



## JOB VACANCIES

- Aboriginal Family Violence Practitioner - Orange Door
- Family Violence Case Manager
- Social and Emotional Wellbeing Worker

Contact People & Culture for more info

## MEDICAL CLINICS

Please note that changes to days/hours can occur at any time so please contact our medical receptions for availability.

**New locum Doctor Michael Clark**

Monday 1 September - Friday 3 October

### HAMILTON

Tue	10 - 4	Dr Kerr
Wed	9 - 5	Mandy (Nurse Prac)
Thur	9 - 5	Dr Kerr
Fri	9 - 5	Dr Clark

### HEYWOOD

Mon - Thu	9 - 5	Dr Clark
Thu	9 - 5	Mandy (Nurse Prac)

Telehealth appointments with Dr Gaur are also available, see Health section for dates/times

## ALLIED HEALTH SERVICES

Allied Health Services are available to community members including massages, podiatry, optometry, and audiology.

### Share your Feedback

- Compliments
- Complaints
- Comments

Help us improve our services

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



## WHAT'S ON THIS MONTH!

### WEEKLY ACTIVITIES

**Drop-In Centre (Hey)**  
Open Monday - Friday  
3:30 - 5pm

**Tue Breakfast Club (Hey)**  
7:45am - 8:30am

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

**Youth Group (Ham)**  
3:30pm - 4:30pm

**Building The Dream (Ham)**  
3:30pm - 4:30pm

**Wed Willarn Playgroup (Ham)**  
11am - 1pm

**Building The Dream (Hey)**  
3:30pm - 5pm

**Thu Elders Group (Hey/Ham)**  
11am - 2pm

**Fri Willarn Playgroup (Hey)**  
10am - 12pm

**Recovery Group (Ham)**  
11am (currently on hold)

**Youth Group (Hey)**  
3:30pm - 5pm

**Games Night (Hey/Ham)**  
6pm - 9pm

### ALLIED HEALTH

**W/Th/F Counselling**  
Wed 10am-3pm (Ham)  
Th/F 9am-4pm (Hey)

**Fri 26 Massages (Ham)**  
10am - 3:30pm

**Tue 2, & 16 HRH Dietitian & Diabetes Educator (Hey)**  
9am - 5pm

**Thu 4 Podiatrist (Ham)**  
1:30pm - 5pm

**Fri 5 Optometrist (Ham)**  
9:30am - 12pm

**Thu 11 VAHS Dental (Melb)**  
All day

**Tue 23 Dietitian (Ham)**  
9am - 12pm

**Wed 24 Massages (Hey)**  
10am - 3:30pm

### COMMUNITY DINNER

**Wed 10 Heywood 5:30pm**  
21 Scott St

**No dinner (school holidays) Hamilton 5:30pm**  
39 Hammond St

### OTHER ACTIVITIES

**Wed 3 Women's Health Week Dinner (Hey)**  
from 5:30pm

**Tue 9 Community Breakfast (Hey)**  
7:30am - 8:30am

**Thu 11 R U OK Day Afternoon Tea (Hey)**  
from 3:30pm

**Wed 24 Men's Group (Hey)**  
5pm - 8pm

**Fri 26 Kinship Yarning Circle (Hey)**  
10:30am - 12:30pm

**Wed 24/ Thu 25 Junior Carnival**  
Shepparton

**Tue 30/ Wed 1 Oct Holiday Program**  
Movie Day & Junior Rangers  
(subject to weather)

## CONTACT US

**Heywood**  
P: 03 5527 0060

**Hamilton**  
P: 03 5527 0090

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

**Heywood (Medical/Health)**  
18-20 Hunter St  
Heywood VIC 3304

**Hamilton (Medical/Health)**  
107 Thompson St  
Hamilton VIC 3300

**Hamilton Community & Family Services**  
39 Hammond St  
Hamilton VIC 3300

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

# STAFF UPDATE

## NEW STARTERS

Ryli Walker | Senior Budj Bim Ranger  
Peter Barker-Lovett | Budj Bim Ranger Trainee  
Ash Dyson | Integrated Family Services Practitioner

