



WINDA-MARA



NOVEMBER 2023

JOB VACANCIES

No current vacancies

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)
Mondays 11am-1pm (Hey)
Hamilton currently on hold

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

Breakfast Club (Hey)
Thursdays
8am

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

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

ACAC Community Consult (Hey)
Thursday 9th Nov
4:30pm

Dietitian (Ham)
Monday 13th Nov
1pm - 5pm

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

Young Luv Workshop (Ham)
Tuesday 21st Nov
3:30 - 5:30pm

Youth Drop-In Centre (Hey)
Tuesdays (6-12yrs)
3:30pm - 5:30pm

Wednesdays (12-25yrs)
3:30pm - 5:30pm
Fridays (12-25yrs)
3:30pm - 6:30pm

Recovery Group (Ham)
Wednesdays
11am - 12:30pm

Massages (fortnightly)
Wednesday 8th Nov onwards (Hey)
Friday 10th Nov onwards (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

Optometrist (Ham)
Friday 10th Nov
9:30am - 12pm

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

Diabetes Yarning (Hey)
Tuesday 21st Nov
10am - 11am

Community Dinner (Hey)
Wednesday 22nd Nov
5:30pm onwards

WMAC AGM Thursday 23rd Nov 5:30pm

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
333 Nth Boundary Rd (HIRL Studio Room)
Hamilton VIC 3300

www.windamara.com.au



Find us on Facebook/Instagram!

STAFF UPDATES

Ngatanwarr!

Jason Walker recently finished up in the CEO position here at Winda-Mara and has now started as our new Executive Manager of Corporate Services.

As a member of the Executive Team, Jason will participate fully in the collective responsibility of delivering on organisational objectives, including through engagement and collaborative effort with employees at all levels in the organisation.

Sarah Wilson recently started as our new Building The Dream Worker, working alongside Tayla to deliver services to our youth. This position works to ensure Indigenous young people are encouraged to develop aspirations for further education and/or employment. It aims to build resilience and create hope and aspirations for their future and educate on pathways to achieve it.

Adrian Hann who was our previous WHS Manager has now moved into the role of Assets and Corporate Services Manager. This position is tasked to establish

a consistent property performance standard for Winda-Mara. Adrian will coordinate the asset management portfolio of owned commercial and residential properties as well as fleet maintenance and procurement, ensuring optimisation of assets.

Tanya Lee Hammond has come on as another Environmental Services Worker working casually to maintain a clean work environment for our staff as well as visitors to Winda-Mara buildings.

Wurruk!

Daryl Hobbs has spent many years with us at Winda-Mara providing important mental health support to our community and staff through his work as a Psychologist. We thank him for his service.

Gabrielle Walker has finished up as one of our Koorie Preschool Assistants. While Gabrielle was only with us for a short time, we thank her for her enthusiasm working with our youngest mob and providing support to our families in the playgroup and kinder space.

SAVE THE DATE

WINDA-MARA ANNUAL GENERAL MEETING THURSDAY 23 NOVEMBER 2023

COMMUNITY DINNER DATES

HEYWOOD

21 Scott St

5:30pm onwards

Wed 22nd Nov

HAMILTON

Location TBC

5:30pm onwards

Wed 15th Nov

COMMUNITY SERVICES



WINDA-MARA ABORIGINAL CORPORATION WORK & DEVELOPMENT PROGRAM

Do you have fines?

By joining the Worker Development Program, you can work off your fines at \$49p/h through activities such as:

- Unpaid work/cultural activities including Arts, Crafts and Traditional Artefact Creation
- Treatment given by a doctor, nurse or psychologist
- Courses – including educational, vocational or life skill courses
- Counselling, including financial counselling
- Drug or alcohol counselling
- Mentoring (if you are under 25 years of age)
- Service Engagement and Referral

For more info contact Grant Roberts, Local Justice Worker
03 5527 0053 | grantroberts@windamara.com

WOMEN'S GROUP

TERM 4 CALENDAR

Thursdays 11am - 2pm in Hamilton

NOV 2 Art and Craft activities (HIRL Art Room)

NOV 9 Weaving on the Beach (Leaving HIRL at 11am)

NOV 16 Christmas decorations making (HIRL Art Room)

NOV 30 2023 Break-Up Session (TBC)

- ▲ Some activities will not be suitable for children
- ▲ Light lunch provided at all activities
- ▲ Transport is available for all sessions

CONTACT

Jenna Bamblett 5527 0084
jennabamblett@windamara.com
Macahlia Rose 5527 0035
macahlia.rose@windamara.com



COMMUNITY SERVICES

KARREETA KOORNONG MAAR YOUTH COMMITTEE EOI

- Are you 15 – 25?
- Living in Heywood, Hamilton, or Portland?
- Do you want to help give our young mob a voice and help plan youth events and activities?

