



WINDA-MARA



MAY 2024

JOB VACANCIES

Aboriginal Youth Mentor Worker.
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)
Currently on hold

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

Women's Group (Ham)
Thursdays 11am

Audiologist (0-21yrs)
Wednesday 1st May
9:15am - 12:15pm (Hey)
1:30pm - 4pm (Ham)

Treaty Family Day (W'bool)
Thursday 2nd May
10am - 3pm

VAHS Dental (Melb)
Thursday 9th May

Dietitian (Ham)
Monday 13th May
1pm - 4pm

HAPEE/Elders Audiologist (0-6, 50+)
Wed 29th May
9:30am - 3:30pm

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

Breakfast Club (Hey)
Thursdays 8am

Young Women's & Men's Groups (Hey)
Wednesday 1st May
3:30-5pm

Massages (fortnightly)
Weds 8th & 22nd May (Hey)
Fri 10th & 24th May (Ham)
10am-3:30pm (Hey), 10am-4:30pm (Ham)

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

Reconciliation Week (Ham)
Monday 27th May, 2pm
Thursday 30th May, 10:30am
Friday 31st May, 6-9pm

COMMUNITY DINNER

Heywood
Wed 8 May 5:30pm
21 Scott St

Hamilton
Tue 28 May 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!

VACANT POSITION

Aboriginal Youth Mentor Worker

Full-Time | Heywood/Hamilton

SCHADS award 2.1-3.1 dependant on relevant qualifications and experience

The main purpose of this position is to engage with youth in the Youth Mentoring program in Heywood, Hamilton, Portland and surrounds.

You will work to maintain contact with the youth in the program, work with other units within Winda-Mara to identify potential youth to participate in the youth program, organise and coordinate a youth drop in centre in both Heywood and Hamilton, participate in school holidays programs and record numbers and conduct regular home visits to build relationships with families.

Applications close 5pm Thursday 9 May

This role is a designated Aboriginal and/or Torres Strait Islander position.

Visit www.windamara.com.au/employment to view the position description. For enquiries and to apply, please email peopleandculture@windamara.com



Community Dinner



HEYWOOD

Wednesdays 5:30pm
21 Scott St Heywood

- 👉 May 8
- 👉 June 12

HAMILTON

Tuesdays 5:30pm
39-41 Hammond St

- 👉 May 28
- 👉 June 25

OTHER NEWS



Southern Grampians
SHIRE COUNCIL

National Reconciliation Week Activities 2024

Monday 27 May, 2pm
**Reconciliation Week
Afternoon Tea**

A gathering to allow
conversations and
relationships to develop.
Hamilton Cinema Foyer,
109 Brown St

Thursday 30 May, 10:30am
**Reconciliation Week
Story Time ft. Aunty
Claudette Lovett**

Stories, songs, and fun!
Greater Hamilton Library,
105 Brown St

Friday 31 May, 6-9pm
**Reconciliation Week
Music Concert**

Hamilton PAC, 113 Brown St

TREATY FAMILY FUN DAY



Join us for a fun day!

Bring the family along for a day of fun, culture and Community — including a mini zoo, jumping castles, cultural activities and a free feed.

We'll also have a stall where you can yarn with Assembly Members, learn more about Treaty and enrol with us.

This is a free event for enrolled mob and kids in the South West region of Victoria. Please register via the link below.

What:
South West Treaty
Family Fun Day

When:
Thursday 2 May
10am-3pm

Where:
Emmanuel College
Warrnambool, VIC 3280



firstpeoplesvic.org/events

COMMUNITY SERVICES/HOLIDAY PROGRAM

HOLIDAY PROGRAM

We had another great turn out for our holiday program.

We had a great 2 day workshop with Daen and Isobel who taught and helped us create some animations.

We enjoyed watching watch Kung Fu Panda 4 at the Hamilton cinema.

We were lucky enough to have Troy Lovett take us exploring through all the cultural sights at Gariwerd.

Gareth from One Day Studios came and created stop motion animation with us.

www.youtube.com/@onedaystudios1/videos

To finish off our holidays we spent the day at the Tyrendarra IPA with our Budj Bim Rangers and the team at Glenelg Hopkins CMA, who took us for a tour on country, followed by creating our own waterways out of clay while learning about all the different things that live in our waterways.



