



WINDA-MARA



FEBRUARY 2023

WELCOME BACK FOR 2023!

All Winda-Mara sites are open 9am - 5pm
Monday - Friday all year.

JOB VACANCIES

Health & Wellbeing AOD Counsellor

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.

WHAT'S ON THIS MONTH!

Playgroup (Hey/Ham)
Fridays (excl. holidays)
10:30am - 12:30pm (Ham)
11am - 1pm (Hey)

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

Massages
Wednesdays (Hey)
Fridays (Ham)
(Alternating fortnights)

TIS Talent Show
w/Isaiah Firebrace
Saturday 11th Feb
2pm

Stoked Surf Therapy
Youth Surf 6-Week Program
(Bridgewater)
Wednesdays starting 15th Feb
4:30 - 7:30pm

Cultural Studies (Ham)
start date/time to come

Women's Group (Ham)
start date/time to come

Optometrist (Ham)
Friday 3rd Feb
9am - 12pm

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

Youth Basketball Referee
Course (Hey)
Saturday 11th Feb
1pm - 5pm

Basketball Rego Night (Hey)
Monday 13th Feb
5-6pm registration
6-7pm social match

NEW WINDA-MARA BOARD

Welcome to our new and existing Board Members elected at our AGM.
Aaron Bamblett (new)
Leon Davis (new)
Aunty Denise Lovett (re-elected)
Jason Saunders
Staycee Charles
Jacinta Kimber
Uncle Michael Bell

Winda-Mara takes this opportunity to thank outgoing board members Ben Church and Joey Saunders for their contributions to Winda-Mara over the past two years.

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

www.windamara.com.au

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



FIND US ON FACEBOOK!

STAFFING UPDATE

Ngatanwarr!

Jodie Lovett has started as our Family Centred Approach Cultural Broker. Jodie has previously been with us as a Building The Dream worker and recently filling in for Aunty Ros working with our Elders.

Jacqui Primmer has started as our new Access & Support

worker, working closely with Aunty Ros to provide CHSP and HACC clients with their services.

Judith Ford is coming on as our Quality & Governance Specialist to strengthen Winda-Mara's quality assurance and governance systems.

VACANCIES

Health & Wellbeing AOD Counsellor

The primary purpose of the Health and Wellbeing AOD Counsellor is to improve the social and emotional wellbeing of clients through providing support and advocacy to alcohol and other drugs clients and their families/carers.

The role has a primary focus on referring clients and carer to appropriate Health and Community Services and the facilitation of AOD assessments, treatment and relapse prevention plans using a culturally safety, self-determining, wholistic model of care.

You will work in collaboration with both external and internal Health and Community services to maximise health outcomes for individuals with drug and alcohol and cooccurring mental health conditions and provide strategies to facilitate culturally appropriate service provision and access to Health and Community services, Indigenous programs, and activities.

To view the position description head to our website, or contact our People & Culture Manager via phone/email.

Applications close 5pm Tuesday 7th February 2023.

STAFF CHRISTMAS PARTY!

On the last day of the work year, our staff got together at the Heywood Bowls Club for an afternoon filled with a lawn bowls tournament, minute to win it games and a deadly feed from Harbour Lights.

The dress up theme was something starting with the first

letter of your name, and we love how creative everyone got!

It was a great way for our staff to come together and have a deadly time before breaking for the Christmas/ New Year holidays.



CHRISTMAS 2022

We had a deadly turnout from our Hamilton mob for the annual St Mary's Christmas Parade!
The kids came into our Thompson St office beforehand to get a special little something from Santa, then we

headed off down the Main Street of Hamilton with all the other businesses and community groups in town. Check out our deadly banner and all of the Christmassy outfits!



We ended the year with lots of fun & laughter at our Community Christmas Party which had a carnival theme out at the Branxholme footy oval.
There were inflatables, games, arts and crafts, wildlife visitors from Wicked Wildlife and even a fire truck thanks to DELWP.

