



WINDA-MARA

OCTOBER 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

We've had some changes to our Medical Clinic service hours. Changes can occur at any time so please contact our medical receptions for availability.

HEYWOOD

Tuesday 10am-4pm Dr Nicole Kerr
Thursday 10am-4pm Dr Nicole Kerr

HAMILTON

Monday 9am-5pm Dr Frank Fox
Tuesday 9am-5pm Dr Frank Fox
Wednesday 9am-5pm Dr Frank Fox

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
7th Oct (Ham), 14th Oct (Hey)

Cultural Studies (Ham)
Thursdays 3:30pm - 5pm
Starting Oct 13th

Youth Drop-In Centre (Hey)
Tuesdays & Wednesdays
3:30pm - 5:30pm
Re-opening Tue 11th Oct

Women's Group (Ham)
Thursdays 11am - 2pm
Starting Oct 13th

Massages
Every 2nd Wednesday (Hey)
Every 2nd Friday (Ham)

Optometrist (Ham)
Friday 7th Oct
9am - 12pm

Wunyun Healing Workshop (Tyr IPA)
Wed 12th & Thu 13th Oct

Podiatrist (Ham)
Thursday 13th Oct
1:30pm - 5pm

Little Hearts CPR Course (Ham)
Friday 14th Oct
10am - 1pm

Dietician (Ham)
Monday 17th Oct
1pm - 5pm

HAPEE Program Audiologist (0-5yrs) (Hey)
Thursday 20th Oct
9:30am - 5pm

Womens Football Carnival (Bendigo)
Sat 22nd - Sun 23rd Oct

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!

STAFFING UPDATE

Ngatanwarr!

Grant Roberts is our new Local Justice Worker who is employed 5 days a week and will work with clients on Community Corrections Orders and Worker Development programs. He will also support clients in the justice system.

Tayla Wakley is our new Building the Dream worker who is also working 5 days a week. She will work in closely with our Youth Mentor team and work with students in

primary and secondary school with a focus on Career aspirations and engagement.

Dianne Bell is our new Housing Officer, working 3 days a week who will liaise with our tenants in our properties in Heywood, Hamilton, and Portland.

We look forward to them helping to service our community across all age groups.



20 YEARS OF SERVICE



During September we celebrated Sherree Chaudhry who reached 20 years of service here at Winda-Mara!

Sherree started as our playgroup bus driver and has held many positions over the years in housing, finance, payroll, HR and now in family violence.

We thank her for her hard work supporting our community over all these years. Too deadly!

COMMUNITY SERVICES UPDATE

Cultural studies (Hamilton)

Running in Hamilton on Thursdays after school 3:30 - 5pm throughout the school term at HIRL. Returning Thursday 13th October. School pickup is available. Contact Jenna on 5527 0084 for more information.

Willan Playgroup (Heywood/Hamilton)

Runs every Friday 10:30am - 12:30pm during the school term. Contact Tash on 0448 032 788. Playgroup starts back for term 4 on Friday 7th October in Hamilton and Friday 14th October in Heywood.

Elders Group

Contact Aunty Ros on 0431 786 995 for more info.

Youth Mentor Program

Our Youth Drop-In Centre at 31 Edgar St in Heywood is open Tuesdays & Wednesdays 3:30pm - 5:30pm. Re-opening Tuesday 11th October.

Contact our youth mentor team. Tayla (0458 923 498), Tara (0490 399 274) or PJ (0412 119 024), .

Women's Group (Hamilton)

Runs in Hamilton every Thursday 11am - 2pm. Returning Thursday 13th October. Contact Jenna on 5527 0084.

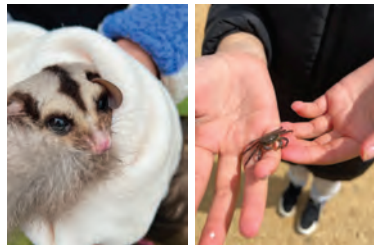
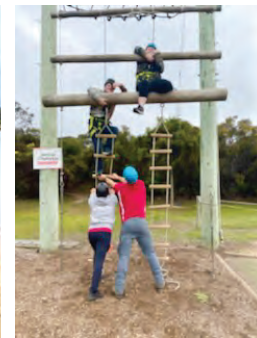
COMMUNITY SERVICES UPDATE

Holiday program

Junior ranger program had a great turn out again with days at Budj Bim with our rangers, The Fitzroy River with Glenelg Hopkins CMA and Deakin Uni doing water science activities and Gunditj Mirring touring the World Heritage Budj Bim Cultural Landscape.

