



# Broadmeadows Women's Community House Term 2 2024



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# Team Leader Report

## Welcome to Term 2, 2024 - Team Leader's Report

The Broadmeadows Women's Community House (BWCH) team has been actively delivering various programs and services to the community. These include Mother-Goose supported playgroups, Chai & Chat Program, parenting programs, family violence groups, and seniors groups. In Term 1, we conducted a consultation with our seniors groups and decided to merge them into one group. Starting from Term 2, there will be a single seniors group, and community members interested in joining will need to go through 'My Aged Care' portal for registration. If you would like further clarification, please email women's house duty email below.

Additionally, the BWCH successfully organised Circle of Security and TIK parenting courses, which received positive feedback from the community. We are pleased to announce that our Mother Goose - SPLASH playgroup, focusing on outdoor and messy play, has been established with over 8 registered families from the Pakistani and Nepalese communities. Furthermore, the BWCH continues to host a mother goose playgroup at the house every Wednesday from 10-11 am, and we are currently accepting new referrals for this group.

We have maintained a strong working relationship with Hume City Council and actively participated in their events, such as Playgroup Week and the Hume Food Forum. In line with our commitment to supporting the community, the women's house will now provide emergency relief once per month for our clients. Moreover, we recently organised a successful International Women's Day event, which attracted over 40 attendees. The event included a short clip on the significance of the week, delicious food, art-making activities, and opportunities for networking and connecting with new people.

During the school holidays, the BWCH staff organised various activities, including a Cinema Day session at the local HOYTS in Broadmeadows, an excursion to the Collingwood Children's Farm, and a visit to the Ian Potter Foundation for our asylum seeker/refugee families. These programs have been greatly appreciated by our families, as they provide opportunities for them to spend quality time together. For information on upcoming school holiday programs, please contact our FARS Coordinator, Kelly Russell, via the women's house email.

Looking ahead to Term 2, we have exciting partnerships and programs planned. We will be delivering 4 Powering Future Choices sessions in partnership with Juno, specifically in the Arabic language. Referrals for these sessions are currently being accepted. Additionally, we are delighted to announce a Mother Goose supported playgroup in partnership with Sunbury Cobaw Community Health.

If you are interested in partnering with us regarding supported playgroups, please reach out to Kelly Russell, the Family & Relationship Skills Program (FARS) Coordinator via women's house email.

For your convenience, we have attached the Term 2 timetable. If you have any information that you would like to be included in our newsletter, please send it to [womenshouse.org.au](mailto:womenshouse.org.au).

Warm Regards,  
Bella Odicho

Team Leader  
Broadmeadows Women's Community House & ParentZone Northern



# Mother Goose Supported Playgroups

Broadmeadows Womens Community House deliver, Parent-Child Mother Goose an evidence-based program that strengthens attachment and interaction between parents or carers and their young children by introducing them to the pleasure and power of using rhymes, songs and stories together. Through the program, parents gain skills and confidence that help them create positive family patterns during their children's crucial early years. At the same time, children benefit from enjoyable, healthy early experiences with language and communication. Our specialist trained facilitators are multilingual in Urdu, Punjabi, Hindi, Saraiki and also English

When	Time	Location	Contact
Monday	9.30-11.30am	Broadmeadows Valley Primary School Hub	Womenshouse@anglicarevic.org.au
Tuesday	9.30-11.30am	Holy Child Supported Playgroup	Womenshouse@anglicarevic.org.au
Wednesday	9.30-10.15am	Little Steps, Broadmeadows Women's Community House	Womenshouse@anglicarevic.org.au
Wednesday	10am -11am	Sunbury Neighbourhood House (Community Centre)	Womenshouse@anglicarevic.org.au
Thursday	9.30-11.30am	Meadows Primary School Hub	Womenshouse@anglicarevic.org.au
Thursday	1.30pm-2.30pm	Meadows Primary School Hub	Womenshouse@anglicarevic.org.au





# Chai and Chat Individual Appointments

Broadmeadows Women's Community House offers Chai& Chat, the objective for our Chai and Chat is to support self-determination, reduce isolation and increase family and community capacity.

