



WINDA-MARA



MARCH 2023

JOB VACANCIES

No current vacancies but keep an eye on our website and social media for updates.

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 - 1pm (Hey)
Fridays 12pm - 2pm (Hey)

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

Cultural Studies
Mondays 3:15pm - 5pm (Hey)
Thursdays 3:30pm - 5pm (Ham)

Women's Group (Ham)
starts Thursday 3rd March
11am - 2pm fortnightly

Massages (fortnightly)
Wednesday 1st Mar onwards (Hey)
Friday 3rd Mar onwards (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

World Kidney Day
(Hey & Ham)
Wednesday 8th Mar
11am - 1pm

Community Dinner (Hey)
Wednesday 8th Mar
5:30pm

Podiatrist (Ham)
Thursday 9th Mar
1:30pm - 5pm

Community Dinner (Ham)
Wednesday 15th Mar
5:30pm

**HAPEE/Elders
Audiologist (0-5, 50+)**
Thursday 16th Mar (Ham)
9:30am - 3:30pm

Optometrist (Hey)
Friday 17th Mar
9am - 12pm

Dietitian (Ham)
Monday 20th Mar
1pm - 5pm

**Willarn Playgroup
Break-up/Info Session (Ham)**
Monday 20th Mar
1pm - 5pm

**Budj Bim Ranger Depot
Opening (Port)**
Late March, date TBC
11:30am - 2pm

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/Instagram!

STAFFING UPDATE

Ngatanwarr!

Dr Christine Wilson has started as our newest General Practitioner working out of our Heywood clinic every Wednesday and Thursday, and alternating Fridays.

Access to health professionals for Aboriginal and Torres Strait Islander people is very important and we're lucky to be able to service our community in this way.

OTHER NEWS

Our CEO Jason and Executive Manager of Community, Wellbeing and Cultural Services John attended the Yoorrook Justice Commission roundtables to yarn about the child protection and criminal justice systems, and the systemic injustices that are happening right now.



The Wright siblings - Aunty Donna, Aunty Tina, and Uncle Sonny Wright (not pictured) and Aunty Joanne Farrant have continued their late mum Aunty Eunice Wright's long, hard fight for justice by giving evidence at the Yoorrook Justice Commission out at Lake Condah Mission and Cemetery.



Apology Anniversary

This year marks 15 years since Prime Minister Kevin Rudd publicly apologised on behalf of the Federal Government to the Stolen Generations.

The Stolen Generations refers to Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities as children.

It is estimated that 1 in 10 (possibly as many as 1 in 3) Indigenous children were removed between 1910 and the 1970s.

We pay our respects to the Stolen Generations and acknowledge that more healing, action and conversations are needed for us all to move forward together.

GUNDITJMARA TRADITIONAL OWNERS ONLY

Register to participate

GUNDITJ MIRRORING FISHING COMPETITION

14TH TO THE 16TH OF APRIL 2023

FISH THE PORTLAND BAY AREA, FITZROY RIVER, GLENELG RIVER

PLEASE REGISTER NO LATER THAN 5PM 17TH MARCH 2023

*Registration Packs will be posted out prior to the event.

Register via the Gunditj Mirring Website
www.gunditjmirring.com

***ALL PRIZE WINNERS MUST BE @ THE PRESENTATION EVENT ON THE 16TH APRIL TO RECEIVE THEIR PRIZE**

***GMTOAC STAFF ARE NOT ELEGIBLE FOR PRIZES BUT ARE WELCOME TO PARTICIPATE**

For further information please contact Nicky Hudson.

Email: nicky@gunditjmirring.com

Phone: 03 55271427



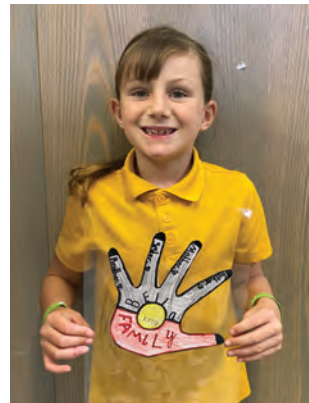
COMMUNITY SERVICES

CULTURAL STRENGTHENING

We have had a great turn out in our Cultural Strengthening classes. We have been doing some activities around "Sorry Day" and talking about what our Elders mean to us.



