



Gunditjmara Aboriginal Co-Op

December Newsletter 2021

Shylee Corrigan at the 2021
Walk for Family Violence

Gunditjmara Aboriginal Co-op Head Office and Medical Clinic will be closed from
12pm Thursday 23th of December 2021 to 9am Monday January 10th 2022
Please refer to the emergency contacts on pg 14 for assistance during this time

In this issue

- Pg 2 - CEO Update
- Pg 3 - Whooping Cough
Elders Group
- Pg 4 - Youth Trip
Young Mob up to deadly things!
- Pg 5 - Meet our trainees!
- Pg 6 - Employment Opportunities
- Pg 7 to 13 - Community Notice Board
- Pg 14 - Kids activity
- Pg 15 - Emergency Contacts
- Pg 16 - Feedback

Upcoming Dates

Koorie Xmas - 17th Dec 2021

Christmas - 25th Dec 2021

Boxing Day - 26th Dec 2021

Ngarakeeton - 25th Jan 2022

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





CEO Update

Ashley Couzens



What a unique and challenging year 2021 has been, for our community locally and further abroad because of the ongoing COVID-19 pandemic.

I would like to take this opportunity to acknowledge and thank all our community members for their support and patience during the most challenging time in Gunditjmara's history.

Please join me in thanking our wonderful and dedicated staff at Gunditjmara for their collective contribution who ensured the continuation of our services in keeping our community safe throughout such an unprecedented and unpredictable times.

The Southwest region has hit some of the highest vaccination rates in the country a real testament to the strength of our ACCHOS across the area.

I would also like to acknowledge those community members who have lost loved ones this year during these tough times we continue to honour them through our work we do.

This year we have seen Gunditjmara continue to plan and move ahead on its redevelopment of our Kepler Street site into a multipurpose state of the art facility for our community we are currently at the planning permit stage and are on track.

Gunditjmara remains in a strong financial position enable us to look at investing more in our young people and the early years watch this space in 2022.

Our Aboriginal Women's Refuge is beginning to become a reality with work now beginning on the design phase in partnership with Homes Victoria, Family Safety Victoria and our Female elder voices on the project User Group are leading these discussions.

We are all proud that this year we have had an increased our Aboriginal workforce to 50% mark including providing new opportunities particularly for our young people. Ahead of our planned 2023 target and will continue to go further.

Our front-line medical staff once again stood up in the face of adversity and delivered for our community. Our early years, community services, aged care programs again continued to support our community during the pandemic and created innovative and creative ways in staying connected with our mob.

Pleasingly we have seen an increase in our community initiatives for our elders, young people, men, and women and have received great feedback from community. We are continuing to increase these programs in 2022.

Our community dinners and events have been a success and I thank those staff who developed creative ways in staying connected.

Finishing off I would like to acknowledge the tireless efforts of the board and the executive team once again in being unified and supportive to enable the organisation to continue to grow in these challenging times and meet the needs of our community.

Over the break many of us will be visiting family, going to all parts of the country and it's a timely reminder for us all to stay safe and vigilant as the pandemic is here to stay for now so enjoy family time, stay connected and we will see you in 2022.

Woorook

Ashley Couzens
CEO

Main Office

135 Kepler Street, Warrnambool VIC 3280
ph: 5559 1234

Health Clinic

3 Banyan St, Warrnambool VIC 3280
ph: 5564 3344





Whooping cough (pertussis) Immunisation

What is Whooping Cough?

Whooping cough (also called pertussis) is a serious disease of the airways. It can lead to pneumonia, brain damage and sometimes death. It is especially serious for babies, but can affect people at any age.

Vaccination is a safe and effective way to protect you from serious disease caused by whooping cough.

By getting vaccinated against whooping cough, you can also help protect other people, especially people who are too young to be vaccinated. The more people who are vaccinated in your community, the less likely the disease will spread.

Who should get the Whooping Cough Immunisation?

