



# WATHAURONG

## Aboriginal Co-operative

### Community Newsletter

June—July 2018

#### In this issue:

Calendar of events	1
Executive	2
Children's Services	5
Education	10
Health Services	12
Community Notices	18



**Photo:** (L-R): Christine Couzens MP, Rod Jackson (CEO), Jill Gallagher AO - Victorian Treaty Advancement Commissioner, Sharelle McGuirk (Chairperson)

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

Send an email to:  
[admin@wathaurong.org.au](mailto: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

<b>JUNE</b>	<b>Bowel Cancer Awareness Month</b>	
3rd	Mabo Day	
11th	Queen's Birthday	<b>Co-operative CLOSED</b>
29th	All Staff Service Day	<b>Co-operative CLOSED</b>
<b>JULY</b>	<b>8th - 15th NAIDOC Week</b>	
6th	NAIDOC March	<b>See page 19</b>
7th	Wathaurong's NAIDOC Ball	<b>See page 20</b>
9th	Flag Raising	<b>See page 21</b>
10th	Koorie's Got Talent	<b>See page 24</b>
11th	Collingwood Farm	<b>See page 25</b>

#### Wathaurong Aboriginal Co-operative

Lot 62 Morgan Street  
North Geelong Victoria 3215  
Postal Address:  
PO Box 402  
North Geelong Victoria 3215

Phone: 03 5277 0044  
Fax: 03 5278 4123  
E-mail: [admin@wathaurong.org.au](mailto:admin@wathaurong.org.au)  
Website: [www.wathaurong.org.au](http://www.wathaurong.org.au)



*Like us on Facebook*

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

# Chairperson



Hello again and welcome to our June-July 2018 newsletter and what a busy few months it has been, with Close the Gap (CTG), Board and Community meetings and of course work and life in general!

My workplace, Barwon Health, celebrated CTG day with a morning tea, which was followed by a delicious BBQ lunch at Wathaurong. Thank you to staff who made all the arrangements on the day and ensured the lunch was a success; and thank you to community and our stakeholders who also attended this event.

Towards the end of March, Wathaurong also hosted Minister Martin Foley, State Labour Minister for Housing, Disability and Ageing, Creative Industries, Equality and Mental Health. Minister Foley was quite generous with his time, spending 1.5 hours discussing Wathaurong's many programs and community services.

We've also held a number of Board and Community meetings to discuss general community as well as specific Board business. Our last community meeting was well attended with over 40 people in attendance and we hope that attendance numbers will continue to rise throughout the remainder of this year. I encourage all community members to attend our community meetings as they are a great opportunity to hear what's going on, meet with the Board, share good news stories and have a feed together.

The coming few months will be busy as we celebrate National Reconciliation Week (NRW) and NAIDOC Week –with a number of local community events. On Friday 25<sup>th</sup> May, Wathau-

rong hosted its annual Sorry Day Walk and later that same day the City of Greater Geelong/ Barwon Water Digital Projections Project was launched. It's pleasing to note that Wathaurong staff and community members were actively involved in both events. The Digital Projections Project will continue every night until Sunday 3<sup>rd</sup> June.

Our Annual Reconciliation in the Park Event was held on Sunday 27<sup>th</sup> May in Johnstone Park and is gaining more momentum and bigger crowds every year. I expect that many photos from these community events will be in the next edition of our Newsletter.

With NAIDOC fast approaching a couple of reminders; firstly if you would like to nominate someone for a NAIDOC Award, complete a **Nomination form on page 27** and submit it as soon as you can at the boxes provided in the reception areas at the Co-operative. Secondly, a reminder that our NAIDOC celebrations will commence with the NAIDOC March on Friday 6<sup>th</sup> July, to be followed by Wathaurong's NAIDOC Ball on Saturday 7<sup>th</sup> July, with tickets going on sale in the coming weeks.

To conclude my report, another reminder that Wathaurong Aboriginal Co-operative's 40<sup>th</sup> Anniversary official event will be held in October – please feel free to submit any historical items you may have – photos, newspaper clippings, artwork – whatever it may be that you would like included in telling the story of the last 40 years! If you would like to be on the Wathaurong Aboriginal Co-operative's 40<sup>th</sup> Anniversary Committee, please contact Ebony Hickey.

