



Broadmeadows Women's Community House News

Term Three 2022

Welcome to the Broadmeadows Women's Community House Newsletter for Term 3, 2022

Anglicare Broadmeadows Women's Community House (BWCH) was established almost 50 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.

We acknowledge the Aboriginal and Torres Strait Islander people as the traditional owners and custodians of the land on which the Broadmeadows Women's Community House is situated. We pay our respects to your elders past, present and emerging.

The BWCH welcome women from diverse backgrounds and cultures. We have a deep respect for families from all religions, genders, sexuality, age, physical abilities and cultural heritage.



Team Leader's Report

BWCH Team Leader Update:

Welcome to the Team Leader's term 3 report for 2022. Despite some initial confusion and hesitance, for families and professionals alike, due to the raising of restrictions amid increased rolling illnesses, we carried on face to face with our groups and also ran the second Let's Connect event for the year, in partnership with Uniting, Hume City Council, Dallas Neighbourhood House and Meadows Primary School Hub. Feedback was really positive about the opportunity to come together, do some fun activities with children and hear more about the great services and supports available in Hume. As always the baby animals and face painting were a huge hit too! We celebrated Neighbourhood House week with the launch of a photographic exhibition "Covid moments", a collection of images taken by members of our older women's social support groups, made possible with the generous support of Hume City Council.

Our patron Rosemary Homewood has again been tirelessly raising funds and donated resources for our newly arrived families, with a specific drive to provide much needed winter clothes, including for children and homemade crocheted baby goods too. Through funds provided by Partners for Change, we are conducting free first aid training for women with young families, including the provision of a covid resource pack. We are continuing our strong partnership with the Australian Muslim Women's Centre for Human Rights to deliver the Women's Wellbeing Circle, a social support group for CALD women.

A new cycle is commencing next term and we welcome referrals. We will also be running a Parents Building Solutions taster session in Arabic, for families in Hume. Please contact Roba directly for more information on both of these. We will continue to observe recommendations with regard to social distancing and encourage mask wearing and monitoring of symptoms before attending face to face groups next term, as we move into what seems like a bitter winter this year. Please see our term 3 timetable attached and contact womenshouse@anglicarevic.org.au or 9301 5200 for further information or to be added to our mailing list.

Warm regards

Helen Slonek

Team leader, BWCH and PZ Northern

Term 3, 2022 Timetable for BWCH Groups

All inquiries call 9301 5250 or email 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 Supported Playgroup

Thursdays
10.00 -11.00 am

Women's Wellbeing Circle- Social Support Group

Fridays
10.00 - 12.30 pm

Parents Building Solutions (Arabic Taster)

August 10th
10:00-12 pm



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

Professional Networks

Northern Group Work Network (NGWN)

Welcome to term 3 at BWCH . In term two we were pleased to host Tess Power from the organisation Juno; a homelessness agency dedicated to working with women and the transgender community that have experience family violence. Their primary role is supporting women in crisis and their children find secure accommodation and access resources. They also support them to find and move into long term housing and access other specialised supports.

Our next speaker will be Anasina Gray- Barberio from SSI International who will be presenting on their 'Multicultural Foster Care Program' on Wednesday 20th July via zoom.. The multicultural foster care program is a service within SSI that works towards meeting the unique needs of children and families from CALD backgrounds including refugee and asylum seeker communities.

We are also very excited to announce that we will be hosting the Northern Group Work Network Forum on September 8th. The proposed topic is 'Building resilience post pandemic': Moving forward in uncertain times creating awareness, confidence and connection to community. We will send you out a flyer with a trybooking link once details have been confirmed.

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 *Watch this space for upcoming NGWN dates including the Northern Group Work Annual Forum*

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

Northern Parent Educator Network (NPEN)

Northern Parent Educators Network (NPEN) Update:

The Term 2 NPEN meeting was held on 19th May 2022 online. Samantha Blandon from Merri Health presented on the Family Foundations program. This was a fantastic presentation; it was great to learn about the model and many of us will find it useful to refer our clients to this program. Thank you to Sam for presenting to us. Ten professionals attended this meeting and shared their valuable program updates with the group. Thanks to all who attended.

The Term 3 NPEN meeting will be held on Thursday 4th August from 2pm-4pm online via Zoom. We have Zora Marko, Project Manager of Victoria's Road Safety Education Program, Starting Out Safely, presenting on this program.