We created these handprint artworks on the Anniversary day of the National Apology. We've got some deadly little artists in the making, that's for sure!



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.

COMMUNITY SERVICES

WILLARN PLAYGROUP

On Friday 17th Feb we had our first playgroup session in Hamilton for the year. We enjoyed a BBQ at the Botanical Gardens with a play at the park, checking out the birds in the aviary, bubbles, a visit from Hayley from OZ Child to read some stories and activities with the children, followed by an icy pole treat. It was a deadly opportunity to enjoy this lovely weather!

Willarn Playgroup runs in Hamilton on Fridays from 10:30am - 12:30pm out of Mitchell Park Kindergarten. Contact Tash for more information on 0448 032 788.





WILLARN PLAYGROUP

Hamilton

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

Heywood

Mondays 11am - 1pm
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

WILLARN PLAYGROUP Early Years Info Session/Term 1 Breakup

Friday 31 March 11am - 1pm

Bandicoot Room @ HIRL (333 Nth Boundary Rd Hamilton)

Come along to a fun playgroup and information session to learn more about Winda-Mara's available early years services and external services who work with us to support our young ones.

Have a yarn with Tash and Mac about getting ready for playgroup, kinder and transitioning to school and how we can support families in that process.



Visiting Services

- Aboriginal Health Worker
- Aboriginal Maternal Child Health/KMS worker
- Department of Education KESOs
- OzChild's Stepping Stones to School facilitator



Lunch provided and transport is available. Contact Tash 0448 032 788 or Macahlia 5527 0035

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!

Our Youth team have some L's and P's packs for our young mob in Heywood and Hamilton who are receiving their licenses. Congratulations to two of our young mob Jindarra and Preston on gaining their learners this month.



COMMUNITY SERVICES

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

WOMEN'S GROUP



Thursdays from 11am - 2pm
(fortnightly from 3rd March)
at HIRL (333 Nth Boundary Rd Hamilton)
Lunch provided. Transport available.

Contact Jenna for more info. jennabamblett@windamara.com

FAMILY SERVICES

Family Preservation Reunification Team Update

This month the FPR Team from Winda-Mara travelled to Horsham to do a combined coaching session with Goolum Goolum workers.

The Family Preservation Reunification response is for families referred by the Department of Families, Fairness and Housing, aged from birth to 17 years. We work collaboratively with families to increase capacity through support to develop positive parent-child relationships, household management strategies, and guidance to create a safe, nurturing home environment.

Having the session together enabled staff to increase their own collaborative practice and increase staff knowledge of other ACCOs and they work they do.

Have you ever thought about becoming a RESPITE 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



WINDA-MARA FAMILY VIOLENCE UNIT

Free specialist family violence services to all members of our community who have experienced any form of family violence.

ngootyoonyt ba peeneeyt - 'safe and strong'

How can we help?

Assessing Risk & Safety Planning
Family Violence Education
Connection with Counselling & Support
Advocacy & Referrals
Making Your Home Safe
Connection with Legal & Court Support
Case Management - Long or Short Term

Contact for support

Aboriginal and Torres Strait Islander community members can contact Winda-Mara's Family Violence Unit on 03 5527 0020 or 03 5527 0000.