Warm regards,  
Sharelle McGuirk

## Wathaurong Aboriginal Co-operative Ltd

### Community Meeting

### Monday 2<sup>nd</sup> July 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 14<sup>th</sup> May 2018 minutes
5. Youth Funding update
6. Discussion on Wathaurong's 40th Anniversary Celebrations
7. NAIDOC Update
8. Other General Business
9. Meeting closed

20A FORSTER STREET, NORLANE 3214 \* PO Box 402, NORTH GEELONG 3215

PH: (03) 5277 0044

FAX: (03) 5278 4123

EMAIL: [admin@wathaurong.org.au](mailto:admin@wathaurong.org.au)

# Chief Executive Officer



Welcome to the June-July 2018 Newsletter. Plenty of things to share with you, as well as details of recent and upcoming events.

Firstly I would like to welcome the new Health Services Manager Shellee Strickland. Shellee joins us with a wealth of knowledge and experience in the area. I would like to thank Paul Thornton for stepping up into this position and we welcome Paul back into leading the Darrabarrook Karndorr - Social & Emotional Wellbeing Team.

We also welcome a number of new staff starting with Wathaurong; Hayley Johnson and Rebecca Mayberry in the Cradle to Kinder program, Celestine Fisher in KMS Health Worker, Sarah Jones the new HACC Coordinator and Esther Broome in a new program Multi Systemic Therapeutic (MST) Psychiatric through a unique partnership with MacKillop Family Services. In addition to our new staff we also congratulate Jodie Chatfield on accepting the position of Acting Human Resources Manager.

You will see from the front page that we hosted the Victoria Treaty Advancement Commissioner, Jill Gallagher AO and her team at Wathaurong Co-operative to yarn about the journey towards treaty. Jill Gallagher visited Wathaurong on the 16<sup>th</sup> of April followed by visiting the Colac Aboriginal Gathering Place on the 17<sup>th</sup> of April to have the same conversations with the Colac community.

The Australian Bureau of Statistics (ABS) visited Wathaurong on the 19<sup>th</sup> April to build on their ongoing relationship with Aboriginal communities. The ABS also

gave us a snapshot of current ABS data relating to the Aboriginal population in Geelong.

On the 24<sup>th</sup> of April I attended the Geelong Library for 'Geelong Honours Them'. This project aims to digitally capture and display information held in World War One. The aim is to spark an opportunity to share the social history and preserve a unique local legacy for generations to come.

I attended the Roadmap for Reform Symposium on the 11<sup>th</sup> of May which discussed achievements since the Roadmap was released and the vision for the future. At the symposium I sat on the panel where questions were asked throughout the day around self-determination and the importance of the services that we offer at an ACCO.



*Photo (L-R): Rod Jackson, Ellie Schneider of UNESCO Detroit City USA, Dr Russell Kennedy of Deakin University attending UNESCO meeting at the Geelong Library.*

On the 16<sup>th</sup> of May I attended the United Nations Educational, Scientific and Cultural Organisation (UNESCO) Creative Cities Network (UCCN) at the Geelong Library. This network aims to raise awareness of the power of creativity and innovation in building sustainable cities.

Just a reminder to have a look inside the newsletter at all of the NAIDOC celebrations. NAIDOC week will be starting with the NAIDOC Ball on Saturday 7<sup>th</sup> July and continuing through until Friday 14<sup>th</sup> July when we conclude with the NAIDOC March in Melbourne.

We are also busy organising celebrations for Wathaurong Co-operative's 40<sup>th</sup> Anniversary which will take place in October. The committee are looking for any community volunteers to support the event, please contact Ebony Hickey on (03) 5277 0044 to sign up.

**Rod Jackson**



*Photo (L-R): John Eren MP, Mark Beasley—Manager, Geelong Heritage Centre Collection & Services, Rod Jackson, Christine Couzens MP.*

# Member's 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.

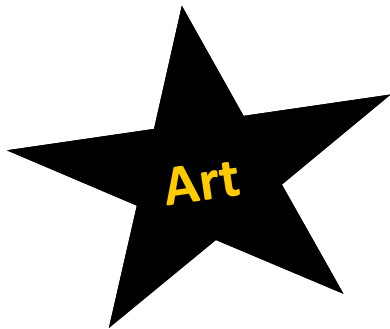
In the case of a dispute with Directors an independent mediator may be retained to mediate the dispute.

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.



# Wathaurong Kids Club

An after school program for school aged children



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!

