

WINDA-MARA

MARCH 2022

HAPPENING THIS MONTH

Optometrist (Ham)
Friday 4th March
9am - 12pm

Winda-Mara Health Day (Hey)
Friday 18th March
10am - 5pm

Playgroup (Hey/Ham)
Every Friday
11am - 1pm

Podiatrist (Ham)
Thursday 17th March
1:30pm - 5pm

Elders Hearing Clinic (Hey)
Friday 18th March

Parenting Program (Ham)
Every Wednesday
11am - 1pm

MEDICAL CLINIC HOURS

HEYWOOD

Monday 9am-5pm Dr Yota Yoshimitsu
Tuesday 9am-5pm Dr Yota Yoshimitsu
Thursday 9am-5pm Dr Gopi Patel
Friday 9am-5pm Dr Gopi Patel

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.

HAVE YOU TESTED POSITIVE TO COVID-19?

Winda-Mara are offering COVID Care Packages to Aboriginal and Torres Strait Islander community members who have tested positive to COVID-19.

Our COVID Care Pack includes anti-bacterial wipes, Glen20 spray, playing cards and boards games to keep you entertained during isolation.

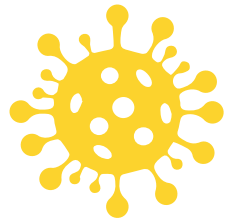
Help keep our community safe and protect our Elders by getting tested if you have symptoms or are a close household contact.

If you or someone you care about are isolating, please reach out if you can.

You can also speak to our SEWB team if you're comfortable to do so.

Call 0429 961 474 to secure your pack.

COVID-19 vaccinations for children aged 5-11 years are now available in both our Heywood & Hamilton clinics. Call either of our medical receptions to book an appointment today.



CONTACT US!

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 House

18 Kenna Ave
Hamilton VIC 3300

www.windamara.com.au



FIND US ON FACEBOOK!



CEO UPDATE

Ngatanwarr to you all for 2022 from myself and our Board of Directors. First, I want to thank the Winda-Mara staff for all of the things you have done and continue to do to make our events from the early part of this year less impactful for our community. Every day you go out of your way to keep our community safe and happy. Your health and safety, and that of our community, is our top priority – there is absolutely nothing more important than that!

Our vaccination program has been very successful with a large percentage of adults receiving their vaccinations, and we are now running our vaccination clinics for our kids aged 5–12 years in both Heywood and Hamilton. I encourage parents to contact our medical clinics to have a yarn with our medical professionals about the vaccination, if you have hesitations.

There are also some big picture things taking place at Winda-Mara, with the continued effort to achieve our goal of our infrastructure masterplan. As you are aware, we have received funding to construct a new medical clinic. Our executive team remain on the lookout for additional funding opportunities to support the masterplan aspirations of Winda-Mara.

With everything that is going on, Winda-Mara staff remain focused on their work, by ensuring our community receive the best service and support possible. Our staff must be congratulated on their unwavering approaches and commitment to support community.

Finally, I wish all the community all the best for the year 2022.

Stay Safe and Healthy!

Jason



STAFFING UPDATES

Ngatanwarr!

Christie Harris started with us late last year as our new Finance Officer. She was born and raised in Hamilton and still lives there. Her family are from Dunkeld and Condah areas with most still living in the Portland, Heywood, Hamilton, Warrnambool areas. In her spare time, she enjoys listening to music, hanging with friends and going on spontaneous adventures. Christie's main duties as Finance Officer include generating purchase orders, paying invoices, receiving payments etc. "I have always wanted to work with a purpose of helping people, so I am most looking forward to working within an amazing team of people and assisting them in the background to help those in the community".

Ravi Aulakh started with us in January as the Executive Manager of Corporate Services. He will be overseeing Finance, HR, Asset Management, Quality and Compliance, Media/Public Relations, and IT. Ravi comes to us with plenty of experience having previously held positions as Director Corporate Services at SA Health, Limestone Coast Local Health Network and as Executive Business Manager at Uniting Communities (SA). Ravi is a father of 2 young girls, he enjoys reading and watching soccer and looks forward to meeting and collaborating with the everyone at Winda-Mara to support the team to achieve the organisational goals.

Some of our workers have changed positions within the organisation and we wish them the best in their new roles.

Sherree Chaudhry - Aboriginal Family Violence Practitioner
Orange Door

Shae Ailey - Acting Executive Manager for Community Wellbeing and Cultural Services

Tash Nepean - KPSA Hamilton, Heywood and Portland

Winda-Mara currently have no job vacancies available. Check our website and Facebook page for any updates.

Trudi Vaughan started in February as our Quality and Governance Coordinator. Trudi grew up locally and moved to Melbourne when she was 21.

Currently she is concentrating on reviewing/compiling what accreditation or compliance requirements Winda-Mara is obligated to carry out. She is also getting the compliance of buildings up to date.

"I was fortunate to have the opportunity to work at Winda-Mara come along at the right time. I hope to be able to make a positive difference. All staff have been so welcoming and lovely that it has made settling in so much easier. It is a credit to all staff for delivering such a great service to the community."

