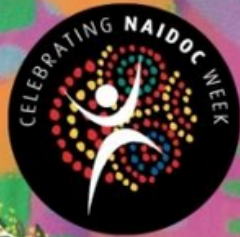




JULY 2023



KHS Naidoc day

Tuesday 4th of July
from 10am

BBO, STEWS &
DAMPER LUNCH

- Welcome to country
- Art with Bayley
- Doll decorating
- Jewellery
- Elders photo
- Bird bath mosaic
- Treasure hunt
- making fishing rods

For Our Elders





Doctors

Dr Hall

Tuesday 4th

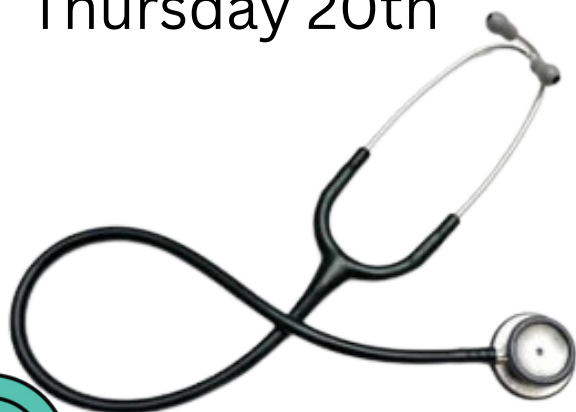
Dr Chandan

Tuesday 4th 11th,
18th, 25th

Fridays 7th, 14th, 21st,
28th

Dr Hedgland

Thursday 20th



Allied Health

Diabetes Ed

Tuesday 25th

Optometry

Tuesday 18th

Massage

Monday 17th & 31st

Birthdays

Jay-Dee Chatfield 8th

Alice Ugle 11th

Layla Herbertson 11th

Jahzara Chatfield 11th

Nonnie Harradine 13th

Bernie Clark 14th

Pearl Smith 15th

Bungarie Ugle-Hagan 16th

Possum Clark - Ugle 18th

Eliza Mckane 19th

Mikayla Harradine 21st

Karen Harradine 22nd

Tanya McDonald 28th

Arlie Chatfield 31st



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

What services do we provide?

Community health

- ABORIGINAL Health workers
 - GP'S & RN
 - Optometry etc
- Chronic disease management
 - Health checks & more

Home & community care - CHSP

- Assessment
- Home maintenance
- Social support groups
- Access to homecare and personal care
- Planned activity group

Children's activities

- Playgroup
- Holiday program
- Koko blokes

Social emotional and wellbeing program

- Advocacy support
- Counselling (individuals, families, children)
- Case management
 - AOD

Welcome Maddi



I have almost a decade of experience working in finance for manufacturing businesses, but I have always felt a calling to work somewhere that makes a positive impact on people's lives.

Recently I moved back to this area after spending almost 10 years in Melbourne, I am absolutely thrilled to be back near the ocean and to actually be able to see the stars!

In my free time I enjoy cooking, gardening, camping and going for walks in nature. I have two adorable and playful staffy crosses, Kenny and Bear who I think are just the best things ever. I am obsessed with all things green, and I love to laugh and make jokes.

Welcome Rick



I am new to daily working life at Kirrae but you may have seen me around the place looking after Kirraes I.T. systems. Formerly I worked in I.T. as the support team leader at Multicomm for 4 years - Working for an I.T. managed service provider I've supported many different businesses. Prior to my time in the technology sector I had over a decade of service in retail management roles. Excited to join the finance team here at Kirrae, looking forward to developing new skills whilst applying the knowledge I've gained along the way to serve help serve the community.

Music is my greatest passion, in my spare time I like to play guitar and I'm in a local band called Crimson Lizard. As well as heavy riffs on the guitar I get a kick out of lifting heavy lifts in the gym, movement is medicine and lifting weights is my favourite way to exercise.

I'm an avid cacti gardener – In summer I'll be outside grafting, propagating, and taking pollen from before bees get it to create my own cacti crosses.

