

WINDA-MARA



NOVEMBER 2024



WINDA-MARA ABORIGINAL CORPORATION

Annual Report | 2023-2024

JOB VACANCIES

Local Justice Worker Waypungiti Family Centered Approach Cultural Broker 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!

WEEKLY ACTIVITIES

Mon Homework Centre (Hey) 3:30pm - 4:45pm

> Youth Drop-In Centre (Ham) 3:30pm - 4:30pm

Tue Recovery Group (Ham) 10:30am - 12:30pm

Wed Willarn Playgroup (Ham) 10:30am - 12:30pm

> Youth Drop-In Centre (Hey) 3:30pm - 5:30pm

Thu Breakfast Club (Hey)

8am - 8:30am

Women's Group (Ham) from 11am

Homework Centre (Ham) 3:30pm - 4:30pm

Fri Willarn Playgroup (Hey) 10am - 12pm

> Youth Drop-In Centre (Hev) 3:30pm - 6pm

ALLIED HEALTH

W/Th/F Counselling

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

Wed 6 Massage (Hey) 10am - 3:30pm

Thu 7 Podiatrist (Ham) 1:30pm - 5pm

Thu 7 Respiratory Clinic (Hey)

& 21 9am - 5pm

Fri 8 Massages (Ham) 10am - 4:30pm

Wed 13 Dietitian (Ham) 1pm - 5pm

Thu 14 VAHS Dental (Melb) All day

Fri 29 Optometrist (Ham) 9:30am - 12pm

OTHER ACTIVITIES

Wed 6 Young Women's & Men's Groups (Hey) 3:30pm - 5pm

Wed 13 Diabetes Info Day 11am in Heywood

Mon 18 Young Women's & Men's Groups (Ham) 3:30pm - 4:30pm

Thu 21 ITC Program Yarn (Hey) 11am start

Thu 21 She Is Not Your Rehab 1:30pm - 3:30pm, Colac

Sun 24 Treaty in the Park All day in Werribee

Thu 28 ITC Program Yarn (Ham) 11am start

Fri 29 Walk Against Family Violence (Hey) 8:30am start, 10am walk

Fri 29 Kinship Yarning Circle 10am - 12pm (Hey)

Community Dinner: Wed 13 (Hey), Tue 26 (Ham)

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) Hamilton (Medical Clinic)

21 Scott St (PO Box 42) Heywood VIC 3304

Land Management 598 Henty Highway Portland VIC 3305

107 Thompson St Hamilton VIC 3300

Hamilton Community Services & Family Services Office 39-41 Hammond St Hamilton VIC 3300

www.windamara.com.au



(f) Find us on Facebook/Instagram!

STAFF UPDATE

Current Vacancies

Wayipungitj

Part-time, based in Heywood/Hamilton
The purpose of this position is to contribute to
improved outcomes for Koorie children from birth
through to transition to school by supporting the
inclusion of Koorie children and families in
kindergarten services and ensuring Aboriginal
perspectives are embedded in kindergarten services
and programs.

You will work collaboratively with kindergarten services, local community and other relevant programs and services to grow the participation of Koorie children in kindergarten, promote and advocate with/for Koorie families to support their access to kindergarten and work in partnership with kindergarten services staff to increase their capacity to provide culturally inclusive and welcoming services.

Family Centered Approach - Cultural Broker

Full-time, based in Heywood/Hamilton Please note that this is an identified position for an Aboriginal and/or Torres Strait Islander person. This position works to empower and further strengthen Aboriginal families with an individual member at risk of or engaged in the justice system. 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. You will also address what have been identified as critical issues and gaps in the current service system. Key responsibilities include understanding the impact of past policies and trauma on the individual and family, developing Cultural Connection Plans, Genograms and Individual and Family Wellbeing Plans and teaching advocacy skills.

Local Justice Worker

Full-Time, based in Heywood or Hamilton. Please note that this is an identified position for an Aboriginal and/or Torres Strait Islander person. This position works to contribute to the improved justice outcomes for Aboriginal people by assisting clients to successfully complete their community correction orders, provide support and referrals, liaise with the Sheriff office to meet fine obligations, support the Yawal Mugadjina Program and other justice related issues. This role will promote the Local Justice Worker Program to communities, ACCO's and relevant justice agencies and provide support and referrals for clients with complex care needs and where appropriate, advocate on behalf in relation to justice issues.

