



# Broadmeadows Women's Community House

Term 2 2025

**BETTER  
TOMORROWS**





## Team Leader Report

### Welcome to Term 2, 2025 - Team Leader's Report

The women's house team has been diligently delivering a diverse array of programs and services aimed at enhancing community well-being. Our initiatives include the Mother-Goose supported playgroups, the Chai & Chat Social Support Program, parenting programs, family violence support groups, and groups tailored for seniors.

The Women's House is committed to fostering strong partnerships within the North Metro area, expanding our outreach to the City of Whittlesea and Merri-Bek City Council. We are pleased that we will be delivering a Mother Goose Supported Playgroup in Donnybrook which is a first for our team and the wider Hume Community.

A cornerstone of our efforts is the AV Food Van, which has proven to be an invaluable resource for our most vulnerable community members, particularly during these challenging economic times. This program exemplifies our commitment to community development principles by addressing immediate needs while fostering resilience among those we serve.

Our partnership with Berry Street continues to flourish, and I am pleased to announce that they will maintain their co-location at the house until June 2026. The highly skilled and knowledgeable staff from Berry Street provide essential support through consultations and training to our staff.

Additionally, we are pleased to host the Kids First NHARP groups at our site. It has been wonderful getting to know the team and has allowed for meaningful connections with us. We look forward to future collaborations within the group work space, which align with our overarching goals of empowerment, support and commitment to enhancing the lives of the most vulnerable.

If you have any information that you would like to be included in our newsletter or to be part of the Northern Group Work Network meetings we convene please email [womenshouse.org.au](mailto:womenshouse.org.au).

**Bella Odicho**

**Team Leader**

**Broadmeadows Women's Community House & ParentZone Northern**

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## Family Relationship Skills Program- Co-ordinator Report

What a wonderful start to the year the Broadmeadows Women's Community House has had. The year started with our annual Family Fun Day which saw families enjoy face painting, animal farms, local food and an ice cream cart. The day was filled with activities such as music, art and craft, outside play and laughter.

It was wonderful to reconnect with families and friends at this event and start our new year in such a fun way.

Term 1 has seen us working in partnerships with our local school Community Hubs to deliver our Mother Goose program for our families in HUME, it has been a great opportunity to meet new families and share the joy of songs and stories.

We have also been busy delivering our parenting programs and social support groups which is always exciting and offer a sense of community connection to both individuals and families.

Our Chai and Chat social support group is delivered on Tuesday morning at the Broadmeadow's women's Community House, we are currently seeking new members. This group is focused on supporting women's wellbeing and connection through Arts and Crafts. The group is also being supported by guest speakers from the water-well project this term the discussion will be Mental health and Wellbeing.

We are looking forward to our Circle of Security Program that will be taking place online in Term 2 along with our Successful Mother Goose Programs.

All our groups are FREE and we always welcome new members, If you would like to find out more or would like to join one of our programs please contact us on [womenshouse@anglicarevic.gov.au](mailto:womenshouse@anglicarevic.gov.au) or call 9301 5250

Warm Regards,  
**Kelly Russell**  
FARS Coordinator



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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. 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 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

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## Mother Goose Supported Playgroups

Broadmeadows Women's 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 Arabic, Urdu, Punjabi, Hindi, Saraiki and also English

When	Time	Location
Tuesday 22nd April -24th June 2025	9.30-11.00am	Roxbury Park Primary School 7/21 Almands Ave, Roxbury Park
Wednesday 30 <sup>th</sup> April - 2 <sup>nd</sup> July 2025	1pm-2.30pm	St Domic's Primary School, 408 Camp Rd. Broadmeadows
Wednesday 23 <sup>rd</sup> April -18 <sup>th</sup> June 2025	9.30-11.30am	Meadow Heights Primary School
Thursday 29 <sup>th</sup> April - 24 <sup>th</sup> June	9.30-11.30am	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

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## Circle of Security Parenting- Dads

**This program is designed to help fathers to understand their child's behaviour and to build and strengthen a secure relationship with their child.**

Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness and an increased capacity to handle emotions more effectively when compared with children who are not secure.

**DATE:** Thursday 1st May - 12th June 2025  
(8 Week Program)

**TIME:** 6.00pm - 8.00pm

**WHERE:** Online

**COST:** This session is free of charge but registration is essential

**For Bookings and Enquiries:** ParentZone  
Northern 03 8641 8900 or email  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



City of  
Whittlesea

# PARENTZONE





## 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 and must be registered with My Aged Care.

Wanting to know more?

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

☎ (03) 9301- 5250

For registration - My Aged Care Portal

**Date:** Tuesday 24th April -17th July

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

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



## Circle of Security (Online)

**This program is delivered in partnership with the Anglicare Victoria Dolphin Program**

Circle of Security is a relationship based early intervention program that explores how parents/carers can enhance their attachment with their children.

