



WINDA-MARA



SEPTEMBER 2024

JOB VACANCIES

Elder Care Support Team Leader
Aboriginal Health Worker
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!

Homework Centre

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

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

Willarn Playgroup (Hey)
Fridays 10am - 12pm

Women's Group (Ham)
Thursdays 11am

Sheriff Liaison (Ham)
Wed 4th Sept
11am - 3pm

Massage (Hey)
Wed 11th Sept
10am - 3:30pm

Dietitian (Ham)
Wed 11th Sept
1pm - 5pm

Young Women's & Men's Groups (Hey)
Wed 11th Sept
3:30 - 4:30pm

Massage (Ham)
Fri 13th Sept
10am - 4:30pm

Optometrist (Ham)
Fri 20th Sept
9:30am - 12pm

Youth Drop-In Centre (Hey)
(excl. holidays)

Wednesdays 3:30pm - 5:30pm
Fridays 3:30pm - 6pm

Breakfast Club (Hey)
(excl. holidays)

Thursdays 8am

Recovery Group (Ham)
Tuesdays 10:30am

Podiatrist (Ham)
Thur 5th Sept
1:30pm - 5pm

Junior Carnival Training (Hey)
Tues/Thurs from 10th Sept
4:30-5:30pm

Heart Health Morning Tea (Ham)
Wed 11th Sept
10am - 12pm

VAHS Dental (Melb)
Thur 12th Sept

Young Women's & Men's Groups (Ham)
Mon 16th Sept
3:30 - 4:30pm

HAPEE/Elders Audiologist (0-6, 50+)
Wed 25th Sept (Ham)
9:30am - 3:30pm

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

Current Vacancies

Elder Care Support Team Leader

Full-Time, based in Heywood or Hamilton.

This role will support identified clients to navigate access to appropriate local aged care support services. They will provide advocacy support to ensure clients receive a culturally safe plan assessment. You will support clients to understand their aged care service entitlements, including My Aged Care registration, contractual arrangements, and costs, and will help ensure Elders and their family are well-prepared for plan reviews and outcomes. This role will liaise with aged care Assessors to ensure Elders are well-supported throughout the assessment process. This role will oversee the ECS, CHSP and HACC-PYP programs.

Please note that this is an identified position for an Aboriginal and/or Torres Strait Islander person.

Applications close 5pm Monday 2 September 2024.

Family Centered Approach - Cultural Broker

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 Friday 9 September 2024.

Aboriginal Health Worker

Full-Time, based in Heywood or Hamilton.

This role will work to implement Winda-Mara's Health Action Plan to improve health outcomes for Aboriginal and Torres Strait Islander people.

This will be achieved by performing ATSI health checks, and working with our GP, practice nurse and other Aboriginal Health Workers to ensure clients are receiving appropriate medical care.

This role will provide advocacy and support for clients, facilitate health promotion and education awareness sessions to community and coordinate client appointments through Winda-Mara's health service and Allied Health Services.

This role can be either a qualified Aboriginal Health Worker or someone willing to do a traineeship.

Applications close 5pm Thursday 5 September 2024.

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

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



Community Dinner

HAMILTON

Tuesdays 5:30pm
39 Hammond St

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



HEYWOOD

Wednesdays
5:30pm
21 Scott St

- 👉 Sept 11
- 👉 Oct 9
- 👉 Nov 13
- 👉 Dec 11

HOLIDAY PROGRAM

SEPT/OCT 2024

mob only

Tue 24 Glenelg Hopkins CMA visit

11am - 2pm 39 Hammond St Hamilton

CONTACT

Tash Nepean
0448 032 788

Wed 25 Games & Craft Day

11am - 2pm 39 Hammond St Hamilton

Transport from Heywood confirmed upon registration, Hamilton - meet there.
Registration link at bottom of page.

