



Please note: Due to Xmas closure, there will be no January 2023 issue.

**VIOLENCE**  
is never OK  
**LET'S MAKE THIS**  
"CLEAR"

**WALK AGAINST FAMILY  
VIOLENCE 2022**

**READ MORE PG 6**

Gunditjmarara Aboriginal Cooperative

Say  
no to  
violence...  
It's not our  
way...

# December Newsletter 2022

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

Gunditjmarara is currently meeting a higher than usual demand on our services.

Due to some staff isolating, we ask community to please be patient with our staff during this current outbreak. Those who have tested positive can call us for supply and food share support on 5559 1234.

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### December Dates

**1st** World AIDS Day

**16th** Koori Xmas

**22nd** Closure for Christmas

### January 2023 Dates

**1st** New Years Day

**9th** Return from Christmas Break

### Gunditjmarara Christmas Closure

Please note Gunditjmarara Aboriginal Cooperative Head Office and Gunditjmarara Health Clinic will be closed from 12pm on the 22nd of December 2022 and re-opened at 9am on the 9th of January 2023

**See page 12 for emergency contacts**

Follow our socials

 @gunditjmaracoop

 Gunditjmarara Aboriginal Cooperative

DO YOU KNOW SOMEONE WHO WOULD LIKE TO RECEIVE OUR NEWSLETTERS  
OR NEEDS TO UPDATE THEIR INFO WITH US?

You can now update your information on our website!

Visit [www.gunditjmarara.org.au/newsletter](http://www.gunditjmarara.org.au/newsletter)





## Board Notice

### Welcome to the new Gunditjmarra Board!

At our Annual General Meeting that was held at Harris Street on Friday 25th November, our organisation welcomed 7 new community members to our board of directors.

Let's say a big 'ngatanwarr' to Dominique De Bono (Board Chair), Allan Miller, Teresa Coverdale, Marcus Clarke, Ronald Chatfield, Billy McGuinness and Brian Davis.

Board Chair



Dominique De Bono



Teresa Coverdale



Allan Miller



Brian Davis



Marcus Clarke



Ronald Chatfield



Billy McGuinness

### Calling all Gunditjmarra Artists!

We're looking for Gunditjmarra artists to create contemporary artwork for our Christmas card design this year! Your artwork can be something new or existing and will be used on cards for our staff, stakeholders and partners.

How to submit your work:



[media@gunditjmarra.org.au](mailto:media@gunditjmarra.org.au)



In person: 135 Kepler St Warrnambool

Youth Category  
10 - 24

Adult Category  
25+



**WIN A \$50  
VOUCHER**



**ENTRIES CLOSE  
WEDNESDAY 7TH OF  
DECEMBER**

Main Office

135 Kepler Street, Warrnambool VIC 3280  
ph: 5559 1234

Health Clinic

3 Banyan St, Warrnambool VIC 3280  
ph: 5564 3344





# ALLIED HEALTH VISITS



DIETICIAN

MONDAY

19th December



OPTOMETRY

RETURNING

IN 2023



AUDIOLOGY

RETURNING

IN 2023



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

Can't make your appointment?



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



5564 3344



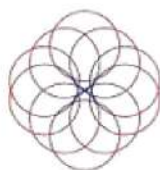
3 Banyan Street,  
Warrnambool VIC

## Aggressive Behaviour

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

## Our Health team out and about!

Some of our team from the Health Clinic were down at the Warrnambool Combined Health Support Network's Support Expo at the Civic Green to talk to mob about all things health!



Warrnambool Combined  
Health Support Network

*Congrats to the WCHSN  
for a successful event!*



Main Office

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Gunditjmara Aboriginal Cooperative

# Wata Takoort

Aboriginal cultural  
activities every Thursday  
and fortnightly Tuesday

Wata Takoort did a quick pivot in early November, due to an outbreak of COVID in the head office, these amazing picnic lunch packs were delivered to group members, even providing Gluten Free options for clients.

Next the group had a road trip to Port Campbell where they enjoyed fish and chips and then a stop at Timboon Ice Creams on the way home. There was also candle making, a Sound Circle and meditation session and a visit to Charlie's on East Beach for this month.