Known for laughing a little too much and too loudly, I love a joke.

Please say G'day if you see me around!

HACC/CHSP

Due to the start of Winter & large amounts of rain around at present the maintenance crew will be delayed on wet days.

They will endeavour to catch up, weather permitting during the wet months.

Darren & Taylah will call the clients on wet days to arrange another date ASAP.

Thanks

Hacc Team



HACC/CHSP

HACC/CHSP Lunch

Tuesday July 18th



Communtiy Lunch

Tuesday July 11th &
25th

Bingo

Wednesday July
26th
11am - 2pm



Monthly Members Draw
for Community Lunch
Have to be there to win!



GO MOB!
#StrongMob

Coonie jokes are funny. But your coonie shouldn't be deadly

TEST YOUR COONIE

June is Bowel Cancer Awareness month. If you're between 50 - 74 and you haven't had your test in the last two years, GET YOUR COONIE TESTED.



Talk to one of Kirrae Health Service's Community Nurses or Aboriginal Health Workers about doing your test

Bowel Screening test

Bowel screening tests are available at Kirrae.

it is important that anyone aged 50+ do a bowel screen test every two years, it absolutely, definitely positively SAVES LIVES

Do a test & return to us and receive a gift voucher and a tshirt!

Artwork designed by Tanisha Lovett, proud Gunditjmara and Wotjobaluk woman.



HOW TO DO THE BOWEL SCREENING TEST

Bowel cancer is common among Aboriginal and Torres Strait Islander people – and can develop without any signs.

If found early, bowel cancer can be successfully treated in more than 90% of cases. Stay healthy for your family and do the free bowel screening test today!

ABOUT THE TEST

You will get a free kit from the National Bowel Cancer Screening Program because you are aged 50 to 74.

You can also talk to your doctor about getting the free test kit as part of your check-up.

You just need to collect 2 tiny samples from 2 different poos.

Testing every 2 years can find and prevent bowel cancer before it starts.

TALK WITH YOUR DOCTOR

Talk with your doctor if you have:

- a family history of bowel cancer
- blood in your poo, changes in your poo (like looser poo or straining to do a poo), tummy pain, weight loss, feeling unusually tired
- any concerns or questions.

BEFORE THE TEST

Before you do the test:



- keep taking any medication you are on
- eat what you normally do
- put the test where you will remember to do it!

DON'T do the test if you have:

- piles (haemorrhoids) which are bleeding. If this happens, see your doctor
- blood in your urine or blood in the toilet bowl. If this happens, see your doctor
- your menstrual period. Wait for 3 days after your period finishes before doing the test
- had a recent colonoscopy.

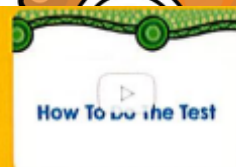
ABOUT THE RESULTS

Your result will be mailed to you and your doctor within four weeks after you post your samples.

-  A negative result means no blood was found. Do the test again in 2 years.
-  A positive result means blood was found. It does not mean you have cancer. But you need to see your doctor to find out why there is blood in your poo. You should make a time to see your doctor as soon as possible.

You just need to collect 2 tiny samples from 2 different poos.

Watch a short video 'How to do the test'



1. PREPARE

Read all the steps before you start.

- On 1 of the small tubes, write your name, date of birth and date you do the test.



- First do a wee and flush the toilet.

- Put 1 toilet liner in the toilet with the picture facing up (it's okay if it gets wet.)



2. COLLECT



- Poo onto the liner.
- Open the small tube and drag the tip of the stick through the poo (you only need a tiny bit)



- Put the stick back into the tube and push until it clicks shut.
- Flush the toilet — it's okay to flush the liner. Wash your hands.

3. STORE & REPEAT STEPS 1-3

- Put the small tube into the plastic bag.
- Put the plastic bag somewhere cool, like in the fridge (don't freeze). Don't worry, it's clean, as the bag zips shut.
- REPEAT — When you do your next poo, do steps 1, 2 and 3 again with the other tube. Then go to Step 4. Try to collect both samples within 3 days of each other.



