



WINDA-MARA

SEPTEMBER 2023



WHAT'S ON THIS MONTH!

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.

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 13th Sept onwards (Hey)
Friday 1st Sept onwards (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

HAPEE/Elders Audiologist (0-5, 50+)
Thursday 14th Sept (Ham)
9:30am - 3:30pm

Dietitian (Ham)
Monday 18th Sept
1pm - 5pm

Holiday Program
Tue 19th - Thu 28th Sept
(see calendar for details)

Audiologist (0-21yrs)
Wednesday 20th Sept
9:15am - 12:15pm (Hey)
1:30pm - 4pm (Ham)

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

Podiatrist (Ham)
Thursday 7th Sept
1:30pm - 5pm

Optometrist (Hey)
Friday 15th Sept

Breast Screen Van (Hey)
Tue 19th - Fri 22nd Sept

Community Dinner (Ham)
Wednesday 20th Sept
5:30pm onwards

Community Dinner (Hey)
Wednesday 27th Sept
5:30pm onwards

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

Aunty Sandra Bell has started as our our new Executive Assistant to the CEO, Executive Team and Board of Directors.

Ravi Aulakh has finished up at the end of August as our Executive Manager of Corporate Services after being with us the last 18 months.

We also have **David Gorrie** finishing up at the end of September as our Finance Manager after 27 years working with us and for our community helping to build us into a strongly funded, sustainable organisation.

HEYWOOD

21 Scott St

Wednesdays 5:30pm onwards

27th September

25th October

22nd November

COMMUNITY DINNER DATES 2023

HAMILTON

Location TBC

Wednesdays 5:30pm onwards

20th September

18th October

15th November

SAVE THE DATE

WINDA-MARA ANNUAL GENERAL MEETING THURSDAY 23 NOVEMBER 2023

HOLIDAY PROGRAM

SEPTEMBER 2023

Tue 19 Football/Netball Skills Day

11am - 2pm Heywood Rec Reserve

Transport from Hamilton 10am

Thu 21 B'ball Clinic w/Bobby Cunningham

11am - 3pm Portland Basketball Stadium

Transport from Hamilton 9:45am, Heywood 10:30am

**Note: carry in clean non-marking shoes for this activity*

Fri 22 Movie Day

Time TBC Hamilton Cinema

Transport from Heywood TBC

Tue 26 Portland Inflatable World

10am - 1pm 3 Cellana Crt, Portland

Transport from Hamilton 9am, Heywood 9:45am

Thu 28 Junior Ranger Program with CMA

11am - 1pm HIRL, 333 N Boundary Rd

Transport from Heywood 10am

**Primary age children only*

Lunch and snacks provided for all activities

Registration forms returned by Fri 15 September



CONTACT

Tayla: 0458 923 498

taylawakely@windamara.com

Tash: 0448 032 788

tashn@windamara.com



COMMUNITY SERVICES

YOUTH CULTURAL EXCHANGE

Youth from our KKM Youth Mentor Program have begun the first leg of our inaugural Indigenous Youth Cross-Cultural Exchange: Australia & New Zealand 'Introducing Native Nations - Tracing Indigenous Footsteps'.

We had 16 youth & mentors from New Zealand join us in Australia with 4 days being hosted at the Lake Condah Mission. They took part in cultural tours and activities. We had a great turn out from community

and we want to thank everyone who came out and helped or were involved.

We have had 5 youth selected to participate in this exchange and at the end of August, our youth have joined some of the Dardi Munwurro Youth flying out from Melbourne into Auckland for 8 days. They will embark on a transformative trip, immersing themselves in another Indigenous culture and fostering deep connections that will last a lifetime.

What a deadly experience!



SPORTING ACHIEVEMENTS

Congratulations to Saige Bell for winning the Portland Tigers Under 18 Women's Football Best and Fairest for the 2023 season! Saige has been showcasing her deadly skills on the football field as well as the netball court.

Congratulations to Malakai Walsh-Bannam for being accepted into the Eddie Betts Foundation's Football Academy in November! Congratulations to all the other boys who had the opportunity to be interviewed. All have been encouraged to re-apply next year.



COMMUNITY SERVICES

OUR YOUNG ONES ARE HITTING THE ROAD!

Over the last few months some of our young ones have been working hard learning all the necessary skills to get them out on the road!

Our Bringing The Dream Program helps to facilitate

gaining your learners including support with gaining your 120 hours through supervised driving as well as free qualified driving lessons.

Contact Tayla on 5527 0077 for more info.

