



# **Broadmeadows Women's Community House News**

Term One 2022

# Welcome to the Broadmeadows Women's Community House Newsletter for Term 1, 2022

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, 2022 Timetable for BWCH Groups

All inquiries call 9301 5250 or email [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)

## **Let's Play Supported Playgroup**

Mondays

9.00- 10.30 am

## **Let's Play More Supported Playgroup**

11.30- 1.00 pm



## **Out and About Seniors Group**

Tuesdays

10.00- 1.00 pm

## **Small Steps Supported Playgroup**

Tuesdays

9.00- 10.30 am



## **Little Steps Supported Playgroup**

11.30- 1.00 pm

## **Ageing and Feeling Great Seniors Group**

Thursdays

10.00 -1.00 pm

## **Meadows Primary School Hub Playgroup**

Thursdays

10.00 -11.00 am



## **Women's Wellbeing Circle- Social Support Group**

Fridays

10.00 - 12.30 pm

Please Note: Groups maybe subject to change depending upon Government regulations

# Team Leader's Report

BWCH Team Leader Update:

Welcome to the Team Leader's final report for 2021! This has been a tough year for us all, going in and out of lockdown. The BWCH team adapted quickly to think about how best to support clients in a constantly changing practice landscape. We worked predominantly online this year. We designed and delivered supported play groups, social support groups, English classes and family violence groups amongst others, to provide as much stability and certainty as we could for clients, many of whom faced ever greater stressors and anxiety in already overwhelmed individual and family systems. Whilst many agreed that these platforms do not compare to the experience of a face to face group, we still received some wonderful feedback about how important that sense of connection was to clients and their children during the year. We were also really pleased to take our older women's social support groups out to face to face break up lunch, which was a lovely way to end the year. Here is a snapshot of some of the feedback we received:

"Seeing the women's house windows open makes me feel safe as I know I have somewhere to go if I need to"

"Today is my last day as I am moving but I am very sad as I lost my husband and my home and now I am losing the one thing that made me happy during these hard times"

"The women's house keeps me connected to women of my own age and I feel like I am home away from home"

Next year we hope to return to face to face groups and will be following government guidelines re Covid safe group delivery. We also plan to host the Groupwork Network forum face to face again in August. We are continuing our valued partnerships with Uniting Regen, Meadows Primary School Hub, Councils and the Australian Muslim Women's Centre for Human Rights whilst also continuing to build new partnerships in the community development space as well. We have been invited to participate in research being conducted by Deakin University: "to examine culturally and linguistically diverse (CALD) communities' experiences of access to, quality and impact of social services in Australia, with a specific emphasis on services related to health, social (e.g., housing) and economic (e.g. employment and job training). It aims to inform policy on service provision and delivery for CALD communities".

Whilst we were devastated to lose our beloved Hanan this year to other pastures, we were blessed to recruit Roba Elkadi, who has brought her warmth, enthusiasm, creative ideas and empathetic style of client engagement to bolster our Women's House team. We also acknowledge the generous ongoing support of our Women's House patron, Rosemary Homewood and will be launching our newly beautified back garden family space with her as guest of honour early next year. If the stars align, this event will also showcase our "Covid moments" photographic project, funded by Hume City Council, where clients provide a photograph encapsulating what covid has been like for them, to be professionally printed, framed and exhibited. We are excited for 2022! Wishing you all a safe and restful break with our loved ones over the break. Be kind to yourselves and each other.

Warm regards

Helen Slonek

Team Leader, PZ and BWCH

# Professional Networks

## Northern Group Work Network (NGWN)

Welcome to term one 2022 ! We hope you have had a restful and happy new year. In term 4 the BWCH had returned back to our beautiful and cozy house and continued to run our groups online. WIRE were due to present in term one however due to unforeseen circumstances we have had to postpone this presentation to 2022. WIRE is a free, Victoria-wide generalist information, support and referral service run by women, gender diverse and non-binary people, for women, gender diverse and non-binary people. We look forward to hosting them in the new year.

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](mailto:bella.odicho@anglicarevic.org.au) \*Watch this space for upcoming NGWN dates including the Northern Group Work Annual Forum\*

Warm Regards  
Bella Odicho  
Broadmeadows Women's Community House  
Family Relationship Skills Program Coordinator (Hume)

# Northern Parent Educator Network (NPEN)

## NPEN Update

In October we were pleased to host Janan Allouche, an adolescent community nurse from the Department of Education. Janan provided us with a wealth of information on how to engage CALD communities addressing fears and misinformation regarding vaccinations. It was a very informative and engaging session with so many resources workers could pass on to families and the wider community. Watch this space for future NPEN dates. Please see below resources:

### Translated resources:

COVID-19 vaccine information in your language | Australian Government Department of Health

SBS Language | Coronavirus Vaccine and COVID-19 updates in your language

### FAQ's:

COVID-19 vaccine FAQs | NCIRS <https://www.ncirs.org.au/covid-19/covid-19-vaccines-frequently-asked-questions>

COVID-19 - The Melbourne Vaccine Education Centre (MVEC) ([mcri.edu.au](http://mcri.edu.au))

Vaccine Misinfo Guide ([vaccinemisinformation.guide](http://vaccinemisinformation.guide))

### Young people:

COVID-19 Vaccination Toolkit ([ylab.global](http://ylab.global))

### Vaccine hubs and health advice for Muslim Communities:

SistaHub

VAXCHATS – A MHPA and ICV Supported Initiative.

