



WINDA-MARA



APRIL 2023

JOB VACANCIES

Medical Receptionist (Casual)
Domestic Assistant (Casual)

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 - 12:30pm (Ham)
Mondays 11am - 2pm (Hey)
Fridays 12:30pm - 2:30pm (Hey)

Youth Drop-In Centre (Hey)
Tuesdays & Wednesdays
3:30pm - 5:30pm

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

Massages (fortnightly)
Wednesday 5th Apr onwards (Hey)
Friday 7th Apr onwards (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

Recovery Group (Ham)
Wednesdays
10:30am - 12pm

Audiologist (0-21)
Wednesday 5th Apr
9:15am - 12:15pm (Hey)
1:30pm - 4pm (Ham)

Podiatrist (Ham)
Thursday 6th Apr
1:30pm - 5pm

Community Dinner (Hey)
Wednesday 12th Apr
5:30pm onwards

HAPEE/Elders Audiologist (0-5, 50+)
Thursday 13th Apr (Hey)
9:30am - 3:30pm

Optometrist (Ham)
Friday 14th Apr
9am - 12pm

Dietitian (Ham)
Monday 17th Apr
1pm - 5pm

Community Dinner (Ham)
Wednesday 19th Apr
5:30pm onwards

Budj Bim Ranger Depot Opening (Port)
Thursday 20th Apr
11:30am - 1:30pm

Optometrist (Hey)
Friday 21st Apr

Elders Activities
check page 3 for calendar

HOLIDAY PROGRAM - more details to come

Wed 12: Movie Day, Warrnambool
Fri 14: Kooreelah Junior Ranger Program
Tue 18: Junior Ranger Program with Glenelg Hopkins CMA
Wed 19: Cultural Strengthening
Wed 20: Ten-Pin Bowling, Mt Gambier

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

Ngatanwarr!

Richard Bamblett is our new Family Centered Approach Case Co-ordinator working to empower and further strengthen Aboriginal families with an individual member at risk of or engaged in the justice system.

Angela Frost starts this month as our new Healthy Lifestyles Officer, working to provide educational support and activities to promote a holistic healthy lifestyle for Winda-Mara clients.

Kylie Briggs will be starting later this month as our new Health and Wellbeing AOD Counsellor as part of our Social Emotional Wellbeing Team, working with clients to provide support and advocacy to AOD clients and their families/carers.

Doneka Webb has returned to us recently, coming on as another Medical Receptionist at our Heywood clinic after being our general receptionist previously.

CURRENT VACANCIES

Medical Receptionist

(Casual \$28.34/hr, Heywood/Hamilton)

This casual medical reception role is to provide high quality reception and secretarial services to the patients, doctors, and staff at Winda-Mara's medical clinics in a caring and supportive manner and maintaining confidentiality at all times.

Our successful applicant will be responsible for coordinating our GP and Allied Health Clinics, coordinating provider numbers for staff, GP's, Allied Health providers, coordinating the transport of clients, coordinating staff to assist in medical reception, supporting liaison and refer clients to appropriate services, recording and entering data in appropriate software databases and process Medicare claims.

Applications close 5pm Friday 14th April.

Domestic Assistant

(Casual \$30.95 - \$38.08/hr, Heywood)

This casual Domestic Assistant position requires a worker to engage with Aboriginal and Torres Strait Islander people over the age of 50 years in their home to maintain the general upkeep of the weekly home duties. Reporting to our Community Engagement Team Leader, our successful applicant will be responsible for general house cleaning, shopping (accompanied or unaccompanied) and linen service.

Applications close 5pm Tuesday 4th April.

To view the position descriptions and details on how to apply visit www.windamara.com.au/employment or email peopleandculture@windamara.com

COMMUNITY DINNER!

NEXT COMMUNITY DINNERS!

Wednesday 12th April
5:30pm onwards

21 Scott St, Heywood
Pig on the spit and baked spuds!

Wednesday 19th April
5:30pm onwards

Hamilton (location TBC)



For our last community dinner at the Hamilton Botanical Gardens we had plenty of food and lots of laughs. The gathering was a success and a deadly opportunity for us to all come together. We're looking forward to our next community dinner in April, we'll see you there!

COMMUNITY SERVICES

BRINGING THEM HOME

Recently our Bringing Them Home Worker, Aunty Sue Lovett assisted a client who is 70 years old. He spent his whole life thinking he was non-Indigenous and an only child. He found out at 69 years old that he was Aboriginal and that he had 3 brothers, 2 sisters and the biggest mob of nieces and nephews. We assisted him with meeting his brother and sister, and several other family members. We are currently planning to hold a big family reunion for him to meet the rest of the family. It has been an amazing journey, with more still to come.

Our Bringing Them Home Worker can assist with Birth Certificates, tracing Family/Family Trees, connecting to Home and Stolen Generation Reparation Packages.

If you would like to connect to discuss any of these things, please feel free to contact Aunty Sue on 5527 0073 or email suelovett@windamara.com. Aunty Sue works Tuesday – Thursday 9am- 1:30pm.

