



# WINDA-MARA NEWSLETTER

December 2020

## What's been Happening at Winda-Mara

Winda-Mara is currently updating the memberships and client details, ie address & contact details.

Please contact Reception Heywood if an update is required



Find us on:  
**facebook®**

*Don't forget to like us on Facebook as we have regular updates of programs, activities and general information.*

### Dates to Remember

Coloring Competition closes Friday 11th December

(Pictures must be returned to Heywood & Hamilton Receptions )

Winda-Mara Christmas Party is on Wednesday 16th

December 5.30pm—7.30pm

Our dates for the holiday period are:

Closing on Friday 18th December at 12.00pm, and re-opening on Monday 4th January 2021 at 9.00am

### Contact Us

Give us a call for more information about our services and products

Winda-Mara Aboriginal Corporation

21 Scott St Heywood  
3304

Phone : 03 55270000

Fax: 03 55 270009

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107 Thompson St  
Hamilton 3305

Phone: 03 5527 0090

Fax: 03 55 275715

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### Opening Hours

9:00am-5:00PM

Monday-Friday

**During 2020, we welcomed new and existing employees to new positions and wished those that left us all the best for the future**

## **New Employees**

- ◇ Jason Kanoa—Chief Executive Officer
- ◇ Sharon Rigg—Health Services Practice Manager
- ◇ Ben Church –Budj Bim Rangers Team Leader
- ◇ Tania Page - Health and Wellbeing Worker
- ◇ Teagan Drain - Heywood Practice Nurse
- ◇ Audrey Lenehan - Hamilton Practice Nurse
- ◇ Rebecca - Integrated Family Services
- ◇ Vici Wakely—Kinship Promotions
- ◇ Briana Picken—Executive Assistant
- ◇ Julie Barber - Kinship Worker
- ◇ Taliyah McGeary—Kinship Worker
- ◇ Doneka Webb -Receptionist
- ◇ Kathy Millard –Finance Officer
- ◇ Sue Lovett - Youth Mentoring Coordinator
- ◇ Janine Cameron - HACC Coordinator
- ◇ Maurice Cameron - HACC Maintenance Worker
- ◇ Shantelle Walsh - Environmental Services Worker
- ◇ Gordie Slade –Budj Bim Ranger
- ◇ Yakirah Agnew - Budj Bim Ranger Trainee
- ◇ Liam Dunstan - Budj Bim Ranger Trainee
- ◇ Donna Hines - Environmental Services Worker
- ◇ Jen Rowe—Kinship Worker

## **Farewells**

- ◇ Ian Moody—Training and Development
- ◇ Shanaya Harrison—Aboriginal Health Worker Trainee
- ◇ Peter Irving—Practice Nurse
- ◇ Marley Bryant—Community Services Trainee
- ◇ Laura Lovett-Murray - Executive Assistant
- ◇ Fiona Lindsay - Finance Officer
- ◇ Natasha Secombe - Cradle to Kinder
- ◇ Braydon Saunders - Budj Bim Ranger Trainee
- ◇ Caitlin Morris—Youth Mentoring Worker
- ◇ Debbie Malseed—Senior Budj Bim Ranger
- ◇ Jon Campbell - HACC Maintenance Worker
- ◇ Heather Valifidis—Integrated Family Services

## **Current Staff in New Positions**

- ◇ Shane Boney -Health Services Team Leader (Hamilton)
- ◇ Macahlia Rose - Community Services Team Leader
- ◇ Kiah Morgan— People and Culture Trainee
- ◇ Hannah Grayson—Kinship/TCP Team Leader
- ◇ Crystal Boreham—Cradle to Kinder
- ◇ Jodie Lovett—Building the Dream
- ◇ Aunty Janice Lovett—Senior Aboriginal Health Worker
- ◇ Leigh Boyer—Budj Bim Rangers Team Leader

## ***Quality and Compliance***

*We wish you a safe and peaceful close to 2020 - a tricky year to journey through.*

*Winda-Mara will be undergoing accreditation review in the first week of February in 2021.*

*This will be for both International Standards for Quality Management and for DHHS standards of;*  
*Empowerment,*

*People understanding their rights and responsibilities,*

*People exercising their rights and responsibilities*

*Access and engagement,*

*Services have a clear and accessible point of contact*

*Services are delivered in a fair, equitable and accessible manner*

*People access services most appropriate to their needs through timely, responsive services integration and referral.*