Applications for all positions close 5pm Wednesday 6 November 2024.

To view our position descriptions, head to www.windamara.com.au/employment or contact peopleandculture@windamara.com

New Starters

Jodie Lovett | Elder Care Support Team Leader Freya Bamblett | Casual Ranger Taryn Bell | Aboriginal Health Worker Brad Sprague | Health and Wellbeing AOD Counsellor

New Roles

Sarah Wilson | Playgroup Coordinator

Jacqui Primmer | Elder Care Support Connector

Ros Pevitt | Elder Care Support Connector

Lashay Blurton | Budj Bim Ranger

Leavers

Sandra Bell | Executive Assistant

WINDA-MARA OFFICE CLOSURES

Friday 8 November | Staff In-Service

Our staff will be spending the day out on country to learn more about the land we manage and future plans from our Land Management team as well as the culture and connection of Gunditjmara people.

Christmas/New Year Closure

Friday 20 December 5pm - Monday 6 January 9am

Our Board of Directors have approved office closure over the Christmas/New Year break giving our staff the opportunity to spend time with family and friends for a well-earned break.

We'll be back in early 2025 excited to get started on another deadly year of activities and programs for the mob to enjoy.





HEYWOOD

Wednesdays 5:30pm 21 Scott St

^ Nov 13 ^ Dec 11



HAMILTON

Tuesdays 5:30pm 39 Hammond St

Nov 26



Winda-Mara Community

Christmas Party!

Sunday 8 December

Grampians Retreat, Dunkeld





- * Presents for kids 0-16 years
 Child must be in attendance to receive their gift
- * Food supplied
- Transport available
- * Register here ~ RSVP by Fri 22 Nov



Christmas party open to Winda-Mara members and clients only.

CONTACTS

Jenna Bamblett | 5527 0084 jennabamblett@windamara.com

Macahlia Rose | 5527 0035 macahliarose@windamara.com



WINDA-MARA FAMILY CAMP!

Friday 6 - Sunday 8 December

Grampians Retreat, Dunkeld

- Fun outdoor activities including giant swing, flying fox, ropes course and swimming pool!
- Relax around the campfire
- Recreation room for indoor activities
 - Shared cabin and camping options available - please specify preference
 - Families will be sharing cabins with other families - bunk bed configuration
 - Drug and alcohol-free event
 - Transport available

Register by Monday 25 November

Family camp open to Winda Mara members and clients only







COMMUNITY SERVICES

ELDERS ACTIVITIES

November

Fri 1 | Music and Singalong, Alexandra House Hamilton

Thu 7 | Bingo, WMAC North Meeting Room Heywood

Thu 14 | Christmas Card Making and Chat, 39 Hammond St. Hamilton

Thu 21 | Eating with Friends, Heywood Men's Shed

Thu 28 | Mystery Bus Trip & BBQ Lunch or Worn

Gundidj Nursery visit and Warrnambool Elders catch up

December

Thu 5 | Elders Christmas Party, Heywood Hotel
Thu 12 | Christmas Eating with Friends, Heywood
Bowling Club

Contact: Ros Pevitt on 0431 786 995 or

rospevitt@windamara.com



YOUTH MULTICULTURAL AWARDS

Recently, we had the honour of four youth being shortlisted for the 2024 Multicultural Youth Awards. These prestigious awards celebrate the remarkable achievements and contributions of young Victorians from multicultural backgrounds.

They recognise individuals, businesses, and organizations that have made a significant impact through leadership, innovation, and community engagement. By highlighting exceptional stories of leadership and positive change, these awards showcase the next generation of leaders shaping the future with their creativity and determination.

The 2024 Multicultural Youth Awards were held on Saturday, 5th October 2024 at Parliament House. A big congratulations to the youth who were shortlisted as finalists in the following categories:

Saige Bell – Creative and Performing Arts Award Lashay Blurton – Young Woman of the Year Award Braydon Saunders – Implementing Aboriginal Self-Determination Award

Djakira Hope – Young Woman of the Year Award We would also like to extend a special congratulations to Braydon Saunders, who won his award, and to Lashay Blurton, who was a finalist for hers.

These awards recognises young people or youth services dedicated to advancing the empowerment, cultural preservation, and well-being of Indigenous communities.



