



# WINDA-MARA



JUNE 2023

## JOB VACANCIES

No current vacancies

contact People & Culture for more info

## 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)  
Fridays 10:30am - 1:00pm (Ham)  
Mondays 11am - 12pm (Hey)  
Fridays 12pm - 2pm (Hey)

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

**Women's Group** (Ham)  
Thursdays  
11am - 2pm

**Optometrist** (Ham)  
Friday 2<sup>nd</sup> June  
9am - 12pm

**Massages** (fortnightly)  
Wednesday 7<sup>th</sup> June onwards (Hey)  
Friday 9<sup>th</sup> June onwards (Ham)  
10am-3:30pm (Hey), 10am-4:30pm (Ham)

**HAPEE/Elders  
Audiologist (0-5, 50+)**  
Thursday 15<sup>th</sup> June (Hey)  
9:30am - 3:30pm

**Dietitian** (Ham)  
Monday 19<sup>th</sup> June  
1pm - 5pm

**Ngangkari Traditional Healing**  
Mon/Tue 26<sup>th</sup>-27<sup>th</sup> June (Ham)  
Wed 28<sup>th</sup> June (Hey)

**Carer Morning Tea** (Hey)  
Monday 28<sup>th</sup> June  
11am - 1pm

**Youth Drop-In Centre** (Hey)  
Tuesdays (6-12yrs)  
3:30pm - 5:30pm  
Wednesdays (12-25yrs)  
3:30pm - 5:30pm  
Friday Feedz (12-25yrs)  
3:30pm - 8:00pm

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

**KKM Mentor Info Session**  
Mon 5<sup>th</sup> June 5-5:45pm (Hey)  
Thu 8<sup>th</sup> June 3:45-4:30pm (Ham)

**Podiatrist** (Ham)  
Thursday 8<sup>th</sup> June  
1:30pm - 5pm

**Optometrist** (Hey)  
Friday 16<sup>th</sup> June

**Community Dinner** (Hey)  
Wednesday 21<sup>st</sup> June  
5:30pm onwards

**Marram Nganyin Camp  
(Anglesea Discovery Camp)**  
Tue 27<sup>th</sup> - Thu 29<sup>th</sup> June

**Audiologist (0-21)**  
Wednesday 28<sup>th</sup> June  
9:15am - 12:15pm (Hey)  
1:30pm - 4pm (Ham)

## 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](http://www.windamara.com.au)



Find us on Facebook/Instagram!

# STAFFING UPDATE

## Ngatanwarr!

**Kylan Walker** has started working with our with Budj Bim Rangers one day per week with a focus on Horticulture. Our Ranger Program is a deadly opportunity for our young mob to gain some work experience and spend some time out on Country.

**Marley Morgan** has returned to us as the new Kinship Carer Support and Recruitment Worker. The purpose of this position is to engage with community and recruit kinship carers to provide respite care for kinship clients and families in need.

**Chloe Brabham** has come on board as our Integrated Family Services Case Manager. This position operates in partnership with families and services to assist families to achieve their goals of stability, safety and developmental wellbeing for their children and young people.

## Wurruk!

**Aunty Diane Bell** has finished as our Housing Officer and we'd like to thank her for all the hard work she did for our Housing Program after the position had sat vacant for some time. We wish her the best for what's next.

## HEYWOOD

21 Scott St

Wednesdays 5:30pm onwards

21<sup>st</sup> June      27<sup>th</sup> September

26<sup>th</sup> July      25<sup>th</sup> October

23<sup>rd</sup> August    22<sup>nd</sup> November

## COMMUNITY DINNER DATES 2023

## HAMILTON

Location TBC

Wednesdays 5:30pm onwards

14<sup>th</sup> June      20<sup>th</sup> September

19<sup>th</sup> July      18<sup>th</sup> October

16<sup>th</sup> August    15<sup>th</sup> November



### Hamilton Community Tea

We had a deadly turnout to our community dinner held in Hamilton at HIRL! Our Exec Manager John conducted a smoking which saw over 50 people attend alongside Aunty Jan giving the welcome. The community was served lasagne, potato bake, and salad followed by chocolate ripple cake for dessert all made by our Family and Community Services teams based in Hamilton at HIRL.

