

## Worthi Karreeta Possum Skin Cloak



Gunditjmara Aboriginal Cooperative

## March Newsletter 2025



Aboriginal and Torres Strait Islander people should be aware that this publication may contain images and names of deceased persons in photographs.

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## March Dates

- 10th Labour Day Public Holiday
- 20th Close the Gap Day
- 21st Harmony Day
- 29th Koori Karnival

## **April Dates**

18th Good Friday19th Saturday before Easter Sunday

- 20th Easter Sunday
- 21st Easter Monday
- 25th ANZAC Day

Do you or someone you know want to receive our newsletter? You can update your information or sign up on our website! Visit www.gunditjmara.org.au/newsletter







## **CEO Update**

We are well on our way into the new year and things are back into full swing and routine at GAC.

We have had a couple of developments at Hopkins Road - you may have noticed we now have signage on the front of our building! Every day our building is starting to feel more like 'home' with construction timelines on track and the end goals now in sight. We still envisage that it will be April / May for us all to be settled here but given we're already nearing March, this isn't too far off. Once we are fully operational from Hopkins, we will send out information on how to best to access the teams and services you require. Our community's vision of finally being a 'one=stop-shop' will be realised by the middle of this year, which is an incredible achievement. We hope that soon after that we will be able to celebrate with a grand opening where community, staff and locals can come together to acknowledge this historic milestone in our cooperative's history.

Our building does look blank at present; we are hoping some of our talented and creative community members could submit art works to potentially be used in and around our building. We have restrictions on what we can do with the outside of the building however there are no restrictions for the inside. We would love to celebrate and recognise our local artists by incorporating their art to help bring our building to life. We are in the process of putting together some further information so if you would like to be a part of this project keep an eye on our social media for details.

The first planning meetings are being held in preparation for NAIDOC week which is from the 6th to 13th July. The theme this year is "The Next Generation: Strength, Vision & Legacy'.

This is such an important week for our community and this year the week of festivities will celebrate the achievements of the past, the visions of our communities and the bright future ahead with our young leaders. We are so fortunate to have so many young Gunditimara youth kicking major goals in our community and this is a celebration on its own. We need to recognise that from the solid foundation and strength of our Elders the next generation will rise. It is incredibly humbling to watch our future leaders achieve amazing things and it makes me immensely proud. So, keep an eye out for more NAIDOC information over the coming weeks / months as it's going to be a wonderful week to be a part of.

It is also worth mentioning that we will again be running the school holiday program over the Easter school holidays. Plans for this are well underway and will be circulated soon. Be sure to secure spots as soon as they become available as the program is proving to be incredibly popular and places are limited for some activities. There will be social media updates when the schedule is confirmed.

There's lots of important dates coming up so remember to check the events calendar to keep up with what is happening in the group spaces as well as any upcoming community events. I hope the start of the year has been a good one for you and I look forward to sharing exciting updates as they arise.





## Health Clinic



# Can't make your

Please contact the Gunditjmara Health Clinic 24 hours prior to your scheduled appointment or as soon as possible as this will help us accommodate to others on the waitlist.

To gantunk!

### Increase to Aboriginal and Torres Strait Islander 715 Health Check Voucher



In replacement of the \$25 Kmart voucher, effective immediately when you book in for your yearly Aboriginal and Torres Strait Islander 715 Health Check through Gunditjmara Health Clinic you will now receive a \$100 voucher of your choice from 5 different businesses.

The 715 health check is for Aboriginal and Torres Strait Islander community members only. Please contact the clinic to check for eligibility. Please note, you are entitled to 1 \$100 gift card (of choice) per health check.

To book in please contact Gunditjmara Health Clinic on 5564 3344

Aggressive behaviour and language will not be tolerated at Gunditjmara at any time, this includes via phone, email and text. We understand you may feel frustrated at times, but please remember our staff are doing the very best they can to support yourself, our clients and community.