We are looking for young mob to jump on our Karreeta Koornong Maar youth committee to help give advice, ideas and assist in planning youth events, activities, and programs.

The only time needed is an hour or two every 1-2 months.

EOI closes Sat 18 Nov.

CONTACT

Tayla Wakely
5527 0077

taylawakely@windamara.com



BREAKFAST CLUB!

Thursday mornings

8am (pick-ups from 7:45am)

at the Drop-In Centre

31 Edgar St Heywood

Kinder drop-off 8:30am
School drop-off 8:40am

CONTACT

Sarah Wilson
0447 665 443

sarahwilson@windamara.com

Text if pickup is required



KOORIE
YOUTH
COUNCIL

BLACKOUT

ABORIGINAL YOUTH FORUM

WARRNAMBOOL

28-29
NOV
2023

HARRIS STREET
RESERVE, 66
HARRIS STREET,
WARRNAMBOOL

SCAN FOR REGISTRATION AND
EVENT INFO OR AT:
<https://events.humanitix.com/koorie-youth-blackout-warrnambool>

Contact: koby@koorieyouth.org.au



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.



Heywood

Mondays 11am - 1pm
WMAC Playgroup Building
24 Hunter St, Heywood

Morning tea/
lunch provided.
Transport available.

CONTACT

Janelle Huggers
0448 704 317

YOUTH DROP-IN CENTRE TERM 4

MONDAYS
3:15pm - 5:00pm

Cultural
Strengthening

School-aged (mob only)
Contact: Jenna on 5527 0084

TUESDAYS
3:30pm - 5:30pm

WEDNESDAYS
3:30pm - 5:30pm

FRIDAYS
3:30pm - 6:30pm

Our drop-in centre has laptops available for homework, art supplies, sports equipment, new music equipment and more so come say hi to our youth team!

(Open to both Indigenous and non-Indigenous Youth)

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

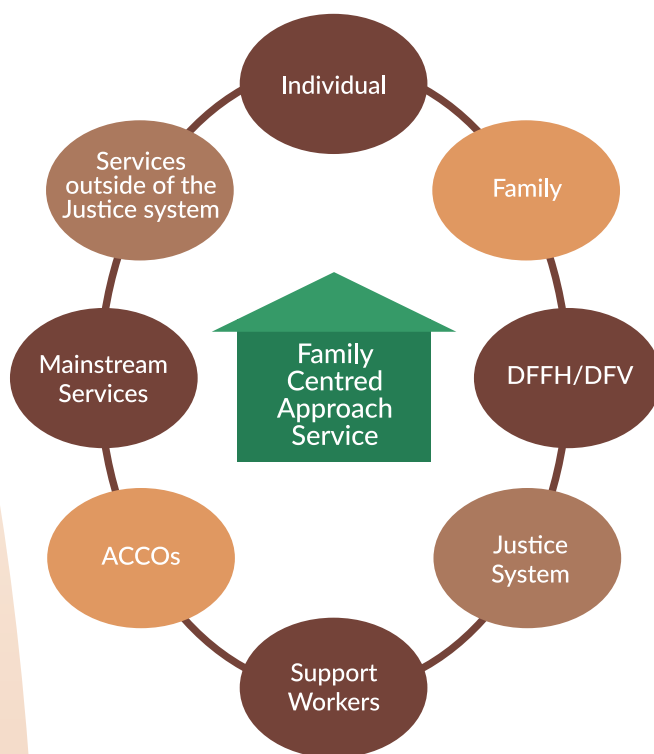
AGE GROUP ELIGIBILITY

Young people (aged 10-18)
Young parent(s) (aged 19-24)
engaged in the youth and
adult justice systems

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
Case Co-ordinator
0473 802 799
richardbamblett@windamara.com

Jodie Lovett
Cultural Broker
0415 759 451
jodielovett@windamara.com



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!**

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

9th Nov

7th Dec

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

13th Nov

11th Dec

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

10th Nov

2nd Feb '24

1st Mar '24

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

New dates TBC

AUDIOLOGIST

(Tim Rayner, 0-21)

Wednesdays

9:15am-12:15pm (Hey)

1:30pm-4pm (Ham)

15th Nov

HAPEE/ELDERS

AUDIOLOGIST

(0-5, 50+)

Thursdays

9:30am-3:30pm

16th Nov (Ham)

14th Dec (Hey)

MASSAGES

(fortnightly)

(Heywood)

Wednesdays from

8th Nov

10am - 3:30pm

(Hamilton)

Fridays from

10th Nov

10am - 4:30pm

DIABETES YARNING SESSION

WITH DIABETES EDUCATOR

Tuesday 21 November, 10-11am

21 Scott St Heywood



Healthy snack will be provided
Transport available if required

CONTACT
Jess Lovett-Murray
5527 0060

GET YOUR SWIM ON AT THE HEYWOOD POOL!