## NEW ROLES

Jess Lovett-Murray | Acting Health Services Manager  
Colleen Hamilton | Cultural Education and Admin Officer  
Rosalyn Chester | Kinship Contracting Case Manager

## LEAVERS

Jodie Lovett | Elder Care Support Team Leader  
Sharon Rigg | Medical Practice Manager  
Jaelun Lovett | HACC/CHSP Maintenance Worker

## WINDA-MARA OFFICE CLOSURE

All Winda-Mara offices including our Medical Clinics will be closed on Friday 19 September for an all-staff in-service.

# VACANT POSITIONS

## Aboriginal Family Violence Practitioner - Orange Door

Full-time, Heywood/Hamilton (closes Thu 4 Sept)

This role supports Aboriginal and Torres Strait Islander clients impacted by family violence through culturally safe intake, assessment, and planning. It involves risk assessment, crisis response, service coordination, stakeholder engagement, and accurate record-keeping. The position promotes culturally informed practice while ensuring compliance with relevant policies, privacy, and safety standards.

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

## Family Violence Case Manager

Full-time, Heywood/Hamilton (closes Thu 4 Sept)

The Family Violence Case Manager delivers culturally safe, trauma-informed support to Aboriginal and Torres Strait Islander individuals affected by family violence. The role includes crisis response, case management, MARAM assessments, and group facilitation. It promotes healing and safety through client-led planning, therapeutic referrals, and collaboration with partner agencies.

## Social and Emotional Wellbeing Worker

Full-time, Hamilton (closes Fri 5 Sept)

This role supports the wellbeing of clients with mental health and AOD issues through culturally appropriate health promotion, intake triage, and community programs. It involves collaboration with internal and external services, accurate record-keeping, and promoting access to Indigenous-specific supports, while ensuring culturally safe, ethical, and client-centred service delivery.

Visit [www.windamara.com.au/employment](http://www.windamara.com.au/employment) to view any current vacancies.  
For enquiries and to apply, please email [peopleandculture@windamara.com](mailto:peopleandculture@windamara.com)

# COMMUNITY DINNER

## HEYWOOD

Wednesdays 5:30pm  
21 Scott St

- 👉 10 September
- 👉 8 October
- 👉 12 November



## HAMILTON

Tuesdays 5:30pm  
39 Hammond St

- 👉 No September (school holidays)
- 👉 21 October
- 👉 25 November

# COMMUNITY SERVICES

## WOMEN'S GROUP

SEPT - NOV 2025

**Tuesdays 11am - 2pm**

Fortnightly sessions

39 Hammond St Hamilton

### CONTACTS

Macahlia | 5527 0035  
macahliarose@windamara.com

Kylie | 0491 958 001  
kyliebriggs@windamara.com

- 2 Sept
- 14 Oct
- 11 Nov
- 16 Sept
- 28 Oct
- 25 Nov
- 30 Sept

## MEN'S GROUP

**Wednesdays 5pm - 8pm**

Heywood Work Shed

12 Lindsay St Heywood

- 24 Sept
- 29 Oct

### CONTACT

Richard Bamblett  
0411 832 580  
richardbamblett@windamara.com

*Dates/times subject to change*

*Food & drinks provided*

## FRIDAY NIGHT GAMES!

**FRIDAYS 6 - 9pm**

Starting 12 September

**Community/family friendly games night!**

Alternating between Heywood and Hamilton

HEYWOOD  
21 Scott St

HAMILTON  
39 Hammond St

- Boards Games
- Card Games
- Group Challenges
- Prizes to be won!

- All ages welcome
- Transport available
- Snacks available, BYO dinner

### CONTACTS

Jenna | jennabamblett@windamara.com  
Macahlia | macahliarose@windamara.com

## ELDER CARE SUPPORT PROGRAM

Are you, or someone you know aged 50+ and in need of a bit of extra support?

Winda-Mara's Elder Care Support Team is here to help.