- Children aged 2 months, 4 months, 6 months, 18 months, four years, and between 10 and 15 years (at school), at no cost under the National Immunisation Program (NIP)
- Pregnant women in the third trimester, ideally between weeks 20 and 32 of every pregnancy, at no cost through the NIP
- Healthcare workers, if they have not had a whooping cough vaccine in the past 10 years

- People working in early childhood education and care, if they haven't had a whooping cough vaccine in the past 10 years
- Adult household contacts and carers of babies under 6 months old
- People who are travelling overseas, if they haven't had a whooping cough vaccine in the past 10 years
- Adults of any age who need a tetanus, diphtheria or polio dose (you can get a combination vaccine that includes whooping cough to increase protection)
- People aged 50 years, at the same time as they get their recommended tetanus and diphtheria vaccine
- People aged 65 or over, if they have not had a whooping cough vaccine in the past 10 years.
- People under 20 years old, refugees and other humanitarian entrants of any age, can get whooping cough vaccines at no cost through the NIP. This is if they did not receive the vaccines in childhood. This is called catch-up vaccination.

Contact the clinic to book in for your whooping cough vaccine!

**Gunditjmara Health Clinic:
5564 3344**

*Our Elders Group has been busy over the last month.
This is what they have been up to!*

First stop Budji Bim, having a tour with Mike from GEO T and Johnny Lovett from Eagle Cultural Tours. Lunch was supplied by Suffoir Winery (lemon myrtle slice was one of my favorite slices!) enjoyed on country at Budji Bim. Johnny Lovett's healing singing and story-telling about the stolen generation and knowledge of the local area and culture was enjoyed by all those attended. We would love to have him back again.

Next our fishing trip was rescheduled at late notice, quick thinking from our undaunted Social Support Coordinator Jo saw a change to the itinerary for our Port Fairy overnight stay. Fishing on the wharf was enjoyed by some, while others had a walk around Port Fairy. A Barbecue/Picnic at Tower Hill, with our very own Peter Coverdale taking up tour guide duties. Tea at the Caledonian Pub and accommodation at Seacombe House, finishing the next day with lunch at Charlies on East Beach.



Finally our charter fishing trip was held on the 18th, we are excited to report lots of fish were caught and laughs had. Everyone has requested this trip for next year!

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Community Youth Update



Youth Trip

Last Month, our Aboriginal Youth Social Emotional and Wellbeing team went on a day trip to Narana Aboriginal Culture Centre with some of the young mob in our community. There they engaged in cultural education with cultural guide Anthony Hume, boomerang painting, bush tukka tasting, feeding the emus and kangaroos and went to bells beach for a beach tour and got to see and learn about shell middens. They finished up with lunch at cafe Narana. If you know mob who are Aboriginal or Torres Strait Islander that are experiencing physical, social, emotional, cultural and mental health challenges of any age, get in touch with our team to find out with our SEWB how can help on 5559 1234

Our young mob doing deadly things!

Cody from our Social, Emotional and Wellbeing Team was honoured to be asked to be a young Aboriginal Mentor for the Ngatook Collective that was hosted at the Warrnambool Art Gallery on Thursday.

The Ngatook Collective (Ngatook meaning 'myself' in local Peek Woorong language) was a new initiative from the WAG to support Aboriginal girls (years 7-10) in arts and entrepreneurship participants will develop their entrepreneurial and design skills to create a product. It aims to help young Indigenous girls gain a sense of what is possible in the creative industries and to engage and immerse them in First Nations' culture. All while developing life-long and practical skills through a range of activities and programs in partnership with professional facilitators. The design work will be informed and inspired by learning about local design traditions, whilst the girls will be supported at all times by strong, female leaders from the local Aboriginal community who will foster a sense of pride and ownership in traditional and local Aboriginal culture.



The works from all the young woman pictured will have their items/designs and more for sale now down at the Warrnambool Art Gallery, for those wishing to support them.

You will find items such as socks emblazoned with cockatoos, earrings, lunchboxes, tattoo sets, napkins and silk scarves, all available for purchase.

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Meet our new trainees!

Recently, we've had a few new trainees start at head office in Kepler Street. So, we thought we'd introduce them to you and let you know a little bit about them!



"Ngata All,

My name is Pattica-Anne Agnew, but a lot of the community will know me as Tissa. I'm 37 years old, and have a 13-year-old boy, Phoenix. I'm a proud Gunditjmara woman with family ties to both the Framlingham and Lake Condah Missions. I am enjoying my time so far here at Gunditjmara, and happy to be back around, and working for/with, my mob."



