



WATHAURONG

Aboriginal Co-operative

Community Newsletter

August — September 2018

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**Want to get the
Community
Newsletter by
email?**

Send an email to:
admin@wathaurong.org.au

Your details will be added
to our email list; and you
will be emailed each new
issue, as soon as it is
published.

Calendar of Events

AUGUST

All month	<i>Colony: Frontier Wars</i> exhibition at the National Gallery of Victoria	
4	National Aboriginal & Torres Strait Islander Children Day	See page 16
6-13	Dental Health Week	See page 24
9-11	<i>The Season</i> performed by Tasmania at The Playhouse at GPAC	See page 32
10	Community Meeting	See page 2

SEPTEMBER

2	Father's Day	
2-8	National Child Protection Week	See page 29
5	<i>Dark Emu</i> , a community night performance, at the Playhouse at the Arts Centre, Melbourne	
13	R U OK? Day	See page 22
28	AFL Grand Final Public Holiday	Co-op CLOSED

Wathaurong Aboriginal Co-operative

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North Geelong Victoria 3215
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Website: www.wathaurong.org.au



Like us on Facebook

[Wathaurong Aboriginal Co-Op](http://www.wathaurong.org.au)

Chairperson



Hello and welcome to our latest Newsletter, Wow - what a busy few months it has been in our (the Aboriginal and Torres Strait Islander) community! Perhaps first though, is the historic passing of the *Advancing the Treaty Process with Aboriginal Victorians Bill 2018* in the Victorian Parliament on

Thursday 21 June 2018. This Victorian Bill (Legislation) is historic, because it is the first time that legislation guaranteeing treaty negotiations has ever been considered by any state/territory parliament in Australia. The Treaty Bill will now enable the establishment of an Aboriginal Representative Body to support future treaty negotiations and a treaty negotiation framework premised on self-determination and empowerment.

Since our last edition, we've celebrated National Reconciliation Week, closely followed by NAIDOC Week and of course all usual the community business in between!

Victorian Aboriginal Affairs Framework (VAAF) consultations have occurred throughout Victoria and has been an opportunity for all practitioners and wider community members to have their say in planning for the future. Our organisation hosted a morning session on 7 May 2018 which was followed by an afternoon session for the wider community. The Concept Draft is currently being communicated back to communities, via metropolitan and regional based workshops.

National Reconciliation Week 2018 kicked off with the joint COGG, Barwon Water Digital Projections Project and our annual Reconciliation in the Park. Every year these events get bigger and better in terms of spreading the Reconciliation message and greater attendance numbers. Wathaurong in collaboration with the Western Victoria Primary Health Network hosted An Audience with Aunty Pat Dudgeon, in which she talked about her current work on the Aboriginal and Torres Strait Islander Suicide Prevention Evaluation Project.

In early June, the much awaited Orange Door Family Violence

(Support and Safety Hub) opened in Geelong. This service will help women, children and young people experiencing family violence to connect directly with services and provide a coordinated response to a range of different needs. There are two designated Aboriginal workers and I advise and encourage any community member needing assistance to contact our workers at the Orange door directly on 1800 312 820.

Personally NAIDOC Week 2018 has been more special than usual as the entire country embraced our Because of her, we can! Theme. The week has been filled with dedications, reflections and pride in the many women both before and alongside us, who have contributed to the strong women we all are today. Commencing with our Flag Raising, I was honored to stand alongside two colleagues, friends and community members to raise the Aboriginal, Torres Strait Islander and Australian flags kicking off our local events. Our sold out NAIDOC Ball at the Novotel was a wonderful event and it's great to see community celebrate in style, frocked or suited up, shiny shoes or high heels and hair specially styled!!! Congratulations to the NAIDOC Committee on the long hours in bringing such a wonderful community celebration together.

Please note that the next Community Meeting will be held in the Board Room at Morgan Street, see below for further details.

It is Annual Report time again and we are seeking an Expression of Interest for artwork submissions for Wathaurong's 2018 Annual Report cover. **Expressions of Interest from Community members can be made to the Board Secretariat, Fiona Ryan by 5:00pm, Friday, 17 August, 2018.**

Lastly, please note that our Chief Executive Officer is taking Annual Leave from 1st – 31st August and we wish him safe travels and a restful and relaxing holiday. Shellee Strickland and Jodie Chatfield will be joint Acting CEO's during this time.

Regards until next edition,

Sharelle McGuirk

Wathaurong Aboriginal Co-operative Ltd

Community Meeting

Monday 10th September 2018 Agenda

Commencement: 6:00pm

1. Welcome by Chairperson
2. Respect Protocol – minutes silence
3. Apologies
4. Previous Minutes
 - a) Business arising from previous minutes
 - b) Acceptance of 2nd July 2018 minutes
5. Youth Funding update
6. Update on Wathaurong's 40th Anniversary Celebrations
7. Section 18 update
8. Other General Business
9. Meeting closed

Lot 62 MORGAN STREET, NORTH GEELONG 3215 * PO Box 402, NORTH GEELONG 3215
PH: (03) 5277 0044 FAX: (03) 5278 4123 EMAIL: admin@wathaurong.org.au

Chief Executive Officer



Hello, Wishing you all a Happy NAIDOC week for last month. This year's NAIDOC theme was "Because of her, we can", and there were many wonderful tributes to our amazing Aboriginal women, past and present, all of who worked and are still working hard in both small and large ways to make our world a better place.

Our own NAIDOC events were a huge success. Thank you to our NAIDOC Committee, led by Kym Monohan, for organising Wathaurong's activities for the week. Events were well attended, including by visiting dignitaries at our NAIDOC Ball, see below.



Photo (L-R): Cr Anthony Aitkin, Sharelle McGuirk, Christine Couzens MP, Rod Jackson and Cr Jim Mason AM at our NAIDOC Ball

A big thank you also to our PAGS team who made a Wathaurong banner for the NAIDOC March — see front cover). It not only centralised our marchers, but ended up on several television news services.

Congratulations to our NAIDOC Ball and NAIDOC Awards winners, you are an important part of helping our Community to grow and we thank you—see page 10 for more. I represented Wathaurong at some other NAIDOC events, including at Victoria's Parliament House.



Photo (L-R): Christine Couzens MP; Rod Jackson; Minister for Aboriginal Affairs Natalie Hutchins MP; and Minister of State The Hon. Gavin Jennings MLC

In matters beyond NAIDOC, I would like to welcome into the role the recently appointed Commissioner for Aboriginal Children and Young People of Victoria, Justin Mohamed. He recently gave his first address at the Aboriginal Children's Forum held on 26 July and attended by our Community Services manager Kym Monohan and myself. It was also attended by Jill Gallagher AO, who is the Victorian Treaty Advancement Commissioner and has dedicated her life to championing better Aboriginal health, community autonomy and culture. Mr Mohamed replaces the recently departed Andrew Jackomos who oversaw the landmark Taskforce 1000, an inquiry into the rising numbers of Indigenous children in the state's child protection system. Mr Mohamed's role has an important watchdog function for our children and we wish him well.



