

Koorramook Playgroup 2024



Gunditjmara Aboriginal Cooperative

December Newsletter 2024



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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December Dates

- 18th Koori Xmas
- 24th Christmas Eve
- 25th Christmas Day
- 26th Boxing Day
- 31st New Years Eve

January Dates

- 1st New Years Day
- 27th Public Holiday

Christmas Closure

Please note from 2pm on Friday 20th of December 2024 all Gunditjmara Aboriginal Cooperative sites will be closed. All sites will resume operation 9am 6th of January 2025

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



Follow our Socials:



Gunditjmara Aboriginal Cooperative



gunditjmaracoop

CEO Update

And just like that, we've hit the last month of the year. December means we have officially entered the festive season with Christmas closing in fast. Shortly after we will be celebrating the New Year and welcoming 2025!

This will be the last newsletter communication for 2024 so it's a good time to reflect on what our organisation has achieved this year.

The past year has seen some major changes for GAC with the acquisition of 24 Hopkins Road and deciding to not continue with the original redevelopment plans at Kepler Street. I know I have said many times before, but the enormity of this milestone is unprecedented. The accolades our organisation has received is further proof that we have made history. We hope that the transition to the new building will be complete in early 2025 meaning our community, clients and staff will be rewarded with the best facility in which to receive services and to work in. There are still multiple projects happening within the building and it's exciting to see it all come together.

During November we honoured the 'Forgotten 26' as well as all Aboriginal and Torres Strait Islander service men and women that died during armed conflict or on operational service for Australia on Remembrance Day. The services were held at the Aboriginal Memorial near the Warrnambool RSL. It was great to see so many people pay their respects including community members, families, and staff. It is important to remember and reflect on the efforts of those that served in wars, and this is a small way of showing that we will be forever grateful for their efforts.

By the time you receive this publication, our AGM will have been held. I would like to take this opportunity to welcome our new or returning Board Members and acknowledge the hard work and commitment that the board member roles bring. To keep our organisation growing and to achieve the accolades it has, we need the support and guidance of our board. Their dedication to ensure that GAC has a bright future shows in the time they dedicate and volunteer to support the organisation. For this, I thank them.

It is worth noting that our offices will be closed for a two-week period over Christmas, from close of business on the 20th December and re-opening on the 6th January 2025. There will be further details sent out on social media closer to the time.

I will close by thanking you all for an amazing 2024. Our community members, staff and families should be proud of what has been achieved this year. I hope that the festive season is a happy one for you all and that some special memories are made. I implore for you all to please stay safe and to enjoy a well-earned break. I would like to wish everyone a Merry Christmas and a happy and prosperous New Year.

See you all in 2025!

*Tdo ngatook,
Danny Chatfield*



Health Clinic

We have moved

Please note our medical clinic is now operating from 24 Hopkins Road Warrnambool



To contact the clinic, please call 5564 3344



Health Clinic

ALLIED HEALTH VISITS

At our health clinic



OPTOMETRY

20th of December

*limited appointments left



AUDIOLOGY

Returning in 2025



DENTIST

Please contact South West Health Care Dental directly on 03 5564 4250

*Currently unavailable at Gunditjmara Health Clinic



To book in please call the Gunditjmara Health Clinic on 5564 3344

Can't make your appointment?



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 qantunk!

Increase to Aboriginal and Torres Strait Islander 715 Health Check Voucher



Choose from:

- Kmart
- Norfolk Butchers
- Materias Fruit & Veg
- Deep Blue
- Rebel sport

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

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 TOLERANCE TO DRUG & ALCOHOL and a ZERO TOLERANCE 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



Groups



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

DECEMBER

Monday 2th
Monday 16th


 Any questions or transport contact:
Coedie - 0455 309 142
Jaynaya - 0493 828 087



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

DECEMBER

Tuesday 3th
Tuesday 17th

 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

DECEMBER

Wednesday 4th
Wednesday 18th

 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

DECEMBER

Thursday 5th
Thursday 19st

 For any questions or transport contact:
Teneshia - 0458 645 615
Cody - 0455 316 969



