



WINDA-MARA

AUGUST 2023



JOB VACANCIES

Men's Family Violence Practitioner
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 9am-5pm Dr Christine Wilson
(fortnightly)

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 (varies)

Massages (fortnightly)
Wednesday 2nd Aug onwards (Hey)
Friday 4th Aug onwards (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

Mens Health Gathering
Thursday 10th Aug
11am - 3pm

Dietitian (Ham)
Monday 14th Aug
1pm - 5pm

HAPEE/Elders Audiologist (0-5, 50+)
Thursday 17th Aug (Hey)
9:30am - 3:30pm

Community Dinner (Hey)
Wednesday 23rd Aug
5:30pm onwards

Optometrist (Ham)
Friday 25th Aug
9am - 12pm

Youth Drop-In Centre (Hey)
Tuesdays (6-12yrs)
3:30pm - 5:30pm
Wednesdays (12-25yrs)
3:30pm - 5:30pm
Fridays (12-25yrs)
3:30pm - 7:00pm

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

KKM Catch Up
Sunday 6th Aug
3pm

Podiatrist (Ham)
Thursday 10th Aug
1:30pm - 5pm

Community Dinner (Ham)
Wednesday 16th Aug
5:30pm onwards

Optometrist (Hey)
Friday 18th Aug

Audiologist (0-21yrs)
Wednesday 23rd Aug
9:15am - 12:15pm (Hey)
1:30pm - 4pm (Ham)

Breast Screen Van (Hey)
28th Aug - 1st Sept

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!

STAFFING UPDATE

Katie Wilson has started as our new casual Medical Receptionist working out of either clinic as needed.

Lita (Makerita) Aupa'au has started as a new Kinship Worker on a fixed 6 month term to support our Kinship

case workers with case management.

Aunty Sandra Bell is coming on board soon as our new Executive Assistant to the CEO, Executive Team and Board of Directors.

CURRENT VACANCIES

Men's Family Violence Practitioner

30.4hrs/week, \$42.60-\$47.50/hr

This men's family violence position based in Heywood 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.

For the position description and how to apply, head to www.windamara.com.au/employment or email peopleandculture@windamara.com

Closing date: 5pm Tuesday 8th August 2023.

30-YEAR CELEBRATIONS!

What a deadly time we had celebrating Winda-Mara's 30 years!

It was so good for our mob to come together and celebrate this amazing milestone (even if we had to delay it for 2 years!) Our Community Services staff along with Vici Wakely, Aunty Jan Lovett and Aunty Raelene Lovett worked so hard to make sure we all had a deadly night with so many details thought out.

We had the opportunity to look through a collection of photos from years past at Winda-Mara and it was deadly to be able to see how we've changed and see the people that have come and gone from the organisation over the years.

A video was created featuring some of our community that helped build Winda-Mara to what it is today from our humble beginnings. Stories were shared and memories relived from community members and current staff talking about their favourite times at Winda-Mara and the impact we've had and continue to have on our community.



Thank you to all the local businesses/supporters that helped make our night happen!

Hall: Glenelg Shire

Signage: Portland Signworks

Marquee, Tables, Barrels: Limestone Coast Party Hire

Catering: Lumberjacks BBQ

Cake: My Coastal Kitchen

Balloons: Tayla Wakely

Photography: Billy Robins

Music: Aaron Morgan, Jayden Lillyst Music, Stray Blacks

Bar: Heathmere Football Netball Club

Door Prizes: Joey Saunders, Ieesha Kelly, Ben Church, Jenna Bamblett

NAIDOC WEEK 2023

NAIDOC Week. A time to come together and celebrate Indigenous culture.

This years theme was "For Our Elders".

Our Elders continue to play an important role in our communities and families. They are cultural knowledge holders, nurturers, advocates, teachers, survivors and our loved ones. We pay our respects to the Elders

we've lost and to those who continue fighting for us. Winda-Mara use NAIDOC Week to reflect on the past, learn from our Elders, embrace our culture, and look towards the future.

Once again we had a deadly week packed with so many activities for our mob.

Monday 3 July Flag Raising, Opening



Monday started with our annual flag raising in Heywood featuring our smoking ceremony, a Welcome to Country from Aunty Eileen Alberts, a speech from Uncle Daryl Rose about the history of our Country, our Elders and the legacy of us as Gunditjmarra people, and a deadly performance from the Koondoom Yarkeen Karweeyn dance group.

