



Broadmeadows Women's Community House News

Term Four 2022

Welcome to the Broadmeadows Women's Community House Newsletter for Term 4, 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 4 report for 2022. Despite rolling illness and iso continuing to impact on attendance, the joy at returning to face to face groups and events has been palpable, with families and professionals alike all noting how important this is for community connection with our cohort of vulnerable families.

We also acknowledge how difficult the last few years have been for everyone. We have been building on our supported play group and other support group referrals, but some vacancies remain. BWCH hosted 2 x First Aid sessions for babies, supported by Government program, Partners for Change, for our supported play group clients last term. We also partnered with NEAMI to deliver 3 x mental health sessions, with translator provided, for our Friday Women's Wellbeing Circle group. We presented to families connected to Collingwood Language School as a connector to supports and services in Hume. We will again be running Parents Building Solutions Arabic, partnering with Spectrum to support 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.

Please see our term 4 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 4, 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

Parents Building Solutions (PBS) Arabic

Fridays
10.30- 12.30 pm
Beginning 21st October for six weeks.



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

Professional Networks

Northern Group Work Network (NGWN)

Welcome to term 4 at BWCH . In term three we were pleased to host Betsy Rajan & Aditya Somayajula the CALD engagement workers who work in the Partners in Wellbeing Program NEAMI. The DFFH and DJPR Funded Project has been funded until 30th September 2022 to support people in Victoria who have been impacted by COVID-19. This is a free and voluntary service, and the person does not need to have a diagnosed mental health condition. The initiative supports people 16 years and above who may:

- be impacted by COVID-19 and have limited supports and/or their usual coping strategies are not working
- Noticing signs of anxiety, depression or stress that have lasted more than a few weeks
- care for others who have been impacted by COVID-19
- not have used Mental Health services in the past and may not be used to seeking support
- own a small business or are a sole trader
- identify as a Veteran
- be from CALD communities
- have temporary visas (including International Students/people seeking asylum etc.)

Thank you to both Betsy and Aditya for a very informative and interesting presentation and for the added mental health resource that you shared with us. Our next NGWN network meeting will be held on Wednesday 19th October, speakers yet to be confirmed.

We are also very excited to announce that we will be hosting the Northern Group Work Network Forum on the 9th November at the Broadmeadows Town Hall. 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 closer to the date.

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 3 NPEN meeting was held on 4th August 2022 online. Zora Marko presented on Starting Out Safely (Victoria's Road Safety Education Program). We learned a lot not only about the valuable resources and services offered by this program for the community, but also about best practice for road safety for children. If you were unable to attend, we encourage you to visit Home - Starting Out Safely (childroadsafety.org.au) to learn more. Thank you to Zora for such an informative presentation. Eleven professionals attended and valuable program updates were shared with the group. Thanks to all who attended.

The Term 4 NPEN meeting will be held on Thursday 27th October from 2pm-4pm online via Zoom. We have Jodie Reid presenting on the HIPPY program. HIPPY is the Home Interaction Program for Parents & Youngsters. It is a federally funded program offered to families for free. HIPPY is a two-year, home-based, early learning and parenting program for families with young children. We're really looking forward to Jodie's presentation and networking/information sharing with all NPEN members at our Term 4 meeting. If you would like to attend, please register on try booking: <https://www.trybooking.com/CBXJX>

Jess Moran
Acting Program Coordinator
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)



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

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Australian Government
Department of Social Services



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



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Funded by the
Australian
Government





A safe and supportive space for parents or carers to connect with their children.

Supported Playgroups

Supported Playgroups are a free program for families across Victoria with children from birth to school age. The 2-hour sessions run weekly throughout school terms, with a choice of times and locations.

