



Gunditjmara Aboriginal Cooperative

April Newsletter 2024

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

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April Dates

- 1st Easter Monday *
- 25th ANZAC Day*

May Dates

- 2nd May Races public holiday*
- 26th National Sorry Day
- 27th Start of Reconciliation Week

*Please note on public holidays all Gunditjmara sites will be closed

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



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Gunditjmara Aboriginal Cooperative



gunditjmaracoop

In January I mentioned that we were preparing for a busy 2024 and March was proof that it indeed will be a huge year for GAC.

I will cover a few key achievements that March brought, as you'll see, there's been many!

Last week Gunditjmara joined with Beyond Bank to raise money for our Family Strengthening and Healing team. Our fundraising efforts raised a significant amount which will go toward supporting our families. I'd like to thank everyone that contributed and thank our GAC media team that did a great job getting the fund raiser off the ground at such short notice.

School holidays are nearly here and our school holiday program for the April is now fully booked. This program is going from strength to strength and the children (who are our future) will have a great time with lots of fun and cultural activities planned.

In another space the women's refuge is also progressing well and yarning sessions are now planned. There will be more information to share on this in the coming months.

The Health team have welcomed several new members of staff over the past weeks and we're excited to have more new faces on board and to have filled many outstanding vacancies.

The Wata Takoort group have expanded their program and now run twice a week from Harris Street Reserve. Additionally, there is now an elder care support position within the Independent Living team to better assist elders in accessing community services. The Alcohol and Other Drug team will also be looking to fill two AOD trainee positions, offering great employment opportunities for those community members interested in this field.

The medical clinic is taking bookings for under 18s for mouth guard fittings on Wednesdays. If you're interested, you can schedule an appointment directly through the clinic, appointments are limited. Also, the flu season is approaching, and we want to remind everyone about the importance of getting vaccinated. In April, we'll be setting up times for influenza vaccinations. More information on how to book your vaccination appointment to follow.

Lastly, just a reminder that all GAC sites will be closed from Good Friday with doors reopening on Tuesday 2nd April.

I wish you all a happy and safe Easter and look forward to another busy month ahead when we return.



Ngatanwaar to our new staff!

Photo to come

Kiri McKane

Elder Care Coordinator

Photo to come

Michael Cooper

Home & Community Care



Gunditjmara Aboriginal Cooperative was grateful to be one of 15 organisations that Beyond Bank has chosen to support in their annual Double Donation Campaign.

On the 20th and 21st of March all donations received through Beyond Bank's Australia Foundation were matched up to \$10,000.

Thanks to everyone who donated or was involved in other ways, over the 48hours we raised a substantial amount that will be used for our mob. This money will go towards helping Women and Children affected by Family Violence.

Health Clinic

ALLIED HEALTH VISITS

At our health clinic



OPTOMETRY

Friday 12th
of April



AUDIOLOGY

Wednesday 3rd
of April



Each
Fortnight

DENTIST

Wednesday 3rd &
Wednesday 17th
of April



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

Can't make your appointment?



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



To gantunk!

Health Clinic

Opening Hours

Please note our medical clinic now closes at 5:00pm on Wednesdays.

Monday, Wednesday, Thursday

9am - 5pm

Tuesday

9am - 8pm

Friday

9am - 4pm



To contact the clinic, please call 5564 3344

Aggressive Behaviour

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

VIOLENCE

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



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



Did you know that we provide services through the NDIS?

Contact us on 5559 1234 to find out more.

We are excited to share that our Home Maintenance team is growing, our new Team Leader Simon started this month and we have had a couple of new team members come onboard too. With this expansion we are fortunate to be able to purchase a new vehicle, so if you don't see the old HACC Caddy out and about, don't worry the team is still operating. If you or someone you know are struggling with maintaining your garden and lawns please give Simon a call and see if we can help.

Continuing with our expansion news we have a new program started, Elder Care Support Program. This program is designed to support and assist older community members and their families to understand, navigate and access the aged care services they are entitled to.

The program aims to:

- Support older Aboriginal and Torres Strait Islander people to understand and engage with the aged care system, to receive greater local support.
- Reduce barriers across the aged care journey to increase the number of Aboriginal and Torres Strait Islander people accessing aged care services, achieving or exceeding parity with non-Indigenous people at a whole of system and program level.
- Increase the number of Aboriginal and Torres Strait Islander people receiving care on Country.

Here at Gunditjmara we have Vicki, Charmaine and Kiri working within this program, if you have any questions about the services and care you are receiving, from Gunditjmara or any other service provider this team can help, so please reach out.