"My names Aliza, I'm a Wajarri woman originally from western Australia, but currently living on Gunditjmara Country, I'm a passionate Indigenous Artist who loves to paint and do make up! I spend most of my free time doing make up/painting now. I'm a New HR Trainee at Gunditjmara Aboriginal Cooperative and Loving it!"



"Ngatta, I'm Sidney!

Though I have lived in Warrnambool my whole life, my tribe is Yorta Yorta up at the Murray River.

I like to be creative in my own time by making art, videos and decorating my home.

I love Kmart and could spend hours in there spending money. I'm always up for a yarn so feel free to stop me for a chat."

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Employment Opportunities

Home Care Support Worker - Casual

Are you committed to the health and wellbeing of our older and disabled community members? We are currently looking for additional workers to join the Home Care Support Workers team to meet the demands of our growing service. The role includes providing support to people with household tasks and social support. SCHADS Award.

What we are looking for

- A commitment to Aboriginal and Torres Strait Islander health and culture
- Experience and understanding of working with Aboriginal people
- Interest in and ability to work with the elderly and young people with disabilities
- Ability to empower clients and work in other people's homes
- Flexibility around work hours
- Certificate III in Aged Care, Individual Support or Disability, or working towards one

We strongly encourage Aboriginal and Torres Strait Islander people to apply.

How to Apply

Specific enquires about the role should be addressed to Victoria Winsall, Independent Living Team Leader on 5559 1234.

Position descriptions, general enquiries and applications to Aliza Johnson, People and Culture Officer, 5559 1234.

Applications must include your CV, a covering letter, 2 referees and how you meet the essential criteria.

To see the 'Position Description' visit: <https://www.gunditjmara.org.au/employment>

General Practitioner (FRACGP)

Fantastic opportunity to provide positive health outcomes, Community focused., Competitive remuneration & flexible hours.

Through our expansion plans and current local marketing, we are experiencing unprecedented growth.

Our bulk billing medical clinic, currently based at Banyan Street is a thriving medical practice providing GP, preventative, and allied health services. We are a fully accredited "one-stop shop".

Whilst our focus is on Aboriginal & Torres Strait Islander (ATSI) community health, we welcome all comers. It is this inclusion, our high standards, and modern medical resources that has led to a whole of family approach to our services.

This is a culturally safe place, and you will be providing positive medical outcomes for our most vulnerable community members. Importantly you will have the resources to refer on to our preventative and allied health services. You will also provide mentoring to less experienced GP's, providing them with your invaluable experience.

Apart from the reward obtained by providing a valued and essential service, we offer competitive and flexible remuneration.

There are also tax advantages for working for our Not-for-Profit organisation.

Essential Criteria:

- Must be an Australian Citizen or Permanent Resident.
- Must have Full AHPRA Registration as a Medical Practitioner (Specialist Registration).
- Fellowship with the Royal Australian College of General Practitioners (FRACGP), College of Rural and Remote Medicine (FACRRM) or Vocational Registration (VR).
- Patient focused.

Whilst not essential, experience working with the ATSI community would be well received, and we encourage applications from duly experienced and qualified Aboriginal & Torres Strait Islanders.

We strongly encourage Aboriginal and Torres Strait Islander people to apply.

How to Apply

For further information, please contact Tara Smith, Manager Primary Healthcare, on 0438 777 514. Confidentiality is assured. Position descriptions, general enquiries and applications to Aliza Johnson, People and Culture Officer on 5559 1234. Applications must include your CV, a covering letter, 2 referees and how you meet the essential criteria.

To see the 'Position Description' visit: <https://www.gunditjmara.org.au/employment>



Community Notices

We're Reopening!

We're excited to announce that in line with the Victorian Government's easing of restrictions announced on Thursday 18th November 2021, that our Head Office doors will reopen to the community from **Wednesday 24th November.**

We thank you for your patience. You will be asked whether you have checked in with the QR code. Please note those attending will need to present proof of Covid-19 vaccination, check in and hand sanitise upon entry. Those who are not vaccinated are required to wear a face mask on entry, which we can supply. Please be friendly to our reception staff. We are also offering a printing service for those who need hard copies of their vaccine certificates enquire with our reception staff.

Woorook,



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Community Notices



AGM Notice

Wednesday 23rd
February 2022 5pm
(Followed by community dinner)
Harris Street Reserve

To RSVP, please contact
Gunditjmara via phone on 55591234
or via email on
admin@gunditjmara.org.au

Please note those attending will need to
present proof of Covid-19 vaccination, check
in and hand sanitise upon entry to event.
Those who are not vaccinated are required
to wear a face mask on entry to the event,
which we can supply.