Photo (L-R): Justin Mohamed, Jill Gallagher AO and Rod Jackson

Notably Victoria now has Australia's first Treaty with Aboriginal people with the passing through State Parliament of the *Advancing the Treaty Process with Aboriginal Victorians Bill 2018*. This is exciting for all Aboriginal Victorians, and we hope that this progress will help our brothers and sisters across the country to advance their own Treaty causes.

Aside from legislative recognition, our people are also experiencing a time of popular recognition as we saw an Aboriginal animation win a Logie Award for the Most Outstanding Children's Program. *Little J & Big Cuz* stars Miranda Tapsell and Deborah Mailman and is a 13-part series that aired last year on NITV. Six of the episodes are available in several Aboriginal languages, and the second series will air next year on both NITV and ABC Kids, which brings wider exposure of Aboriginal culture and community. Well done to all involved in the production.

Finally I would like to congratulate Sharelle McGuirk on her new role as Advisor to Population Health and Community Wellbeing, Barwon Area, at the Department of Health & Human Services. We wish you great success in your new role.

I am on leave for August and look forward to again serving our Community on my return.

Rod Jackson

Members Code of Conduct

WATHAURONG ABORIGINAL CO-OPERATIVE MEMBERSHIP - CODE OF CONDUCT

A code of conduct or behaviour can be described as a set of statements that set out what we consider to be an acceptable standard of behaviour and conduct. This code explains how we expect our members to behave.

This code of conduct provides a guide and basis of expectations for our members. It encourages commitment to ethical and professional behaviour and outlines the principles on which Wathaurong Aboriginal Cooperative is based.

- Treat each person as an individual.
- Show respect and courtesy to all involved
- Display appropriate and responsible behaviour in all interactions.
- Display responsible behaviour in relation to alcohol and other drugs.
- Act with integrity and objectivity.
- Accept responsibility for your decisions and actions.
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment-free environment.
- Do not tolerate abusive, bullying or threatening behaviour.
- Recognise that all members have the right to privacy and confidentiality.
- If a member acts in a way that is detrimental to a member, client, staff and/or property the Board can suspend that member immediately. They will have the right of appeal by calling a Special General Meeting.

Remember, you are not only a representative of Wathaurong but also of Aboriginal people. Behaviour, both positive and negative, casts a shadow over all of the members of Wathaurong. Think carefully about how your actions, words and behaviour will impact upon others around you.

The Wathaurong Aboriginal Co-operative Board may apply the following sanctions to any member found to be in breach of the Code of Conduct based on the seriousness and frequency of their behaviour:

1. Caution
2. Direction to leave the organisation event
3. Attendance at a meeting with Directors to discuss the breach and appropriate sanction/s
4. Participation in personal development
5. Suspension from organisation activities
6. Expulsion from the Wathaurong Aboriginal Co-operative (according to constitution)

Any member who is alleged to have breached the code of conduct will always be given a “right of reply”. They will also be offered the opportunity to bring a support person to any official discussions regarding the alleged breach.

In the case of a dispute with Directors an independent mediator may be retained to mediate the dispute.

The Wathaurong Aboriginal Co-operative will at all times ensure that any person undergoing any of the above procedures will be dealt with in a sensitive and confidential manner, irrespective of the alleged breach of the Rule or Code of Conduct.