Perfect for Elders and emerging Elders still living independently in their homes, but needing just a bit of extra support.

The Elder Care Support Team can offer and help you access support services to assist you with everyday tasks that are becoming a challenge.

We can also assist any Elders needing support with referrals and assessments working through The MyAgedCare Government assistance program.

**Contact our Elder Care Team**  
Jodie Lovett | Team Leader  
P 5527 0000  
E jodi Lovett@windamara.com



**Elder Care Support**

Community-led  
Pathways to Care





# COMMUNITY BREAKFAST!

**Tuesday 9 September**  
**7:30am - 8:30am**

**21 Scott St Heywood**



**RSVP BY**  
5pm Friday  
5 September

Heywood breakfast club invites all our mob to come and join us as we celebrate the end of Term 3 with a Community Breakfast!

We will also be presenting prizes and awards to the amazing students who've been part of Breakfast Club this term.

## CONTACTS

Tayla | [taylawakely@windamara.com](mailto:taylawakely@windamara.com), Jamie | [jamiereiri@windamara.com](mailto:jamiereiri@windamara.com)

## TRANSPORT

- 👉 Pick-ups at 7:30am
- 👉 Drop offs to Heywood kinder and schools and bus stops in Heywood for Portland/Hamilton school students



# HOLIDAY PROGRAM SEPT/OCT 2025

**mob only**

## 👉 Tue 30 Sept Movie Day - 'Kangaroo'

**Time TBC | Warrnambool Cinema**

- 👉 Genre: Adventure, Comedy, Family
- 👉 Rating: PG (Mild themes, violence and coarse language)



## 👉 Wed 1 Oct Junior Ranger Program

**11am - 1pm | More details to come**



- 👉 Transport from Heywood and Hamilton will be available for each activity.
- 👉 Other activities will be put in place if weather doesn't permit. More details on all activities TBA.
- Staff will be in contact closer to the day with final details around transport times, pickup/drop-off locations, and any other important information.
- 👉 Please remember: If your child has any medical, behavioural, or other special considerations, please include them in the space provided so we can ensure they are fully supported.
- Open to Primary and Secondary School students only.



**RSVP by**  
**Thu 18 Sept**

**Tayla** | [taylawakely@windamara.com](mailto:taylawakely@windamara.com)  
**Jamie** | [jamiereiri@windamara.com](mailto:jamiereiri@windamara.com)  
**Tyleah** | [tylahbarr@windamara.com](mailto:tylahbarr@windamara.com)



# WILLARN PLAYGROUP

## HAMILTON

- 👉 Wednesdays
- 👉 11am - 1pm
- 👉 39 Hammond St

## HEYWOOD

- 👉 Fridays
- 👉 10am - 12pm
- 👉 24 Hunter St

For mob aged 0-5 (parent/guardian supervision required)

### CONTACTS:

Maddi | [maddisonkanoa@windamara.com](mailto:maddisonkanoa@windamara.com)  
Becky | [beckykanoa@windamara.com](mailto:beckykanoa@windamara.com)

Rhythm and Rhymes



Gardening with Family



Children's Day with Willarn in Heywood & Hamilton



Book Week at DWECH with some very special guests!





# YOUTH PROGRAMS

## CHANGES FOR END OF TERM 3



### Young Men's and Women's Group

- 👉 Heywood | Friday 12 September (no change)
- 👉 Hamilton | Tuesday 16 September (cancelled)

### Youth Group

- 👉 Heywood | Fri 29 Aug (cancelled) | Last session: Wed 10 Sept
- 👉 Hamilton | Tues 2 Sept (cancelled) | Last session: Tues 9 Sept

### Building The Dream

- 👉 Heywood | Wed 27 Aug (cancelled) | Last session: Wed 10 Sept
- 👉 Hamilton | Tues 2 Sept (cancelled) | Last session: Tues 9 Sept

