



Broadmeadows Women's Community House News

Term Two 2023

Welcome to the Broadmeadows Women's Community House Newsletter for Term 2, 2023

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 report for term 2 2023. Term 1 has literally flown by in a flurry of events and new groups at BWCH. A philanthropic donor has made possible our family fun day in house at BWCH on Tuesday 17 January, despite the heat. We had baby animals, face painting, craft activities, a coffee cart for the mums and a yoga retreat session in a separate space which proved hugely successful with teens who came along. As always there was plenty of food, with a Turkish feast, fresh summer fruits and icy poles. Great feedback from one little person was to have a magic show next time, which we'll certainly take on board! These donor funds have also enabled us to create a new project providing zoo memberships to families and a zoo excursion each holidays, which we're really excited about. We participated in Let's Connect at Meadows Community school hub, which was a fun day, despite the wind! After the great success of our winter clothing bazaar last year at BWCH, we ran a summer bazaar as well this term, with masses of really good quality clothing donated by community groups to support some of our most vulnerable families for men, women and children of all shapes and sizes! We are also excited about our new supported play groups (SPG) partnerships with local school and community hubs in Hume. We have spaces available in all play groups so please get in touch for referral details. We would like to thank Regen, our long term SPG partners in Broadmeadows and Craigieburn and wish them all the very best in their new initiatives in Merri-Bek and beyond. We have noticed some ongoing community reluctance to return to face to face groups, contrary to our expectations, with some groups cancelled due to low numbers. We have therefore continued to provide some online groups this year to best cater to a range of preferred modes of delivery and flexibility for families in the parenting space. Issues of concern for families seem to be, not surprisingly, focused on mental health, managing anxiety, school transitions, school refusal, bullying and racism. We have scheduled some single parent sessions based on these issues for next term. We also hope to run PBS Arabic and COS Arabic this year with community partners. Please see our term 2 timetable attached and contact womenshouse@anglicarevic.org.au or 9301 5250 for further information or to be added to our mailing list. Finally, wishing you all a peaceful break for Easter and Eid.

Warm regards

Helen Slonek

Team leader, BWCH and PZ Northern

Term 2, 2023 Timetable for BWCH Groups

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

Managing Anxiety (Kids)

Monday 15th May
10.30-12 pm
Online



Managing Screen Time

Monday 5th June
10.30-12 pm
Online

Routines

Monday 19th June
10.30-12 pm
Online



Out and About Seniors Group

Tuesdays
10.00- 1.00 pm

Ageing and Feeling Great Seniors Group

Thursdays
10.00 -1.00 pm



Holy Child Primary School Hub Supported Playgroup

Tuesdays
9.30-11.30 am

Meadows Primary School Hub Supported Playgroup

Thursdays
9.30-11.30 am



Supported Playgroups Hume LGA

Contact womenshouse@anglicarevic.org.au for further information.

Circle of Security- Arabic

Fridays
10-11.30 am
BWCH

Professional Networks

Northern Group Work Network (NGWN)

Welcome to term two 2023. In term one the BWCH convened the network onsite at the Broadmeadows Women's Community House after having hosted it online for a couple of years! On the 15th February we had our very own Danielle from our AV wellbeing team present to us on the importance of wellbeing in the workplace and shared informative resources that workers can access. It was wonderful seeing everybody face to face at the house with guests telling us that they really enjoyed the meeting and catching up with everyone. Our next meeting will be held on the 29th March with Berry Street presenting to us on their programs. Below are our network dates which all fall on a Wednesday.

2023 NETWORK DATES:

15th February

29th March

24th May

21st June

Annual NGWN Forum Wednesday 16th August

15th November

We look forward to continuing hosting the networks at the Women's House and some online meetings perhaps in the colder winter months. 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

Family & Relationship Skills Program Coordinator

Broadmeadows Women's Community House (BWCH)

Northern Parent Educator Network (NPEN)

Northern Parent Educators Network (NPEN) Update:

The Term 1 2023 NPEN meeting was held on Thursday 23rd February online. We were lucky enough to have two presenters. Chris De Paiva presented on Anglicare Victoria's new Energy Assistance Program. This was followed by Julie Graney from Darebin City Council presenting on the 'Bringing Up Great Kids- First 1000 days' pilot in Darebin. Thanks to both for fantastic presentations. 10 professionals attended and valuable program updates were shared with the group.