Winner | Braydon Saunders

Braydon Saunders, a proud Gunditjmara man from Heywood, is dedicated to preserving his culture through Black Swan Cultural Tourism, offering immersive Gunditjmara heritage tours.

At Parks Victoria, he promotes the Budj Bim Cultural Landscape. He co-created the Native Nations project, winning a

New Zealand Tourism Award for Indigenous youth cultural exchange.

Braydon collaborates with schools like Brighton Grammar to engage students with Gunditjmara culture and mentors the Indigenous dance group Koondoom Yarkeen, inspiring young performers while serving on the board of Winda-Mara Aboriginal Corporation.

Finalist | Lashay Blurton

Lashay Blurton embodies leadership and resilience, making her a strong award candidate. Starting as a participant in the Karreeta Koornong Maar Youth Program, she evolved into a mentor, encouraging cultural identity.



Winner

Implementing

Aboriginal Self

Determinatio

As a Budj Bim Ranger, she focuses on land management and cultural preservation, inspiring young people and amplifying their voices.

https://multiculturalyouthawards.com.au/award-winners-2024/

HOLIDAY PROGRAM

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Glenelg Hopkins CMA at HIRL

The Winda-Mara Junior Rangers invited Glenelg Hopkins CMA and Tania from Nurture in Nature to create and share stories about healthy catchments and waterways using clay and things we could find outdoors.

Craft Day

Craft Day at Hammond street was a relaxed environment for the kids to come hang out play board games, craft, Nintendo Wii battles, friendship making and lunch.

Junior Carnival

We played with West Vic Eels, over 150 kids played for West Vic. We took from Heywood, Hamilton & Portland 25 Netballers & 16 Footballers.

We had several teams that were successful and made finals as well as watching so many of our young mob show case leadership, good sportsmanship, teamwork and it was great seeing so many developing skills.

Thank you to all our volunteers, who helped with coaching, team managing, strapping, food and all the above.

Movie Day in Hamilton

We watched the move "Runt" which everyone loved. While the youth who are apart of KKM mentor program, went to laser tag in Mount Gambier to play laser tag, they had a deadly time playing against each other in various activities like capture the flag, and football that included lasers. Participated in paint ball shooting before grabbing dinner and heading back home.

Warrnambool Big Day Out

We had a great day out in Warrnambool, we spent the day at Lake Pertobe on the flying fox, kicking the footy, we had a BBQ lunch, followed by icecream.



ARTWORK WANTED!

We are looking for some artwork from our young mob across Heywood & Hamilton to feature in our new youth wellbeing journals!

- Open to school aged 25yrs
- Show what wellbeing means to you
- All artwork featured will receive a voucher
- Art materials and iPads are available for use to create your artwork which youth 12-25 can access on drop-in centre nights.

PLEASE INCLUDE

- Name
- Age
- Address
- Contact details
- Brief description of your artwork

Artwork to be submitted in JPEG, PNG or PDF form. Send in your artwork by Monday 11 November to taylawakely@windamara.com



KOORI WAYS YOUTH PROGRAM





Learning about the harmful effects of tobacco smoke and vaping

Wednesdays 4pm - 5:30pm starting Wed 30 Oct for 5 weeks

Youth Drop-In Centre | 31 Edgar St Heywood

- For Seconday School youth
- Learn about the harmful effects of tobacco smoke and vaping
- Become a leader in your community, supporting family or friends on their own QUIT journey
- Prepare and cook healthy nutritious meals for dinner
- Experience the fun VR reality set which shows the impacts of nicotine on different people

Attend all sessions and receive a Koori Ways rugby jumper!



Niki Hamilton on 5527 0060

Still time to join!

COMMUNITY SERVICES



YOUTH PROGRAMS



TERM 4

starting Mon 14 Oct

HEYWOOD

MON Homework Centre 3:30-4:45pm Primary/Secondary

WED | **Drop-In Centre** | 3:30-5:30pm | 12-25yrs

WED Young Men's & Women's Group 3:30-5pm
Oct 16 | Nov 6 | Dec 11 | Secondary

THU Breakfast Club 8-8:30am Primary/Secondary

FRI Drop-In Centre | 3:30-6pm | 12-25yrs

HAMILTON

MON Drop-In Centre 3:30-5pm 12-25yrs

MON Young Men's & Women's Group 3:30-4:30pm Oct 21 | Nov 18 | Dec 16 | Secondary

THU Homework Centre 3:30-4:30pm Primary/Secondary

CONTACTS | Tyleah Barr, Tayla Wakely, Sarah Wilson

tyleahbarr@windamara.com, taylawakely@windamara.com, sarahwilson@windamara.com

WILLARN PLAYGROUP is back!