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## Aged Care Reforms Update

Do you know the Aged Care space is undergoing a review at the moment. Since the Royal Commission into Aged Care the Government has been reviewing how aged care, including in home services, home care packages and residential care operates. 'The Governments vision is to make aged care at home and in residence a safe place, where people have the quality of life they deserve.

### Restoring dignity to aged care

The aged care reforms will put older Australians first, improving quality, safety and choice in aged care to create a sector that:

- Is responsive to the needs of older Australians
- Is simpler to navigate, with face-to-face services
- Empowers older Australians to make informed choices
- Is well regulated
- Is more transparent
- Makes sure providers are accountable
- Values and grows the aged care workforce

You may have noticed some social media posts about opportunities for community to provide feedback about the Aged Care Quality Standards and the In-Home Services, these closed on 25th November.

Our Independent Living Team Leader, Tory has worked with the Victorian Committee of Aboriginal Aged Care and Disability (VCAACD) to create case studies of community experiences with Aged Care.

These case studies went to the Department of Health and Ageing, Indigenous Aged Care Policy Team who are working on developing a better system for our Elders.

You can be involved and find out more about the aged care reforms at the following websites:

- <https://agedcareengagement.health.gov.au/audiences/older-australians/>
- <https://www.health.gov.au/initiatives-and-programs/aged-care-reforms>

Watch this space for frequent updates on the changes too. If you would like more information, please make contact with Tory.



5559 1234



Setting the  
standard for  
aged care.

## Did you know...

The Gunditjmara Independent Living team are working each and every day to make a positive impact in the lives of our community.

Our aim is to support healthier, happy, stronger lifestyles of our community members. We are ready to help you with services tailored to your individual needs, with friendly support staff and social programs designed to support and connect you with community. We understand how important it is for everyone to feel safe, strong in culture, independent and healthy.

Our Home Care Support Workers support you to:

- Live healthy, independent and active lives,
- Remain at home safe and supported and
- Keep connected to your community and culture

We work to eliminate any barriers to receiving services, if you are struggling to maintain your home or yard or need support to access the community or do your shopping, give us a call on 5559 1234 to see if we can help.

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# ABORIGINAL TENANCY AT RISK (ATAR)



## ATAR CAN HELP WITH



Electricity/gas/water  
bills – limited brokerage



Maintenance issues



Referrals to  
appropriate services



Skip bins for  
property clean up

& more



Skye Pitts – ATAR Case Worker

To yarn with Skye  
call 5559 1234 or  
visit at 135 Kepler  
St Warrnambool

Come have a yarn with...

Neil from Aboriginal Housing Victoria



- Friday 2nd of  
December 10:30am  
till 2:30pm
- 135 Kepler Street  
Warrnambool

Have a question  
about Aboriginal  
Victorian Housing?

Have a question  
about  
maintenance?

Neil will be down the 2nd Friday of  
each month to answer your questions!

Last visit  
for the  
year!



## NEW DATE

### KOORI XMAS

Tuesday 20th December

11am - 3pm

Harris Street Reserve,  
Warrnambool VIC 3280



Live  
Music

Cultural  
Activities

Mobile  
Zoo

Dunk Tank

BBQ Lunch  
Provided

Face  
Painting

Jumping  
Castle

Mega Slide

## Walk Against Family Violence

Gunditjmara staff and other  
organisations walked the CBD  
on Friday 25th of November to  
show their solidarity and  
support to end family violence.  
Here we learnt more about  
services from Archie Graham  
Community Centre, Brophy

Family & Youth Services and  
Emma House Domestic  
Violence Service Inc.  
Special thanks to the  
Warrnambool Orange Door for  
organising such an important  
event!