*Wellbeing,*

*Services adopt a strengths based and early intervention approach to service delivery that enhances wellbeing,*

*All people have a goal oriented plan documented and implemented with strategies to achieve their goals,*

*Participation,*

*People exercise choice and control in service delivery and life decisions,*

*People actively participate in their community by identifying goals and pursuing opportunities including those related to health, education, training and employment.*

*People maintain and strengthen connection to their Aboriginal and Torres Strait Islander community and strengthen their cultural, spiritual and language connections.*

*People develop, sustain and strengthen independent life skills.*

*Winda-Mara would like to hear from anyone in Community who has accessed services with stories/ feedback they would like to share with external auditors on how Winda-Mara meets these standards or where you believe we could improve. Please contact us so we can provide a suitable time of access for you. ([qualityandcompliance@windamara.com](mailto:qualityandcompliance@windamara.com) or 0355270076 or 55270000)*

***Quality and Compliance Officer***



# Meet the Staff

Taliah McGeary

Kinship Case Manager



**Your Role/ What you do?** Help and support families who are in Kinship care.

**Where are you from?** I was born in Portland and still currently reside there.

**Who is your Mob?** Gunditjmara

**How long have you worked at WMAC?** Just commenced

**What is an interesting fact about yourself?** I love to learn and love a challenge.

**Tell us a bit about your education background (i.e. University, Tafe)** I have a bachelor's degree in nursing and am currently studying my bachelor's in human services (Specializing in Indigenous Child Welfare).

Jodie Lovett

Building the Dream Worker



**Your Role/ What you do** Support our Boori's and Youth in the Community to access the best educational experiences and to develop future pathways for our next generation

**Where are you from?** Melbourne

**Who is your Mob?** Gunditjmara/Yorta-Yorta/Wuradjuri/Walpiri Tribes

**How long have you worked at WMAC?** 2 Years

**An interesting fact about yourself** I am the eldest Grandchild on both sides of the family

**What's been your best experience while working at WMAC?** Cultural days of Country

**Tell us a bit about your education background (i.e. University, Tafe)** I am a cert 4 Aboriginal Health Worker, and currently studying Diploma of Community Services for the next two years

**If you don't have an educational background what are some past work experience's you have?** I have worked in many Aboriginal Organisations such as VAHS, VACCHO, VAEAI. My family instilled in me the Importance of Self-determination for Aboriginal people and working to better improve communities/ mobs' opportunities in a wholistic approach

Julie Barber

Kinship Care Worker



**Your Role/ What you do?** Case management

**Where are you from?** Born in Melbourne.

**How long have you worked at WMAC?** One Week today

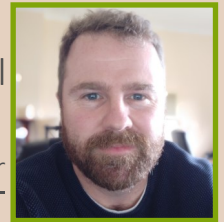
**An interesting fact about yourself.** I once worked at some radar sites in Alice Springs as a safety co-ordinator. This company was tasked to identify unwanted aircraft and watercraft that was entering Australian waters.

**Tell us a bit about your education background (i.e. University, Tafe).** I have a Cert 4 in Safety.

**If you don't have an educational background what are some past work experience's you have?** I left school at 14yrs old and did 7yrs in making men's suits. While the girls were young, I did 10yrs hospitality. I worked at an Engineering firm in Portland for 10yrs. I worked for Dept Children and Families in Alice Springs. My certs are mainly Admin, Auditing, Safety and document management

Aiden Wombwell

Family Violence Practitioner



**Your Role/ What you do?** My role with Winda-mara is primarily based around working with Victims & perpetrators of Family violence to help make the home environment safe, for themselves & their family. I am hoping to work predominately with couple's who wish to stay together, challenge the offending behavior, whilst educate & assisting them with ending the trauma cycle.

**Where are you from?** I am from Coleraine, but in the process of permanently relocating to Portland to live with my amazing partner 😊

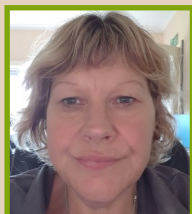
**How long have you worked at WMAC?** I have worked with Winda-mara since Late October

**An interesting fact about yourself?** I enjoy playing guitar & trying to sing, I secretly want to be a Rockstar lol

**Tell us a bit about your education background (i.e. University, Tafe)** Currently I am studying my Cert 4 in Community Services, but many moons ago I did complete a diploma in Business – Legal Practice, had a long career in the automotive industry, before changing Careers around 3 and a half years ago to become a correctional officer to assist & empower people to change their lives for the better. Through this work I have become passionate about wanting to help survivors of family violence, & hope to make a difference within the community.

