



WINDA-MARA



AUGUST 2024

JOB VACANCIES

Local Justice Worker

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	Youth Drop-In Centre (Hey) (excl. holidays) Wednesdays 3:30pm - 5:30pm Fridays 3:30pm - 6pm
Women's Group (Ham) Thursdays 11am	Respiratory Clinic Thurs 1 st Aug
Breakfast Club (Hey) (excl. holidays) Thursdays 8am	VAHS Dental (Melb) Thur 8 th Aug
Young Women's & Men's Groups (Hey) Wed 7 th Aug 3:30 - 4:30pm	Podiatrist (Ham) Thur 8 th Aug 1:30pm - 5pm
Optometrist (Ham) Fri 9 th Aug 9:30am - 12pm	Massage (Hey) Wed 14 th Aug 10am - 3:30pm
Dietitian (Ham) Wed 14 th Aug 1pm - 4pm	Elders Health Bones Morning Tea (Ham) Wed 14 th Aug 10am - 12pm
Cook Community Dinner! (Hey) Wed 14 th Aug 11am - 3pm (Adults) 3:30 - 5:30pm (Children)	Massage (Ham) Fri 16 th Aug 10am - 4:30pm
Young Women's & Men's Groups (Ham) Mon 19 th Aug 3:30 - 4:30pm	Optometrist (Hey) Tues 20 th Aug
HAPEE/Elders Audiologist (0-6, 50+) Wed 28 th Aug (Hey) 9:30am - 3:30pm	Kinship Carer Yarning Circle (Hey) Fri 30 th Aug 10am-12pm

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!

Jenna Bamblett is our Community Services Manager. During Jenna's time at Winda-Mara, she has held various roles within the Community Services unit, including Building the Dream Worker, Local Justice Worker, Cultural Strengthening Worker, Cultural Strengthening Team Leader, and for the past eight months, Acting Community Services Manager. Jenna has also worked as a Budj Bim Ranger. These experiences have allowed Jenna to develop a comprehensive understanding of our organisation, country, people, and the unique needs of the community we serve.

Jenna holds a Diploma of Community Services and is completing a Diploma in Leadership and Management. She brings passion and a commitment to drive meaningful change and support for the holistic well-being of our community members through the Winda-Mara team.

We look forward to seeing Winda-Mara Community Services continue to grow under Jenna's leadership and management.

Tyleah Barr has moved across from our Corporate Services team into the Aboriginal Youth Mentor role. The main purpose of this position is to engage with youth in the Youth Mentoring program in Heywood, Hamilton, Portland and surrounds. Tyleah will work to maintain contact with the youth in the program, work with other units within Winda-Mara to identify potential youth to participate in the youth program, organise and coordinate the youth drop in centre in both Heywood and Hamilton, participate in school holidays programs and conduct regular home visits to build relationships with families.

Current Vacancies

Local Justice Worker

Full-Time, based in Heywood or Hamilton. 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.

Please note that this is an identified position for an Aboriginal and/or Torres Strait Islander person. *Applications close 5pm Friday 9 August 2024.*

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

Lorraine Payne will be starting mid-August as our Family Services Manager.

Lorraine has over 10 years of experience in child protection in Southwest Victoria and was previously the Child Protection Team Manager for the Department of Families, Fairness and Housing for over 3 and half years. Lorraine has a Diploma of Community Services and is completing a Degree in Social Work. She is passionate and committed to seeking positive outcomes for families and brings strong leadership, management experience and a detailed understanding of state-wide Department processes to Winda-Mara.

The Winda-Mara management team would like to acknowledge and thank Hannah Grayson for stepping up into the Acting Family Services Manager role. Hannah has instigated several improvements inside Family Services. We know Hannah will be able to use this experience as she returns to her substantive role of Kinship Team Leader.

Nikki Hamilton has started as our new Tackling Indigenous Smoking Worker.

The purpose of this role is to improve the health of our mob by reducing the prevalence of tobacco use through health promotion activities.

Nikki will work to coordinate, plan and deliver the TIS activity plans and develop, implement, and evaluate smoking cessation programs and campaigns. She will support and implement smoke and vape free policies in public spaces and workplaces and improve access to targeted support to quit through clinical and non-clinical services.