Deadly!

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



# Children's Services



## Parrwang Youth Arts

*'Connecting Kids with Culture & Creativity'*



### What we've been up to:

#### **Term 1 Holiday Program: 3-days of jam-packed fun & creativity!**

Early Years Multi-Arts with Annie, Corrina & Nikki & Kristi

Singing with The Merindas & Hip Hop with Indigenous Hip Hop Projects.

**Deadly celebration 'Our Song, Our Groove' performance!!**

### What's happening now:

#### **After-School Workshops:**

Contemporary Movement, Story & Dance with Jess with The fOrT

Cultural Story, Song & Dance with Kathy with Wathaurong Kids Club

### Coming Soon:

#### **Reconciliation Week: 'Crafting with Nature' Workshops with Kylie**

Tuesday May 29th & Friday June 1st. 3:30-5:00pm in the GPAC Foyer.

#### **Term 2 Holiday Program: Ages 2-5 & families, 5-8, 9-12 & 13-18**

*Save the date:* Tuesday, Wednesday & Thursday July 3rd, 4th & 5th

Keep an eye out for the flier & registrations.



**EXPLORE!**  
GEELONG  
PERFORMING  
ARTS CENTRE  
EDUCATION  
PROGRAM

For more information contact:

Parrwang Youth Arts Coordinator Kylie Clarke.

5225 1270 [kylie@gpac.org.au](mailto:kylie@gpac.org.au)

geelong  
performing  
arts centre



## Koorie Kids at Kinder!



All Koorie children are eligible for two years  
of **FREE** kinder!

Your child can be enrolled into a 3 or 4 year old kinder  
program if they turn 3 or 4 on or before April 30<sup>th</sup> in the  
year you wish for them to attend kinder

If you would like further information about kinder or assistance with enrolling your child into kinder for 2018, please contact Tahlia Dempsey, Koorie Pre School Assistant at Wathaurong Aboriginal Co-operative.

Phone: (03) 5292 9800

Email: [tahlia.dempsey@wathaurong.org.au](mailto:tahlia.dempsey@wathaurong.org.au)

# Children's Services

## JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6 Parent Group Forster St. 11:00am-1:00pm	7 Milla Milla Playgroup 11:00am-1:00pm	8 Milla Milla Playgroup 11:00am-1:00pm	9	10
11 QUEENS BDAY - CO-OPERATIVE CLOSED	12	13 Parent Group Forster St. 11.00am-1.00pm	14 Milla Milla Playgroup 11:00am-1:00pm	15 Milla Milla Playgroup 11:00am-1:00pm	16	17
18	19	20 Parent Group Forster St. 11.00am-1.00pm	21 Milla Milla Playgroup 11:00am-1:00pm	22 Milla Milla Playgroup 11:00am-1:00pm	23	24
25	26	27 Parent Group Forster St. 11.00am-1.00pm	28 Milla Milla Playgroup 11:00am-1:00pm	29 ALL STAFF SERVICE DAY - CO-OPERATIVE CLOSED <u>TERM 2 ENDS</u>	30	

<b>Milla Milla Playgroup</b>	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
----------------------------------	-----------------------------------	--	---



# Children's Services

## JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
2 START OF SCHOOL HOLIDAYS	3	4	5	6 NAIDOC MARCH	7 NAIDOC BALL	8
9 FLAG RAISING  FAMILY CULTURE DAY	10 KOORIE'S GOT TALENT	11 COLLINGWOOD FARM	12	13 END OF SCHOOL HOLIDAYS	14	15
16 <u>TERM THREE COMMENCES</u>	17	18 Parent Group Forster St. 11:00am-1:00pm	19 Milla Milla Playgroup 11:00am-1:00pm	20 Milla Milla Playgroup 11:00am-1:00pm	21	22
23	24	25 Parent Group Forster St. 11:00am-1:00pm	26 Milla Milla Playgroup 11:00am-1:00pm	27 Milla Milla Playgroup 11:00am-1:00pm	28	29

<b>Milla Milla Playgroup</b>	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
----------------------------------	-----------------------------------	--	--

# Education & Training

## KOORIE EDUCATION TEAM

The school year is flying by and the KESOs have been very busy working with schools to deliver Koorie Cultural Understanding and Safety Training to schools in the Barwon Area. KESOs are also working closely with schools and families to improve experiences in education for all Koorie students and their families. We have a number of parent forums planned for this year to discuss education and how we might work with schools and families to better support Koorie students.

