



# WINDA-MARA

DECEMBER 2022

**Winda-Mara will be closed from 12pm Thursday 22<sup>nd</sup> December and reopen Monday 9<sup>th</sup> January 2023.**

## MEDICAL CLINIC HOURS

We've had some changes to our Medical Clinic service hours. Changes can occur at any time so please contact our medical receptions for availability.

### HEYWOOD

Tuesday 10am-4pm Dr Nicole Kerr  
Thursday 10am-4pm Dr Nicole Kerr

### HAMILTON

Monday 9am-5pm Dr Frank Fox  
Tuesday 9am-5pm Dr Frank Fox  
Wednesday 9am-5pm Dr Frank Fox

## 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.

## HAPPENING THIS MONTH!

**Playgroup (Hey/Ham)**  
Every Friday (excl. holidays)  
10:30 - 12:30pm

**Cultural Studies (Ham)**  
Thursdays 3:30pm - 5pm  
Running all term 4

**Youth Drop-In Centre (Hey)**  
Tuesdays & Wednesdays  
3:30pm - 5:30pm

**Women's Group (Ham)**  
Thursdays 11am - 2pm  
Running until end of 2022

**Massages**  
Weds 7<sup>th</sup>, 21<sup>st</sup> Dec (Hey)  
Fri 9<sup>th</sup> Dec (Ham)

**Podiatrist (Ham)**  
Thursday 8<sup>th</sup> Dec  
1:30pm - 5pm

**HAPEE Program Audiologist (0-5yrs) (Hey)**  
Thursday 8<sup>th</sup> Dec  
9:30am - 5pm

**Monkey Pox Vaccinations (PDH, Portland)**  
Thursday 8<sup>th</sup> Dec  
1pm - 4pm

**Dietician (Ham)**  
Monday 12<sup>th</sup> Dec  
1pm - 5pm

**Men's Group Dinner (Groke, Portland)**  
Thursday 15<sup>th</sup> Dec  
5pm - 8pm

**Family Services Client Catch-Ups**  
Mon 19<sup>th</sup> & Tue 20<sup>th</sup>

**Community Christmas Party**  
Wednesday 21<sup>st</sup> Dec  
1pm - 5pm

Wishing you and your mob a Merry Christmas and a safe and Happy New Year!



## CONTACT US!

Join our Mailing List or update your details on our website!

**Heywood (Main Office)**  
P: 03 5527 0000

**Heywood (Main Office & Medical)**  
21 Scott St (PO Box 42)  
Heywood VIC 3304

**Hamilton (Medical Clinic)**  
107 Thompson St  
Hamilton VIC 3300

**Heywood (Medical)**  
P: 03 5527 0060

**Land Management**  
598 Henty Highway  
Portland VIC 3305

**Hamilton Community Services & Family Services Office**  
333 Nth Boundary Rd (HIRL Studio Room)  
Hamilton VIC 3300

**Hamilton (Medical)**  
P: 03 5527 0090

[www.windamara.com.au](http://www.windamara.com.au)

 FIND US ON FACEBOOK!

# STAFFING UPDATE

## Ngatanwarr!

### Greg Schulz – Project Manager (Finance)

Greg lives in Portland and is familiar with the region having lived here most of his life. Greg was formerly the Company Accountant at the Port of Portland before his most recent role as the Finance Manager at Portland District Health.

His wife Shauna works part time at the library and they have 3 children - Callum is studying primary teaching in Melbourne, Meg works at DWECH in Portland, and Luke is completing a traineeship at Bayview College.

He enjoys taking his dogs Kosmo and Oscar to the beach for a run and swim. A sports lover, he played local footy and basketball and is patiently waiting for Carlton to make the finals (maybe next year).

### Adrian Hann – WHS Manager

Adrian has 2 kids, with his eldest Lexi 4 yrs of age and his youngest Leo at 3 yrs old. He enjoys his weekend adventures with the kids taking them to as many new places as possible. Adrian also loves the outdoors, camping and playing football.

Currently Adrian and his family are living in Portland while we finish building our home in Narrawong.