We'd like to remind community that our organisation is a ZERO TOLERENCE TO DRUG & ALCOHOL and a ZERO TOLERNACE TO VIOLENCE space. These policies are in place to protect our Community and help us keep the space we work in safe. Failure to comply with these policies may result in disciplinary action or the Police to be called. We thank you all you deadly mob out there who are already doing the right thing

GUNDITJMARA IS A ZERO TOLERANCE TO DRUG AND ALCOHOL AND ZERO TOLERANCE TO VIOLENCE SPACE





### **Opening Hours:**

Monday - 8.30AM to 1:30PM Tuesday - 8.30AM to 1:30PM Wednesday - 8.30AM to 1:30PM Thursday - 8.30AM to 1:30PM Friday - 8.30AM to 1:30PM Saturday & Sunday - CLOSED

Available at 24 Hopkins Road Warrnambool, VIC 3280

## Groups

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Join us for our Aboriginal Youth Group ! Participate in activities with other young mob aged 13 to 18 every Monday fortnightly

### MARCH

Monday 3rd Monday 17th Monday 31st Any questions or transport contact: Jaynaya - 0459 595 113 Coedie - 0455 309 142



Join us for our Aboriginal Womens Group ! Participate in other activities with mob every Tuesday fortnightly

### MARCH

Tuesday 4th Tuesday 18th

For more information or to arrange transport contact Joanne on 0439 999 602



Join us for our Aboriginal Men's Group ! Participate in other activities with mob every Wednesday fortnightly

### MARCH

Wednesday 5th Wednesday 19th

For any questions or transport contact: Levi - 0447 197 018 Coedie - 0455 309 142



Join us for our Aboriginal Early Years ! Participate in activities with other young mob aged 5 to 12 every Monday fortnightly

### MARCH

Thursday 6th Thursday 20th

For any questions or transport contact: Teneshia - 0458 645 615 Coedie - 0455 309 142



😇 Every Wednesday and Friday

## U 10:30am-12:30pm



Contact Bron at Gunditjmara Aboriginal Cooperative on 5559 1234 for a yarn to enroll your child or find out more.



A group for Aboriginal Dads and Dads of Aboriginal Children

To learn more information or to express your interest, please contact Bec Clayton on 0448 872 366 or Belinda Payne 5559 1234 Keep an eye out for more information

The Independent Living Team provide home and social support services to our local community, working each day to make a positive impact.

Our aim is to support healthier, happy, stronger lifestyles for our community.

Our Home Care Support workers support clients to-Live healthy, independent, and active lives.

To remain at home safe and supported.

To keep connected to community and culture.

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If you are looking for services, and you have a Home Care Package or NDIS, please reach out to see how we can help you.



Wata Takoort Come All

In February, the Wata Takoort group completed our healing drums and welcomed many knowledgeable visitors.

Our monthly outing took us to Mt Noorat, where we began with a smoking ceremony led by Brett Clarke, followed by the burial of the umbilical cords from the drums. This was a deeply emotional and healing part of our drum journey. We then headed into Terang for a yummy lunch at the Commercial Hotel. Les, from the Commercial Hotel, prepared a wonderful lunch and dessert for us. We highly recommend his services and look forward to returning soon.

We hosted a variety of guest speakers who shared insights about their work and how we could potentially collaborate with them. A highlight was Michelle from Bespoke Hypnotherapy – where she introduced us to a light meditation session, which was greatly appreciated by our group as it helped to calm our minds.

For more information, please contact: • Karen Chatfield: 0459 957 417 • Kiri McKane: 0459 907 685

March promises to be another busy month, featuring more guest speakers, a visit from Clontarf, BINGO, a special mystery trip, and much more.



## **Community Notices**



Gunditjmara Aboriginal Cooperative is a smoke-free organisation.

Please note any form of smoking or vaping is not permitted on our premises at 24 Hopkins Road. Including the carpark.



A Sheriff Aboriginal Liaison Officer (SALO) can help with your outstanding fines and warrants.

Your SALO: Kaleb Comollatti Mobile: 0475 045 004 Email: kaleb.comollatti@justice.vic.gov.au

## Join Our Respite Carer Pool Today!

Make a positive impact on a child's life by joining our respite care program. Provide short-term, temporary care in your home or other convenient location tailored to meet the child's needs.

