



WINDA-MARA



APRIL 2024

JOB VACANCIES

We currently have no vacancies available.
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.

WHAT'S ON THIS MONTH!

Willarn Playgroup (excl. holidays)
On hold for term 1

Homework Centre (excl. holidays)
Mondays (Hey)
3:30-4:45pm

Women's Group (Ham)
Thursdays 11am

Recovery Group
Mondays 11am - 12:30pm (Hey)
Wednesdays 2pm - 3:30pm (online)

Podiatrist (Ham)
Thursday 4th Apr
1:30pm - 5pm

Kinship Cultural Program
Mon 8th, Wed 10th, Fri 12th Apr (see info inside)

VAHS Dental (Melb)
Thursday 11th Apr

HAPEE/Elders Audiologist (0-6, 50+)
Wed 24th Apr (Hey)
9:30am - 3:30pm

Youth Drop-In Centre (Hey)
Tuesdays/Fridays
3:30pm - 5:30pm
Wednesdays
3:30pm - 6pm

Breakfast Club (Hey)
Thursdays 8am

Holiday Program
Tue 2nd - Thu 11th Apr
(please see flyer)

Optometrist (Ham)
Friday 5th Apr
9:30am - 12pm

Massages (fortnightly)
Weds 10th & 24th Apr (Hey)
Fri 12th & 26th Apr (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

Dietitian (Ham)
Monday 15th Apr
1pm - 4pm

Optometrist (Hey)
Tuesday 30th Apr

COMMUNITY DINNER

Heywood
Wed 10 Apr 5:30pm
21 Scott St

Hamilton
Tue 30 Apr 5:30pm
39-41 Hammond St

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
39-41 Hammond St
Hamilton VIC 3300

www.windamara.com.au



Find us on Facebook/Instagram!

STAFF UPDATES

Ngatanwarr!

John Bell has officially started as our new CEO.

John has been acting in this role for the past several months and we thank him for stepping up into this role out of his Executive Manager of Community, Wellbeing and Cultural Services position when he was needed. It will be deadly to see him build on the work he has already been doing by strengthening the organisation even further.

Neil O'Donnell has recently come on board as our new People & Culture Manager. Neil comes to us with a wealth of experience in human resources management and organisation development, and we are excited to have him onboard.

In his role as People and Culture Manager, Neil will be responsible for overseeing all aspects of human resources management, including recruitment, employee relations, training, and development initiatives. He will also play a crucial role in engaging staff, cultivating a positive work environment where every team member feels valued and supported.

Cherith Stiles is our new Senior IFS Case Manager, a position which works to provide partnerships with families and services to achieve their goals of stability, safety and developmental wellbeing for their children and young people.

Louise Fadersen has also joined our Family Services team as a Kinship Case Manager, working to effectively harness the capacity of extended family networks to provide the best possible kinship care arrangements for children unable to live with their parents.

Sean Bell has started as our new Housing Officer coming to us with a wealth of knowledge as a qualified carpenter where he will be working to deliver professional tenancy management for our community members who are part of our housing program.

Wurruk!

Riana Beardsell has finished up as one of our Health & Wellbeing AOD Counsellors after a few years here with us. Riana developed important relationships with some of our more vulnerable community members and we thank her for all the hard work she put in.

NEW MEDICAL CENTRE

Sod-turning ceremony for our new Medical Centre in Heywood

A momentous day for the infrastructure development of Winda-Mara on Friday 8 March with the turning of sod on our new 500 square metre medical centre in Hunter St Heywood.

Our Chairperson Uncle Michael 'Mookeye' Bell delivered a Welcome to Country following the important smoking ceremony before Elder Aunty Thelma Edwards was given the honour of turning the first sod with her 'deadly shovel' which she asked to keep as a souvenir.

Aunty Thelma, who turns 90 in September, was the first Aboriginal Health Liaison Officer in Victoria and worked tirelessly for many years to ensure our mob maintained access to all health services that they needed. "We are very lucky to have this new centre. Winda-Mara has come up from scratch, and here we are, 33 years on and still going. It's just wonderful."

Our CEO John Bell said it was great to see so many

Elders attend the ceremony which was a milestone for Winda-Mara's history and for its future.

The \$4 million integrated health centre in Heywood will replace our current health clinic in Scott St and will have a focus on the health and wellbeing needs of the Aboriginal community, however the centre will be open to all local community.

Designed by award winning architect Wendy Hastrich with extensive input from our mob and staff across many consultation sessions over the last 3 years, our new health centre will include rooms for two GPs, two nurses, a psychologist, and other health and wellbeing services we provide.

