



Cough, cold, fever, runny nose, sore throat?
ANY symptoms at all, no matter how mild, call
 reception to book a COVID19 test immediately

**Kirrae's
 Deadly
 walkers group
 Pg 6-8**

March 2021

Doctors

Dr Hall – 2nd

Dr Chandan - Tuesday 2nd
 9th, 23rd, 30th

Dr Hedgland – Thursday 18th

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**Kirrae Health Service
 Playgroup every Tuesday
 10am – 12.30pm**



Birthdays

Jaxx Chatfield 3rd
Piper Chatfield 4th
Mia Chatfield 8th
Ronald Chatfield 8th
Shane Harrison Jr 9th
Brian Chatfield 10th
Violet Clark 13th
Leilani Clark 13th
Lincoln Clark 14th
Fay Clark 17th
Jasper Claridge 19th
Merinda Ugle-Hagan 24th



Sorry if any of the Birthdays are wrong. If so can you please come update your details at Reception.

Who we are

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

- 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



Congratulations



Jyah Chatfield has been selected as 1 of 4 young Aboriginal kids in the state to receive the Aunty Dot Peters Award.

He will receive a \$5,000 scholarship to assist him with his education. The ceremony will take place in Melbourne later in the year.

Congratulations Jyah. Keep making your Community proud

COVID TESTING CLINIC



KIRRAE HEALTH SERVICE

**CALL
FIRST**

1pm - 3pm DAILY

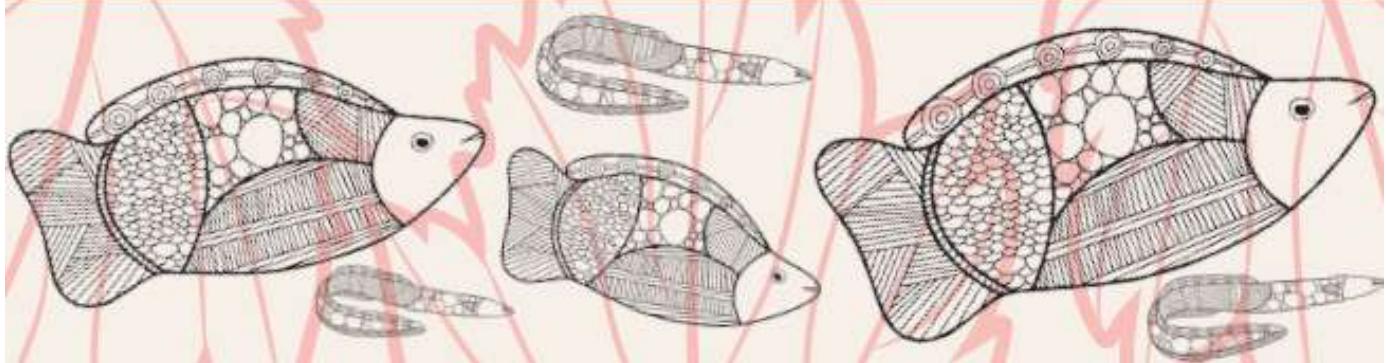
**GET
TESTED!**

CALL 5567 1270

Experiencing any of these
symptoms?

*Dry cough Sore throat
Headaches Fatigue
Difficulty breathing
Fever Diarrhoea
Loss of taste/smell*

GSC respiratory clinic
0428606397



Kirrae Health Service Inc.
1 Kirrae Avenue, Purnim, 3279
Ph: (03) 5567 1270 Fax: (03) 5567 1376
Email: info@kirrae.org.au

Servicing the Framlingham Community Since 1976



STAY INFORMED ABOUT COVID-19 VACCINES.

Visit **health.gov.au** for the latest information.

We are working to make sure everyone in Australia has access to safe, effective and free COVID-19 vaccines. Vaccines will give us the protection to go about our COVIDSafe lives.

To keep up to date with the latest progress, and to ensure your information is reliable, visit **health.gov.au/covid19-vaccines**.