HAMILTON

- Wednesdays
- 10.30am-12.30pm
- 39 Hammond St

HEYWOOD

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

CONTACT

Sarah Wilson 0447 665 443

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

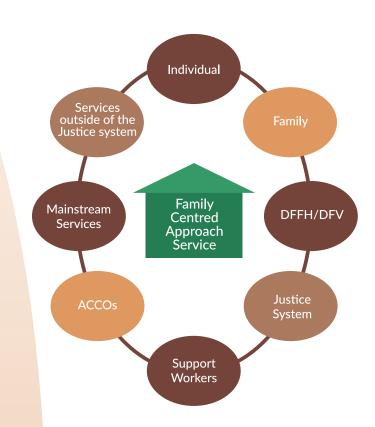
ELIGIBILITY

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.









SMART Recovery Group

Tuesdays 10:30am

107 Thompson St Hamilton

Come and have a varn with mob who are championing their own behaviour change around alcohol and other drug use, smoking, gambling, gaming or any behaviour of concern in a supportive, non-shaming environment.

The group aims to help each another with motivation, learn skills to cope with cravings, manage thoughts and behaviours, and balance lifestyle.

Fran Kelly 0460 284 024 francesk@windamara.com



World Diabetes Week

DIABETES INFORMATION DAY

with Dr Danielle Lee (Dietitian)

Wednesday 13 November, 11am 21 Scott St Heywood

- Information about healthy eating while maintaining your Diabetes
- Healthy lunch provided
- Transport available from Hamilton if required



Tina Wright

5527 0090 tinaw@windamara.com



INTEGRATED TEAM CARE

PROGRAM

The ITC program aims to improve health

EXPRESSIONS OF INTEREST

PROPOSED VALS **WILLS CLINIC**



March 2025 (approx.) | Heywood or Hamilton

VALS will be conducting a clinic next year to complete your Will. The clinic will run for two days and participants must commit to attending on both days.

Day 1 | Information presentation and appointments to draft documents

Day 2 | Participants review and sign documents

DETAILS TO PROVIDE FOR EOI

- Name
- Email
- Phone
- Town & Postcode
- Date of Birth



outcomes for Mob with a Chronic Disease

Come yarn with Jess our Aboriginal Health Worker about managing your chronic disease.

^ HAMILTON | 107 Thompson St Thursday 21 November, 11am

 → HEYWOOD | 21 Scott St Thursday 28 November, 11am



- A light snack will be provided
- If you require transport, please contact Jess on 5527 0060

PODIATRIST

(Hamilton)

Thursdays 1:30pm-5pm

7th Nov, 5th Dec

DIETITIAN

Margaret Ferguson

margaretf@windamara.com

(Hamilton)

Mondays 1pm-5pm

13th Nov, 18th Dec

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

Wednesdays 9:30am-3:30pm

MASSAGES

(Heywood)

Wednesdays 10am-3:30pm

(Hamilton) **Fridays** 10am-4:30pm

4th Dec (Ham), 18th Dec (Hey) 6th Nov, 4th Dec 8th Nov, 6th Dec

OPTOMETRIST

(Glen Howell - Hamilton) Fridays 9am - 12pm

29th Nov

OPTOMETRIST

(Penry Rousten - Heywood) **Fridays**

10th Dec

VAHS DENTAL

Thursdays (Melb) 14th Nov, 12th Dec

COUNSELLING

Wed (Ham) 10am-3pm Thu/Fri (Hey) 9am-4pm

RESPIRATORY CLINIC

Thursdays 7th Nov. 21st Nov



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



FAMILY SERVICES

KINSHIP CULTURAL PROGRAM

The Kinship program completed another successful cultural program over the school holidays.

The team supported children with their life story books with photos, school reports and family trees. The kids had a great day showing everyone their family members and photos.









