



WINDA-MARA



JULY 2024

JOB VACANCIES

No current vacancies

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 (fortnightly)	9am-5pm	Dr Christine Wilson

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!

Homework Centre

Mondays (Hey)
3:30-4:45pm

Women's Group (Ham)

Thursdays 11am

Breakfast Club (Hey)

(excl. holidays)

Thursdays 8am

Dietitian (Ham)

Wed 10th July
1pm - 4pm

VAHS Dental (Melb)

Thur 11th July

Young Women's & Men's Groups (Ham)

Monday 15th July
3:30 - 4:30pm

Massage (Ham)

Fri 19th July
10am - 4:30pm

Optometrist (Ham)

Fri 19th July
9:30am - 12pm

Youth Drop-In Centre (Hey)

(excl. holidays)

Tuesdays/Fridays
3:30pm - 5:30pm

Wednesdays
3:30pm - 6pm

Respiratory Clinic

Thurs 4th & 18th July

Aunty Phemie Walk (Mission to Lake Condah)

Thurs 11th July
10am start

Podiatrist (Ham)

Thur 11th July
1:30pm - 5pm

Massage (Hey)

Wed 17th July
10am - 3:30pm

HAPEE/Elders Audiologist (0-6, 50+)

Wed 31st July (Ham)
9:30am - 3:30pm

NAIDOC Week

see calendar

COMMUNITY DINNER

Heywood
no July due to
NAIDOC Week

Hamilton
Tue 30 July 5:30pm
39 Hammond St

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



Find us on Facebook/Instagram!

STAFF UPDATE

Ngatanwarr!

Ben Church has moved into the Land Management Manager role officially.

Ben has been in the Acting Land Management Manager role for the past seven months and in that time, he has provided passion and solid leadership to the Land Management team and the Indigenous Ranger Program.

Ben has invested significant time in his own development. He has achieved a Certificate IV in Aboriginal Cultural Heritage Management, Certificate III in Conservations and Land Management, and he is

currently completing a Certificate IV in Conservation and Land Management and a Diploma in Leadership and Management through VACCHO.

Ben is a respectful and supportive person and demonstrates the Winda-Mara values in his everyday work life and in the community. He, in turn, is a respected member of the community and within Winda-Mara. We look forward to seeing the Land Management department grow under Ben's leadership and management.

Wurruk!

Cherith Stiles and **Jaymi Trickey** have both finished up in their roles as Integrated Family Services Case Managers, a role which works in partnership with families and services to assist families to achieve their goals of stability, safety, developmental and wellbeing for their children and young people.

Grant Roberts is finishing up as our Local Justice Worker after spending the last few years in the role supporting

community and advocating for better justice outcomes. Grant also helped with organising and running our Men's Group and we wish him luck with whatever is next.

Alyssa Dunstan will also be leaving her role as Trainee Ranger to pursue opportunities for further study at University and we wish her luck.

Current Vacancies

While we don't currently have any vacancies, our People & Culture team are hard at work recruiting for the following positions.

Aboriginal Youth Mentor Worker

Tackling Indigenous Smoking Worker

Community Services Manager

Family Services Manager

Integrated Family Services Case Manager

Health & Wellbeing AOD Counsellor

For any information about working with us, contact our People & Culture team.
peopleandculture@windamara.com

OTHER NEWS

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

August

- Sun 4 National Aboriginal & Torres Strait Islander Children's Day
- Fri 9 International Day of the World's Indigenous Peoples
- Mon 12 International Youth Day
- Sat 17 Children's Book Week (17-23)

Community Dinner



HEYWOOD

Wednesdays 5:30pm
21 Scott St Heywood

- no July (NAIDOC)
- Aug 14
- Sept 11

HAMILTON

Tuesdays 5:30pm
39-41 Hammond St

- July 30
- Aug 27
- no Sept (hols)

COMMUNITY SERVICES

ELDERS UPDATE

NAIDOC Week

This year for NAIDOC week at our annual Elder's lunch on Tuesday 9 July out at the mission. We'll be having a roast lunch and dessert provided by Harbour Lights.

Also, this year for NAIDOC we'll be having a table dedicated to remembering past leaders that kept the fire burning. If you have a framed photo of a loved one and would love to share, please let Ros know and it can be placed on the display table.

Newsletter

If you would like an A3 newsletter, please let Ros know and we can print the newsletter out for you. (A3 is twice the size of a normal sheet of paper).

Appointments

If you have any appointments coming up, make sure you let Ros or Jacqui know when they are as soon as possible so we can make sure it's an easy process and you're prepared for the day. This means one less thing for you to worry about. Let's work together to make sure that your health is in tip top condition.

Upcoming Activities

Thu 4: Bingo at Winda-Mara

Mon 8 - Fri 12: NAIDOC Week

Tue 9: Elders lunch at the Mission

Thu 18: Ten-Pin Bowling - Warrnambool

Thu 25: Eating with Friends, Heywood Men's Shed

Thursdays in Hamilton: Women's Group 11am-2pm



NAIDOC REMEMBRANCE DISPLAY

We invite community to honour our past leaders who are now in the dreaming by placing a framed photo in our NAIDOC remembrance display.

We honour the leaders who paved the way for us and kept the fire burning, allowing us to strengthen our connection to the land, to each other, and to the traditions that define us.