Thanks to all who attended. Big thanks to Catherine Hadlow for stepping in to chair the meeting, and as always thanks for the ParentZone North team for their contributions. Please stay tuned for further updates on our Term 2 NPEN meeting. To join the NPEN mailing list or for any NPEN enquiries please email parentzone.northern@anglicarevic.org.au

Jess Moran
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

The supported playgroups are run as a partnership between the school hubs in Hume LGA and Anglicare Victoria Broadmeadows Women's Community House to provide support for vulnerable families. Using the Mother Goose Model, we sing, tell stories, read books, play and share experiences to strengthen communication and parenting skills with our pre-schoolers aged 0-5 years of age.

**A Free, Safe,
Supportive and non-
judgmental
environment for
parents/carers and
pre-school children
aged 0-5 years.**

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

مجموعة الأمل للنساء

Towards Equality 2020 & Beyond Project

مكان آمن للتعلم، الدردشة، الإستمتاع بالوقت، الفائدة والتعرف على اشخاص جدد
مجموعة الأمل للنساء تستند على قيم المساواة بين الجنسين وسوف تمنحك
المهارات اللازمة لقيادة التغيير في مجتمعك



El Amal Women's Group

A safe space to learn, chat, laugh and meet new people
El Amal Women's Group is driven by values of gender equality and
will give you the skills to lead change in your community

Every Tuesday from 12.00pm-2.00pm

كل يوم ثلثاء من الساعة 12-2 ظهراً

At Kenley Court Neighbourhood House

18 Kenley Court, Meadow Heights 3047

Funded by the Australian Government Department of Social Services in collaboration with Uniting VIC Tas Communities for Children Hume Program



Uniting



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

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 group work model.

Contact Margarita Karamitros, Team Leader - Family Violence Therapeutic Team
margaritakaramitros@anglicarevic.org.au or 9301 5231



Anglicare
Victoria

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 Margarita Karamitros, Team Leader - Family Violence Therapeutic Team
margaritakaramitros@anglicarevic.org.au or 9301 5231



Banksia Gardens
Community Centre

Banksia Gardens Community Centre leads the **Towards Equality 2020 & Beyond**, supporting three grassroots organisations: Oorja Foundation (Indian women), Didi Bahini Samaj Victoria (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 Michael Mansour, Kenley Court Neighbourhood House Coordinator
michael_m@banksiagarndens.org.au or 0406 323 001



HUME
CITY COUNCIL

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

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 incorporates FSIP in Community Hubs, including Koorie Playgroup in Dulap Willum Hub Sunbury.

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



spectrum
Family Services

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 the Fathers Playgroup as part of FSIP.

Contact Spectrum Family Services 03 9977 9000



vicseg
New Futures

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 the Abecedarian Playgroup as part of FSIP.

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



BERRY STREET
CHILDREN'S SERVICES

Berry Street runs the **Hume Early Years Family Violence (HEYFV) Project**. The HEYFV 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 Northern 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

Uniting



Developed by the Australian Childhood Foundation, the Bringing Up Great Kids - First 1,000 Days program is targeted to people living in Darebin who are expecting their first child. Individuals, couples and non-birth parent/support persons are welcome to attend. The program focusses on building a strong understanding of infant development during pregnancy and gestation up to the age of two years. The program assists families to raise children mindfully and to establish the foundation for respectful relationships – from the start!

A partnership between Parentzone Northern and Darebin City Council.

This pilot program for Darebin expecting first-time parents and caregivers is a component of the 'Equal from the Start' Initiative in Darebin, which aims to promote gender equality through child-focussed, mindful parenting practices and respectful relationships in the community.

The program is delivered via seven two-hour sessions and is designed for people to attend all sessions.

- DATE:** Monday 24th April - 5th June 2023
(7 week program)
- TIME:** 4.00pm - 6.00pm
- WHERE:** Thornbury Early Years Centre
2A Raleigh Street, Thornbury.
- COST:** This session is free of charge but registration is essential
- BOOKINGS:** Bookings and enquiries to Parentzone Northern: 03 86418900 or Email: parentzone.northern@anglicarevic.org.au



PARENTZONE

Parenting toddlers' information session

Presented by: Anglicare ParentZone & City of Whittlesea Maternal Child and Health Team

This session aims to assist parents/carers to better understand their toddler's behaviour and sleep. Parents/carers will be provided with information on toddler development, and useful information and strategies to manage challenging but normal toddler behaviours and sleep needs.

Recommended for: parents/carers



When: Tuesday 2 May, 10am – 11.30am

Where: Kirrip Community Centre, 135 De Rossi Boulevard, Wollert East

Cost: Free

Bookings: Bookings are essential and must be done by 28 April 2023 via

www.trybooking.com/CDZRL

For more information: Contact Council's Education and Engagement Facilitator on **9404 8865** or email familytraining@whittlesea.vic.gov.au



City of
Whittlesea

whittlesea.vic.gov.au

131 450



Free telephone
interpreter service