This term we welcomed back Meagan Howell, who is back in the office three days a week. We also will farewell Raymond Walters, who has taken an opportunity to further develop his career in art. Ray's position will be advertised soon. With all of this happening some of the school allocations have changed, however if you would like to speak to a KESO a list of contacts are listed below.

We have also relocated and now have new offices at 75 High St Belmont so desk phone contacts have changed:

<b>Sandra Brogden</b> 52155175 or 0417 855 334	<b>Richard Fry</b> 52155170 or 0409 142 915
<b>Denise Charles</b> 52155172 or 0457 522 637	<b>Meagan Howell</b> 52155174 or 0476 809 603
<b>Kelly Koumalatsos</b> 03 52155169 or 0459860331	<b>Jenny Murray Jones</b> 52155168
<b>Melissa Lillyst</b> 52155173 or 0436675768	<b>Raymond Walters</b> 5252155171 or 0484 602 599

Please feel free to contact us, we are happy to hear about how we might support your child's educational journey.

## SOME TIPS FOR HELPING YOUR CHILDREN READ – we will have more for the next newsletter

<b>Talk with and listen to your children – they are always learning</b> <ul style="list-style-type: none"><li>Children need knowledge about words to help them read and write.</li><li>Play games with language – sing songs, say rhymes, finger plays.</li><li>Tell your children stories and listen to the stories they tell.</li><li>Use words about colour, shape and size.</li><li>Count things together.</li><li>Play games with language.</li></ul>	<b>Read to your child every day</b> <p>Take time everyday to read aloud to your children.</p> <ul style="list-style-type: none"><li>Talk about the pictures.</li><li>Let your child see the words as you read aloud.</li><li>Talk about the story at the end.</li></ul> <p>Ask your children:</p> <ul style="list-style-type: none"><li>◇ What was your favourite part? Why?</li><li>◇ Show me your favourite picture?</li><li>◇ What happened in the story?</li><li>◇ Can you find the picture of ...</li></ul>
<b>Teach your children about books</b> <p>Children need to know that:</p> <ul style="list-style-type: none"><li>books have covers</li><li>pages turn</li><li>pictures and words tell a story.</li></ul> <p>Children need time alone with books to look at the pictures and read to themselves. They need to choose from lots of books. Children learn how to care for and respect books.</p>	<b>Make reading fun</b> <p>Take time to read the signs in your community with your children.</p> <p>Talk to your children about the different types of reading material –</p> <ul style="list-style-type: none"><li>magazines,</li><li>newspapers,</li><li>junk mail,</li><li>handwritten messages</li><li>and technology.</li></ul>

# Education & Training

## WATHAURONG HOMEWORK GROUP

There is lots of work going on at the Homework Centre. Aunty May, Sandy Manning, the Koorie Education team and a few volunteers are providing some additional support for the Koorie children in the community. Activities at the Homework Centre include, support with literacy and numeracy, art and cultural activities. Last week we had the Geelong Cats come out and share their stories and kick the football at the Tallis St school oval. It was great fun. Computers have been set up at Forster Street and we have just purchased some iPads which will help us to learn more using technology.

It has been great that some of the parents are staying with their children and supporting small group activities, while they do this we are able to give them some tips on supporting their child's learning at home.

**Homework Group runs every Monday from 4:00pm – 6:00pm.** We are still looking for more volunteers so if you would like to help out please leave your details at the reception at the Co-operative.



# 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)**

Every Friday afternoon

**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



**Lunch will be provided**

## Parent Group

20A Forster Street,

Norlane 3214

Every Wednesday

11:00am — 1:00pm

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.



Contact: Catherine Gibbs  
for more information

**Phone: (03) 5277 2038**

**Mobile: 0438 572 088**

## Maternal and Child Health News



### Cooking Program

We have just completed our Cooking Program which consisted of six sessions.

We enjoyed making delicious meals each week and having a yarn about ways to save money and eat healthier.

We cooked hamburgers, meatballs, fried rice, soup and damper, Mexican burritos; and finished off the program with a yummy dessert on the last session.

We are hoping to run this program again if we have enough interest.

If this is something you would be interested in participating in let me know.