The centre will be built by Mossop Construction using 15 trades from across the South-West and Mount Gambier, with a view to the medical centre opening by November this year.

Community Dinner



HEYWOOD

Wednesdays 5:30pm
21 Scott St Heywood

- 👉 April 10
- 👉 May 8
- 👉 June 12

HAMILTON

Tuesdays 5:30pm
39-41 Hammond St

- 👉 April 30
- 👉 May 28
- 👉 June 25

COMMUNITY SERVICES

GRAY ST ARTS FESTIVAL NIGHT

Last Thursday 21 March our Building The Dream workers attended The Hamilton Gray St Primary School Arts Festival night. It was a fantastic night to be a part of. Thank to Gray St for inviting us along to be a part of it.



VACSAL STATEWIDE BASKETBALL CARNIVAL



MEN'S GROUP GOLF NIGHT

We had a deadly turnout for our first men's group golf night at the Heywood Golf Course and look forward to running more in the future.



YOUTH DROP-IN CENTRE TERM 1

31 Edgar St Heywood

MONDAY

HOMEWORK CENTRE

3:30 - 4:45pm
Transport Available
Open to Primary & Secondary
Contact: Sarah

THURSDAY

BREAKFAST CLUB

8 - 8:30am
7:45am pickups
Open to Primary & Secondary
Contact: Sarah

TUES/WEDS

DROP-IN CENTRE

3:30 - 5:30pm (Tue)
3:30 - 6pm (Wed)
Open to 12-25yrs
Contact: Tayla

FRIDAY

DROP-IN CENTRE

3:30 - 5:30pm
Open to 12-25yrs
Contact: Tayla

CONTACT
Sarah 5527 0038
sarahwilson@windamara.com

CONTACT
Tayla 5527 0077
taylawakely@windamara.com

NGEERANG KAKAYA

(MOTHER, SISTER)

WOMEN'S GROUP

Thursdays
39-41 Hammond St Hamilton

MAR 28 Paint by Numbers 11am-2pm

APR 18 Bingo 11am-2pm

MAY 2 Tower Hill Day Trip
Bus leaves Hammond St at 10:30am

*Please note there is no women's group over the school holidays or on ANZAC Day. Light lunch and snacks provided, transport available from Heywood and Hamilton for all sessions

Jodie Lovett 0415 759 451
jodielovett@windamara.com
Jacqui Primmer 0434 032 231
jacquelynprimmer@windamara.com



HOLIDAY PROGRAM

APRIL 2024

mob only

👉 Tue 2 & Wed 3

Animation & Sound Workshop

w/Isobel & Daen

10am - 4pm Youth Drop-In Centre, Heywood



👉 Thu 4 Movie Day, Hamilton Time TBC



👉 Tue 9 Visit to Gariwerd (Halls Gap)

9:30am bus leaves from Heywood, back by 4pm

Spending the day exploring the cultural sites of Gariwerd with Troy Lovett.



👉 Wed 10 Stop Motion Creation, Hamilton

Time TBC

Stop motion is the process of photographing 3D objects to give them the illusion of motion. You will learn about the tools, techniques and software used by animation studios and make a short stop motion of your own.

👉 Thu 11 Junior Ranger Program

10am - 2pm Tyrendarra IPA

Caring for Country with our Budj Bim
Rangers & Glenelg Hopkins CMA



School Holiday activities are for school aged children only.
Kindergarten aged children can attend junior rangers and the
movie day with a non-working parent/guardian.

CONTACT Jenna Bamblett on 5527 0084 or any of the
Community Services team.

*RSVP via our link
by Wed 27 March*

FAMILY CENTRED APPROACH PROGRAM

The Family Centred Approach program aims to empower and further strengthen Aboriginal families with an individual member engaged in or at risk of engagement with the justice system.

The service will support the families of a range of groups, depending on the needs in the region.

This role will leverage the natural role and strength of Aboriginal families, with culture as a critical protective factor for all family members, to support better outcomes for individual family members.

There will be a range of supports available to families and/or through referrals to local services. The type of supports and intensity will vary depending on the needs of the family and the region where the service model is being delivered.

Examples of supports that may be provided include building understanding and knowledge of the justice system, system navigation, case planning and management, and cultural capacity building.

