



WINDA-MARA



MARCH 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)

Massages (fortnightly)
Weds 13th & 27th Mar (Hey)
Fri 1st, 15th & 29th Mar (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

Heywood Deadlies Run/Walk
Friday 8th Mar
7am start, 7:30am breakfast

Youth Wellbeing Workshops
Monday 18th Mar
4-4:45pm (6-12yrs)
Wednesday 20th Mar
4-5pm (12-25yrs)

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

Breakfast Club (Hey)
Thursdays 8am

Optometrist (Ham)
Friday 1st Mar
9:30am - 12pm

Podiatrist (Ham)
Thursday 7th Mar
1:30pm - 5pm

VAHS Dental (Melb)
Thursday 14th Mar

Dietitian (Ham)
Monday 18th Mar
1pm - 4pm

HAPEE/Elders Audiologist (0-6, 50+)
Thursday 27th Mar (Hey)
9:30am - 3:30pm

COMMUNITY DINNER

Heywood
Wed 13 Mar 5:30pm
21 Scott St

Hamilton
Tue 26 Mar 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!

Serena Atkin has started with us recently as our new Finance Officer supporting our finance team in many tasks including the implementation of new financial processes.

Wurruk!

Karen Millard has recently finished up as our Finance Team Leader. Aunty Karen worked here at Winda-Mara for over 20 years starting on our old CDEP program moving into finance soon after and was committed to helping our community and fellow

staff through her work. We thank her for her contribution to Winda-Mara and wish her luck on whatever is next. Winda-Mara would also like to acknowledge the passing of our previous Finance Manager of 27 years David Gorrie in late February. Dave passed away after a long battle with health challenges.

For the staff who worked with Dave, we were aware of his character, passion and dedication in playing a significant role growing Winda-Mara into the deadly ACCO we have today.

UPCOMING DATES

March

- Sun 3 Clean Up Australia Day
- Fri 8 International Woman's Day
- Mon 11 Labor Day
- Thu 21 Harmony Day
- Thu 28 End of Term 1
- Fri 29 Good Friday

April

- Mon 1 Easter Monday
- Sun 7 World Health Day
- Mon 8 Heart Week (8-14)
- Mon 15 Start of Term 2
- Mon 22 International Mother Nature Day
- Wed 24 World Immunisation Week (24-30)
- Thu 25 ANZAC Day

May

- Sun 12 International Nurses Day
- Mon 20 National Volunteer Week (20-26)
- Tue 21 National Diversity Day
- Sun 26 National Sorry Day
- Mon 27 Referendum Anniversary
- Mon 27 Reconciliation Week (May 27-June 3)

June

- Mon 3 Mabo Day
- Wed 5 World Environment Day
- Mon 10 Public Holiday
- Wed 12 Mens Health Week (12-18)
- Fri 28 Last Day of Term 2



Community Dinner

HEYWOOD

Wednesdays 5:30pm
21 Scott St Heywood

- 👉 March 13
- 👉 April 10
- 👉 May 8
- 👉 June 12

HAMILTON

Tuesdays 5:30pm
39-41 Hammond St

- 👉 March 26
- 👉 April 30
- 👉 May 28
- 👉 June 25



COMMUNITY SERVICES

WOOD, WINE & ROSES FLOAT

We had a float in the Wood Wine and Roses, the theme was larger than life. We created a larger-than-life replica of a traditional eel trap. Our float celebrated and showcased an important element of the survival of Gunditjmarra on the lands we live on today.



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

TUES/WEDS

DROP-IN CENTRE

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

THURSDAY

BREAKFAST CLUB

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

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

YOUTH & YOUNG PEOPLE WELLBEING WORKSHOPS

Youth Drop-In Centre (31 Edgar St Heywood)

Monday 18 March 4-4:45pm
Primary School aged 6-12yrs

Wednesday 20 March 4-5pm
Secondary and up aged 12-25yrs

We are currently putting together a wellbeing journal for our youth and young people in our community, and we want your input.

The workshops are to help with planning and hear young people's voices.

Afternoon tea provided for both sessions.

CONTACT

Tayla Wakely
5527 0077
taylawakely@windamara.com

NGERANG KAKAYA (MOTHER, SISTER)

WOMEN'S GROUP

TERM 1 CALENDAR

Thursdays 11am

FEB 29 Paint by Numbers (39-41 Hammond St Hamilton) 11am-2pm

MAR 7 Bingo (39-41 Hammond St Hamilton) 11am-2pm

MAR 14 Trip to Budja Budja (Halls Gap)
Bus leaves Hammond St at 10:30am

MAR 21 Craft Day (39-41 Hammond St Hamilton) 11am-2pm

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



WE NEED YOUR RECYCLABLES!

Help us finish our basketball court by donating your recyclables!

Drop-off Point: 12 Lindsay St Heywood

Winda-Mara is now eligible to fundraise through CDS VIC West. All funds raised will go towards finishing our community basketball space with our goal to reach \$3000.