In Term one 2022 we will be hosting Shilpa Nagesh and Sarah Stock, Young Parent Connectors, from the newly established AV Young Parents Project who will present on this exciting new program, which offers support to parents 25 years old & under living in Hume. They will provide an overview of the three main components:

- 1.mentoring young parents,
- 2.linking to community services &
- 3.providing evidence based group work.

Date: Thursday 24th Febuary

Time: 2.00-4.00 pm online

Book: <https://www.trybooking.com/BWHCE>

\*Watch this space for upcoming NPEN dates\*

ParentZone Northern

# 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

The Orange Door – NEMA on 1800 319 355

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)





## Hume Young Parents Project

The Young Parents Project supports parents under the age of 25 and their children who live in Hume, through mentoring, community links and groupwork.

### WE PROVIDE

A flexible approach offering three main components to support young parents and their children.

- **Mentoring and Support:** including active engagement of young parents using a strengths based approach to identify needs and provide flexible and holistic in home, face to face or online support.
- **Community Connection:** Linking young families to the supports they need and strengthening community and peer connections, including childcare/kinder links and education/employment pathways
- **Groupwork:** Delivering Parents Building Solutions (PBS) and other single sessions and evidence based parenting groups.

We aim to engage and support young parents in their parenting role to address their unique needs, develop strong attachments with their children, and build strong community and peer connections

### ELIGIBILITY

This service is for all young parents under 25 with children 0-12 years (including pregnancy), living in Hume. Priority access will be given to Aboriginal and Torres Strait Islander, CALD and gender diverse families.

### ENQUIRIES & REFERRALS

Please call 9301 5200 and ask to speak to someone from the Young Parents Project



**Uniting**

Funded by the  
Australian  
Government





## Parent's Building Solutions - Arabic

Are you tired of yelling?  
Want to understand why children  
behave the way they do?  
Do you want to discuss and share ideas  
that work?

This 6 week programme is delivered in  
Arabic for parents of children and  
young people to share ideas and  
strategies on how to manage the tough  
times. It will be run in partnership with  
the Australian Muslims Women's  
Centre for Human Rights.

**DATE:** Fridays (6 weeks)  
4th February - 11th March 2022  
**TIME:** 10.00am - 11.30 am  
**WHERE:** Zoom  
**COST:** This session is free of charge but  
registration is essential

For bookings & inquiries for this session contact  
Roba at the Broadmeadows Women's  
Community House on (03) 9301 5250 or email  
[roba.elkadi@anglicarevic.org.au](mailto:roba.elkadi@anglicarevic.org.au)



**PARENTZONE**



Australian Muslim Women's  
Centre for Human Rights



## LINK - Driving Communities Together!

### **Be a driving force for change in your community**

This role is ideal for those who love to be on the road, have a caring and warm nature and a passion for helping people. Volunteering provides a great opportunity to learn new skills, extend your network, make new friends, increase your confidence, improve your wellbeing, and have a positive impact on our community.

We provide full training and support for our volunteers as well as a peer support and mentoring program.

#### **Who We Are**

LINK Community Transport (LINK) is a not-for-profit Company that services, benefits and supports diverse community groups, inclusive of the ageing population, people of all abilities and their carers (including those with culturally diverse backgrounds) by providing life-enriching services through effective, accessible, and flexible social and home support.

For over 40 years we have helped thousands of Melbournians live better, more independent and connected lives through the provision of community transport services, domestic assistance, home maintenance services and carer respite.

Our tailored transport services provide the missing link - connecting clients to services, as well as to their family and social networks. Our volunteer drivers do a lot more than just transport people to a destination - they are a vital connection and support. Simply put - we drive communities together!

Some reasons our customers use our transport are:

- Medical appointments

- You will receive extensive evidence-based training in all aspects of service delivery
- You will be supported 100% along the way
- We have a variety of vehicles to suit every driver's capability, including sedans and minibuses
- We have been a volunteer-based organisation for over 40 years, so you can expect to always feel welcomed and well looked after here at LINK
- We welcome all ages and backgrounds
- We recognise and value the skills, experience, and expertise of our volunteers
- **We have fun here!**

### **Benefits of Volunteering**

- Give back to our community
- Make a positive difference in people's lives
- Meet people and make friends
- Gain professional experience and boost employment prospects
- Promote personal growth and self-esteem
- Meet your mutual obligation requirements with Centrelink

If this sounds like you, and you hold a Victorian driver's licence, then we would love to hear from you. In return, you will gain valuable experience, be part of a friendly team and feel great knowing that you are contributing to an amazing cause.

### **CONTACT US TODAY**

Phone: 1300 546 528 or email [volunteering@lct.org.au](mailto:volunteering@lct.org.au)

*We are a registered My-Aged-Care and NDIS service provider.*