



# WINDA-MARA



MAY 2023

## JOB VACANCIES

Family Services Manager

*closes 5pm Wednesday 24 May 2023*

## 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 - 12:30pm (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)  
Dates TBC for term 2  
11am - 2pm fortnightly

**Audiologist (0-21)**  
Wednesday 3<sup>rd</sup> May  
9:15am - 12:15pm (Hey)  
1:30pm - 4pm (Ham)

**Massages** (fortnightly)  
Wednesday 10<sup>th</sup> May onwards (Hey)  
Friday 12<sup>th</sup> May onwards (Ham)  
10am-3:30pm (Hey), 10am-4:30pm (Ham)

**Dietitian** (Ham)  
Monday 15<sup>th</sup> May  
1pm - 5pm

**HAPEE/Elders Audiologist (0-5, 50+)**  
Thursday 18<sup>th</sup> May (Ham)  
9:30am - 3:30pm

**Community Dinner** (Hey)  
Wednesday 24<sup>th</sup> May  
5:30pm onwards

**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

**Optometrist** (Ham)  
Friday 5<sup>th</sup> May  
9am - 12pm

**Podiatrist** (Ham)  
Thursday 11<sup>th</sup> May  
1:30pm - 5pm

**Community Dinner** (Ham)  
Wednesday 17<sup>th</sup> May  
5:30pm onwards

**Optometrist** (Hey)  
Friday 19<sup>th</sup> May

**Mens Group BBQ** (Hey)  
Wednesday 24<sup>th</sup> May  
5pm - 7pm

## 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

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



Find us on Facebook/Instagram!

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

# STAFFING UPDATE

## Ngatanwarr!

**Gabrielle Walker** has started as our new Koorie Pre School Assistant (KPSA) working with local pre-schools and kindergartens to assist them in developing a culturally inclusive program and providing support to our Koorie children and families and running our playgroup.

**Peter Barker-Lovett** has moved from being part of the Youth Mentor Program within our Community Services Team to now working in the Social Emotional Wellbeing space providing support to clients and other staff.

**Yakirah Agnew** has returned to us as a new Family Services Support Worker to provide a partnership with families and services to assist families achieve their goals of stability, safety and developmental wellbeing for their children and young people.

It's deadly to see this next generation of young people coming through working within our community and carrying Winda-Mara forward.

## CURRENT VACANCIES

### Family Services Manager

(Full-time \$53.07 - \$55.29/hr, Heywood or Hamilton)

Winda-Mara's Family Services Manager is part of the Senior Management Team and will be providing support, guidance and supervision to both the Team Leaders and frontline staff across our Family Violence, Kinship and Integrated Family Services Teams.

You will work to ensure that our Family Services programs provide culturally safe and trauma informed programs that promote self-determination and empowerment of community. You will promote the importance of connection to family, community and culture as essential to Aboriginal children's safety, stability and sense of belonging.

Applications close 5pm Wednesday 24<sup>th</sup> May.

To view the position descriptions and details on how to apply visit [www.windamara.com.au/employment](http://www.windamara.com.au/employment) or email [peopleandculture@windamara.com](mailto:peopleandculture@windamara.com)

*Save the Date*

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

## HEYWOOD

21 Scott St

Wednesdays 5:30pm onwards

24<sup>th</sup> May      27<sup>th</sup> September

21<sup>st</sup> June      25<sup>th</sup> October

26<sup>th</sup> July      22<sup>nd</sup> November

23<sup>rd</sup> August

**COMMUNITY  
DINNER DATES  
2023**

## HAMILTON

Location TBC

Wednesdays 5:30pm onwards

17<sup>th</sup> May      20<sup>th</sup> September

14<sup>th</sup> June      18<sup>th</sup> October

19<sup>th</sup> July      15<sup>th</sup> November

16<sup>th</sup> August



### Our Deadly Basketballers!

Nason Lovett-Murray, Oscar Bell and Jida Kanoa represented their mob in the Under 12 Portland Coasters team during the 2022/23 Country Victoria Basketball League. These young men played hard and performed well in basketball tournaments in Hamilton, Warrnambool, Horsham, Bendigo, Mt Gambier, Portland and Colac from October 2022 through to April 2023.