The program is designed to help parents to understand their child's behaviour and secure to build and strengthen a relationship with them.

**Recommended for young parents/carers of children aged 0-12 yrs.**

**DATE:** Mondays  
28th April - 23rd June 2025

**TIME:** 10.00 am - 12.00pm

**WHERE:** Online Via Zoom

**COST:** Free

Registration essential- Please contact Broadmeadows Women's Community House on [womenshouse@anglicarevic.org.au](mailto:womenshouse@anglicarevic.org.au)



Australian Government  
Department of Social Services





## Chai and Chat

### Community 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!

**DATES:** Tuesdays

**TIME:** 10am -12:00pm

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

Scan the QR code to register



**Want to know more?**

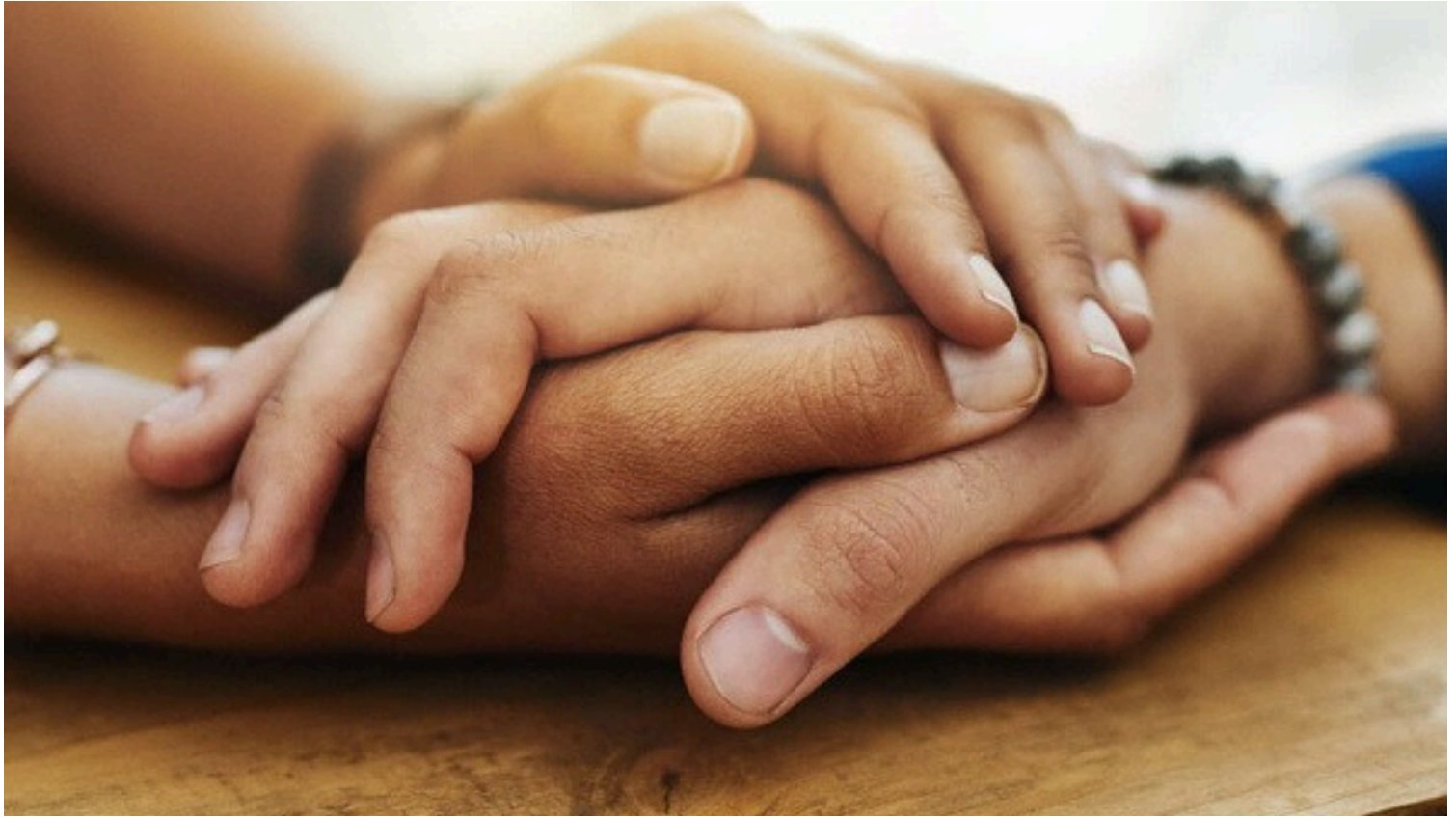
Call or email us:

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.



## 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:** 1<sup>st</sup> May -26<sup>th</sup> June  
Thursday

**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*







## 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 طالبات 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



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





## **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.**



## 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)