



# Broadmeadows Women's Community House

Term 1 2025

**BETTER  
TOMORROWS**



## Team Leader Report

### Welcome to Term 1, 2025 - Team Leader's Report

This year has been an incredible year full of intention, creativity, and building of new partnerships. Term 4 has been an incredibly busy and fulfilling term. The women's house would like to thank all the partners that have co-facilitated with us over the year. Your support to the women's house and the communities we work with is valued. This thanks is extended to Berry Street who co-locate with us at the house and also to KidsFirst who have also been using our space to deliver their incredible Connections group.

The women's house staff have been incredibly hard at work with delivering our Mother Goose Supported Playgroup Program across the northern region. We are also very excited and delighted that we are able to deliver 2 new groups under our FARS Program at the house; being our Chai & Chat Social Support Group and the HOME Project that is delivered in partnership with the Australian Muslim Women's Centre for Human Rights (AMWCHR). The HOME project with AMWCHR has been incredibly successful in both offering peer support and engaging the Palestinian, Iraqi and Syrian communities with local services.

Our FARS and ParentZone Northern programs continue to deliver parenting courses within the northern regions. Some of the programs on offer include Circle of Security, Tuning into Kids, Tuning into Teens, Parents Building Solutions, Bringing up Great Kids and Breaking the Cycle. We continue to grow our engagement with fathers in the Hume -Merri Bek areas by providing parenting courses aimed at dads.

We are proud to continue to deliver holiday programs to our communities which include excursions to HOYTS movies, Botanical gardens, Museums and zoos. Our holiday programs have engaged over 100 families within Hume, this means that we were able to provide additional support as needed.

The women's house are continue to be the supporting site for Anglicare's Emergency Relief Van every month. Having the van come out every month means more families with extra food on the table during this cost of living crisis.

Organisations interested in partnering with us for supported playgroups or parenting courses 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](mailto:womenshouse@anglicarevic.org.au)

Warm Regards,  
Bella Odicho  
Team Leader, Broadmeadows Women's Community House & ParentZone Northern

BETTER  
TOMORROWS



## Family Relationship Skills Program- Co-ordinator Report

Term 4 has been welcomed with joy and enthusiasm. We celebrated some amazing events such as the 16 days of activism against gender-based violence. This was incredibly well received and supported by our local communities. The new year is full of NEW Mother Goose programs, Parent Education programs and wonderful social support groups.

Our upcoming holiday programs include an excursion to HOYTS and our spectacular Family Fun Day that will be held at the women's house on 22nd January 2025.

Our Home Project has a new location at Mickleham North Community Centre and will be engaging in vibrant community activities, meeting new friends and gathering information on local services.

### Here are what our families are saying about our parenting programs:

'I'm realising everything isn't black and white. To get to the core issues we must observe and validate, even if we don't agree'

'My communication is a lot better than it was last year and I'm hopeful that will continue with the supports we are about to have in place'

'I am more open and honest to accept positive change. I understand my children's needs and their emotional behavior. I am more flexible, accommodating and assertive'.

Warm Regards,  
Kelly Russell  
FARS Coordinator



BETTER  
TOMORROWS



## 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. We are passionate about group work as an intervention and are privileged enough to witness the positive impact and growth in our families.

2025 Northern Group Work Network Meeting

Network Dates for 2025:

Tuesday 11th March 9.30-11.00am

Tuesday 27th May 9.30am -11.00am

Annual Forum - Wednesday 6th August 10.00-12.00pm

Tuesday 16th September 9.30-11.00am

Tuesday 18th November 9.30-11.00am

For guest speaker opportunities or to join our network please contact the Broadmeadows Women's Community House on [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)

Kelly Russell  
FARS Coordinator

BETTER  
TOMORROWS



## 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
Wednesday 12th Feb-2nd April 2025	9.30-11.30 am	St Dominic's Primary School Hub, 408 Camp Rd Broadmeadows
Wednesday 12th March-2nd April 2025	10-12.30 pm	Olivine Community Pavillion (4 Week Program)
Thursday 6th Feb-3rd April 2025	9.30-11.30am	Meadow Heights Primary School Hub, 46-62 Paringa Blvd, Meadow Heights
Thursday 6th Feb- 27th March 2025	1.30pm-2.30pm	Meadows Primary School Hub, 41 Gerbert St, Broadmeadows

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

BETTER  
TOMORROWS



## Anglicare Victoria Seniors Group

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

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?