NAIDOC Week

NAIDOC March—Melbourne



NAIDOC Week

Wathaurong Flag Raising



NAIDOC Week

Elders and Respected Persons Lunch

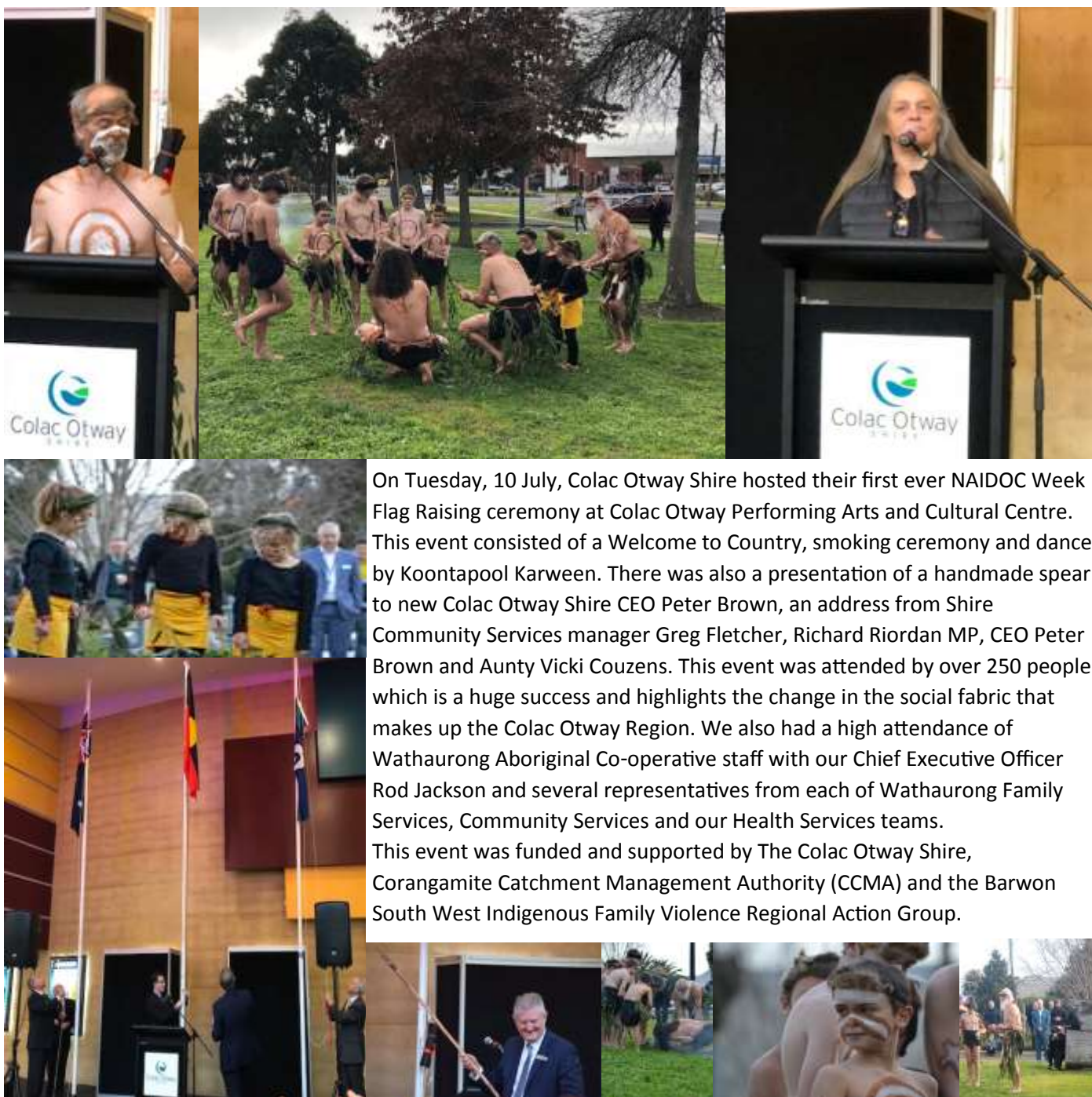


Koorie's Got Talent and Collingwood Children's Farm



NAIDOC Week

Colac Otway Shire's first ever Flag Raising Ceremony



On Tuesday, 10 July, Colac Otway Shire hosted their first ever NAIDOC Week Flag Raising ceremony at Colac Otway Performing Arts and Cultural Centre. This event consisted of a Welcome to Country, smoking ceremony and dance by Koontapool Karween. There was also a presentation of a handmade spear to new Colac Otway Shire CEO Peter Brown, an address from Shire Community Services manager Greg Fletcher, Richard Riordan MP, CEO Peter Brown and Aunty Vicki Couzens. This event was attended by over 250 people which is a huge success and highlights the change in the social fabric that makes up the Colac Otway Region. We also had a high attendance of Wathaurong Aboriginal Co-operative staff with our Chief Executive Officer Rod Jackson and several representatives from each of Wathaurong Family Services, Community Services and our Health Services teams. This event was funded and supported by The Colac Otway Shire, Corangamite Catchment Management Authority (CCMA) and the Barwon South West Indigenous Family Violence Regional Action Group.

Lots has been happening in Colac with the Colac Gathering Place. We have had a few school groups visit to learn about social and emotional wellbeing. We attended the opening of the new Coles store and Bunnings built our new cubby house donated by the CCMA. We celebrated NAIDOC week with a community BBQ, supported by DEWLP, Parks Victoria, Victoria Police, and the CFA. We hosted 'Because of her, we can' event at the Botanic Café with live music from the Deadly Duo and Angus Duo. We had a visit and colouring competition at Bunnings Colac and two fundraising BBQs to help fund next year's Red Rock event. Jessie Lloyd and the Mission Songs Project blew our socks off at Red Rock Regional Theatre and Gallery (RRRTAG), and we had a yarn with the Regional Aboriginal Justice Advisory Committee. We started our Community Cloak workshops with Aunty Vicki Couzens, funded by the Barwon South West IFVRAG. Colac Youth also attended the Strong Brother Strong Sister Koori Youth NAIDOC Ball. Caracaramigens Playgroup has started and we've got plenty happening in the next few months too. If you're wanting to connect with what's happening at the Gathering Place, call or text Ebony on 0449 948 475.

NAIDOC Week

Colac Gathering Place BBQ, Possum Skin Cloak Workshop & Gig



NAIDOC Week

Congratulations to our Wathaurong Award Winners



Reconciliation Award—Aboriginal:
Naomi Surtees



Youth Award—Male: Todd Fry
Youth Award—Female: Gemma Evans



Staff Award: Gordana Kerr



Community Member Award:
Kylie Clarke



Recognition of 10 years of
service: Mandy Miller



Matron of NAIDOC Ball: Naomi Surtees
Bell and Beau of NAIDOC Ball: Kiralee Hogema & Sean McGuinness

Not pictured—Elder Award: Athalie Madden

Reconciliation Award—non-Aboriginal: Kelly Clifford

Patron of NAIDOC Ball—Peter Surtees

We congratulate all of our Award winners. This is acknowledgement of their efforts at supporting Community and we thank them.

Koorie Youth NAIDOC Ball—The Fort



NAIDOC Week

City of Greater Geelong



Barwon Health



Police Commissioner Graham Ashton at Geelong



Many Hands Together event at Geelong Police Station





Term 2

Working with GPAC
with Parrwang Yourth Arts
Project and with
Geelong Cats on the
Djilang Project

Kids Club



Children's Services



Afterschool Workshops



Wathaurong Kids Club:

Cultural story-telling and dance with Aunty Kathy Heyward.



The fOrT: Contemporary story & dance with Jess Lesosky



Keep an eye & ear out for the next after-school workshops!

For more info contact:

Kylie Clarke

5225 1270 kylie@qpac.org.au

Parrwang Youth Arts

'Kids Connecting with Culture & Creativity:
A Journey of Identity, Confidence & Pride.'

Term 2 Holiday Happenings



Early Years: Bush Jewellery with Tahlia. Movement & Music with Annie.



Children & Young People:

'Exploring Story Through Art, Movement & Song'

With Raymond Walters- Penangk, Tammy Anderson & 'Bryte MC'

'Our Creations, Our Expressions' Show & Share with Family & Community



"I love it & I hope to do it next time." Hannah. "It makes me feel good." David.

"It means showing my passion for theatre & showing what I got." Jayda

Save the date! Term 3 Holiday Happenings:

September 25th, 26th & 27th (Tues, Wed & Thurs)

geelong
performing
arts centre

EXPLORE!
GEELONG
PERFORMING
ARTS CENTRE
EDUCATION
PROGRAM

THE
R E ROSS
TRUST

NEWSBOYS
FOUNDATION | 125
Supporting young Victorians for 125 years

Children's Services

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
30 July Rosewall Kindergarten 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	30 July	1 Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	2 Milla Milla Playgroup 11:00am-1:00pm	3 Milla Milla Playgroup 11:00am-1:00pm
6 Rosewall Kindergarten 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	7	8 Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	9 Milla Milla Playgroup 11:00am-1:00pm	10 Milla Milla Playgroup 11:00am-1:00pm
13 Rosewall Kindergarten 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	14	15 Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	16 Milla Milla Playgroup 11:00am-1:00pm	17 Milla Milla Playgroup 11:00am-1:00pm
20 Rosewall Kindergarten 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	21	22 Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	23 Milla Milla Playgroup 11:00am-1:00pm	24 Milla Milla Playgroup 11:00am-1:00pm
27 Rosewall Kindergarten 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	28	29 Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	30 Milla Milla Playgroup 11:00am-1:00pm	31 Milla Milla Playgroup 11:00am-1:00pm
Milla Milla Playgroup		Wathaurong Children's Services	Lot 62 Morgan St North Geelong 3215 Phone: (03) 5272 8861 Admin: (03) 5277 0044 Mob: 0458 201 193	Rosewall Kindergarten (03) 5275 4529 Mon - Wed 9:00am- 1:30pm



Parent Group 20A Forster Street, Norlane 3214

Connect with other parents in the community.
Discuss topics such as sleep settling, play development, looking after yourself, feeding fussy eaters and more.

Drop in Maternal Child Health Visits.
Bring your baby, toddlers and preschoolers along for a play.

Lunch will be provided



Contact: Catherine Gibbs
for more information
Phone: (03) 5277 2038
Mobile: 0438 572 088

Children's Services

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Rosewall Kindergarten 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	4	5 Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	6 Milla Milla Playgroup 11:00am-1:00pm	7 Milla Milla Playgroup 11:00am-1:00pm
10 Rosewall Kindergarten 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	11	12 Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	13 Milla Milla Playgroup 11:00am-1:00pm	14 Milla Milla Playgroup 11:00am-1:00pm
17 Rosewall Kindergarten 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	18	19 Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	20 Milla Milla Playgroup 11:00am-1:00pm	21 END OF TERM
24	25	26	27	28
1 October	2 October	3 October	4 October	5 October
Milla Milla Playgroup		Wathaurong Children's Services	Lot 62 Morgan St North Geelong 3215 Phone: (03) 5272 8861 Admin: (03) 5277 0044 Mob: 0458 201 193	Rosewall Kindergarten (03) 5275 4529 Mon - Wed 9:00am - 1:30pm

Wathaurong Kids Club

Hey Kids!