Summer season is fast approaching and Winda-Mara have free swimming memberships to give away to the Heywood Pool for Aboriginal and Torres Strait Islander families who have completed their 715 health check!

Please contact Fran or Jess to register for a membership on 5527 0060 or email jesslovettmurray@windamara.com

This limited offer is only available until Wednesday 20 December 2023 and is only for the 23/24 summer season.

Book your 715 health check today!
Heywood 5527 0060
Hamilton 5527 0090



YOUNG LUV

hosted by Djirra



Tuesday 21 November 3:30pm

HIRL, 333 N Boundary Rd Hamilton

FOCUS

- Healthy and respectful relationships
- Information and skills to challenge unhealthy relationships
- Practise positive and safe behaviours
- Cultural strengthening
- Content, messaging and resources promoting the valuing of culture and cultural identity

A two-hour workshop promoting healthy relationships designed and delivered by Aboriginal women (Djirra staff) for young Aboriginal women aged 14-18 years



CONTACT
Jess Lovett-Murray
5527 0060



RSVP by
Wed 15 Nov

SMART RECOVERY GROUP

Winda-Mara runs SMART Recovery Group meetings where you can come along and have a yarn with mob who are having a hard time managing their alcohol and drug use in a supportive, non-shaming environment. The group aims to help one another with motivation, learn skills to cope with cravings, manage thoughts and behaviours and balance lifestyle.

Wednesdays 11-12.30pm
107 Thompson Street Hamilton (Meeting Room)

Contact Riana for more information on 0493 228 960.



FAMILY SERVICES

Pre-Symposium Workshop

This month Family Services Team Leader Christy Ewing was given an opportunity to present at the FPR – Pre-Symposium workshop. Christy was asked to present a case that all of Family Services had worked with and share the success of this. The feedback for the staff was very positive.

Koorie FACES Program

Koorie FACES is a group program that focuses on an increased understanding and knowledge of self, Aboriginal culture, parenting practices and styles to build resilience against negative children's behaviours.

This program has just recently started, and the first session was very positive. We have limited space if you are wanting to join please let us know.

FPR – Group Coaching

The team hosted a group coaching session with the Centre for Excellence at HIRL with staff from

Gunditjmara, Goolum Goolum, and Winda-Mara coming together to work on practice and sharing knowledge. This is something that is done with Practitioners and Team Leaders monthly but coming together is every 3 months, creating face to face connections.



WINDA-MARA TOY & FOOD DRIVE

Donations for our Boorais

Thank you for your continued support!

Family Services are looking for donations of food and toys for Kinship Children in Care and Family Services clients for Christmas
Toys to be new, food non-perishable

Donations to 107 Thompson St Hamilton (box at reception),
Our HIRL office, 333 N Boundary Rd Hamilton,
Family Services Office 16 Lindsay St Heywood
Donations by Friday 15th December

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 Warrambool 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)

JOIN THE

WALK AGAINST

FAMILY

VIOLENCE

16 Days of Activism against Gender-Based Violence 2023.

This initiative runs every year from 25 November (the International Day for the Elimination of Violence Against Women) to 10 December (Human Rights Day).

We all deserve to be safe, equal and respected. But on average, a woman in Australia is killed by a man they know every 10 days. It doesn't have to be this way. During the 16 Days of Activism, communities around the world join the call to prevent and eliminate violence against women and girls.

Our Family Services Unit will be organising two Walk Against Family Violence events with more event details to follow.

We will be holding two walks, with one in Hamilton and one in Heywood which will most likely coincide with the Community Dinners at the end of November, but we will announce the dates and details once they're organised.

Aboriginal Children in Aboriginal Care (ACAC)



What is ACAC?

The Victorian Government is committed to the self-determination of Aboriginal people and their communities. It is recognised this will require new ways of working and enduring partnership between government, community organisations and Aboriginal community-controlled organisations (ACCO's). Section 18 of the *Children, Youth and Families Act 2005* discusses giving full power (secretary power) to ACCO's of Aboriginal children on any protection order. This is essentially what Aboriginal Children in Aboriginal Care is. Aboriginal Children on the following orders can be managed without Child Protection services through Winda-Mara.

Family Preservation Order

The court has decided that the child/ren need protection but can safely stay in their parents' care while protective concerns are being addressed. The department needs to monitor and support the family to meet the protective concerns. Court conditions apply on this order as a pathway for the family to meet.