Mooma is an intergenerational program that increases cooperation, interaction, or exchange between generations. It improves health and wellbeing outcomes for all participants in a culturally safe appropriate manner. This increases our elders independent living and our young mobs culture development.

It is a holistic approach which considers the critical role of relationships between individuals, family, kin, and community. Also, the connection to land, culture, spirituality, and ancestry. We achieve this by bring our Elders and young mob together to participate on an organised task as one.

If you would like to participate in this program, we kindly ask you to fill out the Mooma form and hand this form back to the independent living team.

Who should have an Advanced Care Plan?

Planning is for everyone, regardless of your age or health. Start planning when you're healthy - before there's an urgent need for a plan.

It is particularly important for:

- Our Elders
- Mob with a chronic illness
- Mob that have multiple diseases
- Elders and community with a cognitive impairment
- Those approaching the end of life

Talking about the Journey to Dreaming and how we prepare ourselves for this can be very confronting to some.

Journey To Dreaming - Advance Care Planning

Advance care planning involves planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

Advance care planning gives you the opportunity to think about, discuss and record your preferences for the type of care you would like to receive and the outcomes you would consider acceptable. Advance care planning helps to ensure your loved ones and health providers know what matters most to you and respect your treatment preferences. Ideally, advance care planning will result in your preferences being documented in a plan known as an advance care directive and the appointment of a substitute decision-maker to help ensure your preferences are respected.

Wata Takoort

Aboriginal cultural activities every Thursday and fortnightly Tuesday



Wata Takoort is now operating Every Monday and Thursday at Harris Street
The group has had a busy month with Painting, Arts and crafts, Bingo, Swimming at the Day Spas and Lunch at the Lady Bay , Community Yarns with ACES , day trip to the Lake Bolac Eel Festival and Journey into the Dreamtime talks with Aunty Jan.

If you would like more information, please call Joanne Phillips 0439 999 602



Aged Care Reforms Update

The Aged Care Reform Roadmap has been released providing an indicative timeline for key reform elements, <https://www.health.gov.au/our-work/aged-care-reforms/roadmap>

To find out more and help design the changes, visit the [Get Involved Page](https://agedcareengagement.health.gov.au/get-involved/) <https://agedcareengagement.health.gov.au/get-involved/> or call 1800 318 209.

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



Gunditjmara Aboriginal Cooperative

KOORNONG MARR

Young Tribe
(ages 12 - 18)

Connect To Tradition

Connect To Country

Connect To Self

Connect To Language

April Dates:

Monday 8th Monday 22nd

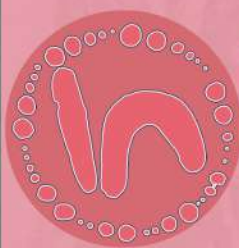
For more information contact:

Coedie - 0455 309 142

Jaynaya - 0493 828 087



PRIVATE FACEBOOK GROUP
SEARCH "KOORNONG MAARR
(YOUTH GROUP)" ON FACEBOOK



Peeneeyt Pootngeerang

Aboriginal Womens Group

Join us for our Aboriginal Womens Group !
Participate in other activities with mob
every fortnight.

April dates:

Tuesday 9th Tuesday 23rd

Want to learn more? Contact Nikki on 5559 1234 or Cody on 0455 316 969



Worthi Karreeta

Aboriginal Men's Group

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

April Dates:

Wednesday 10th Wednesday 24th

Lunch
Provided

Want to learn more? Contact
Levi on 0447 197 018



Koorramook Playgroup

Every Friday 10:30am-12:30pm



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



Expression of Interest for an Aboriginal Dads Group



Karpeerrngs
Deadly Dads

For enquiries please contact:



Mahni Wright
0477 902 478



Head Office Reception
5559 1234

What is involved?

- Focusing on Dads / Parenting
- Interactive
- Offering parenting Info (e.g. Guest Speakers)
- Relationship Building Activities

Criteria:

- Must be an Aboriginal Dad
or
- Dad of a Aboriginal child of any age

Event Wrap Up

International Womens Day

On Friday 8th of March, Gunditjmara invited women in our community to come attend a high tea at Time & Tide in Port Fairy, accompanied by Kimmy Lovegrove who is a Aboriginal comedian.

Thank you to Time & Tide for hosting and Kimmy traveling down from Naarm Country (Melbourne) to entertain our deadly women in community.



Community Notices

Come have a yarn with Neil



from Aboriginal Housing Victoria



Have a question about Aboriginal Victorian Housing?

Have a question about maintenance?

Visiting each month!