4. POST YOUR SAMPLE

- On the Participant Details form write the 2 dates your samples were taken and sign the back of the form.
- On the envelope sign the FRONT and write your name and address on the BACK.
- Put the form AND the two samples in the envelope and seal it. The envelope doesn't say what's inside, so it's private.
- Post the samples as soon as you can. Take it to a post office (not a post box) as the samples need to stay cool — they don't need to be refrigerated during postage though.

to Kirrae!



NATIONAL BOWELCANCER
SCREENING PROGRAM

More Information

Test Kit Helpline 1800 930 998
National Cancer Screening Register
www.ncsr.gov.au or 1800 627 701
www.health.gov.au/nbcsp



Original Artwork Credit: Jordan Lovegrove
Original brochures: WA Health and QLD Health

Artwork designed by Tanisha Lovett, proud Gundiḡmara and Watjbaluk woman.



lln KOKO BLOKES

GO MOB!
#StrongMob





Woman's Group

News

Last week we headed off to Melbourne for 4 days. The women had a great time checking out the Koorie Heritage Trust at Fed Square, the Bunjilaka Aboriginal Cultural Centre at the Melbourne Museum, walking the streets the Fitzroy finding out the History of the early 1900's, a game of Netball, and a movie at Goldclass. It was a great weekend away.



Our last monthly dinner was @Salt restaurant. Our next one on **July 29th** @The Whalers call reception to put your name down.



THATS DEADLY!



COMMUNITY NEWS!

This group of inspirational woman Performed at South West TAFE for reconciliation day!

Nyree & Kaley

Grayson

The Girls had some fun dressing up like their favourite movie charactors for school. (Mario & Luige) Looking awesome girls!





South West
Healthcare

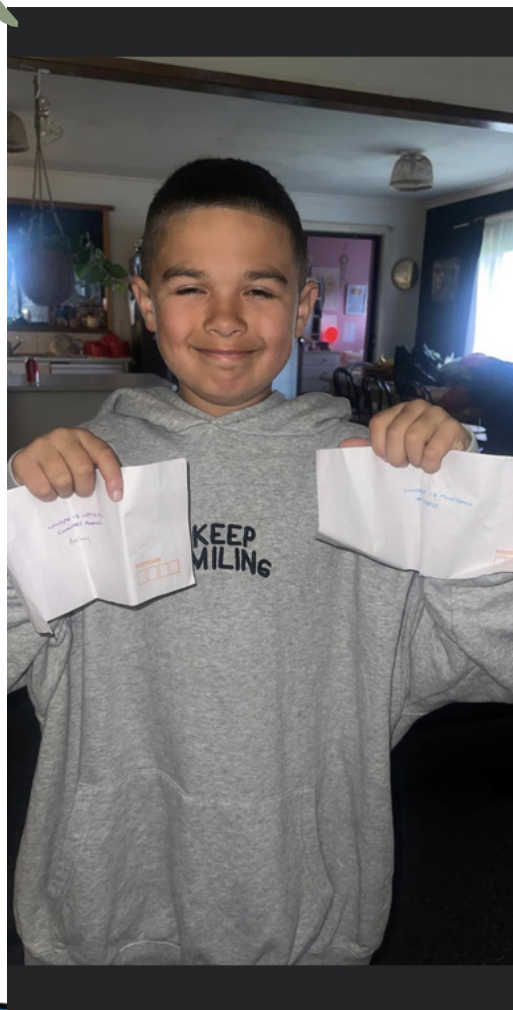


Dominique Rogers

has stepped into a new role at South West Healthcare as the Manager of Aboriginal Programs. Congratulations on your new role Dominique, you will do amazingly!