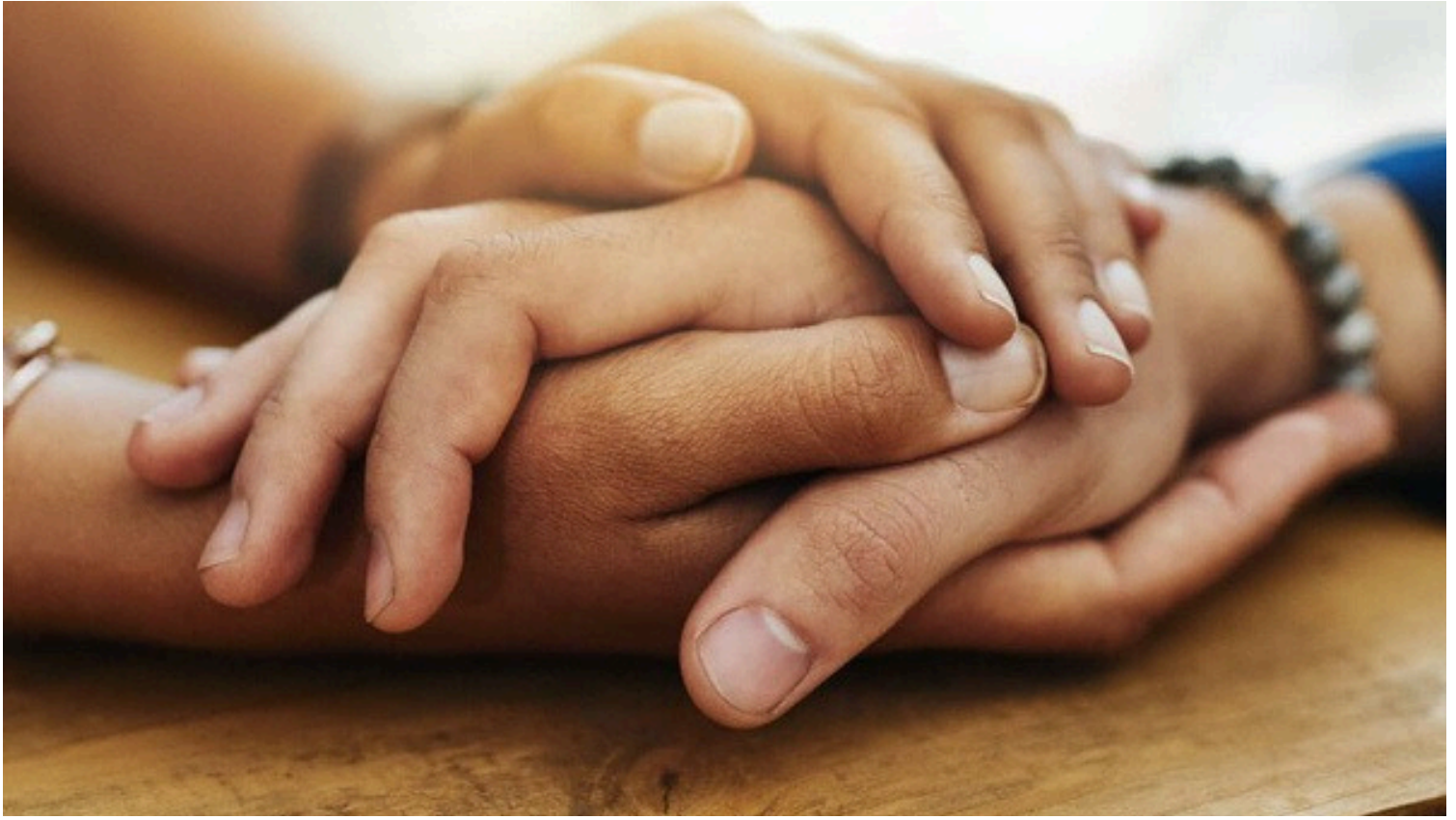
✉ [Womenshouse@anglicarevic.org.au](mailto:Womenshouse@anglicarevic.org.au)  
☎ (03) 9301- 5250