- Each Wednesday for a 45 min consult with one of our skilled professionals.

- Appointments can be conducted in languages other than English; including: Arabic, Assyrian/Chaldean, Hindi, Urdu, Punjabi or Saraiki.

During a consultation families are provided with service support, linked to groups (Supported Playgroups, Parenting education) , supported in the referral process or assisted with completing forms such as rental application's, resumes and creating online job seeking profiles

**Appointment Information:**

**To book: [Womenshouse@anglicarevic.org.au](mailto:Womenshouse@anglicarevic.org.au)**

**Appointment Time: 45 Minutes**

**Individual Booking Day: Wednesday's Only**

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# Anglicare Seniors Group

Broadmeadows Women's Community House hosts our vibrant Seniors Group, meeting once a week during the school terms.

Our group have both in-service information sessions, Peer to Peer Support, access to industry professionals along with group outings.

Requirements:  
Participants to be 65 + years of age

Wanting to know more?  
✉ [Womenshouse@anglicarevic.org.au](mailto:Womenshouse@anglicarevic.org.au)  
☎ (03) 9301- 5250

For registration - My Aged Care Portal

## Seniors Group:

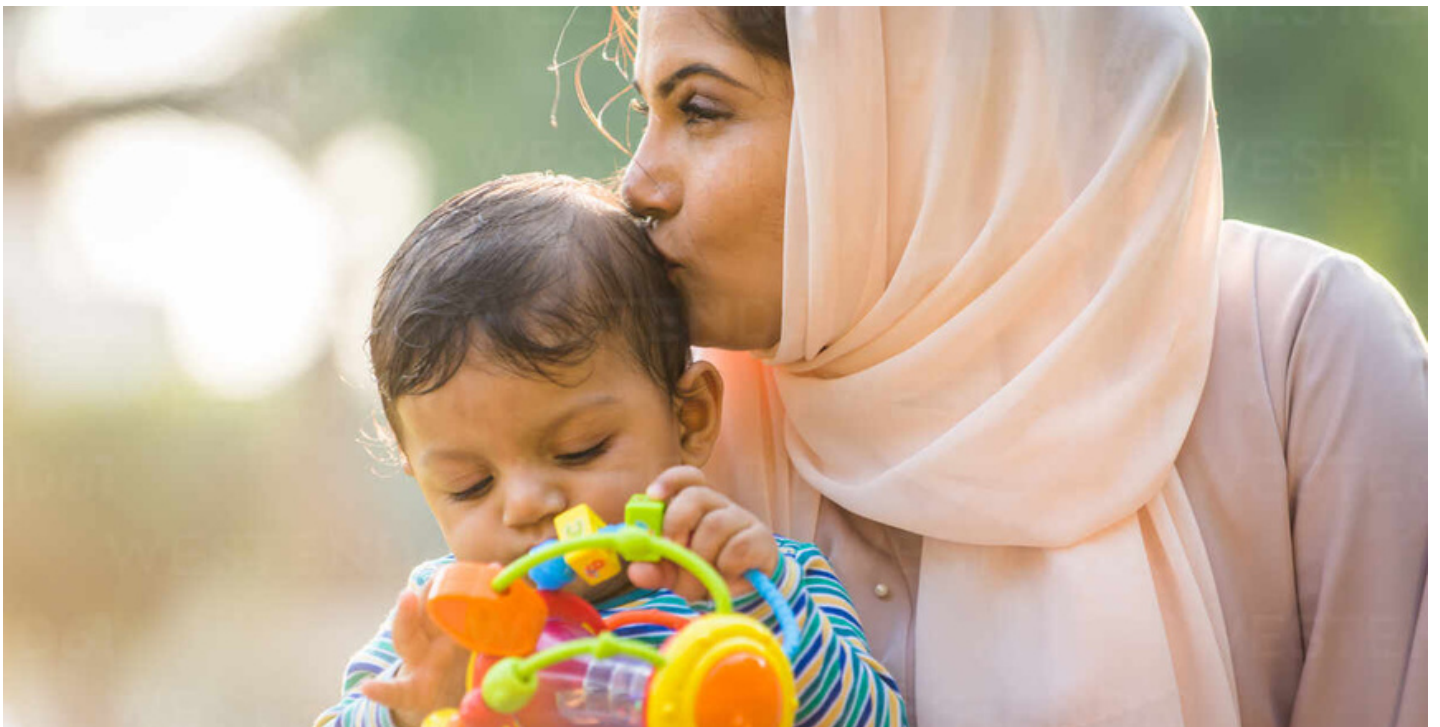
Where:  
Anglicare Victoria Broadmeadows - 32 Railway Crescent, Broadmeadows

