



JOB VACANCIES

- Aboriginal Family Violence Practitioner - Orange Door
- Maternal Child Health Nurse

Contact People & Culture for more info

MEDICAL CLINICS

Please note that changes to days/hours can occur at any time so please contact our medical receptions for availability.

HAMILTON

Tue 10 - 4 Dr Kerr
Wed 9 - 5 Mandy (Nurse Prac)
Thur 9 - 5 Dr Kerr

HEYWOOD

Thu 9 - 5 Mandy (Nurse Prac)

Telehealth appointments with Dr Gaur are also available, see Health section for dates/times

ALLIED HEALTH SERVICES

Allied Health Services are available to community members including massages, podiatry, optometry, and audiology.

Share your Feedback

- Compliments
- Complaints
- Comments

Help us improve our services

www.windamara.com.au/feedback



WHAT'S ON THIS MONTH!

WEEKLY ACTIVITIES

Drop-In Centre (Hey)
Open Monday - Friday
3:30 - 5pm

Tue Breakfast Club (Hey)
7:45am - 8:30am

Women's Group (Ham)
11am - 2pm (fortnightly)

Youth Group (Ham)
3:30pm - 4:30pm

Building The Dream (Ham)
3:30pm - 4:30pm

Wed Willarn Playgroup (Ham)
11am - 1pm

Building The Dream (Hey)
3:30pm - 5pm

Thu Elders Group (Hey/Ham)
11am - 2pm

Fri Willarn Playgroup (Hey)
10am - 12pm

Recovery Group (Ham)
11am (currently on hold)

Youth Group (Hey)
3:30pm - 5pm

Games Night (Hey/Ham)
6pm - 9pm

ALLIED HEALTH

W/Th/F Counselling
Wed 10am-3pm (Ham)
Th/F 9am-4pm (Hey)

Fri 3 Optometrist (Ham)
9:30am - 12pm

Tue 7, & 21 HRH Dietitian & Diabetes Educator (Hey)
9am - 5pm

Thu 9 Podiatrist (Ham)
1:30pm - 5pm

Thu 9 VAHS Dental (Melb)
All day

Tue 11 Dietitian (Ham)
9am - 12pm

Wed 22 Massages (Hey)
10am - 3:30pm

Fri 24 Massages (Ham)
10am - 3:30pm

OTHER ACTIVITIES

Sat 4/ Sun 5 Senior Football Netball Carnival
Cranbourne

Thu 9 World Mental Health Day
w/Guest speaker
Charlie Maher (Tae Rak)
4pm - 6pm

Fri 17 Carers Luncheon
(Tae Rak)
10:30am - 12:30pm

Thu 23 Young Women's & Men's Groups (Hey)
Time TBC

COMMUNITY DINNER

Wed 8 Heywood 5:30pm
21 Scott St

Tues 21 Hamilton 5:30pm
39 Hammond St

CONTACT US

Heywood
P: 03 5527 0060

Hamilton
P: 03 5527 0090

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

Heywood (Medical/Health)
18-20 Hunter St
Heywood VIC 3304

Hamilton (Medical/Health)
107 Thompson St
Hamilton VIC 3300

Hamilton Community & Family Services
39 Hammond St
Hamilton VIC 3300

Land Management
598 Henty Highway
Portland VIC 3305

STAFF UPDATE

NEW STARTERS

Michael Clark | Locum GP
Danielle O'Brien | Family Violence Case Manager
Kyle Ellis | Elder Care Support Connector

NEW ROLES

Lisa Barber | Elder Care Support Team Leader

LEAVERS

Shantelle Walsh | Environmental Services Worker
Jessey Bannam | Budj Bim Ranger
Matilda Coolwell | Budj Bim Ranger

VACANT POSITIONS

Aboriginal Family Violence Practitioner - Orange Door

Full-time, Heywood/Hamilton (closes Tues 7 Oct)

This role supports Aboriginal and Torres Strait Islander clients impacted by family violence through culturally safe intake, assessment, and planning. It involves risk assessment, crisis response, service coordination, stakeholder engagement, and accurate record-keeping. The position promotes culturally informed practice while ensuring compliance with relevant policies, privacy, and safety standards.