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WATTA TUKKEEN  
COMMUNITY DINNER  
WRAP UP  
Wednesday 16th November  
Harris Street Reserve



WATTA TUKKEEN  
COMMUNITY DINNER  
COME EAT  
Wednesday 7th of  
December



Harris Street Reserve

Mehn  
MAIN

Christmas Roast

DESERT

Sticky date  
pudding

Doors open 5:00pm  
Food 6:00pm - 7:00pm

SPECIAL GUEST  
TALK FROM  
DONNA KOIK  
FROM THE HEART  
FOUNDATION



5.30pm  
to 6pm



RSVP VIA OUR WEBSITE OR CALL RECEPTION ON 5559 1234

## STOLEN GENERATIONS REPARATIONS PACKAGE INFORMATION FOR APPLICANTS

### Key points

- Applications are now open
- The application process is quick and accessible
- You do not need your own records and you do not need to retell your story
- Support services are available, including counselling, legal and financial advice
- You're eligible if you were first removed in Victoria, even if born somewhere else or currently living interstate
- Our team is available to help you apply

### For further support and assistance

The information you may need to consider can be confronting or disturbing, and may cause sadness or distress. Funding is available for trauma-informed counselling. Please call 1800 566 071 for information.

### 24 hour support can also be accessed by contacting:

- VAHS Yarning SafeNStrong: 1800 959 563 (<https://www.vahs.org.au/yarning-safenstrong/>)
- Lifeline (24/7): 13 11 14 (<https://www.lifeline.org.au/>).

### Who is eligible to apply

The Package is available to people who:

- are an Aboriginal and/or Torres Strait Islander person
  - have been removed by a government or non-government agency in Victoria prior to 31 December 1976, while under the age of 18 years
  - have been first removed in Victoria
  - have been separated from their family for a period of time that resulted in the experience of loss of family, community, culture, identity, and language.
- You cannot apply on behalf of someone who has passed.

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# Community Hours

## Work Days

Come work off or complete your community work hours!

Each Monday at  
Harris Street  
Reserve

10am to 1pm

Lunch  
included on  
completion  
each week

Culturally safe  
space and  
environment



Simon Dart - Koori Local Justice Worker

Please contact Simon Dart - Koori Local Justice Worker on  
0428224470  
Or speak with your CCS caseworker to organise.



# Yarning About Cancer

For the Aboriginal and Torres Strait Islander Community in Victoria.

Would you like to share your or your family's cancer journey to help benefit the community?

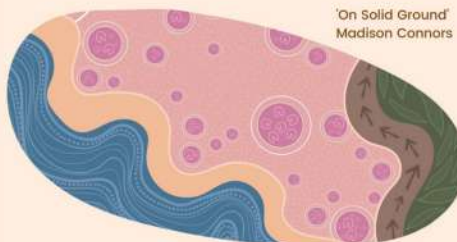
Yarn one-on-one, in a group, or with a loved one.



Robyn Bradley  
9411 9411



robymb@vaccho.org.au



'On Solid Ground'  
Madison Connors



## When Elders speak, we listen.

Respect, Connectedness, Knowledge base, Lore of the land.

Elders are crucial in providing us with their knowledge, history, wisdom and resilience. Their voices must be heard, and respected on our shared journey towards Treaties in Victoria.

The First Peoples' Assembly of Victoria is conducting community meetings open to Elders to participate in designing the structure, role and responsibilities of our permanent "Elders' Voice" which will play a crucial role in informing and guiding our work. We want to hear from you! Sitting fees are paid to Elders for attending consultations and contributing their insight. Registrations can be made via [firstpeoplesvic.org](http://firstpeoplesvic.org) or calling 1800 TREATY (1800 873 289).

Get in touch for more information or to enrol so you can have your say in Assembly elections.

With the changing COVID lockdown restrictions, our face-to-face consultations may not always be able to continue as planned. In the event of any lockdown cancellations, Auntie Charmaine and Uncle Andrew will always be available for one-on-one consultations with Elders via phone or Zoom. Phone consultations can also be arranged, regardless of lockdowns, if you find this more convenient.

To arrange this, please call 1800 TREATY (1800 873 289) and select option 2

Auntie Charmaine Clarke  
Co-Chair of the Interim  
Elders' Voice

Uncle Andrew Gardiner  
Co-Chair of the Interim  
Elders' Voice



First Peoples'  
Assembly of  
Victoria

Elders, we want to  
hear from about our  
redevelopment!



Reception



Waiting area



Hallways



We are seeking  
feedback from  
Elders on the  
redevelopment and  
how we can  
continue to operate  
essentially

Want to have  
your say?

Email us on  
[admin@gunditjmarra.org.au](mailto:admin@gunditjmarra.org.au) or Call on 5559 1234



FOR OUR ELDERS  
2-9 JULY 2023



# Welcome Vicki and Ashlee!

We would like to give a warm welcome to our new staff Vicki Hawke and Ashlee Huismann-Merrett!