Community Dinner



HEYWOOD

Wednesdays 5:30pm
21 Scott St

- 👉 Aug 14
- 👉 Sept 11
- 👉 Oct 9
- 👉 Nov 13

HAMILTON

Tuesdays 5:30pm
39 Hammond St

- 👉 Aug 27
- 👉 no Sept (hols)
- 👉 Oct 22
- 👉 Nov 26

COMMUNITY SERVICES

ELDERS UPDATE

Our Elders had a busy July with many events happening. We have finally got the Senior Men's Group happening every Wednesday. This has included trips to Portland, Port Fairy, Mount Gambier, Hamilton and then home visiting Budj Bim and the old Bessiebelle Footy Ground and soon Coleraine and Casterton. If you are interested in attending the Senior Men's Group, please let Jacqui or Ros know.

Women's Group is on every Thursday at Hammond Street in Hamilton from 11am-2pm with many activities happening. Once a month, the Elders are visiting Alexandra House in Hamilton for their new 'Morning of Music & Sign Along' event. It's an opportunity to listen to many old songs that our Elders

know and can sing along to, along with a two course meal for lunch.

At the NAIDOC Week annual flag raising, we had Aunty Laura Bell, Aunty Delsie Lillyst and Uncle Brian Smith raise the flags. On the Tuesday we had our Elders lunch in the Lake Condah Recreation Room, with a roast lunch and dessert. The Elders also got to head home with a present each.

Reminder: Make sure you let Ros and Jacqui about any upcoming appointments you have as soon as possible so we can assist you for these appointments. Lastly, if you require any support or if you have an idea that you would like to run past us, let us know!

NAIDOC YOUTH BALL

We had another great turn out at the Youth Formal. We are so proud of all our youth that attended and represented Winda-Mara. Thank you to Taryn Bell who volunteered her time to assisted with supervising. Thanks to all our sponsors and vendors!

VENDOR THANK YOUS

- Venue: Portland Golf Club
- Balloons: Balloons by Ruby
- Catering: Harbour Lights
- Bus Hire: Get A Bus
- Youth Make-up: Bronzed Curves
- Photobooth: Coastal Photobooth
- Flowers: Fresh Blooms and Co
- Music: Mundara Clark-Leslie
- Welcome to Country & Dancers: Koondoom Yarkeen Karweeyn

SPONSOR THANK YOUS



YOUNG WOMEN'S GROUP

YOUNG MEN'S GROUP

YOUTH DROP-IN CENTRE TERM 3

31 Edgar St Heywood

UPCOMING DATES

- Heywood: Wed 7 Aug, Wed 4 Sept
- Hamilton: Mon 19 Aug, Mon 16 Sept

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

Transport

- Hey: Bus pickup from high school
- Ham: If needed, let us know

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

MONDAY

HOMEWORK CENTRE
3:30 - 4:45pm
Transport Available
Open to Primary & Secondary
Contact: Sarah

WEDNESDAY

DROP-IN CENTRE
3:30 - 5:30pm
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 - 6pm
Open to 12-25yrs
Contact: Tayla

Hamilton date & time TBC for drop-in/homework centre

CONTACT
Sarah 5527 0038
sarahwilson@windamara.com

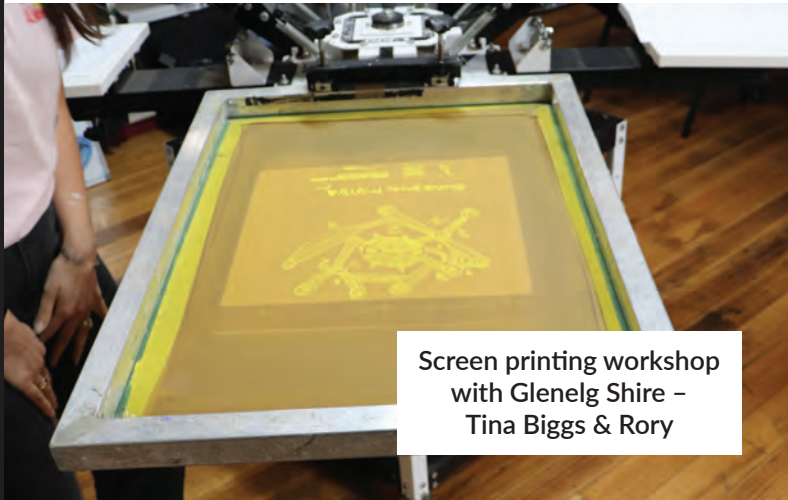
CONTACT
Tayla 5527 0077
taylawakely@windamara.com