YOUTH DROP-IN CENTRE TERM 2

31 Edgar St Heywood

MONDAY

HOMEWORK CENTRE

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

WEDNESDAY

DROP-IN CENTRE

3:30 - 6pm
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

Hamilton date & time TBC
for drop-in/homework centre

CONTACT
Sarah 5527 0038
sarahwilson@windamara.com

CONTACT
Tayla 5527 0077
taylawakely@windamara.com

YOUNG WOMEN'S GROUP

YOUNG MEN'S GROUP

First Wednesday of every month, 3:30pm - 5pm

- 👉 Community Services office
12 Lindsay St Heywood
- 👉 Open to Year 6 - Year 12
- 👉 Mob only
- 👉 Bus pickup from high school available
(please contact community services for transport)
- 👉 Hamilton dates TBC

TERM 2 DATES

- 👉 Wed 1 May
- 👉 Wed 5 June



CONTACT
Youth Team (Tayla & Sarah)
youth@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.

Currently at over \$700!

Search for us!

"Winda-Mara Community Basketball Court"

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

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

NGEERANG KAKAYA (MOTHER, SISTER)

WOMEN'S GROUP

Thursdays
39-41 Hammond St Hamilton

MAY 2

Tower Hill Day Trip



Bus leaves Hammond St at 10:30am

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

CONTACT

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

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

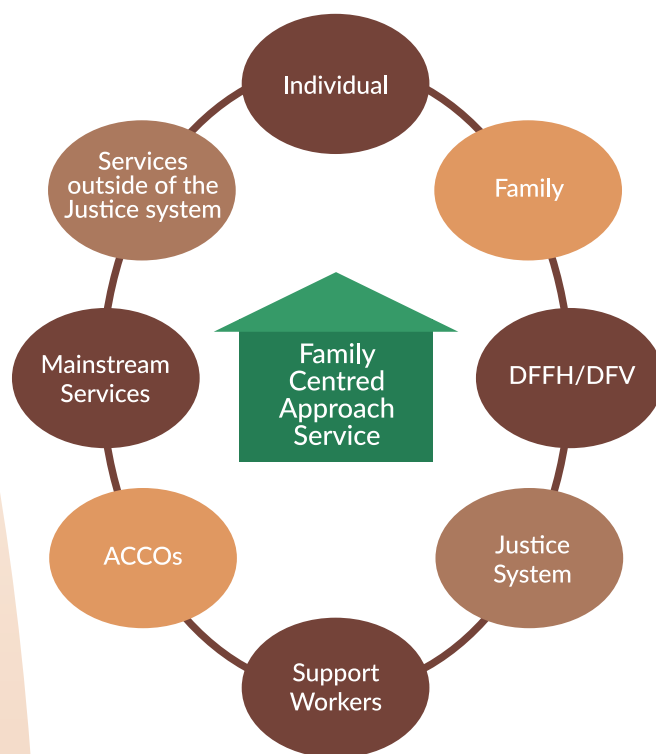
ELIGIBILITY

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

9th May

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

13th May

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

7th June

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

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+)

Wednesdays

9:30am-3:30pm

29th May

26th June

MASSAGES

(Heywood)

(Hamilton)

Wednesdays

10am-3:30pm

8th, 22nd
May

Fridays

10am-4:30pm

10th, 24th
May

VAHS DENTAL

Thursdays (Melb)

9th May

13th June

11th July

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)



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 Gunditjmara 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.

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



UPDATE YOUR ASTHMA PLAN

Have you updated your Asthma Management Plan?

Do you suffer from Asthma, hay fever or other upper respiratory (breathing) problems?

You should be aware that our ever-changing weather conditions can contribute to increased risk of Asthma attacks and other breathing problems. This is more pronounced among people with severe or poorly controlled asthma.

We currently have 90 Aboriginal & Torres Strait Islander community members on our records as having Asthma.

You, Your Health & Wellbeing

Asthma has varying degrees of impact on the physical, psychological, and social wellbeing of people living with the condition, depending on disease severity and the level of control.

People with asthma are more likely to describe themselves as having a poor quality of life.

Thunderstorm Asthma

Thunderstorm Asthma is triggered by a combination of grass pollen in the air and certain thunderstorm conditions. It can occur when pollen grains are drawn up into the clouds as a thunderstorm forms. The pollen grains absorb water, swell and burst open.

Risks of Thunderstorm Asthma

The risk of thunderstorm asthma is highest in adults who are sensitive to grass pollen and have seasonal hay fever (with or without known asthma). The worst outcomes are seen in people with poorly controlled asthma.

