



Broadmeadows Women's Community House

Term 4 2024

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Team Leader Report

Welcome to Term 4, 2024 - Team Leader's Report

Term 3 has been a busy time for the BWCH with Bella Odicho taking on an internal secondment role which myself stepping in as Acting Team Leader for The Broadmeadows Women's Community House (BWCH) and Parentzone team. Throughout this term our team at BWCH remained deeply engaged with our local community and community service providers

Our ongoing commitment to delivering evidence-based parenting programs, which include Circle of Security, tuning into Kids, Teens and Dads. Other programs include Parents Building Solution's, Baby and Me program and our CHSP Social Support group for residents aged 65 plus.

Our Mother Goose Parent-Child programs and our Evidence Based Parenting Programs, continued to thrive with the success of new and existing partnerships this is much thanks to our dedicated team.

Looking forward to Term 4, we have exciting new partnerships and programs that will be delivered in the Northern regions of Melbourne. With the exciting introduction of our home project and our new "Chai and Chat social support group.

We are pleased to announce that our team is expanding with 2 new staff members join us for term 4 , we are looking forward to a successful term 4 as we enter the end of the year.

Organisations interested in partnering with us for supported playgroups or who would like to include any updates or information in our newsletter please contact our Team.

For detailed information on all upcoming groups at BWCH, please contact womenshouse@anglicarevic.org.au

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Warm Regards,
Kelly Russell
Acting Team Leader, Broadmeadows Women's Community House & ParentZone Northern

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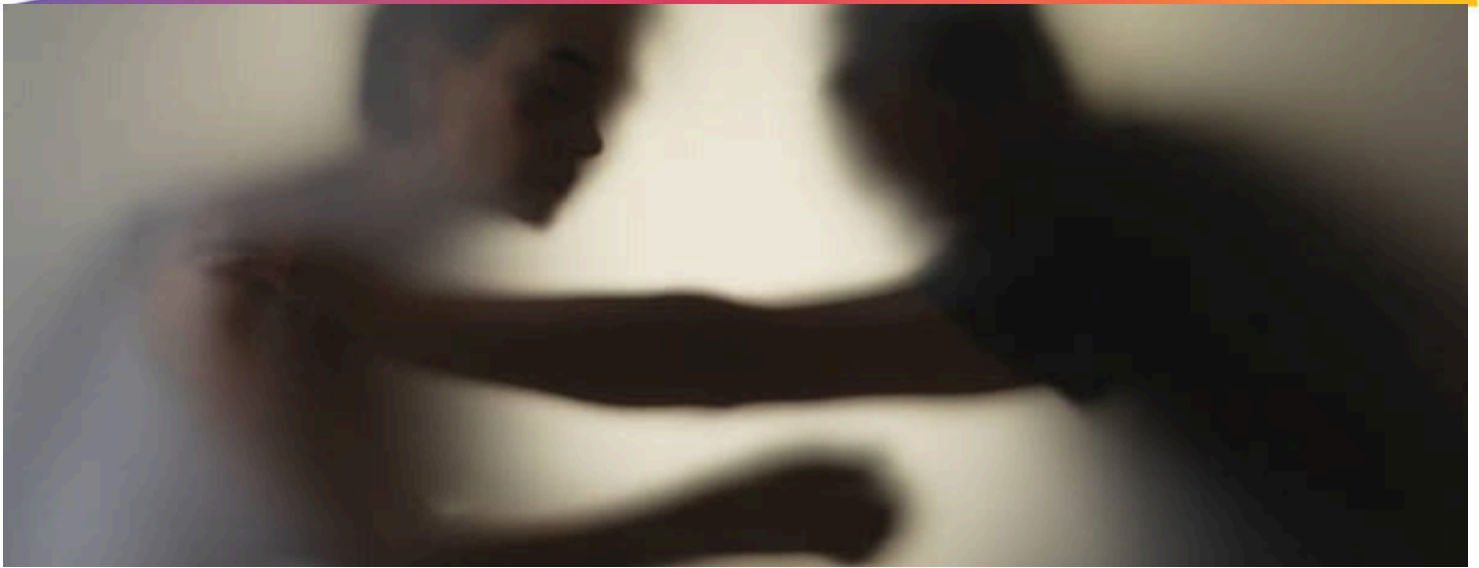


Mother Goose Supported Playgroups

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
Wednesday	10am -11.30am	Bridgehaven Salvation Army (Closed Group)	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



Breaking the Cycle

An 8 week group program aimed at supporting parents & carers to better respond to their adolescent's use of violence in the home:

- **Keep themselves and their children safe from violence.**
- **Reduce the likelihood of violence occurring, including physical violence, property damage, verbal abuse, threats of self harm and other forms of controlling behaviour.**
- **Improve communication and conflict resolution skills.**
- **Rebuild relationships between adolescents (11-20) who have used violence and their parents.**

The program is delivered by Anglicare Victoria's Hume Moreland Family Services Team and Broadmeadows Womens Community House

DATE: Tuesday 15th October -10th December

TIME: 10:00am - 12pm

WHERE: Online via Zoom

Who can attend?

