

DECEMBER 2019

Doctors

• Dr Hall – Tuesday 3rd

Dr Chandan- 5th, 10th

• Dr Hedgland – Thursday
19th

Inside Newsletter

Individual Highlights:

Birthdays	2
Emergency numbers	3
Playgroup	4-5
HACC/CHSP	6-10
Mosquito season	11
Measles	12
Mental health	13-14
Aquazone	15
Sudoku puzzles	16-17
Crossword	18
Calendar	19
Feedback	20



Birthdays

Wirann Ugle Hagan	1 st
Billy McGuinness	1 st
Kylie Harradine	1 st
Grant McKenzie	2 nd
Jessie Chatfield	4 th
Crystal Litster	6 th
Aliera Harrison	10 th
Louise Wackett	11 th
Isabella Harradine	11 th
Allie Clarke	12 th
Natasha McGuinness	13 th
Lionel Chatfield	15 th
Ty Clarke	16 th
Deirdre Hart	21 st
Casey Harradine	22 nd
Skye Litster-Henry	22 nd
Karina Fitzgerald	23 rd
Travis Harradine	23 rd
Trudy Clark	25 th
Brian Davis	25 th
Samuel Ginter	26 th
Matt Morrison	27 th
Teneshia Harradine	28 th
Danny Chatfield	29 th
Jamie-lee Leslie	30 th
Shayla Chatfield	31 st



Community Notices

The Kirrae Health Service exists in order to Service the physical, mental and emotional health needs of the Framlingham Aboriginal Community in a manner that is effective, Culturally sensitive and acceptable to the Community.

What services do we provide?

- Primary health care services such as
- Assessment of health needs of the individual and the Community, and care of everyday health needs.
- Assistance to access specialised health care services at other places.
- Health promotion activities.
- Community playgroup.
- Programs to help families to support each other.
- Chronic disease prevention and management programs.
- In-home HACC services to assist elders live comfortably within their Community.

Remember to let the Reception know of any outside appointments as we need to let the health team know so they can transport you. Thanks

Walking Group

Tuesdays & Thursday 2pm @ Kirrae



Kirrae Health Service will be closed from the **24th** December and re-open on the **6th** January

Emergency numbers

In an emergency dial 000 to access Fire, Police or Ambulance

Council (business hours)

8.30am – 5pm Mon-Fri
Phone: (03) 5559 4800

Council (after hours)

Call 5559 4800, follow prompts to leave message or to talk to our call centre about:

- traffic hazards.
- safety hazards.
- stormwater drainage
- stock on roads
- stray dogs
- dog attacks

Hazards on designated highways (Caramut Road, Mortlake Road and Raglan Parade) are the responsibility of VicRoads.

[VicRoads](#): 131 170

State Emergency Services ([SES](#))

Flood & Storm Emergency – 132 500

[Current Emergency Information](#)

Water

[Wannon Water Authority](#)

Phone: 1300 926 666

Injured Wildlife

Phone: 13 000 94535

[DEWLP](#) hotline: 136186

RSPCA

[RSPCA – Warrnambool Branch](#)

Phone: (03) 5561 2591

RSPCA after hours

Phone: (03) 9224 2222





FEVER

A temperature of 100.4 or higher is considered a fever and your child should stay home.



MILD COLD

If there's no fever and the runny nose and cough isn't continuous, send them to

Playgroup

TODAY
Parenting
team
sponsored by
Johnson's



BAD COLD

If the cough doesn't improve after 4-5 days or there's trouble breathing, keep him home and see your doctor.

How to know if your child is TOO SICK for

Playgroup

SORE THROAT

Minor sore throat usually isn't a problem and may just be part of a cold, virus or even irritation.



VOMITING & DIARRHEA

If your child is vomiting or having diarrhea, they shouldn't be in

Playgroup



EYE TROUBLE

If your child has goopy, colored eye discharge check with your pediatrician before sending him to

Playgroup



RASH

If the rash isn't bothering your child and he has no other symptoms, it's OK to send him to

Playgroup

Source Dr. Tanya Altmann

HACC/CHSP

Dates for December 2019

3rd December -

**Social Support Lunch @ Warrnambool
Football Club – 12pm**

10th December -

Christmas Lunch @ Kirrae – 12pm

12th December -

Bingo @ Kirrae – 11pm to 2pm





Community Christmas Lunch

You are all welcome to come and attend our
Kirrae Health Service 2019
Community Christmas Lunch

Date: 10th December 2019

Time: 12pm

We will be having a Christmas feast which
will include
Roast meat, veggies and desserts.

Zoodle bolognaise

Ingredients

5 zucchinis (spirals) – to make Zucchini spirals use a zucchini spiralizer or Buy Zucchini “spaghetti” ready made from the supermarket.