### Breakfast Club (no change)

- 👉 Heywood | Tues 7:45am - 8:30am | Last session: Tues 9 Sept

### Willarn Playgroup

- 👉 Heywood | Fri 29 Aug & 5 Sept (cancelled) | Last session: Fri 12 Sept
- 👉 Hamilton | Wed 27 Aug & 3 Sept (cancelled) | Last session: Wed 17 Sept

### Drop-In Centre

- 👉 Heywood | Check with Tyleah for open days until end of term 3

#### CONTACTS

##### Building The Dream & Breakfast Club

Tayla | [taylawakely@windamara.com](mailto:taylawakely@windamara.com)

Jamie | [jamiereiri@windamara.com](mailto:jamiereiri@windamara.com)

Youth Groups Tyleah | [tyleahbarr@windamara.com](mailto:tyleahbarr@windamara.com)

##### Willarn Playgroup

Maddi | [maddisonkanoa@windamara.com](mailto:maddisonkanoa@windamara.com)

Becky | [beckykanoa@windamara.com](mailto:beckykanoa@windamara.com)

# YOUTH UPDATES

## School Lunches with Our Young Mob

As part of our Building the Dream work, our team has been visiting local schools, bringing lunch and spending time with the kids to yarn about what's happening in our programs.

This month, we had the pleasure of visiting Heywood Consolidated Primary School and George Street Primary School. It's been a great way to build connections, share stories, and get our young mob excited about what's next.

Big thanks to the schools for welcoming us — we're looking forward to more visits soon!

## Willan Foundation and Uncle Ricky Morris

On August 7th, we had the honour of welcoming Uncle Ricky Morris, founder of the Willan Foundation, as a guest speaker for our Youth. Uncle Ricky shared powerful stories of his past experiences serving in the Australian Defence Force, offering insight into the discipline, resilience, and values gained from his time in service.

He also spoke passionately about the work of the Willan Foundation, an organisation committed to supporting Aboriginal people in identifying and overcoming barriers to meaningful employment. Through its programs, the Foundation helps individuals become more actively engaged and connected within both the Aboriginal and wider community.

We're grateful to Uncle Ricky for sharing his journey and inspiring our Youth with his wisdom, strength, and commitment to creating positive change.

## Breakfast Club Update

Our Breakfast Club has been going really well this term — it's been a great way to start the mornings with a full belly and a yarn.

As we wrap up for the term, we'll be finishing on a high note with a Community Breakfast to bring everyone together and celebrate. Keep an eye out for details — we'd love to see you there!



## Pulambeet & Kardermudelar Karweeyn – Recordings

A community audio project sharing stories of place and Country.

As part of our Heywood Building the Dream initiative, we've had the incredible opportunity to collaborate with Lilja Sigurpals from Kapatola, along with Blake and Peter from Powerhouse Productions. Together, they've been working with our young mob to record voices for the Kardermudelar Karweeyn Mirring and Pulumbeet Playground in Portland.

These voice recordings will be embedded into interactive sound poles. Visitors will be able to press

on certain images and hear stories and information shared directly by community members — bringing voices of Country and culture to life in a powerful way.

We can't wait to see — and hear — the final result!

Thank you to everyone involved:

- Glenelg Shire Council
- Lilja Sigurpals (Kapatola)
- Blake and Peter (Powerhouse Productions)
- Jenna Bamblett & the Youth Team
- Troy Lovett & Braydon Saunders

## INDIGENOUS SERVICE OFFICER VISIT

Dani De Bono, our local Indigenous Service Officer from Services Australia, will be coming to Winda-Mara on the following dates for community to yarn with:

**Hamilton** | 39 Hammond St

Tuesday 9 September, 11am - 2pm

**Heywood** | 21 Scott St

Thursday 11 September, 10:30am - 1:30 pm

*Morning tea provided*

They'll be covering:

- Centrelink payments and services
- Navigating online services
- Linking Centrelink and Medicare services to your MyGov account

There will also be availability for 1-on-1 discussions and support if needed.

To attend, please use the link below to register:

<https://forms.office.com/r/YGA5sXdqqv>





## Childrens Day celebrations

We also celebrated Aboriginal and Torres Strait Islander Children's Day with some deadly activities! In both Hamilton and Heywood, kids enjoyed banner making, cookie decorating, and fun games throughout the afternoon. Every child also received a special pack to take home.