Let's have an after school catch up!

Tell us about your day and participate in other fun activities while learning about your culture, making new friends and seeing old friends too!

When: Every Wednesday (Excluding holidays)

Time: 3:45pm—5:00pm

Venue: Wathaurong Community Hub

20A Forster St, Norlane

For more information, please contact: Kristi Watts (03) 5292 9843

Email: Kristi.Watts@wathaurong.org.au

Children's Services



National Aboriginal and Torres Strait Islander Children's Day is the largest national day to celebrate our children. National Aboriginal and Torres Strait Islander Children's Day (Children's Day) is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. The day is an opportunity for all Australians to show their support for Aboriginal children, as well as learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child. Children's Day is held on 4 August each year and is coordinated by SNAICC – National Voice for our Children. Children's Day was first observed in 1988. Each year SNAICC produces and distributes

resources to help organisations, services, schools, and communities celebrate.

The theme for Children's Day 2018 is *SNAICC – Celebrating our children for 30 years*.

Our children are the youngest people from the longest living culture in the world, with rich traditions, lore and customs that have been passed down from generation to generation. Our children are growing up strong with connection to family, community and country. Our children are the centre of our families and the heart of our communities. They are our future and the carriers of our story.

This year, communities are invited to take a walk down memory lane, as SNAICC revisits some of the highlights of the last 30 years. They look back on the empowering protest movements instigated by community that had led to the establishment of the first Children's Day on 4 August 1988. They look back at all of the amazing moments we've shared with our children over the years, and how we're watching them grow into leaders. We look back to see what we've achieved, and decide where we want to go from here to create a better future for our children. For more information, go to: www.aboriginalchildrensday.com.au/



**National Aboriginal and
Torres Strait Islanders
Children's Day**

Friday 3rd August

**At Wathaurong Community Hub
20A Forster Street, Norlane**

**Activities will run from
4.30pm till 7.00pm**

**lots of exciting activities for kids to enjoy with
prizes throughout the night.**

All ages are WELCOME

A light Tea will be provided

Parents and Carers are encouraged to stay

Hope to see you ALL there.

For more information please contact Kristie Fraser-Lange on 0439 906 191



LAE CG MEETING

Local Aboriginal Education Consultative Group

**All Aboriginal and Torres Strait Islander families, parents
and carers are invited**

9:30am to 11:30pm

Friday 10th August 2018

Northern Bay College Peacock Campus

Peacock Avenue, Norlane West, Victoria 3214

For details call:

Sandra Brogden | Koorie Education Coordinator | Barwon

Department of Education and Training
75 High St, Geelong VIC 3216

T: 03 52155175 | M: 0417855334

E: brogden.sandra.m@edumail.vic.gov.au

W: www.education.vic.gov.au



We acknowledge the traditional custodians on whose ancestral lands the South West Victoria DET's offices are located. We pay our respects to their Elders past and present.

Homework Centre

Come to the Homework Centre for help with your homework or to participate in fun activities.

Where: 20A Forster Street, Norlane

When: 4pm to 6pm Mondays during school term

Light dinner provided

VICTORIAN COLLEGE OF THE ARTS 2018

SEE YOURSELF ON STAGE?

VCA and Stage a Change have teamed up to offer a theatre performing arts training program to support authentic representation of people of colour on stage. Students ages 12 – 20 will work with industry leaders to learn the ins and outs of a career in the performing arts, in a workshop program specially tailored to recognise the needs of aspiring artists of colour.

vca.unimelb.edu.au/schools

Faculty of
Fine Arts and Music



THE UNIVERSITY OF
MELBOURNE

Join us for these upcoming events:

DIVERSITY IN THEATRE WORKSHOPS

INTRODUCTION

Saturday, August 4, 2018, 10am – 5pm

Theatre students, educators and parents are invited join us for a full-day workshop celebrating diversity in theatre. Professionals will present workshops and master classes in acting, voice technique, dance, improvisation, film and more. Workshops for parents and Professional Development for Teachers will be presented along with a Q&A panel with theatre professionals.

EXPLORATION

Each Saturday from

August 18 – September 15, 10am – 5pm

This 5 week, immersive training program is designed to give access to the tools and skills necessary for a career in the performing arts. Students will train with industry leaders and be mentored by working professionals. Combining mentorship with practical skills, students will be given the tools to be competitive in a career in the arts.

IMMERSION

This four-day intensive skills-development program will be held in September and is by invitation only for selected participants in the Exploration program.

WANT TO KNOW MORE?

For more information and to register, visit:
vca.unimelb.edu.au/schools

Aboriginal Graduate Program 2018

- Full time, permanent position
- Tailored, flexible training program
- Culturally safe workplace

“Just go for it”

Kimberley Lovegrove
VPS Graduate

Applications are **NOW OPEN** for our excellent Aboriginal Graduate Program.

Search 'DELWP science and planning graduate' **OR CALL:**
Chris Patterson on 0437 325 934.



delwp.vic.gov.au



Environment,
Land, Water
and Planning

Health Services

Wathaurong Health Clinic

Dr Catherine Eltringham

Every Wednesday and Thursday

Dr David Corbett

Every Thursday

Dr Ed Poliness

Week 1 & 3 – Monday & Tuesday

Week 2 & 4 – Monday, Tuesday & Friday

Dr Eimir Diviney

Every Tuesday & Friday

Dr Tom Bradey

Every Thursday

Dr Lou Sanderson

Every Monday, Tuesday & Friday

Diabetes Educator – Olga Lutzko

Monthly on a Wednesday afternoon

BY REFERRAL ONLY

Located in the Admin Building

Endocrinologist – Dr Sam Worboys

Monthly on a Thursday afternoon

BY REFERRAL ONLY

Paediatric Clinic

Fortnightly on Tuesday afternoons

BY REFERRAL ONLY

Please note there is a two month waiting list

Psychiatrist – Dr Russell Golden

Every Monday & Wednesday

BY REFERRAL ONLY

Located in the Admin Building

Psychologist – Paul Thornton

All day Tuesday

BY REFERRAL ONLY

Located in the Admin Building

Alcohol & other Drugs worker —Melissa Commons

Monday to Friday

Dual Diagnosis Therapist—Karen Kehagias

Monday to Friday

Aboriginal Mental Health Worker—Phillip King

Monday to Friday

Liver Clinic—Margaret Wordrop

Monthly on a Monday

BARWON HEALTH DENTAL@WATHAURONG

Each Tuesday, Wednesday & Thursday

Please call BH dental and speak to Sarah to make an Appointment on (03) 5272 2847

BARWON CENTRE AGAINST SEXUAL ASSAULT (CASA)

Tuesdays and Thursdays

BY REFERRAL ONLY

COLAC GP CLINIC — Altering Wathaurong GP

Open every **Monday**, book appointments through Wathaurong Health Services

Wathaurong Health Service operates

Monday to Friday 9:00am— 5:00pm

To book an appointment or find out more details on services available, please phone (03) 5277 2038

Health Services

R U OK? Day — 13 September 2018

R U OK?'s vision is a world where we're all connected and are protected from suicide. Their mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.

