



# WINDA-MARA



OCTOBER 2024



## WHAT'S ON THIS MONTH!

### JOB VACANCIES

Budj Bim Ranger x2

Family Centered Approach Cultural Broker  
Health & Wellbeing AOD Counsellor  
Maternal & Child Health Nurse  
*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.

#### 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 Youth Drop-In Centre (Hey)**  
3:30pm - 4:45pm

**Willarn Playgroup (Hey)**  
10:30am - 12:30pm

**Thu Breakfast Club (Hey)**  
8am - 8:30am

**Women's Group (Ham)**  
from 11am

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

**Homework Centre (Ham)**  
3:30pm - 12:30pm

**Youth Drop-In Centre (Hey)**  
3:30pm - 6pm

#### OTHER ACTIVITIES

**Wed 16 Young Women's & Men's Groups (Hey)**  
3:30pm - 5pm

**Mon 21 Young Women's & Men's Groups (Ham)**  
3:30pm - 4:30pm

**Fri 25 Kinship Yarning Circle (Ham)**  
10am - 12pm

#### ALLIED HEALTH

**Wed 9 Massage (Hey)**  
10am - 3:30pm

**Thu 10 Podiatrist (Ham)**  
1:30pm - 5pm

**Thu 10 VAHS Dental (Melb)**  
All day

**Thu 10 Respiratory Clinic (Hey) & 24**  
9am - 5pm

**Fri 11 Massages (Ham)**  
10am - 4:30pm

**Tues 15 Optometrist (Hey)**  
9am - 5pm

**Wed 16 Audiologist**  
9:15am - 12:15pm (Hey)  
1:30pm - 4pm (Ham)

**Wed 16 Dietitian (Ham)**  
1pm - 5pm

**Fri 25 Optometrist (Ham)**  
9:30am - 12pm

**Wed 30 HAPEE/Elders Audiologist (0-6, 50+)**  
9:30am - 3:30pm (Ham)

#### COMMUNITY DINNER

**Wed 9 Heywood 5:30pm**  
21 Scott St

**Tue 22 Hamilton 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

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



Find us on Facebook/Instagram!

**Hamilton (Medical Clinic)**  
107 Thompson St  
Hamilton VIC 3300

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

# STAFF UPDATE

## Current Vacancies

### Budj Bim Ranger (2 positions)

Full-time, based at our Portland Depot

*Please note that these are identified positions for Aboriginal and/or Torres Strait Islander people.*

This role assists in cultural and natural resource management for the Budj Bim Heritage Landscape.

Key responsibilities include protection of cultural sites and wetlands, fauna and flora surveying management and engaging in pest control management with plants and animals.

You will assist in development, construction and maintenance of visitor facilities, such as signs, toilets, campgrounds, fences and walking tracks, and assist with the planning of work programs with cost estimates and provide advice on labour and material requirements. You will also provide visitor information about the Budj Bim National Heritage Landscape.

*Position closes 5pm Tuesday 8 October 2024.*

### 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.

*Applications close 5pm Tuesday 8 October 2024.*

## New Starters

Rosalyn Chester | Integrated Family Services Case Manager

Debbie Malseed | Environmental Services Worker

## New Roles

Tyleah Barr | Aboriginal Youth Mentor Worker

Macahlia Rose | Community Services Team Leader

Nicole Stanley | Quality, Risk and Compliance Officer

## Leavers

Janelle Huggers | Environmental Services Worker

Jodie Lovett | Family Centered Approaches (FCA) - Cultural Broker

Peter Barker-Lovett | Health Services Support Worker

### Health & Wellbeing AOD Counsellor

Full-time, based in Heywood/Hamilton

Our Health and Wellbeing AOD Counsellor aims to improve the social and emotional wellbeing of clients through providing support and advocacy to alcohol and other drugs clients and their families/carers.

Responsibilities include the facilitation of AOD assessments, and treatment and relapse prevention plans using a culturally safe, self-determining, holistic model of care.

This role will work in collaboration with both external and internal Health and Community services to maximise health outcomes for individuals with drug and alcohol and cooccurring mental health conditions and provide strategies to facilitate culturally appropriate service provision and access to Health and community services, Indigenous programs, and activities.

*Position closes 5pm Thursday 3 October 2024.*

### Maternal & Child Health Nurse

7.6hrs/week, based in Heywood/Hamilton

This role provides high quality, culturally responsive maternal child health services to Aboriginal and Torres Strait Islander people. You will work in accordance with Victorian Maternal and Child Health Program guidelines and standards, and provide high quality, culturally appropriate family-centred care from the perinatal period through to school age.

