



Broadmeadows Women's Community House News

Term One 2021

**BETTER
TOMORROWS**

Welcome to the Broadmeadows Women's Community House Newsletter for Term 1, 2021

Anglicare Broadmeadows Women's Community House (BWCH) was established 40 years ago to provide a safe, nurturing environment for isolated and marginalised women and children in Hume. At BWCH we are committed to providing opportunities for women and children to explore and develop their strengths, skills and confidence to be fully involved with their families and communities. Our team consists of experienced bilingual group facilitators, including Arabic, Turkish, Assyrian Chaldean and Italian speakers.



Term 1, 2021 Timetable for BWCH Groups

All inquiries call 9301 5250 or email womenshouse@anglicarevic.org.au

Let's Play & Let's Play More Playgroups

Mondays

9.45- 10.45 am

Out and About Seniors Group

Tuesdays

1-3.00 pm

Small Steps & Little Steps Playgroups

Tuesdays

10-11 am

Ageing and Feeling Great Seniors Group

Thursdays

1-3.00 pm

Meadows Primary School Hub Playgroup

Thursdays

10-11 am

English conversational Classes

Wednesday

11.30- 1pm

Women's Wellbeing Circle- Social Support Group

Fridays

10-11.30 am

Parents Building Solutions (Arabic) One Off Session

Wednesday 20th Jan

10-11.30 am

Parents Building Solutions (Arabic)

Monday 8th Feb for 7 weeks

10 -11.30 am



Team Leader's Report

Welcome to the term 1 2021 BWCH newsletter! 2020 has certainly presented many obstacles to our group work and community events planning and delivery. The team has done an outstanding job bringing people together online, designing a whole new suite of session plans, sourcing technology for those in need, providing tech support and online tutorials, arranging activity packs, one on one phone support, referrals, material aid sourcing and so much more! Their dedication and hard work are to be commended and celebrated loudly!

We are navigating covid restrictions and guidelines and parallel planning for both online delivery and a potential return to some face to face groups in term 1, regulations permitting, not just for compliance but to ensure the groups run in a positive and inclusive way. BWCH has just been notified that we have again been successful in attaining Hume City Council funding to continue to deliver Conversational English in terms 2 and 3 next year. We also hope to return to face to face group delivery and community events as of second term 2021.

Please find attached our timetable, with contact details. We are taking referrals for our supported playgroups and are excited to be offering Parents Building Solutions (PBS) in Arabic, together with MRC Spectrum as well. On behalf of the BWCH team I would like to wish you all a peaceful and relaxing break, we all deserve it! We look forward to coming together next year.

Warm regards

Helen Slonek

Team Leader BWCH and PZ

Professional Networks

Northern Group Work Network

Dear NGWN Members,

Well congratulations to you all...we made it to the end of the year! In addition to our team leader update, in term 4 we were pleased to have our AV intern and BWCH student Rose Pearce lead us into a discussion on 'Meaningful Self-Care'. We explored why self-care was meaningful to you, challenges the lockdown posed for our self-care strategies and opportunities the lockdown brought for our self-care and nourishment. We also looked at mindfulness techniques and shared what strategies we use in our own groups. In December we also facilitated two sessions on exploring online games/activities that can be used in the online space with our groups. The games are suitable for a range of age groups, including both children and adults. We received a lot of positive feedback on the online resources which was great to hear. Here is some of the feedback on the NGWN:

"That sounds like a really fantastic and valuable meeting. I would love to learn some online games and fun activities to use with our groups. Thanks so much for organising such relevant and interesting meetings this year. You do a fabulous job as host and coordinator of this valuable network" (Roxburgh Rise Primary School Hub).

In 2021 we plan to continue running six NGWN meetings on Wednesdays and also host our annual forum which will most likely be a webinar depending upon the current restrictions.

If you're a professional facilitating groups, working in case management, therapeutic work or even teaching then this network is for you! Attending our network will provide you with the opportunities to share information, to source referrals for groups, to network, to develop partnerships, to source venues and other locally available community resources, and to connect with experienced practitioners for co-facilitation of particular groups. If you are interested in presenting in one of our network meetings we would love to hear from you, additionally the Broadmeadows Women's Community House always welcomes partnerships and co facilitation for some of our groups. Contact Bella on 9301 5250 or email bella.odicho@anglicarevic.org.au

Bella Odicho
Broadmeadows Women's Community House
Family Relationship Skills Coordinator

Northern Parent Educator Network

What a year we have had in 2020. When we first went in to lockdown the ability to network seemed slim but we are delighted to look back now and see not only did we provide all the networks online but we also included an additional catchup to look at the successes and challenges we had mid-way through the year but also remembering the importance of selfcare for ourselves while supporting clients through such a difficult phase. One of the successes of the year was the increase in attendance, we had between 30 – 40 people attend each meeting which would have been impossible in our small building in Lalor so the online platform has been a hit in this space. Unfortunately, one of the casualties of the year was the forum which we had planned for term 2 identifying tools and strategies when working families of Aboriginal or Torres Straight Islanders. The speakers, venue and all the plans were in place for this so we have made the decision to role it over in to term 3 of 2021. Watch this space for further information. During 2021 we will continue to meet once a term convening on the second last Thursday of the term (see dates below). Due to the increase in participation this will continue online and in the afternoon from 2pm – 4pm.