It was fantastic to see such a great turn out with the Winda-Mara Fitness challenge participants being presented awards by Aunty Tina for all their achievements throughout the challenge.

Thanks also to our SEWB Team Leader Fran Kelly for speaking about grief and loss within the community and strategies to help people to cope and encourage community to seek help if needing to talk.

Community dinners are a great way to come together monthly for a yarn and a feed.



# WINDA 30 MARA YEARS

## Saturday 15 July 2023

Heywood Community Hall

Contact: Aunty Wendy Lovett | [wlovett@windamara.com](mailto:wlovett@windamara.com) or 5527 0072



# COMMUNITY SERVICES

## ELDERS UPDATE

The month of May has been a busy month for the Elders with plenty of home visits ensuring that the Elders are happy and not wanting for anything.

We spent a day with our own Uncle Phillip Kanoa who spoke about day-to-day life living in residential care, with many stories that had us laughing.

We had a Mother's Day lunch at the Heywood Hotel with the Elders each receiving a chrysanthemum plant.

We took a trip out to the Tyrendarra IPA (Indigenous Protected Area) to see the changes that have happened over the last few months, and we were very lucky to view the Gunditj Clan Map that is hanging on the wall out there. We spent some time there and then went to Bridgewater for lunch (the Bridgery Burger is highly recommended!) followed by a trip out to the blowholes.

We went to Warrnambool to op-shop and visited the Fletcher Jones building looking at the old things that I

am sure that we have forgotten to think about.

Elders from Heywood and Hamilton travelled to Mount Gambier for a surprise lunch with Uncle Jack Sailor on Friday 26th, as he turned 82 years young on the Saturday. He had the biggest surprised look on his face as he thought that he was having lunch with John. A very surprised Uncle Jack Sailor. Happy birthday Uncle Jack!

## ELDERS JUNE EVENTS

Thu 1: Creating a Favorites Recipe Book session. Elders to come together and share their favorite recipe.

Tue 13: Men's Health Week Activity at Winda Mara

Thu 15: Men's Trip

Thu 22: Fishing Trip / BBQ on the Bochara River

Wed 28: Visiting with Horsham Elders at Tae Rak

Thu 29: Elders get together from Horsham, Warrnambool and Portland



L: Uncle Jack's Birthday Lunch  
R: Bridgewater Bay & Cafe

## Mother's Day High Tea and Pampering

What a lovely afternoon at the Hamilton Women's Group to celebrate Mother's Day! Some delicious treats for high tea, plus pamper stations for hair, nails and faces and a gift to take home!





# COMMUNITY SERVICES

## WILLARN PLAYGROUP - HAMILTON

Willarn Playgroup in Hamilton have had lots of fun over May. These sessions consisted of the boorais making damper, free play, story time and art and craft activities surrounding Sorry Day and the Aboriginal flag.

The boorais were stoked to be able to measure and kneed the damper and clay themselves. We used Native Warrigal Greens from HIRL's Indigenous Bush Foods Garden in our savory damper which was a huge hit. The clay was used to make beautiful suns to represent the yellow on the Aboriginal Flag. The kids were even able to individually identify the sun on the flag by the end of our

session. For Sorry Day we made some deadly purple flowers from paper plates and leaves we found in the garden.

Playgroup runs every Friday 10:30am – 1pm from Mitchell Park Kindergarten, 1 Steel Road, Hamilton. At these sessions we have the lovely Hayley & Tahlia from Oz Child attend to support families with any queries. Transport is available for yourself and your child. New faces and new ideas on what you'd like to see in our Playgroup are always welcome!

Contact: Gabrielle Walker 0436 370 414 or [gabriellewalker@windamara.com](mailto:gabriellewalker@windamara.com)



## WILLARN PLAYGROUP - HEYWOOD

We have been overwhelmed with the support from our community with 21 children attending our centre!

Our families have been enjoying all our sessions including a Ngeerang's (Mothers) Day High Tea.

As Part of Reconciliation Week we will be supporting the Wear It Yellow for Childrens Ground Campaign.

Why yellow? Yellow is the centre of the Aboriginal flag. The sun, the giver of energy and life.

Yellow is also the Childrens Ground colour. Fresh, energetic and hopeful.