R U OK? Day is a national reminder for people to take notice of their family, friends and colleagues and if someone seems to have something troubling them, to ask them the question R U OK?



Got a niggling feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.

By starting a conversation and commenting on the changes you've noticed you could help a family member, friend or work-mate open up. If they say they are not ok, you can follow the conversation steps reproduced here from www.ruok.org.au to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.



1. Ask



2. Listen



3. Encourage action



4. Check in

Before you can look out for others, you need to look out for yourself. And that's ok. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them. To help you decide whether you are ready to start a meaningful conversation, ask yourself:



AM I READY?

- Am I in a good headspace?
- Am I willing to genuinely listen?
- Can I give as much time as needed?



AM I PREPARED?

- Do I understand that if I ask how someone's going, the answer could be: "No, I'm not"?
- Do I understand that you can't 'fix' someone's problems?
- Do I accept that they might not be ready to talk? Or they might not want to talk to me?



PICKED MY MOMENT?

- Have I chosen somewhere relatively private and comfy?
- Have I figured out a time that will be good for them to chat?
- Have I made sure I have enough time to chat properly?

More information is available at www.ruok.org.au. Also see the page opposite for people you can contact.

Free 24/7 Mental Health Support services

For any imminent risks to health always Call Emergency Services (000)

The ACCESS Team (formerly Triage) Call 1300 094 187

24-hour service for people who may have a complex or serious mental illness and are in crisis.

Services include: mental health assessments, early crisis intervention, referral to other services and telephone support to clients, families and other health workers. The clinician will determine the nature and urgency of the response required. It is a primary point entry to Barwon Health public mental health services and has referral linkages with Barwon Drug and Alcohol Services.

Lifeline

Crisis intervention counselling support line.

Telephone support service: Online Crisis Support Chat: 131114

Website: www.lifeline.org.au/get-help/online-services/crisis

DirectLine

Providing advice on how to manage your alcohol or drug problem, and also refer you to specialist relationship and family support services.

Telephone support service: 1800 888 236

Website: www.directline.org.au

Suicide Call Back Service

Suicide Call Back Service is a nationwide service that provides 24/7 telephone, video and online professional counselling. This service offers six free counselling appointments for people over the ages 15 years who are experiencing distress.

Telephone support service: 1300 659 467

Free Online Crisis Support Chat (Messaging or Video)

Website: www.suicidecallbackservice.org.au

Kids Helpline

Australia's only free, private and confidential, phone counselling service specifically for young people aged between 5--25.

Telephone support service 1800 55 1800

Free Online Crisis Support Chat

Website: www.kidshelpline.com.au/teens/get-help/webchat-counselling/

AskIzzy

For any health and wellbeing issues, use the AskIzzy App. to find the best suited contact to assist you. Requires no data use on Telstra.

Website: www.askizzy.org.au

Health Services

Dental Health Week — Tips for a Healthy Mouth



If you're like most people, you probably don't give much thought to how you brush your teeth, beyond squeezing on some toothpaste and scrubbing back and forth. But as your dentist will tell you, how you brush your teeth matters a great deal.

How often you brush, how long you brush, the kind of technique and the toothbrush you use all impact on the effectiveness of your brushing.

Brushing

Correct brushing technique



Squeeze a pea-sized blob of toothpaste onto a soft bristled brush.



Brush gently using circular motions. If you brush too hard it can harm your gums.



Brush all the surfaces of your teeth paying special attention to where the tooth meets the gum. This is where plaque builds up.



Remember to brush behind your front teeth using the tip of the toothbrush.



Keep brushing for at least two minutes and do this morning and night.

Did you know that it takes **two to three minutes** to brush your teeth properly but most people only spend **30 seconds or less**?

For more information on your dental health visit ada.org.au

[facebook.com/HealthyTeethAustralia](https://www.facebook.com/HealthyTeethAustralia)
twitter.com/ADA_Dental

ADA Australian Dental Association | 1800 000 000 | Copyright 2018

Watch what you eat

The reality is our eating habits play a major role in tooth decay, which is a diet related disease. Sugars in the food and drinks we eat are taken up by bacteria, producing acids that attack the outer layer of tooth enamel to cause decay.

Our saliva helps our teeth recover from these attacks through a process neutralising the acids. However, if we frequently snack between meals, there is no rest period for teeth to undergo this recovery process, which means that, over time, a cavity forms as a result of these sustained acid attacks.

Water, water, water

Drink it up! It's calorie free, there are no ingredient labels to stress over, and it's almost free! Even better, tap water in most areas of Australia contains fluoride, one of the easiest and most beneficial ways to help prevent tooth decay. Making water your beverage of choice and regularly sipping it throughout the day, including with and right after meals, makes a real difference to the health of your teeth.

WHAT YOU CAN DO TO MAINTAIN HEALTHY TEETH:
Limit sugary treats to meal times, rather than between meals.

Drink fluoridated tap water throughout the day and after meals.

Chew **sugar-free** gum after eating.

CALL WATHAURONG HEALTH TODAY TO MAKE A DENTAL APPOINTMENT

52770044

Health Services

Chronic Disease Clinic

BEGIN with an Adult Health Check

If you have a Chronic Condition, we will organise a thorough assessment with the Chronic Disease Clinic at Wathaurong Health Services Centre.



The Chronic Disease Health Team

If the Chronic Health Team find that your results are not within normal ranges we will work with you by making appropriate referrals and help you on the road to self management

Create a Care Plan with one of our team that suits your individual needs and set goals and targets you can achieve. We will then work to help you

Follow up and feed back

Check your results with one of the team to see how your health has improved

Ongoing Support

from Wathaurong Aboriginal Health Worker, Chronic Disease Nurse and Doctors

You will have 3 monthly check-ups so that you can review your progress and get support. You will also have the opportunity to join in on group activities and information sessions.