Vici Wakely

Kinship Recruitment officer



**Your Role/ What you do?** Recruit kinship careers, respite careers and support my colleagues as needed

**Where are you from?** Portland

**How long have you worked at WMAC?** 1 Week

**An interesting fact about yourself:** I am a very proud mum of two amazing kids, now adults ( Zane & Tayla). I also have a beautiful chocolate Lab called Louie

**Tell us a bit about your education background (i.e. University, Tafe)** I completed year 9 at Hamilton Secondary school, I was a bit of a naughty teenager but the lessons I learnt as a teenager has given life experiences to want to work and help kids/teenagers/adults.

**If you don't have an educational background what are some past work experience's you have? :** I have always worked with children, first in a Day Care Centre then I started working in Primary school/Secondary schools as an Education support officer. I was working with children that had severe trauma, intellectual disabilities & special needs. I did that for 18 years. I also Worked at WDEA employment as a Disability Employment Consultant for 12mths then took on a challenge of becoming a Caravan Park Manager in Bendigo then back here in Portland. Now I have this amazing roll as Kinship Recruitment Officer. I am excited to be a part of Winda-Mara community.

Crystal Marnell

Cradle to Kinder Worker



**Your Role/ What you do?** C2K is about delivering intensive ante and postnatal support programs. I get to work with young Aboriginal women and their babies/young children to make positive life changes and achieve their goals. I'm looking forward to incorporating Winda-Maras holistic services in this role and helping strengthen my new clients connections to community and culture.

**Where are you from?** I was born in Blackall, Queensland but have been living in Portland and Heywood since I was a baby

**Who is your Mob?** My Mob are Kamilaroi on my Paternal side and Wonnarua on my maternal side (QSLD and NSW Country)

**How long have you worked at WMAC?** I've worked at WMAC for 18 Months

**An interesting fact about yourself** I'm lowkey obsessed with NBA and AFL

**What's been your best experience while working at WMAC?** My best experience while working at WMAC so far has been going to Adelaide for the 2019 SNAICC Conference

**Tell us a bit about your education background**



# Positions Available

Position: Health and Wellbeing Team Leader

Reports to: Health Services Practice Manager and Health Services Team Leader

Classification: Health Professionals and Support Services Award 2010, access to salary packaging

Location: 21 Scott Street, Heywood and/or 107 Thompson Street, Hamilton

Hours of Employment: 38 hours a week

Enquiries to: Jess Lovett-Murray, Health Services Team Leader, on 5527 0064 or [jesslovettmurray@windamara.com](mailto:jesslovettmurray@windamara.com)

Applications addressing the Key Selection Criteria to: Shannon Gaita, People and Culture Assistant, at PO Box 42, Heywood, Victoria, 3304 or [peopleandculture@windamara.com](mailto:peopleandculture@windamara.com)

Closing Date: Monday 14<sup>th</sup> December 2020 at CoB

## Primary Purpose of Position

- As Health and Wellbeing Team Leader you will be responsible for providing clinical and operational management. Support ongoing delivery of the AoD and Mental Health program, including mentoring and guidance to the health and wellbeing team.

## Key Responsibilities

- Manage and lead health and wellbeing team to deliver contractual and operational key performance indicators across AoD and Mental health contracts
- Provide high quality engagement, assessment, counselling, case management and support services to clients and their families
- Prioritise clinical and administrative duties including the effective and efficient planning and organisation of a complex caseload
- Monitoring outcomes and ensuring all service provision is in alignment with organisation values, goals, and processes
- Work in collaboration with both external and internal Health and Community services to maximise health outcomes for individuals with mental illness/drug and alcohol issues
- Provide strategies to facilitate culturally appropriate service provision and access to Health and Community services
- Facilitate educational and support group programs.
- Liaise with local, state and national wide drug and alcohol/mental health departments and organisations
- Increase awareness on the dangers of drug and alcohol use in the community
- Increase awareness of the importance of mental health and wellbeing
- Facilitate and coordinate youth focussed health promotion activities
- Enter data into appropriate software package
- Undertake training as required
- Other duties as required within the scope of this role and coordinated through line management.

