



WINDA-MARA

DECEMBER 2024



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 (Hey)**
3:30pm - 6pm

Check with our teams for last dates for the above activities

ALLIED HEALTH

- W/Th/F Counselling**
Wed 10am-3pm (Ham)
Th/F 9am-4pm (Hey)
- Tue 3 HRH Dietitian & 17 Diabetes Educator (Hey)**
9am - 5pm
- Wed 4 Massage (Hey)**
10am - 3:30pm
- Wed 4 HAPEE/Elders & 18 Audiologist (0-6, 50+)**
9:30am - 3:30pm (Ham)
- Thu 5 Podiatrist (Ham)**
1:30pm - 5pm
- Fri 6 Massages (Ham)**
10am - 4:30pm
- Mon 9 Maternal Child Health Nurse (Hey)**
9am - 5pm
- Tue 10 Optometrist (Hey)**
9am - 5pm
- Thu 12 VAHS Dental (Melb)**
All day
- Mon 18 Dietitian (Ham)**
1pm - 5pm
- Thu 19 Respiratory Clinic (Hey)**
9am - 5pm

OTHER ACTIVITIES

- Wed 4 Young Women's & Men's Groups (Hey)**
3:30pm - 5pm
- Thu 5 & Youth Black Out (Port)**
Fri 6 9am - 4pm (both days)
- Fri 6 - Family Camp (Dunkeld)**
Sun 8 Registrations closed
- Sun 8 Community Christmas Party (Dunkeld)**
Present registrations closed
- Tue 10 Women's Footy Come & Try Night (Tyrendarra)**
5:30 - 6:30pm
- Thu 12 Youth Break Up (Mt Gambier)** Time TBC

Community Dinner: Wed 11 (Hey), Tue 17 (Ham - TBC)

Winda-Mara Board and Staff wish all of our community a Merry Christmas and a safe and Happy New Year!



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

- Mon 9 - 5** Dr Christine Wilson
- Tues 10 - 4** Dr Nicole Kerr
- Wed 9 - 5** Dr Christine Wilson
- Thur 9 - 5** Dr Christine Wilson
- Fri 9 - 5** Dr Christine Wilson

Please note Dr Wilson works 3 weeks on, 1 week off. (Unavailable 9-13 Dec)

HAMILTON

- Mon 9 - 5** Dr Frank Fox
- Tues 9 - 5** Dr Frank Fox (Dr Fox is phone consults only)
- Wed 9 - 5** Dr Frank Fox
- Thur 9 - 5** Dr Nicole Kerr

ALLIED HEALTH SERVICES

Allied Health Services are available to community members including massages, podiatry, optometry, and audiology.

CONTACT US!

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 Hammond St
Hamilton VIC 3300

www.windamara.com.au



Find us on Facebook/Instagram!

STAFF UPDATE

New Starters

Roger Morris | Budj Bim Ranger
Ace McKenzie | Budj Bim Ranger Trainee
Theo Whyman | Work Experience (Land Management)
Lynne Peters | Child and Maternal Health Nurse

New Roles

Lisa Barber | Admin Officer (Executive Team)
Christie Harris | People & Culture, Payroll Officer
Haylee Blurton | Budj Bim Ranger Trainee
Emma Lynch | IFS/FPR Team until March 2025
Rebecca Fraser | Orange Door until March 2025

WINDA-MARA OFFICE CLOSURES

Friday 13 December from 12pm | Staff Party Closure

Our staff will be celebrating the end of the year with our Staff Christmas Party which means all offices will be closed on Friday 13 December in the afternoon.

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.

Community Dinner



HEYWOOD
Wednesdays 5:30pm
21 Scott St
📅 Dec 11



HAMILTON
Tuesdays 5:30pm
39 Hammond St
📅 Dec 17 (TBC)

COMMUNITY SERVICES

ELDERS ACTIVITIES

December

Thu 5 | Elders Christmas Party, 39 Hammond St Hamilton
Fri 6 - Sun 8 | Family Camp, Grampians Retreat Dunkeld
Sun 8 | Community Christmas Party, Grampians Retreat Dunkeld
Thu 12 | Christmas Eating with Friends, Heywood Rural Health
Any Elders Interested in attending the Community Camp please contact your Elder Care Support Connectors Aunty Ros Pevitt or Jacqueline Primmer.
Ros on 0431 786 995 or rospevitt@windamara.com
Jacqui on 0434 032 231 or jacquelynprimmer@windamara.com

A reminder to all our Elders if needing medications/ Webster packs over the closure period, speak to your Elder Care Support worker or the Health Team to arrange medications/webster packs for over the closure dates for Christmas and the New Year.