The program is open to anybody providing parenting of adolescents including parents, immediate and extended family and friends and Foster Carers, regardless of their catchment area, including both metro and regional families.

Wanting to know More?

✉ Womenshouse@anglicarevic.org.au

☎ (03) 9301 5250





New Group Chai and Chat Social Support Group

Broadmeadows Women's Community House will be delivering a Chai and Chat Social Support Group in Term 4. We are excited to be offering this program to our local community in the aim of reducing community isolation and addressing the reported increase in aloneness felt in Australia.

The Chai and Chat Social Support Group will be coming to the Broadmeadows Women's community House in Term 4, the group will be held each Tuesday.

If you would like to know more about Our Chai and Chat social support group, feel free to contact us.

Wanting to know more?

✉ Womenshouse@anglicarevic.org.au
☎ (03) 9301- 5250

Chai and Chat Social Support Group

Where: Broadmeadow's Women's Community House

When: Every Tuesday

Dates: 8th October until 10th December 2024

Time: 1:30 PM to 3:00 PM



Anglicare Victoria 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

☎ (03) 9301- 5250

For registration - My Aged Care Portal

Where: Anglicare Victoria
Broadmeadows - 32 Railway Crescent,
Broadmeadows

When: Every Tuesday

Time: 10:00am - 1:00pm



Family Relationship Skills Program- Coordinator Report

Term 3 has been welcomed with joy and enthusiasm. We celebrated some amazing events such as women's Mental Health week and Father's Day in our supported playgroups. Our AV food Van's monthly visit to the women's House has been a great success supporting a large number of families.

Our upcoming holiday programs include an excursion to Healesville Sanctuary along with a day at the movie to watch "The Wild Robot". We are so excited about these events.

This term we are looking forward to the new online program Breaking the Cycle and our two new social support groups.

Warm Regards,
Tabinda Ali
Acting FARS coordinator

Important Dates to Remember:

Public Holidays

Melbourne Cup 5th November 2024

Term 4 2024 Dates:

7th October -20th December



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Northern Parenting Education Network

Parentzone Northern recently hosted our NPEN Annual Forum, focusing on "Infant, Child, and Adolescent Mental Health." We were fortunate to welcome five outstanding professionals dedicated to supporting the mental health and wellbeing of young people.

Presentations Overview:

- Barb Collard and Brittany Watson from the Austin Infant, Child and Youth Mental Health Service shared insights into their various teams, including the Community Engagement Team, Community Outreach Team, and inpatient services. Barb highlighted their holistic approach, while Brittany discussed her work in prenatal mental health and introduced the new Boobook Statewide Child and Family Centre, designed to support families alongside their children's mental health needs.
- Following a networking break, Lauren Turnbull and Helen Lambropoulos from the Department of Education presented the Mental Health Practitioner Initiative and the Respectful Relationships (RR) Program. Lauren emphasized how the initiative bolsters schools in promoting mental health awareness among staff. Helen shared inspiring stories and a video illustrating youth engagement in promoting respect and gender equality.
- Jessica Mitchell from Orygen Specialist Programs discussed how their services cater to the mental health needs of children and adolescents. After her presentation, all participants engaged in a collaborative discussion on a case study, brainstorming strategies to support the child in need.

Feedback and Future Plans:

The feedback from attendees was overwhelmingly positive, with 100% satisfaction and new learnings reported by participants. Ideas for future forums were also collected, which will guide our planning for 2025.

Thank you to all who participated and contributed to the success of this forum!

We are in the process of finalizing the speaker for Term 4 NPEN, and further details will be shared at the beginning of the term. A reminder that NPEN is dedicated to enhancing professional collaboration and knowledge sharing, making it an excellent platform for networking and learning about local services.

Professionals interested in attending or presenting at future NPEN meetings are encouraged to reach out to Roba Elkadi at Roba.Elkadi@anglicarevic.org.au.

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Northern Group Work Network

Anglicare Broadmeadows Women's Community House is the leading organisation in facilitation of the Northern Group Work 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, statewide services and non-for-profit organisations all in the sector of providing best outcomes for supporting families and children within the group workspace.

Wanting to Know more?

Please contact the Broadmeadows Women's Community House.

2024 Northern Group Work Network Meeting Dates:

Network Dates Term 4 2024

NGWN Meeting: 15th November 2024

NGWN: 12th December 2024

If you would like to join our Northern Group Work Network:

Please email:
Womenshouse@anglicarevic.org.au

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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)

