



Gunditjmara Aboriginal Cooperative

February 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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February Dates

- 13th National Apology Day
- 21st Community Dinner

March Dates

- 3rd Lore With Law Community Event
- 20th Community Dinner
- 29th Good Friday *
- 30th Easter Saturday
- 31st Easter Sunday

*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



Follow our Socials:



Gunditjmara Aboriginal Cooperative



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

Welcome to 2024!

With the new year already in full swing our organisation is gearing up for another busy and exciting year.

Last year finished in a festive way with the Koorie Christmas held at Harris Street. The event saw many families enjoying a festive meal and Christmas activities. The dunking machine proved to be real hit! It was great to see everyone come together to celebrate the end of the year; there's nothing like seeing the smiles on the kids' faces when Santa arrived bearing gifts. Thanks to everyone who helped on the day and helped to make great memories.

2024 started with our School Holiday Program, starting in second week of January. It was great to see the number of children enrolled in the program; they all had a wonderful time participating in the fun activities. The program was a huge success with the biggest number of children so far, which is a great achievement for all involved. Planning for the next School Holiday Program is already underway with the hope that every school holiday will have a similar program offered. If you have any activity suggestions, please feel free to let us know.

We have much to look forward to achieving this year. Our organisation is getting bigger and better, and the future is looking very positive. As always, our community and staff are the most important thing to our organisation, and we will continue to support both in any way we can.

Here's to a big 2024!



Ngatanwaar to our new staff!

Photo to come

Merrill Spicer

Home & Community Care



Crystal Remich-Thouliss

Home & Community Care



Jida Carter

Home & Community Care



Dr Tim Noone

General Practitioner



Dr Ruvimbo Mudarikwa

General Practitioner

Koori Xmas Wrap up!

What an absolute deadly day it was on Wednesday 20th of December!

Thank you to all the community who came along and a huge thank you all the businesses who provided their services on the day.

If you child had a photo with Santa, you can contact reception on 5559 1234 so we can give you your photo digitally



**LORE
WITH
LAW**
2024

Expression of Interest

We are on the hunt for community interested in playing either Cricket or Netball for Lore With Law 2024!

Must be 18+

Scan to register
your interest here



Health Clinic

ALLIED HEALTH VISITS

At our health clinic



OPTOMETRY

Friday 16th
of February



AUDIOLOGY

Wednesday 3rd
of April



DENTIST

Dates TBC



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.

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

VIOLENCE



Wata Takoort

Aboriginal cultural
activities every Thursday
and fortnightly Tuesday

We support the

ndis

Did you know that we provide
services through the NDIS?

Contact us on 5559 1234 to
find out more.

Wata Takoort's 2024 Kicks Off with a Bang!

Wata Takoort has had an incredible start to the year 2024! The group celebrated with a fantastic games day, featuring winning badges designed by Tash Douglas.

There were plenty of traditional games to enjoy, such as Wabby (a guessing game similar to "Blind Man's Bluff") and Waayin (a drawing game similar to "Pictionary"). The winning team was named Matkatkat, which means "Be Quiet."

If you're interested in joining Wata Takoort, please contact Jo at 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.



Community Notices



Congratulations Uncle Albie!

Uncle Albie has received the 'Local Sporting Champion' award at the end of December 2023.

Lost something at one of our events?



Lost and found box now available at reception.

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



Thank you Uncle Albie!

Uncle Albie generously donated lots of runners to community who would like them!

These were made available for community before our holiday closure, right in time for Christmas.

All shoes have now been given away to community.



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 a Employee Working with Children Check



Pass a National Police Check



Home Environment Check by GAC

For more information, contact Kelsie Twaddle:

0493 775 287

kelsie.twaddle@gunditjmara.org.au

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!

Next visit on February 9th



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/>

Community Hours

Work Days

Come work off or complete your community work hours!

Simon Dart - Koori Local Justice Worker



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

Each Tuesday & Thursday at Harris Street Reserve 10am to 3pm

Lunch included on completion each week

Culturally safe space and environment

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?

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



CAN YOU HANDLE EXTREME HEAT?

During extreme heat, it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke. Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

Extreme heat can affect anybody however the people most at risk:

- are aged over 65 years, especially those living alone
- have a medical condition such as diabetes, kidney disease or mental illness
- are taking medications that may affect the way the body reacts to heat such as:
 - allergy medicines (antihistamines)
 - blood pressure and heart medicines (beta-blockers)
 - seizure medicines (anticonvulsants)
 - antidepressants or antipsychotics
- have problematic alcohol or drug use
- have a disability
- have trouble moving around such as those who are
 - bed bound or in wheelchairs
 - pregnant women and breastfeeding mothers
 - babies and young children
 - are overweight or obese
- work or exercise outdoors
- have recently arrived from cooler climates.



Prepare for extreme heat

- Stock up on food, water and medicines so you don't have to go out in the heat. Visit your GP to check if changes are needed to your medicines during extreme heat.
- Store medicines safely at their recommended temperature.
- Check that your fan or air-conditioner works well. Have your air-conditioner serviced if necessary.
- Look at the things you can do to make your home cooler such as installing window coverings, shade cloths or external blinds on the sides of the house facing the sun.