We also had plenty of sweet treats for everyone from fairy floss to snow cones.
A big thank you to everyone who came along because it was great to see so many mob out and about again.
An extra special thank you to Aunty Laura for helping us handout all those presents Santa dropped off!



COMMUNITY SERVICES

CHSP / HACC Update

Aunty Ros is now back at work, working 3 days a week in Heywood after a 4 month leave of absence. Jacqui Primmer is now employed as the Hamilton HACC (Home and Community Care) worker. Jacqui will be working 2 days a week in Hamilton and 1 day in Heywood. Within the next couple of weeks Jacqui will be going out to meet with the Elders in Hamilton and surrounds.

On February 23rd there will be a session on "Writing a Will and Planning a Funeral" for the Elders. Contact us on 0431 786 995 for more info.

Karreeta Koornong Maar Mentoring Program

This program aims to support Aboriginal young people between the ages 12-25 years from the Portland, Heywood, and Hamilton area. The program that aims to connect them to culture, build leaders skills to increase their confidence and ultimately support their future goals. If you are interested or know anyone interested in being a part of the program, please contact our youth team today to complete a registration. youth@windamara.com

Housing

Housing clients please update your contact details with Aunty Di on 5527 0075 or 0423 539 723.




INDIGENOUS YOUTH SURF PROGRAM

CAPE BRIDGEWATER

STOKED is a 6 week surf program for Indigenous youth aged 12-25. Riding the waves of life can be stressful. Stoked is for anyone who would like to surf, meet new people and improve their wellbeing.

CAPE BRIDGEWATER SURF CLUB
Wednesdays
4:30 - 7:30pm

APPLY HERE



15 February
22 February
01 March
08 March
15 March
22 March

YARN - SURF - EAT

Each week we get together to yarn about mental health and other topics. Followed by an all abilities surf session. Then we have some dinner and hang out.

STOKED is free and all the surfboards and wetsuits are provided.

The program involves a crew of amazing mentors, local surfers, ocean lovers and other local legends who want to join in and connect with young people.

Contact DWECH - Billy (03) 5521 7535 or Winda Mara - Tayla (03) 5527 0000
Brophy - Chrissie (03) 5561 8888 Email: stoked@brophy.org.au
Follow us on Instagram @stoked_surf_therapy



HEYWOOD JNRS

GREEN SHIRT REF COURSE

For Ages 12 - 18 (free)

Learn how to referee a basketball game

Earn some extra money refereeing junior games

Course will be held on Saturday Feb 11th at HCC, Heywood District Secondary College. 1pm - 5pm

Please bring running shoes & a drink

TO BOOK PLEASE EMAIL SHAE AT SHUSSON@GLENELG.VIC.GOV.AU




HEYWOOD BASKETBALL REGO NIGHT

MONDAY 13TH FEB

5pm-6pm - Registration
6pm-7pm Social Match

HCC, HEYWOOD SECONDARY COLLEGE.

Register for

Heywood Hoops ages - 5-8
Juniors Comp ages- 8-12
Seniors Comp ages 12+

LUCKY REGISTRATION PRIZES!

Food and Refreshments Provided

FOR ALL ENQUIRIES EMAIL SHUSSON@GLENELG.VIC.GOV.AU




HOLIDAY PROGRAM

Our first week back for 2023 was jam packed with our holiday program activities.

Tuesday, we spent the day at Bridgewater with Jordie and the team from Surfing Victoria, teaching us to surf.

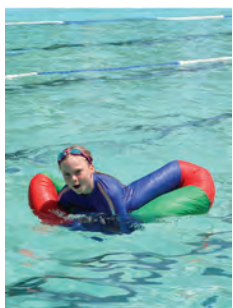
Wednesday, we spent the day out at the mouth of the Fitzroy River. The day consisted of swimming, sandcastle building, paddle boarding and helping Aunty Wendy unbog the bus.

Thursday we were lucky enough to spend the day out at Lake Condah with the Budj Bim Rangers and GHCA doing our Junior Ranger program, where they taught us about caring for country and showing us some of species that live in our surrounds.

