

SEPTEMBER 2019

Doctors

Dr Hall – Tuesday 3rd

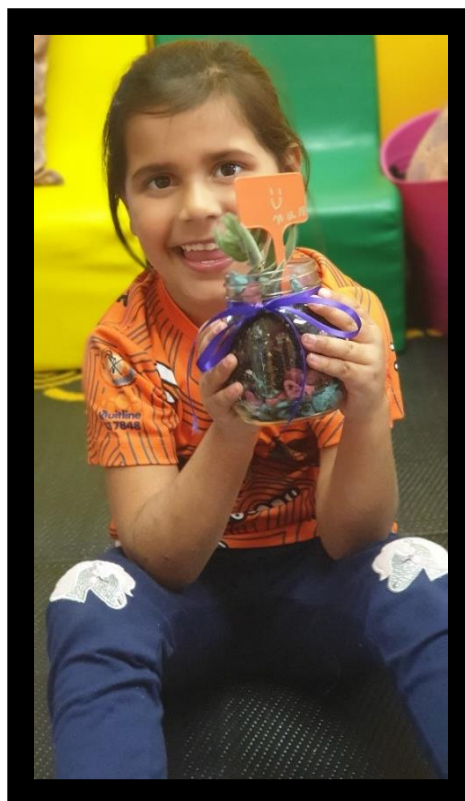
Dr Chandan – 5th, 10th, 24th

Dr Hedgland – Thursday 19th

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**Kirrae Playgroup
Tuesdays 10am**

Birthdays

Tarell Chatfield 7th

Kiah Clark 11th

Jada Harrison 11th

David Clark 12th

Sharon Harradine 16th

Jordan Clark 16th

Murry Fitzgerald 17th

Munnah Atkinson 25th

Mundara Clark – Leslie 26th

Alkira Clark 29th

Jandamara Chatfield 29th

Taintum Chatfield 30th

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



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



Your best friend is reception...

Hey everyone,

A friendly reminder to clients:

Staff work from 9am-4pm during the week, with the majority of staff employed 3 or 4 days a week.

Reception is always manned each weekday, so please ring reception to make any appointments or if you need any medication. Reception are always happy to help you out and are more available than anyone else. If it's after hours or on the weekend and urgent, please call 000. If it's after hours or on a weekend and not urgent, please still call reception and leave a message with your needs. It will be dealt with as soon as we open.

At the moment appointments are also sometimes missed if they haven't come through reception, making it challenging to coordinate our limited vehicles for transport.

Your cooperation is greatly appreciated.

Nonnie



FINES DAY

WHEN

Second Tuesday of
every Month.

WHERE

Kirrae Health
Service.

Danny Chatfield is our new SALO for the South West region and will be visiting the above areas to help assist/discuss fines and warrants with the community, feel free to come along and have a yarn.



TIMES

11.30AM-
200PM

DATES: SEPTEMBER
10TH, OCTOBER 8TH,
NOVEMBER 12TH,
DECEMBER 10TH.