ELDERS UPDATE

The Elders highlight for our March activities was a trip out to Tae Rak for Afternoon Tea. Other activities and assistance provided for our Elders during March included taking an Elder to Hamilton, going to Portland for an Elder, helping an Elder out with his car, and ringing an Elder whilst he was feeling unwell.

We're planning on starting up a male walking group and a female Elders walking group. We have purchased 5 sets of walking sticks to give some extra support to those who requires them.

April Activities

Thu 6th: Craft Session, Heywood Community Centre
Tue 11th: Yarning, Heywood Community Centre



Thu 13th: Op-Shopping & Lunch, Warrnambool
Thu 27th: Sculpture Walk & BBQ Lunch, Kurtonitj Sawpit
The Community Services Building at 14 Lindsay St will be open on Wednesdays so that Elders may come, sit down and have a chat or try any crafts that we have. On every Wednesday except 24th May.

HOUSING

Can all community members on our housing waiting list please make sure your details are currently up to date. Contact Aunty Di Bell on 5527 0075 or email diannebell@windamara.com to update your details. Winda-Mara will be hosting an Indigenous Business Australia information session for any community wanting to find out more information about securing a loan to purchase your first home. Date to be confirmed soon.

FAMILY CENTRED APPROACH

Richard Bamblett our Case Co-Ordinator will be responsible for referral and assessment of the client's needs, using strength-based approach to garner the family needs in consultation with the Cultural Broker. Through ongoing consultation, the FCA team can help identify crisis issues with the families support and develop a robust case plan to help identify strategic goals for the family to aid in curbing the ongoing involvement in the Justice system and help break the cycle.

Jodie Lovett our Cultural Broker will be responsible for research and assessment on the cultural impact within the family. The Cultural Broker will work in conjunction with the Case Co-ordinator to aid with cultural assessment tools and bridging the cultural needs gaps where appropriate and will be family goal driven. The Cultural Broker must have the respect of the local community and clients.



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

WOMEN'S GROUP



Thursdays from 11am - 2pm
(fortnightly - Term 2 start date TBC)
at HIRL (333 Nth Boundary Rd Hamilton)
Lunch provided. Transport available.

Contact Jenna for more info. jennabamblett@windamara.com

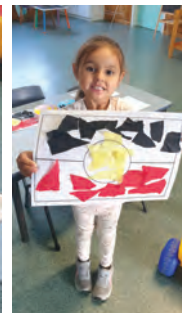
COMMUNITY SERVICES

WILLARN PLAYGROUP

Our little regulars in Heywood have been enjoying playgroup with plenty of indoor activities and outdoor play in the sunshine! Come and check out our centre and make some new friends.

Early Years Information Session

On Friday 31st March we held an Early Years Information Session in Hamilton to give families an opportunity to come together and learn about all the Early Years services Winda-Mara provides and services we collaborate with. The kids each received a fun gift bag full of goodies and information, sang songs, played games and enjoyed an Easter Egg hunt to finish off playgroups Term 1. Our next Early Years Info Session will be held in June so keep an eye out for more info on that one!



Above: Heywood Playgroup Below: Early Years Info Session



WILLARN PLAYGROUP

Hamilton

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

Heywood

Mondays 11am - 2pm
Fridays 12:30pm - 2:30pm
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 need help getting your learners or gaining your 120 learner driving hours?



Our Building The Dream worker can help!

We can assist you with gaining your learners, free qualified driving lessons and support with gaining your 120 hours.

Contact Tayla on 5527 0077 to arrange a time to go driving!

YOUTH DROP-IN CENTRE NOW OPEN!

31 Edgar St Heywood

Tuesdays & Wednesdays
3:30pm - 5:30pm

A great space for homework, chilling out, having a feed, being creative and so much more, be sure to pop in and say hi to our youth team!

Our Drop-In Centre is open to both Indigenous and non-Indigenous Youth 12-25 years (not limited to this age, younger school children can attend)

For more info, contact our Youth Mentor team
Tayla 0458 923 498 | PJ 0412 970 769

COMMUNITY SERVICES

CULTURAL STRENGTHENING UPDATE

Wood Wine & Roses

Each year our float reflects the current NAIDOC theme and this year with the theme being 'For our Elders' we had the kids make some canvas posters to show off in the parade, they dedicated the poster to their cherished elder with some strong descriptive words on what their elders mean to them.

Koorie beaded earrings

Creative workshop with kids making Koorie earrings.

Harmony Week

With a strong message: we share out similarities and celebrate our differences.

We yarned about the importance of Harmony Day/Week, the kids then helped with a poster board displayed in our Drop-in center showcasing the diversity within our community, town, country.



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

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

Karreeta Koornong 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.