COVID-19
 **VACCINATION**

Safe. Effective. Free.



Australian Government



Kirrae's Deadly Walkers group

Starting March 1st



Add photos to your walk or run.
We will share them please



DEADLY WALKERS

Join our group on Strava by searching 'Kirrae Health Service' under clubs.

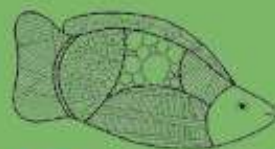
There will be km goals to reach individually with an incentive at each goal! You **MUST** use Strava to record your walks or runs.

Deadly Walkers will meet once a month to go for a walk and have a coffee/tea afterwards.

You have until the 31st of December 2021 to reach the end target. Good luck!



**MUST have
completed health
check to receive
incentives**



GO MOB!
#smokeFreeMob
#strongMob

ITEM

0-18 YEARS

18-45 YEARS

45+ YEARS

Drink bottle	10km	10km	10km
Singlet	15km	30km	20km
Hat	30km	50km	50km
T-shirt	40km	100km	80km
Beanie	50km	150km	100km
Hoodie	60km	250km	120km
Bottoms	80km	350km	140km
Raincoat	100km	450km	160km
Sweat towel	110km	550km	180km
Headphones	120km	600km	200km
Music gift voucher	135km	700km	225km
Sneakers(\$200)	150km	800km	250km

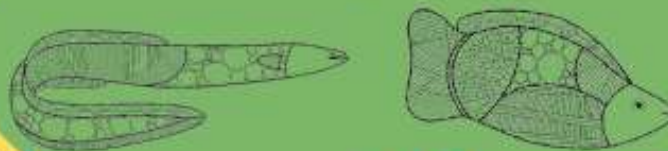


DEADLY WALKERS


If you are unsure how to set up and use the Strava app come in and see one of our team members who can get you set up and show you how to use it!



All your activity will be externally recorded by our health team, so we will be able to track when you have reach your goals!



GO MOB!
#smokeFreeMob
#strongMob


See our health team for a 715 health check!

We are currently working with an artist to design all our incentives. With changing border restrictions, the ordering process may take up to a month to be delivered, so do not worry if you do not recieve your item straight away! When it arrives we will get it to you 



Expression of interest

8 week bootcamp

Quitline
137848

We will be working with Warrnambool 24/7 Gym and Fitness to provide an 8 week boot camp for our community.

Participants can choose to attend 3 sessions a week in the high altitude room OR attend 2 low-impact sessions at Kirrae's soon to be refurbished community gym.

The high altitude sessions are great for those who are into their fitness and the low-impact sessions are great for beginners and those who have chronic pain or illness.



To participate you must:

GO MOB!
#smokeFreeMob
#strongMob

- Complete a full health check OR have had one recently.
- Register with the Kirrae walking group on Strava
- If you are a smoker: have a session with our smoking cessation officer
- Nutrition session
- Full body scan at 24/7 gym

**18+ for
High
Altitude**

Bootcamp will start in April and run for 8 weeks

Please express interest by calling our reception team or bringing in the form below!

WINNER: \$500 [Awesome prizes to be WON](#) Weekly
Flight Centre voucher   **Rebel Sport Vouchers**

Name:

Phone number:

☐ I would like to sign up for the high altitude classes

☐ I would like to sign up for the low-impact classes



HEARING LOSS AWARENESS WEEK!

Sorry, can you
repeat that?



March 1st - 7th

**HEARING CARE FOR
ALL! SCREEN,
REHABILITATE.
COMMUNICATE.**



Good hearing and communication are important at
all stages of life.

PROTECT YOUR HEARING

- ★ Reducing noise can protect you from hearing problems in the future
- ★ Most cases of deafness are caused by noise damage, that is irreversible.
- ★ The louder the sound, the less time in your life you can safely listen to it.

