



WINDA-MARA



JULY 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)
Fridays 10:30am - 1:00pm (Ham)
Mondays 11am - 12pm (Hey)
Fridays 12pm - 2pm (Hey)

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

Women's Group (Ham)
Thursdays (Term 3 update to come)
11am - 2pm

Massages (fortnightly)
Wednesday 5th July onwards (Hey)
Friday 7th July onwards (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

WMAC 30-Year Celebration
Saturday 15th July
6:30pm for 7pm welcome

Dietitian (Ham)
Monday 17th July
1pm - 5pm

HAPEE/Elders Audiologist (0-5, 50+)
Thursday 20th July (Ham)
9:30am - 3:30pm

Women & Childrens Camp
(Lake Condah Mission)
Fri 21st - Sun 23rd July

Optometrist (Ham)
Friday 21st July
9am - 12pm

Youth Drop-In Centre (Hey)
Tuesdays (6-12yrs)
3:30pm - 5:30pm
Wednesdays (12-25yrs)
3:30pm - 5:30pm
Fridays (12-25yrs)
3:30pm - 7:00pm

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

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

KKM Catch Up
Sunday 16th July
3pm

Community Dinner (Ham)
Wednesday 19th July
5:30pm onwards

Mens Health Gathering
Thursday 20th July
11am - 3pm

Optometrist (Hey)
Friday 21st July

Community Dinner (Hey)
Wednesday 26th July
5:30pm onwards

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!

STAFFING UPDATE

Hannah Grayson will be acting in our Family Services Manager role for the next three months. Hannah, along with Christy Ewing and Kelly Gannon have worked tirelessly to ensure our families continue

to receive an agile culturally appropriate and professional service balance without an official manager in recent times.

HEYWOOD

21 Scott St

Wednesdays 5:30pm onwards

26th July

25th October

23rd August

22nd November

27th September

COMMUNITY DINNER DATES 2023

HAMILTON

Location TBC

Wednesdays 5:30pm onwards

19th July

18th October

16th August

15th November

20th September



Winda-Mara Staff In-Service

At the end of June, all Winda-Mara staff attended our In-Service down at the Portland Golf Club which was an opportunity for staff to come together as we all work across many different towns and offices, and to partake in some professional development. We had Aunty Ros Pevitt, Uncle Mookeye Bell, Aunty Denise Lovett and Aunty Sandra Bell present a panel which highlighted the history of Winda-Mara and our humble beginnings.

Senior staff presented information about their team and the work that they do within Winda-Mara to encourage collaboration across our teams when it comes to servicing our community.



Our NAIDOC Tee Design 2023!

Artist: Karinda Farrant

Mum and I came up with the design. It represents all the knowledge that our Elders have passed down to our younger generations. They always held the key to our culture and how important it was to hear their stories. To give back by passing their stories down and carrying on their legacies through us.

Our NAIDOC Week t-shirts will be available to community members who attend any of our NAIDOC activities from Tuesday 4 - Friday 7 July.

If any t-shirts remain after NAIDOC week, t-shirts will be available to purchase with sale proceeds going towards our junior carnival funds.



NAIDOC WEEK CALENDAR 2023



MONDAY 3 JULY

HEYWOOD 10am
Flag Raising & Morning Tea
WMAC - 21 Scott St

HAMILTON 2pm
Opening & Afternoon Tea
WMAC - 107 Thompson St

HAMILTON 6pm
'The Last Daughter' free screening
Hamilton Cinema

TUESDAY 4 JULY

HEYWOOD 11am-3pm
Elders Lunch (transport provided)
Lake Condah Mission

WARRNAMBOOL 6pm-10pm
Youth Ball (13-18 yrs)
Pavilion - 50 Viaduct Rd

WEDNESDAY 5 JULY

HEYWOOD 2pm
Lake Condah Mission Walk
Meet at Greenvale - Lovetts Lane

HEYWOOD 5:30pm
Community Dinner & Entertainment
Lake Condah Mission

THURSDAY 6 JULY

HEYWOOD 1pm-3pm
Community Craft Day with loads of fun and cultural activities
Heywood Community Hall

FRIDAY 7 JULY

HAMILTON 11am-2pm
Community Craft Day with loads of fun and cultural activities
HIRL - 333 Nth Boundary Rd, light lunch provided

CONTACT US

Jenna Bamblett 5527 0084
Macahlia Rose 5527 0035
Wendy Lovett 0411 093 026

**For Our
Elders**



All events except Monday are for mob only

Winda-Mara Aboriginal Corporation
invite you to celebrate

WINDA 30 MARA YEARS

Saturday 15 July 2023

Heywood Community Hall

Doors open 6:30pm for 7pm welcome

STRAY BLACKS

JAYDEN LILLYST

AARON MORGAN

DRINKS AT BAR PRICES

FINGER FOOD

DOOR PRIZES

SEMI-FORMAL

Ticket proceeds go towards our Junior Sports Carnivals

Contact: Aunty Wendy Lovett

wlovett@windamara.com or 5527 0072



Grab
Tickets
Here!