Wed 25/Thu 26 Junior Carnival

Bendigo | Registration form available here:



Tue 1 Junior Ranger Program

11am - 2pm Tyrendarra IPA

Transport: Heywood 10:30am from Lindsay St, Hamilton 10am from Hammond St

Wed 2 Movie Day

Time TBC Hamilton Cinema | Transport details to follow



Wed 2 Karreeta Koornong Maar Activity

Time TBC Laser Tag in Mt Gambier

*Please note: only open to KKM participants aged 12-25 in Heywood & Hamilton

CONTACT

Tyleah Barr

Thu 3 Warrnambool Big Day Out

10am - 3pm Warrnambool

Transport: Lindsay St Heywood, Hammond St Hamilton 10am



School Holiday activities are for school aged children only.
Kindergarten aged children can attend junior rangers with
a non-working parent/guardian.

CONTACT Community Services Team
macahliarose@windamara.com

RSVP via our links by Fri 13 Sept

COMMUNITY SERVICES

WILLARN PLAYGROUP is back!

HAMILTON

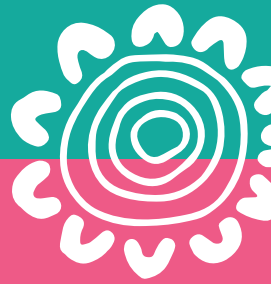
- 👉 Wednesdays
- 👉 10.30am-12.30pm
- 👉 39 Hammond St

HEYWOOD

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

CONTACT

Sarah Wilson
0447 665 443
sarahwilson@windamara.com



JUNIOR CARNIVAL TRAINING

With the Junior Carnival fast approaching we will be holding 4 skills sessions the 2 weeks prior to the carnival

SESSION DATES

Tue 10 | Thu 12 | Tue 17 | Thu 19
4:30 - 5:30pm

Heywood - Location TBC

- 👉 Sessions open to Primary & Secondary aged.
- 👉 Heywood drop offs available.
- 👉 Hamilton pick ups & drops off available (RSVP essential)

CONTACT

Tayla, Sarah & Tyleah
youth@windamara.com



SHERIFF ABORIGINAL LIAISON OFFICER VISIT

Wednesday 4 September, 11am - 3pm
107 Thompson St Hamilton

- 👉 Help for all fines and Sheriff inquiries
- 👉 Help with outstanding fines and warrants
- 👉 For Aboriginal & TSI community members