Friday, we finished the week with a pool party & pizza at the Heywood pool. It was a great day and a great turn out, thank you everyone who attended and made the day so enjoyable.



HOLIDAY PROGRAM



CULTURAL STRENGTHENING CAMP

This year, we held our first senior cultural strengthening camp out at Lake Condah Mission.

We had Nikayla Bamblett come and teach the girls how to weave, Uncle Troy took us on night walks, telling us scary stories and yarning with us, and we had Meena and Jason from the Commission for Children and Young People come and spend some time with us.

Aunty Jess and DJ came and spoke to our young mob about Deadly Choices and made some healthy smoothies. Aunty Wendy came out and cook us some deadly feeds as well.

We had Uncle Tyson and Sammy come and put some mayapa ngarapeen (long eel nets) down near the pump shed and we ended up removing 300 red fin with them, which is good for the little native fish.

Aunty Jenna helped us tell our stories through symbols. We separated into teams and played games.

Finally, we had Uncle Braydon take us on a tour of Gunditjmara Country, and had a feed and some milkshakes at the Tae Rak Aquaculture Centre. What a deadly few days!



HEALTH

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

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays

1:30pm-5pm

9th Feb

9th Mar

6th Apr

11th May

8th Jun

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays

9am - 12pm

3rd Feb

14th Apr

5th May

2nd Jun

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

17th Mar

21st Apr

19th May

16th Jun

MASSAGES

(Heywood)

Wednesdays

10am - 3:30pm

(Hamilton)

Fridays

10am - 4:30pm

Alternating fortnights.

Hamilton Medical Clinic upgrade

Winda-Mara has recently been successful with a Major Capital Works Grant Application of \$700,000 for an upgrade to our Thompson Street Medical Centre. The cost plan from preliminary drawing designs indicated a project cost of \$1,267,000 which was \$567,000 above the grant request. Winda-Mara's Board committed up to \$600,000 co-contribution by Winda-Mara for the project. Plans have been heavily consulted with Winda-Mara's health department.

Jason and Ravi will work with the funding agency to execute the agreement, and the Board and no doubt be in touch with health department to finalise drawing plans and future planning permits for project implementation.

Congratulations to all staff who assisted with this successful application and process. And we acknowledge the Winda-Mara Board of Directors for supporting this project.



TACKLING INDIGENOUS SMOKING COMMUNITY TALENT SHOW

WITH SPECIAL
PERFORMANCE & DARE TO DREAM
WORKSHOP BY

ISAIAH FIREBRACE

SATURDAY, 11TH OF FEBRUARY

2PM START

HEYWOOD HALL

DINNER PROVIDED



GO MOB!
#smokeFreeMob
#strongMob



PLEASE REGISTER/RSVP VIA THE LINK ABOVE

FOR MORE INFO, CONTACT JESS @ WINDA-MARA ON 5527 0000 & BRIANNA @ DWECH ON 5521 7535

HEALTH

Back-to-School Healthy Cooking Class.

Our Hamilton kids spent an afternoon with Dr Danielle Lee the Dietician learning to cook some healthy meals. We had a great success with 10 kids joining in and making themselves some healthy chicken rice paper rolls and banana smoothies. Aunty Tina Wright and Aunty Marg Ferguson helped the

kids with making these lovely rolls and smoothies. We would like to thank our Community Person Aunty Vivien Day for volunteering on the day to help the staff out with all the kids, it was much appreciated. The kids have already put in orders for the next cooking class where they want to cook some healthy pizzas. The day was a great success!



Koori Maternity Services (KMS)

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 for them.

Aboriginal Maternal & Child Health (AMCH)

AMCH is a newly funded program in which 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 old's in the space of Maternal and Child Health. The AMCH nurse attends Winda-Mara once a month or visit the clinic anytime.



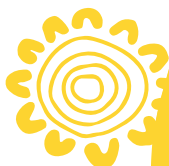
Yarn with the Dietitian to WIN a fruit basket to the value of \$50!

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.

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



FAMILY SERVICES

Family Violence 2022 Achievements

Winda-Mara's Family Violence unit has been heavily involved with the review of the MARAM tools and has attended numerous workshops during the year.