When: Every Tuesday

Time: 10:00am - 1:00pm

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## Family Relationship Skills Program- Coordinator Report

Term One has been welcomed with excitement and Joy, celebrating amazing events such as International Women's Day, taking part in Hume's Playgroup week and provided a successful 7 week Summer Splash Mother Goose program in backyard of the house.

As a community we celebrated Eid and Easter with friends and family over the break. Many of you would have attended our school holiday programs, which took place at Collingwood Children's Farm and Ian Potter foundation garden.

We all enjoyed Kung Fu Panda for our cinema day.

This term we have our NEW Mother Goose Program located in Sunbury, please see our Playgroup Calendar for information.

Warm Regards  
Kelly Russell  
FARS Coordinator

### Important Dates to Remember:

#### Public Holidays

Anzac Day 25th April 2024  
King's Birthday 10th June

#### Term 2 2024 Dates:

Term 2 2024  
14th April 2024 - 28th June 2024



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# Northern Group Work Network

Anglicare Broadmeadows Women's Community House is the leading organisation in facilitation of the Northern Group Network.

Our network is made up of a mixture of both Face to Face and Online service gatherings.

Northern Group Work Network, includes a guest speaker from both local community organisations, state wide services and non-for profit organisations all in the sector of providing best outcomes for supporting families and children within the group work space.

Term 1 2024 We had our guest speaker. Jess Moran (Family Therapist and Social Worker) discussing 'Using an emotion focused approach in group facilitation'

## Northern Group Work Network Meetings: 2024

27th March 2024

22nd May 2024

19th June 2024

21st August 2024 - Annual Forum Event

15th November 2024

18th December 2024

If you would like to join our Northern Group Work Network please email:  
[Womenshouse@anglicarevic.org.au](mailto:Womenshouse@anglicarevic.org.au)

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## NPEN Meetings

The Term 1 2024 NPEN meeting was held on 14th March 2024 online via Zoom. Thank you to Bobby Lama from Whittlesea Community Connections for her presentation about the MultiService Coordinated Family Violence Response Project and the amazing support they are providing to women from Southeast Asian communities. Unfortunately, Tanya was not able to present this term due to work commitments so we look forward to having her present information about her program at Term 2 NPEN meeting. 15 professionals attended and shared valuable program updates. Thanks to all who attended. Term 2 NPEN meeting will be held on 30th May 2024 online via Zoom and flyer with information about presenter will be shared with NPEN members in April. Also, just a friendly reminder that NPEN is a great opportunity to network/information share, develop partnerships, find out about local services, community resources and connect with other professionals.

If you are interested in presenting or attending, please email [Roba.Elkadi@anglicarevic.org.au](mailto:Roba.Elkadi@anglicarevic.org.au)

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# Powering Future Choices

## Juno Workshops

Juno is running a series of community workshops at the BWCH for women and non-binary people to explore resources and choices that are important for future life.

BWCH is thrilled to be partnering with Juno to deliver 4 session workshops with practical information on options, planning ahead and supports available to reduce the risk of housing and financial stress, including the impacts of changing relationships later in life and your rights.

- Housing: This workshop will explore housing stress.
- Money: This workshop will look at the gender gap, superannuation, financial counselling
- Relationships: This workshop will explore relationship changes and breakdowns, unsafe relationships.
- Health and Wellbeing: This workshop will explore Health and Wellbeing

Wanting to know more?

✉ [Womenshouse@anglicarevic.org.au](mailto:Womenshouse@anglicarevic.org.au)

☎ (03) 9301- 5250



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# 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)