Expression of Interest - Closes 09/02/2024 20 ft Shipping Container (Used)

Currently located at Harris Street Reserve and ready for viewing.

Container Features:

- Colour is "Manor Red"
- 20ft long (6.1m), 8ft wide (2.44m), 8ft 6in high (2.59m)
- Empty tare weight 2.25t (2250kg)
- Good operating lockable doors
- Solid plywood timber flooring
- Structurally sound with straight walls
- Weather and vermin proof
- Constructed from heavy grade corrosion resistant materials
- Easy to install, fully lockable and entirely portable
- Attached photos are of the exact shipping container for sale



Buyers will need to organise removal of shipping container from Harris Street at their own expense.



**Register your interest
or to make an offer**

Email - Shaun.Bethel@gunditjmara.org.au or Phone (03) 5559 1234 to express your interest or to make an offer.

Yarning energy

tips for staying on top of your energy bill and how to get help if you need it.



TIPS FOR MANAGING YOUR ENERGY BILLS

THINGS YOU CAN CHECK YOURSELF:

Best offer

- Check your latest bill to see your 'best offer' message – this will usually be on page one and will tell you if your provider has a cheaper energy plan. You'll need to contact your provider to take up this new plan.
- If it says you are on their best offer, you can still contact them to see if there is anything they can do, or you can see what other energy providers are offering.

Estimated bills

- Check to see if your latest bill is an estimate or if it has been calculated based on the amount of energy you have used. You can tell if your bill is based on an estimate by looking at the 'Reading Type' or 'Current Reading' section on your bill.
- If your bill is an estimate, submit a meter reading, so you only pay for the energy you have used. Need help reading your meter? Visit your provider's website to find out how to read your meter, our AGL meter reading guide can be found here: agl.com.au/smmr

ACCESSING GOVERNMENT CONCESSIONS, GRANTS AND REBATES

- Did you know there are a variety of government concessions, grants and rebates available, depending on your situation and the state you live in? Visit your energy provider's website for further details. You can also visit agl.com.au/concessions
- If you are a concession card holder, make sure to tell your energy provider. This will ensure that your account is reviewed for any government grants that should be applied to your bills. Don't forget to update your provider if you get a new concession card.

PAYMENT SUPPORT

- Remember each energy provider may have different payment options and customer support plans to help you. If you have questions about your energy bill or need help with paying your bill, you should contact your energy provider directly.
- No matter what your situation, your energy company's dedicated and supportive team are there to help. For AGL support, visit agl.com.au/help support for more information.



AGL is working with First Nations Foundation to make it easier for indigenous people to understand energy.

Does this surf board belong to you or someone you know?



Contact reception on 5559 1234 or at 135 Kepler St Warrnambool to claim



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

- Alcohol & Other Drugs Clinician
- General Practitioner
- Holistic Family Violence Practitioner
- Family Preservation & Reunification/ Intensive Family Services Practitioner
- Psychologist
- General Practice Nurse
- Maintenance Team Leader
- Elder Care Support Coordinator
- Social & Emotional Wellbeing Adult Caseworker*
- Home Cleaner and General Maintenance

*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!

Can you unscramble the letters to figure out these animals names?



A A L K O



M W T A O B



S O S M U P



G A O N O R A K

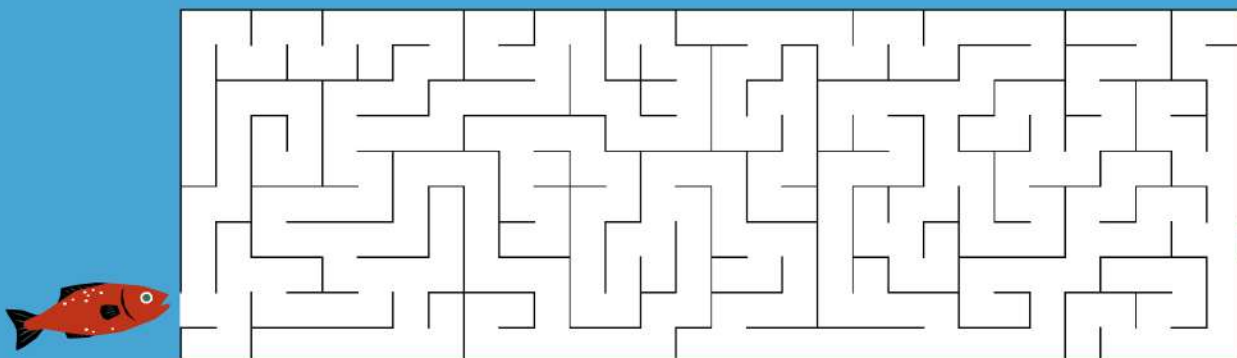


E A N K S



T Y P A L P S U

Can you help the fish get to its school?



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 659 467

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:
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 to the Gunditjmarra Main Office on Kepler St or by emailing us on media@gunditjmarra.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.gunditjmarra.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.gunditjmarra.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@gunditjmarra.org.au
- Write to us at: Gunditjmarra 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.