### Lisa Hughes – People & Culture Advisor

After living away for 15 or so years, Lisa is moving back to familiar surrounds with her family. They have lived in most States and Territories in Australia, being Tom Price (WA), Emerald (Central QLD), Groote Eylandt (NT) and Orange (NSW), but apparently nothing compares to having family close by, hence the move to Heywood!

Lisa's girls, Ivy (8) and Lyra (10) are starting school (Grade 3 & Grade 5) in Heywood next year and will be looking to make some friends around town.

Lisa is hoping to join a football/netball club and to get involved in the Community around town. She is looking forward to getting to know everyone at Winda-Mara.

We've also had Violet Bamblett and Hailey Blurton start as our new Budj Bim Trainee Rangers. What a deadly opportunity for these young girls to work on Country.

## Wurruk!

Candice Day recently finished up with Winda-Mara. Candice had been at Winda-Mara for 21 years starting in our main reception and working with many teams including health and community services in that time. We wish her the best for her big move to Shepparton!

Winda-Mara Community

**Christmas  
Party!**

Wednesday 21st December

more info to come!

# COMMUNITY SERVICES UPDATE



## Willan Playgroup

Our KPSA Tash attended Dartmoor and Penshurst Kindergartens this month. The services were involved in a book reading of Warnayarra the Rainbow Snake and an activity of making their own Rainbow snakes, it was great to see the children involved in the activity. Dartmoor Kindergarten were very lucky to also have Aunty Tina Wright visit with Tash and join in. We would love if any community have activities or want to share in a story to reach out and get involved in this space.

The Willan Playgroup break up will be on Friday December 16<sup>th</sup>, with more info provided closer to the day.

## Winda-Mara Housing

Wishing you all a Merry Christmas and Happy New Year from Aunty Di Bell our Housing Officer.

Our Emergency contact number for Winda-Mara tenants over the Christmas break is 0423 539 723.

## Men's Group

Men's Group has started back up again in Heywood offering a culturally inclusive space, group/individual art, Men's referrals, yarning circle, and health and fitness advice and programs. Running fortnightly on Thursdays 5-7pm with dinner provided, contact Grant Roberts or Richard Bamblett on 5527 0053 for info.



## MEN'S GROUP

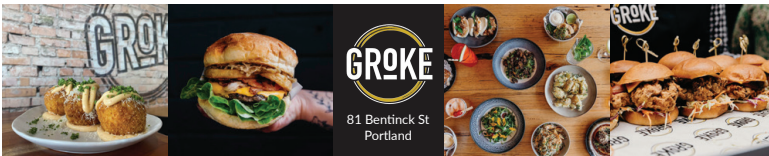
### END OF YEAR DINNER

Thursday 15<sup>th</sup> December 5-8pm  
@ Groke Portland

Joint end of year dinner for Winda-Mara and DWECH Men's Groups attendees

Transport available

RSVP by Mon 12<sup>th</sup> December to Grant or Richard on 5527 0053



## Cultural Strengthening

**YOUTH CAMP @ Lake Condah Mission**

Jan 11<sup>th</sup> - 13<sup>th</sup>  
8 - 12 yrs

Jan 18<sup>th</sup> - 20<sup>th</sup>  
13 - 17 yrs

- Health & Wellbeing
- Community Projects
- Cultural Connections
- Guest Speakers
- Sport Skill Sessions
- Art Therapy
- Team Building
- & more!

Open to our youth in the Heywood & Hamilton areas.



For more information, contact Jenna Bamblett or Tayla Wakely.  
youth@windamara.com RSVP by Monday 9<sup>th</sup> January



## WINDA-MARA ABORIGINAL CORPORATION WORKER 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



# COMMUNITY SERVICES UPDATE

## Vigil for Cassius Turvey

On November 2<sup>nd</sup>, several of our youth and community members attended a Vigil at the Portland skate park for Cassius Turvey. The vigil was arranged by Chris Saunders. Thank you, Chris.



## Trip to Warrnambool to an Escape Room

Saturday 5<sup>th</sup> November, our Karreeta Koornong Maar youth went to Warrnambool to try their luck at the escape rooms. Unlucky for them, they didn't get out!



