consent.

You have the right to feel safe and be safe. Here are some ideas about what you can do if someone is bullying you:

- Talk to someone you trust about it. Try to stay positive. Focus on things you do well.
- Act unimpressed or pretend you don't care what they say or do to you.
- Use strong, assertive statements if you are talking to them face to face, starting with the word 'I'; tell the other person 'I want you to stop that' in a confident voice. Practise this with your friends.
- Don't respond to online bullying, it usually just makes it worse.
- Protect yourself online by unfriending them or using privacy settings to block them.

It's okay to ask for help if you experience or see bullying. You can speak to:

- a **trusted person** — this could be a parent or carer, aunt, uncle or friend who will listen and be supportive
- your teacher or principal** — they can give you support and advice about how to make it stop
- eHeadspace** — they provide free online and telephone support and counselling to young people 12–25 and their families and friends
- Kids Helpline** — they have counsellors available at any time who will listen and support you
- the police** — call the police if you are in immediate danger
- the eSafety team** — you can report serious cyberbullying (see the steps below).

Reporting cyberbullying

1. Keep a record

Take screenshots or photos of the cyberbullying content. You should also save or record evidence of the webpage addresses (URLs) or social media services where the content has been shared. Always record the time and date you collected the evidence. Read more about collecting evidence.

2. Report and block

Report the cyberbullying to the platform where it took place. The eSafety Guide has reporting links for social media services, apps, games and websites. You can also use the platform or device settings to block the person who is cyberbullying you.

3. Make a complaint to the eSafety Commissioner

If you are under 18 (or helping someone under 18) and the social media service doesn't respond to your complaint within 48 hours, you can report seriously threatening, intimidating, harassing or humiliating online behaviour to the eSafety Commissioner. The team there can help you have the cyberbullying content taken down and get you further support.

Important links

Bullying. No Way!	bullyingnoway.gov.au	Kids Helpline	kidshelpline.com.au
eSafety young people	esafety.gov.au/young_people	eHeadspace	headspace.org.au/eheadspace
eSafety Guide	esafety.gov.au/esafety_guide	Youth Law Australia	yla.org.au
eSafety Report	esafety.gov.au/report		

Do you want to be a part of our YOUTH MENTOR PROGRAM?

Karreeta Koorng Maar Mentoring Program aims to support Aboriginal Young People aged 12-25 years through a mentoring program that aims to connect them to culture, build leadership skills to increase their confidence and ultimately support their future goals.



youth@windamara.com

Contact Winda-Mara's Youth team for a registration form.



Developed in partnership
www.esafety.gov.au | www.bullyingnoway.gov.au



FAMILY CENTRED APPROACH PROGRAM

The Family Centred Approach program aims to empower and further strengthen Aboriginal families with an individual member engaged in or at risk of engagement with the justice system.

The service will support the families of a range of groups, depending on the needs in the region.

This role will leverage the natural role and strength of Aboriginal families, with culture as a critical protective factor for all family members, to support better outcomes for individual family members.

There will be a range of supports available to families and/or through referrals to local services. The type of supports and intensity will vary depending on the needs of the family and the region where the service model is being delivered.

Examples of supports that may be provided include building understanding and knowledge of the justice system, system navigation, case planning and management, and cultural capacity building.

Service support areas

- Families Involved with the Justice system
- Case Co-ordination support
- Gap identification and support
- Brokerage support
- Justice Navigation
- Referral Service
- Housing Support – where Applicable
- Family Violence support
- Cultural Connection Planning and Support
- Return to Country support and Advocacy
- Family Planning
- Help addressing Crisis Issues
- Goal Setting and Assessment
- Job Seeking and Job Readiness Support

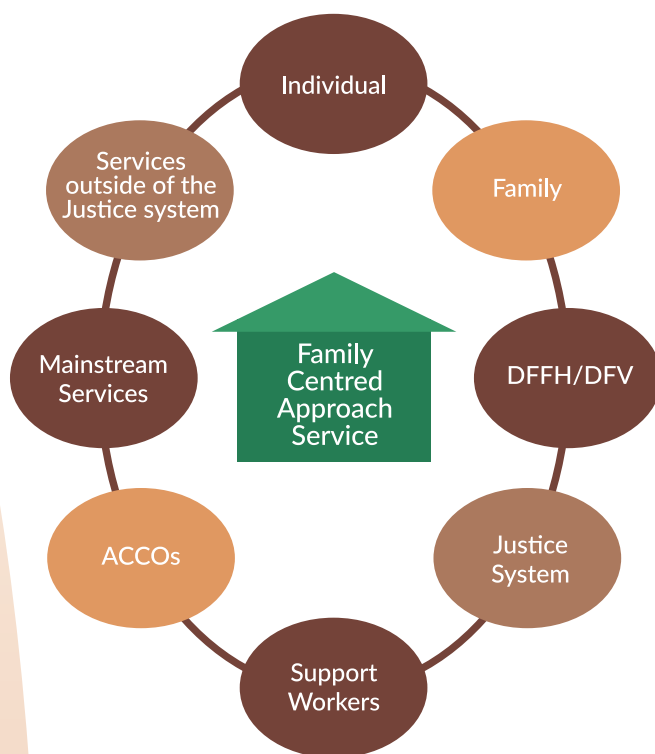
AGE GROUP ELIGIBILITY

Young people (aged 10-18)
Young parent(s) (aged 19-24)
engaged in the youth and
adult justice systems

Types of service include group-based work, family mediation, Elder input and warm referrals.