The flags were raised by Aunty Thelma Edwards, Aunty Laura Bell, Aunty Val Lovett and Kayden Bell and her son Prince. We enjoyed a delicious morning tea and got to spend time together as a community and catch up.

Monday afternoon was Hamilton's turn with an opening at the front of our Thompson St clinic. We were once again treated to a performance from the Koondoom Yarkeen Karweeyn dance group, plus a Welcome from Uncle Johnny Lovett and a smoking ceremony. It's so deadly to see our Hamilton event growing each year with our community as well as the extended community coming along.

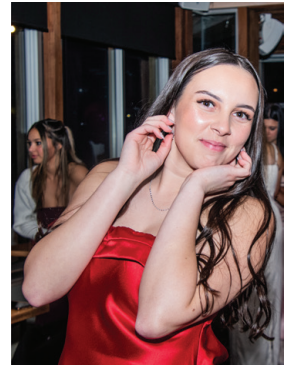
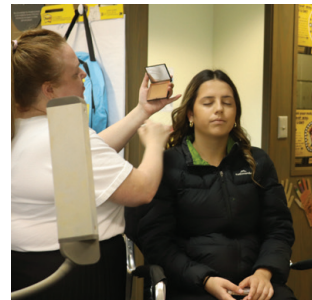


NAIDOC WEEK 2023

Tuesday 4 July Elders Lunch, Youth Formal

Tuesday was our annual Elders Lunch this year being held out at Lake Condah Mission. We had so many of our Elders come along to be treated to a three-course meal provided by Tae Rak Café and served up by our deadly Community Services team. Entertainment was provided for the afternoon by Jayden Lillyst and Phil Holmes and our Elders got to take home their choice of gift including Budj Bim drink bottles, Budj Bim information book, and Aboriginal patterned notebooks, planners and mugs.

Tuesday night saw our young mob head over the Warrnambool for the Annual NAIDOC Youth Ball. Everyone spent the day getting glammed up with hair and makeup services being provided as well as formal wear donated by community for those in need. Looks like everyone had a deadly night!



NAIDOC WEEK 2023

Wednesday 5 July Mission Walk, Community Dinner

Wednesday during NAIDOC Week is fast becoming a favourite activity amongst a lot of our community with our annual walk out to Lake Condah Mission. We take this walk every year to honour our Elders who made this walk every time they would go to and from the Mission into Heywood. It's also the day that everyone gets to show off their deadly NAIDOC shirts!

After the walk we were treated to a delicious community dinner our at the Mission which was provided by our Land Management team. Spit roast, vegies and ice-cream for dessert. Everyone looked like they enjoyed their feed that's for sure!



Thursday 6 & Friday 7 July Community Art & Craft Days

Thursday was Community Art & Craft day at the Heywood Hall which saw everyone coming along to draw, colour in, do some woodburning, learn to weave, read some deadly books and get creative!

Friday was Hamilton's turn enjoying the same arts and crafts that Heywood had plus jewellery making and lots of painting.

A big thank you to our Community Services Team who work tirelessly throughout NAIDOC Week to make sure everyone can relax and enjoy their week celebrating our culture and this year especially, our Elders.



COMMUNITY SERVICES

HOLIDAY PROGRAM

Term 2 holidays rolled around so quickly, and Winda-Mara had plenty on for our school aged kids. We kicked off our program with a movie day at the Hamilton Cinema where we watched a great new Disney movie called Elemental. The kids chowed down on popcorn during the movie and then had a feed at McDonalds before going home. On Wednesday the kids participated in a table tennis tournament ran by Winda-Mara staff where they could choose to play for fun or to compete for prizes. We had a group of competitive kids who all wanted to play to win! It was great fun watching the kids playing & scoring the games. The winning prizes included bags of lollies, blocks of chocolate and for the 1st place winners, a giftcard. No-one missed out on a prize with all that participated getting a couple of mini chocolate bars.

We wrapped up our first week of the school holiday program with a visit from Glenelg Hopkins CMA who put together a bunch of deadly activities for the kids. We learnt about waterways, played board games, took the binoculars out for a look, and even had a visit from Black Snake Productions who brought along their animal friends for us to all look at, interact with, and learn about. What a great opportunity! That wraps up the first week of our holiday program for Term 2 as we went into NAIDOC week activities for week 2.

