

International Overdose Awareness Day

Thank you to our Alcohol & Other Drugs Team for creating a safe and open space for community to come together for International Overdose Awareness Day.

A space where community could yarn, connect and feel supported around the effects around overdose.



Art work by Sid Davies
Proud Yorta Yorta Women

Gunditjmara Aboriginal Cooperative

September Newsletter 2025



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



In this issue

- Pg 2 - CEO Update
- Pg 4 - Health Clinic
- Pg 5 - Group updates
- Pg 7 - Community Notices
- Pg 8 - Employment
- Pg 9 - Activity Page
- Pg 10 - Emergency Contacts
- Pg 11 - Feedback and Complaints

September Dates

- 3rd Indigenous Literacy Day
- 14th R U OK Day
- 26th AFL Grand Final - Public Holiday

October Dates

- 10th World Mental Health Day
- 31st Halloween

Do you or someone you know want to receive our newsletter?

You can update your information or sign up on our website! Visit www.gunditjmara.org.au/newsletter



Follow our Socials:



Gunditjmara Aboriginal Cooperative



[gunditjmaracoop](https://www.instagram.com/gunditjmaracoop)

CEO Update

It seems like only last week we were celebrating NAIDOC week and the official opening of our building. I was honestly overwhelmed by the attendance and there were many mixed emotions watching our Community come together to celebrate a week that means so much to all. To witness our Community gather on the deck of our building and watch our upcoming youth display their strength and confidence in front of all was deeply moving. Looking around at the crowd there was a sense of pride for what we have achieved and has set the standards of what other great things our organisation can achieve in future. I would like to thank everyone that came along to participate or contributed in some way to make the day not only a memorable one but a great success.

For many years now we have had Community Dinners every month at Harris Street. This has always been a great opportunity to come together for a meal and a catch-up. We thought it was time for a bit of a change and we have decided to change the format a little. Each Community Dinner will now have a 'theme' every month and a different staff group from GAC will be hosting the night. The September theme will be 'Sexy September' which will be hosted by the clinic staff and will have two General Practitioners from our clinic in attendance to answer any questions, or just to have a chat. We hope that this will encourage more of you to come along for a hot meal and an information session on what ever the theme is for the month. As always, if you have any suggestions we would love to hear them.

In the August newsletter there was a sheet showing the various groups that are currently running on a fortnightly basis. These groups are a great way to come together, socialise and connect with other family and Community members as well as staff. All our staff here at GAC are here to support you so if you do feel a little out of your comfort zone attending a dinner, I encourage you to reach out and we will support you to navigate that challenge.

We have a busy few months ahead with only four months until Christmas. We still have some significant dates to recognise including Remembrance Day on the 11th November and our AGM on Friday 28th November starting at 5.30 pm. More information and an AGM invitation will be sent to all members in the coming months.

In closing, I look forward to seeing you at one (or more) of the many events GAC has planned for the next month. Remember to keep an eye on our socials for any updates and reminders.

Tdo qantunk
Danny Chatfield



Sexy September


@ Gunditjmara Health Clinic



\$25 Kmart Voucher

When you complete a sexual health check in September

Please note this offer is only available to Aboriginal and Torres Strait Islander patients

 Book in today @ Gunditjmara Health Clinic on 5564 3344

ALLIED HEALTH VISITS



At our health clinic



PHYSIOTHERAPY

September 12th
October 24th
November 21st
December 19th



OPTOMETRY

Returning late 2025
Please contact Penry
Routson Optometrists
directly on
(03) 5561 2331



DENTIST

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

**Currently unavailable at
Gunditjmara Health Clinic*



AUDIOLOGY

TBC

Increase to Aboriginal and Torres Strait Islander 715 Health Check Voucher



Replacing the \$25 Kmart voucher, effective immediately when you book in for your yearly Aboriginal and Torres Strait Islander 715 Health Check through Gunditjmara Health Clinic you'll now receive a \$100 voucher of your choice from five businesses.

The 715 health check is for Aboriginal and Torres Strait Islander community members only. Please contact the clinic to check for eligibility. Please note, you are entitled to 1 \$100 gift card (of choice) per health check.



To book in please contact Gunditjmara Health Clinic on 5564 3344

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.



Tdo qantunk!