**TURN
DOWN
THE
MUSIC**

**WEAR EAR
PROTECTION**

**TURN
DOWN
THE
TV**

Playgroup

Have you seen how adorable all our babies coming along to playgroup this year are?
ADORABLE!

They have been having a great time playing with colourful shape toys – learning to fit shapes into the right holes.

They are having fun learning to walk and push things with our interactive walker that has fun colourful buttons to push and noises to be heard.



No mess paint (clearly invented by some clever mum out there somewhere) was fun and helps the kids to learn their colours and explore different textures without there being a giant mess to clean up afterwards. Wins all round!



The crash mat is always popular and fun had by everyone!



A healthy snack is also part of playgroup with tasty fruit yum!



KOKO BLOKES

KOKO BLOKE OF THE MONTH – February



Congratulations Bailey Chatfield!!

SEWB NEWS



HOMEWORK WARS

Nagging your child over homework simply doesn't work. The children end up avoiding or refusing to do it and you end up frustrated, yelling at them, then they yell back and it's on!

They are not being lazy, but they might be anxious, frustrated, discouraged, distracted, or angry. For some children with learning difficulties, doing their homework is like running with a sprained ankle: It is possible, although painful, and they will look for ways to avoid it.

The ultimate goal should be helping children enjoy their learning and develop age-appropriate independent learning. But when they are little they need your help.

Try developing a "Homework Plan" that suits your family. Ideas include:

- Make a regular set time for homework.
- Straight after school is not the best time for homework. This is a time for a snack, sports or play.
- During homework time try turning off the phones—yours too!
- Children work better in a common area with a parent/adult present rather than in the quiet of their rooms. The kitchen table or lounge room is ideal. (TV off).
- Parents are present and available to help, to offer encouragement, and to answer children's questions.
- Begin with a short time for homework – start with 5 or 10 minutes. Next week try 15 minutes and so on. Praise their effort.
- Be positive and give frequent encouragement. Make note of every improvement, not every mistake.
- Be generous with your praise. Praise their effort not their ability.
- And when homework is done, there is time for play and maybe a small reward.
- Expect setbacks. After a difficult day, reset for the following day.
- Give them time. Their defiant attitude and sense of unfairness will slowly disappear. It won't happen overnight but it will happen.



SEWB NEWS

New SEWB Worker

We are very pleased to announce that we have a new SEWB Worker called Michael Boyd. Michael is keen to get started and learn his new role. He commenced on Monday the 15th of February. Welcome Michael.



AOD

Aaron and Mel are getting busier but there are still AOD appointments free, give us a buzz.

Adolescent Behaviour Changes

With the new school year your child may find themselves at a different school and exposed to different friends. It won't be long before they find themselves under peer pressure to try alcohol or drugs for the first time. Teen experimentation is normal and often passes. But sometimes it can become a problem. Knowing the Early Warning Signs of Teen Substance Use is really important. Teenage mood swings are completely normal due to changing hormones in their bodies. It's when mood swings and behaviour changes happen together you might want to consider - are they:

- Losing interest in activities they once enjoyed
- Dropping old friends for a new group
- Depressed, aggressive or angry
- Sleeping more than usual
- Breaking rules
- Showing physical changes like sudden weight loss, frequent nosebleeds, bloody or watery eyes, or shakes and tremors

Knowing these signs will help you make a decision on when to seek professional help. Even a quick chat with Mel or Aaron can help you support your young one who may be dabbling for the first time. The younger they start is a risk factor for possible future problems with addiction. So nip it in the bud if you can.



Behaviour changes and mood swings in adolescents can also be a sign they are being bullied at school or over the internet. So don't immediately jump to the conclusion they are using drugs. Cyberbullying can be extremely damaging psychologically so your child may withdraw, change friends, be angry etc. All of which are signs of substance use. It's so hard to figure it all out.

The best strategy is to sit down together and have an open and honest discussion about what is going on for them at the moment. Chances are you will get "I'm fine, everything's OK". Then you can bring up what you have noticed like any of the signs above and ask questions. Teens often won't talk to parents so maybe a cousin or an uncle or aunty that they have a good relationship with could try. The SEWB team is here to help you and your child so call us if you get stuck.