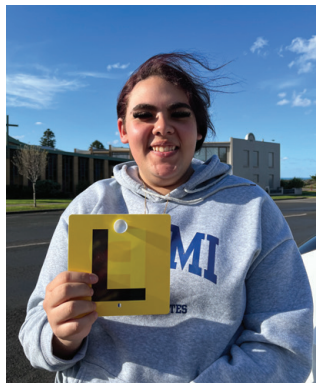


Do you need help getting your learners or gaining your 120 learner driving hours?

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!



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.

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
31 Edgar St Heywood



Hamilton

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

Heywood

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

TERM 4 UPDATES COMING SOON!

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

Gabrielle Walker (Ham)
0436 370 414

Janelle Huggers (Hey)
0448 704 317



YOUR ATSI HEALTH CHECK



- ✓ **Aboriginal and/or Torres Strait Islander**
- ✓ **Have a Medicare card**

You're eligible for a yearly ATSI Health Check!

Supporting health with free annual health checks

This health check is important. It can help identify whether you're at risk of illnesses or chronic conditions. It's much easier to prevent these than to treat them, so catching them early can make a big difference.

If you have a chronic condition, your health check can help make sure you are getting the medication and care you need.

You can also ask your doctor about anything you're worried about or need help with.

Your doctor can only do this health check if you agree. You can have it every 9 to 12 months, and it's free at any Aboriginal Medical Service or bulk-billing clinic.

After your health check, your doctor can refer you to up to 10 free follow-up services if needed, like:

- a specialist or another health service
- a counsellor
- a service that works to prevent chronic conditions.

What happens at a free annual health check

Your health check can take up to an hour. As well as the doctor, you might also see a nurse, an Aboriginal or Torres Strait Islander health worker or another health practitioner. Your check will depend on your age and circumstances, but your health professional might:

- check your blood pressure
- check blood sugar levels
- measure your height and weight
- do a blood test
- do a urine test
- ask about the health of your family
- talk to you about your health priorities and goals
- do other tests, as needed.

Remember that it's your check, so have a yarn with your health worker about any worries you have.



Please contact our Medical Clinics to book your ATSI Health Check appointment today!
Heywood 5527 0060, Hamilton 5527 0090



**Your health is
in your hands!**

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

7th Sep

12th Oct

9th Nov

7th Dec

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

18th Sep

16th Oct

13th Nov

11th Dec

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

13th Oct

10th Nov

2nd Feb '24

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

15th Sep

AUDIOLOGIST

(Tim Rayner, 0-21)

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

20th Sep

15th Nov

HAPEE/ELDERS

AUDIOLOGIST

(0-5, 50+)

Thursdays
9:30am-3:30pm

14th Sep (Ham)

19th Oct (Hey)

16th Nov (Ham)

14th Dec (Hey)

MASSAGES

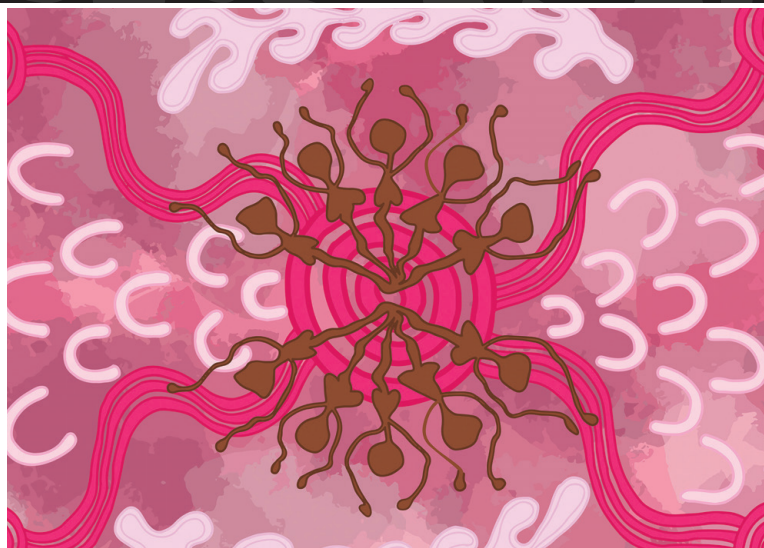
(fortnightly)

(Heywood)

Wednesdays from
13th Sept
10am - 3:30pm

(Hamilton)

Fridays from
1st Sept
10am - 4:30pm



Free breast screening

Tue 19 - Fri 22 September

21 Scott St, Heywood

OUR ABORIGINAL HEALTH WORKER

Congratulations to Aunty Tina Wright who recently completed her studies to become a fully qualified Aboriginal Health Worker Practitioner!