Sessions are friendly and inclusive and every family's background, experiences and cultural identities are valued. Parents and children enjoy a range of fun play opportunities and activities together. A qualified facilitator leads the sessions where parents develop their skills and confidence to support their child's wellbeing and development. Our facilitators are service professionals with backgrounds in Alcohol and Other Drugs (AOD), mental health, women's support services, social work, and education. Facilitators partner with parents to set individual goals, with the aim that once these goals have been comfortably achieved, families will transition to community playgroups or other community services.

smalltalk program

During playgroup sessions, facilitators will deliver the *smalltalk* program. *smalltalk* is a set of evidence-based parenting strategies that parents can use to enhance the home learning environment for their children. *smalltalk* aims to increase parents' confidence to do the things we know can have a positive impact on their child's learning, using everyday opportunities and the activities that many parents already do in the home.

smalltalk has 5 key elements. It aims to increase:

1. Quality and frequency of parents' interactions with their children
2. Level of stimulation in the home environment
3. Parental self-care (stress management and seeking support)
4. Parenting confidence
5. Parents' connection to their community and local services

Learn more
unitingvictas.org.au



Australian Government
Department of Social Services

smalltalk
Giving your kids a great start

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Program delivery

We are currently delivering Supported Playgroups in the following locations and days:

Craigieburn - Monday

Broadmeadows - Tuesday

West Heidelberg - Wednesday

Eligibility criteria

Our service supports clients that have been referred through an agency, service professional or self-referral and have been identified as requiring extra support in complex and/or exceptional circumstances. These circumstances can be inclusive of but not limited to social isolation, refugee status, drug and alcohol, domestic violence, child services, mental health etc.

The following families are eligible:

- Families in which a family member identifies as Aboriginal and/or Torres Strait Islander
- Families who are looking after children in kinship care arrangements (out of home care)
- Families referred from or receiving Enhanced Maternal and Child Health Services
- Families who hold a Commonwealth Health Care Card or Pensioners Concession Card

Please contact us for further eligibility categories.

About Uniting

Uniting has stood with local communities in Victoria and Tasmania for more than 100 years, delivering services to people of all ages.

We work in solidarity with Aboriginal and Torres Strait Islander people as Australia's First Peoples and as the traditional owners and custodians of this land. We celebrate diversity and value the lived experience of people of every ethnicity, faith, age, disability, culture, language, gender identity, sex and sexual orientation. We welcome lesbian, gay, bisexual, transgender, gender diverse and non-binary, intersex and queer (LGBTIQ+) people at our services.

We pledge to provide inclusive and non-discriminatory services.

Get in touch

Email: debra.lucas@vt.uniting.org

Phone: 0422 349 083

Monday - Wednesday 8.30am to 4.30pm

Email: rachael.eaton@vt.uniting.org

Phone: 0481 483 432

Monday, Tuesday 8.30am to 3.00pm

Wednesday 8.30am to 5.00pm

Learn more
unitingvictas.org.au



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Communities for Children Hume

Communities for Children, with Uniting VicTas as the Facilitating Partner, supports families with children aged 0 – 12 up to 18 who are experiencing complex life circumstances and who live, work or play in Hume. Communities for Children Hume partners with local organisations called Community Partners to provide a range of innovative and evidence-based services.



Anglicare Victoria implements the **Young Parents Project**, which supports people 25 years and under in their parenting role, especially in developing strong attachment with their children. The project helps identify the parent and family needs and provides flexible and holistic support. It also assists in linking young parents with the community and peers. The project uses the Evidence-based Parents Building Solutions groupwork model.

Contact Megan Johnson, Team Leader Young Parents Program
megan.johnson@anglicarevic.org.au or 9301 5238



Anglicare Victoria also runs **Growing Connections**. It is an 8-week group session where victim-survivors of family violence and their children explore structured art, movement and play-based activities designed to nurture and heal the relationship between mothers and their primary school-aged children after family violence. Growing Connections also offers Art & Soul - the perfect taster to the group, a one-off, half-day school holiday program.

Contact Megan Johnson, Growing Connections Project Worker
megan.johnson@anglicarevic.org.au or 9301 5238



Banksia Gardens Community Centre leads the **Towards Equality 2020 & Beyond**, supporting three grassroots organisations: Oorja Foundation (Indian women), Didi Bahini Samal (Nepalese women), and El Amal (women from Iraq, Syria and neighbouring countries). Banksia Gardens provides further resourcing to these groups to ensure that the prevention of violence against women work reflects best practices. It also runs Flexible and Socially Inclusive Playgroup (FSIP) called 'PlayCircles'.

Contact Banksia Gardens on 9309 8531.



