



# WINDA-MARA



**JUNE 2024**

## JOB VACANCIES

Land Management Manager  
Community Services Manager  
Family Services Manager  
*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** 9am-5pm Dr Christine Wilson  
(fortnightly)

### 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
- Massages** (fortnightly)  
Weds 5<sup>th</sup> & 19<sup>th</sup> June (Hey)  
Fri 7<sup>th</sup> & 21<sup>st</sup> June (Ham)  
10am-3:30pm (Hey), 10am-4:30pm (Ham)
- VAHS Dental** (Melb)  
Thursday 13<sup>th</sup> June
- Treaty Gathering** (Port)  
Tuesday 25<sup>th</sup> June  
12pm - 6pm
- Dietitian** (Ham)  
New dates TBC  
Mons 1pm - 4pm
- Podiatrist** (Ham)  
New dates TBC  
Thurs 1:30pm - 5pm
- 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 5<sup>th</sup> June  
3:30-5pm
- NAIDOC Award Nominations close**  
Sunday 23<sup>rd</sup> June
- HAPEE/Elders Audiologist** (0-6, 50+)  
Wed 26<sup>th</sup> June  
9:30am - 3:30pm
- Audiologist** (0-21yrs)  
Wednesday 26<sup>th</sup> June  
9:15am - 12:15pm (Hey)  
1:30pm - 4pm (Ham)

## COMMUNITY DINNER

|                           |                           |
|---------------------------|---------------------------|
| <b>Heywood</b>            | <b>Hamilton</b>           |
| <b>Wed 12 June 5:30pm</b> | <b>Tue 25 June 5:30pm</b> |
| <b>21 Scott St</b>        | <b>39-41 Hammond St</b>   |

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



Find us on Facebook/Instagram!

# VACANT POSITIONS

## Land Management Manager

Full-Time | Portland

This position works to support the implementation of cultural and natural resource management on Indigenous lands in the region by overseeing our Land Management Unit, as well as managing livestock operations.

This position will undertake cultural and natural values management projects, including protection of Indigenous sites, wetland protection, fauna and flora surveying and management, implementation of programs to control and/or eradicate pest plants/animals, develop and maintain visitor facilities including walk tracks, boardwalks and bridges, signs and fencing and supervise staff.

*Applications close 5pm Friday 7 June*

## Family Services Manager

Full-Time | Heywood/Hamilton

This position provides support, guidance and supervision to all unit team leaders and frontline staff (as required) across our Family Violence, Kinship and Integrated Family Services Teams.

This position works to ensure that our Family Services programs provide culturally safe and trauma informed programs that promote self-determination and empowerment of community. The role demands a proven understating of Aboriginal cultural needs, practices, and respect for cultural values, while delivering services.

*Applications close 5pm Friday 21 June*

## Community Services Manager

Full-Time | Heywood

This position plans, directs and manages our Community Services unit, working to provide professional support and direction to all team members to enable them to successfully deliver their programs.

Key responsibilities include managing the coordination of service delivery and ensuring culturally appropriate and responsive processes of the Community Services unit, support the development of promotional materials and information as well as the implementation of services as per the organisation agreements, accreditation, policies, and procedures.

*Applications close 5pm Friday 14 June*

For all positions at Winda-Mara, we strongly encourage Aboriginal and/or Torres Strait Islander people to apply.

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

## OTHER NEWS

### June

- Mon 3 Mabo Day
- Wed 5 World Environment Day
- Mon 10 Public Holiday
- Wed 12 Mens Health Week (12-18)
- Fri 28 Last Day of Term 2

### July

- Sun 7 - 14 NAIDOC Week
- Sun 14 National Diabetes Week (14-20)
- Mon 15 Start of Term 3
- Mon 22 National Pain Week (22-28)
- Sun 28 National Tree Day

### Community Dinner



### HEYWOOD

Wednesdays 5:30pm  
21 Scott St Heywood

👉 June 12

### HAMILTON

Tuesdays 5:30pm  
39-41 Hammond St

👉 June 25

# COMMUNITY SERVICES

## ELDERS UPDATE

Our Elders have been busy over the last few months with plenty of activities happening!

- Road trip to Nelson to have a tasty gourmet pie.
- Had Devonshire tea at Victoria House in Portland, such a wonderful place it is. Then visited with a nephew to say hello.
- Had a mystery trip to Tae Rak for lunch. We met the Warrnambool Elders out there and also a couple of Hamilton Elders.
- Home visits with some wonderful Elders.
- Meals with Friends at the Men's Shed in Heywood
- Heywood Rural Health for the Reconciliation Flag Raising, breakfast and opening of their Indigenous Garden.