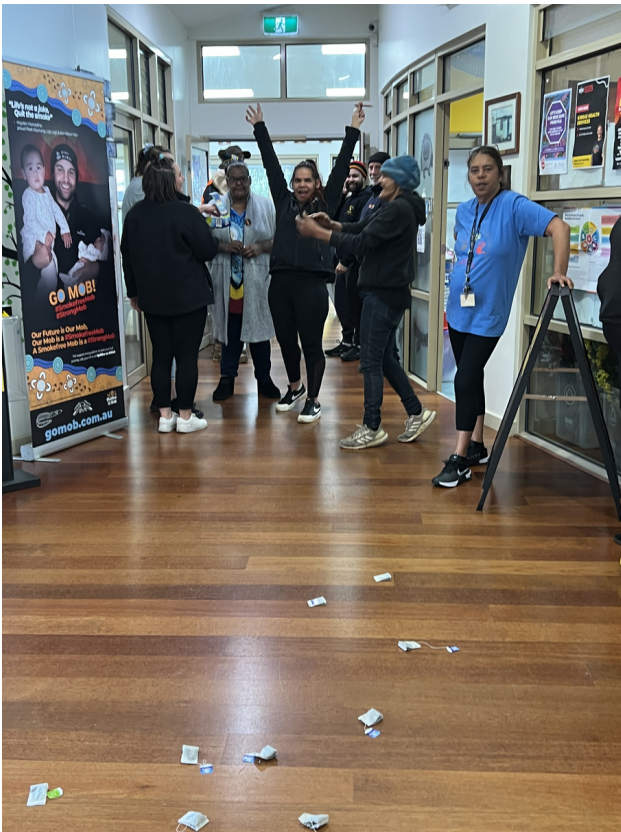
Bailey Chatfield

Is doing very well in his sporting life, he plays both Netball and Football. All on the same day Bailey received coaches award for netball and a best award for football. Bailey also got to be captain for both teams. Well done!!!



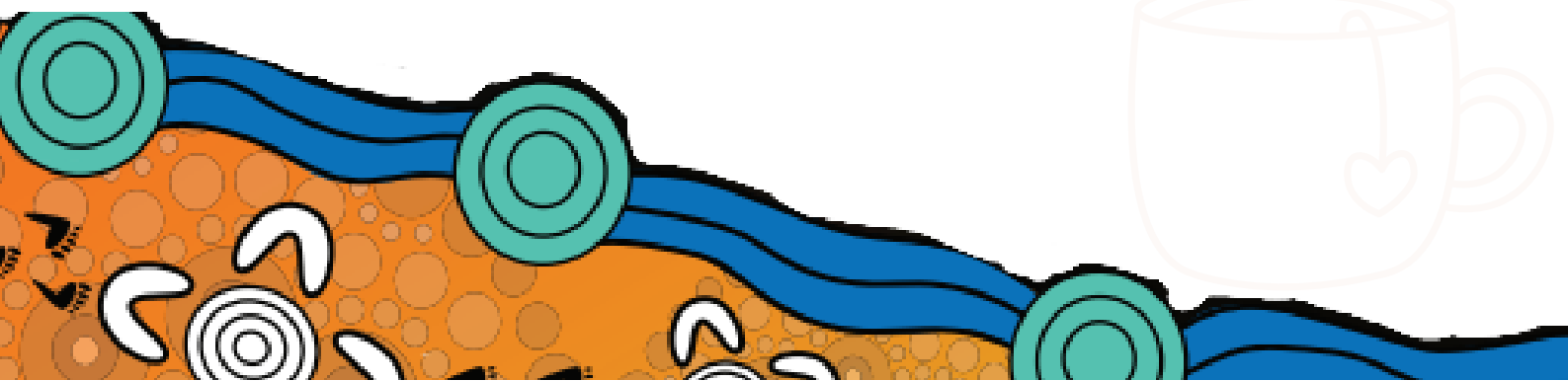
Biggest Morning Tea

COMMUNITY
NEWS!



Kirrae held our biggest morning tea on the 31st of May and it was an awesome turn out and allot of laughs! The event included good food, bingo (Many prizes won), a raffle (Won by Wayne Harradine), tea bag toss (Won by Jessie Chatfield and Kahlia Harradine - No tea bag tampering was confirmed this year), a tea cup guessing game (Won by Alice McCallum) and tea trivia.