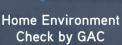
### Requirements







Must obtain a Employee Working with Children Check Pass a National Police Check



KOORI Strong







This year, the National NAIDOC Committee takes an important step toward independence, embracing self-determination as a model for the next generation. With every story shared, every act of resilience remembered, and every cultural practice celebrated, we honour a legacy that reaches far into the past and extends into the future. As we celebrate this milestone, we look toward the next 50 years with excitement and confidence, while everyday ensuring that NAIDOC remains a movement grounded in community-led vision and integrity.



Read more: https://www.naidoc.org .au/about/naidoc-theme

## About the settlement of up to \$202 million for the Northern Territory Stolen Wages Class Action YOU MUST REGISTER NOW TO BE CONSIDERED FOR ELIGIBILITY

The Commonwealth Government has agreed to a settlement of the Northern Territory Stolen Wages Class Action in which it will pay up to \$202 million including costs (depending on how many people register). The Court will need to approve the settlement before any money is paid out. Ms Minnie McDonald brought the class action in the Federal Court against the Commonwealth Government on behalf of all Aboriginal and Torres Strait Islander peoples who worked in the Northern Territory between 1933 and 1971 and were paid little or no wages. A detailed notice giving information about the proposed settlement has been published. You can get a copy by contacting Shine Lawyers on the contact details below.

## If you want to find out more about the case, the settlement or ask for a registration form, you can

- Call Shine Lawyers on 1800 860 378
- Email Shine Lawyers at ntstolenwages@shine.com.au
- Go to shine.com.au/stolenwagesnt





## POLICE ABORIGINAL LIAISON OFFICERS Warrnambool Police Station - 5560 1333

Police Aboriginal Liaison Officers (PALOs) are members of Victoria Police who have PALO duties along with their operational role. The PALO program addresses Recommendation 231 of the Royal Commission into Aboriginal Deaths in Custody (RCIADIC).

PALOs focus on cultural safety and work with the Aboriginal community to:

- resolve local issues
- facilitate access to police services (including reporting crime)
- help police members become culturally conscious and responsive to the needs of Aboriginal people and communities
- provide a contact point for community members who want support to engage with police, and
- provide advice to their peers and colleagues on local Aboriginal issues.

To get in touch with a PALO, contact your local police station.

Aboriginal Community Liaison Officers

- The ACLO roles help police to:
- deliver effective services

• have a positive influence on Aboriginal Victorians' perceptions of personal and community safety The ACLOs liaise between the Victorian Aboriginal Community and Victoria Police. They are community representatives within the organisation. In consultation with the community, ACLOs:

• provide advice to senior police members on local

Aboriginal issues

- encourage Aboriginal communities to engage with police members to resolve issues
- help to develop, put in place and deliver appropriate training programs.

### ACLO – Michelle Ellis Email: michelle.ellis@police.vic.gov.au Phone: 5560 1249 Mobile: 0438 682 356

### Connect and Thrive: Join a Yarn SMART Recovery Meeting



## Yarn SMART Meetings

SMART Recovery Australia's Aboriginal and Torres Strait Islander recovery program is dedicated to providing culturally appropriate and empowering support to Indigenous individuals seeking to overcome addiction and achieve lasting recovery.

### SMART Recovery's 4-point program principles:

- 1. Building and maintaining motivation
- 2. Learning to cope with urges and cravings
- 3. Problem solving
- 4. Find a lifestyle balance

The 4Cs are based on Aboriginal Social and Emotional Wellbeing models of care:







## **Meeting Details**

Harris Street Reserve, Warrnambool VIC 3280

• Friday 7th of March 1pm to 2:30pm

### (i) For more information please contact Vicki on 0439 999 601

## Employment



## NGATANWAAR (WELCOME)

Work in an appreciative and supportive environment, that offers generous remuneration – including tax savings and additional leave, where you will achieve real and meaningful outcomes that positively affect our community.