For registration - My Aged Care Portal

**Date:** 28th Jan- 15th April 2025

**Time:** 10:00am - 1:00pm

**Where:** 32 Railway Crescent,  
Broadmeadows (Anglicare Victoria)



## The HOME Project

Broadmeadows Women's Community House are delighted to be working in partnership with Australian Muslim Women's Centre for Human Rights to support newly arrived Palestinian, Muslim migrant, refugee and Asylum seeker women.

- Increase your sense of belonging, skills and confidence by engaging with community
- Increase knowledge of self, family and community advocacy
- Explore how we can support you to access services and community activities
- Build your sense of wellbeing while having fun and practicing self-care through music, art and movement therapies.

Transport is provided for participants residing in Hume City Council if required .

**DATE:** Wednesday 6th February -  
27th March  
2025

**TIME:** 10:00- 12:00pm  
(refreshments provided)

**WHERE:** Mickleham North Community Centre

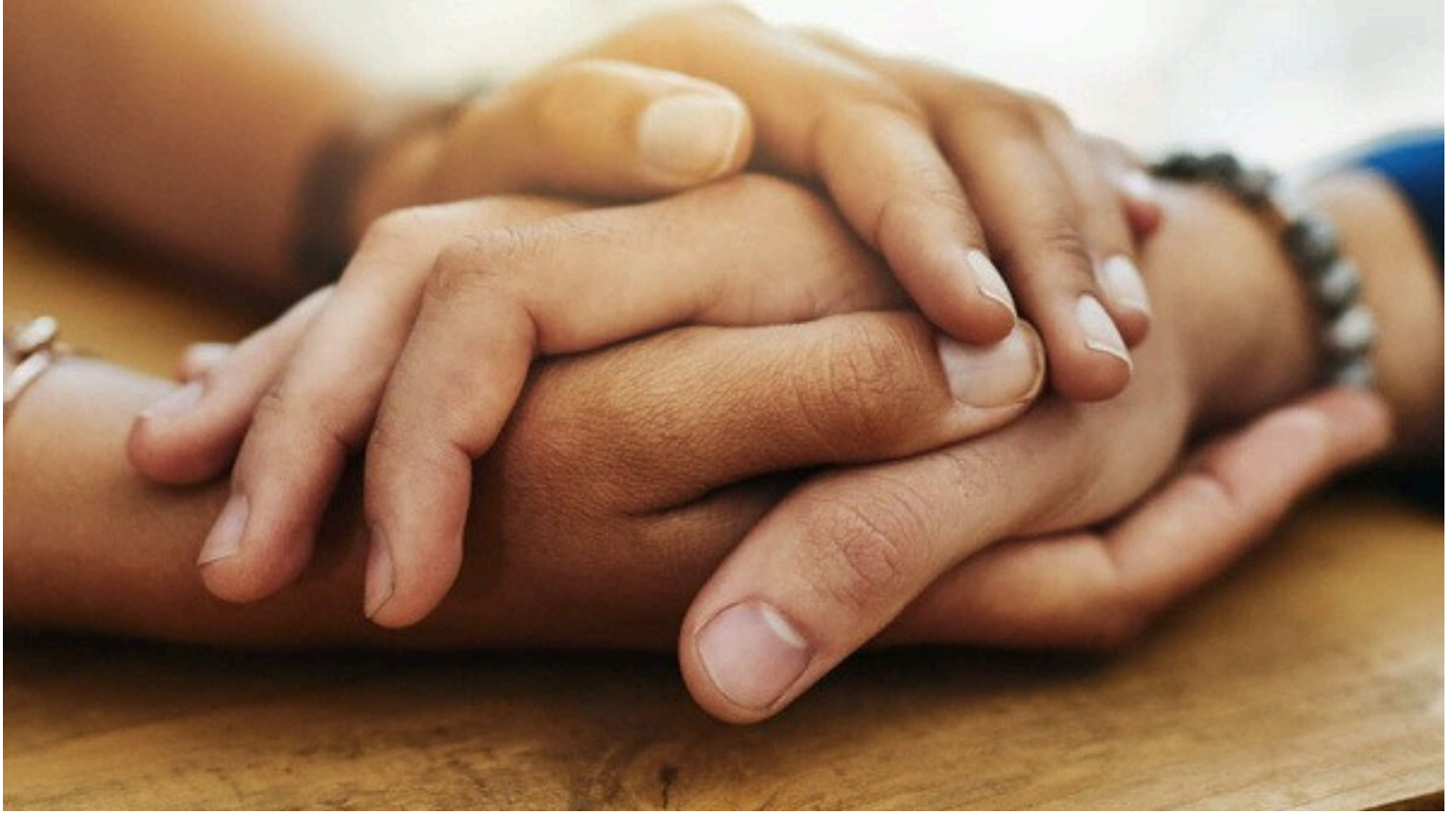
For bookings & enquiries contact:  
Roba Elkadi on 9309 5273 or email  
[Roba.Elkadi@anglicarevic.org.au](mailto:Roba.Elkadi@anglicarevic.org.au)