 Every Wednesday and Friday

 10:30am-12:30pm

 Contact Bron or Casey at Gunditjmara Aboriginal Cooperative
on 5559 1234 for a yarn to enrol 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

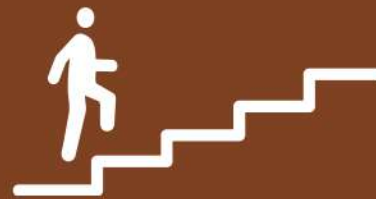


Wata Takoort

Come All



The amazing Kiri has stepped up to Team Leader of Independent Living, we are excited to see how she flourishes in this role.



Wata Takoort members have finished up making their medicine/healing Kangaroo skin drums and will soon start to learn how to use these drums to support their healing process.

We had Levi Geebung visit and teach us how to paint using stencils. Everyone enjoyed this activity, and all the paintings look deadly. We also had the Stars groups visit us, continuing on the Mooma project, and we hope we can continue this collaboration into the new year.

Our mystery trip took us to City Memorial Bowls Club for some lawn bowls and a two-course roast lunch. It was a perfect ending to a fabulous month.

For December we have arts and crafts, A few guest speakers, Bingo, Kris Kringle and our monthly mystery trip, the calendar is out now.



Community Notices

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

**Koori Strong
Koori Justice**
Victorian Aboriginal
Justice Agreement



**Aboriginal Advisory Group
Expression of Interest -
The Orange Door**



The Southwest Orange Door would like to invite Aboriginal and Torres Strait Islander people to submit an expression of interest to join their Aboriginal Advisory Group.

What's the 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.

To express your interest, please download the form:

https://bit.ly/agg_eio_pdf

and email the completed form to southwest.aag@orangedoor.vic.gov.au

For any additional information or assistance submitting your form, please don't hesitate to call Belinda King on 1800 271 180

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



Home Environment
Check by GAC

For more information, contact Kelsie Twaddle:

kelsie.twaddle@gunditjmara.org.au 0493 775 287

Come have a yarn with Neil
from Aboriginal Housing Victoria



Have a question
about Aboriginal
Victorian Housing?

Have a question
about maintenance?

Visiting each month!

Koori Xmas

WEDNESDAY 18TH DECEMBER

@ HARRIS STREET RESERVE

10 AM TO 2 PM



Activities for all:

- Bungee Run
- Giant Slide
- Dunk Tank
- Mobile Zoo



Face Paint by
The Colour Angel



Free BBQ Lunch

Children must
RSVP for a present

RSVP HERE



https://bit.ly/koori_xmas_present_RSVP

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



CAN YOU HANDLE EXTREME HEAT?

During extreme heat, it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

Extreme heat can affect anybody however the people most at risk:

- are aged over 65 years, especially those living alone
- have a medical condition such as diabetes, kidney disease or mental illness
- are taking medications that may affect the way the body reacts to heat such as:
 - allergy medicines (antihistamines)
 - blood pressure and heart medicines (beta-blockers)
 - seizure medicines (anticonvulsants)
 - antidepressants or antipsychotics
- have problematic alcohol or drug use
- have a disability
- have trouble moving around such as those who are
 - bed bound or in wheelchairs
 - pregnant women and breastfeeding mothers
 - babies and young children
 - are overweight or obese
 - work or exercise outdoors
- have recently arrived from cooler climates.



Prepare for extreme heat

- Stock up on food, water and medicines so you don't have to go out in the heat. Visit your GP to check if changes are needed to your medicines during extreme heat.
- Store medicines safely at their recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.

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.



- Psychologist
- Local Justice Worker
- General Practitioner
- Home and Community Care Support Worker
- Aboriginal Health Practitioner Traineeship *
- Social and Emotional Wellbeing Traineeship *
- Home and Community Care Traineeship *
- Culture & Wellbeing Manager *

*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.



Scan me to learn more!