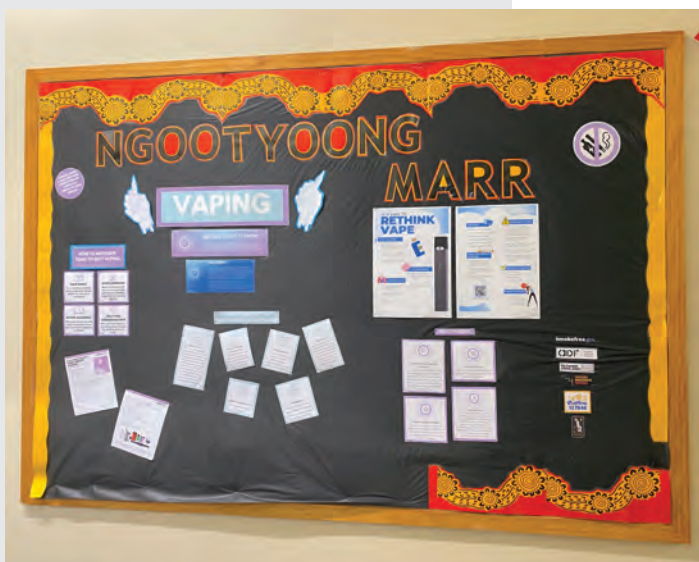
Otherwise, the Warrnambool Orange Door is the main entry point for people seeking family violence support. Call 1800 271 180.

Please note - Winda-Mara and the Orange Door do not provide a 24-hour crisis response service.

After-hours support

Safe Steps 1800 015 188	1800 RESPECT 1300 737 732	Men's Line 1300 789 978
Lifeline 13 11 14	Djirra 1800 888 236	Dardi Munwurro 1800 435 799

If you are in immediate danger call Triple Zero (000)



Our Ngootyoong Marr health board!

We have a new Ngootyoong Marr board in our Heywood Medical centre. Each month there will be a new health topic, so make sure to check it out while you're here.

This month was focused on vaping. Did you know?

SECOND HAND "VAPOR" is actually aerosol, not vapor, and when it goes into the air it can be breathed in by others; similar to second hand smoke from traditional cigarette smoke. And if a pregnant person is exposed to second hand aerosol, the nicotine can affect the lung and brain development of the unborn child. It may also hurt pets, friends, or family members, and especially someone with asthma. Our TIS team is here to help on your Quitting journey. Contact Jess or Tayla on 5527 0000.

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

9th Mar
6th Apr
11th May
8th Jun

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

20th Mar
17th Apr
15th May
19th Jun

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

14th Apr
5th May
2nd Jun

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

17th Mar
21st Apr
19th May
16th Jun

AUDIOLOGIST

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
1st March
10am - 3:30pm

(Hamilton)

Fridays from
3rd March
10am - 4:30pm

Breast Screening Shawls

ART COMPETITION

BreastScreen Victoria and Winda-Mara invite you to submit your art in our design competition.

Your artwork will feature on the breast screen shawl that wraps around our Aboriginal and Torres Strait Islander women when having their breast screening.

Artwork must be provided by COB Friday 31 March 2023.

No entries can be accepted after this date.

Contact Jess Lovett-Murray for more information on 5527 0000.

\$1,500 prize!

Open to all female Aboriginal and/or Torres Strait Islander artists, all ages living in the Winda-Mara service area.

The art submitted must be

- Rectangular landscape
- Full colour
- No white backgrounds
- It can be a piece of artwork you have already created

Please provide the following information with your artwork:

- Artist Name
- Email address
- Mobile
- Artwork Name/Title
- Artist Mob/country
- Artist Statement/Story behind the artwork

The artwork will be used for 2 visits (5 year non-exclusive contract).



BreastScreen
Victoria



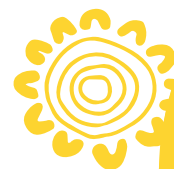
Yarn with the Dietitian to WIN a fruit basket to the value of \$50!

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.

HEALTH

PROTECT YOUR TEETH!

FREE custom-made mouthguard

Wearing a mouthguard can help reduce the impacts of sports related face and dental injuries. This service is in partnership with South West Dental Health Care.