Nadia Rose started in February as our Media and Communications Coordinator. Nadia is a Gunditjmara woman who grew up in Heywood, and currently lives in Hamilton with her dog, Bodie. Currently working part-time, Nadia is focusing on managing our social media and website, our newsletter, and giving Winda-Mara a professional look, while still looking deadly! "I'm looking forward to returning to work at Winda-Mara after a long time away. I love graphic design, so being able to use my skills to help showcase all the wonderful things Winda-Mara does will be a lot of fun!"

We've had plenty more workers start in recent months. We hope they enjoy their time here at Winda-Mara.

Environmental Services

Janelle Huggers
Storm Hogan
Aunty Patrina Lovett

Administration Support Officers

Maluda Onus Peart
Yakirah Agnew

Home Community Care Coordinator (HACC)

Aunty Ros Pevitt

Budj Bim Rangers

Heath Smith
Daryl Roberson
Aaron Bamblett
Nikki Hamilton
Lashay Blurton

Wurruk!

Thanks to **Janine Cameron** for all her hard work as our Home Community Care Coordinator supporting our Elders through organising Elders activities, giving them home support and building a connection with them.

Adam Walker is our outgoing Housing Manager. Thanks to Adam for all his hard work managing our properties and coordinating maintenance and repairs for tenants as needed.

Teegan Drain was one of our RN Practice Nurses. Thanks to Teegan for all her hard work in our Heywood Medical Clinic supporting our mob and the wider community with their health journeys.

Maurice Cameron has finished up as the CHSP Maintenance Worker. We thank Maurice for all the hard work he put in keeping our community members lawns looking deadly!

Thanks to **Uncle Tony Lovett** for his work as our Executive Manager for Community Wellbeing and Cultural Services. Uncle Tony achieved a lot in his short time with us, implementing new systems and strategies that will help Winda-Mara moving forward.

Hannah Grayson will be going on Maternity leave from March 28th. We wish her all the best with baby number two. Please contact Vici Wakely (Senior Kinship Worker) in her absence.

NEWS FROM OUR HEALTH TEAM

In Hamilton, we are into the 3rd month of 2022 and have already been busy providing Medical and Allied Health Services to our community.

During the month of March in Hamilton, we are asking community to provide feedback on the services provided at our Thompson Street Service. Feedback forms are available from medical reception or on our website.

Your comments are important to us, as this is a way we can review how we provide our services to the community.

Compliments are most welcome!

Our Hamilton clinic recently celebrated Dr Fox's 70th Birthday!

Dr Fox has worked at Winda-Mara's Health Clinic since 2005 starting with afternoon sessions from 5-7pm.

He now works 3 days a week in our Hamilton clinic. We thank Dr Fox for his continued support to improve our community's health and wellbeing and hope he likes his deadly presents!



UPCOMING VISITS

PODIATRIST (Hamilton)

Thursdays 1pm-5pm

17th March
14th April
12th May
16th June

OPTOMETRIST (Hamilton)

Fridays 9am-12pm

4th March
25th March
15th April
13th May
3rd June

AUDIOLOGIST (0-12yrs) (Heywood/Hamilton)

Wednesdays

9:15am-12:15pm (Hey)
1:30pm-4pm (Ham)
20th April
15th June

WINDA-MARA HEALTH DAY!

Friday 18th March
10am-5pm
21 Scott St Heywood

Come and join us for our Health Day!
Our health team will have plenty of information and resources to share with our mob to help us stay happy and healthy!

Chronic Disease Management
Optometrist and Audiologist on site
After school children's activities
and healthy snacks
Lunch will be provided

For catering purposes, please RSVP
to jesslovettmurray@windamara.com
or call 03 5527 0000

We can't wait to have a yarn with you!





ELDERS HEARING CLINIC

Recently at our Hamilton Medical Clinic, Winda-Mara held our first Elders hearing clinic run by Hearing Australia.

Our elders were treated to goody bags and lunch.

Thanks so much to all our Elders who came along to the clinic, we hope you had a deadly time!

Our next Elders hearing clinic will be held in Heywood on Friday 18th March. If any Elders are interested in coming along, please book your spot by calling Heywood Medical Reception on 03 5527 0060.



CHRONIC HEALTH INFO

As the Integrated Team Care Co-ordinator based in our Hamilton Office, Aunty Janice Lovett has been working with our GPs to complete GP Management Plans (GPMP) and Integrated Team Care Arrangements (ITC) for our community who have been diagnosed with a chronic disease. This enables those with a GP Management Plan to access support to help with the management of your chronic disease.

If you have been diagnosed with a chronic disease your GP will refer you to 'The Chronic Disease Program' funded as Integrated Team Care and Supplementary Services. You are also able to self-refer just by coming and seeing Aunty Janice.

Types of chronic diseases that can affect our health include

- cancer
- cardiovascular conditions
- diabetes
- chronic eye conditions
- kidney disease
- lung and respiratory conditions (asthma)

Many chronic conditions are not life threatening in the short term. However, they can worsen over time and become more serious. Chronic conditions can lower your quality of life and may affect your independence.