Thank you to all who came along and please keep an eye out for information on our upcoming Term 3 Holiday Program!



WOMEN'S GROUP

TERM 3 CALENDAR

Thursdays in Hamilton

JULY 20 Line Dancing Fun (HIRL Main Hall) 12pm-3pm

JULY 27 Arts & Crafts with the Cricut (HIRL Art Room) 11am-2pm

AUG 3 Line Dancing Fun (HIRL Main Hall) 12pm-3pm

AUG 10 Gym Session and Pool Swim at HILAC 11am-2pm

AUG 17 Op-Shop and Lunch Day Out in Warrnambool
Bus leaving HIRL and WMAC Heywood at 9:30am
RSVP by Wednesday 16 August for transport purposes

Light lunch and snacks provided, transport available from Heywood and Hamilton for all sessions

Jenna Bamblett 5527 0084
jennabamblett@windamara.com
Macahliia Rose 5527 0035
macahliiarose@windamara.com

YOUTH DROP-IN CENTRE

Our drop-in centre is a safe space to hang out with plenty of things to do including art, homework space, laptops, games, music equipment, cooking and 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

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 - 7pm

Drop-In Centre
Ages 12-25

Sun 6 Aug, 3pm

Karreeta Koornong Maar Catch Up
KKM mentors/mentees from Hey, Ham & Port

COMMUNITY SERVICES

KARREETA KOORNONG MAAR UPDATE

During the first week of school holidays, we took a group of 10 kids to Anglesea for the Marram Nganyin 2-day camp ran by the Koorie Youth Council. The camp brought together about 60 Aboriginal young people who participate in local mentoring programs from across Victoria. The camp included a mixture of outdoor activities, cultural learning activities, games, yarning circles, and heaps more. Some of the highlights were the giant swing, an art workshop with Wathaurong where our young people got together and created a deadly Kooyang (eel).

During NAIDOC week our youth participated in a range of our deadly activities, but the highlight was our Youth NAIDOC formal. This is the second year it has ran, this year being held in Warrnambool. The formal brings youth together from Portland, Heywood, Hamilton, and Warrnambool area. A big thank you to Gazebo Hair and Bronzed Curves for helping our youth with looking extra deadly for the event.

Our 6-Week gym session has started with Grant on a Wednesdays at 3:45pm at the Heywood gym. The sessions are open to participants 14-25 years who are part of our KKM program. There is a voucher for each participant at the end of the program. Contact Tayla or Grant to join for our last few sessions!



ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

10th Aug
7th Sep
12th Oct
9th Nov

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

14th Aug
18th Sep
16th Oct
13th Nov

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

25th Aug
13th Oct
10th Nov

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

18th Aug
15th Sep

AUDIOLOGIST

(Tim Rayner, 0-21)

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

23rd Aug
20th Sep
15th Nov

HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Thursdays
9:30am-3:30pm

17th Aug (Hey)
14th Sep (Ham)
19th Oct (Hey)
16th Nov (Ham)

MASSAGES

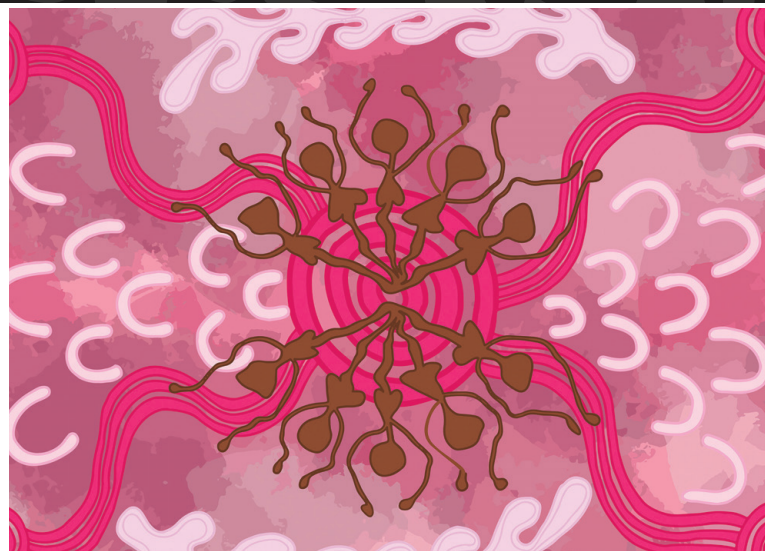
(fortnightly)