COMMUNITY SERVICES

WILLARN PLAYGROUP - HAMILTON

We've had a pretty cruisy month at Willarn Playgroup in Hamilton. We made pizzas, were involved with creative play, painting, reading, and getting out in whatever crack of sun we could! OzChild attended these sessions as always and are such a great service to have join in with us. New faces are always encouraged and welcome! We look forward to seeing you next term.

Please keep an eye out for more details as our location will be changing due to renovations happening at Mitchell Park towards the end of July.

Contact: Gabrielle Walker
0436 370 414 or
gabriellewalker@windamara.com



YOUTH UPDATES

We recently had a Youth Mentor dinner catch up at Groke in Portland which was a great night and we're looking forward to the next one!

Our youth drop-in centre has been getting great numbers each week with our young mob making the most of the facilities coming together to play games, cook a feed and spend some time together.



We're always looking for more mentors. Contact our youth team for more info.

Tayla 0458 923 498 taylawakely@windamara.com
Jenna 5527 0084 jennabamblett@windamara.com

COMMUNITY SERVICES

YOUTH DROP-IN CENTRE

Our drop-in centre is a safe space to hang out with plenty of things to do including art, homework space, laptops, games, music equipment, cooking and having a feed, being creative and so much more, so come say hi to our youth team!

Our Drop-In Centre is open to both Indigenous and non-Indigenous Youth

MONDAYS

3:15pm - 5:00pm

Cultural Strengthening
School-aged (mob only)

Contact: Jenna on 5527 0084

TUESDAYS

3:30pm - 5:30pm

Drop-In Centre
Ages 6-12

WEDNESDAYS

3:30pm - 5:30pm

Drop-In Centre
Ages 12-25

FRIDAYS

3:30pm - 7pm

Drop-In Centre
Ages 12-25

Sun 16 July & Sun 6 Aug, 3pm

Karreeta Koornong Maar Catch Up

KKM mentors/mentees from Hey, Ham & Port



NAIDOC Youth Ball

Tuesday 4th of July | 6pm to 10pm | Location: Pavilion Warrnambool

AGES 13-18 | FREE TICKETS | DJ PUMPING | FINGER FOOD INCLUDED | PRIZES TO BE WON FOR BEST DANCER & MORE!

FOR MORE INFORMATION, PLEASE CONTACT JESS LOVETT-MURRAY ON 5527 0000

If you need formal wear or transport, please contact Tayla or Jess

SMOKE AND ALCOHOL FREE EVENT



A SPECIAL THANK YOU



TUTORING SESSIONS

Would you or someone you know benefit from some 1-1 tutoring or maybe a group session? We have tutors available who can help!

Open to Heywood and Hamilton mob, primary and secondary school aged.

For more info or to arrange a session, contact Tayla on 0458 923 498 or taylawakely@windamara.com



WILLARN PLAYGROUP

Hamilton

Fridays 10:30am - 1pm
Mitchell Park Kindergarten
1 Steel Rd, Hamilton

Heywood

Mondays 11am - 12pm
Fridays 12pm - 2pm
WMAC Playgroup Building
24 Hunter St, Heywood

Morning tea/lunch provided.
Transport available for all sessions.

Gabrielle Walker
0436 370 414

Janelle Huggers
0448 704 317

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.



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

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

13th Jul
10th Aug
7th Sep
12th Oct

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

17th Jul
14th Aug
18th Sep
16th Oct

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

21st Jul
25th Aug

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

21st Jul
18th Aug
15th Sep

AUDIOLOGIST

(Tim Rayner, 0-21)

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

23rd Aug
20th Sep
15th Nov

HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Thursdays
9:30am-3:30pm

20th Jul (Ham)
17th Aug (Hey)
14th Sep (Ham)
19th Oct (Hey)

MASSAGES

(fortnightly)

(Heywood)

Wednesdays from
5th July
10am - 3:30pm

(Hamilton)

Fridays from
7th July
10am - 4:30pm

NEW TACKLING INDIGENOUS SMOKING VIDEO

Winda-Mara alongside DWECH have released our new Tackling Indigenous Smoking Video titled 'Traditional Smoking Heals, Tobacco Smoking Kills'.

The video featuring so many of our young mob, what a deadly opportunity for them to create something so meaningful for our community.

View the video on our social media and website.



SMART RECOVERY GROUP

Winda-Mara is running 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.



Mums and Bubs needed for photo shoot!