**Contact: Kiralee Hogema or Henri Korevaar
(03) 5277 2038**

Wathaurong Maternal Child Health Service

Track your child's growth and development

Discuss parenting and concerns about your child

Maternal health and wellbeing

Regular Visits can mean early detection of issues or concerns with your child

Wednesday, Thursday, Friday

Flexible Service delivery

Home Visits/Appointments/Groups

For more information, contact

Catherine Gibbs

Ph: 52 77 20 38 or

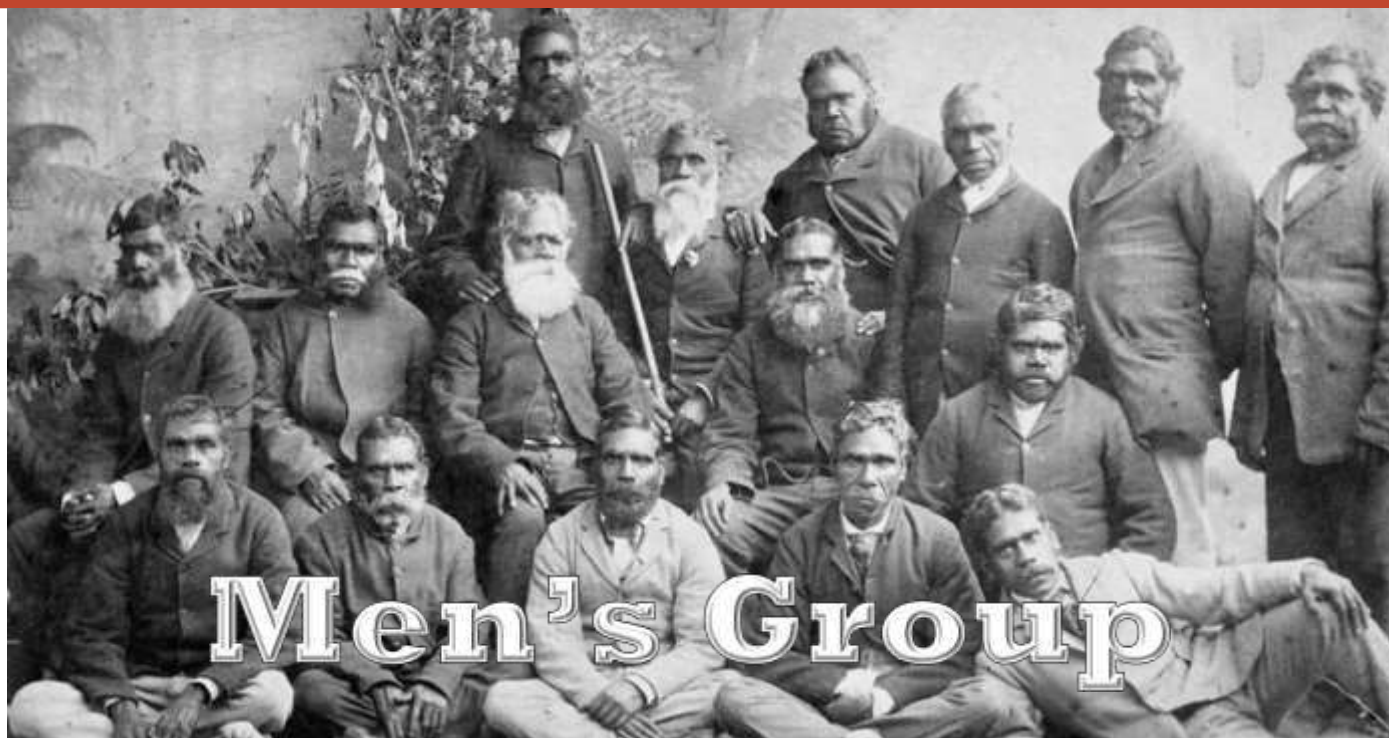
Mobile: 0438 572 088

Email:

catherine.gibbs@wathaurong.org.au



Health Services



A place for Aboriginal & Torres Strait Islander men to unwind & have a yarn after work, every second Thursday, 5:30pm- 8:00pm

Forster Street Meeting Room

20A Forster Street, Norlane VIC 3214

In previous years, Men's Group has offered the men of the Geelong Aboriginal & Torres Strait Islander community a **regular place to connect, discuss men's business and share culture.**

This regular place is opening back up throughout **2018; welcoming back the Men's Group legends from the past & new friendly faces.**

Ages: 16 years old and over (anyone under 16 years old requires supervision).
If you're interested - just **attend.**

Men's Group 2018 Meeting Calendar		
Men's Group 2018 2/08/2018	Men's Group 2018 16/08/2018	Men's Group 2018 30/08/2018
Men's Group 2018 13/09/2018	Men's Group 2018 27/09/2018	Men's Group 2018 11/10/2018

Community Services

Reclaiming my life

Hi Everyone, my name is Aunt Jennifer Warburton (Firebrace). My family are from Wiradjuri and I would like to tell you a story about my journey through the NDIS (National Disability Insurance Scheme). Those of you that don't know what NDIS is, well it supports people like me who have disability to stay at home. I have support workers that come into my home to assist with things that I cannot do myself, and who assist me out in the community, take me shopping, go to events. NDIS funds me to allow me to become independent with assistance.

I had a stroke about five years ago, it was a real life changer.

It has left me wheel chair bound and I have no use of my left arm and hand; it has changed my life dramatically, as I was very active in my life before my stroke. So now I depend on [the National Disability Insurance Agency] NDIA funds for equipment, transport, gardening, domestic and self-care, and social and community recreation, with services delivered by Wathaurong Disability Support Workers. I can now walk very short distances and can stand for short periods. My goal this year is to be able to walk more independently around my home and also to be able to cook my own meals.

Recently in the last six months, I moved into the new modified units that are designed for people who have disabilities after being in my three-bedroom home for 22 years. These units are owned by Wathaurong and were purposely built for people with disabilities.

If you require assistance with NDIS, please don't hesitate to call Liz Abrahams, the Disability Support team coordinator, on 5292 9800. Liz's team offers support with self-care, day programs, social and recreational activities, domestic and gardening needs, case coordination, and transport and preparing meals.

I can now say that I'm independently living, with assistance from Wathaurong Disability Support workers.

I do a lot of cooking for myself now, which is one of my main goals. This is due to the equipment and aids that assist me with preparing meals, and also due to support staff and my coordinator. This is something that I wasn't able to achieve in my other house. I can also get myself in and out of bed unaided and I am going out a lot more. I even go to my local shop, this is something that I haven't done in such a long time. I am very grateful for the support the Wathaurong Disability Support team have given me, to allow me to live more independently with assistance.



Jenny, who is well known out in the Community, is reclaiming her life with the support of NDIS and Wathaurong's Disability Support team.

Invitation to meet the Rights, Information & Advocacy Centre (RIAC) team

Wathaurong Community and staff are invited to come and meet the advocacy team from RIAC. If you have NDIA concerns, complaints or questions, if you need assistance to resolve a problem or even just help to write a letter, the RIAC advocacy team can help. **RIAC is a free service.**

What is Advocacy?

It's about making sure you have a choice and a voice to ensure you can exercise your rights. RIAC provides information and advocacy to people with all types of disabilities who are trying to apply for NDIA or who have been refused eligibility into the NDIA scheme. This includes family and carers.

- RIAC is experienced with applying for legal support
- RIAC can assist with your NDIA decision letters
- RIAC can help you to access Decisions Review (NDIA)
- RIAC can assist applications to the court
- RIAC can even help you to apply for legal assistance.

Where: Wathaurong Health Service

Dates: Wednesday 8 and 22 August

Time: 10am to 2pm

No need to book, just come along and meet the team

Community Notices

Invitation to the launch of a cultural walk at the Co-op

Weir Deppler Lake at Morgan Street is the site of the Community, Culture and Protection project, a partnership between the Department of Justice, the City of Greater Geelong, Diversitat and Wathaurong. The project has produced a significant local cultural walk, created by local young people, including some of our Community youth.

So join us for the launch and help us to celebrate our culture.