## KARREETA KOORNONG MAAR

Youth Mentor Program

### WE NEED YOUR DESIGNS!

Come down to our youth drop-in centre and help us create designs for our arcade games coming soon!

Open to all school aged children.

Drop-In Centre open Tuesdays and Wednesdays 3:30pm - 5:30pm

For more info, contact our youth mentor team.  
Tayla 0458 923 498 or PJ on 0412 119 024



### HEYWOOD JNRS GREEN SHIRT REF COURSE

For Ages 12 - 18 (free)

Learn how to referee a basketball game

Earn some extra money refereeing junior games

Course will be held on a Sunday in February

IF YOU ARE INTERESTED DM THE HEYWOOD BASKETBALL ASSOCIATION FACEBOOK PAGE OR SPEAK TO A REP



Contact Tayla on 0458 923 498 if you're interested in joining in on this basketball referee course.



# COMMUNITY SERVICES UPDATE

## Cultural Strengthening

Both Heywood & Hamilton groups have been busy. Both groups have been learning animal names in language and collecting items from nature to create our animals. With the warmer weather our Heywood mob were able to go swimming & spent some time at the beach. In Hamilton we visited Nigretta & Wannon Falls.



## Women's Group

Our Hamilton Women's group has kicked back off. Thursdays 11am - 2pm. We have been creating mosaics which turned out deadly. We have lots more coming up including Christmas activities, pottery, jewellery workshops + more. If you have any activities, you interested in trying please contact Jenna Bamblett. We also highly encourage people to RSVP prior to Thursdays for catering and material purposes.



## CULTURAL STUDIES

Hamilton Primary and Secondary Kids

**Every Thursday  
3:30pm - 5pm**

**HIRL Art Room  
333 North Boundary Rd, Hamilton**

*School pickups are available, organise with Jenna or Tayla prior to session.*

Contact Jenna Bamblett 5527 0084, Tayla Wakely 0458 923 498 or email [youth@windamara.com](mailto:youth@windamara.com)

## WOMENS GROUP

**Every Thursday 11am - 2pm**

**HIRL Art Room  
333 North Boundary Rd, Hamilton**

### UPCOMING ACTIVITIES

Pottery classes  
Mosaic's  
Art therapy  
Sound therapy  
Massages

Pamper day  
Day out and about  
Out on country  
Family trees  
Memories

Contact Jenna Bamblett on 5527 0084 or Macahlia Rose on 0417 567 099



# COMMUNITY SERVICES UPDATE

## Youth Drop-In Centre

Our Drop-In Centre (31 Edgar St Heywood) is coming along with a few new additions. The drop-in centre is now open for high school students 15+ if needed for any time during school hours. The key just needs to be signed out from our Heywood Community Services office at 14 Lindsay St.

Tuesday & Wednesday's our drop-in centre is open to all youth from 3:30- 5:30pm. Make sure to come along, grab a feed, bring some homework if you need help or just come and chill.



## Youth Health Packs

Our Youth team have been collecting and purchasing items to create youth health packs for community with relevant information handouts.

We're trying to provide the information in a discrete way and try to reduce the shame factor.



## Letters to Santa

Santa has had his elves deliver a mailbox to our community service office.

His asked that anyone who has written their Santa letter to post it here to make sure he gets it.

Santa has asked that we post the letters to him by the 15th of December. So make sure you drop them in to the community service office before then.



## 2023 Aboriginal Education Scholarships

Applications are now open for Glenelg Shire Councils 2023 Aboriginal Education Scholarships.