They fell short of making the semi-final at the State Championships on Sunday 23 April 2023 in Bendigo.

Tyleah and Maddie Barr also played in the Under 18 Portland Coaster's women's team who lost in a state division 1 quarter final in February 2023.

Winda-Mara Aboriginal Corporation continues to support our young people in all levels of representative opportunities over the last three decades and look forward to our community to participate in all healthy lifestyle opportunities.

# HOLIDAY PROGRAM

What a fantastic turn out we had for this terms Holiday Program!

On the first Wednesday, Hamilton's mob went to the cinemas to watch Mavka followed by a feed and a play at McDonald's, while Heywood's mob headed to Warrnambool's cinemas later in the day where they watched the Super Mario Bros movie followed by dinner.

Friday, the Hamilton and Heywood kids and staff jumped on the buses and headed out to Kooreelah. The kids each decorated their own hardwood steaks which they dedicated to an Elder of their choice. We walked with the rangers to the area the kids had planted Brown Stringybark Trees in a previous holiday program which was a deadly opportunity for them to see the progress the trees had made since planting them and chose a tree to put their decorated hardwood steak with. The rangers even helped the kids pull in the yabby nets for a quick look!

We had a deadly time with Glenelg Hopkins CMA and Black Snake Productions at HIRL on Tuesday where the kids participated in activities relating to Country and to catchment. We learnt all about clean-waterways and wildlife, and we even had the opportunity to interact with and look at a range of different wildlife.



# HOLIDAY PROGRAM

On Wednesday Hamilton travelled down to visit the Heywood mob where we split up for men's and women's business. The men headed out onto Country where they made spears and clapsticks. The women stayed back in Heywood where they were involved in a weaving lesson with Auntie Eileen and then cooked up some damper which we all enjoyed with our lunch.

Thursday was the last day of our Holiday Program. Hamilton and Heywood were lucky enough to come together one last time for tenpin bowling in Mount Gambier. After bowling we had a quick look at the arcade and headed to McDonald's for a feed and a play on the huge two-story McDonald's playground to run off whatever energy the kids had left.

We love receiving feedback for any activities Winda-Mara run so when we got this deadly feedback for our holiday program, we just had to share!

*"My boorais attended 4 of the days set out and they enjoyed every single one of them. Seeing them come home with a spear and having a basket weave was a highlight for me as a black mother to boorais who learned so much through the cultural strengthening classes. Too deadly WMAC!"*



A special thank you to all that were involved. And an extra special thanks to all the kids for attending and behaving themselves so well. We can't wait for the next holiday program!

## YOUTH DROP-IN CENTRE 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*

Contact our Youth team  
Tayla 0458 923 498 | youth@windamara.com



31 Edgar St Heywood

## CULTURAL STRENGTHENING



**Heywood @ the Drop-In Centre (31 Edgar St)**  
Mondays from 3:15 til 5pm

Pickups from the front offices at both primary and secondary schools and then home drop-offs after.

**Hamilton @ HIRL (333 Nth Boundary Rd)**  
Thursdays from 3:30 til 5pm

Transport only available for home drop-offs at the moment.

Contact Jenna or Tayla for more info. youth@windamara.com

# COMMUNITY SERVICES



Recently, some of our Hamilton Elders headed to Warrnambool to have a catch up with the mob over there.



## WILLARN PLAYGROUP

### Hamilton

Fridays 10:30am - 12:30pm  
Mitchell Park Kindergarten  
1 Steel Rd, Hamilton

### Heywood

Mondays 11am - 12pm  
Fridays 12pm - 2pm  
WMAC Playgroup Building  
24 Hunter St, Heywood

*Morning tea/lunch provided. Transport available for all sessions.*

Hamilton: Tash Nepean 0448 032 788  
Heywood: Janelle Huggers 0448 704 317

## 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.

## MEN'S GROUP

### BBQ DINNER

Wednesday 24<sup>th</sup> May 5pm-7pm  
@ Winda-Mara Mens Shed  
21 Scott St Heywood