When: Tuesday, 14 August from 12pm to 2:30pm — **LUNCH PROVIDED**

Includes: Welcome, Smoking Ceremony and talks about the significance of the walk, followed by a walk around the lake to view the interpretive signs and artwork, finishing at Diversitat.



Barwon Regional Assembly



On Thursday 19 July, Rod Jackson, Kym Monohan, Sandra Brogden and Ebony Hickey had the opportunity to attend the Barwon Regional Assembly hosted at the Flying Brick in Wallington. It was great to hear what the Regional Partnership has achieved over the past two years, and to have our voices heard on the important issues that affect our



region, including housing for all, coastal infrastructure, the economy we need and young people are our future. We had some robust conversations at many tables and were joined by over 100 other delegates, MP's and the Premier of Victoria Mr Daniel Andrews.



Welcome to Country at VACCHO Members Conference

The three-day mid-July conference was an opportunity for Member groups to share good news or best practices, to collect relevant information about Aboriginal communities from the Australian Bureau of Statistics, and to discuss how to achieve long-term sustainability of our Aboriginal organisations. There was even a Q&A session with Christine Couzens MP and other panel members where people could ask questions about government and other issues. Several Wathaurong managers attended some or all of the conference.

Pictured left, Naomi Surtees Welcomed all the VACCHO Conference visitors to Wathaurong Country. She was assisted by Kym Monohan, with Michael Cussens on didgeridoo. The backdrop is the famous Geelong mural 'To the Unknown Mariner' by renowned street artist Cam Scale.

STRONGER COMMUNITIES, SAFER CHILDREN

WHAT ROLE DO
YOU PLAY?



"The eye represents the elders' watchful eyes on our children, for they are our future. The boomerang shows that our kids will always come home to the community because that's where the family will always be. Mum and dad sitting around watching over the kids in the community walking together having fun like kids should be doing."

Artist: Shirleen Campbell,
Alice Springs

LAUNCHED IN 2018
**NATIONAL CHILD
PROTECTION WEEK**

SUPPORTED BY DEPARTMENT OF SOCIAL SERVICES

NAPCAN PREVENT
CHILD ABUSE
& NEGLECT
www.napcan.org.au

Community Notices

Wathaurong's Staff In-Service Day 2018

Wathaurong held this year's Staff In-Service Day on 29 June. It is a day when staff who work at different sites can come together and learn about the direction of the organisation and how we can all help.

There were a range of sessions and workshops throughout the day. The Senior Management Team presented the priorities and outcomes agreed to at their recent planning workshop. This was also a great opportunity for staff to ask questions and have their say. The Board of Directors came along for a meet and greet, also telling staff a bit about themselves.



Family Services manager Herb Goonan presented on the Section 18 changes, where Aboriginal organisations are preparing to take over the care and control of all Aboriginal children who are currently in Out of Home Care under the Department of

Health and Human Services. Herb explained that while this change will not be without its challenges, it will be great for our mob to have the decision-making control for community kids living in kinship care, foster care or residential care.

Community Services manager Kym Monohan ran an informative but fun quiz, testing staff knowledge on Aboriginal Victoria: staff worked in groups to come up with the answers.

In another fun activity staff created a group artwork, guided by psychologist Paul Thornton. We wrote our names on cut-outs of hands, then stuck the hands on a painting of an Aboriginal flag. You can see the end result in the Health Service at Morgan Street.

Special guest speakers from Australian Indigenous Mentoring Experience (AIME) finished the day with an inspirational talk and video.

AIME is a group of volunteer university students who help Aboriginal and Torres Strait Islander young people to bridge the gap between high school and university. Since starting in Australia 12 years ago, they have mentored 20,000 Aboriginal young people and helped them to achieve their education and employment dreams.

We also took the opportunity to get a staff photo, see below.



SURFING VICTORIAS INDIGENOUS SURF TOUR

Location: Cape Bridgewater

Date: 20th October 2018

Time: 10am-12pm

Surfing Victoria's Indigenous Surfing Regional tour is a program aimed at giving the indigenous community the opportunity to learn to surf as well as gaining some very important water safety knowledge.

The session will include Surfing Victoria's qualified Indigenous coaches and role models. Surfboard and wetsuits all supplied.

What to bring : Snacks, water, towel and bathers

For further information please contact Jordie Campbell

jordie@surfingvic.com

0488935183



Community Notices

Building respectful relationships

Major Murray Pearson is the Australian Army's Regional Indigenous Liaison Officer (ILO) for Victoria and is based at the Army Infantry Training Depot in Geelong. He recently visited Wathaurong to introduce himself and you might have seen him at our NAIDOC Flag Raising with his colleague Sergeant Denis Maher.

In his role as Victoria's ILO, Murray is seeking a positive and respectful working relationship with our Co-operative and with Community. The Australian Army is keen to have good community engagement – based on respect, relationships, and opportunities – with all Indigenous peoples wherever the Army lives, works or exercises.

There are ILOs like Murray throughout Australia. Among other things, they are keen to understand regional Indigenous cultural knowledge to assist Army units in forming sustainable habitual relationships with



Indigenous communities.

One recent and highly successful example of Indigenous community engagement involved the dedication of a mural honouring Private Daniel Cooper, a Yorta Yorta soldier from Shepparton who died in battle in Belgium during the First World War. Murray is hopeful that a similar project, honouring Wathaurong soldiers, can be undertaken here.

Another important opportunity that can come from having a good working relationship with our local Army unit is in the great careers available to young Indigenous women and men. For those who are keen to join with the Army's many other Indigenous soldiers, the Army fully recognises and supports connection to Country and to Family.

There are also excellent opportunities for interested younger people to get involved with the Army Cadets (age range 13 to 19 years). Geelong's Our Cadet unit parades on Monday evenings, and parents are most welcome to bring their children along to view the training program and ask questions. The Depot is on the corner of Myers and Bellarine Streets, Geelong.

Murray is looking forward to getting to know and work with us into the future, and facilitating a good working relationship with the local Army unit, the 8th/7th The Royal Victoria Regiment.

GEELONG PERFORMING ARTS CENTRE 2018 DEAKIN UNIVERSITY THEATRE SEASON

Photo by Simon Pynt

TASMANIA PERFORMS
THE SEASON
BY NATHAN MAYNARD

9-11 AUGUST
The Playhouse

Families are like seasons: you don't get to pick them, and when they show up you best be ready.

f t i YouTube

geelong performing arts centre
Principal Partner

DEAKIN UNIVERSITY

CREATIVE VICTORIA

BOOK NOW GPAC.ORG.AU/2018
5225 1200
50 LITTLE MALOP ST, GEELONG

BTS Business Technology Specialists
Show Partner

Australian Government
Australia Council for the Arts

Tasmanian Government
tasmanianperforms

Australian Government
Major Events Initiative

Community Notices

Want to be a Foster Carer?

What is a Foster Carer?

Foster care provides care for a child or young person within a home environment by providing much needed stability and care during a time when they cannot live at home due to issues of risk or safety.

Foster Carers are able to offer children and young people a safe and stable home environment and this plays a critical role in promoting a child and young person's development and wellbeing.

Wathaurong has now developed a program for the recruitment of foster carers within our community. Our children need your support in caring short term or long term. If you think you are the right person to foster a child we are willing to support the family.