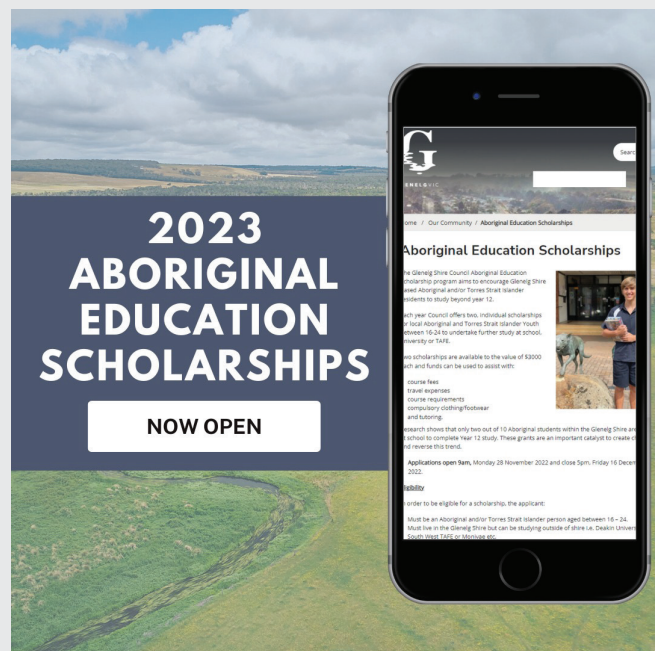
Two scholarships are open to any young Aboriginal and/or Torres Strait Islander person 16-24 living in the Glenelg Shire, for the amount of \$3,000 to support any study (school, tafe, trade or uni).

Application forms and guidelines are available on the Shire website <https://www.glenelg.vic.gov.au/Our-Community/Aboriginal-Education-Scholarships>

Applications close 5pm, Friday 16th December.

Please contact our Building The Dream Worker Tayla if you require any assistance with your application at [taylawakely@windamara.com](mailto:taylawakely@windamara.com) or 0458 923 498.

Research shows that only two out of 10 Aboriginal students within the Glenelg Shire are staying at school to complete Year 12 study. These grants are an important catalyst to create change and reverse this trend.





# HEALTH UPDATE

## HAVE YOU HAD YOUR ATSI HEALTH CHECK?

It's important for our mob to stay up-to-date with our ATSI health checks. Call our medical receptions to book yours today!

Heywood 03 5527 0060

Hamilton 03 5527 0090

## Make sure you get your scripts before the Christmas break!

Book yourself an appointment at one of our medical clinics before Christmas to make sure you get all your scripts you need while Winda-Mara is closed Thursday 22<sup>nd</sup> December and Monday 9<sup>th</sup> January. Call today to make an appointment.

## Monkey Pox Vaccination

Portland District Health  
Thursday 8<sup>th</sup> December,  
1pm-4pm

Please contact Infection Control Unit to make an appointment on 5521 0339.

## UPCOMING ALLIED HEALTH VISITS 2022-23

### PODIATRIST (Hamilton)

Thursdays  
1:30pm-5pm

10<sup>th</sup> Nov  
8<sup>th</sup> Dec  
12<sup>th</sup> Jan  
9<sup>th</sup> Feb  
9<sup>th</sup> Mar  
6<sup>th</sup> Apr  
11<sup>th</sup> May  
8<sup>th</sup> Jun

### DIETITIAN (Hamilton)

Mondays  
1pm-5pm

12<sup>th</sup> Dec  
16<sup>th</sup> Jan

### OPTOMETRIST (Glen Howell - Hamilton)

Fridays  
9am - 12pm

3<sup>rd</sup> Feb  
14<sup>th</sup> Apr  
5<sup>th</sup> May  
2<sup>nd</sup> Jun

### OPTOMETRIST (Penry Rousten - Heywood)

Fridays

17<sup>th</sup> Mar  
21<sup>st</sup> Apr  
19<sup>th</sup> May  
16<sup>th</sup> Jun

### HAPEE PROGRAM AUDIOLOGIST (0-5yrs)

Thursdays  
9:30am-5pm

8<sup>th</sup> Dec

### MASSAGES

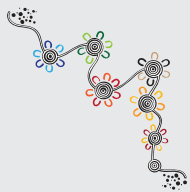
(Heywood)

Wednesdays  
10am - 3:30pm

7<sup>th</sup> Dec  
21<sup>st</sup> Dec

(Hamilton)

Fridays  
10am - 4:30pm  
9<sup>th</sup> Dec



## TACKLING INDIGENOUS SMOKING

### TALENT SHOW

featuring *Isaiah Firebrace*

11<sup>th</sup> February 2023, 2pm - 6pm

Heywood Community Hall

BBQ Dinner Provided. Contact Uncle Tony at DWECHS or Jess at Winda-Mara for more info.