WILLARN PLAYGROUP

HAMILTON

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

HEYWOOD

📅 Fridays
📅 10am-12pm
📅 24 Hunter St

CONTACT

Sarah Wilson on 0447 665 443 or sarahwilson@windamara.com





YOUTH PROGRAMS

DECEMBER 2024



- MON 2** | Homework Centre (Hey) | 3:30-4:45pm
- WED 4** | Playgroup (Ham) | 10:30am-12:30pm | Last session
- WED 4** | Young Men's & Women's Group | 3:30-5pm
Heywood | Last session
- THU 5** | Breakfast Club | 8-8:30am | Last session
- THU 5-
FRI 6** | Koorie Youth Black Out (Port) | 9am-4pm | 13-28yrs
- FRI 6-
SUN 8** | Family Camp (Dunkeld) | Registrations closed
- SUN 8** | Christmas Party (Dunkeld) | Registrations closed
- SUN 8** | Homework Centre (Hey) | 3:30-4:45pm | Last session
- TUE 10** | Drop-In Centre (Hey) | 3:30-5pm | 12-25yrs
- TUE 10** | Statewide Transition Day
- TUE 10** | Girls Footy Come & Try Night (Tyr) | 5:30-6:30pm
- WED 11** | Drop-In Centre (Hey) | 3:30-5pm | Last session
- THU 12** | Youth Break Up (Mt G) | Time TBC

CONTACTS | Tyleah Barr, Tayla Wakely, Sarah Wilson

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

HOLIDAY PROGRAM

JANUARY 2025

mob only

Tue 14 KKM Surf Program

Time TBC For Karreeta Koorng Maar participants
12-25 years only, more details to come

CONTACT
Tyleah Barr

Wed 15 Junior Ranger Program

10:30am - 1:30pm Bridgewater | Leave Hamilton 9:30am, Heywood 10am



Thu 16 Hamilton Pool Day

10:30am - 12:30pm Hamilton Outdoor Pool | Leave Heywood 9:45am



Tue 21 Fitzzy Fun Day

10:30am - 1:30pm Fitzroy River | Leave Hamilton 9:30am, Heywood 10am







Thu 23 Family Back to School/Kinder Day & Colour Run

11am - 2pm Heywood Recreation Reserve | Leave Hamilton 10am

Please wear a white shirt to get the most fun out of the colour run

Parents are encouraged to attend on this day



-  Lunch and snacks provided each day
-  Please bring a towel and change of clothes to all activities as swimming and water games will be included weather permitting.
-  All activities are subject to weather conditions and may be changed at short notice.
-  Stay up to date by ensuring best contact details are included in registration.



RSVP here by
Fri 20 Dec

School Holiday Programs are open to school aged children only, if your child/ren are in kindergarten or younger, they must have a non-working adult supervising them at all times.

CONTACT

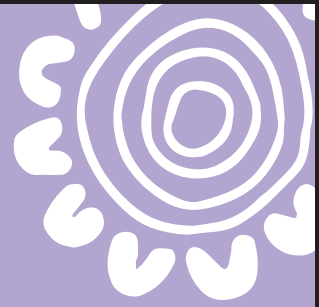
Community Services Team 5527 0000

Jenna Bamblett, Macahlia Rose, Tayla Wakely, Sarah Wilson, Tash Nepean, Tyleah Barr.



WAYIPUNGITJ

KOORIE PRESCHOOL ADVISOR



We are here to support Koorie children and their families begin their cultural journey into kindergarten.

We service kindergarten programs currently running across the Southern Grampians and Glenelg Shires.

If you have a child who is ready to start their kindergarten journey or already have, please contact us for any support or questions.

Let's work together to make your journey what you want it to be.



Participation

Support the participation of Koorie children in funded kindergarten programs by working collaboratively with the kindergarten sector, related services, and Aboriginal families/local communities.

Community

Advocate for Koorie families to improve/increase their engagement with their children's kindergarten service and support kindergarten services to actively involve the local community in providing input to the kindergarten program.

Practice

Enable culturally inclusive and welcoming kindergarten programs for Koorie families and children.

Family

Provide information to Koorie families that enhances their participation in other key early childhood services and supports their children's transition to school.

**Koorie Kids
Shine
at Kindergarten**



Contact your local Wayipungitj (Koorie Preschool Advisor)

Tash Nepean
0448 032 788
tashn@windamara.com

HEALTH

ALLIED HEALTH VISITS

PODIATRIST (Ham)
Thursdays 1:30pm - 5pm
5 Dec

DIETITIAN (Ham)
Mondays 1pm - 5pm
18 Dec

VAHS DENTAL (Melb)
Thursdays
12 Dec

RESPIRATORY CLINIC
Thursdays
19 Dec

OPTOMETRIST
Tuesdays (Hey) Fridays 9am-12pm (Ham)
10 Dec new dates TBC

HAPEE/ELDERS AUDIOLOGIST
Wednesdays 9:30am-3:30pm (0-5, 50+)
4 Dec (Ham) | 18 Dec (Hey)

HRH DIETITIAN & DIABETES EDU
Tuesdays 11am-12pm
3 Dec | 17 Dec | 4 Feb

MASSAGES
Weds 10am-3:30pm (Hey) Fris 10am-4:30pm (Ham)
4 Dec 6 Dec

MATERNAL CHILD HEALTH NURSE
Mondays
9 Dec

COUNSELLING
Weds 10am-3pm (Ham),
Thu/Fris 9am-4pm (Hey)

South West
Healthcare



Mouth Guard Program for Aboriginal Kids (Under 18)

The South West Healthcare Dental Team offers free mouth guards to Aboriginal children under 18, funded by the Aboriginal Programs department at South West Health Care.