CONTACT

Richard Bamblett
0411 832 580
richardbamblett@windamara.com

YOUNG WOMEN'S GROUP

YOUNG MEN'S GROUP

UPCOMING DATES

- 👉 Heywood: Wed 11 Sept, Wed 16 Oct
- 👉 Hamilton: Mon 16 Sept, Mon 21 Oct

- 👉 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

YOUTH DROP-IN CENTRE TERM 4

31 Edgar St Heywood
39 Hammond St Hamilton

Starting 14 October

MONDAY

Homework Centre (HEY)
3:30 - 4:45pm | School-aged

Drop-In Centre (HAM)
3:30 - 5pm | Open to 12-25yrs

WEDNESDAY

Drop-In Centre (HEY)
3:30 - 5:30pm | Open to 12-25yrs

THURSDAY

Breakfast Club (HEY)
8 - 8:30am | School-aged

Homework Centre (HAM)
3:30 - 4:45pm | School-aged

FRIDAY

Drop-In Centre (HEY)
3:30 - 6pm | Open to 12-25yrs

CONTACTS

Tyleah Barr
Tayla Wakely
Sarah Wilson

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

CONTACT

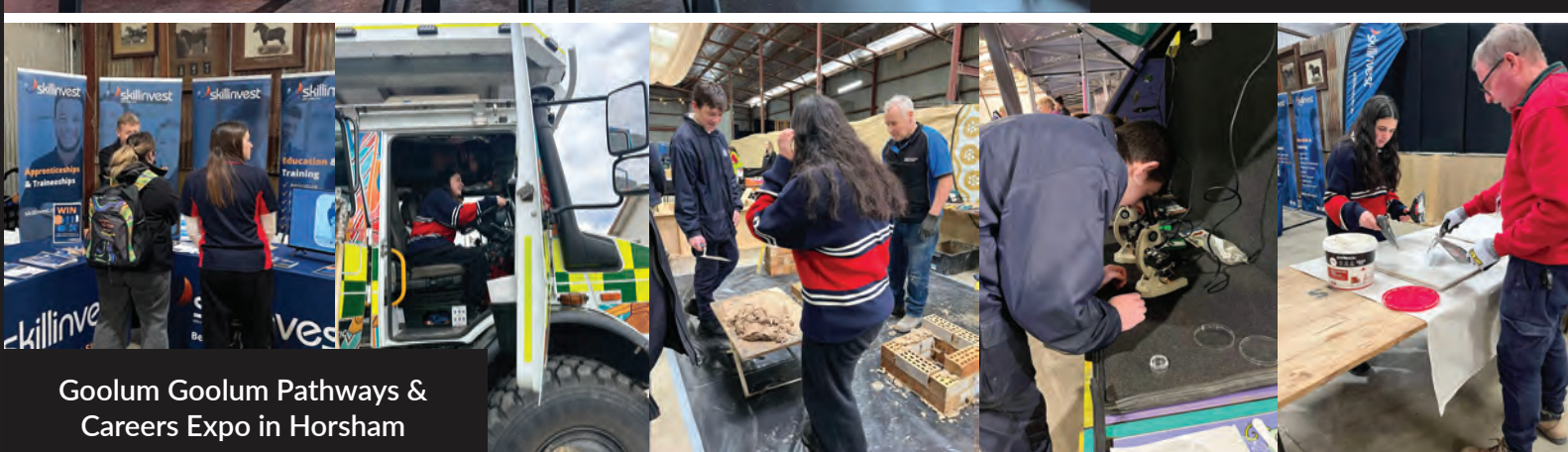
Youth Team (Tayla & Sarah)
youth@windamara.com



YOUTH PROGRAMS



Youth Barista Course
at Tae Rak Cafe



Goolum Goolum Pathways &
Careers Expo in Horsham



Homework Centre at
the Drop-In Centre

UPCOMING ACTIVITIES

- 🔴 Young Men's & Women's Groups
- 🔴 Homework Centre
- 🔴 Drop-In Centre
- 🔴 Breakfast Club
- 🔴 Junior Football/Netball Carnival
- 🔴 Holiday Program

Contact our Youth Team (Tayla,
Sarah & Tyleah) for more info
youth@windamara.com



Our Building The Dream team having lunch at Heywood Consolidated School with the Koori students.



Heywood Drop-In Centre activities & movie night



Our drop-in centre is a safe space to hang out with plenty of things to do including art, homework space, laptops, games, music equipment, cooking and having a feed, being creative and so much more, so come say hi to our youth team!

Do you need help getting your learners or gaining your 120 learner driving hours?



Our Building The Dream worker can help!

We can assist you with gaining your learners, free qualified driving lessons and support with gaining your 120 hours.

Contact Tayla on 5527 0077 to arrange a time to go driving!

Do you want to be a part of our **YOUTH MENTOR PROGRAM?**

Karreeta Koorng Maar Mentoring Program aims to support Aboriginal Young People aged 12-25 years through a mentoring program that aims to connect them to culture, build leadership skills to increase their confidence and ultimately support their future goals.



youth@windamara.com

Contact Winda-Mara's Youth team for a registration form.