Family Reunification Order

The court has decided that the child/ren need protection and cannot safely stay in their parents' care while protective concerns are being addressed. Parental responsibility is given to the secretary, with limitation that parents' agreement is needed about major issues. Court order conditions apply, and the child will stay in out-of-home care with the objective to reunify within 12 months or up to 24 months where permanent reunification is likely by then.

Care By Secretary Order

The court has decided that Family reunification will not be achieved in a timely way for the child/ren, or the child/ren has been in out of home care for 24 months and cannot safely return to parental care. This order means that the Secretary has parental responsibility for the child/ren, and all decision making of the child/ren to the exclusion of all others, for two years. Usually, the objective is to find a permanent or long-term carer for the child, preferably with extended family, or if not, with another family as soon as possible. In exceptional circumstances, the objective may still be family reunification.

Long-Term Care Order

The Court has decided that the child needs a long-term care arrangement, that there is a long-term carer suitable to raise the child. The Secretary has parental responsibility, to the exclusion of all others, until the child's 18th birthday. This court order is made until the child's 18th birthday.

What does that mean?

Winda-Mara would make all decisions for children on orders with the guidance of family. Whilst children are on protection orders Winda-Mara become the secretary and Child Protection are no longer involved with the case.

What would ACAC look like for Winda-Mara?

The ACAC team would be able to offer families with children on protection orders the following:

- Case planning and Cultural planning
- Support for the child's out of home care arrangement
- Case management
- Relevant legal service
- Referral to and coordination with Winda-Mara and other services
- Support children to remain with their families or be safely reunited

Winda-Mara would not need to seek permission from the department for endorsements of Case planning and case direction, this authority would sit with Winda-Mara.

What are the current issues for our children being case managed by DFFH?

- Not using culturally information practice all the time for all our kids.
- DFFH case managers in our area are holding 25+ cases each, Meaning there is limited contact and support to parents and children due to extremely high caseloads.
- Due to DFFH high case loads and limited time, contact visits are shorter or held within the department building.
- DFFH do not have the knowledge of our families, at times they are too busy to seek out this information from ACCO's, whereby ACCO's have or are building safety plans and supporting the family.
- Parents are fearful of the department.



What are the benefits of Winda-Mara being the authorisers of our children on Protection orders?

- Winda-Mara would ensure culturally safe practice and planning.
- If we implement ACAC each case manager can only have 9 cases at one time, meaning ability to provide high level support the child and to families. Keeping in mind that our focus is on the best interest of the child/ren
- We would support safe, regular contact with family members in consultation with family and ensure culturally informed contact visits.
- We would be transparent with families to have open, honest and clear communication. There will be no “tricks or shocks” for families, they will not be “blindsided”.
- This will be mob looking after mob, ensuring our children's safety and supporting parents with education and advice and wrap around support services to have their children home.
- Our families will be responded to on that day and will be heard.

What are the concerns for Winda-Mara having this program?

- Children on a family preservation order where a parent might have a major breach, Winda-Mara would need to have the conversations about the child going to Aunty or Uncle... home until they get back on track. (Child removal)
- Winda-Mara would hold and mediate the risk, regarding child safety.
- Would community seek out supports from Winda-Mara if we have this program, would community become fearful of asking for help? (Keeping in mind that ACAC only works with families who are already on protection orders).

What would this look like for Winda-Mara?

Winda-Mara would be dedicated to:

- Bringing family together and listen to family's stories.
- Using family relationships to strengthen identity, culture and build resilience
- Providing support to families to be safe and stay together
- Listening to family's ideas
- Being led by families in relation to how they would like to spend time together.
- Advocating for safe reunification for families who are not together.
- Connection to culture and helping children grow up strong and connected.

What is Winda-Mara seeking?

Winda-Mara would like to complete the pilot ACAC program also known as pre-authorisation (“As if”) pilot.

This is a 12-month pilot which can then turn into the full ACAC program with a signed MOU with the department. Where we would then have full authorisation.

Summary

- Families can choose to stay with Child Protection or come across to ACAC.
- Winda-Mara has all authorisation and decision-making authority for the case.
- Families will no longer be required to talk with Child Protection.
- Winda-Mara would prioritise reunification and family care.

Questions to community

- Is this program something that the community would want?
- What are the concerns for community around this program?
- What other information do you want to know about this program?
- If this program was approved by the community what would the community like to call the program? Eg. VACCA have called their ACAC program Nugel, BDAC have called theirs Mutjang Bupuwingarrak Mukman.

Community Consultation
Thursday 9 Nov 4:30pm
51 Edgar St Heywood

CONTACT

Hannah Grayson
Family Services Manager
5527 0079
0497 745 115
hannahgrayson@windamara.com



PROVIDE FEEDBACK HERE