This role is a designated Aboriginal and/or Torres Strait Islander position.

Maternal Child Health Nurse

7.6hrs/wk, Heywood/Hamilton (closes Thu 16 Oct)

This role provides culturally responsive, family-centred care to Aboriginal and Torres Strait Islander families. Support mothers and children from pregnancy to school age through clinical care, advocacy, and flexible services. Work within a dedicated health team to promote strong, healthy beginnings and culturally safe healthcare.

www.windamara.com.au/employment

For enquiries and to apply, please email
peopleandculture@windamara.com

COMMUNITY DINNER

HEYWOOD

Wednesdays 5:30pm
21 Scott St

- 8 October
- 12 November



HAMILTON

Tuesdays 5:30pm
39 Hammond St

- 21 October
- 25 November



LAKE CONDAH



WANDERERS

Good luck to all of our Lake Condah Wanderers Football and Netball teams playing in the Statewide Senior Football Netball Carnival in Melbourne on October 4th and 5th

GO WANDERERS!

COMMUNITY SERVICES

Elders update

We were lucky enough to have Monique from the Kitchen Garden Foundation visit Winda-Mara to do some planting with some Elders. It rained on us a bit, but we got them in!

Aunty Val and Aunty Moo showed up with their green thumbs, along with Tyleah to give a helping hand.

Once we get some growth from the veggies and herbs we will invite Monique back for some lunch with some yummy salad!



FRIDAY NIGHT GAMES!

FRIDAYS 6 - 9pm

Starting 10 October (Heywood)

Community/family friendly games night!

Alternating between Heywood and Hamilton

HEYWOOD
21 Scott St

HAMILTON
39 Hammond St

- ♣ **Boards Games**
- ♣ **Card Games**
- ♣ **Group Challenges**
- ♣ **Prizes to be won!**

- ♣ All ages welcome
- ♣ Transport available
- ♣ Snacks available, BYO dinner

CONTACTS

Jenna | jennabamblett@windamara.com
Macahlia | macahliarose@windamara.com

ELDER CARE SUPPORT PROGRAM

Are you, or someone you know aged 50+ and in need of a bit of extra support?

Winda-Mara's Elder Care Support Team is here to help.

Perfect for Elders and emerging Elders still living independently in their homes, but needing just a bit of extra support.

The Elder Care Support Team can offer and help you access support services to assist you with everyday tasks that are becoming a challenge.

We can also assist any Elders needing support with referrals and assessments working through The MyAgedCare Government assistance program.

Contact our Elder Care Team

Lisa Barber | Team Leader

P 5527 0000

E eldercaresupport@windamara.com



Elder Care Support

Community-led
Pathways to Care



YOUTH UPDATES

VACSAL Statewide Junior Football & Netball Carnival

We had a fantastic first week of the school holidays at the VACSAL Statewide Junior Football and Netball Carnival, held in Shepparton across three venues.

Our community came together with the West Vic Eels, fielding teams from Under 9s through to Under 17s. It was a big weekend filled with fun, teamwork, and plenty of great memories.

A massive thank you to all our volunteers and participants who made the carnival such a success. Special thanks to Jenna and Aunty Wendy for keeping everyone well-fed with delicious lunches and dinners.

We're proud to share that all our football teams made the finals – an incredible achievement! And while our netball teams didn't make finals, they had so many amazing achievements along the way, showing great spirit, teamwork, and determination.

Building The Dream

We finished off Term 3 with a fun movie afternoon across both Heywood and Hamilton, bringing everyone together to celebrate the end of another busy and successful term. It was a great way to relax, enjoy each other's company, and reflect on all that's been achieved.

We're now looking forward to an exciting Term 4 ahead, with more activities, programs, and community events to come!

Community Breakfast

We had another wonderful community breakfast to finish off this term's Breakfast Club. It was great to see so many friendly faces coming together to start the day with good food and company.