## Building The Dream

In both Heywood and Hamilton, we have been creating our very own paper mache Budj Bim volcanos. Our Heywood mob let theirs erupt, and our Hamilton mob are letting theirs erupt in the next week.



## Youth Group

We ran youth group this month up in Hamilton and Heywood where we did different activities like cooking, painting and games. Youth group is ran in Hamilton on a Tuesday and in Heywood on a Friday.

## Young Men's and Women's Group

We have had good numbers for Young Men's and Women's Group this month, creating textured art canvases in both Heywood and Hamilton.





## Youth Cooking Sessions

We've recently begun a new program in Heywood — weekly Youth Cooking Sessions for young people who are disengaged from school, have finished school, or are not currently in work or study.

It's been a fantastic start, with our young participants showing off some impressive skills in the kitchen — we definitely have some future chefs on our hands!

The program provides a relaxed, supportive space where young people can learn practical life skills, connect with others, and build confidence. There's also the opportunity for informal support and check-ins if needed.

We're excited to continue building this program and look forward to seeing it grow.

*Hamilton Sessions TBC*



**BUILDING  
THE DREAM**

## AFTER SCHOOL PROGRAM

- These sessions will include a mix of cultural strengthening activities, educational sessions, and skill-based workshops
- We've got plenty of deadly, diverse, and engaging activities planned - there's something for everyone!
- Depending on upcoming events, such as sporting carnivals, we may incorporate training sessions to prepare participants

### HEYWOOD | Wednesdays 3:30pm

21 Scott St

#### IMPORTANT INFO

- Names must be provided in advance for attendance
- RSVP by Tuesday 2pm each week.
- We contact the school with a list of names the day before who we are collecting from school.
- Participants must be collected by a parent/guardian at 4:45pm.

### HAMILTON | Tuesdays 3:30pm

39 Hammond St

#### IMPORTANT INFO

- Names must be provided in advance for attendance
- If transport is required, details (including the student's name and school location pickup) must be confirmed by Tuesday at 12pm each week.
- Parents/Guardians must make contact with school for consent to us picking the students up.
- Participants must be collected by a parent/guardian at 4:30pm.

Tayla | [taylawakely@windamara.com](mailto:taylawakely@windamara.com)  
Jamie | [jamierei@windamara.com](mailto:jamierei@windamara.com)

P 5527 0000

For Prep to Year 12, Heywood & Hamilton

# HEALTH

## ALLIED HEALTH VISITS

**PODIATRIST** (Ham)  
Thursdays 1:30pm - 5pm  
4 Sept | 3 Oct | 7 Nov

**VAHS DENTAL** (Melb)  
Thursdays  
11 Sept | 9 Oct | 13 Nov

**AUDIOLOGIST**  
Thurs 9am - 12pm (Hey), 1:30pm - 4pm (Ham)  
TBC - contact reception

**OPTOMETRIST**  
Tuesdays (Hey) 9:30am-3:30pm  
Fridays (Ham) 9:30am-12pm  
9 Dec | 5 Sept | 3 Oct

**DIETITIAN** (Ham)  
Tue 23 Sept, 10am-2pm  
Tue 21 Oct, 1pm-5pm  
Tue 11 Nov, 10am-2pm

**HRH DIETITIAN & DIABETES EDU**  
Tuesdays 11am-12pm (fortnightly - Hey)  
2 & 16 Sept | 7 & 21 Oct | 18 Nov | 2 & 16 Dec

**MASSAGES**  
Weds 10am-3:30pm (Hey) | Fris 10am-3:30pm (Ham)  
24 Sept | 22 Oct | 19 Nov | 26 Sept | 24 Oct | 21 Nov

**HEARING AUSTRALIA**  
Wednesdays 9:30am-3:30pm  
TBC appts through HA

**COUNSELLING**  
Weds 10am-3pm (Ham)  
Thu/Fris 9am-4pm (Hey)

## New Locum Doctor & Telehealth Appointments now available

**Dr Michael Clark**  
Monday 21 September to Friday 3 October  
Heywood | Monday - Thursday  
Hamilton | Friday  
Due to the temporary stay of the locum, we still aren't accepting new patients.