**Contact Cat Gibbs 0438 572 088**

# Health Services



## 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

Larissa Martino or Catherine Gibbs

Ph: 52 77 20 38 or

Mobile: 0438 572 088

Email:

[larissa.martino@wathaurong.org.au](mailto:larissa.martino@wathaurong.org.au)

[catherine.gibbs@wathaurong.org.au](mailto:catherine.gibbs@wathaurong.org.au)

## Bringing Them Home Program



This program supports Aboriginal and Torres Strait Islander peoples separated from their families as a result of past governments' forced removal policies and practices, including institutionalisation, adoption or foster care.

**You are welcome to come in and talk with the BTH counsellor or have a chat over the phone.**

The program offers support in:

- ◆ Family history researching
- ◆ Counselling
- ◆ Referrals to Link Up and Koorie Heritage Trust etc.

Contact: 5277 0044 / 0418 137 545

# 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

### **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

*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 to take charge of your health.*



*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 groups activities and information sessions.*

### **Want more information?**

**Contact: Kiralee Hogema or Henri Korevaar**

**(03) 5277 2038**

## 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

<https://www.lifeline.org.au/get-help/online-services/crisis>

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

Website;

1800 888 236

<http://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 6 free counselling appointments for people over the ages 15 years & over experiencing distress.

Telephone support service

Free Online Crisis Support Chat (Messaging or Video);

1300 659 467

<https://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 Free Online Crisis Support Chat

1800 55 1800

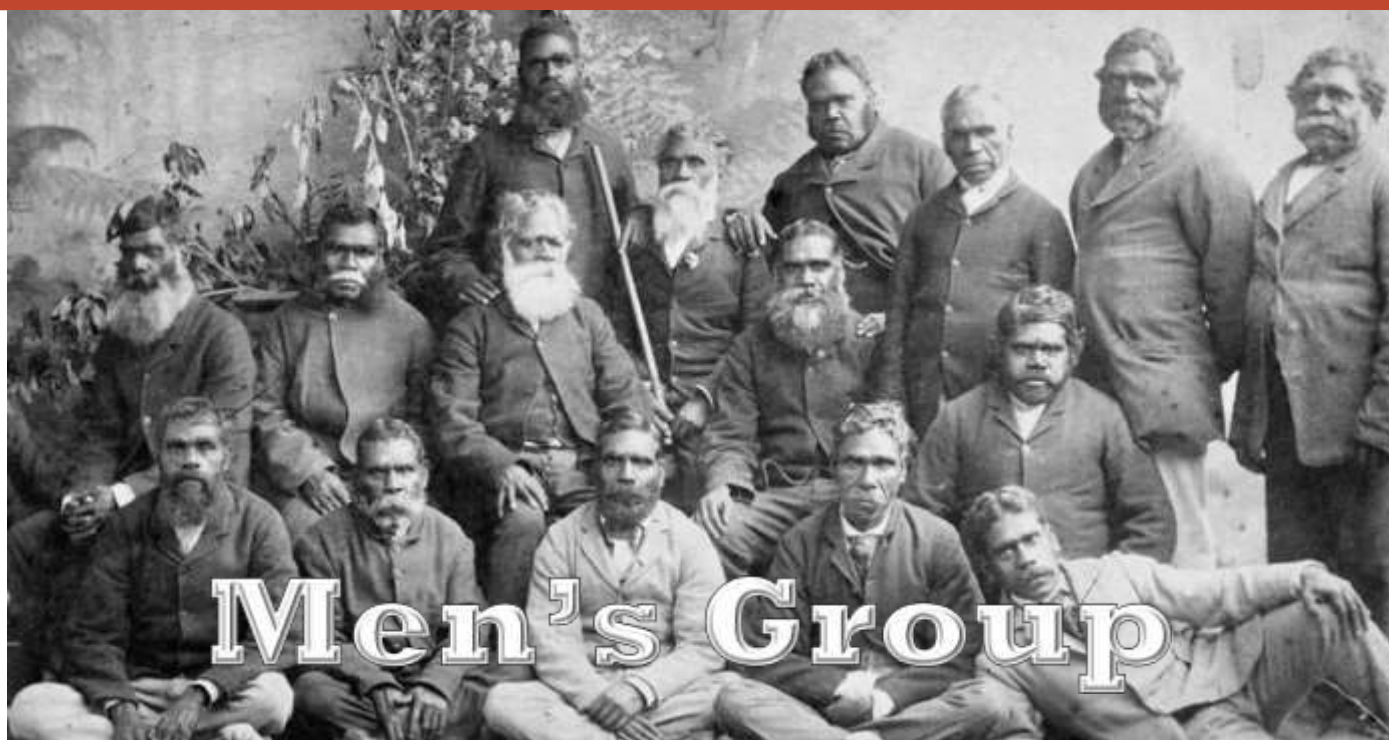
<https://kidshelpline.com.au/teens/get-help/webchat-counselling/>

