



WINDA-MARA

AUGUST 2022

CURRENT VACANCIES

Winda-Mara currently have no vacancies available. Make sure to check our website and social media pages for any updates as we will be advertising positions very soon!

MEDICAL CLINIC HOURS

HEYWOOD

Thursday 12pm-4pm Dr Gopi Patel
Friday 9am-1pm Dr Gopi Patel

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.

HAPPENING THIS MONTH!

Playgroup (Hey/Ham)
Every Friday (excl. holidays)
10:30-12:30pm

Cultural Studies
Every Monday
after school

Children's Day Breakfast (Ham)
Thursday 4th Aug
8am - 9am

Deadly Disco (Ham)
Friday 5th Aug
6pm - 8pm

Children's Day Breakfast (Hey)
Monday 8th Aug
8am - 9am

What Matters to Youth Workshop (Hey)
Wednesday 10th Aug &
Friday 12th Aug 4:30pm

Podiatrist (Ham)
Thursday 11th Aug
1:30pm - 5pm

Dietician (Ham)
Monday 15th Aug
1pm - 5pm

HAPEE Program Audiologist (0-5yrs) (Ham)
Thursday 18th Aug

Optometrist (Hey)
Friday 19th Aug

NAIDOC WEEK 2022

NAIDOC Week is a significant time on the calendar each year for Aboriginal and Torres Strait Islander people. It is a time for us to come together and celebrate our culture.



This year's theme 'Get Up! Stand Up! Show Up!' signifies the many years that Aboriginal and Torres Strait Islander people have fought for systemic change for our community and the work that we all need to do to continue the path to reconciliation.

Check out our NAIDOC Week recap inside!

CONTACT US!

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

Heywood (Main Office)
P: 03 5527 0000

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

Hamilton (Medical Clinic)
107 Thompson St
Hamilton VIC 3300

Heywood (Medical)
P: 03 5527 0060

Land Management
598 Henty Highway
Portland VIC 3305

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

Hamilton (Medical)
P: 03 5527 0090

www.windamara.com.au

FIND US ON FACEBOOK!

NAIDOC WEEK 2022



**GET UP!
STAND UP!
SHOW UP!**
3-10 JULY 2022

NAIDOC Week is a significant time on the calendar each year for Aboriginal and Torres Strait Islander people. It is a time for us to come together and celebrate our culture. This year's theme 'Get Up! Stand Up! Show Up!' signifies the many years that Aboriginal and Torres Strait Islander people have fought for systemic change for our community and the work that we all need to do to continue the path to reconciliation.

Winda-Mara Aboriginal Corporation hold activities all week long for our community members, as a time for us to reflect on the past, learn from our Elders, embrace our culture, and look toward the future.

Here at Winda-Mara we hold many activities throughout the week for our community and this year we had a deadly turnout. After two years of disruption due to COVID-19, it was so good to see everyone back together for the week taking part in our activities.

Monday 4 July

Flag Raising (Hey), Opening Ceremony (Ham), Health Promotion (Hey)

We had a fantastic turnout for both the Heywood flag raising and Hamilton opening ceremony. These events are open to the broader community as well, and it was fantastic to see so many people from outside our organisation come along and celebrate the start of NAIDOC week with us.

The flag raising opened with a Welcome to Country from Aunty Jan followed by some words from our CEO Jason Walker, our Chairperson Uncle Michael Bell, and an update on the Budj Bim Tourism Centre from Braydon Saunders. We were treated to a deadly performance from the Koondoom Yarkeen Karweeyn dance group, with some fathers and sons performing together for the first time.

The raising of the flags was completed by LJ Bell and Aunty Laura Bell, Aunty Val Lovett, and Aunty Thelma Edwards. We're so lucky to have these Elders with us on these important days.

Afterwards, we got to hang around and have morning tea provided by the Heywood Bakery while having a yarn and a catch up with everyone.

We're so thankful for all the partnerships we have built over the years with other local businesses and individuals and look forward to developing them further moving forward.

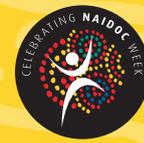
The Hamilton opening was held at our Thompson St Health Clinic. We again started with both Aunty Jan Lovett and our CEO Jason Walker saying a few words with Aunty Jan speaking about how important it has been for Winda-Mara to be building relationships within the Southern Grampians Shire over the last few years. We look forward to developing those partnerships as we move forward.

We were again treated to a performance from the Koondoom Yarkeen Karweeyn dancers and had a deadly afternoon tea provided by Kings Bakery.

After the flag raising was finished in Heywood, we held a Health Promotion Day giving community the opportunity to get ATSI Health Checks done for our kids in the community, as well as sharing health information for anyone to check out.