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



HOLIDAY PROGRAM

Even though we only had one week of the break for holiday program because of NAIDOC Week, we still packed in plenty of activities!



Screen printing workshop with Glenelg Shire – Tina Biggs & Rory



Junior Rangers with Parks @ Budj Bim with Braydon Saunders & Lunch at Tae Rak



Junior Rangers with WMAC Rangers & Glenelg Hopkins CMA planting trees at Kooreelah



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

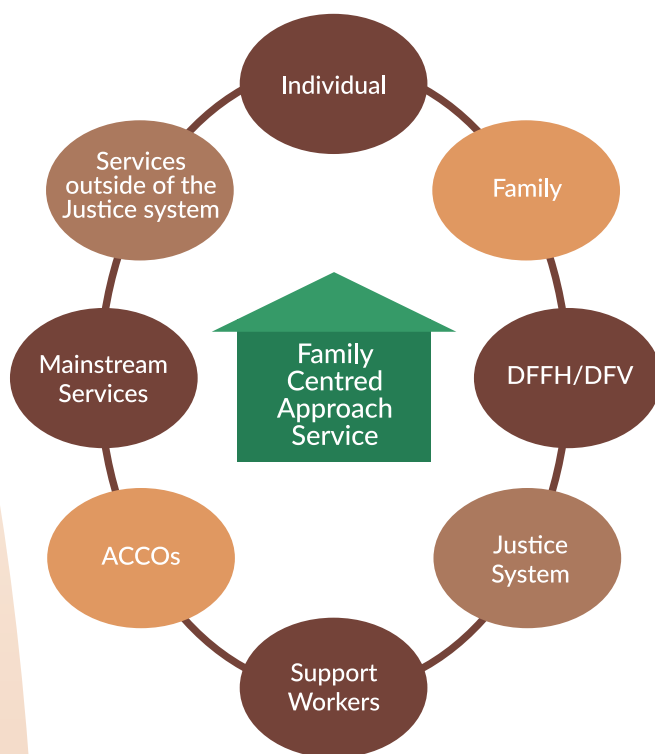
ELIGIBILITY

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

HEALTH

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

8th Aug
5th Sept

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

14th Aug
11th Sept

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

9th Aug
20th Sept

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

20th Aug
15th Oct

RESPIRATORY CLINIC

(Dr Mohammad Touhidi)

Thursdays
1st Aug

HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Wednesdays
9:30am-3:30pm

28th Aug (Hey)
25th Sept (Ham)

MASSAGES

(Heywood)

(Hamilton)

Wednesdays
10am-3:30pm

Fridays
10am-4:30pm

14th Aug
11th Sept

16th Aug
13th Sept

VAHS DENTAL

Thursdays (Melb)

8th Aug
12th Sept
10th Oct

COUNSELLING SERVICES WITH MERRILYN RISK IN HEYWOOD & HAMILTON

HAMILTON

Wednesdays
10am - 3pm (last appt)

HEYWOOD

Thursdays & Fridays
9am - 4pm (last appt)

CALL TO BOOK YOUR APPOINTMENT

Heywood 5527 0060 | Hamilton 5527 0090

ELDERS HEALTHY BONES MORNING TEA



Wednesday 14 August

10am-12pm

107 Thompson St Hamilton

Come join us for a yarn in Hamilton about Healthy Bones & enjoy a delicious morning tea with our deadly Dietitian and Aboriginal Health Practitioner.