Help us by donating your cans and bottles at the designated wool bale at 12 Lindsay St or contact Tayla or Sarah to arrange pick up.

All local refund points give the option to donate to community groups and organisations.

Search for us!

"Winda-Mara Community Basketball Court"

Every cent counts! 5, 10, 20 or 50 drink container refunds donated will significantly help us.

CONTACT

Tayla Wakely or Sarah Wilson on 5527 0077
taylawakely@windamara.com, sarahwilson@windamara.com

LOCAL REFUND POINTS

Hamilton Bowls Club
7am-6pm (7 days)
Heywood IGA
7:30-7:30, Sa 8-7, Su 9-6
Portland Woolworths
8am-8pm (7 days)



Download the CDS VIC West Zone app

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

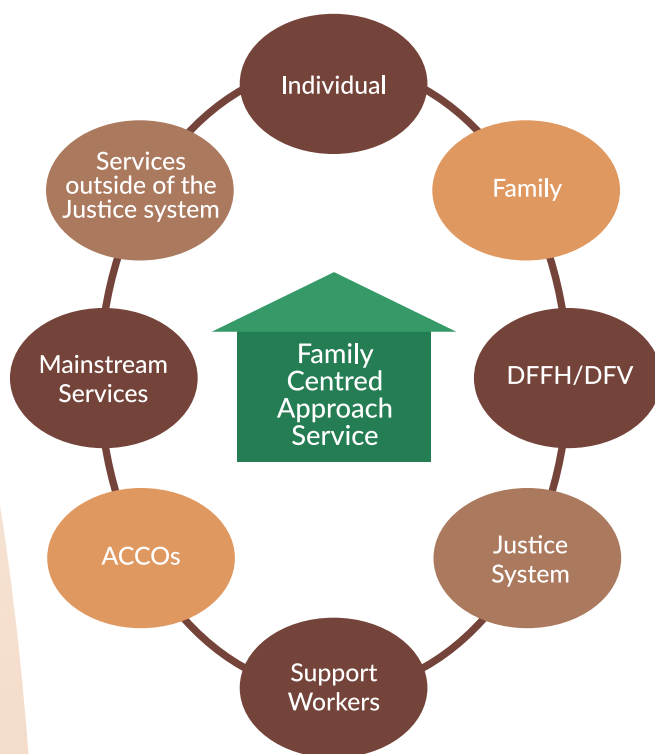
ELIGIBILITY

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

WINDA-MARA ABORIGINAL CORPORATION

21 Scott St (PO Box 42)
Heywood VIC 3304
P: 03 5527 0000

107 Thompson St
Hamilton VIC 3300
P: 03 5527 0090

wmac@windamara.com
ABN 71 636 105 116
ICN 1239

FAMILY CENTRED APPROACH - REFERRAL FORM

Referral Type:	<input type="checkbox"/> Self-Referral	<input type="checkbox"/> Staff Referral	Date: _____
From Service/Program Area:	_____		
Staff Member initiating referral:	_____		

Client Details

Name:	_____	DOB:	_____
Address:	_____		
Phone:	_____	Email:	_____
Gender:	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> Other
Indigenous Status:	<input type="checkbox"/> Aboriginal	<input type="checkbox"/> Torres Strait Islander	<input type="checkbox"/> Both <input type="checkbox"/> Neither
Mob:	_____		
Current Relationship Status:	_____		

Partner Details (if applicable)

Name:	_____	DOB:	_____
Address:	_____		
Phone:	_____	Email:	_____
Gender:	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> Other
Indigenous Status:	<input type="checkbox"/> Aboriginal	<input type="checkbox"/> Torres Strait Islander	<input type="checkbox"/> Both <input type="checkbox"/> Neither
Mob:	_____		

Current Orders in place (if applicable)

Does the client have children? Yes No

Name	DOB	Live with

Other Professional Involvement

<i>Name</i>	<i>Agency</i>	<i>Contact Details</i>

Relevant Documents attached

- Current Orders Case Plan Client Details Cultural Documents
 Other _____

Reason for referral

Has the client consented to the referral? Yes No

Is the consent to share form attached? Yes No N/A

Referrers contact details

Name: _____

Email: _____

Phone: _____

Background Information



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!**

HEALTH

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

7th Mar

4th Apr

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

18th Mar

15th Apr

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

1st Mar

5th Apr

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

5th Mar

30th Apr

AUDIOLOGIST

(Tim Rayner, 0-21)

Wednesdays

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

6th Mar

1st May

HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Thursdays

9:30am-3:30pm

27th Mar (Hey)

24th Apr (Hey)

MASSAGES

(Heywood)

(Hamilton)

Wednesdays

10am-3:30pm

13th, 27th

March

Fridays

10am-4:30pm

1st, 15th, 29th

March

VAHS DENTAL

Thursdays (Melb)

14th Mar

11th Apr

9th May

HEYWOOD DEADLIES RUN/WALK FOR INTL WOMEN'S DAY!