Gunditjmara Health Clinic on 5564 3344

AUSTRALIAN
Clinicalabs

Opening Hours:

Monday - 8.30AM to 1:30PM

Tuesday - 8.30AM to 1:30PM

Wednesday - 8.30AM to 1:30PM

Thursday - 8.30AM to 1:30PM

Friday - 8.30AM to 1:30PM

Saturday & Sunday - CLOSED

Available at 24 Hopkins Road
Warrnambool, VIC 3280

Groups



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

SEPTEMBER

Monday 1st
Monday 15th
Monday 29th



Any questions or transport contact:
Jaynaya - 0459 595 113
Bobby- 0456 807 196



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

SEPTEMBER

Tuesday 2nd
Tuesday 16th
Tuesday 30th



For more information or to arrange
transport contact Joanne on 0439 999 602



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

SEPTEMBER

Wednesday 3rd
Wednesday 17th



For any questions or transport contact:
Dylan - 0438 861 272
Coedie - 0455 309 142



Join us for our Aboriginal Early Years !
Participate in activities with other young
mob aged 5 to 12 every second Monday

SEPTEMBER

Thursday 4th
Thursday 18th



For any questions or transport contact:
Teneshia - 0458 645 615
Coedie - 0455 309 142



Every Monday and Wednesday



10:30am-12:30pm



Warrnambool Scout Hall

Behind our 24 Hopkins Rd Site



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

New
Location!



The Independent Living Team provide home and social support services to our local community, working each day to make a positive impact.

Our aim is to support healthier, happy, stronger lifestyles for our community.

Our Home Care Support workers support clients to:

- Live healthy, independent, and active lives.
- To remain at home safe and supported.
- To keep connected to community and culture.



If you are looking for services, and you have a Home Care Package or NDIS, please reach out to see how we can help you.



Wata Takoort Come All

For more information, please contact:
Karen Chatfield: 0459 957 417

This month at Wata Takoort we started things off with 'Paint Your Favourite Person Day', where we sat across from one another and tried our best to capture each other in paint. It was less about perfect portraits and more about the joy of seeing how our friends see us. There were lots of laughs, a few surprising hidden talents, and a whole lot of love in each artwork.

Our next gathering was Koori-oakie, with the microphone passed around. Special shoutout to Frog and Melissa for leading the way with their singing. Once the singing was done, it was straight into building our own hamburgers.

We also welcomed Neil back into the kitchen, where he helped us whip up a delicious brunch. From there, we made the most of the sunshine with a group walk along the beach. It was a chance to yarn, stretch our legs, and enjoy being out together.

Of course, no month at Wata Takoort would be complete without celebrating birthdays. We sang, shared cake, and made sure our birthday mob felt special.

We're already looking forward to what the next one will bring.



Community Notices

! Reminder

Gunditjmara Aboriginal Cooperative is a smoke-free/vape-free organisation.

Please note that any form of smoking or vaping is not permitted on our premises at 24 Hopkins Road - Including the carpark.



A Sheriff Aboriginal Liaison Officer (SALO) can help with your outstanding fines and warrants.

Your SALO: Kaleb Comollatti

Mobile: 0475 045 004

Email: kaleb.comollatti@justice.vic.gov.au



Join Our Respite Carer Pool Today!

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

Requirements



Must obtain an Employee Working with Children Check



Pass a National Police Check



Home Environment Check by GAC

For more information contact:

 Sally Goullet
[0447 149 376](tel:0447149376)

 Alison Lumsden
[0467 777 230](tel:0467777230)

Connect and Thrive: Join a Yarn SMART Recovery Meeting



Yarn SMART Meetings

SMART Recovery Australia's Aboriginal and Torres Strait Islander recovery program is dedicated to providing culturally appropriate and empowering support to Indigenous individuals seeking to overcome addiction and achieve lasting recovery.

SMART Recovery's 4-point program principles:

1. Building and maintaining motivation
2. Learning to cope with urges and cravings
3. Problem solving
4. Find a lifestyle balance


The 4Cs are based on Aboriginal Social and Emotional Wellbeing models of care:

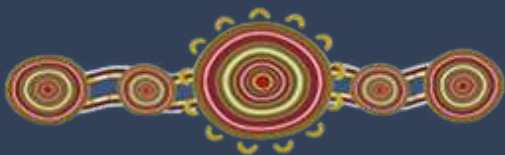


Meeting Details

- 64 Harris Street, Warrnambool VIC 3280
- Fridays 11am to 12:30pm

For updates, please refer to our social media or contact us on 5559 1234

 For more information please contact Vicki on 0439 999 601



POLICE ABORIGINAL LIAISON OFFICERS

Warrnambool Police Station - 5560 1333

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

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

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

Aboriginal Community Liaison Officers

The ACLO roles help police to:

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

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

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

ACLO – Michelle Ellis

Email: michelle.ellis@police.vic.gov.au

Phone: 5560 1249 Mobile: 0438 682 356

Employment

JOIN OUR TEAM

Work in an appreciative and supportive environment, that offers generous remuneration – including tax savings and additional leave, where you'll achieve meaningful outcomes for our community.