NAIDOC WEEK 2022



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Tuesday 5 July

Elders Lunch, Family Portraits, and Kevin Kropinyeri comedy show

Tuesday was all about our Elders. We provided them with a delicious two course meal of roast and veggies followed by sticky date and pav and they were treated to a performance from Jayden Lillyst.

Our Elders were also given the choice of many gifts from deadly Aboriginal owned businesses and artists.

- Clothing The Gaps hats and socks
- Ngarga Warendj Dancing Wombat brooches and mugs
- Light + Glo x Cher'nee Sutton candles
- Dreamtime Kullilla-Art purses and scarves
- Koh Living candle holders
- The Koorie Circle earrings
- Alperstein Designs x Warlukurlangu Artists gift packs

After lunch, we gave the community the opportunity to come and get some professional family photos taken, thanks to Nicole Cleary Photography. We hope everyone loved their photos!

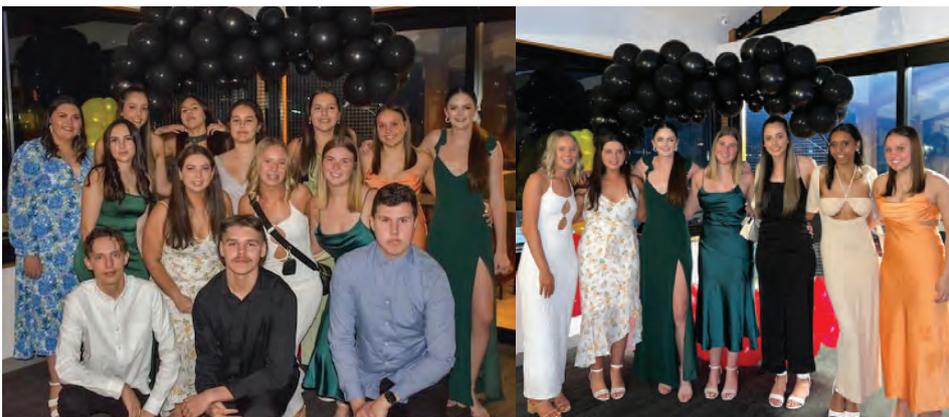
Tuesday night we were treated to a performance from the deadly comedian Kevin Kropinyeri. We packed out the Heywood Pub dining room and laughed non-stop the entire time. Kevin knows how to tell a yarn that's so relatable to all of us and we were so lucky to have him come down and spend the night with us.



Wednesday 6 July Mission Walk, Youth Formal



The Wednesday of NAIDOC Week means it's time for our walk out to Lake Condah Mission, leaving from Lovetts Lane at Greenvale just outside of Heywood. We do this walk to honour all our Elders that came before us who had to walk from the Mission into Heywood every day. We had a beautiful sunny day which meant we had a deadly turnout. Once we finished the walk, we headed to Kurtonitj for some lunch.



Wednesday night saw our Secondary school kids attend a Youth Formal held at The Wharf @ Port Fairy. Kids from Heywood, Portland, Hamilton and Warrnambool all attended and had a deadly time.

There were make-up and hair stations set up at the beginning of the night, and formal wear had been kindly donated as an option for the kids to wear.

Thanks to Mami & Co Event Hire and Balloons by Rubes (both based in Heywood) for the deadly decorations!

NAIDOC WEEK 2022



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3-10 JULY 2022

Thursday 7 July Community Day and Dinner (Heywood)

Thursday was a big day with the community day set up at the Heywood Hall.

There were plenty of activities on hand for everyone to check out including colouring in, reading, painting, possum skin art, crafts, and checking out our health display. We had a great turnout throughout the day, and it was great to see so many families doing the activities together.

This was followed by community tea which was soups, casseroles and desserts and even with the deadly turnout, we still had leftovers!



Friday 8 July Community Day (Hamilton)

Our Hamilton community day was held at HIRL and we had a fantastic turnout. So many families came along for lunch provided by Kings Bakery, and to take part in our activities which included arts, colouring in, jewellery making, possum skin art, reading and much more. The kids were able to take home their creations to display.



STAFFING UPDATE

Ngatanwarr!

Late in July we had Sunniva Zoete start as our new People & Culture Manager.

Sunniva will be leading the HR department with the aim to improve and implement HR management systems across the organisation.

We look forward to having someone in this role which was vacant for some time and we thank Ravi for acting in the position until it was filled.

Wurruk!

This month we have said goodbye to many faces around Winda-Mara.

Jacinta Kimber – HACC Access and Support Worker
Shannon Gaita – Employment, Recruitment and Payroll
Briana Picken – Executive Assistant to the CEO

We wish each of these workers all the best in the future and look forward to seeing what's next!