"Count Her In"



Heywood Deadlies invite community members to come join us for a run or walk on Friday 8 March 7am from 21 Scott St Heywood followed by a light breakfast at 7:30am
RSVP to Jess or Sherree for catering purposes

HAMILTON CLINIC TEMPORARY RELOCATION

WED 14 FEB - TUE 12 MARCH

Please note the short-term relocation of our GP Clinic from Thompson St to 18 Kenna Ave for a short period of time while works are completed.

- ⬆ We will be doing phone consultations with the GP's for this period.
- ⬆ The Nursing staff and Aboriginal Health Worker will be available by appointment only.
- ⬆ Our Social Emotional Wellbeing Team will be relocating to Hammond Street to the old South-West TAFE building for this period.

Return date may be subject to change.

CALL TO BOOK YOUR APPOINTMENT
Heywood 5527 0060 | Hamilton 5527 0090

KIDNEY HEALTH FOR ALL WORLD KIDNEY DAY

14 March 2024

YOUR KIDNEYS

- ⬆ Make urine
- ⬆ Remove wastes and extra fluid from your blood
- ⬆ Control your body's chemical balance
- ⬆ Help control your blood pressure
- ⬆ Help keep your bones healthy
- ⬆ Help you make red blood cells

TAKE CARE OF YOUR KIDNEYS

- ⬆ Staying active and exercising regularly
- ⬆ Eating a healthy diet
- ⬆ Check and control your blood sugar
- ⬆ Check and control blood pressure
- ⬆ Drinking appropriate fluid intake
- ⬆ Don't smoke



Get your Kidney Function checked if you have one or more of the 'high risk' factors.

- ⬆ you have diabetes
- ⬆ you have hypertension
- ⬆ you are obese
- ⬆ you have a family history of kidney disease

TUNING IN TO KIDS

EXPRESSION OF INTEREST

Tuning in to Kids

Location TBC after EOIs have been received

Emotionally Intelligent Parenting: A six-session parenting program for parents of children aged 3-10 years

Would you like to learn how to:

- ⬆ be better at talking with your child?
- ⬆ be better at understanding your child?
- ⬆ help your child learn to manage their emotions?
- ⬆ help to prevent behaviour problems in your child?
- ⬆ teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop emotional intelligence. Children with higher emotional intelligence:

- ⬆ have greater success with making and keeping friends
- ⬆ have better concentration at school
- ⬆ are more able to calm down when upset or angry
- ⬆ tend to have fewer childhood illnesses

Emotional intelligence may be a better predictor of academic and career success than IQ!



CONTACTS

Kylie Briggs &
Riana Beardsell
0493 228 960
rianab@windamara.com
kyliebriggs@windamara.com

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.



WINDA-MARA'S SOCIAL EMOTIONAL WELLBEING TEAM

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)



FAMILY SERVICES

Keep an eye out for our Kinship Cultural Program Days which will be coming very soon!

TRAINING/WEBINAR FOR CARERS



Indigenous Cultural Awareness Training
www.carerkafe.org.au



Resilience for Carers with Cheryl Harrison
www.carerkafe.org.au
This is a free webinar that carers can use to learning about resilience

Please contact Marley Morgan for any other trainings that carers or community might be interested in completing. marleymorgan@windamara.com

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.

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)

OTHER NEWS



Hi all, 2024 is going to be a significant year for the First Peoples Assembly of Victoria (FPAV) as it starts to negotiate a State-Wide Treaty in Victoria. Firstly thanks to all our community who have enrolled with FPAV (scan the code below to enrol) to be up to date on Treaty in Victoria please enrol.

At the FPAV we are seeking community to engage with our Elders Voice and Youth Voice Bodies, and for everyone else please be engaged with local Treaty activities. Please contact me if you wish to discuss either voices or how to be engaged.

Our South West Region is holding the Treaty Day Out Concert in Ballarat on Saturday 2nd March 2024. Please note that Community Members who are on the FPAV Enrolment List can access free tickets online, if not enrolled there is a fee. Get enrolled. Under 15 are free but must be accompanied by an adult.

It's an honour to be one of the three Community Elected Representatives for the South West Region of the FPAV. Please contact me via email, text or mobile phone to discuss the current status of Treaty in Victoria.

Regards

Michael "Mookeye" Bell

Clan/Mob: Gunditjmarra/Boandik

P 1800 TREATY (1800 873 289)

M 0491 126 471

E MichaelB@firstpeoplesvic.org



If you're already enrolled, encourage more of your mob to enrol. If everyone enrolled with the Assembly encourages just one friend to enrol, we can double our strength by doubling our electoral roll and send a clear message to the Government that we mean business.

By enrolling with the Assembly, you get to choose the people who will best represent your views on the journey to Treaty.

Also, when we grow the Assembly's electoral roll, we grow our collective strength and wisdom. Together, we'll be able to negotiate a strong Treaty that improves the lives of our people. So enrol today to show your support and help get Treaty done!

firstpeoplesvic.org/enrol



FIRST PEOPLES'
ASSEMBLY OF
VICTORIA



ASSEMBLY ELECTIONS YOUR
VOTE MATTERS