6 carrots (Grated)

2 onions (Diced)

2 kilos beef mince

2 bags baby spinach

1 half Kent pumpkins (Small Cubes)

1 bags tasty cheese shredded

2 jars pasta sauce

Coconut oil



Method

1. Cut pumpkin into small cubes, put into an oven proof dish drizzle over some coconut oil and cook in the oven until soft and brown. Preheat oven to 200°C /180°C fan-forced and bake for 40 minutes or until pumpkin is golden and tender.
2. Put mince and onion into a frying pan and cook until brown.
3. Once the pumpkin is cooked put into the frying pan with the mince, then add the spinach, carrot and pasta sauce and simmer until sauce is hot.
4. While everything is simmering away, make the zucchini spirals.
5. Put a scoop of the zucchini spirals into a bowl and then a spoon full of the meat onto and serve.
6. You can add shredded cheese to your liking when serving.

Chicken sushi bowls

Ingredients

4 chicken breasts
2 cucumbers (cubes)
1 brown rice
1 bunches spring onion (diced)
2 punnets cherry tomatoes (sliced in Half)
Vegetta (1 tablespoon)
Garlic diced (1 tablespoon)
Paprika (1 tablespoon)
Coconut oil (1 tablespoon)

Method

1. Put the chicken into an oven proof dish, sprinkle the garlic, paprika, vegetta, salt & pepper and coconut oil over the chicken.
2. Preheat oven to 180°C/350°F fan forced, cover the oven proof dish with foil and cook for ½ hour or until cooked.
3. Cook your brown rice by following the directions on the packet
4. Once the chicken is cooked, remove from the dish and shred with 2 forks.
5. Cut up the cucumber into cubes, dice the onion and cut tomatoes in half.
6. To serve put some rice into a bowl, add the cucumber, tomatoes, onion and chicken.

Shredded lettuce chicken cups

Ingredients

- 4 chicken breast
- 2 jars thousand island sauce
- 2 bags coleslaw mix
- 2 bottles coleslaw dressing
- 3 cos cos lettuce



Method

1. Preheat oven to 180°C/350°F fan forced,
2. Put the chicken breast into an oven proof dish, pour thousand island sauce over chicken. Cover the oven proof dish with foil and cook for ½ hour or until cooked.
3. Once chicken is cooked tear apart with two forks and let it absorb all sauce in dish.
4. Make coleslaw in a bowl and set aside until ready to serve
5. Line a bowl with 2 cos lettuce leaves and topped with coleslaw and chicken.

Preparing Victorians for the mosquito season

Frequently asked questions



Is this a normal season for mosquitoes in Victoria?

Recent heavy rainfall across the state has led to ideal breeding conditions for mosquitoes. Current and predicted weather conditions, particularly in the northern part of the state, suggest that high numbers of mosquitoes that can spread disease will continue over the summer months.

What is the Victorian Government doing to improve mosquito control in Victoria?

Since 1974, the Victorian Government has worked with other agencies including selected local governments to deliver an integrated mosquito management program. This includes surveillance activities to monitor mosquito numbers and to test mosquitoes for viruses, investigations of infections of mosquito-borne diseases in humans, and community education to reduce mosquito bites. A final and important measure has been control of mosquitoes in selected council areas where mosquitoes are of particular concern.

In response to the recent floods and the increased mosquito numbers being observed, the Victorian Government has announced a significant enhancement of these annual activities to control the impact of mosquitoes on people.

These enhancements include:

- Increased flocks of sentinel chickens across Western, Central and Northern Victoria to detect early signs of mosquito-borne disease.
- Expanded mosquito surveillance and control, including in twelve new councils, to reduce mosquito breeding.
- A new app and web portal for selected councils to monitor mosquito hot-spots and provide a real time picture of their mosquito breeding sites, numbers and controls undertaken.
- Faster testing of trapped mosquitoes for diseases including Ross River virus and Murray Valley encephalitis virus using cutting edge techniques.
- Investigating early signs of disease by detailed review of the cause of illness in certain sick horses.
- Increased community information through the 'Beat the Bite' campaign to ensure all residents and visitors know how to protect themselves and those in their care from mosquito bites.

How are councils being supported to reduce mosquito numbers?

The Victorian Government is delivering a comprehensive package valued at \$4.6 million in collaboration with seventeen higher risk councils this summer. In addition, the Victorian Government will support councils by providing advice and scientific services to help councils expand and extend their existing programs, or to implement new surveillance and control activities where needed.

This package provides support to councils to control mosquito breeding and biting, reducing the potential impact of mosquito-borne diseases on the community.

Fewer mosquitoes will also make summer more enjoyable for residents and visitors to Victoria.

Which councils have been funded?