## Upcoming Activities

Friday 7 June – A Morning of Music and Singalong at Alexandra House. (Hamilton)

Thursday 13 June – Meals with Friends (Heywood)

## SORRY DAY/RECONCILIATION WEEK

We have a Sorry Day display done by the students at Hamilton Gray St PS. This is displayed in our community space at Hammond Street.

For Reconciliation Week we had story time with Aunty Claudette at The Greater Hamilton Library as part of the Southern Grampians Shire Reconciliation week activity. This activity was well received and had great numbers turn up and show their support. Aunty Claudette read *The Spirit of Sound*, a collaboration between Hearing Australia and Aboriginal Artist Davinder Hart while the children and families played clapsticks with Jenny from the library followed by a cultural activity.



## 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



# HEALTH

## ALLIED HEALTH VISITS

**PODIATRIST**  
(Hamilton)

Thursdays  
1:30pm-5pm

New dates TBC

**DIETITIAN**  
(Hamilton)

Mondays  
1pm-5pm

New dates TBC

**OPTOMETRIST**  
(Glen Howell - Hamilton)

Fridays  
9am - 12pm

7<sup>th</sup> June

**OPTOMETRIST**  
(Penry Rousten - Heywood)

Fridays  
25<sup>th</sup> June

**AUDIOLOGIST**  
(Tim Rayner, 0-21)

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

26<sup>th</sup> June

**HAPEE/ELDERS  
AUDIOLOGIST**  
(0-5, 50+)

Wednesdays  
9:30am-3:30pm

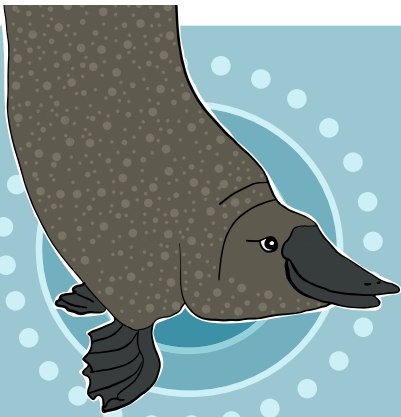
26<sup>th</sup> June

**MASSAGES**

(Heywood) (Hamilton)  
Wednesdays Fridays  
10am-3:30pm 10am-4:30pm  
5<sup>th</sup>, 19<sup>th</sup> 7<sup>th</sup>, 21<sup>st</sup>  
June June

**VAHS DENTAL**  
Thursdays (Melb)

13<sup>th</sup> June  
11<sup>th</sup> July



### DRINK WELL

Deady teeth need good drinks



Tap water is the best drink for everyone – it keeps your teeth and body healthy



Tap water contains fluoride which helps keep teeth strong and protects teeth against tooth decay

Plain milk is also a healthy drink

Drinking sugary drinks regularly can cause tooth decay

Most popular drinks contain lots of sugar.



Health Promotion Unit, August 2020



### EAT WELL

Deady teeth need good foods



Foods good for your teeth are also good for your body

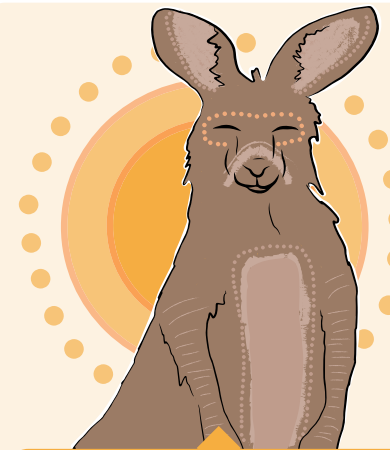


Choose fresh foods rather than processed foods. Sugar is added to many packaged foods – some you may not expect

Snack on fruit and veggies

Enjoy dairy foods like cheese and yoghurt – these are good for your teeth and bones

Eating lots of sugary foods can lead to tooth decay.



### CLEAN WELL

Deady teeth need brushing twice a day



**How to brush teeth:**

Use a small, soft toothbrush

If under 18 months – NO toothpaste



Children 18 months to 6 years – use a pea-sized amount of low fluoride toothpaste

Brush in small circles – brush the outside, then brush the inside of the teeth

To brush the back teeth, brush back and forth – the top teeth and bottom teeth



After brushing spit out the toothpaste, don't rinse with water. The bit of leftover toothpaste keeps protecting teeth

Brush in the morning and at night before bed

Have a dental check up before 2 years of age. Public dental care is free for most children.

## 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



# WINDA-MARA ABORIGINAL CORPORATION

## NAIDOC Awards 2024



**KEEP THE FIRE  
BURNING!  
BLAK, LOUD  
AND PROUD**  
7-14 JULY 2024

### Nomination Call for NAIDOC community awards

We are excited to announce that nominations are now open for community members who deserve to be recognised and celebrated for their outstanding contributions. We invite you to nominate individuals who have gone above and beyond to make a positive impact in our community and beyond.