**KEEP THE FIRE BURNING!
BLAK, LOUD AND PROUD**

7-14 JULY 2024

Lost something at one of our events?

Lost and found box now available at reception.



Join Our Respite Carer Pool Today!

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



Must obtain a Employee Working with Children Check

Requirements



Pass a National Police Check



Home Environment Check by GAC

For more information, contact Kelsie Twaddle: 0493 775 287 kelsie.twaddle@gunditjmara.org.au



YARN WITH TRUTH RECEIVERS
FROM THE YOORROOK JUSTICE COMMISSION

Yarn with Truth Receivers from the Yoorrook Justice Commission about your experiences of injustice.

Injustices can be things that happened in the past or things that are happening now.

Sharing your truth will help Yoorrook create a formal public record of injustice. It will also help Yoorrook recommend real changes to systems and laws affecting our people.

Call Joseph Saunders on 0459871852 to get more information or to make a submission on-on-one.

Find out more on the Yoorrook website:

<https://yoorrookjusticecommission.org.au/have-your-say/make-a-submission/>

CALLING FOR EXPRESSION OF INTEREST



If you are interested in becoming a Koori Court Elder or Respected Person, you can apply by scanning the below QR code to complete the form. Alternatively, you can contact the Koori employment team at CSV, who can provide you with more information and support throughout the application process.

email csv-koorirecruitment@courts.vic.edu.au



0400 838 004

APPLY HERE



TREATY NEEDS AN

Elders' VOICE.



HELP US BUILD THE ELDERS' VOICE

Call the Elders' Voice Hotline, email us, or find an in-person Elders' Voice Gathering happening near you:

- 1800 TREATY (1800 873 289)
- eldersvoice@firstpeoplesvic.org
- firstpeoplesvic.org.au/elders-voice

All Elders are paid a fee for their time and contribution.

Are you an Elder? We want to hear from you!

We're yarning with Elders across the state. We're asking questions like:

- How do you define an Elder?
- What do Elders mean to you?
- Who should sit on the Elders' Voice?



POLICE ABORIGINAL LIAISON OFFICERS

Warrnambool Police Station - 5560 1333

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

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

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

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

Warrnambool
Senior Constable Emily Durham
Phone - 5560 1333

Warrnambool
Senior Constable Lewis Martin
Phone - 5560 1333

Warrnambool
Senior Constable Jazz Kaye
Phone - 5560 1333

Warrnambool
Senior Constable Ben Timpson
Phone - 5560 1333



Aboriginal Community Liaison Officers

The ACLO roles help police to:

- deliver effective services
- have a positive influence on Aboriginal Victorians' perceptions of personal and community safety.

The ACLOs liaise between the Victorian Aboriginal Community and Victoria Police. They are community representatives within the organisation. In consultation with the community, ACLOs:

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

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



The design represents the relationship and partnership between PALOs, ACLOs and Aboriginal communities across the State. The rings symbolize the strong links between Aboriginal communities and Victoria Police. The symbol of a river acts to connect these groups together - water representing the source of life and growth. The ACLO and PALO program logo designs were developed by Gary Saunders - proud Bangerang, Wiradjuri, Yorta Yorta and Dja Dja Wurrung man.

STOLEN GENERATIONS REPARATIONS PACKAGE INFORMATION FOR APPLICANTS

Who is eligible to apply

- 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.

Find out more

- 1800 566 071
- stolen.generations@justice.vic.gov.au
- www.vic.gov.au/stolen-generations-reparations-package
- PO Box 24053 Melbourne VIC 3001

Employment



NGATANWAAR (WELCOME)

Due to enormous expansion and internal promotion, we are seeking the services of multiple roles in our organisation.

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

Current Vacancies

- Aboriginal Health Practitioner*
- Local Koori Justice Worker*
- Alcohol & Other Drugs Trainee*
- Alcohol & Other Drugs Clinician
- Social & Emotional Wellbeing Adult Caseworker*
- Home Cleaner and General Maintenance
- Family Preservation & Reunification Intensive Family Services Practitioner
- General Practitioner
- Psychologist
- Holistic Family Violence Practitioner

*This is an Aboriginal identified position.

Why work with us?