Scan me to
learn more!



OR



Visit:

www.gunditjmara.org.au/current-vacancies

Current Vacancies

- Social & Emotional Wellbeing Caseworker (Adult)
- Kinship Care Practitioner (Maternity Leave Cover)
- Intensive Family Services/Family Preservation & Reunification (12 Months)
- Aboriginal Tenancy's at Risk (ATAR)
- Home and Community Support Worker
- Social Worker
- The Koori Way Worker (Tackling Indigenous Smoking)
- Local Justice Worker
- Psychologist
- General Practitioner

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 with the job title in the subject box.



Animals On Country

Find the hidden words below! Words can go up, down, backwards and diagonal

E	S	J	L	I	Z	A	R	D	S	O	B	B	O	L
J	H	H	J	V	Q	M	K	P	K	G	L	Z	N	E
L	K	S	E	R	S	A	Z	T	E	F	U	F	H	C
Z	Z	I	Z	A	N	L	E	L	G	E	A	F	P	U
V	M	F	U	G	D	C	W	P	A	Z	L	S	Z	L
B	P	G	A	T	H	G	S	D	B	N	L	K	T	R
E	P	R	K	I	A	E	K	A	N	S	E	H	R	Q
N	O	X	D	L	D	L	L	M	P	M	X	Y	L	M
O	E	N	M	Z	T	L	A	Z	U	I	L	H	Y	E
K	A	Z	U	D	W	U	E	O	W	O	M	T	M	C
J	V	D	E	G	B	F	R	E	K	M	I	B	F	K
R	P	A	V	L	M	K	L	T	B	R	Q	E	X	I
X	M	K	B	I	G	V	Q	I	L	B	U	V	T	X
F	G	T	K	S	R	A	S	L	K	E	X	W	J	M
C	E	X	G	A	I	D	E	K	J	W	X	R	Z	H

Turtle Eagle Bee Echinda Lizard
 Kangaroo Fish Emu Snake Koala

Animals On Country Answers!

E	S	J	L	I	Z	A	R	D	S	O	B	B	O	L
J	H	H	J	V	Q	M	K	P	K	G	L	Z	N	E
L	K	S	E	R	S	A	Z	T	E	F	U	F	H	C
Z	Z	I	Z	A	N	L	E	L	G	E	A	F	P	U
V	M	F	U	G	D	C	W	P	A	Z	L	S	Z	L
B	P	G	A	T	H	G	S	D	B	N	L	K	T	R
E	P	R	K	I	A	E	K	A	N	S	E	H	R	Q
N	O	X	D	L	D	L	L	M	P	M	X	Y	L	M
O	E	N	M	Z	T	L	A	Z	U	I	L	H	Y	E
K	A	Z	U	D	W	U	E	O	W	O	M	T	M	C
J	V	D	E	G	B	F	R	E	K	M	I	B	F	K
R	P	A	V	L	M	K	L	T	B	R	Q	E	X	I
X	M	K	B	I	G	V	Q	I	L	B	U	V	T	X
F	G	T	K	S	R	A	S	L	K	E	X	W	J	M
C	E	X	G	A	I	D	E	K	J	W	X	R	Z	H

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 (12-25yr): 9am-1am
7 days a week: 1800 650 890
- Suicide Call Back Service (24/7 support):
1300 659 467
- 13YARN - 24/7 Crisis Support for Aboriginal and
Torres Strait Islanders: 13 92 76

Alcohol and other drug supports

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

South West Healthcare Supports

Aboriginal Programs - Aboriginal Liaison Officers
Koroit Street Warrnambool 3280
Monday-Friday 8.00am-5.00pm
ALO - 0422 343 442
ALO - 0481 093 529

Aboriginal Liaison-Mental Health Services
Kaye Smith - 0466 862 869
Reception: 1800 808 284 then select option 3.

Victorian Virtual Emergency Department

For non-life-threatening emergencies. Open 24/7
Website: ved-avhcp-enrollment.nh.org.au

The Orange Door – Wimmera South West

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

Family Violence supports

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

Men's Family Violence supports

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

Child and Parenting supports

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

Housing or Homelessness supports

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

Health and wellbeing

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

What would you like to see in our newsletter?

Share with us your feedback by handing in this page in at Gunditjmara aboriginal Cooperative at 24 Hopkins Rd Warrnambool 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 manager / 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 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 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 24 Hopkins Road 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.