Vicky is taking on the role of Alcohol and Other Drugs Team Leader while Ashlee is one of our new Home Care Support Workers!

Vicki Hawke - AOD Team Leader



Ashlee Huismann-Merrett - HACC Support Worker



## FREE RAPID ANTIGEN TESTS AND MASKS

Pick up at Gunditjmara



Available for collection at Gunditjmara Head Office and Health Clinic

135 Kepler Street  
Warrnambool, VIC 3280

3 Banyan Street  
Warrnambool, VIC 3280

## WE NEED YOU

An exciting new chapter in Gunditjmara and the Warrnambool region's history is about to begin. Our Kepler Street office is about to undergo a multi-million dollar redevelopment that will see our medical clinic located on Banyan Street move into a one stop shop for community to access our services. With that brings many exciting opportunities to join our rapidly growing team of holistic healing professionals. We have multiple positions that have been created to reach the demands of Community that require skilled and competent workers. We invite you view our current and upcoming opportunities below and find out what your future looks like at Gunditjmara Aboriginal Cooperative.

### CURRENT OPPORTUNITIES:

More roles coming soon!

- Aboriginal Health Promotion
- Aboriginal Family Lead Decision Making Convenor
- Aboriginal Maternal Child Health Initiative Worker
- Alcohol & Other Drugs Clinician ^
- Better Futures Case Worker ^
- Clinical Psychologist ^
- In-house Counsellor/Social Worker ^
- Financial Counsellor ^
- General Practitioners ^
- Home & Community Care Worker (Casual) ^
- Holistic Family Violence Practitioner ^
- Local Koori Youth Justice Worker
- Occupational Therapist ^
- Social & Emotional Wellbeing Koori Early Years Case Worker
- Social & Emotional Wellbeing Koori Youth Case Worker
- Social Worker/Intake Officer ^
- Alcohol & Other Drugs Team Leader ^

^Open to Aboriginal & Non-Aboriginal applicants

### Why work with us?

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

### How to apply:

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

Main Office: 135 Kepler St  
Warrnambool PH: 5559 1234

Health Clinic: 3 Banyan St  
Warrnambool PH: 5564 3344

[WWW.GUNDITJMARA.ORG.AU](http://WWW.GUNDITJMARA.ORG.AU)



Scan me to learn more and apply!

### CONCEPT IMAGES



Main Office  
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Health Clinic  
3 Banyan St, Warrnambool VIC 3280  
ph: 5564 3344

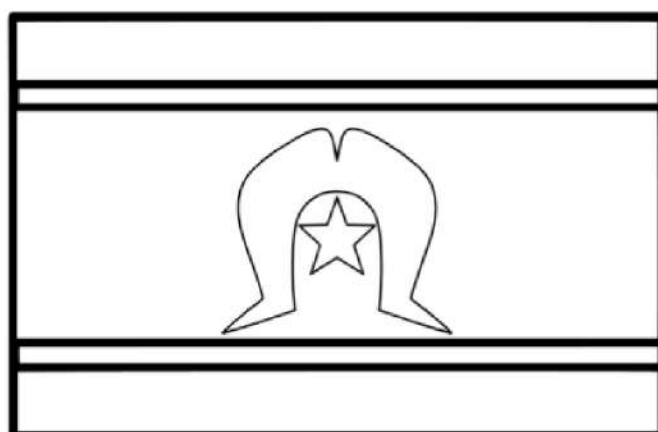
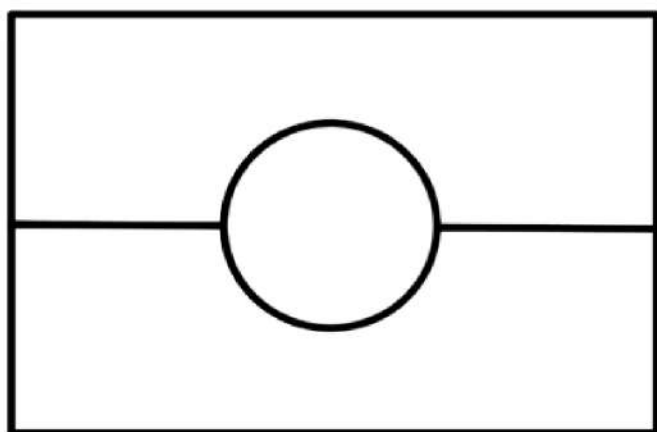






# Kids Activity

Can you colour in the  
Aboriginal and Torres  
Strait Islander Flags?