Hume City Council implements the **Aboriginal and Torres Strait Islander Family Engagement Project**. It assists families with children under the age of 3 to ensure they are safe, healthy, and ready to learn. This strength-based program involves one-on-one personal visits, group participation in a playgroup setting, and health and developmental screenings.

Contact Hume City Council
aboriginalengagementteam@hume.vic.gov.au or 9205 2648



Hume City Council also delivers the **Quality and Inclusive Playgroups at the Hubs (QIPATH) project**. The project outcomes are improved knowledge and skills of existing community hub leaders, playgroup facilitators and volunteers across the 15 Hume community hubs. It also runs FSIP.

Contact Silvia Amici, Hume Playgroup Access and Quality Improvement Project Hubs Support Officer
silviaA@hume.vic.gov.au or 0417 115 697



Spectrum Migrant Resource Centre delivers the **Parenting in a New Culture (PINC)** program, an evidence-based, culturally-appropriate parenting education and support program for parents from newly arrived culturally and linguistically diverse (CALD) backgrounds with children aged 0-12, with a separate PINC program solely for fathers called PINC - Focus on Fathers. It also runs FSIP.

Contact Brent Serry, Team Leader Social & Economic Inclusion
BrentS@spectrumvic.org.au or 9977 9009



VICSEG runs the **Peer-led Parenting and Community Strengthening Project** for diverse communities in Hume. The Empowering Parents Empowering Communities (EPEC) program offers the 'Being a Parent' (BAP) course in CALD communities across Hume. Bicultural Family Mentors provide individual support and group education for parents and carers, focusing on vulnerable, socially isolated families. It also runs FSIP.

Contact Jeanette Hourani, Contract Manager
jhourani@vicsegnewfutures.org.au or 0412 160 418



Berry Street runs the **Hume Early Years Family Violence (HEY FV) Project**. The HEY FV project works with adult-focused and early year's services to provide support through a face-to-face consultation. It focuses on family violence, child development, and parent-child relationships.

Contact Berry Street Head Office on 9450 4700



For more information please contact:
CfCHume@vt.uniting.org
(03) 9351 3600

Scan the QR code to join our Facebook group



Uniting VicTas' Communities for Children Hume Program is funded by the Australian Government Department of Social Services.



Communities for Children Hume

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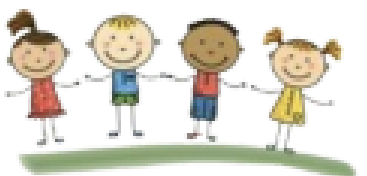


Join our Facebook community.

Stay up to date with the latest information from us and stay connected to your community.



Scan the QR code to join the Communities for Children Hume Facebook group.



Communities for Children Hume

Communities for Children is funded by the Australian Government Department of Social Services.

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Call 1800 186 815 for health information in your language

The **Multicultural Health Connect helpline** answers your questions about:

- ✓ Health concerns and symptoms
- ✓ COVID-19
- ✓ Health services
- ✓ Medicare
- ✓ Private health

Available 11:30am-8pm, 7 days a week

healthdirect



healthdirect

What is Multicultural Health Connect?
MHC is a **free helpline** that you can call to get health information and advice in your language from staff who understand your culture.

Who can use Multicultural Health Connect?

This service is for people of many cultures in Victoria who have questions about their health and who need information about health services.



**World
Wellness
Group**

You can call Multicultural Health Connect to:

- Find health services such as doctors, hospitals and community health centres
- Get health advice from a nurse
- Better understand Australia's health system, including Medicare and private health insurance
- Learn about COVID-19, including managing the disease, COVID-19 vaccines, isolation and close contacts

Call 1800 186 815 between 11:30am to 8pm, 7 days a week, including public holidays.

healthdirect

Need health information and advice
in your language?
Call Multicultural Health Connect



Website:



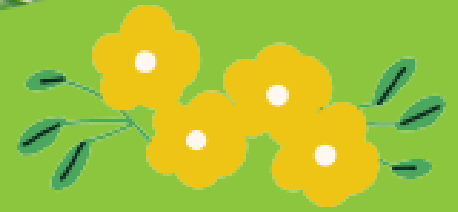
Contact Details

Email: mhc@worldwellnessgroup.org.au

Phone: 1800 186 815



**World
Wellness
Group**



SPRING SCHOOL HOLIDAY PROGRAM

TUESDAY 20 SEPTEMBER 2022:

Gardening Fun

Time: 10am — 12pm

Age: 10 — 14

Location: Craigieburn Youth Centre
59 Craigieburn Road, Craigieburn VIC 3064

Bookings are essential, limited spots available

Closed toed footwear required



WEDNESDAY 21 SEPTEMBER 2022:

Movies, Pizza & Trivia

Time: 2:30pm — 6:30pm

Age: 12 — 18

Location: Youth Central
33 - 37 Pearcedale Parade, Broadmeadows VIC 3047

Bookings preferable, walk ins welcome

THURSDAY 22 SEPTEMBER 2022:

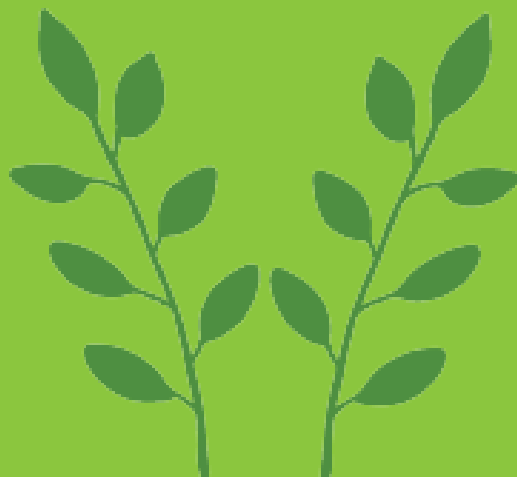
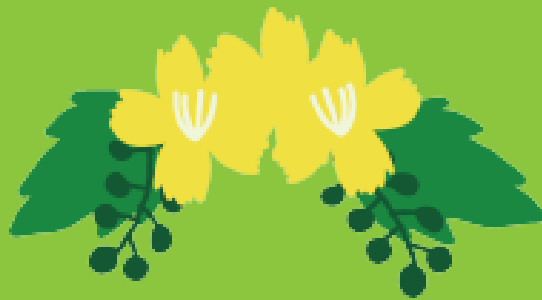
Navigating Government Services | 101 Life Hack Program

Time: 4pm — 6pm

Age: 16 — 24

Location: Sunbury Youth Centre
51 - 53 Evans Street, Sunbury VIC 3429

Bookings are essential, limited spots available



MONDAY 26 SEPTEMBER 2022:

Arts & Crafts - Youth Central

Time: 1pm — 4pm

Age: 12 — 18

Location: Youth Central
33 - 37 Pearcedale Parade, Broadmeadows VIC 3047

TUESDAY 27 SEPTEMBER 2022:

Arts & Crafts - Sunbury

Time: 1pm — 4pm

Age: 12 — 18

Location: Sunbury Youth Centre
51 - 53 Evans Street, Sunbury VIC 3429

Bookings preferable, walk ins welcome

WEDNESDAY 28 SEPTEMBER 2022:

E-Games Day

Time: 1pm — 4pm

Age: 12 — 18

Location: Sunbury Youth Centre
51 - 53 Evans Street, Sunbury VIC 3429

Bookings preferable, walk ins welcome

Local Industry Meet-up | 101 Life Hack Program

Time: 1pm — 4pm

Age: 15 — 24

Location: Youth Central
33 - 37 Pearcedale Parade, Broadmeadows VIC 3047

Bookings are essential, limited spots available

THURSDAY 29 SEPTEMBER 2022:

Gardening Fun

Time: 10am — 12pm

Age: 10 — 14

Location: Craigieburn Youth Centre
59 Craigieburn Road, Craigieburn VIC 3064

Bookings are essential, limited spots available

Closed toed footwear required

FRIDAY 30 SEPTEMBER 2022:

Mixed Sport

Time: 10am — 3pm

Age: 12 — 18

Location: Roxburgh Park Youth Centre
75 Lakeside Drive Roxburgh Park VIC 3064

Appropriate footwear required

Bookings preferable, walk ins welcome



SCAN ME!