Koorie Youth Camp

A combined Western District ACCO camp including WMAC, Wathaurong, BADAC and Gunditjmara co-op was held at YMCA Anglesea. Our kids participated in activities such as team building, outdoor adventure and cultural activities.



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

13th Oct

10th Nov

8th Dec

DIETITIAN
(Hamilton)

Mondays
1pm-5pm

17th Oct

21st Nov

12th Dec

16th Jan '23

OPTOMETRIST
(Glen Howell - Hamilton)

Fridays
9am - 12pm

7th Oct

28th Oct

25th Nov

3rd Feb '23

14th Apr '23

OPTOMETRIST
(Penry Rousten - Heywood)

Fridays

17th Mar '23

21st Apr '23

19th May '23

16th Jun '23

HAPEE PROGRAM
AUDIOLOGIST (0-5yrs)

Thursdays
9:30am-5pm

20th Oct (Hey)

17th Nov

8th Dec

MASSAGES Every 2nd Friday (Ham) Every 2nd Wednesday (Hey)

Wunyun

Peta Hudson from Wunyun, in partnership with Winda Mara Aboriginal Co-operative will be hosting a First Nations Bush Medicine and Ancient First Nations & Indian Healing Workshop, on Gunditjmarra country. Men Women and children are welcome to participate.

Wednesday 12th & Thursday 13th of October 2022
Start 10.30am - 2.30pm

This Ancient First Nations Cultural Healing Workshop will include sharing spiritual healing experiences, individual hands on healing sessions and a bush medicine workshops held over 2 days.

Location: IPA Tyrendarra - Tyrendarra-Ettrick Rd.

Lunch and morning tea are provided with this experience

Due to restrictions places are limited to 20 participants only per day

To register for this exciting workshop please contact on Jess Lovett Murray or Fran at Winda Mara 5527 0000



If you're coming into Heywood from Portland, you may have seen a new billboard with some familiar faces on it!

Aunty Deb has been smoke-free for 5 years since accessing the Tackling Indigenous Smoking Program at Winda-Mara.

We were able to provide support to her through counselling, offering advice, and providing resources to encourage her to quit. Her motivation to quit was to still be around to see her grandkids grow, and this year she got to witness her son Leroy and grandson Regan play their first football game together for Heywood. A proud moment shared between 3 generations. "I wouldn't be here if I didn't quit smoking".



Our Future is Our Mob,
A Smokefree Mob is a #StrongMob.

For support to start your Quit journey, visit Winda-Mara or call Quitline on 13 78 48.

LITTLE HEARTS PROGRAM FREE First Aid Training

Friday 14th Oct 10am - 1pm at HILAC in Hamilton

3-hr course covering First Aid and CPR for 0-5 years.

Participants need to complete an online module before attending course to receive CPR accredited certificate. Please contact Jess on 5527 0064 to assist with the online module.

Lunch will be provided.

Covering topics such as Choking, Bleeding, Fractures, CPR, Burns, Fits & Fevers, Drowning, Ear, Eye & Tooth Injuries, Asthma & Anaphylaxis, Bites & Stings, Immunisation, Bronchitis and Pain Relief Administration.



FAMILY SERVICES UPDATE

KINSHIP UPDATE

Celebrating Kinship Carers Week

September 5-9 was Victorian Kinship Carer's Week. To celebrate, we took our carers out to Tae Rak for lunch as an opportunity to say thank you and remind them of how amazing they are.

We have a variety of Kinship cares that include Grandparents, Aunties and Uncles. Our carers do an amazing job caring for our children in out-of-home care. They go above and beyond to keep our children connected to culture and family. Thank you to all of our wonderful Kinship Carers, we are very grateful to have you.

Success in Kinship for September

We have worked hard and have now had a child reunified with their mother, and we are in the process of another reunification. This a fantastic achievement to have our children with their family.

Kinship has been very busy in September and we are looking forward to Hannah Grayson returning as Team Leader in early October.

Kinship Worker Profile - Shakarli Hope

Shakarli is a single Mum of a 2-year old boy, and she currently works as our Junior Kinship Case Manager.

What do you like most about working at Winda-Mara?

I've been working at Winda-Mara for roughly 4 years across many different roles and I like that Winda-Mara is a supportive organisation in and out of the workplace.

What drew you to working in kinship/family services?