Contact

Jenna Bamblett on 5527 0084 or jennabamblett@windamara.com

YOUNG WOMEN'S GROUP

YOUNG MEN'S GROUP

UPCOMING DATES

- Heywood: no July (NAIDOC), Wed 7 Aug
- Hamilton: Mon 15 July, Mon 19 Aug

- 12 Lindsay St Heywood
- 39 Hammond St Hamilton
- Year 6 - Year 12, mob only

Transport

- Hey: Bus pickup from high school
- Ham: No transport available (if youth are walking home, please notify staff)

Hey: 3:30-5pm
Ham: 3:30-4:30pm

CONTACT

Youth Team (Tayla & Sarah)
youth@windamara.com



KARREETA KOORNONG MAAR YOUTH BARISTA COURSE

Tuesday 20 August
10am - 1pm

Tae Rak Aquaculture Centre & Café

Limited spots available, transport provided.

Open to Indigenous Youth in the Heywood, Hamilton and Portland area aged 15-25.

In partnership with Budj Bim Cultural Landscape Tourism & Tae Rak Aquaculture Centre

RSVP by Friday 19 July to Tayla.

Contact: Tayla Wakely on 0458 923 498 or taylawakely@windamara.com

NAIDOC YOUTH BALL

Wednesday 10th of July | 6pm to 10pm | Location: Portland Golf Course

AGES 13-18 | FREE TICKETS | DJ PUMPING |
FINGER FOOD INCLUDED | PRIZES TO BE
WON FOR BEST DANCER & MORE!

FOR MORE INFORMATION, PLEASE
CONTACT YOUR LOCAL ACCO

SMOKE AND ALCOHOL FREE EVENT

SCAN TO RSVP OR VISIT:



<https://forms.office.com/r/BLnH6XJVbp>

HEALTH

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

11th July
8th Aug

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

10th July
14th Aug

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

19th July
9th Aug

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

20th Aug
15th Oct

RESPIRATORY CLINIC

(Dr Mohammad Touhidi)

Thursdays

4th July
18th July
1st Aug

HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Wednesdays
9:30am-3:30pm

31st July (Ham)
28th Aug (Hey)

MASSAGES

(Heywood)

Wednesdays
10am-3:30pm

17th July
14th Aug

(Hamilton)

Fridays
10am-4:30pm

19th July
16th Aug

VAHS DENTAL

Thursdays (Melb)

11th July
8th Aug
12th Sept



You have a **1 in 19 risk of being diagnosed with bowel cancer** by the age of 85.

Get2 the test that could save your life.



NO GP APPOINTMENTS AT HEYWOOD CLINIC

MON 1 - FRI 5 JULY

Please note there will be no GP at Winda-Mara in Heywood from Mon 1 - Fri 5 July.

A GP will be back the following Tuesday 9 July.

Hamilton clinic running as usual.

CALL TO BOOK YOUR APPOINTMENT

Heywood 5527 0060 | Hamilton 5527 0090

AUNTY PHEMIE'S WALK WITH THE MOB

Thursday 11 July
from 10am

Mission to Lake Condah (5km)

CONTACT

Keicha Day
keichaday@outlook.com



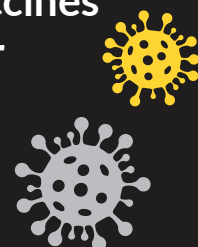
INDIGENOUS MARATHON FOUNDATION
#RUNSWEATINSPIRE

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





NAIDOC WEEK CALENDAR 2024



MONDAY 8 JULY

Flag Raising
10am - 11am
21 Scott St Heywood

Flag Raising
2pm - 3pm
39 Hammond St Hamilton

TUESDAY 9 JULY

Elders Luncheon
11am - 2pm
Lake Condah Mission

WEDNESDAY 10 JULY

Lake Condah Mission Walk
10am - 3pm
Start at Three Waterholes Rd

Youth Ball (13-18yrs)
6pm - 10pm
Portland Golf Club

THURSDAY 11 JULY

WMAC Community Day
11am - 2pm
39 Hammond St Hamilton

BBQ lunch, Games, Arts and
Crafts, Entertainment

FRIDAY 12 JULY

Community Movie Night
5pm - 9pm
Heywood Community Hall
5:30pm - Wind Catcher (120min)
7:45pm - Sweet As (127min)

Pizza and popcorn provided
BYO snacks/drinks
BYO blankets, pillows,
beanbags and cushions



Register for our
events here



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



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

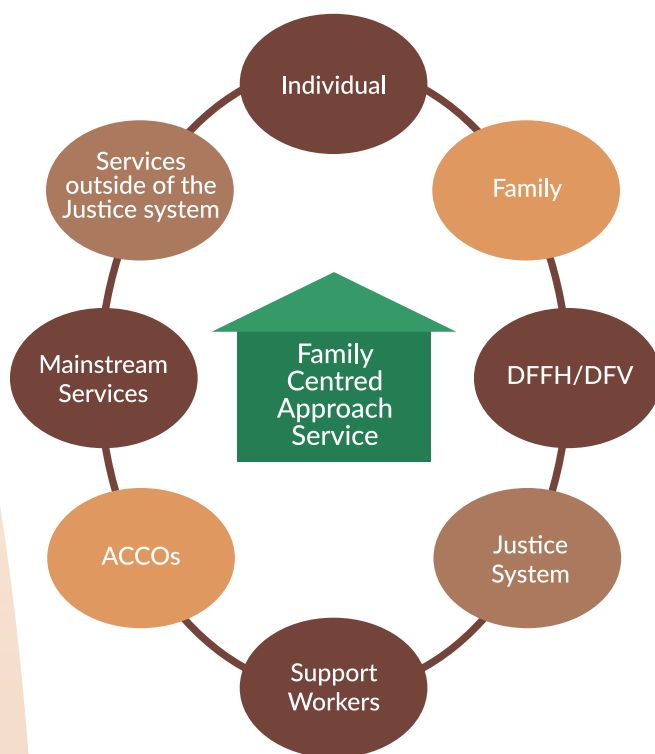
ELIGIBILITY

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.



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