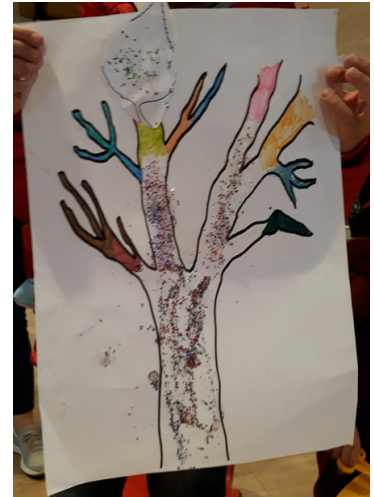
We're really looking forward to Zora's presentation and networking/information sharing with all NPEN members at our Term 3 meeting. If you would like to attend, please register on try booking: <https://www.trybooking.com/BZMMI>

Jess Moran
Acting Program Coordinator
ParentZone Northern

EVENTS

Let's Connect- Broadmeadows Community Hub

In term two we were pleased to be a part of another Let's Connect event that was held on 14th June 2022. The event was hosted in partnership with Anglicare Vic Broadmeadows Women's Community House, Uniting, Hume City Council, Broadmeadows Community Hub, Meadows Primary School and Dallas Neighborhood House. The organisations used this opportunity to promote their services to the wider Australian community, engaging them in interactive activities that promoted mental health and wellbeing, a 're-connection' to services and each other.



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





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 Mother Goose model 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 free, safe, supportive, and non-judgemental environment for parents/carers and preschool children aged 0-5 years.

DATES: Monday & Tuesday Mornings
(during school terms)

TIME: Both days have two sessions (9.00-10.30 am & 11.30 1.00 pm)

WHERE: Craigieburn Family & Child Centre
And
Broadmeadows Community Hub

Uniting



Australian Government
Department of Social Services



Interested in helping us understand the impact of sleep on cognition and driving in older adults?

What will the project involve?

- Completing questionnaires
- In-person verbal and paper and pencil cognitive tasks
- 2 weeks of at-home monitoring
- Video-based eye tracking tasks on a second in-person visit

We are seeking adults aged 60-80 having held a driver's license who:

- ✓ Are healthy **OR**
- ✓ Have new changes in cognition or mood **OR**
- ✓ Have a diagnosis of Mild Cognitive Impairment **OR** mild dementia due to Alzheimer's Disease

You will be reimbursed \$75 upon completing all components of the study, and be entered into a draw for a \$200 voucher after the conclusion of the project.

If interested, please email the STRIVE Study team at base.strive@monash.edu, or phone us at 03 9905 3553



MONASH University

MUHREC Approval
Number: 26176



ParentZone Holiday Sessions

Online Parenting Workshops * Free of Charge * Bookings Essential

Understanding your Child's Behaviour

Wed 29th June, 10.30am to 12.30pm

Do you want to understand why some behaviours occur? Come along to this session to learn strategies, share stories and take some time out for you!

Enquiries: Parentzone.gippsland@anglicarevic.org.au

Establishing & Maintaining Routines

Wed 29th June, 1:30pm to 3:00pm

Discover why routines are important and learn how to establish them with your children.

Enquiries: Parentzone.southern@anglicarevic.org.au

Managing Teen's Anxiety

Thu 30th June, 10:00am to 12:00pm

Gain a greater understanding of your teen's anxiety and strategies to support them

Enquiries: Parentzone.northern@anglicarevic.org.au

Peaceful Parenting

Mon 4th July, 1:30pm to 3:00pm

Learn strategies to deal with anger and anxiety in yourself and your children (aged 2-12years)

Enquiries: Parentzone.southern@anglicarevic.org.au

Living with Autism

Wed 6th July, 10:00 am to 12:00 pm

Explore ways to support children living with Autism. Improve communication with your child.

Enquiries: Parentzone.eastern@anglicarevic.org.au

Making Time for Self-Care

Wed 6th July, 1:00pm - 3:00pm

Do you want to feel less overwhelmed and deal with anxious feelings? Come along to this session to learn strategies, share stories and take some time out for you!

Enquiries: Parentzone.gippsland@anglicarevic.org.au

Raising Resilient Kids

Thu 7th July, 10:00am-12:00pm

Discover an evidence-based strategy to help your child bounce back from adversity and better manage stress.

Enquiries: Parentzone.northern@anglicarevic.org.au