## WILLARN PLAYGROUP

<p style="text-align: center;"><b>Hamilton</b></p> <p style="text-align: center;">Fridays 10:30am - 1pm Mitchell Park Kindergarten 1 Steel Rd, Hamilton</p>	<p style="text-align: center;"><b>Heywood</b></p> <p style="text-align: center;">Mondays 11am - 12pm Fridays 12pm - 2pm WMAC Playgroup Building 24 Hunter St, Heywood</p>
Morning tea/lunch provided. Transport available for all sessions. Gabrielle Walker 0436 370 414      Janelle Huggers 0448 704 317	

## WOMEN'S GROUP

### TERM 2 CALENDAR

Thursdays 11am - 2pm in Hamilton

JUNE 8	Art and craft session with the Cricut machine (HIRL Dining Room)
JUNE 15	Line dancing fun and lunch (HIRL Dining Room)
JUNE 22	BINGO (HIRL Dining Room) then out for lunch

Transport is available for all sessions  
 Jenna Bamblett 5527 0084      Macahlia Rose 5527 0035  
[jennabamblett@windamara.com](mailto:jennabamblett@windamara.com)      [macahliarose@windamara.com](mailto:macahliarose@windamara.com)



# COMMUNITY SERVICES

## WORK EXPERIENCE WITH WINDA-MARA

We were lucky enough to have Saige Bell join us for her work experience working with our youth staff. Saige helped with Cultural Strengthening, camp planning, helping at our drop-in centre and heaps more. It was great having her on board and we hope to see Saige working with us in the future.

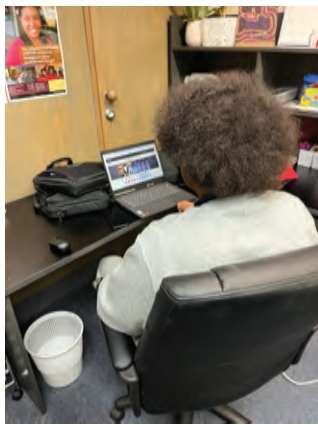
## KARREETA KOORNONG MAAR

We have had some of our Karreeta Koornong Maar Mentees participate in some short courses the last month doing their RSA and Barista course. A big thank you to South-West TAFE for holding the sessions and

Tae Rak who hosted our Barista Course.

We also attended the Dream Time @ the G in Melbourne. We were lucky enough to have 10 of our Mentees participate in the guard of honour for Essendon Football Club. While we were in Melbourne our youth also enjoyed visiting Timezone, going shopping and watching the VFL too.

Goodluck to Haylee & Lashay Blurton two of our Mentees, who are taking part in The Indigenous Marathon Foundation Run in Mackay over the weekend. Thank you for everyone who donated to the remote op shop project giving clothing to remote communities.



Friday Feedz at the Drop-In Centre

Barista course thanks to Tae Rak and South-West TAFE



Saige @ Work Experience



Dreamtime @ The G



## YOUTH DROP-IN CENTRE

31 Edgar St Heywood

## TERM 2 TIMETABLE

**MONDAYS**  
3:15pm - 5:00pm

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

**TUESDAYS**  
3:30pm - 5:30pm

**Drop-In Centre**  
Ages 6-12

**WEDNESDAYS**  
3:30pm - 5:30pm

**Drop-In Centre**  
Ages 12-25

**FRIDAYS**  
3:30pm - 8:00pm

**Friday Feedz**  
Ages 12-25  
Come down to help cook/  
dinner provided

Our drop-in centre is a great space for homework, chilling out, having a feed, being creative and so much more, so come say hi to our youth team! (Our Drop-In Centre is open to both Indigenous and non-Indigenous Youth)



# COMMUNITY SERVICES

## KARREETA KOORNONG MAAR MENTOR INFORMATION SESSION

### HEYWOOD & PORTLAND

Mon 5 June, 5-5:45pm  
Community Services Office  
12 Lindsay St Heywood

### HAMILTON

Thur 8 June  
3:45-4:30pm  
HIRL 333 N Boundary Rd

### Are you interested in being a mentor?

Our Karreeta Koornong Maar Youth Mentoring Program are looking for mentors in Heywood, Hamilton & Portland. Winda-Mara's KKM Program aims to support Aboriginal Young people between the ages 12-25 years through a mentoring program that aims to connect them to culture and build leadership skills to increase their confidence and ultimately support their future goals.