## Is Vaping safe?

Vaping is not harm free. Vapes can contain toxic chemicals that can hurt your lungs when you breath them in.

Vapes also have ingredients known to cause cancer, heart disease, and brain damage.

**Throw away the vape today!**

FROM  
1ST OCTOBER  
2021

Importing  
nicotine vapes  
from overseas  
requires an  
Australian  
prescription

Caution: Nicotine vaping products have not been tested for safety or effectiveness. If you want to quit smoking see your doctor or call the Quitline 13 7848 for advice on your options.

# FAMILY SERVICES UPDATE

## End of Year Wrap-Up!

What a year we have had within the family service team we are so happy to be able to see community again, we have seen many families achieve goals. This year we have been involved in many activities including family camp, NAIDOC week, Aboriginal Children's Day, Community Service children's camps, KAE, and woman's group to name a few.

The Team would like to wish all children and their families the best with Orientation Day for schools and Kindergartens. On the 6<sup>th</sup> of December some family will be attending sisters' day out in Warrnambool this should be a relaxing day.

Don't forget that we will be catching up with all families within family services on the 19<sup>th</sup> and 20<sup>th</sup> of December before we break of our annual shut down.

Hope everyone has a safe break, and we look forward to seeing you all in the new year.

## Activities

On Friday a family travels to Warrnambool for an appointment. While travelling the discussion has been around making Friday a fun day!

On the first week the child was excited to go to the train station where he and his mum got to go on the platform and look at where the train comes in, the timetables, tickets, and maps.

The Staff at the train station were amazing in the way that they interacted and shared information with the family and provided activity packs and a press out train for the child to make at home.

The family asked and were able to travel on the train the following week going for a quick trip together.

Catching the train was very exciting and they both enjoyed being able to share the experience, creating memories, spending time together and using low-cost everyday experiences as a way to connect.



WINDA-MARA TOY & FOOD DRIVE

## Donations for our Boori's

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  
(Christmas box at reception)

Family Services Office 51 Edgar St Heywood  
(next to bakery)

Donations to be in by Friday 16<sup>th</sup> December

*Thank you for your continued support!*



## 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)



# FAMILY SERVICES UPDATE



## Walk Against Family Violence

We had a Walk Against Family Violence on Friday 25th November commencing at the front of 14 Lindsay Street and made our way along the footpath down Edgar Street to the Apex Park where we had a lovely healthy lunch and some discussions about Family Violence from our wonderful team leader, Kelly Gannon, and team.

## What is Orange Door?

Sometimes things at home or in a relationship are not OK and you need some help and support. At The Orange Door, they are here to listen and help you to get the support you need quickly and easily.

Family Violence is made up of so many different behaviours. They can be physical, sexual, emotional, psychological abuse, coercive, controlling, dominating, financial abuse and elderly abuse.

And it needs to STOP!!

We walked in solidarity for those who are affected by family violence.

Have you ever thought about becoming a **RESPITE CARER?**

Call 03 5527 0000 to talk to our Family Services Team

## 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.**

# LAND MANAGEMENT UPDATE

## November, it's been a great month!

Violet Bamblett came on board with the Rangers as a trainee and Haylee Blurton as a casual.

We've had teams out with Gunditj Mirring on the Mana Gum survey and the koala program in partnership with DELWP is in full swing.

Budj Bim Rangers alongside Gunditj Mirring spent a day learning about Bio Security with Agriculture Victoria. Just how easy it is to transfer non-native seeds (weeds) from property to property through the use of the vehicles, tractors, A.T.V. shoes & clothing.

Both Lashay and Alyssa have now completed their A.C.U.P (Australian Chemical Users Permit) as well as their chainsaw ticket.

From the Land Management Crew, we wish everyone happy holidays, safe travels and please remember it's not about the presents but the presence of Family and loved ones.



If you or anyone you know are keen for a tour contact Budj Bim Tours on 0458 999 315 or head to [www.budjbimtours.net](http://www.budjbimtours.net)