Service support areas

- Families Involved with the Justice system
- Case Co-ordination support
- Gap identification and support
- Brokerage support
- Justice Navigation
- Referral Service
- Housing Support – where Applicable
- Family Violence support
- Cultural Connection Planning and Support
- Return to Country support and Advocacy
- Family Planning
- Help addressing Crisis Issues
- Goal Setting and Assessment
- Job Seeking and Job Readiness Support

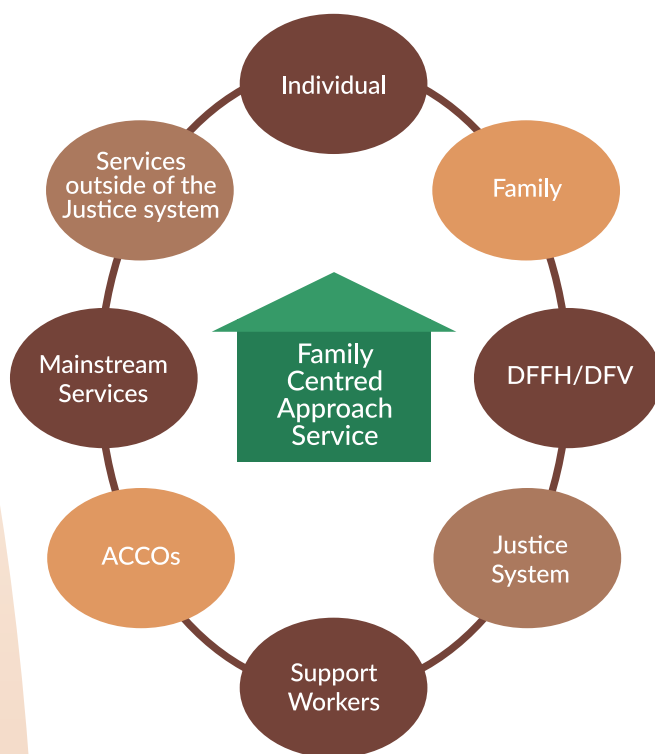
ELIGIBILITY

Families at risk of Youth and Adult Justice System involvement in the Heywood, Portland, Hamilton and surrounding support areas.

Types of service include group-based work, family mediation, Elder input and warm referrals.

Eligibility, intake and assessment will use a whole of family and strengths based approach. Once a family has been referred into the service, there will be an assessment process to identify and agree on family goals and support needs.

The safety of individual family members will be a priority throughout.



Richard Bamblett
FCA - Case Co-ordinator
03 5527 0000
richardbamblett@windamara.com

Jodie Lovett
FCA - Cultural Broker
03 5527 0000
jodielovett@windamara.com

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

4th Apr
9th May

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

15th Apr
13th May

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

5th Apr
7th June

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

30th Apr
25th June

AUDIOLOGIST

(Tim Rayner, 0-21)

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

1st May
26th June

HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Thursdays
9:30am-3:30pm

24th Apr
29th May

MASSAGES

(Heywood)

Wednesdays
10am-3:30pm

10th, 24th
March

(Hamilton)

Fridays
10am-4:30pm

12th, 26th
March

VAHS DENTAL

Thursdays (Melb)

11th Apr
9th May

13th June

WINDA-MARA'S SOCIAL EMOTIONAL WELLBEING TEAM



Your health is
in your hands!

OUR TEAM

- ▶ Two AOD Counselors
 - ▶ Dual Diagnosis Counselor
 - ▶ Mental Health Social Worker
 - ▶ Youth Mental Health Support Worker
 - ▶ Psychologist
 - ▶ Health Support Worker
 - ▶ Community Transport Driver
 - ▶ SMART Recovery Group
- Mondays 11am-12:30pm Heywood
Wednesdays 2pm-3:30pm online