TWO RIVERS GALLERY AND ARTSPACE
7098 Princes Highway Tyrendarra VIC 3285

CALL FOR INDIGENOUS ARTISTS

'This provincial, Indigenous operated gallery and artspace is on the rim of the volcanic plains of the great south west; the country of the Gunditjmara, where it provides the opportunity for talented artists to exhibit their work.' - Walter Saunders

FOR ALL ENQUIRIES

PHONE: 0410745770

EMAIL: swamptyrendarra@gmail.com

TWO RIVERS GALLERY AND ARTSPACE



Submission of Artwork Conditions

All works submitted for exhibition at Two Rivers Gallery will be for sale with SWAMP inc deducting a commission of 25% from the sale price of all works. The sale price listed on this form will remain as the final sale price on all promotional material unless otherwise informed by the artist.

All care will be taken when handling works, however SWAMP inc will not be responsible for loss, theft or damage. Artists are responsible for the shipping and insurance cover of their artworks. Insurance is available through NAVA.

Contact details below for more information.

A separate form must be completed for each entry.

	Artist Details
Name	
Address	
Telephone	
Email	
Artwork Details	Artwork Details
Title	
Medium	
Size	
Price	
Artist Signature	

South West Alternative Medium Project inc
EMAIL: swamptyrendarra@gmail.com

7098 PRINCES HWY TYRENDARRA 3285

ABN: 89 693 634 734
MOB: 0410745770

-an alternative approach to community health and well-being through the arts.

Timeline history – any mistakes?

All the info below is going to be made into a large giant Eel outdoor sign as a bit of a timeline for the history of Fram. Have a look! If you think we need to correct something, [PLEASE](#) let us know before the gorgeous sign is made!



1860 - A Central Board (BPA) was appointed by the Victorian Government to watch over the interests of Aborigines

1861 - 3500 acres were reserved beside the Hopkins River for an Aboriginal reserve

1865 - Framlingham Mission/Station was formally recognised by the Board of Protection

1866 - 68 residents camping at the Station

1867 - The Station was closed by the Central Board in an attempt to forcibly relocate Station residents to Lake Condah Mission. Many residents refused to go

1868 - Aboriginal residents asked for the station to reopen

1869 - Framlingham Mission re-opened, with a master & matron employed to oversee the place with basic rations provided

1870 - The settlement moved from the original location at picnic ground, into Purnim but still near the Hopkins. It is still referred to as Framlingham

1876 - Superficial quarterly medical inspections by Dr Jamieson from Warrnambool were deemed ineffective

1878 – Framlingham was the last Aboriginal community to receive a qualified teacher, 7 years after Lake Condah

1886 - The Half Caste Act was introduced. This would see many families have their children forcibly removed. This has caused intergenerational trauma that is still effecting families to this day

1887 - Warrnambool town residents campaigned to have the land in Framlingham turn into an experimental agricultural farm. Nothing came from this.

1890 – The school closed along with the Station

1892 - Many families started living in the Framlingham Forrest hiding their children that were classed as “half-caste” amid risks of them being forcibly removed. It was illegal to live on the settlement if you were half caste. The Forrest became a place to live and hide for the next 50 years

1917 –The BPA closed Aboriginal reserves in Victoria selling or renting the land to fund one big reserve at Lake Tyers. Framlingham residents again resisted

1926 (approx.) – School reopens at Framlingham

1938 - Memorial erected in the Warrnambool cemetery: “the last 2 full blood aborigines of the district” Elizabeth McCrae and Henry McCrae

1940 – 1970’s - Children still being forcibly removed from their families and placed in non-indigenous institutions

1957 - The Aborigines Act 1957 abolished the BPA replacing it with the new Aborigines Welfare Board, to try to be more inclusive for anyone of Aboriginal descent