Most worthy of mention is that we raised over \$400.00 for cancer research. well done us!



THATS DEADLY!

Send us your stories

COMMUNITY NEWS!



Please email all your deadly stories & photos to....

jretallack@kirrae.org.au

OR

send a text to 0413365480

**Stories can be about what you did at school,
at work or at play!**

Artwork designed
by Tanisha Lovett,
proud Gunditjmara and
Wotjobaluk woman.





25 May 2023

The Library Manager

Material on the Voice referendum from the National Indigenous Australian Agency

This is to let you know that you will soon be receiving boxes of material about the Voice referendum from the National Indigenous Australians Agency (NIAA).

Recognising the important role played by public libraries in this national conversation, the NIAA is working with ALIA, the National and State Libraries Australasia and the State Public Library Associations to get this factual information to public libraries across Australia. You can also find further information and online resources about the Voice referendum at voice.gov.au.

Thank you for the work you do in providing access to information for all Australians. Please also read the [Statement from the ALIA Board](#) on the Voice referendum and the role of libraries.

Kind regards

A handwritten signature in black ink, appearing to read 'C. Warburton'.

Cathie Warburton
CEO

Attachment: Cover letter from NIAA that will be with the materials.



Australian Government

National Indigenous Australians Agency

Australia is having a conversation about the Voice referendum being held later this year.

It's about whether we should change the Constitution to recognise the First Peoples of Australia by establishing a body called the Aboriginal and Torres Strait Islander Voice.

Please find enclosed in this package printed factual materials about the Voice referendum to share with your community.

You can also find further information and online resources about the Voice referendum at voice.gov.au.

By making these materials available to your community, you will be helping people to learn more about the proposed Voice and be informed about the upcoming referendum.

The role of the National Indigenous Australians Agency (NIAA) is to provide the Australian public with a trusted source of factual information on the referendum. You can reach out to the NIAA by emailing referendum@niaa.gov.au.

Thank you for contributing to a respectful and informed national conversation.