Australian Muslim Women's  
Centre for Human Rights  
*Equality without Exception*



Australian Government



## مشروع المنزل

يسعدنا في مركز مجتمع النساء في برودميدوز أن نعمل بالشراكة مع المركز الأسترالي للمرأة المسلمة لحقوق الإنسان لدعم النساء الفلسطينيات والمهاجرات المسلمات واللاجئات وطالبات اللجوء.

- توسيع شعورك بالانتماء والمهارات والثقة من خلال المشاركة مع المجتمع
- توسيع المعرفة بالدفاع عن الذات والأسرة والمجتمع
- اكتشاف كيف يمكننا دعمك للوصول إلى الخدمات والأنشطة المجتمعية
- بناء الشعور بالرفاهية أثناء الاستمتاع وممارسة الرعاية الذاتية من خلال العلاج بالموسيقى والفن والحركة

**تاريخ:** الخميس 6 فبراير - 27 آذار 2025

**وقت:** 10:00 صباحاً - 12:00 ظهراً  
(سيتم تقديم الوجبات الخفيفة)

**المكان:** Mickleham North Community Centre

يتم توفير النقل للمشاركين المقيمين في مجلس مدينة هيوم إذا لزم الأمر.

للحجز والاستفسارات، يرجى الاتصال بـ:  
روبا القاضي على 93015273 أو البريد الإلكتروني  
[Roba.Elkadi@anglicarevic.org.au](mailto:Roba.Elkadi@anglicarevic.org.au)



Australian Muslim Women's  
Centre for Human Rights  
Equality without Exception



Australian Government





New Members  
Welcome!

## Chai and Chat Women's Social Support Group

Broadmeadows Women's Community House is excited to be continuing Chai & Chat - a free social support group for women in the Hume & Merri-bek areas.

Come and join us for social connection, fun activities, and morning tea!

Scan the QR code to register



**DATES:** Weekly on Tues, 11th Feb - 1st April 2025

**TIME:** 10am -12:00pm - Morning Tea & Chai provided

**WHERE:** 2 Hadfield Court, Broadmeadows Vic 3047  
(Broadmeadows Women's Community House)

**Want to know more?**

Call or email us:

womenshouse@anglicarevic.org.au

ph: 03 9301 5250

Anglicare Victoria acknowledges Aboriginal people as the traditional custodians of the land on which we operate. We commit to working respectfully to honour their ongoing cultural and spiritual connections to this country.

# 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)





## **Ask Izzy - Online Support Resource**

**Ask Izzy helps you find support, now and nearby**

**Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more.**

**It is free and anonymous, with thousands of services listed across Australia.**

**And if you're on the Telstra or Vodafone mobile networks, you can access Ask Izzy on your phone even if you don't have credit or access to wifi.**

**With Ask Izzy, you can find thousands of support services across Australia right at your fingertips.**

**Visit [askizzy.org.au](http://askizzy.org.au) to start your search.**