1964 - Electricity was approved for Framlingham

1965 – School closes at Framlingham

1970 - Aboriginal Lands Act was passed by the Parliament of Victoria

1971 – Ownership of the Framlingham settlement was handed over to a trust held by Aboriginal residents. Of the initial 3500 hectares, only 237 hectares were granted to residents, with the rest sold to private land owners

1977 - In the late 1970’s Kirrae Health Service was established by Brain Davis and wife Maisie Clark. It was operated out of a bus that they also lived in. In later years, a shipping container was purchased to run health services out of

1979 - There was a blockade in the Framlingham Forest to gain ownership of the forest area, which was classified as crown land

1987 - 1130 acres of the Framlingham Forrest were handed over to the Framlingham trust

1984 - A hostel commonly referred to as the single men’s quarters was opened and Framlingham had mains water and sewerage connected

2000 - The shipping container that Kirrae Health Service was operating from was removed, replaced by a 2 room building attached to the single men’s quarters

2003 - Ceremony held in the Framlingham Forest cemetery to bury remains of 174 Western Victorian Aborigines returned by scientific institutions. Some remains were over 120 years old

2007- Kirrae Health Service was heavily renovated, expanded and reopened

2009 - Framlingham Forrest IPA established. Protecting 1130 hectares of the Framlingham Forest bushlands

2011 - Kirrae Health Service became a Nationally Accredited service after successfully meeting all the standards of the QIC Health and Community Services Standards

2014 - 150 years of Framlingham Aboriginal Settlement was celebrated

2017 - Kirrae Health Service celebrated 40 years of service

2020 - A new extension built on to the Health Service as it continues to grow

BACK TO SCHOOL



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

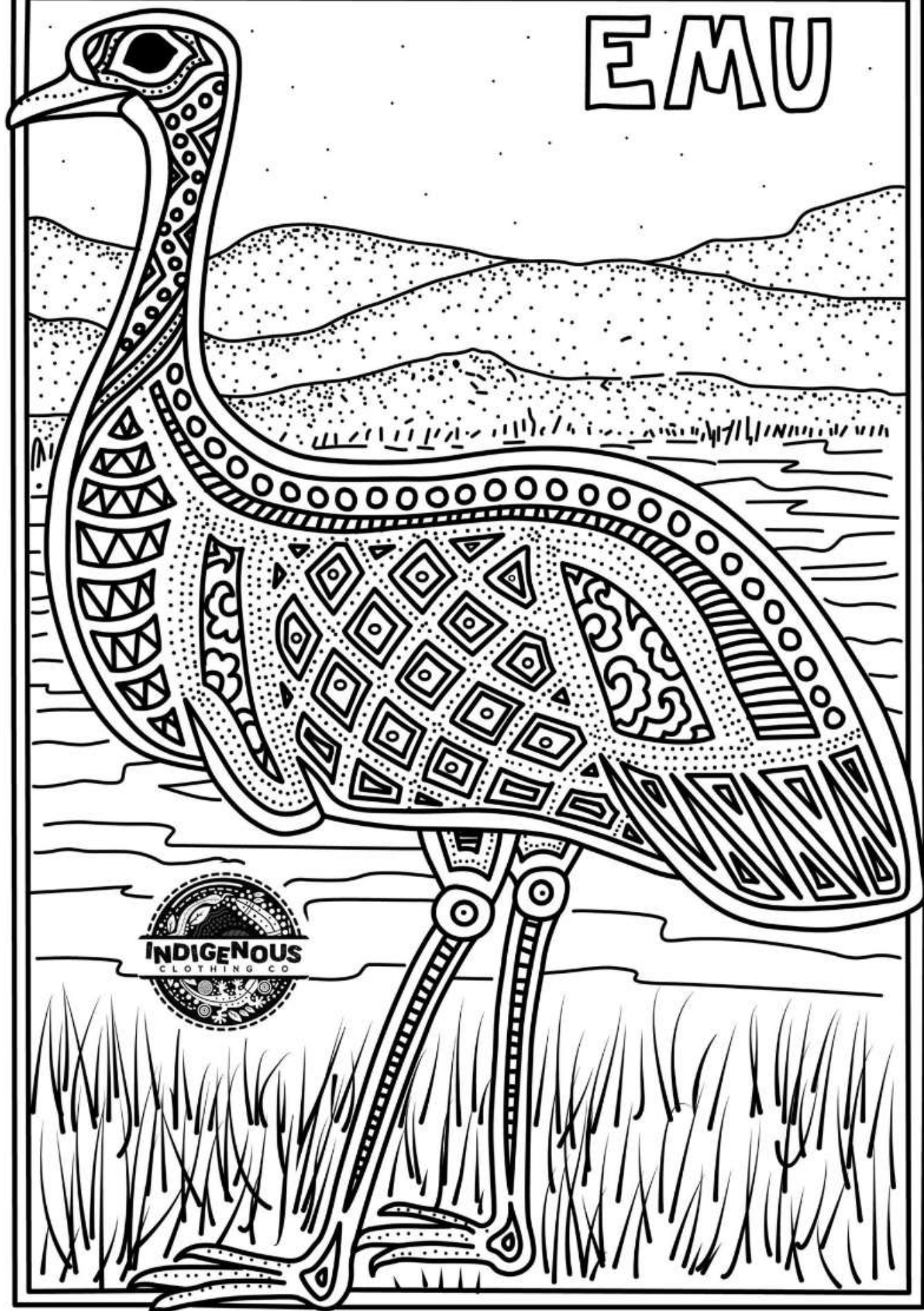
extracurricular	imagination	playground	technology
orchestra	science	education	scissors
reading	history	english	athletics
friends	writing	learning	pencils
crayons	recess	teacher	apple
student	school	lunch	paper
bus	band	math	art