## INTEGRATED TEAM CARE SUPPLEMENTARY SERVICES

*Aboriginal and Torres Strait Islander* people diagnosed with a **chronic disease** are encouraged to talk to our Aboriginal Health Workers to receive support to better manage their disease through the ITC program.

All clients must have a GP Management plan and Team Care Arrangements (TCA) to be eligible for the program. A GP Management Plan (GPMP) can help people with chronic medical conditions by providing an organised approach to care. A GPMP is a plan of action you have agreed with your GP.

**Examples of assistance** that can be provided to you are:

The purchase of dietary resources such as nutrition information and healthy recipes needed to aide healthy eating and the management of chronic disease.

The purchase of Dietary Supplements eg Sustagen, Resource Plus.

Payment of a procedure performed by a Specialist or Allied Health Practitioner.

To pay the Gap between MBS Rebate and the fee charges for diagnostic tests ( MRI, Blood Test and X-Ray.

Assistance ( transport or fuel ) to travel to an out of town health care provider.

Travel ( transport or fuel ) and accommodation costs when attending an out of town health care service – which requires an overnight stay.

# ATSI HEALTH CHECKS

Available for all Aboriginal and Torres Strait Islander people.

Complete your ATSI health







## MENTAL HEALTH & WELLBEING

COVID-19 Pandemic has impacted on all families across the nation, including financial uncertainty, disruption to families and communities and mental health challenges—some for the first time.

The health team at Winda-Mara are here to support clients to get through these challenging times.

**We have access to Health & Wellbeing Officers Tanya Page & Margaret Ferguson Monday to Friday who can provide support with Mental Health & AoD problems.**

**Our Senior Psychologist Daryl Hobbs provides a counselling service and is available for appointments from Monday to Wednesday.**

As we head into the holiday period, it is important to check in with our loved ones, Elders and vulnerable in our community. This could be as simple as picking up the phone or catching up for a yarn over a cuppa.

If you or your loved one require extra support please see the following phone helplines below

Yarning Safe & Strong 1800 95 95 63

Brother to Brother 1800 435 799

Djirra's Counselling Service 1800 105 303 o 03 9244 3333

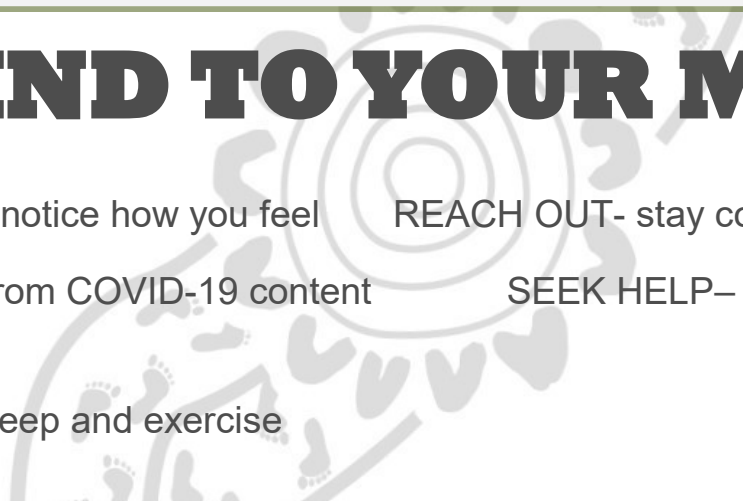
Lifeline 13 11 14

## BE KIND TO YOUR MIND

PAUSE- Breathe, notice how you feel      REACH OUT- stay connected

TAKE BREAKS -from COVID-19 content      SEEK HELP– if overwhelmed or unsafe

MAKE TIME- to sleep and exercise



# OH FITNESS TREE, OH FITNESS TREE!



**GO MOB!**  
#SmokefreeMob  
#StrongMob

south west sport

## 25 DAYS OF FITNESS

*give yourself a health and fitness gift this Christmas*

# Winda-Mara Medical Clinic Hours

## HEYWOOD MEDICAL CLINIC

Monday 9-5 Dr Yota

Tuesday 9-5 Dr Yota

Thursday 9-5 Dr Kerr

## HAMILTON MEDICAL CLINIC

Monday 9-5 Dr Fox

Tuesday 9-5 Dr Fox, Dr Phyo

Wednesday 9-5 Dr Fox, Dr Phyo

Thursday 9-5 Dr Phyo

### Come meet the Health Team at the Christmas Party

Winda-Mara Medical Clinic is open until Thursday 18th December for all your health needs; including GP services, access to allied health providers or support for AoD and mental health issues.