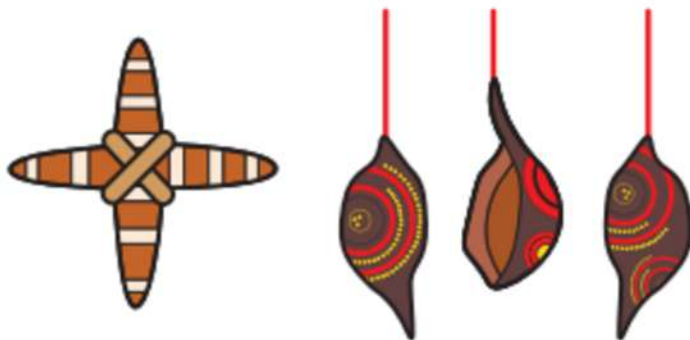


DEADLY DECORATIONS

This year, why not add some First Nations flavour to your Christmas decorating? This design includes Aboriginal four-pointed boomerangs and decorative seed pods.

Didge Ya Know?

Cross boomerangs were made as toys for children. They were smaller and made from softer wood. As children played with their toy boomerangs they were developing throwing skills for later life.



You will need:

- Paddle pop sticks
- String or yarn (glue optional)
- Paint or textas

Step 1

Bind your sticks together to form a cross shape. You could use a dab of wood glue before you tie them together with string or yarn. Keep a long string attached to the centre to enable hanging.

Step 2

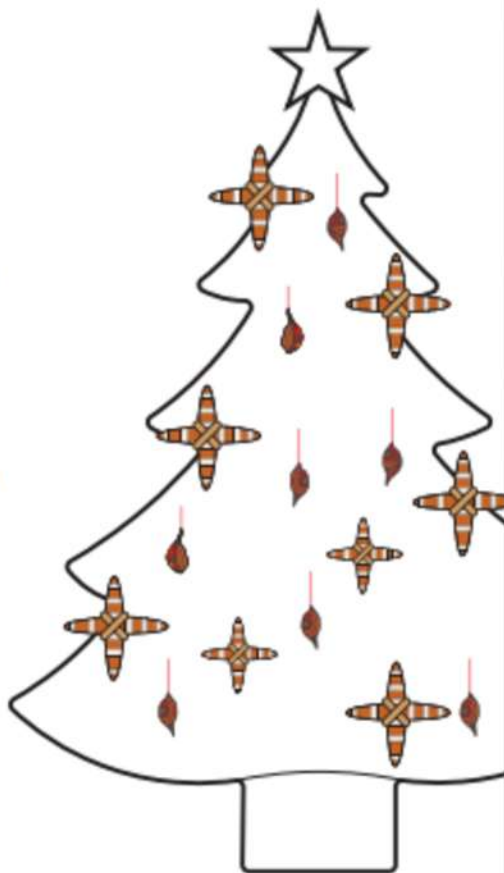
Decorate your paddlepop sticks with paint or textas (colour both sides). Leave to dry.

Step 3

Tie strings to the end of your seed pods. Either decorate with paint or simply hang from your tree.

Step 4

Hang your boomerangs when dry. Share your deadly decorations with us. Upload your photos to Instagram and tag @wingaru_education.



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

Kaye Smith Aboriginal Liaison-Mental Health Services
South West Healthcare
Koroit Street Warrnambool 3280
Monday to Thursday 08.30am to 5.00pm
Mobile: 0466 862 869
Phone: 1800 808 284 and dial 1

Victorian Virtual Emergency Department

For non-life-threatening emergencies. Open 24/7

Website: ved-avhcvp-enrollment.nh.org.au

Aboriginal Health Liaison Officer

South West Healthcare
Koroit Street Warrnambool 3280
Monday to Friday 08.30am to 05.00pm
Duty Worker - 1800 808 284 (option 3)

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

What would you like to see in our newsletter?

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

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 www.gunditjmara.org.au/feedback or can be supplied upon request at Head Office reception at 135 Kepler Street 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.