Congratulations to Archie Bell, who took home this term's prize for most attendance – well done Archie!

Keep an eye on our socials for the Term 4 Breakfast Club timetable – we can't wait to see you all back again.

2025 Multicultural Youth Awards

We are delighted to share that two of our inspiring young community leaders, Saige Bell and Jakobe Walker, have been selected as finalists for the 2025 Multicultural Youth Awards.

This achievement reflects their hard work, cultural leadership, and the positive impact they continue to make in our community and beyond.

Saige Bell (Gunditjmara/Yorta Yorta) is an emerging artist whose creative work celebrates culture, resilience, and identity. Through exhibitions, community projects, and workshops, she shares her culture with pride while inspiring the next generation of young people to embrace who they are.

Jakobe Walker (Gunditjmara) is a UNESCO Budj Bim Cultural Landscape Ranger, business co-founder of Wungura Clothing, and cultural leader. He is recognised for his commitment to protecting Country, teaching culture, and being a strong role model for future generations.

Congratulations Saige and Jakobe on this incredible recognition – your leadership and achievements continue to make our community proud.



Youth staff at the Indigenous Youth Mental Health & Wellbeing Forum in Melbourne.

The forum was an excellent chance to learn, reflect, and connect with others working in this space.

Youth Barista Course

On the 2nd of September, a group of six young people participated in a Barista Course held at Tae Rak Cafe, facilitated by South West TAFE. Throughout the day, the participants learned the fundamentals of coffee making, including how to use commercial coffee machines and prepare a variety of coffee styles such as lattes, flat whites, and cappuccinos.

The hands-on experience gave the youth a valuable introduction to hospitality skills and sparked enthusiasm about potential employment opportunities in the retail and café industries. The feedback from the participants was overwhelmingly positive, with many expressing pride in learning a practical skill that could open doors for future work.

Youth inspired to join construction workforce after white card success

Four of our young participants have successfully completed their Construction Induction Training (White Card) through South West TAFE in Portland. Their interest in the course was sparked after attending a powerful talk by Uncle Ricky Morris in August, where he spoke about the incredible work of The Willarn Foundation.

The Foundation supports young Aboriginal and Torres Strait Islander men and women in finding meaningful employment opportunities in construction and plumbing industries that are currently in high demand.

Motivated by Uncle Ricky's message, the youth took the initiative to enrol in the course and all four passed with flying colours! They are now actively seeking employment in the construction industry, equipped with the right qualifications and a strong sense of purpose.

This is a fantastic example of how positive role models and targeted programs can inspire real change. Well done to all involved!

Youth Group

We ran youth group this month in both Hamilton and Heywood, we have had deadly attendance in term 3 which is great to see. We ran games nights in both Heywood and Hamilton to wrap up term 3 youth group.

Young Men's and Women's groups

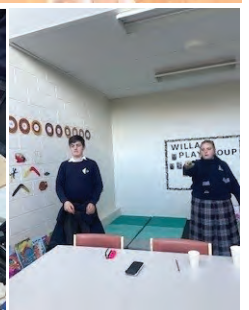
Young Men's and Women's group this month up in Hamilton we did texture art canvases which youth really enjoyed. In Heywood for Young Women's Group we started our mosaics, something that we will continue working on next term, whilst Men's group tested out the new laser printer.

Thank You Dani

A big thank you to Dani De Bono, our local Indigenous Service Officer from Services Australia, for visiting Winda-Mara in September. Dani's sessions in Hamilton and Heywood were a valuable opportunity for community members to yarn about:

- Centrelink payments and services
- Navigating online services
- Linking Centrelink and Medicare to MyGov

It was wonderful to see community coming together, sharing knowledge, and enjoying a cuppa over morning tea. We're excited to share that another visit is being planned soon (date TBC), so stay tuned for details!



Understanding the Victorian Government's Policy on Preventing & Addressing Racism in Schools

The Victorian Department of Education's Preventing and Addressing Racism in Schools policy sets out clear expectations for all government schools to actively prevent, respond to, and report racism, religious intolerance, and racial or religious vilification.