Our nurse Kristy is seeking expressions of interest for any Mums and Bubs who would be willing to partake in a photography shoot with some of the photos to feature in the pamphlet advertising our Koori Maternity Services and Aboriginal Child Health Nurse Services at Winda-Mara.

If interested mob could please contact Kris on 0429 342 425.

HEALTH

NATIONAL DIABETES WEEK 9-15 JULY



DIABETES INFO SESSION

Thursday 13 July

11am - 1pm

107 Thompson St Hamilton



Come along to our diabetes info session and yarn with our Health team.

Diabetes requires effective management to help you live happy and well.

Diabetic snacks & lunch provided

Contacts: Janice Lovett, Tina Wright, Audrey Molan on 5527 0090



MENS HEALTH GATHERING

Thursday 20 July

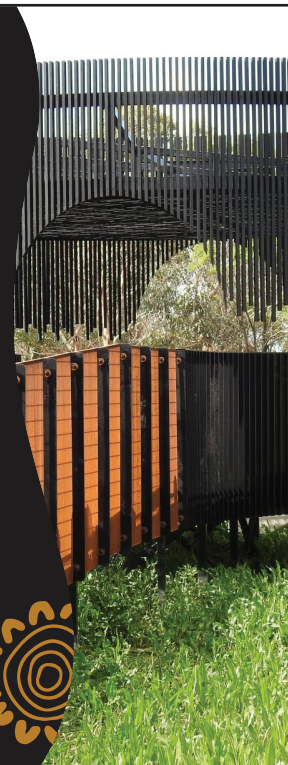
11am - 3pm

Tyrendarra IPA



- ☉ Smoking ceremony
- ☉ Personal Inspiration Stories from Jason Walker, John Bell, Ben Church, Leon Davis, Uncle Bungaditj Mara (Uncle Johnny)
- ☉ Opportunity for our Men to gather on Mirring to share life experiences

RSVP by Friday 14 July to Aunty Janice Lovett on 5527 0090



WOMENS & CHILDRENS CAMP

Friday 21 July 3pm to Sunday 23 July 12pm

Lake Condah Mission

This camp is to bring family groups together and strengthen our connection to each other and our community, in a positive environment.



Cultural Art activities
Mental Health activities
AOD information
Tour of Lake Condah Mission

Bush walking
Games & Story time
Arts & Crafts
Lunch at Tae Rak

This camp is for Women & Children from Hamilton that are WMAC clients. Transport will be provided, please contact Margaret to book.

RSVP by Wed 12 July to Marg Ferguson on 5527 0063

FAMILY SERVICES



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)

Are you safe at home day is held every year in May, but the message coming from this day can be shared throughout the year.

Are You Safe at Home Day is an opportunity for you to ask a colleague or loved one 'are you safe at home?' - and start a conversation to end family violence. The day is an initiative from Safe & Equal - the peak body for specialist family violence services that provide support to victim-survivors in Victoria. Winda-Mara Family Violence Unit is one of those specialist services, along with The Orange Door.

Winda-Mara has a Family Violence Team Leader, 2 current case workers, an Admin/Promotions Officer and an Orange Door Family Violence and Child Well-Being Practitioner. The Family Violence Unit is currently seeking a Men's Family Violence Case Manager. Please see Winda-Mara's current vacancies for more information.

If you are experiencing family violence or would like more information, please contact our Admin/Promotions Officer on 5527 0020.

If you would like to contact The Orange Door, please contact 1800 271 180.

LAND MANAGEMENT

In an endeavor to help the populace of the Red Tail Black Cockatoo, we've planted approximately 2,200 stringy bark trees with another 1,300 to be planted at Kooreelah this month.

We've also direct seeded at Allambie and Murphy's Hut. Both areas will be monitored to assess if this is a viable means of revegetation.

A few of our Rangers traveled to Picks Swamp (Ramsar Listed) just west of Nelson to meet the Burundies who are equivalent to the Rangers, but they work alongside National Parks and Wildlife Service, South Australia.

At the swamp we were lucky enough to see the critically endangered Australasian Bitterns, with approximately 1,300 left. Pick Swamp was a major wetland restoration, credited with having a bird list of 149 species. Many thanks to Liam from Glenelg Hopkins CMA and Brian from Nature Glenelg Trust.

At the depot we worked on public speaking with South-West TAFE. Our Rangers all said that they feel more confident having a yarn after the training.

With June coming to an end, maintenance on all properties are continued, just with more leeches!



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 and help Yoorrook recommend real changes to systems and laws affecting our people. Call Joseph Saunders on 0459 871 852 to get more information or to make a submission on-on-one.



The Western District ACCO Collective (WDAC) has been launched! WDAC formalises the long-standing solidarity and partnership of our Aboriginal Community Controlled Organisations (ACCOs), coming together to advocate for the self-determination of our rural and regional Western Victoria Communities.