### - Do

- Psychologist
- Aboriginal Hub Practitioner (The Orange Door) \*
- Current Vacancies
- General Practitioner
- Home and Community Care Support Worker
- Social and Emotional Wellbeing Caseworker (Youth) \*

### \*This is an Aboriginal identified position.

### Why work with us?

We exist to provide community controlled, culturally appropriate holistic services that meet the identified needs of the Aboriginal people and the broader community. You'll work in an inclusive, flexible and supportive environment, that offers generous remuneration where you will achieve real and meaningful outcomes that positively affect our community.

### How to apply:

Position descriptions are available to view at www.gunditjmara.org.au/current-vaca Please send your covering letter (addressing the key selection criteria) and resume to recruitment@gunditjmara.org with the job title in the subject box.

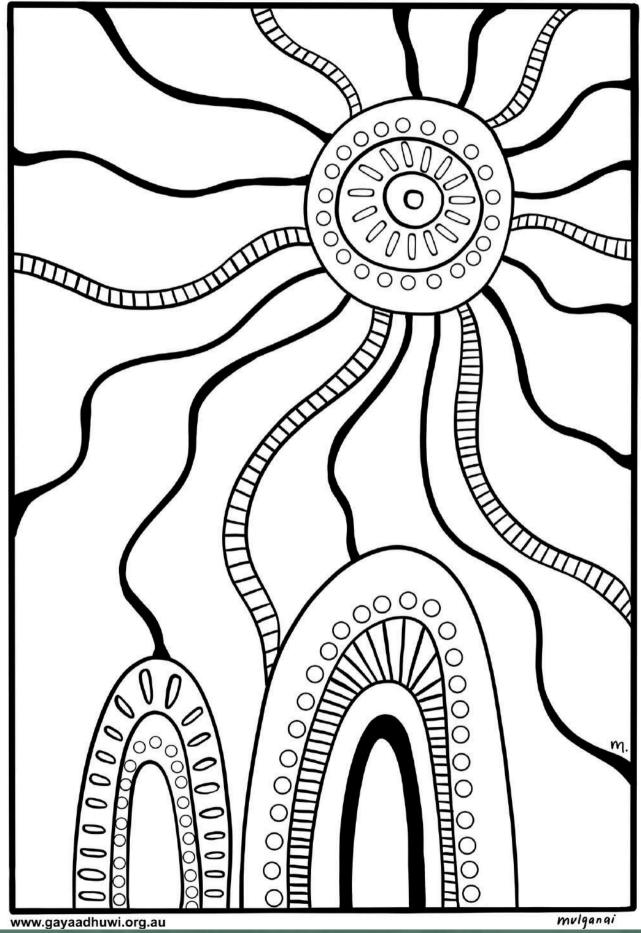


Scan me to learn more!

OR

Visit: www.gunditjmara .org.au/currentvacancies

## Activity



## **Emergency Contacts**

### IF YOU ARE IN NEED OF EMERGENCY ASSISTANCE CALL 000

### Mental health supports

- Mental Health crisis number: 1800 808 284
- Lifeline: 13 11 14
- Kids helpline: 1800 55 1800
- Beyond Blue: 1300 224 636
- Headspace (12-25yo): 9am-1am
- 7 days a week: 1800 650 890
- Suicide Call Back Service (24/7 support): 1300 659 467
- 13YARN 24/7 Crisis Support for Aboriginal and Torres Strait Islanders: 13 92 76

### Alcohol and other drug supports

- Regional Victorian AOD Intake Line:
- 1300 022 760 (Mon Fri) 9:00am 5:00pm
- Victorian AOD counselling and referral service: 1800 888236 (24/7 support)
- Beyond Blue: 1300 224 636
- Lifeline: 13 11 14

### South West Healthcare Supports

Aboriginal Programs - Aboriginal Liaison Officers Koroit Street Warrnambool 3280 Monday-Friday 8.00am-5.00pm ALO - 0422 343 442 ALO - 0481 093 529

Aboriginal Liaison-Mental Health Services Kaye Smith - 0466 862 869 Reception: 1800 808 284 then select option 3.