Halls Gap Day Out

We took a group of kids to the Halls Gap Zoo to find all their totems. One of the children was very excited to see his totem in real life the red-tailed black cockatoo. The cockatoo talked back to the child he was very excited and stayed with the cockatoo for 15 minutes.

All the children were excited to see the snake come out and were able to touch it. It was a very successful day with all the children being able to find their totem.









YARNING CIRCLE

KINSHIP CARER SUPPORT



Last Friday of the Month 10am - 12pm

Alternating 21 Scott St Heywood & 39 Hammond St Hamilton



- Learn about the services available to you and the children in your care
- Share stories and get advice from other carers who have had similar experiences to you
- Feel more connected and less isolated
- Reach out if you need support
- Morning tea provided
- RSVP by the Wednesday before the meeting







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 16 Lindsay St Heywood or 39 Hammond St Hamilton Donations by Monday 9th December

16 DAYS OF ACTIVISM

Every year Winda-Mara combines with Glenelg Shire, Rotary and the



SayNo2familyviolence committee for our major awareness campaign to prevent family violence.

The 16 Days of Activism is a key part of communities' efforts to prevent violence against women in Victoria.

Violence against women is preventable if we change the culture that allows it to happen.

Event 1 | Walk Against Family Violence

Friday 29 November there will be a community breakfast and walk against family violence.

Breakfast from 8.30am with guest speakers from Police, sayNO2familyviolence Committee and Winda-Mara Family Violence Unit and music provided by Jeff Mizzi and the Fairy Wrens.

This is followed by a short walk at 10am.

Event 2 | She Is Not Your Rehab

Thursday 21 November 1:30-3:30pm at Red Rock Theatre, Colac

Supported by Wathaurong Aboriginal Co-operative and the BSW Dhelk Dja.

Matt and Sarah Brown together founded She Is Not Your Rehab and launched the concept in Matt's 2019 TEDx talk; The Barbershop where men go to heal.

He says the anti-violence movement that he founded from a barbershop is an invitation for men to acknowledge their own childhood trauma and to take responsibility for their healing so that they can transform their pain instead of transmitting it on those around them.

Join Matt & Sarah from She Is Not Your Rehab for a keynote presentation with Q+A – intended for those working in the family violence/sexual violence/justice spaces with Aboriginal Communities in the Barwon South West.

Winda-Mara have secured 10 Community tickets to give to anyone wishing to go. Contact Kelly Gannon for more information on 5527 0041 or kellyg@windamara.com

OTHER NEWS

Ambulance Community Officers in Heywood

Do you want to become a volunteer with a World Class ambulance service?

Ambulance Victoria (Heywood) is looking for First Responders to help support emergency medical response. Ambulance Community Officers (ACOs) provide timely response to medical emergencies in rural areas through early life saving intervention and care of patients as well as participating in community engagements.

ACOs are First Responders, who are employed on a casual basis to work "on call" at either a Community or a Paramedic branch. They are trained to provide advanced first aid in rural and remote communities where the ambulance caseload is low, the ambulance branch is not staffed on a full-time basis or where the paramedic is not generally rostered to work with a second paramedic.

ACOs are trained to provide a support service to qualified paramedics; they provide early interventions and can transport patients to hospital.

Why become a First Responder?

You will be helping people at a time of great need, and know that you have made a difference to their life and health outcomes.

Becoming a First Responder with us offers many personal benefits and opportunities including:

- Gain practical life skills and a recognised qualification
- Enjoy a sense of achievement and fulfilment
- Meet people and make new friends and connections
- Enhance your own career prospects and learning pathways

No experience required just a knowledge to learn and enthusiasm to work with paramedics for your community.



Just imagine in one day you could be calling for a helicopter to help get a critical ill patient to hospital, delivering a baby on the side of the road, going to farmer Joe who has been crushed by a tractor to help Mavis who has fallen out of bed.

If this sounds like you, please contact the Glenelg Senior Team Manager on 0429 446 693 or glenelg.stm@ambulance.vic.gov.au

SUN 24 NOV 2024 • WYNDHAM PARK
WADAWURRUNG COUNTRY

WERRIBEE



DAN SULTAN

MOJU • KUTCHA EDWARDS
BROLGA • MADI COLVILLE-WALKER
• SPECIAL GUEST ISAAC COMPTON









TICKETS -> TREATYINTHEPARK.COM