*For more info, contact Grant on 5527 0053*



### 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

# 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

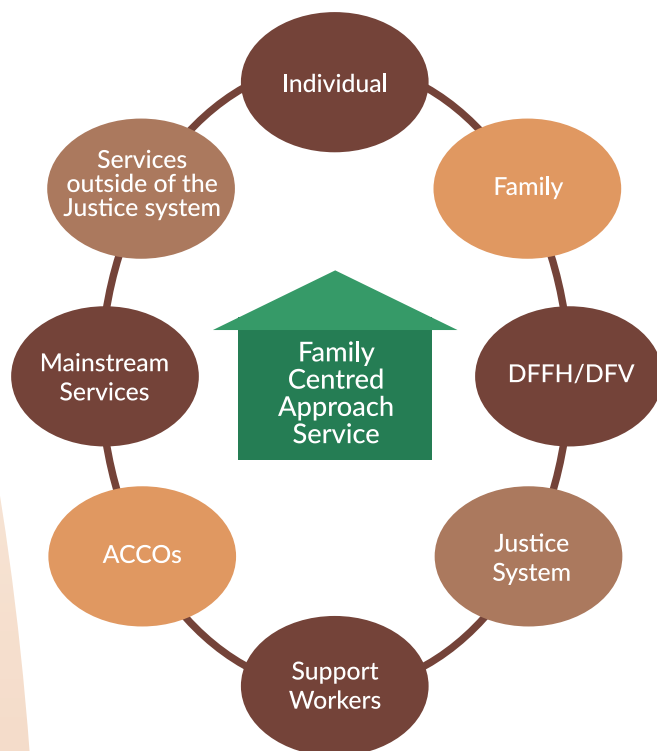
## AGE GROUP ELIGIBILITY

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  
0488 696 706  
jodie Lovett@windamara.com

## HAVE YOU HAD YOUR ATSI HEALTH CHECK?

It's important for our mob to stay up-to-date with our ATSI 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



Book your Dietician appointment in Hamilton today to win!

We had Kyle Ellis win one of our \$50 fruit and vegetable baskets after making an appointment with our Dietician in March. Anyone with Diabetes or Chronic Health Conditions are strongly encouraged to engage a Dietician to help lead healthier lives. Even if you are just interested in eating healthier, make an appointment to create your Healthy Eating Plan with the Dietician today!

Mondays 15 May and 19 June from 1-5pm at our Hamilton clinic.  
Call 5527 0090 to book.

## ALLIED HEALTH VISITS

### PODIATRIST (Hamilton)

Thursdays  
1:30pm-5pm

11<sup>th</sup> May  
8<sup>th</sup> Jun

### DIETITIAN (Hamilton)

Mondays  
1pm-5pm

15<sup>th</sup> May  
19<sup>th</sup> Jun

### OPTOMETRIST (Glen Howell - Hamilton)

Fridays  
9am - 12pm

5<sup>th</sup> May  
2<sup>nd</sup> Jun

### OPTOMETRIST (Penry Rousten - Heywood)

Fridays

19<sup>th</sup> May  
16<sup>th</sup> Jun

### AUDIOLOGIST (Tim Rayner, 0-21)

Wednesdays

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

3<sup>rd</sup> May  
28<sup>th</sup> Jun

### HAPEE/ELDERS AUDIOLOGIST (0-5, 50+)

Thursdays

9:30am-3:30pm

18<sup>th</sup> May (Ham)  
15<sup>th</sup> Jun (Hey)  
20<sup>th</sup> Jul (Ham)

### MASSAGES (fortnightly)

(Heywood)

Wednesdays from  
3<sup>rd</sup> May  
10am - 3:30pm

(Hamilton)

Fridays from  
5<sup>th</sup> May  
10am - 4:30pm

## SMART Recovery Group

Wednesdays 11am - 12:30pm

107 Thompson St Hamilton (Meeting Room)

Come 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.