You will assess the health and wellbeing of mothers and children pre and post pregnancy providing clinical support, advice and information to families, and identify and provide additional and/or flexible services and programs to meet the needs of Aboriginal and Torres Strait Islander families.

*Position closes 5pm Wednesday 2 October 2024.*

To view our position descriptions, head to [www.windamara.com.au/employment](http://www.windamara.com.au/employment) or contact [peopleandculture@windamara.com](mailto:peopleandculture@windamara.com)



## Community Dinner



### HEYWOOD

Wednesdays 5:30pm  
21 Scott St

👉 Oct 9    👉 Dec 11

👉 Nov 13



### HAMILTON

Tuesdays 5:30pm  
39 Hammond St

👉 Oct 22    👉 Nov 26

# COMMUNITY SERVICES

## ELDERS UPDATE

Our major celebration this month was Aunty Thelma's 90th birthday. An amazing milestone to share with the Elders out at the Tae Rak Café. Happy birthday to others who celebrated during the month were Vivian Day, Janice Lovett, Kim Leonard and Aunty Barb so wishing a big happy birthday to them all as well.

Our team have been busy with home visits, Elder support with Winda-Mara's allied health services, and other activities. Some of our Elders have been attending Women's Group on Thursdays from 11am in Hamilton and our next Elders Men's Group will be on the Wednesday 2 October, travelling to look at the picturesque town of Port MacDonnell. If any Elder males are interested in coming along, please contact Ros or Jacqui.

## OCTOBER ACTIVITIES

Wed 2 | Men's Group to Port MacDonnell, 10am pickups

Fri 4 | Music & Singalong, Alexandra House Hamilton

Wed 9 | Elders Activity at Bridgewater, 10am pickups

Wed 9 | Community Tea in Heywood

Thu 17 | Bay of Whales Gallery Visit at Narrawong, 1pm pickups

Tue 22 | Community Tea in Hamilton

Thu 24 | Eating with Friends at Heywood Mens Shed, 11:45am pickups



## 2024 Multicultural Youth Award Finalists

Congratulations to some of our deadly young people who are shortlisted finalists for this years Multicultural Youth Awards!

- ▲ Saige Bell for Creative and Performing Arts
- ▲ Lashay Blurton for Young Woman of the Year
- ▲ Braydon Saunders for Implementing Aboriginal Self-Determination
- ▲ Djakira Hope for Young Woman of the Year

These awards will be held on Saturday 5 October at Parliament House and they recognise the outstanding achievements and contributions of young Victorians from multicultural backgrounds.

This is an opportunity to celebrate exceptional stories of leadership and positive change, and they highlight the next generation of leaders who are shaping the future with their creativity and determination. How deadly!



Our Young Men's and Momen's group helped cook and serve community tea in Heywood this month.

They came up with menu a delicious menu of HSP and chocolate pudding and golden syrup dumplings.

They did a deadly job!

We have had four deadly sessions of football and netball skill sessions, leading up to our Junior Carnival in Bendigo in the holidays. Thank you to all of our helpers getting our young ones to the carnival which is always a great opportunity to get together with the mob.



# 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](mailto:tyleahbarr@windamara.com), [taylawakely@windamara.com](mailto:taylawakely@windamara.com), [sarahwilson@windamara.com](mailto:sarahwilson@windamara.com)

## WILLARN PLAYGROUP is back!

### HAMILTON

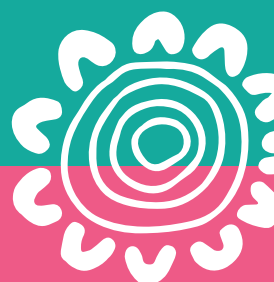
- 📍 Wednesdays
- 📍 10.30am-12.30pm
- 📍 39 Hammond St

### HEYWOOD

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

### CONTACT

Sarah Wilson  
0447 665 443  
[sarahwilson@windamara.com](mailto:sarahwilson@windamara.com)





## ALLIED HEALTH VISITS

### PODIATRIST

(Hamilton)

Thursdays  
1:30pm-5pm

10<sup>th</sup> Oct  
7<sup>th</sup> Nov

### DIETITIAN

(Hamilton)