#### Who to nominate

We are seeking nominations of community members who:

- have made significant contributions to the Heywood and/or Hamilton communities.
- have demonstrated excellence in their chosen field whether in arts, culture, Elders, respected persons, youth, volunteer work, or any other area.
- have inspired others through their dedication, hard work, and positive influence.

Nominations should highlight specific examples of how the nominee has made a difference or contributed to our community.

#### Nominee criteria

- Must be of Aboriginal and/or Torres Strait Islander descent and accepted as such by community.
- Reside in Heywood, Hamilton or surrounds.
- Have a proven track record of their contributions and achievements.

#### How to nominate

To nominate a deserving community member, please provide the information on the form below.

#### Nomination deadline

All nominations must be submitted by **Sunday 23 June 2024**.

#### How to submit your nomination

Please send your nominations to [jennabamblett@windamara.com](mailto:jennabamblett@windamara.com)

Let's come together to celebrate the deadly individuals who make our community a better place. We look forward to receiving your nominations!

For any questions or further information, please contact Jenna Bamblett on **5527 0083** or [jennabamblett@windamara.com](mailto:jennabamblett@windamara.com)

*All nominations are strictly confidential, and the information provided will be used only to assist in considering the merits of the nomination. All nominations will only be viewed by Winda-Mara's NAIDOC Committee.*

online form  
available here





WINDA-MARA ABORIGINAL CORPORATION  
**NAIDOC Awards 2024**



**KEEP THE FIRE  
BURNING!  
BLAK, LOUD  
AND PROUD**  
7-14 JULY 2024

## NOMINATION FORM

### Nominee Contact Information

Full Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### Detailed description of their contributions (please include specific examples and accomplishments)

### Why you believe they deserve to be recognised

### Your Contact Information (as the nominator)

Full Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Please email this form to [jennabamblett@windamara.com](mailto:jennabamblett@windamara.com) or drop it into our Heywood or Hamilton reception.



# 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 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

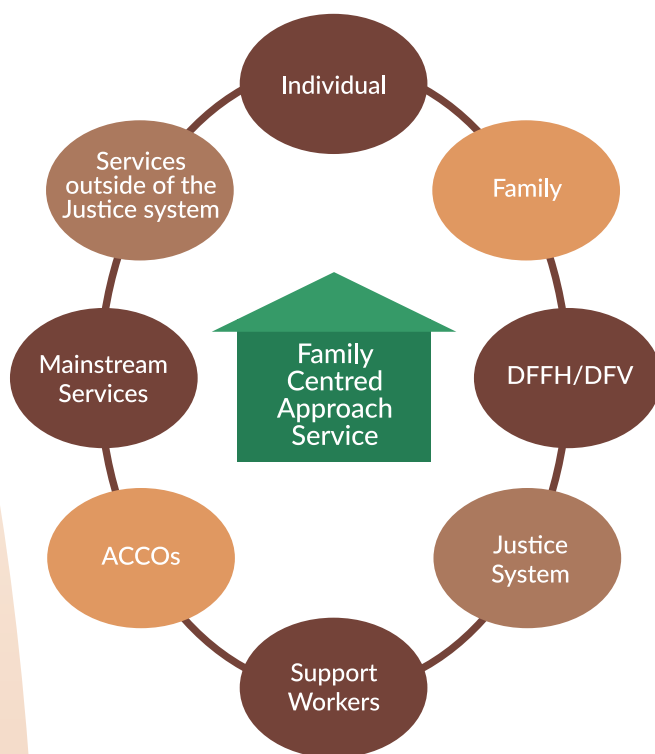
## ELIGIBILITY

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



**HELP SHAPE THE JOURNEY TO TREATY**

**SOUTH WEST**

# REGIONAL TREATY GATHERING PORTLAND

**25 June 2024**  
**12pm—6pm**

**Portland Golf Club**  
755 Madeira Packet Road  
Portland, VIC 3305

**REGISTER → [FIRSTPEOPLESVIC.ORG/EVENTS](https://FIRSTPEOPLESVIC.ORG/EVENTS)**

Following on from our incredible three-day Statewide Treaty Gathering, where mob from across Victoria came together to share their ideas and hopes for Treaty, we're bringing the conversation to the regions.

This Regional Treaty Gathering is a chance for Community in the South West to get together, yarn with your elected Assembly Members, learn more about Treaty and have your say. We'll also have a feed and activities throughout the day.

Very soon, we'll be sitting down with the Victorian Government to negotiate a Statewide Treaty — and nothing is off the table. So we want to hear your ideas, think big and push hard!

We hope you mob can join us.



**TREATY  
FOR VICTORIA**