All community members that have been diagnosed with a chronic disease must have a GP Health Management Plan and Team Care Arrangements (TCAs) completed to be eligible for the Chronic Disease Program (Integrated Team Care and Supplementary Services Program).

Your GPMP plan (which is reviewed every three months)

- identifies your health and care needs
- sets out the services to be provided by your GP and
- lists the actions you can take to help manage your condition

If you have a chronic medical condition and complex care needs requiring multidisciplinary care, your GP may also develop Team Care Arrangements (TCAs). Supplementary services (part of the ITC Program) can provide funding to assist with the management of your chronic disease within your GPMP.

Examples of assistance that can be provided to you are:

- The purchase of dietary resources such as nutrition information and healthy recipes needed to aide healthy eating and the management of chronic disease.
- The purchase of Dietary Supplements eg Sustagen, Resource Plus.
- Payment of a procedure performed by a Specialist or Allied Health Practitioner.
- Payment of the Gap between MBS Rebate and the fee charges for diagnostic tests (MRI, Blood Test and X-Ray).
- Transport and fuel assistance to travel to an out-of-town health care provider, plus accommodation costs if your appointment requires an overnight stay.
- Purchase of Medical aids.

Please note to be assisted with payments for any specialist and Allied Health Practitioner's, and costs associated with x-rays, blood tests, CT scans, MRI Tests you must contact Aunty Janice prior to your appointment for authorisation of paying any fees.

For more information to have a yarn with Aunty Janice, call 55270090 or come down to the Thompson St office.

COVID-19 FOOD & EMERGENCY RELIEF

The Victorian Government are working to make sure our mob are supported with their food and essential needs to keep all people safe and well during the pandemic. This includes making sure all Aboriginal and/or Torres Strait Islander Victorians have access to food and everyday essentials so that Elders, people with disability, or anyone who is immune compromised and are having trouble getting to supermarkets, can get the help they need.

Am I eligible?

Large supermarkets like Woolworths, Coles, Aldi and IGA are offering this initiative to help you get essential food and groceries during this pandemic.

Who can access priority services?

- People with disability
- Seniors or Elders
- People with compromised immunity
- People who are required to self-isolate (for example if you have tested positive to COVID-19, or if a doctor requires you to stay home because of a health issue)

Participating supermarkets will fill phone and online orders and home deliver (if necessary), as they are received.

How do I place a priority access order?

To place an order, you can either call your nearest Woolworths, Coles, Aldi or IGA supermarket, or fill in the online form.

Emergency relief

All Victorians self-isolating due to COVID-19 with no access to food and personal care supplies, will be able to receive emergency relief packages. Eligible households receive a two-week supply of essential goods.

Winda-Mara can help you access these packages if you meet the criteria. Contact our Health Team on 03 5527 0000.

WHAT'S HAPPENING AT WINDA-MARA

SOME 2022 HIGHLIGHTS!

Willan Playgroup started back in late February and our families are very excited to be returning to our group sessions. We've had a great turn out so far!
Community Services Team

Our team have worked to support two children back into parental care. We've also had three children move into permanent care which is a fantastic achievement.
Kinship & TCP Team

Community services staff have been busy preparing some fantastic activities for community access, we look forward to welcoming you all back this year!

Women's Group, Men's Group and Cultural Studies will all be back very soon. No official start dates yet, but keep an eye out!

At the end of 2021, Winda-Mara held our Annual Community Christmas Party in Heywood.

The kids in the community were each given a Christmas present from Winda-Mara that we hope they loved, and they all spent plenty of time bouncing around on the inflatables for our carnival themed day.

It was our community's first get together in many months after the lockdowns we experienced during 2021. We had a fantastic turnout and it was a great way to finish a tough year for many people. We can't wait to get back out there and get our community events up and running for 2022!



Karreeta Koornong Marr

YOUTH MENTOR RECRUITMENT

Winda-Mara's mentor group are currently looking for new youth mentors!

If you are keen to get out in the community to help our youth aged 13-25, this is the perfect opportunity.

We are currently looking for mentors with the following qualities:

- Culturally Sensitive
- Show and develop great listening skills
- Seek to learn from your mentee
- Maintain an interest in the program

Becoming a mentor is open to all community members of all ages so if you or anyone you know might be interested, please let us know!

Tara Crumpen-Slade
tarac@windamara.com

PJ Barker-Lovett
peterbarkerlovett@windamara.com

Call us on 0455 315 572

Willan Playgroup is back!

Playgroup is back every Friday
11am-1pm in Heywood & Hamilton

24 Hunter St Heywood
18 Kenna Ave Hamilton

Snacks will be provided

Jodie Lovett
0415 759 451
jodielovett@windamara.com

Tash Nepean
0448 032 788
tashn@windamara.com

Every Friday
11am - 1pm
Heywood &
Hamilton



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

At the end of last year, our Thompson St Office had a Cultural Awareness session. Our guest speaker was Elder Uncle John Lovett. He was so inspirational with 73 years of lived experience. Thanks for sharing your knowledge!