You must have a Working with Children Check

RSVP to Tayla by Friday 2 June

For more info, email [taylawakely@windamara.com](mailto:taylawakely@windamara.com)



## NAIDOC Youth Ball

Tuesday 4th of July | 6pm to 10pm | Location: Pavilion Warrnambool

AGES 13-18 | FREE TICKETS | DJ PUMPING |  
FINGER FOOD INCLUDED | PRIZES TO BE  
WON FOR BEST DANCER & MORE!

FOR MORE INFORMATION, PLEASE  
CONTACT JESS LOVETT-MURRAY  
ON 5527 0000

If you need formal wear  
or transport, please  
contact Tayla or Jess

**SMOKE AND ALCOHOL FREE EVENT**



A SPECIAL  
THANK YOU



## GOT SORE MUSCLES?

We now have a range of sporting and muscle  
recovery equipment at our drop-in centre!

We have massage guns, foam  
rollers, stretch bands + more!

Available to our youth (12-25)  
Call in while the drop-in centre is  
open or contact Tayla if you need  
access at another time.



Contact Tayla  
0458 923 498 | [youth@windamara.com](mailto:youth@windamara.com)  
31 Edgar St Heywood



The Koorie Youth Council, Kiilalaana  
Warrior Kii, Willum Warrain Aboriginal  
Association, Winda-Mara Aboriginal and  
Strong Brother Strong Sister present:

## MARRAM NGANYIN CAMP!

**Ages: 12-17**

**Where:** Angelsea Discovery Camp, 1535  
Great Ocean Road, Angelsea, VIC

**When:** June 27th - 29th, 2023

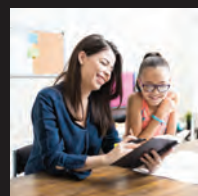
**Contact:** [dylan@koorieyouth.org.au](mailto:dylan@koorieyouth.org.au)

## TUTORING SESSIONS

Would you or someone you know benefit from  
some 1-1 tutoring or maybe a group session?  
We have tutors available who can help!

Open to Heywood and Hamilton mob,  
primary and secondary school aged.

For more info or to arrange a session,  
contact Tayla on 0458 923 498  
or [taylawakely@windamara.com](mailto:taylawakely@windamara.com)





## ALLIED HEALTH VISITS

### PODIATRIST

(Hamilton)

**Thursdays**  
1:30pm-5pm

8<sup>th</sup> Jun  
13<sup>th</sup> Jul  
10<sup>th</sup> Aug  
7<sup>th</sup> Sep

### DIETITIAN

(Hamilton)

**Mondays**  
1pm-5pm

19<sup>th</sup> Jun  
17<sup>th</sup> Jul  
14<sup>th</sup> Aug  
18<sup>th</sup> Sep

### OPTOMETRIST

(Glen Howell - Hamilton)

**Fridays**  
9am - 12pm

2<sup>nd</sup> Jun  
21<sup>st</sup> Jul  
25<sup>th</sup> Aug

### OPTOMETRIST

(Penry Rousten - Heywood)

**Fridays**

16<sup>th</sup> Jun  
21<sup>st</sup> Jul  
18<sup>th</sup> Aug  
15<sup>th</sup> Sep

### AUDIOLOGIST

(Tim Rayner, 0-21)

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

28<sup>th</sup> Jun  
23<sup>rd</sup> Aug  
20<sup>th</sup> Sep  
15<sup>th</sup> Nov

### HAPEE/ELDERS

### AUDIOLOGIST

(0-5, 50+)

**Thursdays**  
9:30am-3:30pm

15<sup>th</sup> Jun (Hey)  
20<sup>th</sup> Jul (Ham)  
17<sup>th</sup> Aug (Hey)  
14<sup>th</sup> Sep (Ham)

### MASSAGES

(fortnightly)

(Heywood)

**Wednesdays from**  
7<sup>th</sup> June  
10am - 3:30pm

(Hamilton)

**Fridays from**  
9<sup>th</sup> June  
10am - 4:30pm

## COASTREK

On Friday 26<sup>th</sup> May, three of our health staff, Riana Beardsell, Frances Kelly and Audrey Molan participated in Coastrek on the Mornington Peninsula which is a 45km trek from Cape Schanck Lighthouse to Point Nepean, to raise money for the Heart Foundation.