My nan was a resi worker in Melbourne and I just remember going to work with her one day and seeing how well she connected with young people and just seeing that made me realise that I wanted to help, guide and support children, young people and families.

What do you hope to achieve in your role?

I would like to gain a lot more knowledge, as I know there is a heap more out there.



WINDA-MARA FAMILY VIOLENCE UNIT

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

ngootyoonooyt 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)



SAFE + EQUAL

areyousafeathome.org.au

Yarn with your loved ones to give them the chance to reach out if they're struggling. If they have been impacted by domestic or family violence, a compassionate and non-blaming response will help them feel supported.

Worrying about whether someone you care about is safe at home can be tough. Many people worry they'll be interfering if they step in or feel scared that they might say the wrong thing. But with the right approach, by listening without judgement and offering them support, you can make a real difference.

We all deserve to feel safe and protected at home and in our relationships. But for some of us, home is not always a safe place. No matter what form it takes, family violence is never OK. We can all keep an eye out for the signs, speak up, and offer our support. Family violence is a community issue.

Visit www.areyousafeathome.org.au to learn more about the warning signs and how to have the conversation.

LAND MANAGEMENT UPDATE

September has been a busy month for the Land Management Crew.

- 383 visitors on tours
- Repaired the dry-stone wall at Allambie
- Removal of non-native vegetation at Allambie
- Finished tree planting at Kooreelah
- Lashay and Alyssa completed the A.C.U.P (Australian Chemical Users Permit) course in Hamilton

- Learnt all about the Orange Bellied Parrot (Critically Endangered) with Nature Glenelg Trust.
- Filling in potholes at Kurtonitj
- Maintenance work at Allambie, Lake Gorrie, Tyrendarra and Kurtonitj.

This month we also say wurruk to Darryl. He is heading off to greener pastures and warmer weather. We wish Darryl and his family the best in this new chapter of life.



BUDJ BIM TOURS

With World Tourism Day happening late in September, it provided us the perfect opportunity to showcase just how deadly Gunditjmara Country is!

We encourage anyone and everyone to take a Cultural tour with our experienced Budj Bim Rangers.

Visit www.budjbimtours.net to book today!



OTHER NEWS



R U OK?

If someone you know - a family member, someone from your community, a friend, neighbour, team mate or workmate - is doing it tough, they won't always tell you. Sometimes it's up to us to trust our gut instinct and ask someone who may be struggling with life "are you OK?", in our own way.

By taking the time to ask and listen, we can help those we care about feel more supported and connected, which can help stop little things becoming bigger things. That's why this campaign has a simple message: ask our mob, in our way, R U OK?

Aboriginal and Torres Strait Islander Peoples share a special connection to Country and to each other, through culture, community and shared experience. Regardless of where we live, or who our mob is, we can all go through tough times, times when we don't feel great about our lives or ourselves. That's why it's important to always be looking out for each other. Because we're Stronger Together. www.ruok.org.au/strongertogether 13YARN (13 92 76) is the first national crisis phone support line for Aboriginal and Torres Strait Islander people. Designed, led and delivered by mob, 13YARN provides a confidential 24/7 one-on-one yarning opportunity with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter.

Winda-Mara's medical services include access to psychologists and mental health workers. Make an appointment with us today to discuss.

Heywood 5527 0060 or Hamilton 5527 0090.

INDIGENOUS LITERACY DAY

Indigenous Literacy Day celebrates and promotes the revitalisation and preservation of Aboriginal and Torres Strait Islander languages now and for future generations of Indigenous children.

In remote Communities across Australia there is often no infrastructure such as libraries or bookstores. Access to reading material is extremely limited and this impacts the achievements of Indigenous children.

Here at Winda-Mara we've been building quite the collection of Indigenous books for our community to access. It's so deadly to see the variety of books celebrating our culture available to everyone!



STRONG SISTAS PROGRAM

Strong Sistas is a program that delivers mentoring opportunities for First Nation young women (13-18) years old to be healthy, confident and strong in their identity and culture, and to achieve their goals.

They work with the girls on resilience, leadership, confidence building, identity and much more.

The girls were lucky enough to be up in Darwin on Larrakia Country this month for a big few days of workshops, cultural activities and much more.

Looks like they had a deadly time!



KOORIE WOMENS FOOTBALL CARNIVAL

Expression of interest are open for Women/Girls who would like to play in the Koorie Womens Football Carnival in Bendigo on 22nd & 23rd October.

Womens: 16 years & over, Youth: Under 16's.

Please contact Jess or Aunty Sue on 55270000.