The Victorian Government's Arbovirus Disease Control Program routinely provides funding to nine councils. Seven of these councils are now receiving additional funding, together with ten new councils. They are:

- Buloke
- Campaspe
- Gannawarra
- Greater Bendigo
- Greater Shepparton
- Hindmarsh
- Horsham
- Indigo
- Loddon
- Mildura
- Moira
- Mount Alexander
- Northern Grampians
- Swan Hill
- Wangaratta
- West Wimmera
- Wodonga
- Yarriambiack



Health
and Human
Services

MEASLES ARE OUT AND ABOUT

Measles is spread by contact with infected people's body fluids. It is a serious disease because it can lead to:

- pneumonia and other infections of the airways
- swelling of the brain (encephalitis), which can cause a brain injury
- infection of the middle ear
- adverse effects on pregnant women and their babies
- death

Symptoms

- fever
- generally feeling unwell
- tiredness
- runny nose
- dry cough
- sore, red eyes (conjunctivitis)
- red rash.

Symptoms usually start about 10 to 12 days after catching the virus, and last for about 14 days. The rash often starts on the face or hairline, and spreads to the rest of the body quickly. The rash is not itchy, and disappears after about 1 week.

How it spreads

Measles spreads:

- when an infected person coughs or sneezes, and you breathe it in
- by direct contact with fluid from a person's coughs or sneezes
- when you touch something that has the measles virus on it, then touch your own nose or mouth.

Measles is so contagious that around 9 out of 10 people who come in contact with the virus and are not immunised will get measles. Measles spreads easily through families, workplaces, childcare centres and schools.

If you have measles, you can help stop the disease spreading by:

- staying away from childcare, school, work or other places where you could spread the infection — your doctor will tell you when you are no longer infectious.
-

Looking after yourself:

This may sound simple, but it can be the hardest to put into practice. Looking after yourself can include getting enough sleep, eating well and exercising regularly.

Take advantage of Kirrae's Free Gym and Swim membership at [aquazone](#) when you have your annual health check!

Have a routine!

One of the easiest things to do over the holidays is lose track of your daily routine, it is easy to stay in bed or watch T.V, but it is important to keep up with your daily needs

This can include going for walks, cooking meals each night or making time to see friends and family.

Checklists!

Sometimes it feels like there aren't enough hours in the day and we are left wondering **"What have I done today"**

Checklists can be a great way for someone to take a break at the end of the day and write a list of all the things they did.

Example; showering, cooking breakfast, playing with the kids or cleaning.

These are things that can take up lots of our time without realising it, but will assist in maintaining a

...

Talk to someone you trust:

The holidays can be a stressful time of the year, when things become too much, it is ok to take some time apart from others and sit down with a person you trust.

Take time to learn what you find stressful or upsetting. It can be important to talk these feelings through with someone that you trust, this can offer a fresh perspective and allow you to look at a situation differently

Tips To Boost Your Mental Health Over The Holidays!

Try and enjoy at least 15 minutes of sunlight each day!

Take advantage of the Holiday season to see friends and family that you may have lost touch with over the year

Take a 30 minute walk each day or take advantage of Kirrae's Free Gym and Swim at **Aqua zone** with every Health Check!

Take some time without electronics, including your phone and all social media apps

Show love to the people in your life who deserve it. There is no right or wrong way to show someone how much you care about them

Let the people most important to you know what they mean to you by making time to sit with them and express your feelings of love and thanks

Spend an afternoon playing with your pets! Go to the park with your dogs or play at home with your cats.
Whatever works best for you!

Explore your own town! Sometimes people become so absorbed in what they know, they forget to explore. Warrnambool has many wonderful places to spend a few hours, such as the beach, lake patrobe, Logan's whales or the breakwater walk

Take time to relax on your own at least once a week, this can include sitting with a book, having a bath or taking advantage of Kirrae's Free access to the mineral spa with every health Check!

Colouring has become increasingly popular with adults and has been proven as a great way to relax and reduce stress

Do something that makes YOU happy!
We don't always need to do something new and different to feel good.
Find what works for YOU and focus on the positives as much as possible!

DANCE!
Dancing releases endorphins, the body's natural 'feel good' chemical, and reduces levels of cortisol, the body's stress hormone.
Dancing can be done alone at home or on a night out with friends

Aqua zone

• Centre & Indoor Pools Opening Hours

Monday - Thursday	6am - 9pm
Friday	6am - 7pm
Saturday and Sunday	7am - 6pm

Please remember you MUST have a current health assessment for your name to be on the list so you can enter and swim for free

Outdoor Pool opening hours

Dates of Operation for Summer School Holidays

21st Dec 2019 to 26th Jan 2020

Hours of Operation

Monday and Wednesday	6am - 7.30pm
Tuesday, Thursday, Friday	6am - 7pm
Saturday and Sunday	7am - 6pm