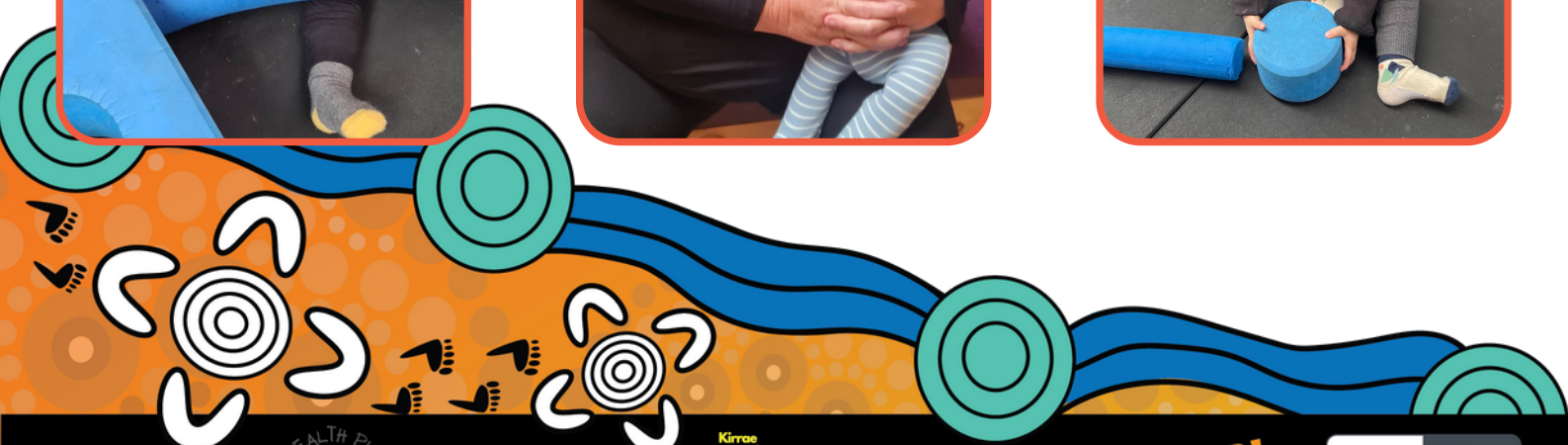
Kind regards,

National Indigenous Australians Agency
Charles Perkins House
PHILLIP ACT 2606

KIRRAE PLAYGROUP

MOPA Excursion

Museum of Play and Art



Artwork designed
by Tanisha Lovett,
proud Gunditjmara and
Wotjobaluk woman.



lln KOKO
BLOKES

GO MOB!
#StrongMob



HAPPY BIRTHDAY

10th July - Kenji
turns 3

14th July - Lorenzo
turns 2

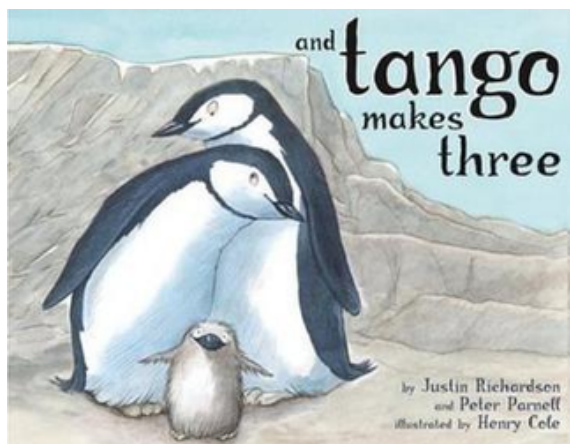
19th July Eliza
turns 4



We visited MOPA and our playgroup kids had an absolute blast. The activities had endless possibilities for imaginative play.



LGBTQI+



And Tango Makes Three is a children's book written by Peter Parnell and Justin Richardson and illustrated by Henry Cole. It was published in 2005.

The book tells the story of two male penguins, Roy and Silo, who create a family together. With the help of the zookeeper, Mr. Gramsay, Roy and Silo are given an egg which they help hatch. The female chick, that completes their family, is consequently named "Tango" by the zookeepers. The book was based on the true story of Roy and Silo, two male chinstrap penguins who formed a pair bond in New York's Central Park Zoo.

And Tango Makes Three can be a good way to introduce the idea of diverse families to children.



For Our Elders

NAIDOC Week

2-9 JULY 2023

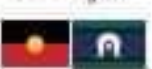
#NAIDOC2023 #ForOurElders

 @naidocweek  @naidocweek  facebook.com/NAIDOC

For Our Elders, Bobbi Lockyer

Where there is knowledge there are our Elders. Our Elders paved the pathways for us, taught us our knowledge, our history, they passed down their art, stories and wisdom. Our Elders are the foundation of our communities and role models for our children. With this poster I wanted to showcase how important our Elders are in passing down traditions and culture to our children and future.

Illustration designed by Bobbi Lockyer. Text: 2023 NAIDOC Week logo reproduced by and permission of the 2023 NAIDOC Regional Council & designed by the 2023 NAIDOC Regional Council.



Name: _____

Naidoc Find a word

K E D S N T S S U K B B U G P I Z I F Y P X R Q
I Q K N X V O N L Z N Q Y Q T R O L R E R K P S
X F G L J H K E E D X M C R S J M P Q N Y W I Q
O X M N L P K T S T A U R N B T O G X O J Y M E
N B P H H Z B T W O E D C O D I A N G M F V M S
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ROCKS

NAIDOC

BOOMERANG

ELDERS

HUNTING

ABORIGINAL

CULTURE

NATURE

HEAL

ANCESTORS


DANCE

PAINTING



Feedback

We love feedback! If you have any feedback for us, please let us know. Just drop it into reception any time.



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Artwork designed
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