### **AskIzzy**

For any health and wellbeing issues, use the AskIzzy App. to find the best suited contact to assist you



# 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 07/06/2018	Men's Group 2018 21/06/2018	Men's Group 2018 5/07/2018
Men's Group 2018 19/07/2018	Men's Group 2018 2/08/2018	Men's Group 2018 16/08/2018

# Community Notices

## NAIDOC WEEK ACTIVITIES

<b>Friday 6th July</b> Welcome at 10:00am March begins at 11:45am	<b><u>NAIDOC March</u></b> At VAHS, 186 Nicholson Street, Fitzroy Pre-March festival starts at 10:00am
<b>Saturday 7th July</b>	<b><u>NAIDOC Ball</u></b> At Novotel, more details page 20 Hosted by Wathaurong Aboriginal Co-operative
<b>Monday 9th July</b> At 11:00am till 1:00pm	<b><u>Flag Raising Ceremony</u></b> At Wathaurong Aboriginal Co-operative Lot 62 Morgan Street, North Geelong <ul style="list-style-type: none"> <li>• Wathaurong Award presentation</li> <li>• Craft Market</li> <li>• Lunch</li> </ul> <b><u>Family Culture Day</u></b> At Wathaurong Aboriginal Co-operative Lot 62 Morgan Street, North Geelong <ul style="list-style-type: none"> <li>• Damper - Dancing – Arts and Craft</li> </ul>
<b>Tuesday 10th July</b>	<b><u>Koorie's Got Talent</u></b> Wathaurong Community Hub 20A Forster Street, Norlane <b><u>PAGS Lunch</u></b> Wathaurong Community Hub 20A Forster Street, Norlane
<b>Wednesday 11th July</b> Gates open at 9:15am till after 2:30pm	<b><u>NAIDOC Family Day at the Farm</u></b> Collingwood Children's Farm 18 Heliers Street, Abbotsford 3067 Bus leaving Wathaurong Community Hub, 20A Forster Street, Norlane at 9:00am
<b>Thursday 12th July</b>	<b><u>Elders and Respected Persons</u></b> <b><u>Special Lunch</u></b> (Invite Only)

# NAIDOC MARCH

## 2018

FRIDAY 6TH JULY 2018

BUS DEPARTING FROM WATHAURONG, MORGAN STREET  
AT 9:00AM AND TRAVELLING TO VAHS IN  
NICHOLSON STREET, FITZROY  
ARRIVING BACK AT WATHAURONG MORGAN  
STREET AT 5:00PM

PLEASE RSVP YOUR NAME AND A CONTACT  
NUMBER WITH STEPHANIE ON 52929800 IF  
YOU'RE WANTING TO TRAVEL ON THE BUS



**BECAUSE OF HER, WE CAN!**

8-15 JULY 2018



# Community Notices



**WATHAURONG**  
Aboriginal Co-operative

# NAIDOC Ball



- ♦ **SAVE THE DATE**
- ♦ **TICKETS AVAILABLE ONLINE SOON**
- ♦ **FOLLOW WATHUARONG ABORIGINAL CO-OPERATIVE ON FACEBOOK**

## Saturday the 7<sup>th</sup> of July, 2018

This year Wathaurong Aboriginal Co-operative's Board of Directors and CEO - Rod Jackson are hosting Geelong's annual NAIDOC Ball at the exquisite venue of the Novotel Geelong. Like every year this event continues to grow and develop as does Wathaurong Aboriginal Co-operative and we think NAIDOC is the perfect time to Celebrate the achievements of the local Aboriginal Community and Wathaurong Aboriginal Co-operative.

On the night you can expect a Welcome to Country at the beginning of the evening, followed by a delicious three course meal, live music, competitions and the prestigious Belle, Beau, Matron and Patron awards which will be judged and awarded towards the end of the night. So get your suits and frocks ready and dancing shoes on as together we celebrate NAIDOC in Geelong.