We are part of the Standing Consultation Group for the Child and Young person-focused group to help develop cultural lens and understanding within the Practice guides.

We have also participated in the consultations for the Adults using Violence MARAM reviews and have developed close links with the VACCA team and Center

for Excellence re extending conversations for the MARAM with a cultural lens.

All these meetings will continue into 2023 as we begin to look at our own agencies MARAM alignment. We have made some amazing partnerships through these groups, met some amazing practitioners that have been a wealth of knowledge and gained access to some fabulous cultural tools to aid our conversations around family violence with children.

We look forward to the growth and awareness of our staff in our ongoing journey to provide the community with a best practice frontline service.

Thank you all for your donations to our 2022 Christmas Toy Drive!

We are always given such wonderful support from the entire community for our most vulnerable families around the holidays and 2022 was no exception!

An extra special shout out to Rod & Wendy Gray from Gunna's Surf for their incredible donation of over \$2000 worth of bags, hats, sunglasses, t-shirts and so much more. We were overwhelmed by your generosity and can't thank them enough!



Have you ever thought about becoming a **RESPITE CARER?**

Call 03 5527 0000 to talk to our Family Services Team

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.**



Sharing stories, finding solutions

Community Engagement

Activities are free and open to all Aboriginal women. Maximum 2 workshops per person. djirra.org.au

ONLINE WORKSHOPS

Food for fuel with Wattleseed Nutrition
Thursday 2 Feb 2 - 3:30pm

KWP Art & Craft Circle (Boomerangs)
Friday 10 Feb 11am - 12:30pm

Mapping Our Emotions in the Body with Lee Couch
Wednesday 15 Feb 11am - 12pm

MunDuh with Wax Treasures Feathers
Wednesday 22 Feb 5:30 - 7pm

Money Mindset with Yolanda Finette
Friday 24 Feb 10 - 11:30am

KWP Virtual Sista Yarns
Tuesdays 11am - 12pm



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

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

LAND MANAGEMENT

Before finishing up last year, Budj Bim Rangers headed to the big smoke, Melbourne. We went to the Melbourne Museum, Botanical Gardens and stood in wonder at the numerous artefacts that have been collected from mobs Australia wide and an international collection at just one of the holding places for the Museum. In January we had the Indigenous Rangers from the First

People of the Millewa-Mallee Aboriginal Corporation join us for a week. Some of the Rangers had never seen a koala or a wallaby! We compared our working styles with them working on flat, dry, dusty land compared to ours. We compared the skills that we both use on cross over weeds and pests. It was a great week of skill sharing.



OTHER NEWS

Yarn with Truth Receivers from the Yoorrook Justice Commission about your experiences of injustice. Injustices can be things that happened in the past or things that are happening now. Sharing your truth will help Yoorrook create a formal public record of injustice. It will also help Yoorrook recommend real changes to systems and laws affecting our people. Call Joseph Saunders on 0459 871 952 to yarn one-on-one. Find out more on the Yoorrook website: yoorrookjusticecommission.org.au/truth-receivers



VACSAL STATEWIDE ABORIGINAL BASKETBALL CLASSIC 2023

Saturday 11 - Monday 13
March 2023

Shepparton Sports Stadium,
Numurkah Road, Shepparton

Visy Basketball Stadium,
Wanganui Park Secondary College
Brauman St, Shepparton

AGE GROUPS

U10's Mixed (2014-2016)	C Men
U12 Boys (2012/13)	C Women
U12 Girls (2012/13)	B Men
U14 Boys (2010/11)	B Women
U14 Girls (2010/11)	A Men
U16 Boys (2008/09)	A Women
U16 Girls (2008/09)	
U18 Boys (2006/07)	
U18 Girls (2006/07)	

Please register with the below link:
<https://www.playhq.com/basketball-victoria/org/greater-shepparton-basketball-association/78e5e0d8/register>
Registration closes 17 February

In partnership with



For more information please call
June Bamblett (03) 9416 4266