Dates of Operation Outside School Holidays

9th Nov 2019 to 20th Dec 2019

27th Jan to 9th March 2020

Hours of Operation

Monday and Wednesday	6am - 1pm & 4pm - 7.30pm
Tuesday, Thursday, Friday	6am - 1pm & 4pm - 7pm
Saturday and Sunday	7am - 6pm

Public Holiday Opening Hours

- Learn to Swim classes are suspended on Public Holidays.
- The group Fitness Class maybe modified

New Year's Day	10am to 5pm
Christmas Day	Closed
Boxing Day	Closed

Sudoku Puzzles

1		8			6	4		
		6		9		8		7
5								
2	6	9	5				8	
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3

			2	4		6		
9								3
1					3		4	5
5	6			7		1		
		4	8		5	9		
		1		6			5	2
6	9		5					1
4								9
		8		9	6			

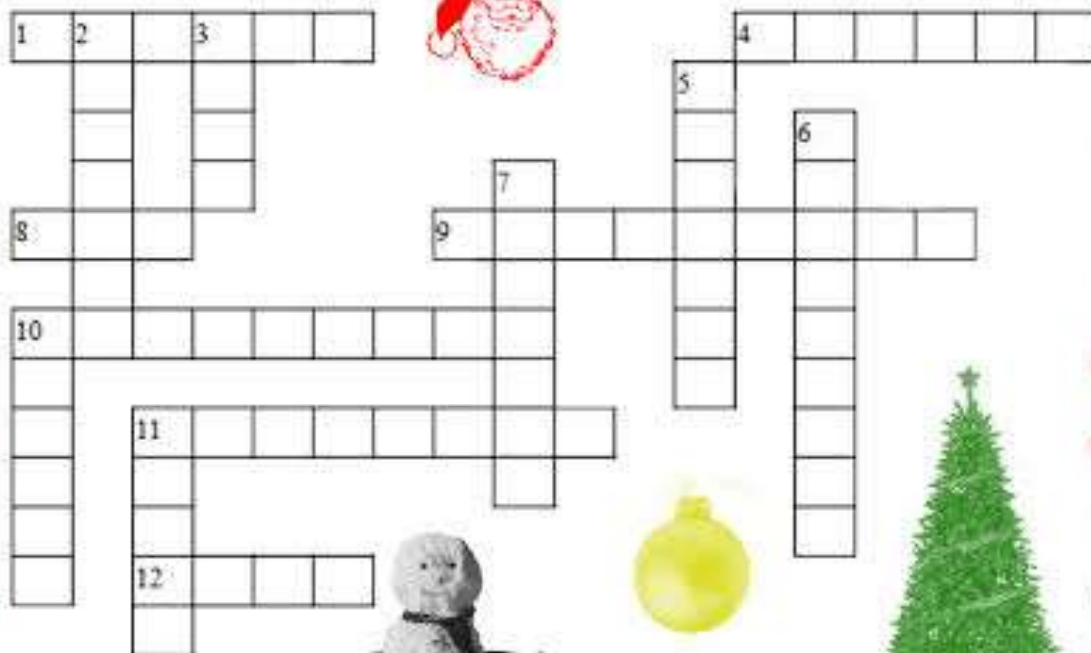
Sudoku Puzzles

4		6		2				
	8		4				9	3
3				8	5			2
7		9						8
	5			7			4	
6						7		1
9			2	4				5
2	6				8		7	
				3		1		9

			7		9		2	
		9	2	1	6			5
5			8		4			
	6					4		
3	7			4			6	1
		2					5	
			9		7			3
7			3	8	5	2		
	3		4		1			

MERRY CHRISTMAS

Santa's Crossword



ACROSS

1. Famous snowman
4. What Santa travels in
8. Makes toys for Santa
9. Used to decorate a Christmas tree
10. December 25
11. Hung by the chimney with care
12. What presents are left under

DOWN

2. Reindeer with a shiny red nose
3. Covers the ground on a white Christmas
5. Santa comes down this
6. Red and White hooked shaped candy
7. Left under the tree Christmas morning
10. Left out for Santa
11. Jolly toy maker

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Massage	Playgroup Social support lunch Dr hall Homework group	Chiropractor	Dr Chandan	Podiatry	
8	9	10	11	12	13	14
		Last day of playgroup Community Xmas lunch Dr Chandan Homework group		Chiropractor Bingo		
15	16	17	18	19	20	21
	Massage	Optometry	Chiropractor	Dr Hedgland		
22	23	24	25	26	27	28
		KIRRAE CLOSED	Christmas Day	KIRRAE CLOSED	KIRRAE CLOSED	
29	30	31	1	2	3	4
	KIRRAE CLOSED	KIRRAE CLOSED	New Year's Day			