This event is not to be missed and will sell out, the only way to secure your tickets this year is to buy them online.

We are in the process of setting up our online ticket profile, if you'd like to know when that goes live please leave your details with Ebony Hickey by texting 0449 948 475

or email at [Ebony.Hickey@wathuarong.org.au](mailto:Ebony.Hickey@wathuarong.org.au)



**BECAUSE OF HER, WE CAN!**

**8-15 JULY 2018**



# NAIDOC FLAG RAISING 2018

## Wathaurong Aboriginal Co-operative

invites you to attend our annual

Flag Raising to be held on

Monday 9th of July,

at the Health Services carpark

Lot 62 Morgan Street, North Geelong.

Commencing at 11:00am.

RSVP to reception on (03) 5277 0044 by June 28th.



## Community Notices

# NAIDOC Art/Craft Market

Monday 9th of July

11:00am till 1:00pm

Health Services Car park at  
Wathaurong Aboriginal Co-operative

Lot 62 Morgan Street,  
North Geelong.

For information or to book a stall  
Contact Naomi on (03) 5277 0044

All Welcome

Please note this is the same day as the Flag Raising



# Family Culture Day

## 2018

After The Flag Raising  
Monday 9th of July  
1:00pm - 3:00pm

Wathaurong Children's Services  
Lot 62 Morgan Street, North Geelong.

Everyone is WELCOME!

Ochre face painting Damper Making  
Didge Playing  
Dancing Arts and Craft



BECAUSE OF HER,  
**We Can!**  
8-15 JULY 2018



# Community Notices

Participate and  
win great prizes for  
NAIDOC 2018!

## **KOORIES GOT TALENT**

TUESDAY 10<sup>th</sup> JULY, 2018

10:00AM – 2:00PM  
LIGHT LUNCH SUPPLIED  
20A FORSTER STREET,  
NORLANE

CONTACT:  
Stephanie  
McLachlan  
ON (03) 5277 0044  
TO REGISTER.



# **Gollingwood Childrens Farm**

## **Wednesday 11th July 2018**

**18 Heliers Street, Abbotsford 3067**

**There is a BUS with limited spots or  
you are welcome to drive**

### **Pick-up Points**

**Apollo Place Shops Whittington 8:30am**

**Wathaurong Community Hub 9:00am**

**20A Forster Street, Norlane**

**Bus will leave the Farm at 2:30pm**

**To save your seats message Tahlia on 0439930144**

**with your details and how many seats**

**or call Wathaurong and leave your details with reception**

**52 929800 or 52 770044**

**All children must be accompanied**

**by a Parent or Guardian**

**Sausage Sizzle available,**

**Canteen/Kiosk on site**

**Please bring your own**

**Snack and Drinks**

There will be:  
Face painting  
Traditional Dancing  
Craft  
Jumping Castle  
Animals and  
more



# Community Notices

## WHO WILL WIN A WATHAURONG NAIDOC COMMUNITY AWARD IN 2018?

Nominations are now open for 2018 awards  
and will close on the 22<sup>nd</sup> of June

Use the nomination form here or grab one from the Wathaurong  
website or from any of the locations listed and have your say

Locations: Health Service, Administration Building, Wathaurong Glass, Playgroup.



## WATHAURONG ABORIGINAL CO-OPERATIVE NAIDOC 2018 COMMUNITY AWARDS



### NOMINATION FORM

#### Categories

**Kanyul Goopma:** Nominees up to 25 years can be nominated in this Category. There are two awards one for male and one for female. To be nominated in this category the nominee should have shown growth or development in any area, i.e. Sport, Education, and Leadership. They are a positive role model for young Kooris to aspire to and be a positive representation of Koori youth.

---

**Geerrmnyuk Banggnudden:** This award is for staff of Wathaurong Aboriginal Co-operative who are demonstrating dedication and commitment to the workplace and the community.

---

**Yoonga Nyante:** Nominees for this award should be community people who are ***not*** employed by Wathaurong Aboriginal Co-operative. They should be active in community life and be a positive representation of the Koori Community.

---

**Kanamo Ganbo:** Nominees in this category will be considered older respected members of the community. They will be the type of community member who is connected to younger community, helpful to others and a positive role model for the Wathaurong Community.