I would like to acknowledge the commitment of our Health Unit during the COVID19 Pandemic.. It is a year that we would rather forget. Lets look forward to 2021 with more community involvement. Please enjoy your Christmas break and stay safe.

Sharon Rigg.

#### *Meet the team*

Health Practice Manager Sharon Rigg

Health Services Team Leader Shane Boney & Jess Lovett-Murray

Senior Aboriginal Health Worker/ITC Coordinator Janice Lovett

Aboriginal Health Worker Maddy Kinghorn

Practice Nurse Teegan Drain & Audrey Lenehan

Medical Reception Deb Jefcoate, Tasha Nepean & Charmaine Barker

Healthy Lifestyles Officer Edith Fox

Senior Psychologist Daryl Hobbs

Health & Wellbeing Officer Margaret Ferguson & Tanya Page

Transport Driver Brian Smith



Come meet the team and go in the draw to win a deadly Willarn Warrior Hoodie.

## **Budj Bim Rangers Complete Training**

**By Gordon Slade and Colleen Hamilton**

despite Covid-19 restrictions the Budj Bim Rangers have been able to complete a lot of training over the past six months.

Rangers have completed training in Tractor and Front-end Loader, through SW TAFE. Liam and Yakirah also completed their Australian Chemical User Permit, at the Hamilton SW TAFE Campus and all Rangers have continued to study and finish Tourism Certificate 3 with SW TAFE and Land Management & Conservation certificates 3 & 4 with RMIT University.

Liam and Yakirah have also attained their manual drivers' licence thanks to Uncle Tony's driver training.

Leigh, Yakirah and Liam are also attending the upcoming Cultural Heritage three-day workshop at the La Trobe University at Bundoora next week.

Training continues to be an important activity for all members of the Land Management Unit.



Gordon learning the ropes, under the watchful eye of Matt

# Family Services

## Winda-Mara staff and community members

It's that time of year where we would love to make a difference to families in need.

We are asking for food donations & Toys for children.

Could all donations please be taken to reception at

Winda-Mara 21 Scott, Street Heywood

There will be a Xmas Box located in the foyer.

*Thank you for your continued support to  
our wonderful community from Family Services*



# Community Services



2020 has been challenging for us all, we have had to think of new and interesting ways of how we deliver some of our services, and as an organisation and a Community we have risen to the challenge.

Hope you all have a good break over the Christmas period and look out for our January Holiday program over the next few weeks.~ Aunt Wendy



Hamilton Community completed the annual NAIDOC Walk at Lake Hamilton this year



Zarley is modeling one of our new Willarn Playgroup t-shirts and hats.



Here is Willow Lovett making a home-made game in the Fill Ya Dilly Bag virtual program.



Eva participating in the Willarn Workout that was also part of the Fill Ya Dilly Bag



# Always Was, Always Will Be.

**8-15 NOV 2020**

## Elders NAIDOC Lunch



Heywood and Hamilton Elders enjoying the annual NAIDOC Elders Lunch.



Due to Covid, this year, we had to split the groups and look forward to re-connecting altogether again next year.

# **Coloring Competition**

**Winda-Mara is running a Christmas Coloring competition**

**There are 3 Age Groups**

**0-5 years**

**6 – 10 years**

**11 years and older**

**Winner's of coloring competition announced at Christmas Parties**

**If you wish to enter please see either Heywood or Hamilton Receptions**

**Happy Coloring my little Elf's**







# Christmas Party

Due to Covid each Community will be having a  
Christmas Party

Wednesday December 16th 2020

Heywood— Apex Park, Cameron st Heywood

Hamilton Botanic Gardens BBQ Area, Fench St Hamilton

If you would like to attend please register with number of  
people, names and ages that will be attending the event.

To register please call Heywood Reception on 5527 0000 or  
Hamilton Reception on 5527 0090, by the 3.00pm Friday  
11th December

## Please Note

As per Covid restrictions,

- \* you must register for event (Spaces Limited)
- \* Social Distance
- \* Wear mask when required
- \* Clean Hand Hygiene