S U D O K U

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

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

EMU



March 2021

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	1	2	3	4	5	6	7
	Massage Podiatry Covid clinic 1pm-3pm	Playgroup Dr Chandan Chiropractor Covid Clinic 1pm-3pm Dr Hall Homework Group	Covid clinic 1pm-3pm Koko blokes	Covid clinic 1pm-3pm	Covid clinic 1pm-3pm		
10	8	9	10	11	12	13	14
	<u>PUBLIC HOLIDAY</u>	Playgroup Dr Chandan Covid Clinic 1pm-3pm Homework Group	Covid clinic 1pm-3pm Koko blokes	Chiropractor Covid clinic 1pm-3pm	Covid clinic 1pm-3pm		
11	15	16	17	18	19	20	21
	Massage Covid clinic 1pm-3pm	Playgroup Chiropractor Optometry Covid Clinic 1pm-3pm Homework Group	Covid clinic 1pm-3pm Koko blokes	Close the Gap Day Covid clinic 1pm-3pm	Covid clinic 1pm-3pm		
12	22	23	24	25	26	27	28
	Covid clinic 1pm-3pm	Playgroup Dr Chandan Covid Clinic 1pm-3pm Homework Group	Covid clinic 1pm-3pm Koko blokes	Chiropractor Covid clinic 1pm-3pm	Covid clinic 1pm-3pm		
13	29	30	31	1	2	3	4
	Covid clinic 1pm-3pm	Playgroup Dr Chandan Dietician Diabetes Ed Covid Clinic 1pm-3pm Homework Group	Covid clinic 1pm-3pm Koko blokes				

1 Kirrae Ave
Purnim, Vic, 3279

PHONE:
03 5567 1270

FAX:
03 5567 1376

E-MAIL:
info@kirrae.org.au

We're on Facebook
Check for information
update and more.



We're on the Web!
See us at:

WWW.KIRRAEHEALTH.COM



Do you have any feedback on our:

- ★ Services?
- ★ Ideas?
- ★ Suggestions?

Let us know!

[illegible]

Phone: (03) 5567 1270
Email: info@kirrae.org.au
Or Drop in feedback to reception