**Dr Gaur (Telehealth appointments - September)**  
Mon 1 | 9am - 2:30pm  
Tue 2 | 9-11:30am, 3:30-5pm  
Thu 4 | 9am - 2:30pm  
Fri 5 | 9am - 5pm  
Mon 8 | 9am - 2:30pm  
Tue 9 | 9-11:30am, 3:30-5pm  
Thu 11 | 9am - 2:30pm  
Fri 12 | 9am - 5pm

**Dr Nicole Kerr**  
Heywood | Tuesdays  
Hamilton | Thursdays  
**Nurse Practitioner Mandy**  
Heywood | Thursdays  
Hamilton | Wednesdays

**Heywood**  
5527 0060

**Hamilton**  
5527 0090

Ask your mob, your way,

**R U OK?**

because we are...

**#StrongerTogether**

**STRONGER  
TOGETHER**

**RUOK?**

## R U OK Day Afternoon Tea

Thursday 11 September | 3:30pm

21 Scott St Heywood  
Community outdoor space

All welcome!

### CONTACTS

Fran | 0460 284 024, Djakira | 0466 879 940

## At Winda-Mara we ask our mob, R U OK?

Our Social & Emotional Wellbeing Team supports community through:

- Mental health counselling (kids, teens, families)
- GP Mental Health Plans & NDIS referrals
- Cultural connection & wellbeing groups
- AoD support: counselling, education, detox referrals
- Family & carer support

Contact our team for a referral.

0429 961 474 | [sewbteam@windamara.com](mailto:sewbteam@windamara.com)



# WOMEN'S HEALTH WEEK

1–5 September 2025

[womenshealthweek.com.au](https://womenshealthweek.com.au)

 **Jean Hailes**  
Women's Health Week®

Jean Hailes is supported by funding from the Australian Government.

**Wednesday 3 September | 5:30pm**  
**21 Scott St Heywood** (for dinner)

Jean Hailes Women's Health Week promotes wellbeing for women, girls, and gender-diverse people. This year's theme, 'Say Yes To You,' encourages prioritising personal health and self-care.



# 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!**



## YARNING CIRCLE KINSHIP CARER SUPPORT



**Friday 26 September | 10:30am - 12:30pm**

**39 Hammond St Hamilton**

- 👉 Catering provided
- 👉 Transport available, contact Lauren to organise

### CONTACT

Lauren Millard | 0400 785 752  
laurenmillard@windamara.com

Carers Yarning Circles are a warm and welcoming space where Kinship carers can come together, share their stories, support one another through challenges, and honour the meaningful moments of caring.

It's about connection, community, and sharing the journey together.

### FREE LEARNING AND DEVELOPMENT OPPORTUNITIES FOR CARERS

Carer Kafe offers practical knowledge to manage caring with a fresh perspective. It's a welcoming online hub for home-based carers of children and young people in Victoria to come together, share, yarn and grow their confidence in caring for future generations. Through the Carer Kafe website, carers can access learning & development opportunities & resources.

Visit Carer Kafe



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

### UPCOMING TRAININGS

- 👉 **Services Australia – Grandparents Foster and Kinship Adviser Program**  
Tuesday 9 September, 7pm – 8:30pm via Zoom  
Join us for this session from Services Australia that will:
  - Introduce you to the Grandparents Foster and Kinship Advisor Program
  - Give you valuable insight into what claims you can make and how to make them
 The session is designed for kinship, foster and permanent carers.
- 👉 **Introduction to Fetal Alcohol Spectrum Disorder (FASD)**  
Saturday 20 September, 11am – 2pm via Zoom  
This session will support carers' knowledge of:
  - FASD and its types
  - Challenges for individuals living with FASD
  - Basic strategies for support and learning
 The session is designed for kinship, foster and permanent carers.  
Register for both via:  
<https://carerkafe.org.au/learning-and-development/>