Eligibility, intake and assessment will use a whole of family and strengths based approach. Once a family has been referred into the service, there will be an assessment process to identify and agree on family goals and support needs.

The safety of individual family members will be a priority throughout.



Richard Bamblett
Case Co-ordinator
0473 802 799
richardbamblett@windamara.com

Jodie Lovett
Cultural Broker
0415 759 451
jodielovett@windamara.com



YOUR ATSI HEALTH CHECK



- ✓ **Aboriginal and/or Torres Strait Islander**
 - ✓ **Have a Medicare card**
- You're eligible for a yearly ATSI Health Check!**

Supporting health with free annual health checks

This health check is important. It can help identify whether you're at risk of illnesses or chronic conditions. It's much easier to prevent these than to treat them, so catching them early can make a big difference.

If you have a chronic condition, your health check can help make sure you are getting the medication and care you need.

You can also ask your doctor about anything you're worried about or need help with.

Your doctor can only do this health check if you agree. You can have it every 9 to 12 months, and it's free at any Aboriginal Medical Service or bulk-billing clinic.

After your health check, your doctor can refer you to up to 10 free follow-up services if needed, like:

- a specialist or another health service
- a counsellor
- a service that works to prevent chronic conditions.

What happens at a free annual health check

Your health check can take up to an hour. As well as the doctor, you might also see a nurse, an Aboriginal or Torres Strait Islander health worker or another health practitioner. Your check will depend on your age and circumstances, but your health professional might:

- check your blood pressure
- check blood sugar levels
- measure your height and weight
- do a blood test
- do a urine test
- ask about the health of your family
- talk to you about your health priorities and goals
- do other tests, as needed.

Remember that it's your check, so have a yarn with your health worker about any worries you have.



Please contact our Medical Clinics to book your ATSI Health Check appointment today!
Heywood 5527 0060, Hamilton 5527 0090



**Your health is
in your hands!**

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

12th Oct
9th Nov
7th Dec

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

16th Oct
13th Nov
11th Dec

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

13th Oct
10th Nov
2nd Feb '24

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

New dates TBC

AUDIOLOGIST

(Tim Rayner, 0-21)

Wednesdays
9:15am-12:15pm (Hey)
1:30pm-4pm (Ham)

15th Nov

HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Thursdays
9:30am-3:30pm

19th Oct (Hey)
16th Nov (Ham)
14th Dec (Hey)

MASSAGES

(fortnightly)

(Heywood)

Wednesdays from
11th Oct
10am - 3:30pm

(Hamilton)

Fridays from
13th Oct
10am - 4:30pm

SMART RECOVERY GROUP

Winda-Mara is running SMART Recovery Group meetings where you can come along and have a yarn with mob who are having a hard time managing their alcohol and drug use in a supportive, non-shaming environment.

The group aims to help one another with motivation, learn skills to cope with cravings, manage thoughts and behaviours and balance lifestyle.

Wednesdays 11-12.30pm
107 Thompson Street Hamilton
(Meeting Room)

Contact Riana for more information on 0493 228 960.



BOOK YOUR 715 HEALTH CHECK AND GET YOUR PATTY MILLS DEADLY BOOMERS #5 SINGLET!



Patty Mills Deadly Boomers #5 Singlets will be available at Winda-Mara in October when you complete your 715 Health Check!

Deadly Choices



BOOK NOW!

Heywood 5527 0060
Hamilton 5527 0090

HEALTH IS WEALTH LOOKING AFTER OURSELVES

Wednesday 11 October 5-7pm
21 Scott St Heywood

Join us for a yarnning circle about the importance of screenings for cancer and learn more about breast and bowel cancer.

Basket Weaving
Sound Therapy
Reiki Sessions
Community Dinner



For more information, contact
Jess Lovett-Murray on 5527 0060

HAVE YOU HAD YOUR 715 HEALTH CHECK?

It's important for our mob to stay up-to-date with our 715 health checks. Call our medical receptions to book yours today!

COVID-19 boosters and Flu Immunisations are also available

Heywood 03 5527 0060

Hamilton 03 5527 0090



FAMILY SERVICES

We once again held our annual trip 'Ngarrakeetoon Wurn' for our family services clients, this year heading up to Halls Gap for a 2-night break going to the Halls Gap Zoo, Brambuk Cultural Centre, Venus Baths and Mini-Golf.

It was a deadly opportunity for our families to come

together and create a community that is supportive of each other. It allowed opportunities for the children to come together and make friends, and for families to get away and celebrate the school holidays together.

We cooked and shared meals together, creating lasting memories and new connections.



Have you ever thought about becoming a **RESPITE CARER?**

Call 03 5527 0000 to talk to our Family Services Team

Winda-Mara are in need of new Respite and Emergency Carers

Care can look how you want it to look. One weekend a month, once a fortnight, or time during the school holidays.

Help our kids remain connected to community, by supporting our long-term carers to give them a short break.

Kinship carers keep our children connected to **Family, Community and Culture.**

SNAICC CONFERENCE

Early in September some of our staff across our Family Services, Community Services and Health teams attended the SNAICC Conference up on Larrakia Country in Darwin.

The conference gave our staff a safe place to learn, share and network about early childhood education and care, and child protection issues that impact Aboriginal and Torres Strait Islander people. It was an opportunity to elevate the voices of our children.