(Heywood)

Wednesdays from
2nd Aug
10am - 3:30pm

(Hamilton)

Fridays from
4th Aug
10am - 4:30pm



Free breast screening

28 August – 1 September

21 Scott St, Heywood

MENS HEALTH GATHERING

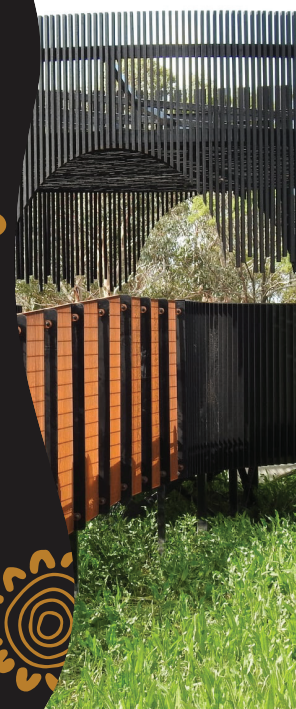
Thursday 10 August

11am - 3pm

Lake Condah Mission

- ☉ Smoking ceremony
- ☉ Personal Inspiration Stories from Jason Walker, John Bell, Ben Church, Leon Davis, Uncle Bungaditj Mara (Uncle Johnny)
- ☉ Opportunity for our Men to gather on Mirring to share life experiences

RSVP to Aunty Janice Lovett
on 5527 0090



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.



Mums and Bubs needed for photo shoot!

Our nurse Kristy is seeking expressions of interest for any Mums and Bubs who would be willing to partake in a photography shoot with some of the photos to feature in the pamphlet advertising our Koori Maternity Services and Aboriginal Child Health Nurse Services at Winda-Mara.

If interested mob could please contact Kris on 0429 342 425.

LAND MANAGEMENT

This month has been a mixed bag of roles. Our Rangers have been out fixing fences, being cooks, fire managers, film producers, arborists, models, farmers feeding out hay, landscapers, tour guides, report writers, photographers, students, weed killers and attended meetings. Our Rangers get to wear so many different hats which is such a deadly opportunity!

Our Team Leader, Ben Church was lucky enough to be part an episode of 'Back Roads' on ABC which featured the Great South West Walk. Ben did such a deadly job so if you want to check it out, it's available to watch on ABC iView (Season 9, Ep 11).

We launched into July with NAIDOC week, with the Flag Raising and Smoking Ceremony. The Ranger crew were on kitchen duty for Community Dinner after our annual Lake Condah Mission walk, peeling a total of 20 kilos of spuds, 10 kilos of carrots and cutting up what seemed like a mountain of pumpkins. By all accounts, everyone loved the feed!

July has been steady with revegetation. We have finished planting Stringy Bark at Kooreelah and we have just started planting at Tyrendarra, IPA putting in Poa Lab, Kangaroo Apple and black wattle. Our crew will also be assisting Gunditj Mirring with their revegetation at the Mission along Killara.

Our trainees Violet and Haylee attended the three-day introductory session into Aboriginal Cultural Heritage Management in Geelong. Both Violet and Haylee thoroughly enjoyed themselves and learnt a lot.

With Gunditj Mirring, DEECA and CFA we had a perfect day to do mosaic burning at the Tyrendarra IPA. Unfortunately, the results weren't what we had hoped, as it was still too wet! We were lucky though to be able to clear bracken from the tracks with great success. Many thanks to Leroy for the drone photos after the burn.

For the past few weeks, the Rangers have been travelling to Kooreelah to trim the Wattle trees. In 2020 we planted roughly 900 wattle trees with an aim to harvest the seed, roast, package and sell. Wattle seed has been dubbed as a "super food" because of its nutritive value.

Our Rangers were extraordinarily lucky to have Award Winning Photographer Annette Ruzicka come out on Country with us. Annette was taking photos of the Rangers working on Country at the Tyrendarra IPA which will be published by Country Needs People, which highlights all the Indigenous Rangers working on IPAs Australia-wide.

You can check out Country Needs People at www.countryneedspeople.org.au/indigenous_rangers July 31 was World Ranger Day! Lashay, Heath, and Colleen did brief interviews answering the questions of "What does it mean to you to be a Ranger?" and "What do you do as a Ranger?" as part of interviews with the National Indigenous Australians Agency, so keep an eye out for them! Huge thanks to Lashay for being our film producer for the day.