### CARE TO SHARE? PODCAST SERIES

Podcast Series Join Tessa and Deb from FCAV for our latest podcast series – Care to Share? This series follows on from our previous Podcast series – Who Cares? These topics provide additional tools to assist carers throughout their fostering or kinship journeys. They will help carers gain insight into a range of topics, so they have a better understanding of the home-based care system and child protection system. Available via:  
<https://carerkafe.org.au/resource/care-to-share-podcast-series/>



**Carer Kafe**

### WORKSHOP

**Enhancing home life through Regulation, Rhythm and Resilience**

This pre-recorded 45-minute training session is presented by Megan Corcoran, Director of the Wagtail Institute. PowerPoint slides available to download.

In this session, carers will learn:

- How to recognise their stress response and the stress response of the children and young people in their care
- Understanding the impact of trauma on the stress response
- Useful self-regulation and co-regulation strategies

This session focuses on the wellbeing of children/young people and the wellbeing of carers. Available via:

<https://carerkafe.org.au/resource/enhancing-home-life-through-regulation-rhythm-and-resilience/>



# LAND MANAGEMENT

Salutations from the Land Management Crew, apologies, it's been a while.

We've had a slight shift in crew and management. Aaron has stepped up into the role of manager & we know that Aaron brings a wealth of knowledge of hands-on experience into that role.

Ben rolled into a new position, Heath has gone onto a role with DEECA, Alyssa would be in her 2nd year of university, Haylee is enjoying her role as a trainee curator at Bunjilaka (Melbourne Museum), and Ace now enjoys life in Queensland. We have just filled those empty positions, we have a huge addition with Tyson coming on board as Team Leader and Tjarai, Josiah, Ryli and P.J. First time for a long time, it's an all Gunditj Crew

Already August and the year has flown. The continued earlier summer weather meant that we had to curtail a lot of activities on Country. With the grass being so dry we had to ensure that the mower and slasher weren't too hot, and we had to be very careful that the whipper snipers didn't hit the basalt and create sparks. Although the dry weather meant weed spraying and snakes.

The earliest date recalled that we have for the koala program is 2008 – that is still being continued with DEECA and hopefully Parks Victoria again. Working alongside GMTOAC in their Koala program, Lashay and Freya are stepping up and leading catches where qualified tree climbers aren't needed.

Before the hot hot weather set in, the Rangers with Gunditj Mirring, Weeyn Yarkeen fire management (Leroy) completed a planned burn through the wetlands at Tyrendarra Indigenous Protected Area.

All stock has now been taken off Allambie and the new growth of black wattle is just amazing.

And we're finally seeing the native flora that was planted at the Tyrendarra car park thrive, more importantly we are finally seeing water running through the fish trap at Tyrendarra again.

Prior to the end of May and June, we had a small army of casuals completing new fence lines at Kooreelah. Many thanks to Matilda, Lucas, Preston, Jojo, Tjarai & Jayden. Currently Lake Gorrie's fence line has a new face lift, with Uncle Roger, Lashay & Freya working the lines perfectly.

The Rangers also attended and contributed to the opening of the Fitzroy mouth with Gunditj Mirring & Glenelg Hopkins CMA & by all accounts, the bird life is now crazy.

Freya & Lashay are completing the Certificate 3 in Conservation and Ecosystem Management.

And now we have rain & with that rain, we have tree planting. On those nice extra days over winter and spring the crew not only have to deal with leeches but the reptiles that come out for the sun. Currently there has been revegetation at Tyrendarra IPA endeavouring to create the landscape to what was prior to colonization.

We had the Future and Young Leaders and the science department from Deakin university come on tour and the Uni students also doing water assessment from Killara (Darlots Creek), the students did say that in comparison to some of the creeks, Killara is pristine.

Lastly a HUGE congrats to the Murujuga Mob for attaining World Heritage Listing.