To get your free mouthguard, you must:

- Be Aboriginal and/or Torres Strait Islander
- Be aged between 8-17 years old
- Live in the Winda-Mara catchment area
- Access Winda-Mara services
- Participate in contact sports
- Have completed a recent ATSI Health Check

Please complete our survey to register your child to have a mouthguard fitted.

If you require more information, please contact Jess Lovett-Murray at Winda-Mara on 5527 0000.

Offer will finish Friday 24th March 2023



WORLD KIDNEY DAY!

Wednesday 8 March 11am - 1pm

107 Thompson St, Hamilton & 21 Scott St, Heywood

Healthy Kidney Tips!

- Lose weight if you are overweight
- Get active! Physical activity helps control blood sugar levels
- Quit smoking
- Getting a checkup? Get your kidneys checked too!
- Take medications as directed
- Keep your blood pressure below 140/90, or ask your doctor what the best blood pressure target is for you
- If you have diabetes, stay in your target blood sugar range as much as possible
- Stay in your target cholesterol range
- Eat foods lower in salt
- Eat more fruits and vegetables



Come and join us to raise awareness about our "amazing kidneys" and learn about managing risk factors to protect your kidneys.

Light lunch provided.
Contact Jess on 5527 0000.

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.



If you or your loved ones are affected by loss or need any other mental health support, please know that help is available.

Winda-Mara Social Emotional Wellbeing Team 0429 961 474

13YARN - ATSI Crisis Support
13yarn.org.au

Lifeline 13 11 14
lifeline.org.au

National Indigenous Suicide Postvention Service 1800 805 801
thirrili.com.au

Suicide Call Back Service
1300 659 467 (cost of a local call)
suicidecallbackservice.org.au



Deadly ideas for a healthy lunchbox

- A tub of yoghurt
- Grapes
- An orange
- Wholegrain roll with chicken breast, reduced fat cheese, avocado and salad
- Tap water



Deadly ideas for a healthy lunchbox

- Small corn cob
- Capsicum and cucumber sticks
- Tzatziki dip
- Plain popcorn
- An apple
- Reduced fat cheese and tomato sandwich on wholegrain bread
- Plain reduced fat milk
- Tap water



Deadly ideas for a healthy lunchbox

- A banana
- Carrot sticks
- Beetroot dip
- Plain milk
- A boiled egg
- Raisin bread
- Tap water



Healthy Deadly Lunchbox Week

LAND MANAGEMENT

We've had plenty of things happening for our Land Management team in February!

The younger crew are still having tractor sessions learning how to operate it safely.

Deadly work from our Budj Bim Rangers with Aaron leading the way taking Glenelg Hopkins CMA on a tour of the Tyrendarra and Kurtonitj Indigenous Protected Areas as part of their cultural awareness training.

Some great work was done once again by our Land Management Team, taking part in a great opportunity to share techniques and perspectives with the Conservation Ecology Centre and other Budj Bim Bushfire Recovery project partners around invasive species control. Part of the Wild Otways Initiative – Feral Pig and Deer project team, we spent two days talking all things feral pig monitoring and removal.

Ben and Aaron conducted water testing with Glenelg Hopkins CMA which will show the health of the water and an eDNA at Killara, Kurtonitj. Environmental DNA will test for species, organism health and the conditions of the ecosystems.

Seed collection is still underway, collecting seed from blackwood, black wattle, kangaroo grass, poa labillardieri and rushes. This month we've also been out rabbit baiting and continued maintenance on the properties.

The Tyrendarra Indigenous Protected Area looks amazing and with the warm weather, Killara looks so inviting to have a swim.

If you're looking to check out the Tyrendarra IPA for yourself or to let your friends know, head to www.budjbimtours.net to book your tour today!



Glenelg Hopkins CMA cultural awareness training tour



Seed collection



Rabbit baiting



Invasive species control knowledge sharing



Tractor sessions

Budj Bim Ranger Depot Official Opening

End of March, date TBC
598 Henty Hwy Portland



Save the date!