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Community Notices



Koorie XMAS

Date: Friday 17th December 2021

Location: Harris Street Reserve

Time: 10.30am - 2pm

Santa Face Paint
Live Music Jumping Castle



IN LINE WITH OUR COVID SAFE
REQUIREMENTS, COULD WE KINDLY ASK
THOSE COMMUNITY MEMBERS WHO ARE NOT
FULLY VACCINATED AGAINST COVID-19 TO
PLEASE WEAR A MASK DURING THE EVENT

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Community Notices



This ceremony welcomes babies to country. The event celebrates the birth of Aboriginal and Torres Strait Island children born in Gunditjmara / Peek Whurrong / Keerray Wooroong nations, including children of traditional custodians born off country.

The youngsters are welcomed to country and bounded within the region by members of the Aboriginal community and local Elders.

The ceremony starts 11am - 12pm
Bush tucker will be provided
Celebration will include
traditional cultural practices;

RSVP
JANUARY 10TH
www.gunditjmara.org.au/ngarakeetonrsvp
PH. 5559 1234



Community Notices



Aboriginal Women's Group

2022 Expressions of Interest

We are looking at creating an Aboriginal Women's Group to commence in 2022.

We would love to hear from you and to hear your ideas!

To find out more:

Contact 5559 1234 and speak with reception, or fill out our online form at www.gunditjmara.org.au/womensgroup





Community Notices

SOUTH WEST INDIGENOUS SURF DAYS

Warrnambool
Date: 11th Jan 2022
Time: 12pm
Location: McGennans

Portland
Date: 12th Jan 2022
Time: 12pm
Location: Cape Bridgewater

**All surf equipment will be supplied.
You will need to bring bathers, towel,
sunscreen, water bottle and a change of
clothes.**

**Please contact Jordie Campbell to register:
Ph: 0488 935 183
Email: jordie@surfingvic.com**





Community Notices



Monthly online event

South-West Network Treaty Yarn

Join us on the first Monday of every month to
hear updates on Treaty and the work of the First
Peoples' Assembly of Victoria.

We're committed to ensuring our Community has a space that is
safe and culturally appropriate to talk openly about Treaty.

On the first Monday of every month, we'll be holding Zoom sessions for
Community in the South-West region. Community in the South-West
are invited to attend, ask questions and have an open yarn about Treaty
with their Members.


Contact Joey Saunders
0406 450 896/ JosephS@firstpeoplesvic.org



Find out more and register at:
firstpeoplesvic.org/SouthWestNetwork



First Peoples'
Assembly of
Victoria



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Kids Activity!



EMU
Karpeerrng



KANGAROO
Koorrayn



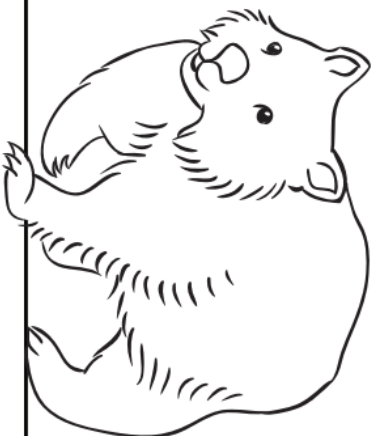
KOALA
Weengkeel



PLATYPUS
Karroon



Weelangkeel
ECHIDNA



Meeyam
WOMBAT



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

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 9100

Unavailable from 17 December 2021 returning to work on 04 January 2022.

Emily Falla - Aboriginal Health Promotion/AHLO Cover

South West Healthcare

Koroit Street Warrnambool 3280

Monday to Friday 08.00am to 04.30pm

Phone: 5564 4169 or 0448 010 310

Unavailable from 24th December 2021 returning to work on January 4th 2022.

Cinnamon Henry - AHLO

South West Healthcare

Koroit Street Warrnambool 3280

Monday to Friday 08.30am to 05.00pm

Phone: 5564 5050 or 0448 010 310

Unavailable from 22nd December 2021 returning to work on 18th January 2022.

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

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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

A large, empty rectangular box with a thick black border, intended for users to write their feedback or suggestions.

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

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