Prevention

Schools must create inclusive, culturally safe environments through respectful practices, diverse curriculum, and staff training.

Responding to Incidents

All reports of racism must be taken seriously, with prompt, supportive, and restorative responses that involve affected students and families.

Reporting

Racist incidents must be formally reported and schools must share clear, accessible information on how to report concerns.

Why this matters to Families & Students

Racism harms student wellbeing and learning, especially for marginalised groups, and every student deserves to feel safe and valued.

How Parents & Carers can support this work

Parents can support anti-racism by talking with their child, modelling respect, reporting concerns, and engaging with school initiatives.

For more information visit -
<https://www2.education.vic.gov.au/pal/preventing-addressing-racism-schools/policy>

Please contact our youth team for further information and any support.



Staying Deadly Online

Being Deadly Online explores cyberbullying, sexting, digital reputation and respect for others. Student and community resources are attached to the link below such as lessons plans, short videos and posters created by first nations peoples.

<https://www.esafety.gov.au/educators/classroom-resources/be-deadly-online/student-community-home>



YOUTH PROGRAMS

TERM 4 start dates

Youth Group

👉 Heywood | Thursday 16 October | 3:30pm - 5pm

👉 Hamilton | Tuesday 14 October | 3:30pm - 5pm

Building The Dream

👉 Heywood | Wednesday 15 October | 3:30pm - 4:45pm

👉 Hamilton | Tuesday 14 October | 3:30pm - 4:30pm

Breaky Club

👉 Heywood | Tuesday 14 October | 7:45am - 8:30am

Willarn Playgroup

👉 Heywood | Friday 17 October | 10am - 12pm

👉 Hamilton | Wednesday 15 October | 11am - 1pm

Drop-In Centre

👉 Heywood | Monday - Friday, 3:30pm - 5pm during term 4

Young Men's and Women's Group

👉 Heywood | Thur 23 October Hamilton | Tues 18 November

Now combined sessions, times TBC, transport available

CONTACTS

Building The Dream & Breakfast Club

Tayla | taylawakely@windamara.com

Jamie | jamiereiri@windamara.com

Youth Groups Tyleah | tyleahbarr@windamara.com

Willarn Playgroup

Maddi | maddisonkanoa@windamara.com

Becky | beckykanoa@windamara.com



WILLARN PLAYGROUP

HAMILTON

- 👉 Wednesdays
- 👉 11am - 1pm
- 👉 39 Hammond St

HEYWOOD

- 👉 Fridays
- 👉 10am - 12pm
- 👉 24 Hunter St

For mob aged 0-5 (parent/guardian supervision required)

CONTACTS:

Maddi | maddisonkanoa@windamara.com
Becky | beckykanoa@windamara.com

Playdough making at Hamilton Playgroup



Term 3 breakup BBQ at the Portland playground with DWECH playgroup, and Hamilton Adventure Playground



Holiday Program at Funky Hearts





WAYIPUNGITJ

(Koorie Preschool Advisor)



Ngata!

I'm Akala Austin and I'm here to support Koorie children and their families begin their cultural journey into kindergarten.

I support children across the Southern Grampians and Glenelg Shires.

CONTACT

Akala Austin

5599 9872

akalaaustin@windamara.com

Monday - Friday | 9am - 5pm

How I can help

- Ensure cultural connection, safety, and wellbeing for Aboriginal and Torres Strait Islander children
- Inform Koorie families of program that can enhance their participation in other early childhood services
- Support access to and enrolment in kindergarten
- Advocate for koorie families to connect and engage in their children's kindergarten service
- Support services to include Aboriginal perspectives in their learning program and environment
- Assist with the transition to school for koorie kids and families
- Enable culturally inclusive and welcoming kindergarten programs for koorie kids and families

If you have a child who has started their kindergarten journey or are looking to start, please feel free to contact me with any queries and questions for support.

We can work together to give your child the best possible outcome.