After 11 hours of sandy beaches and trails, coastal cliffs, rocky terrain, bush tracks and some suburban roads they successfully crossed the finishing line.

It was an amazing experience, which was physically and mentally challenging at times. They completed the event without incident or injury, feeling empowered and proud!

Riana, Frances and Audrey would like to express their thanks to the generous donations received from Winda-Mara, staff and community, as well as the support and encouragement.

Bring on next year. A truly uplifting experience for a worthy cause.



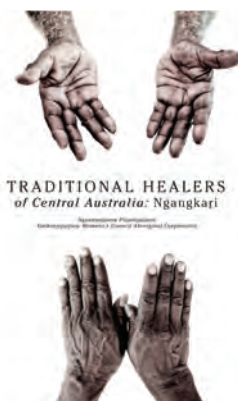
## NGANGKARI TRADITIONAL HEALING

Traditional healer Debbie from ANTAC will be visiting Winda-Mara to provide healing to Aboriginal and Torres Strait Islander community members.

Monday 26<sup>th</sup> to Tuesday 27<sup>th</sup> June at Winda-Mara in Hamilton

Wednesday 28<sup>th</sup> June at Winda-Mara in Heywood

To make an appointment please contact Medical Reception in Hamilton on 5527 0090 or Heywood on 5527 0060.



## 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.





## The Winda-Mara Fitness challenge has finished!

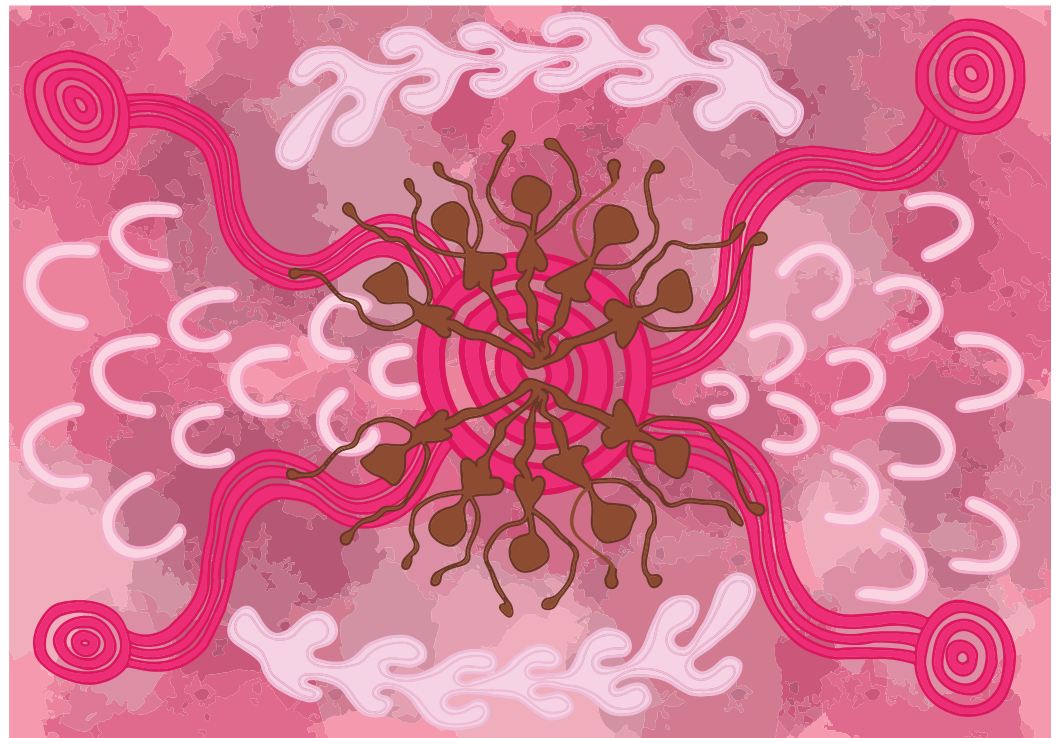
Participants attended 8 sessions over 4 weeks including time in the gym, water aerobics, HIIT style workouts and a group walk. It was a successful 4-week program with participants already looking forward to the next one! On the final night at community dinner, participants were presented with certificates and some deadly merch from Clothing the Gaps. Thanks to Aunty Tina and Jess for all your work behind the scenes to make these types of activities for the mob happen!