Types of foster care

Overnight or emergency care Overnight or emergency foster care is for children when their safety is at immediate risk. Often called on at short-notice until a long-term plan for the child is developed.

Respite care Respite foster care offers support for a child's parents, guardians or regular foster carers by providing them with a break. These placements can be one or two weekends a month.

Short-term care Short-term foster care provides care for up to six months while steps are put in place for the child to return to their home environment.

Long-term care Long-term foster care provides a safe, loving and stable environment for a child or young person for a period of longer than six months, and in some cases a period of years.

Foster Carers can assist by providing:

- Overnight or emergency care
- Respite for parents or other Foster Carers one weekend a month or once a fortnight
- Short-term care (up to 6 months)
- Long-term care (over 6 months).

Who needs foster care?

Children and young people who need foster care range from babies to teenagers. They come into care when they are unable to live at home with their parents or extended family for a wide variety of reasons.

Why become a foster carer?

Every night in Geelong, Colac and the Surf Coast there are several children and young people without safe and stable accommodation due to a critical shortage of foster carers.

Being a foster carer provides an opportunity for you to make a huge impact in the life of a child. It is one of the most important and rewarding roles you can play in your community.

By becoming a foster carer, you can help children and young people live a life that we all deserve. By providing love, safety and support in your own home, you can change someone's life forever.

Who can be a foster carer?

Almost anyone can be a foster carer. Carers are ordinary people who do extraordinary things.

Foster carers can:

- be individuals or couples
- be families from all backgrounds
- have children of their own, or not
- be working, not working, retired or studying.

The most important thing is that you can provide a safe, stable and loving home environment.

How do I start my foster carer journey?

Simply start by making an enquiry to Wathaurong Aboriginal Co-op Foster Care Recruitment.

Phone: 03 5292 9808 or 0437 860 556

Small Business Festival 2018 August 1-31

Getting into business for Aboriginal and Torres Strait Islander people

Presented by Indigenous Business Australia

Get together and start talking about what it takes to develop an idea into a business at this information session tailored for Aboriginal and Torres Strait Islander people about the ways and means to get started.

- Types of business structures
- Why get into business
- Requirements for starting a business
- Creating a mindset for success
- Areas of support such as grants, finance and mentoring, and
- Creating links to develop business connections.

Presented by Small Business Victoria – Tharamba Bugheen Victorian

Aboriginal Business Strategy in partnership with Indigenous Business Australia.

**9 August, 2018
10:30am—2:30pm
Wathaurong Co-operative
62 Morgan St, North Geelong
Phone: 03 5277 0044**

Community Notices

AFL Indigenous Round



On 2 June 2018, Jamaine Jones of the Cats and Jarrod Harbrow of the Suns exchanged gifts during the 2018 AFL Indigenous Round. This was the round 11 match between the Gold Coast Suns and the Geelong Cats at Metricon Stadium on the Gold Coast. Jamaine's gift to Jarrod was made by Wathaurong Glass.

Local Wathaurong brothers Lachlan and Jordan Edwards led the war cry during the Dreamtime at the G pre-match performance.

The Indigenous Round was named in honour of Sir Doug Nicholls. The AFL's annual round recognises and celebrates Indigenous players and culture. Sir Doug, who epitomised the spirit of reconciliation, played 54 games for Fitzroy and was a brilliant all-round athlete. The first Aboriginal person to be knighted, he also served as Governor of South Australia and was devoted to the wellbeing of Aboriginal and Torres Strait Islander people.

Thank you to Michael Willson/AFL Media for the photo.

Wathaurong Glass features in new Worksafe building



Worksafe recently opened their new offices in Geelong, and showcased some beautiful pieces from Wathaurong Glass.

Worksafe aims to keep all workplaces healthy and safe, and to deliver high quality care and treatment when workers are injured.

Thank you to Tanja Rankin Photography for the photos.



Community Notices

Wathaurong Glass & Arts

16 Rodney Road, North Geelong, Victoria, 3215 Ph: (03) 5272 2881



We are committed to providing quality support and programs for our community and clients.

We welcome feedback and suggestions to improve our programs.

How can you give us feedback ?

Complete a feedback form, fill it out and hand to reception (anonymously if you like) or write a letter and post it, marked Attention: Tony Meagher, Operations Manager or email: tony.meagher@wathaurong.org.au

ATTENTION:

As many of our members are aware, Wathaurong has expanded recently to include the additional office space at Mackey Street in North Geelong. This site houses our community and family services managers and program workers. The space is designed to be accessible to clients and community on an appointment only basis.

Requests for appointments from clients, community members and other organisation representatives can be arranged by either speaking to individual workers or alternatively, contacting our reception desk on 52929800 to arrange a meeting room.

DISCLAIMER:

The views, information or opinion expressed in the Wathaurong Aboriginal Co-operative Ltd bi-monthly newsletter are solely those of the individuals involved and do not necessarily represent those of the Wathaurong Aboriginal Co-operative Board of Directors, Management, Community Members or employees. The primary purpose of the Newsletter and its contents to educate and inform. This publication does not constitute medical, legal or other advice or services. Wathaurong Aboriginal Co-operative Ltd recommends that readers use caution/discretion when reading this document; as it may contain images and/ or names of deceased persons.

School Terms Dates for 2018

Term 1 30 January - 29 March

Term 3 16 July - 21 September

Term 2 16 April - 29 June

Term 4 08 October - 21 December

Community Notices

Assistance and Emergency Services

Service	Contact
Are you seeking emergency accommodation? Call Salvo Connect (Homeless Support Provider for over 25s) for advice on housing and welfare support	03 5223 5400
Barwon Youth (Homeless Support Provider for 24 and under) can help young people with accommodation and welfare support, give them a call	03 5221 4466
If you need help in an emergency you can contact Ambulance, Fire Brigade and Police	000
Are you struggling with finances and need some emergency relief or advice? Diversitat may be able to help you out.	03 5221 6044
If you require food vouchers, talk to Uniting Care or Salvo Connect	5223 5400
For medical, health and well being support, contact Wathaurong Health Centre	03 5277 2038
In the event of a medical emergency Barwon Health Emergency Department have the facilities and expertise	03 4215 0000
For situations requiring police support or advice, call Geelong Police	03 5225 3100
If you require Family Violence & Sexual Assault Support the Barwon Centre against Sexual Assault provides services, advice and expertise.	03 5222 4318
For Drug and Alcohol advice, contact Direct Line 24 hour referral service.	1800 888 236
If you, a friend or family member need immediate advice, call the Suicide Hotline.	1300 651 251
Do you feel unsafe because of Family Violence? Support is only a phone call away.	03 5224 2903
If you need legal advice or support, get in touch with the Victorian Aboriginal Legal Service.	1800 064 865

Need to update your details?

We maintain the mailing list and this helps us to keep in contact with you. We may need to send you newsletters, update the waiting list for WAC housing, or provide members with meeting dates, community events etc. Members please remember to update your details. Family members if you know of someone who has moved recently— please ask them to update their details by calling the Co-operative 5277 0044 or letting reception know, when you are next in.