COMMUNITY SERVICES UPDATE

Willan Playgroup

Runs every Friday 10:30am - 12:30pm during the school term. Contact Tash on 0448 032 788.

Elders Group

Contact Aunty Ros on 0431 786 995 for more information. Please note Jacinta has now finished in her role as HACC Access & Support Worker and Aunty Ros is now working full-time to cover the position.

Cultural studies

Running on Mondays after school throughout the school term. Contact Jenna on 5527 0084 for more information.

We recently advertised vacancies within the Community Services team and are hoping to get those positions filled very soon. They include:

- Family Centered Approach - Cultural Broker
- Family Centered Approach - Case Coordinator
- Local Justice Worker
- Building The Dream Worker
- Housing Officer
- Home and Community Care (HACC) Worker



Karreeta Koornong Marr

YOUTH MENTOR RECRUITMENT

Winda-Mara's mentor group are currently looking for new youth mentors!

If you are keen to get out in the community to help our youth aged 13-25, this is the perfect opportunity.

We are currently looking for mentors with the following qualities:

- Culturally Sensitive
- Show and develop great listening skills
- Seek to learn from your mentee
- Maintain an interest in the program

Becoming a mentor is open to all community members of all ages so if you or anyone you know might be interested, please let us know!

Tara Crumpen-Slade PJ Barker-Lovett
tarac@windamara.com peterbarkerlovett@windamara.com

Call us on 0455 315 572



WINDA-MARA ABORIGINAL CORPORATION

WORKER DEVELOPMENT PROGRAM

Do you have fines?

By joining the Worker Development Program, this allows you to 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
- Counseling, including financial counseling
- Drug or alcohol counseling
- Mentoring (if you are under 25)
- Service Engagement and Referral

To find out more, please contact our Local Justice Worker
03 5527 0036
0473 802 799
ljw@windamara.com



WILLAN PLAYGROUP

in Hamilton is changing!

Hamilton's Willan Playgroup will now be held at Mitchell Park Kindergarten

The sessions will be alternately run each Friday by Winda-Mara and by Mitchell Park Kinder & South-West Healthcare's School Readiness Team.

Sessions will include visits from the speech pathologist and occupational therapists on a range of topics for your little ones. Snacks will be provided.

Winda-Mara's playgroup sessions run all year excluding school holidays.



Tash Nepean
0448 032 788
tashn@windamara.com

Fridays
10:30am-
12:30pm

HEALTH UPDATE

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

COVID-19 RELIEF FUNDING AND SUPPORT PACKS

Winda-Mara have funding available for families who are experiencing the following difficulties due to COVID-19. Issues relating to loss of income, medical treatments or equipment and supporting isolation strategies.

Winda-Mara are also offering COVID Care Packages to Aboriginal and Torres Strait Islander community members who have tested positive to COVID-19 which includes anti-bacterial wipes, Glen20 spray, playing cards and boards games to keep you entertained during isolation.

If you or someone you care about are isolating, please reach out if you can.

You can also speak to our SEWB team if you're comfortable to do so. Call 0429 961 474 for more info on relief funding or to secure your pack.

UPCOMING ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

11th Aug
8th Sept
13th Oct
10th Nov
8th Dec

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

15th Aug
19th Sept
17th Oct
21st Nov
12th Dec
16th Jan '23

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

2nd Sept
7th Oct
28th Oct
25th Nov
3rd Feb '23
14th Apr '23

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

19th Aug
17th Mar '23
21st Apr '23
19th May '23
16th Jun '23

HAPEE PROGRAM AUDIOLOGIST (0-5yrs)

Thursdays
9:30am-5pm

18th Aug (Ham)
22nd Sept (Hey)
20th Oct (Hey)
17th Nov
8th Dec

NGANGKARI TRADITIONAL HEALERS



TRADITIONAL HEALERS
of Central Australia: Ngangkari



Ngangkari are the traditional healers of the Ngaanyatjarra, Pitjantjatjara and Yankunytjatjara (NPY) lands in the remote western desert of Central Australia. Ngangkari have looked after people's physical and emotional health for thousands of years. The NPY Women's Council Ngangkari Program supports ngangkari to continue their work in communities, clinics and hospitals.

One of the healers will be visiting Winda-Mara in Heywood and Hamilton in August (date TBC).

If you would like to make an appointment please contact the Health & Wellbeing Team on 0429 961 474 or email sewbteam@windamara.com

COVID-19 + FLU VACCINATIONS

COVID-19 Vaccinations
for 5-11 year olds
COVID-19 4th dose
Influenza vaccinations

Book an appointment today!