- How to look after your bones and keep them strong and healthy
- Learn what foods to eat to help maintain good bone health
- Ask the Dietitian any questions you may have
- Bone density test info

RSVP by
Mon 12 Aug
for catering purposes

CONTACT
Tina Wright
5527 0090

COOK COMMUNITY DINNER

with Gunditjmara Chef Ricky North!

Wednesday 14 August

21 Scott St Heywood

- 11am - 3pm (Adults)
- 3:30pm - 5:30pm (Children)

RSVP by
Mon 12 Aug

CONTACT
Jess Lovett-Murray
5527 0060

Come help prepare a delicious community dinner!

Learn how to cook up local bush tucker and a healthy meal that will feed the mob!

Light lunch
and afternoon
tea provided
for attendees

- Community Dinner served at 5:30pm
- RSVP for catering purposes

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

FIRST YARNS
Friday 30 August
(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



WINDA-MARA FAMILY VIOLENCE UNIT

Free specialist family violence services to all members of our community who have experienced any form of family violence.

ngootyoonooyt ba peeneeyt - 'safe and strong'

How can we help?

- Assessing Risk & Safety Planning
- Family Violence Education
- Connection with Counselling & Support
- Advocacy & Referrals
- Making Your Home Safe
- Connection with Legal & Court Support
- Case Management - Long or Short Term



Contact for support

Aboriginal and Torres Strait Islander community members can contact Winda-Mara's Family Violence Unit on 03 5527 0020 or 03 5527 0000. Otherwise, the Warrnambool Orange Door is the main entry point for people seeking family violence support. Call 1800 271 180.

Please note - Winda-Mara and the Orange Door do not provide a 24-hour crisis response service.

After-hours support

Safe Steps 1800 015 188	Djirra 1800 888 236
Lifeline 13 11 14	Men's Line 1300 789 978
1800RESPECT 1800 737 732	Dardi Munwurro 1800 435 799

If you are in immediate danger call Triple Zero (000)

OTHER NEWS

ENTRY INTO STATEWIDE TREATY NEGOTIATIONS: **WE ARE READY**

Declaration of the First Peoples' Assembly of Victoria.



This always was, and always will be, Aboriginal land.

Our sovereignty was never ceded.

We are still here and here we will remain. Strong. Resilient. Fearless. Together.

Our connection to Country, our pride in our cultures and collective identities, and the lore of these lands have survived and will thrive once again.

We recognise that this moment is because of the courage, strength and struggle of our Elders, Ancestors and those who have come before us. Their legacy drives our fight for Treaty.

As the elected Members of the First Peoples' Assembly of Victoria, chosen by our communities to represent them on the shared journey to Treaty in Victoria, we now take our next collective step forward.

We declare the First Peoples' Assembly of Victoria ready to enter into Statewide Treaty negotiations.

We affirm our right and ability to serve as the First Peoples' Representative Body to negotiate Statewide Treaty as outlined in the Treaty Negotiation Framework and relevant legislation.

For us, self-determination is not just a destination - it is a way of life. It embodies how we operate and all that we do now and into the future.

The First Peoples' Assembly of Victoria is a manifestation of our sovereignty as we exercise our inherent rights, maintain our continuing connection to Country, and uphold our cultures, lore and law.

When it comes to our matters, our communities are the experts. That is why we need the freedom and power to make the decisions about our lives, on our own terms.

We are ready to negotiate Treaty.



NAIDOC WEEK 2024



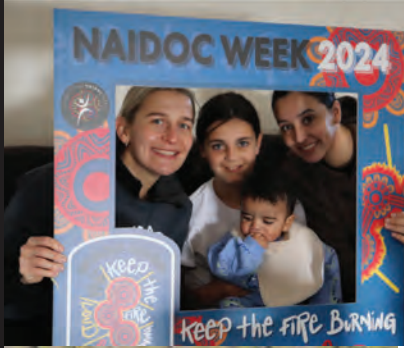
**NAIDOC
Flag Raisings**
Heywood & Hamilton

**NAIDOC
Elders Lunch**
Lake Condah Mission





NAIDOC
Mission Walk
Three Waterholes
Road to Lake
Condah Mission



NAIDOC
Youth Ball
Portland Golf Club