To access the service, book an appointment by calling (03) 5564 4250.

Current Dates and Times:

20/02/2025 between 2:00pm and 4:00pm

20/03/2025 between 2:00pm and 4:00pm

Before your appointment:

- Complete the patient information form provided by your local Aboriginal service or obtain one at the dental clinic upon arrival, allow for extra time before your appointment to fill in the form.
- Ensure the form is signed by a parent/guardian.

On the day of your appointment:

- The clinic is located at South West Community Health, 287 Koroit St, Warrnambool.
- Upon arrival, enter through the main entrance, go down the stairs, and turn to reach the dental clinic (follow signs or ask the receptionist).
- The consultation will take approximately 10-15 minutes.



SMART Recovery Group

Tuesdays 10:30am

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

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

CONTACT
Margaret Ferguson
5527 0063
margaretf@windamara.com



Our new Community Garden

Our community garden has started with the help of our deadly little green thumbs. We have tomatoes, spring onions, zucchini, lettuce and basil growing.

Our community garden can be found at Community Services in Heywood. We hope to be able to prepare delicious nutritious meals with our growing vegetables.



Diabetes Information Day

Our Diabetes Info Day for World Diabetes Week was a great success with information provided by our Dietitian Danielle Lee and Aboriginal Health Worker Practitioner Tina Wright to help clients to make better eating choices to manage their Diabetes.

Our clients were extremely proactive in asking lots of questions to Danielle and came away well informed of the importance of ways to control Diabetes whilst maintaining a healthy diet.

Lots of laughs and a deadly feed catered for by Aunty Jan the day was a great success.

Big thankyou to our New Trainee Aboriginal Health Worker Taryn Bell for helping set and look after our clients that attended.



Koori Ways Youth Program

During November, our young mob have taken part in the Koori Ways program about the impacts and health issues that are caused by smoking/vaping.

Some important facts were shared including that there are roughly 4,000 to 7,000 different chemicals in a single cigarette. Of these, 250 are known to be harmful with at least 70 known to cause cancer. EVALI (popcorn lung) is an injury caused by vaping. The chemicals that companies use to flavour vapes, can't be coughed up or broken down. This vapor is chemicals, not water.

We want to keep our mob educated on the dangers of smoking/vaping so that they can take care of their health.

If you're looking to quit, contact our Tackling Indigenous Smoking Worker Niki on 5527 0060 or nikihamilton@windamara.com

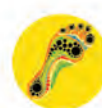


HEYWOOD DEADLIES RUNNING AND WALKING

Every Monday from 5pm-6pm
(7/10/2024 - 16/12/2024)

Meet at **Heywood Recreation Reserve**

Contact Jess for more information
jesslovettmurray@windamara.com



INDIGENOUS
MARATHON
FOUNDATION
#RUNSWEATINSPIRE



IMF RAW
AUSTRALIA
#RUNSWEATINSPIRE





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

Aboriginal Advisory Group Expression of Interest South-West Orange Door



The Southwest Orange Door would like to invite you to submit your expression of interest to join our Aboriginal Advisory Group

Purpose

The Aboriginal Advisory Group will create a clear mechanism for Aboriginal communities and services to:

- Collectively advise the Hub Leadership Group (HLG) on implementing the principles of self-determination, service choice and cultural safety within The Orange Door
- Inform decision-making about the ongoing operation of The Orange Door, in relation to the needs of Aboriginal communities across The Orange Door Southwest area.
- Support engagement of Aboriginal services within The Orange Door.

The Aboriginal Advisory Group will do this by:

- Being a conduit for Aboriginal community feedback to The Orange Door, by listening to community and sharing their voice.
- Making actionable decisions that will influence the day-to-day aspects of cultural safety within The Orange Door.
- Making actionable decisions for the Chair and Hub Manager to present to HLG which inform and influence the implementation of cultural safety and self-determination within The Orange Door.
- Encouraging community engagement and feedback.
- Informing decisions around culturally safe practice to frame responses to Aboriginal clients by The Orange Door.
- Provide feedback on any Orange Door documents identified by the Aboriginal Action Group as needing review and cultural oversight.

It is preferable that representatives on the Aboriginal Advisory Group are Aboriginal or Torres Strait Islander people.

Members should demonstrate a knowledge and understanding of the issues affecting Aboriginal communities within a family violence and children and family's context.

They should also demonstrate an ability to communicate sensitively and effectively with Aboriginal communities and services.

Please contact our Orange Door Practitioner Sherree Chaudhry for an Expression of Interest form.

**Ph: 0474 434 957 or
sherreec@windamara.com**

WINDA-MARA TOY & FOOD DRIVE

Donations for our Boori's

Thank you for your continued support!

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



WINDA-MARA FAMILY VIOLENCE UNIT

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

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

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