---

**Ngalngala:** There are two awards given in this category Aboriginal and non Aboriginal. For people who are working towards raising the profile of Aboriginal issues, creating opportunities for the Wathaurong Aboriginal Community or working with the Wathaurong Aboriginal Community to achieve its goals.

**Nominations close on the 22nd of June 2018**

# Community Notices

## WATHAURONG ABORIGINAL CO-OPERATIVE

NAIDOC 2018

### COMMUNITY AWARDS NOMINATION FORM

I wish to nominate .....(Name)

In the following category:

**Kanyul Goopma :** ☐

Male ☐ Female ☐

**Geerrmnyuk Banggnudden:** ☐

**Yoonga Nyante :** ☐

**Kanamo Ganbo:** ☐

**Ngalngala:** ☐

Aboriginal ☐ Non Aboriginal ☐

Reason you are nominating this person:

PLEASE RETURN YOUR COMPLETED NOMINATION TO A COMMUNITY AWARDS BOX LOCATED AT PLAYGROUP, WATHAURONG HEALTH, ADMINISTRATION BUILDING, WATHAURONG GLASS.

For more than one nomination please complete a separate nomination form.

# Community Notices

## Possum Skin Cloak workshop

18<sup>th</sup> - 20<sup>th</sup> June, 2018

At 20A Forster Street, Norlane

10:00am - 3:00pm

Please note there is limited capacity

To express your interest please contact  
Naomi Surtees on 0418 137 545



## Invitation



**phn**  
WESTERN VICTORIA  
An Australian Government Initiative

### An audience with Professor Pat Dudgeon

We are proud to support Aboriginal and Torres Strait Islander people from across western Victoria to yarn with Pat about social and emotional wellbeing, touching on some of the hardest times and hardest issues together.

Western Victoria PHN's journey continues as we explore how to contribute to achieving reconciliation in Australia.

**Date: Friday 1 June**

**Time: 10am - 1pm**

**Venue: Wathaurong Health Service, 62 Morgan St, North Geelong**

#### RSVP

Email [helen.morris@westvicphn.com.au](mailto:helen.morris@westvicphn.com.au) or call on 03 5222 0800. Please discuss with Helen any support needs to attend this session and dietary requirements.

Please note Western Victoria PHN is also hosting the Winter Symposium on 1 and 2 June. Please view the program and registration located on the [www.westvicphn.com.au](http://www.westvicphn.com.au) website. Professor Pat Dudgeon will be the keynote speaker on Saturday 2 June and Paul Thornton from Wathaurong will be a speaker during the afternoon. We encourage GPs, allied health staff and social and emotional wellbeing staff to attend.



# Community Notices



## Dementia Facts

Dementia is a disease of the brain that makes it difficult to remember, think and plan.

It is a progressive condition which means that over time these symptoms start to get worse, and people may find it harder to keep doing things they used to do.

Dementia can happen to anyone. It is more common as people age, but can affect people in their 30s, 40s and 50s.

There are over 100 different types of dementia. Alzheimer's disease is the most common cause, but other types of dementia include vascular dementia, frontotemporal dementia and Lewy body disease

Aboriginal and Torres Strait Islander people are at higher risk of developing dementia and often up to ten years earlier than non-Aboriginal and Torres Strait Islander people.

Although there is currently no cure for dementia, there is support available for the person living with dementia, their families and friends. This support can make a real difference to the quality of life of those living with dementia.

The friendly Geelong team of Dementia Australia can help if you or a family member is experiencing memory changes or has a diagnosis of dementia. We are based at the river end of Pakington St, and Karen, Jane, Louise, Nola, Narelle and Chris are always available for a yarn or to provide information about the sorts of things that may help you and your family.

We also run regular information sessions for families about how to best support your family member. The sessions also give people a chance to talk with others who may be experiencing same worries and so provides a great way of being able to share ideas and strategies.



Our next Family Information sessions are:

**6<sup>th</sup> June— Considering Residential Care 1-3.30pm**

**19<sup>th</sup> June – Memory Loss and Dementia (at Rosewall Neighbourhood Centre)**

**4<sup>th</sup> July – Introduction to Dementia 1.30-3.30pm**

Phone **1300 526 576** for further information or bookings.

# 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 week-end 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



### How do I start my foster carer journey?

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

**Phone: 5292 9808 or 0437 860 556**

# 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](mailto: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.