### Victorian Virtual Emergency Department

For non-life-threating emergencies. Open 24/7 Website: ved-avhcp-enrollment.nh.org.au

### The Orange Door – Wimmera South West

571-575 Raglan Parade Warrnambool (Next To Macca's)

Phone: 1800271180

For All Family Violence related Referrals and support, Child Wellbeing Support and Other Referral pathways including Mental Health AOD, Parenting Support, Men's Behavioral Change.

### Family Violence supports

- Safe Steps 24/7 Family Violence Response Centre: 1800 015 188
- Emma House Domestic Violence Service Warrnambool: 5561 1934

(Mon-Fri 9-5pm)

• Elizabeth Morgan House Aboriginal Women's Service: 9403 9400

- InTouch (CALD): 1800 755 988
- w/respect (LGBTIQ): 1800 542 847
- Mental Health crisis number: 1800 808 284
- Lifeline: 13 11 14

• National Domestic Violence and Sexual Assault Hotline (24 hours): 1800 737 732 (1800 Respect)

#### Men's Family Violence supports

- Men's Referral Service: 1300 766 491
- Dardi Munwurro phone support (24 hours): 1800 435 799
- Emergency Services: 000
- Mental Health crisis number: 1800 808 284
- Lifeline: 13 11 14
- Suicide Call Back Service (24/7 support): 1300 659 467

#### Child and Parenting supports

- Child Protection After Hours: 13 12 78
- Parentline: 8am-Midnight 7 days a week: 13 22 89
- Mental Health crisis number: 1800 808 284
- Lifeline: 13 11 14
- Kids helpline: 1800 55 1800

#### Housing or Homelessness supports

- Crisis/Homelessness 1800 015 188
- Brophy Family and Youth Services (12-25yo) Mon-Fri 9am-5pm: 5561 8888
- Salvo connect (25yo+) Mon-Fri 9am-5pm: 5564 9111

### Health and wellbeing

- South West Health Care:
- Ryot St, Warrnambool VIC 3280

5563 1666 (24/7)

- South West Healthcare; Emergency Department
- for GP service and health needs (24/7): 5563 1666
- Nurse on-call: 1300 60 60 24

## Feedback & Complaints

## What would you like to see in our newsletter?

Share with us your feedback by handing in this page to the Gunditimara Main Office on Kepler St or by emailing us on media@gunditimara.org.au

### Do you have feedback, suggestions or a complaint?

## **Complaints**

### Making a Complaint

A person wishing to make a complaint may do so in writing or verbally to any GAC representative including;

The staff member they were dealing with at the time

- The manger / team leader of that staff member
- An executive director

Clients also have the right to make a complaint to external organisations such as:

- The Governing body or the Commissioner
- Clients should be notified of their rights to make an external complaint to the above bodies.

Complaints can be made by:

- Submitting a completed Clients & External Stakeholders Complaints Form into the Suggestion Box located at reception at GAC's Kepler St and Banyan St work sites. The Clients & External Stakeholders Complaints Form can be accessed online here or at reception as a hardcopy upon request.
- Submitting a written complaint to the relevant manager or executive director.
- Via telephone to the relevant manager or executive director on 03 5559 1234.
- Anonymous complaints can may be made by phone, writing and or face to face meeting.

Alternatively you can fill out the complaint form via our website <u>www.gunditjmara.org.au/feedback</u>

## **Feedback**

### We love to hear your feedback!

Please fill out a feedback form below and leave it in the feedback box at reception.

This form can be accessed via our website at <u>www.gunditjmara.org.au/feedback</u> or can be supplied upon request at Head Office reception at 24 Hopkins Road Warrnambool, VIC 3280

Once this form is completed, you can get it to us by:

- Send us an email with the form attached via feedback@gunditjmara.org.au
- Write to us at: Gunditjmara Aboriginal Cooperative, PO Box 732, Warrnambool, VIC, 3280
- Dropping it off in person to the above address

Alternatively, you can:

• Call reception on 03 5559 1234

Your feedback will then be forwarded to the appropriate manager.