For more information,  
contact Riana on 0493 228 960

 **SMART** Recovery  
Life beyond addiction



## KOORI MATERNITY SERVICES

Koori Maternity Services (KMS) is a program for Indigenous pregnant women or women who are carrying Indigenous babies. Our nurse Kristy and the midwife Fiona from Gunditjmarra work closely with the client's nominated hospital to ensure culturally safe, appropriate, and best practice antenatal care is achieved.

## ABORIGINAL MATERNAL & CHILD HEALTH

Aboriginal Maternal & Child Health (AMCH) is a newly funded program in which our nurse Kristy will be working alongside the local councils to improve the health outcomes and participation of all Aboriginal and Torres Strait Islander under 5-year-olds in the space of Maternal and Child Health. The AMCH nurse attends Winda-Mara once a month or the clinic can be visited anytime.

Contact our medical clinics on 5527 0060 in Heywood and 5527 0090 in Hamilton.



# HEALTH



We've had a deadly turnout for the first week of the Winda-Mara Fitness Challenge!

There's been so much support for those new to fitness, and everyone's having a good laugh while getting some movement in! It's not too late to come along for the next few weeks of sessions. Contact Aunty Tina on 5527 0090 or Jess on 5527 0060 for more info.

Join the Winda-Mara

## FITNESS CHALLENGE!

Kickstart your fitness journey with us on Monday 24 April!

**4-week program**  
**2 exercise sessions per week**

Sessions in Heywood & Hamilton  
Weigh-ins at the first and last session

To be eligible to win our deadly prizes:

Aboriginal and/or Torres Strait Islander clients  
Complete your ATSI Health Check  
Attend 5 out of 8 sessions

To register, contact Aunty Tina or Jess on 5527 0090



## ARE YOU SAFE AT HOME?

May 10 is 'Are You Safe at Home? Day.'

It's an opportunity to ask someone in your life, 'are you safe at home?' and start a conversation to end family violence. As a community, we all have a role in recognising and responding to family violence - wherever we live, work and play.

55% to 70% of women who have experienced violence, or are experiencing violence, are currently in the workforce - that's around one in six female workers.

This means that most workplaces will be impacted by family violence at some point.

We know that many people experiencing family violence will reach out to family and friends first. How you respond can make a real difference on someone's journey to safety. The Are You Safe at Home? website features lots of helpful tips, conversation starters and information to help you start the conversation with a colleague or loved one. [www.areyousafeathome.org.au](http://www.areyousafeathome.org.au)

# ARE YOU SAFE AT HOME?

Help and support is available, you do not have to face this alone.

**SAFE+EQUAL**

[areyousafeathome.org.au](http://areyousafeathome.org.au)

# FAMILY VIOLENCE DOESN'T ALWAYS INVOLVE PHYSICAL ABUSE.

No matter what form it takes, family violence is never acceptable.

**SAFE+EQUAL**

[areyousafeathome.org.au](http://areyousafeathome.org.au)





# LEARN MORE ABOUT OUR CHRONIC DISEASE PROGRAM



If you have been diagnosed with a chronic disease your GP will refer you to 'The Chronic Disease Program' funded as Integrated Team Care and Supplementary Services to access support with the management of your chronic disease.

## What is a chronic disease?

There are many types of chronic conditions that can affect our health.

- cancer
- cardiovascular conditions
- chronic eye conditions
- diabetes
- kidney disease
- lung and respiratory conditions (asthma)

Many chronic conditions are not life threatening in the short term.

## What is a GP Management Plan?

A GP Management Plan (GPMP) can help people with chronic medical conditions by providing an organised approach to care. A GPMP is a plan of action you have agreed with your GP.

### Your GP Management Plan

- identifies your health and care needs
- sets out the services to be provided
- lists the actions you can take to help manage your condition

## Assistance for you

A component of the ITC Program is Supplementary Services, which can provide funding to assist with the management of your chronic disease and must be detailed in your GP Management Plan.

- **Examples of assistance that can be provided**
- The purchase of dietary resources such as nutrition information and healthy recipes needed to aide healthy eating and the management of chronic disease.
- The purchase of dietary supplements eg Sustagen, Resource Plus.
- Payment of a procedure performed by a Specialist or Allied Health Practitioner.
- To pay the Gap between MBS Rebate and the fee charges for diagnostic tests (MRI, blood test and x-Ray)
- Assistance (transport or fuel) to travel to an out-of-town medical appointment.