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

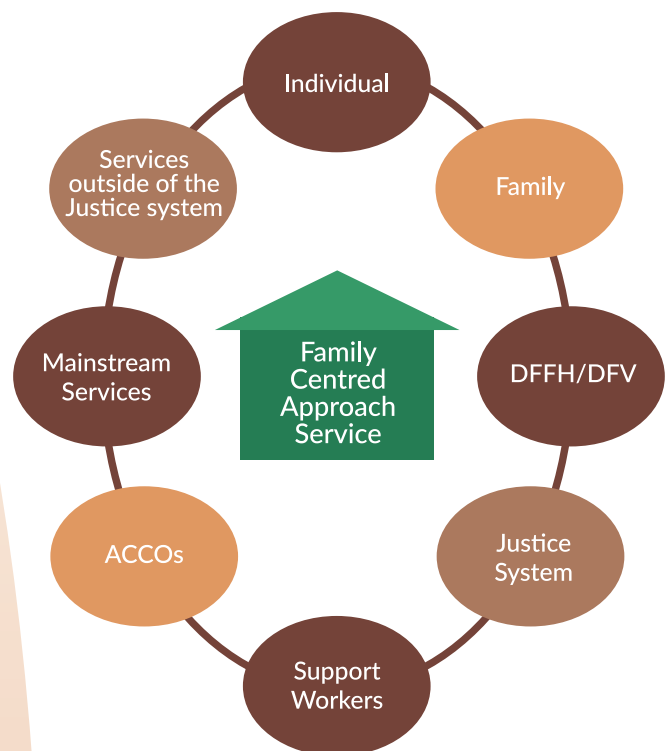
AGE GROUP ELIGIBILITY

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!

Heywood 03 5527 0060

Hamilton 03 5527 0090



Book your Dietician appointment in Hamilton today to win!

We had Kimmy Harmon-Myers win one of our \$50 fruit and vegetable baskets after making an appointment with our Dietician. 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 17 Apr, 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

6th Apr
11th May
8th Jun

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

17th Apr
15th May
19th Jun

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

14th Apr
5th May
2nd Jun

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

21st Apr
19th May
16th Jun

AUDIOLOGIST

(Tim Rayner, 0-21)

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

5th Apr
3rd May
28th Jun

HAPEE/ELDERS (0-5, 50+)

AUDIOLOGIST

Thursdays
9:30am-3:30pm

13th Apr (Hey)
18th May (Ham)
15th Jun (Hey)
20th Jul (Ham)

MASSAGES

(fortnightly)

(Heywood)
Wednesdays from
5th April
10am - 3:30pm

(Hamilton)
Fridays from
7th April
10am - 4:30pm



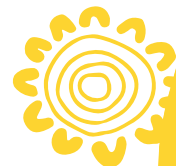
Yarn with the Dietitian to WIN a fruit basket to the value of \$50!

Mob are encouraged to book an appointment with our visiting Dietitian Danielle to WIN a fruit basket to the value of \$50.

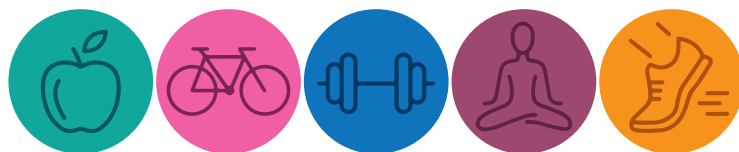
Each month the health team will draw out one lucky winner between February and June 2023 who has had an appointment with the Dietitian.

Dietitians can help with

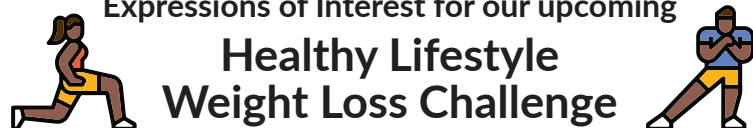
- Achieving diet related goals
- Kids meeting nutritional needs
- Food restrictions due to chronic illness or food allergies



Contact Medical Reception at Winda-Mara to book an appointment today on 5527 0090.



Expressions of Interest for our upcoming



Healthy Lifestyle Weight Loss Challenge

Starting at the end of April in both Heywood and Hamilton, join us in making healthy some changes!

Lots of prizes to be won if you've recently had an ATSI Health Check or are booked in for your next one.

Contact Aunty Tina Wright in Hamilton on 5527 0090 and Jess-Lovett Murray in Heywood on 5527 0060.



HEALTH

SMART Recovery Group

Wednesdays 10:30am - 12pm

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



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 Gunditjmara 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.



LAND MANAGEMENT

Recently, our female Budj Bim Rangers had a deadly learning experience with our Budj Bim Ranger Female Mentor Aunty Eileen taking the time to share the cultural knowledge of basket weaving with them.

Traditionally, poonyart grass is most commonly used to weave. The reeds would be woven into baskets for collecting as well as eel baskets to be placed in the gaps of stone and wooden fish traps to capture mature kooyang (eels).

The girls did a deadly job using the yarn instead of grass!



Budj Bim Ranger Depot Official Opening

Thursday 20 April 11:30am
598 Henty Hwy Portland

RSVP by Fri 14 April
for catering to Aunty Colleen
colleenhamilton@windamara.com