Mondays  
1pm-5pm

16<sup>th</sup> Oct  
13<sup>th</sup> Nov

### OPTOMETRIST

(Glen Howell - Hamilton)

Fridays  
9am - 12pm

25<sup>th</sup> Oct  
29<sup>th</sup> Nov

### OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

15<sup>th</sup> Oct  
10<sup>th</sup> Dec

### HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Wednesdays  
9:30am-3:30pm

30<sup>th</sup> Oct (Hey)  
27<sup>th</sup> Nov (Ham)

### VAHS DENTAL

Thursdays (Melb)

10<sup>th</sup> Oct  
14<sup>th</sup> Nov  
12<sup>th</sup> Dec

### MASSAGES

(Heywood)

Wednesdays  
10am-3:30pm

9<sup>th</sup> Oct  
6<sup>th</sup> Nov

(Hamilton)

Fridays  
10am-4:30pm

11<sup>th</sup> Oct  
8<sup>th</sup> Nov

## HEART HEALTH MORNING TEA

For our heart health morning tea we had Danielle Lee Dietician sit with us and discuss good nutrition, healthy gentle exercise and we provided a goodie bag with lots of heart health information, a love heart pen and writing pad.

Thanks to Aunty Janice Lovett for the beautiful catering it was certainly very healthy and exactly what our clients can eat for good heart health.



## WINDA-MARA'S

# SOCIAL EMOTIONAL WELLBEING TEAM



Your health is  
in your hands!

### OUR TEAM

- ▲ Two AOD Counselors
- ▲ Dual Diagnosis Counselor
- ▲ Mental Health Social Worker
- ▲ Youth Mental Health Support Worker
- ▲ Psychologist
- ▲ Health Support Worker
- ▲ Community Transport Driver
- ▲ SMART Recovery Group

Mondays 11am-12:30pm Heywood  
Wednesdays 2pm-3:30pm online

We provide free, confidential, and culturally safe mental health and alcohol and drug counseling services to Indigenous clients and their family members.

5527 0060 21 Scott St Heywood  
5527 0090 107 Thompson St Hamilton

CONTACT  
0429 961 474  
(SEWB Mobile)



## SMART Recovery Group

Tuesdays 10:30am (starting Sept 10)

107 Thompson St Hamilton

Come and have a yarn 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.

CONTACT  
Fran Kelly  
0460 284 024  
francesk@windamara.com

 **SMART** Recovery  
Life beyond addiction

## 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





# 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 SERVICES

## YARNING CIRCLE KINSHIP CARER SUPPORT



### Last Friday of the Month 10am - 12pm

Alternating 21 Scott St Heywood  
& 39 Hammond St Hamilton

NEXT YARNS  
Friday 25 October  
(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

- Connect
- Communicate
- Share



Contact Lita Aupa'au 0467 706 908 for further information  
makeritaupaau@windamara.com

### APPRECIATING OUR KINSHIP CARERS

Kinship Carers Week ran from September 4-8 and our Kinship team wanted to show our appreciation for the commitment, support and care our kinship carers show to our children and community by treating them to lunch out at the Tae Rafe Café and were each given a little goodie bag.

Our Kinship carers are amazing and they are dedicated and selfless. On behalf of the Kinship team we want to thank them for everything they do.



## OTHER NEWS

### WINDA-MARA WINS AT THE WURREKER AWARDS!

Winda-Mara has taken home the Dr Mary Atkinson - Koorie Organisation Award at this year's Wurreker Awards! The Wurreker Awards celebrate the people and organisations that passionately contribute to First Peoples' training, education, and employment in Victoria. This award is presented to a Victorian Aboriginal Community Controlled Organisation whose leadership has enabled the development of their staff, organisation and community through training and Winda-Mara is honoured to receive this recognition for all of the hard work we do for our mob. Too deadly!



### HEYWOOD FNC AWARD WINNERS!

Winda-Mara has always been one of the biggest supporters and sponsors of the Heywood Football Netball Club so to be able to see some of our staff and board take home some of the awards for the night was deadly! We also had other community members and a lot of our young ones take home awards as well!

Jason Walker | Life Membership  
Tyleah Barr | A Grade Best & Fairest, Most Valuable Player  
Jakobe Walker | Senior Football Best Under 21  
Hannah Grayson | A Reserve Runner-Up B&F, Senior Most Prominent Shooter  
Lisa Hughes | B Grade Best & Fairest  
Djakira Hope | B Grade Best in Finals