NPEN NETWORK MEETING DATES:

Thursday 18th March 2021 at 2pm Online Zoom

Thursday 17th June 2021 at 2pm Online Zoom

Thursday 5th August 10am – Venue and more information to follow early 2021

Thursday 9th December 2021 at 2pm Online Zoom

We will spend the summer holidays researching topics and speakers in partnership with the councils and will get out early in 2021 the full schedule for the year. If you would like to be involved in the working group, would like to present or know of a topic you would like to be covered in these meetings, please contact Jo and let her know.

Our last NPEN meeting of the year had guest speaker Karen with support from Gillian from St Luke's Innovative Resources present on a range of cards available for working with families including some new ones and showcasing the Champion App for accessing the resources online. This was a very informative session showing how we can use these resources with our families.

FAMILY SERVICES

Our first Online Parents Building Solutions for Professionals saw a number of Family Services attending. Parentzone and Family Services will continue to work in partnership throughout 2021 starting off in term one delivering PBS online through Zoom. We will continue to work in partnership throughout the year delivering PBS and Looking Forward and Parenting After Violence. We look forward to seeing more Family Services staff trained and delivering PBS as co-facilitators.

Jo Templeton

ParentZone Northern

Programme Coordinator

Important Telephone contacts

Police, Fire or Ambulance 000

Nurse on call 1300 60 60 24

National Home visiting Doctors 13 74 25 (13 SICK)

Poison Information Hotline 13 11 26

Safe Steps - Family Violence Response Centre
(24 hr service – Toll Free) 1800 015 188

Northern Family & Domestic Violence Service 03 9450 4700

Darebin Community Mental Health Centre 03 9416 6300

InTouch Multicultural Centre Against Family Violence 03 9413 6500 or Free call: 1800 755 988
Telephone Interpreter Service (TIS) (24 hr) 131 450

Child Protection After Hours Service 131 278

Northern Centre Against Sexual Abuse
(NCASA) 03 9496 2240 or A.H 1800 806 292

Lifeline Crisis and Suicide Support 13 11 14

Beyondblue Information and support Line 1300 22 46 36
Grief Line 9935 7400

Women's Legal Service Victoria 03 8622 0600 or 1800 133 302

Aboriginal Family Violence Prevention and Legal Service 1800 105 303

Kids' Helpline 1800 55 1800

Mensline Australia 1300 78 99 78

Suicide Call Back Service 1300 659 467

Perinatal Anxiety and Depression Australia (PANDA) 1300 726 306

Parentline Victoria 13 22 89

DirectLine – drug & alcohol services 1800 888 236

Headspace 1800 650 890
Switchboard – LGBTIQ support (3pm – midnight only) 1800 184 527

Council of Single Mothers and their Children Victoria (CSMC) 03 9654 0622 or 1300 552 511
(outside Melbourne)



Broadmeadows Women's Community House Supported Playgroups

These supported playgroups are run as a partnership between Anglicare Broadmeadows Women's Community House and Uniting Care ReGen to provide support to vulnerable families. Using the Parents Building Solutions (PBS) approach and Small Talk model, we sing, read stories, play together and share experiences to strengthen communication and parenting skills with our pre-schoolers from 0 – 5 years of age.

A safe, supportive, and non-judgemental environment for parents/carers and preschool children aged 0-5 years,

DATES: Monday & Tuesday Mornings
(during school terms)

TIME: Mondays 9.45am to 10.45am
Tuesdays 10.00am to 11.00am

WHERE: TBA

COST: Free

Please contact Broadmeadows Women's Community House
Email: womenshouse@anglicarevic.org.au
Ph: (03) 9301-5250



Australian Government
Department of Social Services



The Broadmeadows Women's Community House invites women in our local community to join English Conversation Classes

Do you want to:

- Build on your English conversation skills?
- Come together with other women locally?
- Practice day to day conversation?
- Grow your social networks?

Then this is the class for you!

Basic English a pre-requisite

DATE: Wednesdays Term 1, 2021
10th February to 31st March

TIME: 11.30am - 1.00pm

WHERE: Online via Zoom

COST: Free

For bookings & inquiries contact:
Keklik Aydin on 03 9301 5250 or 0419 543 787
Email: womenshouse@anglicarevic.org.au

This program has been made possible with
the generous support of Hume City Council