## BREAST SCREENING SHAWL DESIGN

The winner of our breast screen shawl design competition has been decided! Congratulations to Saige Bell for her deadly piece 'Kalat'!

About the artwork: The story of my artwork explains how the way the elder women we look up to, have experienced/acted on breast cancer can reflect or can affect our younger generation. This is why we all need to come together to support one another and encourage our mob to get our breasts checked, this includes mobs from Warrnambool, Hamilton, Portland, and Heywood. The women in the picture are our elders/aunties/mums and the reflection of them below are us younger mob.



The way our older women act on breast cancer can influence us younger generation. We have the community to support us, and the 4 towns from each corner coming together and supporting and encouraging each other to get the breast screens done.

We can't wait to see what the shawls will look like as they're a deadly covering for Aboriginal and Torres Strait Islander women getting their important breast screenings done. For more information about when to get your screening done, contact our medical receptions. Heywood 5527 0060 Hamilton 5527 0090



# LAND MANAGEMENT

Our Manager Matt is currently on annual leave holidaying in Japan, so Ben has stepped up to manage the team while he's away.

The Budj Bim Rangers have had boots on ground all this month. With winter just around the corner, a lot of prep work has been done for revegetation and conducting maintenance work on all properties before the country gets too wet.

We've had plenty of visitors with students from RMIT in Melbourne coming for a four-day visit to learn from about Gunditj Mirring as well as schools and Medical Practitioners paying a visit to the Tyrendarra IPA.

We also held our annual advisory meeting with delegates from Gunditj Mirring, DEECA, Parks Victoria, Glenelg Hopkins CMA and the CFA, which is always informative.

Our Rangers get to do a lot of deadly activities and here's our highlights from May!

Heath, Lashay, Brodie & Alysa along with Robert Farnes a local Ornithologist conducted the quarterly bird count of Tae Rak. A staggering number of pink-eared ducks were sighted, approximately 50 which is a huge increase from just 2-3.

The Rangers alongside Parks Vic Ranger David travelled to Barry's Swamp south-west of Casterton to find the Swamp Daisy (native plant) critically endangered, due to habitat depletion.

We've had young Kylan Walker join the Ranger crew as a casual. It's always fantastic to have a new face onboard! Our biggest highlight of the month was meeting Gordon Ross, an Adviser for Regional Victoria with the National Indigenous Australian Agency who are a funding body for the Rangers. A nice surprise was seeing Uncle Tony Lovett's daughter, Emma, who is learning on the job.



# FAMILY SERVICES



## WINDA-MARA FAMILY VIOLENCE UNIT

Free specialist family violence services to all members of our community who have experienced any form of family violence.

*ngootyoonooyt ba peeneeyt - 'safe and strong'*

### How can we help?

- Assessing Risk & Safety Planning
- Family Violence Education
- Connection with Counselling & Support
- Advocacy & Referrals
- Making Your Home Safe
- Connection with Legal & Court Support
- Case Management - Long or Short Term

### Contact for support

Aboriginal and Torres Strait Islander community members can contact Winda-Mara's Family Violence Unit on 03 5527 0020 or 03 5527 0000. Otherwise, the Warrnambool Orange Door is the main entry point for people seeking family violence support. Call 1800 271 180.

Please note - Winda-Mara and the Orange Door do not provide a 24-hour crisis response service.

### After-hours support

Safe Steps 1800 015 188	Djirra 1800 888 236
Lifeline 13 11 14	Men's Line 1300 789 978
1800RESPECT 1800 737 732	Dardi Munwurro 1800 435 799

## MORNING TEA & YARNING CIRCLE

for our Carers & Respite Carers

**Wednesday 28 June**  
**11am - 1pm**

31 Edgar St Heywood

Winda-Mara's Kinship Team invite all carers and respite carers to join us for a morning tea! Come along for a yarn and a feed with our Kinship team and our other carers.

*Transport is available.*

*For more info and to RSVP, contact Marley Morgan on 5527 0000 or [marleymorgan@windamara.com](mailto:marleymorgan@windamara.com)*

If you are in immediate danger call Triple Zero (000)