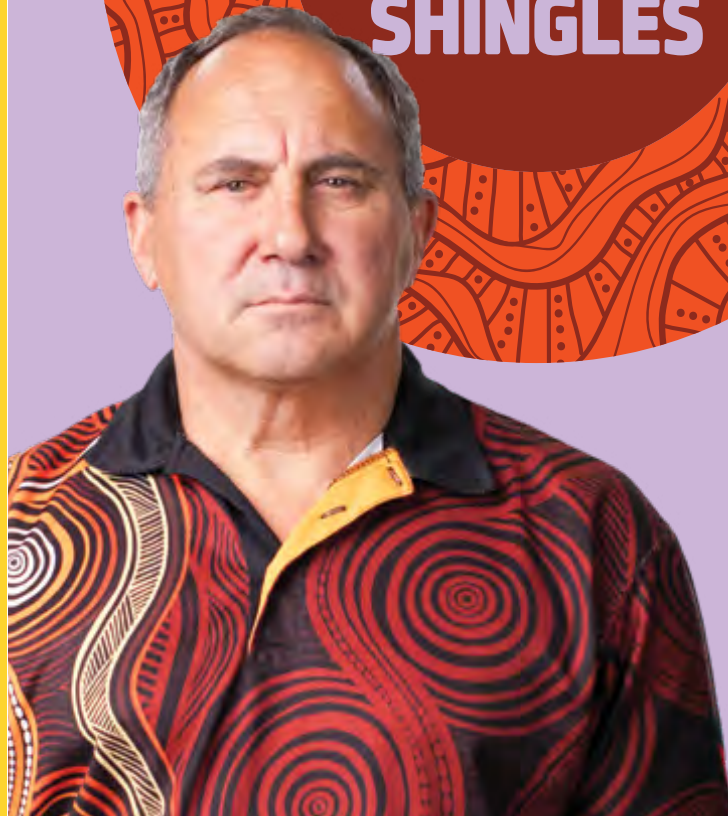
We provide free, confidential, and culturally safe mental health and alcohol and drug counseling services to Indigenous clients and their family members.

5527 0060 21 Scott St Heywood
5527 0090 107 Thompson St Hamilton



CONTACT
0429 961 474
(SEWB Mobile)

SHIELD YOURSELF FROM SHINGLES



**YARN WITH YOUR HEALTH
PROFESSIONAL ABOUT THE
SHINGLES VACCINE THAT'S FREE
FOR US MOB 50 YEARS OR OLDER**



A joint Australian, State and Territory Government Initiative

DID YOU KNOW

that it's safe for you to get your COVID-19 and influenza vaccines at the same time? Book your appointment with us today!

**Heywood 03 5527 0060
Hamilton 03 5527 0090**





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!**

KINSHIP CULTURAL PROGRAM

Monday 8 April 11:30am - 2:30pm

👉 **Men's Business**

Clapstick making with Leon Walker

👉 **Women's Business**

Basketweaving with Aunty Eileen Alberts

👉 Open to all Kinship clients

👉 Transport available

👉 Meals provided

CONTACT

Marley Morgan

5527 0027, 0400 069 461

marleymorgan@windamara.com

Wednesday 10 April 2:30pm - 5pm

Yarnin and Art

👉 Sister stories with Aunty Eileen Alberts and Aunty Ros Pevitt

👉 Art class with Saige Bell

Friday 12 April 10am - 3pm

👉 Tyrendarra Indigenous Protected Area Tour with Aunty Colleen Hamilton

👉 Professional photos



THE SAFE & TOGETHER CONFERENCE

Some of our Family Violence team were provided the opportunity to participate in The Safe & Together conferences and training, which took place over 3 days at the Melbourne Exhibition Centre in March. The Safe & Together model is a framework that can be delivered in a culturally safe manner and in addition to this, can be adapted to align with each unique community and their cultural values.

The key principals of the Safe & Together model are based on:

1. Keeping child safe & together with non-offending parent.
2. Partnering with non-offending parent as default position.
3. Intervening with partners using violence to reduce risk and harm to child.

The Safe & Together Model fills the gaps in knowledge and practice and assists all systems touching on domestic violence and child well-being to become domestic violence informed, supporting child well-being and safety across all partners in the domestic violence community.

On day one, Kelly & Emma participated in a pre-conference masterclass, The Safe & Together Model in the First Nations Context. The masterclass was delivered by Jackie Wruck (Asia Pacific

Co-ordinator for Safe & Together), a proud Aboriginal Yindinji woman from Far North Queensland, Yarrabah region. Kelly & Emma practised techniques and new ways to partner with non-offending parents and intervene with partners using violence in a culturally safe way.

Days two & three were jammed packed with multiple keynote speakers, a plenary panel & access to 20 different workshops. All keynote speakers were powerful and delivered with a passion of influencing change. One keynote speaker, Nneka MacGregor, delivered a powerful and incredibly inspiring presentation called A Fresh Breath: A Day in the life of a woman you know. Nneka is the co-founder and Executive Director, and an advocate who works with government and other organisations to eradicate violence against women. This organisation was created by survivors, for survivors. Nneka has adapted the Safe & Together Model to align in her practice.

Over all Kelly & Emma had a wonderful experience and left The Melbourne Exhibition with new knowledge of The Safe & Together Model and inspired to apply their new knowledge for the benefit of our clients and community and provide better outcomes for all our families and community.