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

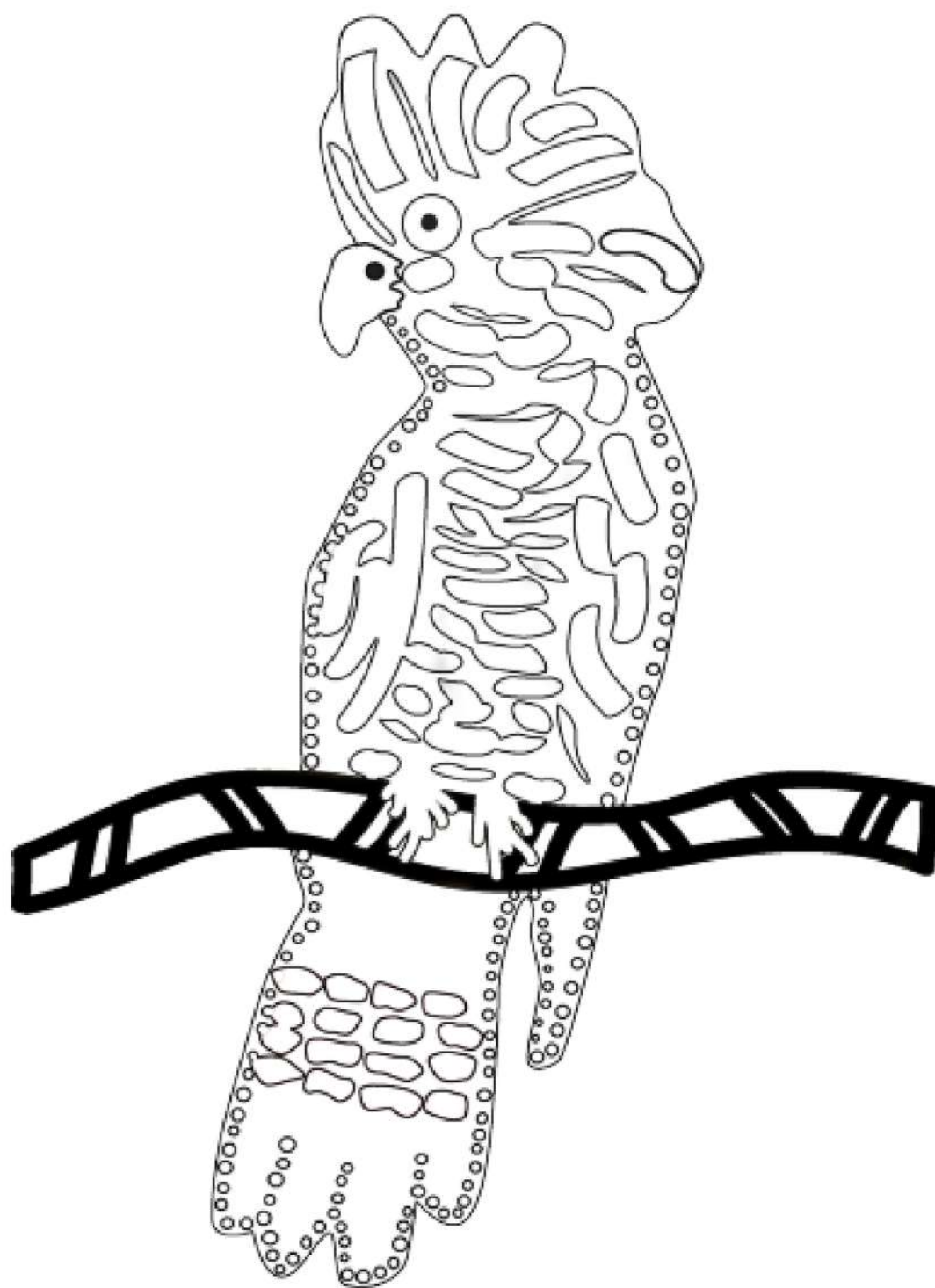
How to apply:

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



Scan me to learn more!

Cockatoo



Emergency Contacts

IF YOU ARE IN NEED OF EMERGENCY ASSISTANCE CALL 000

Mental health supports

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

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

South West Healthcare supports

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

Victorian Virtual Emergency Department

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

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

Aboriginal Health Liaison Officer

South West Healthcare
Koroit Street Warrnambool 3280
Monday to Friday 08.30am to 05.00pm
Dominique - 0422 343 442

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 Behavioral Change.

Family Violence supports

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

Men's Family Violence supports

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

Child and Parenting supports

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

Housing or Homelessness supports

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

Health and wellbeing

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

What would you like to see in our newsletter?

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

Do you have feedback, suggestions or a complaint?

Complaints

Making a Complaint

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

The staff member they were dealing with at the time

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

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

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

Complaints can be made by:

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

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

Feedback

We love to hear your feedback!

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

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

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

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

Alternatively, you can:

- Call reception on 03 5559 1234

Your feedback will then be forwarded to the appropriate manager.