Your health is in your hands!

Book an appointment to update your asthma plan today.
Hamilton 5527 0090 Heywood 5527 0060





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!**

FAMILY SERVICES

ARE YOU SAFE AT HOME? DAY, 10 MAY 2024

Are You Safe at Home is a national initiative developed by Safe and Equal, designed to break down the fear and stigma associated with talking about family violence.

The focus of Are You Safe at Home? Day 2024 is a crucial role we all play in recognising and responding to family violence in our communities. Whether you are worried about someone you know in your local community or someone you work with – we're encouraging people to start the conversation.

We all deserve to be safe, respected and valued in all our relationships.

Sadly, family violence is more common than many of us realise. It happens in all communities, in all types of relationships and can take many forms.

Because family violence often happens out of sight, it can be hard for people experiencing abuse to reach out for support. It's often the people closest to them who may be the first to notice something isn't right. If you are worried about someone you know, it can be hard to know what to do. But just by asking, listening and believing, you can have an enormous impact on someone's journey to safety.

Ask 'are you safe at home?'

Listen to what they say without judgement.

Believe what they tell you – validate their experiences and let them know you're there for support.

Ending family violence is everybody's business – and you have a crucial role to play. This 10th May, start the conversation.

<https://areyousafeathome.org.au/>



ARE YOU SAFE AT HOME?

Help and support is available, you do not have to face this alone.

SAFE + EQUAL

areyousafeathome.org.au



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.

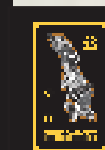
Otherwise, the Warrnambool Orange Door is the main entry point for people seeking family violence support. Call 1800 271 180.

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

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



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

KINSHIP CULTURAL PROGRAM

The kinship team supported a three-day cultural program for families to attend and be supported in learning about culture.

Day 1 of the program was a Welcome to Country by Aunty Eileen (Maude) Alberts and Aunty Colleen, who welcomed families and kicked off our cultural learning. We then were supported by Joey Saunders, Troy Lovett, and Leon Walker to go into men's business. The boys learnt about Aboriginal tools and then drew stories on their clap sticks. The girls were supported by Aunty Maude to learn about women's business and learnt to basket weave. Telling stories about Aunty Connie who as a child would watch the women basket weave and through this was able to pass down the knowledge of basket weaving throughout the generations to come. This day saw 38 participants attend.

Day 2 of the program was art with Saige Bell. Saige showed her designs and art that told stories throughout her work. Saige helped the children to learn how to create a story through symbols and lines. The children and families were gifted with their own art book and a copy of symbols. One child created a story about their family and animals. This session saw 18 participants.

Day 3 of the program was a tour of the Tyrendarra IPA with Aunty Colleen Hamilton. Two of our young people did our Welcome to Country in language, which they have learnt through Winda-Mara's cultural strengthening program. After this family photos were taken and these photographs will be developed and framed to give out to families on United Nations National Families Week from May 13-19. On day 3 we had 28 participants.

On this day we saw parents and families come together that had not seen each other for months. Children were able to reconnect with their family and extended family and learn about their connection to culture.

It was a very heart-warming experience with some deadly feedback from families and children that attended.

"Thank you for doing this for our family, I don't know much about my culture, and it is hard to teach my granddaughter if I don't know, this is what should happen within the school holidays."

"It was great to finally meet the parents and for them to be able to put a face to a name and to the person caring for their child."

"Thank you for setting up the event today, I appreciate being given the opportunity to see and get back out with the community, it was such a great day! Seeing the smiles on my daughter's face and knowing she is safe helps me to heal."

"I was so excited when I turned up and saw my mum!"

"It was heart-warming to see families get back together and see not only their grandchildren but meet their niece and nephew too."

"Seeing my granddaughter connect with her culture and help me to learn more about my own, I know she is in a good space."

"Seeing my sister and brother means the world to me, seeing my whole family together was deadly!"

Thank you to everyone who participated and thank you to the following for your time and support of our program:

- Joey Saunders
- Troy Lovett
- Leon Walker
- Aunty Eileen Alberts
- Aunty Colleen Hamilton
- Saige Bell
- Aunty Di Bell
- Shakarli Hope
- Marley Morgan
- Louise Fadersen
- Makerita Aupa'au
- Jack Fadersen