Here's a hint!



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ph: 5564 3344







# Emergency Contacts

## Family Violence supports

- Safe Steps 24/7 Family Violence Response Centre: 1800 015 188
- Emma House Domestic Violence Service Warrnambool: 5561 1934 (Mon-Fri 9-5pm)
- Elizabeth Morgan House Aboriginal Women's Service: 9403 9400
- InTouch (CALD): 1800 755 988
- w/respect (LGBTIQ): 1800 542 847
- Mental Health crisis number: 1800 808 284
- Lifeline 13 11 14
- National Domestic Violence and Sexual Assault Hotline (24 hours): 1800 737 732 (1800 Respect)

## Men's Family Violence supports

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

## Child and Parenting supports

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

## Housing or Homelessness supports

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

## Health and wellbeing

- South West Health Care: Ryot St, Warrnambool VIC 3280 5563 1666 (24/7)
- South West Healthcare; Emergency Department for GP service and health needs (24/7): 5563 1666
- Nurse on-call: 1300 60 60 24

## Mental health supports

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

## Alcohol and other drug supports

- Regional Victorian AOD Intake Line: 1300 022 760 (Mon - Fri) 9:00am - 5:00pm
- Victorian AOD counselling and referral service: 1800 888236 (24/7 support)
- Beyond Blue: 1300 224 636
- Lifeline: 13 11 14
- DirectLine alcohol and drug counselling: 1800 888 236

## South West Healthcare supports

Kaye Smith Aboriginal Liaison - Mental Health Services  
South West Healthcare  
Koroit Street Warrnambool 3280  
Monday to Thursday 08.30am to 5.00pm  
Phone: 5561 9168 or 0466 862 869

## Aboriginal Health Liaison Officer

South West Healthcare  
Koroit Street Warrnambool 3280  
Monday to Friday 08.30am to 05.00pm  
Phone: 0448 010 310

## Aboriginal Suicide Prevention Support

South West Healthcare  
Koroit Street Warrnambool 3280  
Monday to Friday 9.00am to 05.00pm  
Phone: 5561 9100 or 0435 700 571  
Unavailable on public holidays only

## The Orange Door – Wimmera South West

571-575 Raglan Parade Warrnambool ( Next To Macca's)  
1800271180  
For All Family Violence related Referrals and support, Child Wellbeing Support and Other Referral pathways including Mental Health AOD, Parenting Support, Men's Behavioural Change.

**If you are in need of immediate emergency assistance 000**

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ph: 5564 3344







# What would you like to see in our newsletter?

Share with us your feedback by handing in this page to the Gunditjmara Main Office on Kepler St or by emailing us on [media@gunditjmara.org.au](mailto:media@gunditjmara.org.au)

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

### Feedback

**We love to hear your feedback!**

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

This form can be accessed via our website at [www.gunditjmara.org.au/feedback](http://www.gunditjmara.org.au/feedback) or can be supplied upon request at Head Office reception at 135 Kepler Street Warrnambool, VIC 3280

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

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

Alternatively, you can:

- Call reception on 03 5559 1234

Your feedback will then be forwarded to the appropriate manager.

### Complaints

#### **Making a Complaint**

A person wishing to make a complaint may do so in writing or verbally to any GAC representative including: The staff member they were dealing with at the time

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

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

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

#### **Complaints can be made by:**

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

Alternatively you can fill out the complaint form via our website [www.gunditjmara.org.au/feedback](http://www.gunditjmara.org.au/feedback)

DO YOU KNOW SOMEONE WHO WOULD LIKE TO RECEIVE OUR NEWSLETTERS OR NEEDS TO UPDATE THEIR INFO WITH US?

You can now update your information on our website!

Visit [www.gunditjmara.org.au/newsletter](http://www.gunditjmara.org.au/newsletter)