Chronic conditions can however worsen over time and become more serious. Chronic conditions can lower your quality of life and may affect your independence.

All Aboriginal & Torres Strait Islander community members who have been diagnosed with a chronic disease must have a GP Health Management Plan and Team Care Arrangements (TCAs) completed to be eligible for the Chronic Disease Program (Integrated Team Care and Supplementary Services Program)

## What are Team Care Arrangements?

If you have a chronic medical condition and complex care needs requiring multidisciplinary care, your GP may also develop Team Care Arrangements (TCAs).

## Reviewing your Plans

These plans are reviewed every three months. This is an important part of the planning cycle, where you and your GP check that your goals are being met and agree on any changes that might be needed.

**Please note to be assisted with payments for any Specialist and Allied Health Practitioner's appointments, and costs associated with x-rays, blood tests, CT scans, MRI tests you must contact our Chronic Health Co-ordinator prior to your appointment for authorisation of paying any fees.**

Please contact our Chronic Disease Coordinator Janice Lovett on 5527 0090 or call in to the office at 107 Thompson St Hamilton and have a yarn.



**Your health is  
in your hands!**

# BUDJ BIM RANGER DEPOT OPENING

On Thursday 20 April, Winda-Mara Aboriginal Corporation (WMAC) held our official opening of the Budj Bim Ranger Depot located at 598 Henty Hwy Portland. We were welcomed into the space with a smoking ceremony followed by a performance from the Koondoon Yarkeen dance group.

The Depot has given us a permanent base for our Budj Bim Rangers thanks to a funding injection from the Indigenous Land and Sea Corporation (ILSC) and supplemented by our own funds.

This permanent base will allow us to extend our ranger training, enhance operational efficiencies, and provides a permanent home for our rangers and tour operations. We also have a view to creating an art space as well as a café.

Our CEO Jason gave a brief history of our time in the building, which we purchased in June 2022 after leasing it the 12 months prior to gauge whether it was a good fit for us and the future we envision for the Ranger Program. Jason also acknowledged all the partnerships Winda-Mara have developed from across the region over the years and the important work we do together.



Our Chairperson, Uncle Mookeye Bell shared stories of Winda-Mara's early beginnings with no money but a lot of energy from our community and the work we were doing in building an Aboriginal economy.

Building self determination to create our voice is at the core of what Winda-Mara does.

Uncle Mookeye made mention of our long-standing relationship with the Indigenous Land and Sea Corporation (ILSC) dating back to the late 1990s when they assisted us in purchasing our first land beginning our work of caring for country.

This growing ownership and management of Gunditjmara Country, in particular the Tyrendarra Indigenous Protected Area has made sure that Aboriginal people have access to land locally (whether Traditional Owners or not) and gives them the opportunity to walk on country and get connected.

"The purchase of the property for the use of Budj Bim Rangers as a Depot and the future opportunities offered by this site is an exciting development for our community," said Uncle Michael Bell.

"The development of Indigenous businesses on the site will form a place where community members can obtain employment and training to improve their career opportunities."

We were lucky enough to be joined by Indigenous Land and Sea Corporation Group CEO, Joe Morrison who spoke about the importance of their relationship with Winda-Mara and their work across the country in developing and maturing the country and the revitalisation of our culture. The blending of old knowledge and western technology coming together and being put into practice to uplift and amplify Indigenous voices.

Joe said the ILSC's focus was allowing First Nations peoples to realise the benefits of owning and managing country.

"The facility will assist the WMAC secure the future of the ranger group and importantly, secure the Gunditjmara people's connection to country for future generations," he said.

"The building is not just somewhere to house equipment. It's a space for bringing community together, where they can share knowledge and culture and create new enterprises."

"It's this sharing of knowledge that will lead to greater Gunditjmara self-determination".

Thank you to everyone who came along to celebrate the opening, with particular thanks to the Indigenous Land and Sea Corporation who support our vision for the space and have amplified Winda-Mara's passion for caring for our country as well as all our partners and supporters locally.