Aunty Tina works in our Hamilton clinic servicing our community by assisting with our ATSI Health Checks and other medical and allied health appointments.

It's such an asset to have Aboriginal Health Workers for our mob to feel culturally safe when attending their medical appointments.



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.

HEALTH

OUR CHRONIC DISEASE DAY

During August our Health Team from both Heywood and Hamilton hosted a Chronic Disease Information Day at HIRL in Hamilton.

Topics covered included what chronic diseases are, kidney and heart health, bowel screening kits, the breast screening shawl project, Tackling Indigenous Smoking, palliative care, advanced care plans as well as the launch of Health Passports.

Our health is in our hands and regular health check-ups, screenings and appointments for Aboriginal and Torres Strait Islander people are always important.

For more information on any of the topics covered, contact our Medical Receptions on 5527 0060 for Heywood and 5527 0090 for Hamilton.



LAND MANAGEMENT

August seemed to have just flown past with our crew operating in all directions across our properties.

Heath and Alyssa attended the Cert IV in Cultural Heritage at Brambuk in Halls Gap, and Lashay and Haylee attended the successful gathering of our young people out at the Mission with our visitors from New Zealand as part of the Youth Cultural Exchange Program.

This month we've been super busy with our Cultural tours. It's so critical that we reach tourists from all ages to share our Cultural knowledge and showcase our Country.

We've chased and rounded up cattle and completed some revegetation work at Kurtonitj, and Violet and Aaron did an amazing job with the cleaning of the Gilgar Building at Tyrendarra.

Our team down at the depot in Portland are enjoying their work taking care of Country.



FAMILY SERVICES

FINANCIAL ABUSE

Financial abuse is a serious form of domestic and family violence that occurs when an abuser uses money and resources as a means to gain power, and to control their partner or family member.

It occurs in many different forms and can affect anyone. In Australia, 1 in 4 women will experience financial abuse in their lifetime, and men can be affected too. In fact, research suggests up to 90% of people who seek help for family violence are also affected by financial abuse.

Financial abuse is one of the most powerful ways an abuser can keep a partner or family member trapped in an abusive relationship, and may also impact on that person's ability to stay safe once they leave the relationship.

It's important to learn the signs of financial abuse, where to go for help, and how to support a family member or friend who may be at risk. This can help victims to recover and regain their financial independence.

Some example of financial abuse are when someone:

- Controls access to finances and won't let you access bank accounts or credit cards
- Expects you to pay for bills, groceries and other basic needs but won't give you any money to cover those costs
- Stops you from working, or deliberately sabotages your ability to get or hold down a job
- Refuses to work to contribute to family expenses
- Takes your pay or Centrelink benefits
- Refuses to pay child support
- Hides assets
- Racks up fines in your name and then expects you to pay them.

If you are experiencing financial abuse from someone close to you, you can call the Orange Door on 1800 271 180, or members of Community can get in touch directly with Winda-Mara Family Violence Unit for confidential support, information and assistance.

CHILDREN'S DAY 2023

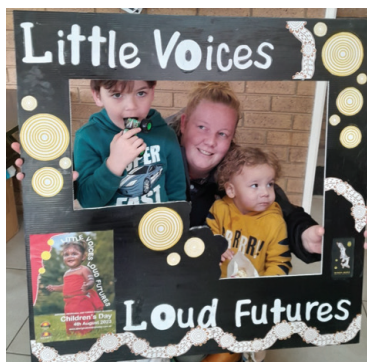
On August 4 every year, we celebrate National Aboriginal and Torres Strait Islander Children's Day.

The theme this year was "Little Voices, Loud Futures". As a people and as a community, we support the voices of our children in calling for a future where they are proud and empowered by their culture to speak their truth and be listened to by all Australians.

Thank you to everyone who came to celebrate our children at our community event. It was a deadly day!

Special mention goes out to our volunteers and our community who helped us entertain the boorais.

- Koondoom Yarkeen Karweeyn Dance group, the children loved learning the dances and the meaning and storytelling behind them.
- Tak Rak for providing tasting plates to allow the boorais to try Kangaroo, Eel Pâté and crispy eel skin.
- Thank you to the Winda-Mara Health team for their gift bags and to SNAICC for their gift bags.
- Thank you to the volunteers who helped set up, clean up and ensure the children had a good time.



CHILDREN'S DAY 2023