Koorie Kids Shine
at kindergarten

HEALTH

ALLIED HEALTH VISITS

PODIATRIST (Ham)
Thursdays 1:30pm - 5pm
9 Oct | 6 Nov | 4 Dec

VAHS DENTAL (Melb)
Thursdays
9 Oct | 13 Nov | 11 Dec

AUDIOLOGIST
Day/Dates TBC
TBC - contact reception

COUNSELLING
Weds 10am-3pm (Ham)
Thu/Fris 9am-4pm (Hey)

OPTOMETRIST
Tuesdays (Hey) 9:30am-3:30pm
Fridays (Ham) 9:30am-12pm
9 Dec 3 Oct | 7 Nov

DIETITIAN (Ham)
Tue 21 Oct, 1pm-5pm
Tue 11 Nov, 10am-2pm
Tue 16 Dec, 10am-2pm

HRH DIETITIAN & DIABETES EDU
Tuesdays 11am-12pm (fortnightly - Hey)
7 & 21 Oct | 18 Nov | 2 & 16 Dec

MASSAGES
Weds 10am-3:30pm (Hey) 22 Oct | 19 Nov | 17 Dec
Fris 10am-3:30pm (Ham) 24 Oct | 21 Nov | 19 Dec

HEARING AUSTRALIA
Appts booked through Hearing Australia
Mon 24 Nov (Hey), Tues 25 Nov (Ham)

GP and Nurse Practitioner availability

Heywood
5527 0060

Hamilton
5527 0090

Dr Nicole Kerr
Heywood | Tuesdays
Hamilton | Thursdays

Nurse Practitioner Mandy
Heywood | Thursdays
Hamilton | Wednesdays

WORLD MENTAL HEALTH DAY

WITH WINDA-MARA, HEYWOOD DEADLIES & INDIGENOUS MARATHON FOUNDATION

Thursday 9 October | 4pm - 6pm

Tae Rak Aquaculture Centre

Vaughans Rd, Breakaway Creek

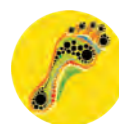
Connect with the community and join us at Tae Rak Aquaculture Centre for an afternoon of wellness activities!

- 👉 Mindfulness session
- 👉 2km walk/run
- 👉 Prizes to be won
- 👉 Afternoon tea provided
- 👉 Café will be open to purchase drinks



Guest speaker Charlie Maher

Charlie Maher is the first Indigenous man to complete all seven major world marathons



INDIGENOUS MARATHON FOUNDATION
#RUNSWEATINSPIRE



CONTACT Jessica Lovett-Murray | 5527 0060 | jesslovettmurray@windamara.com

RSVP BY Tuesday 7 October



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!**

FAMILY SERVICES

Family Camp at Narrawong

Our Family Services team recently hosted a Family Camp at Narrawong, with seven families coming together to enjoy 3 days of cultural learning, creativity, and community and family connection.

The camp was a great success, with participants engaging in a variety of activities that celebrated culture and family. Families had the opportunity to make damper, try their hand at wood burning, and learn the art of basket weaving. Children and their families enjoyed visiting the IPA, where they gained knowledge around country and its history, they created collages of trees and took part in a range of games and activities.

Feedback from families was overwhelmingly positive

"The best part of camp was the wood burning."

"I loved the opportunity to learn weaving."

The camp provided a valuable opportunity for families to strengthen connections with each other, learn new skills, and participate in cultural practices in a supportive environment.

Winda-Mara Family Services team thanks all the families who attended as well as all the staff that contributed to making the camp such a rewarding and memorable experience.



CARERS WEEK LUNCHEON FOR NATIONAL CARERS WEEK

Friday 17 October | 10:30am - 12:30pm

Tae Rak Aquaculture Centre

Winda-Mara's Kinship Team warmly invites our kinship carers to join us as we celebrate National Carers Week 2025!

Take a break, enjoy some great food, and spend time connecting with other carers.

This is our way of showing our gratitude for the love and support you give every day to ensure kids feel connected to family, culture and community.

We hope to see you there!

RSVP BY
Friday 10 October

CONTACT
Lauren Millard | 0400 785 752
laurenmillard@windamara.com

Meal and drink included,
transport available