Heywood 03 5527 0060
Hamilton 03 5527 0090

YOUTH MENTAL HEALTH FIRST AID

Brought to you by Gleneig Live4Life

Learn how to support young people and their mental health

4 NIGHT SESSIONS HELD IN HEYWOOD

Monday 22, 29 August and Monday 5, 12 September
6.00 PM - 9.30 PM

you must attend all four sessions to complete the training

For more information on
MHFA training, visit:
<https://live4life.eventzite.com.au>



SCAN
HERE NOW
TICKETS ARE
\$35.74 ea



Are you a diabetic?

Our Health Unit have Blood Glucose Meters for community to assist with self-monitoring of your diabetes. Appropriate self-monitoring can help manage your daily blood glucose and better adapt your lifestyle and treatment to suit your needs.

By managing your diabetes, you reduce the risk of developing complications like kidney, eye and nerve damage and feet problems.

The Blood Glucose Meters are free and available to all diabetics. To receive one, make an ATSI Health Check appointment or a Diabetic Management Plan.

Contact our Practice Nurses to make an appointment today.
Heywood 5527 0060 or Hamilton 5527 0090



FAMILY SERVICES UPDATE

On July 20th, four members of the Winda-Mara Family Violence Team spent a team building and cultural awareness afternoon out on country at Tae Rak Aquaculture Centre. The new building is fantastic, and it is obvious that a great amount of thought has gone into its structure and design - a real credit to all involved.

After a delicious meal at the bush tucker café, Kelly G, Kelly B, Denise, and Nicole enjoyed an entertaining two-hour cultural walk with guide, Braydon. Who knew the life cycle of kooyang (eels) could be so interesting! The weather was beautiful, and the wetlands were full

of birdlife. We didn't spot a rakali, but we did see Braydon's 'trained' sea eagle and resident copperhead. Braydon taught us about the lava flows, kooyang trading and their importance to The Gunditjmarra. It was interesting to see how cultural practice of the past has been used to model modern business plans for the Aquaculture Centre and restaurant. It was also great to hear the passion and importance of working, living and being connected to country.

We left Tae Rak with an even greater appreciation of the Gunditjmarra story, culture, and connection to Country.



NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY

Children's Day is celebrated across the country each year on 4 August. National Aboriginal and Torres Strait Islander Children's Day is a time for Aboriginal and Torres Strait Islander families and communities to celebrate the strength and culture of our children.

**In 2022 the Children's Day theme is:
*My Dreaming, My Future.***

In 1998, The first National Aboriginal and Children's Day was established, Aboriginal and Torres Strait Islanders Peoples felt a day was needed to celebrate our children, to give them the confidence and make them feel special and included.

The date 4 August was Historically used to communally celebrate the birthdays of Aboriginal and Torres Strait Islander children who were taken from their families at a young age, without knowing their birthday.

Children's Day has grown every year, becoming a major event in the lives of Aboriginal and Torres Strait Islander children, families, and community organisations. In communities throughout Australia.

The family is a very important part of Aboriginal and Torres Strait Islander culture. Children learn who they are related to, and who they belong with in their community, sharing stories and culture.

OUR CHILDREN'S DAY ACTIVITIES

Healthy Delicious Breakfast

Thu 4th Aug, 8am-9am
Hamilton, 107 Thompson Street

Deadly Disco

Fri 5th Aug, 6pm-8pm
HIRL (Hamilton), Bandicoot Room

Healthy Delicious Breakfast

Mon 8th Aug, 8am-9am
Heywood, 21 Scott Street

*Events are open to our school aged children
For more info, contact Aunty Jan on 5527 0000*





What Matters
2Youth

We invite youth to take part in a research project to develop a survey tool to measure wellbeing specifically for young First Nations people.

Wednesday 10th August 4:30pm

20-minute introductory session to collect your digital cameras you will get to keep as a thank you for participating!

Friday 12th August 4:30pm

40-minute yarn on the photos you have taken.

21 Scott St Heywood

Afternoon tea provided.

Youth will be transported home.

Limited places are available.

Contact Jess on 5527 0000 if interested and to grab your information sheet.



Have you ever thought about becoming a
RESPIRE CARER?

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.

Call 03 5527 0000 to talk to our Family Services Team

LAND MANAGEMENT UPDATE



Recently, our Land Management Team worked with participants from both the Future Leaders and Young Leaders programs.

Future Leaders provides an opportunity for local youth to develop their leadership skills and extend their knowledge of local career opportunities.

The Young Leaders program offers an opportunity for students to explore local industries and related career paths, along with workshop participation in leadership, technologies, presentation and public speaking skills

Our Budj Bim Ranger Ben Church took the students through a smoking ceremony, guided walk of the Tyrendarra IPA and cooked them up an amazing lunch.

If you or anyone you know are keen for a tour contact Budj Bim Tours on 0458 999 315 or head to www.budjbimtours.net