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

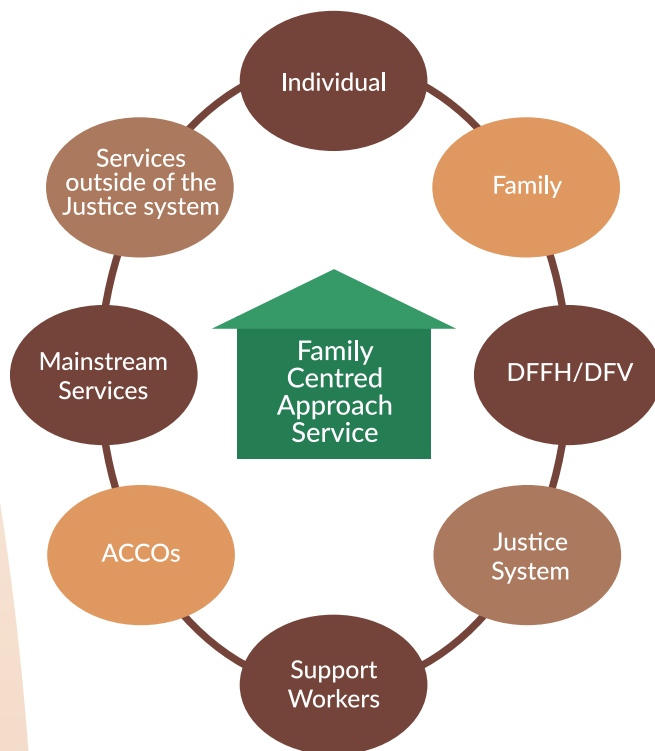
ELIGIBILITY

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

Vacant Position
FCA - Cultural Broker
03 5527 0000

ALLIED HEALTH VISITS

PODIATRIST

(Hamilton)

Thursdays
1:30pm-5pm

5th Sept
10th Oct

DIETITIAN

(Hamilton)

Mondays
1pm-5pm

11th Sept
16th Oct

OPTOMETRIST

(Glen Howell - Hamilton)

Fridays
9am - 12pm

20th Sept
25th Oct

OPTOMETRIST

(Penry Rousten - Heywood)

Fridays

15th Oct
10th Dec

HAPEE/ELDERS AUDIOLOGIST

(0-5, 50+)

Wednesdays
9:30am-3:30pm

25th Sept (Ham)
30th Oct (Hey)

VAHS DENTAL

Thursdays (Melb)

12th Sept
10th Oct
14th Nov

MASSAGES

(Heywood)

Wednesdays
10am-3:30pm

11th Sept
9th Oct

(Hamilton)

Fridays
10am-4:30pm

13th Sept
11th Oct

ELDERS HEALTHY BONES MORNING TEA

Our health team recently held a healthy bones morning team with our Elders and our Dietician Dr Danielle Lee. It was wonderful to see the Elders from both Heywood and Hamilton come along.

Danielle gave the Elders lots of information regarding looking after their bones as they get older. Our Elders asked her a lot of questions, and spent some time talking about food today and back when they were young.

Our team cooked up a high calcium morning tea and now all the Elders want the recipes! The highlight was the scones and cream. Danielle gave information on the importance of looking after their bones, did a bone quiz, and spoke about the importance of vitamin D and calcium rich foods.

The Elders named the Skeleton Boney Maroney which was funny, and it was impossible to get them out when time was up because they just wanted to yarn and yarn, so safe to say the day was a success!



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

HEART HEALTH MORNING TEA

Wednesday 11 September

10am - 12pm

107 Thompson St Hamilton

- 👉 Come yarn with our Deadly Dietitian and Aboriginal Health Practitioner about heart health!
- 👉 Learn about healthy foods that keep our heart healthy while enjoying a healthy morning tea.
- 👉 RSVP by Mon 9 Sept for catering purposes.



CONTACT
Tina Wright
5527 0090

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

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)



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

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

SEPTEMBER HEALTH DAYS

- 2-6 Women's Health Week
- 6 Walk to Work Day
- 10 Suicide Prevention Day
- 20 R U OK? Day
- 22 World Car Free Day
- 29 World Heart Day



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)



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:

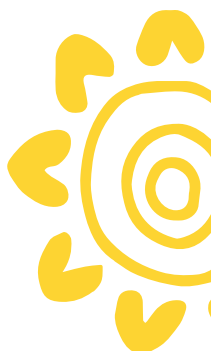
- a specialist or another health service
- a counsellor
- a service that works to prevent chronic conditions.

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!