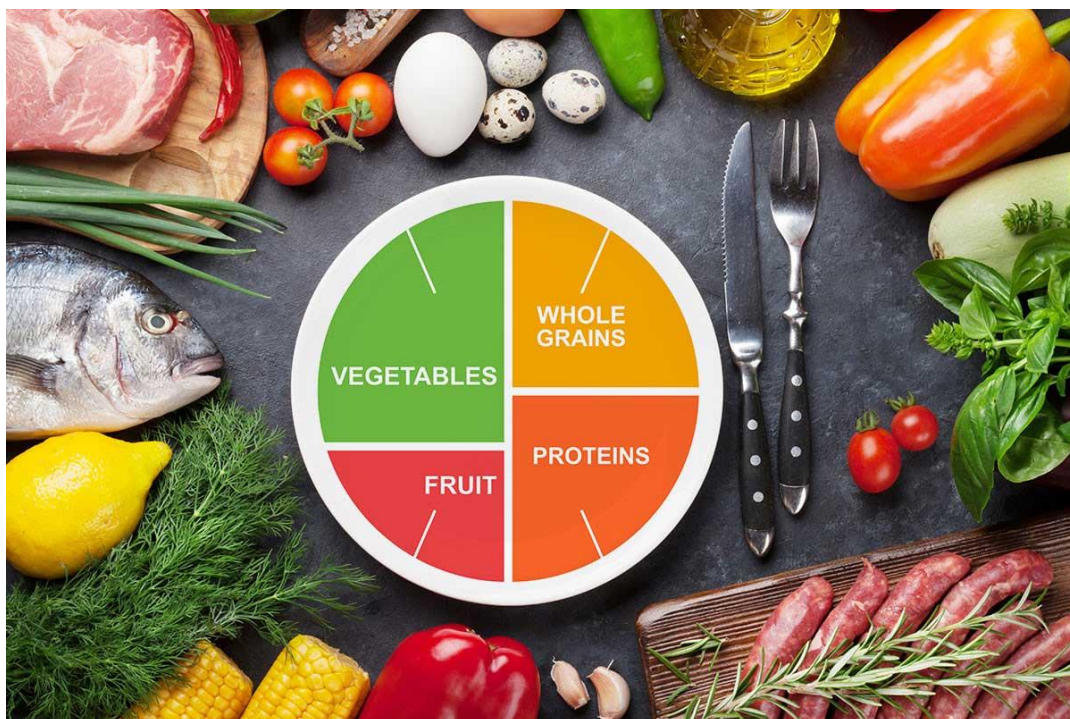


We have a dietician who comes to Kirrae once a month on a Tuesday from 9.30am till 12 noon

They can give advice around healthy eating and weight control, diabetes management and reducing cholesterol

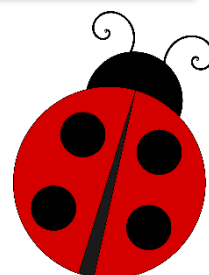
Please call reception on 55671270 to book a time if you would like to have a chat

Next visit: September 24th



Sticker Names

The kids found the letters of their names and stuck them onto coloured paper & drew pictures of themselves, then coloured and decorated around them





Enrol and vote for the First Peoples' Assembly of Victoria

The Victorian Treaty Advancement Commission's role is to establish the First Peoples' Assembly of Victoria in 2019. The Assembly will be elected by the Victorian Aboriginal community.



**Victorian Treaty
Advancement
Commission**

Enrolment

Enrolment to vote is now open to:

- Victorian Traditional Owners
- Aboriginal and/or Torres Strait Islander people aged 16 years and over.

You can vote if you are a traditional owner of Country in Victoria, or if you have lived in Victoria for at least three of the last five years.

Enrolling is easy and can be done from a smartphone in about five minutes.

[Enrol now on the Victorian Treaty Advancement Commission website](#)

You can also enrol:

- in person with your Local Assembly Election Officer
- by post
- at a voting centre on the day you vote.

[Find out more on the Victorian Treaty Advancement Commission website](#)

Vote

Voting takes place between 16 September and 20 October, when Aboriginal communities can have their

say on who is on the Assembly.

You can request to vote:

- by post
- online
- in person.

You can vote in person, even if you had previously requested to vote online or via post. Multiple polling booths will be available in every region. Polling booth locations will be announced closer to the voting period.

Who are the candidates?

You can see a [list of candidates on the Victorian Treaty Advancement Commission website](#)

Note - full list is not available until after close of nominations.

Nominate

Traditional Owners of Victoria can nominate as a candidate between now and 4.00 pm on 16 August.

[Nominate online on the Victorian Treaty Advancement Commission website](#)

Aboriginal Electoral Roll

Enrolling to vote for the First Peoples' Assembly does not mean people are enrolled for Federal or State elections. The Electoral Roll will be held by the Assembly and used for Assembly elections. It is independent from government.

To enrol to vote in Victorian State Parliament and local government elections please [visit the VEC website](#).

HACC/CHSP

Dates for September 2019

3rd September

**Community Lunch -
Curry Chicken - 12pm
@ Kirrae**

10th September

**Social Support Lunch -
Settlers Hub Wangoom - 12pm**

12th September

**Bingo - 11pm to 2pm
@ Kirrae**

17th September

**Community Lunch -
Sweet and Sour Chicken - 12pm
@ Kirrae**

**Due to school holidays there won't be any activities
from 23th September to 4th October**

Pumpkin Soup

Ingredients

2 Kent pumpkins
4 carrots
2 sweet potatoes
Small bunch of parsley
2 big table spoon of Vegetta,
Just a sprinkle of nutmeg to start with
add to your tasting
1 big table spoon of minced garlic
300ml cream
Bread sticks



Method

1. Peel the pumpkins and sweet potatoes and carrots cut into cubes all even sizes but not too small, leave them pretty chunky.
2. Put the pumpkin, potatoes and carrot into a pot with water, add the garlic, vegetta and boil until soft. Take them off the heat and let cool for 10mins
3. Add the nutmeg and blend with a stick blender until smooth.
4. Serve in a bowl and add a little bit of cream if you like.



Advertisement

STOP SMOKING START REPAIRING

In 1 week
your sense of taste
and smell improves

In 3 months
your lung function
begins to improve

In 8 hours
excess carbon
monoxide is out
of your blood

In 1 year
a pack-a-day
smoker will
save over
\$4,000

In 5 years
your risk of a stroke has
dramatically decreased

In 12 weeks
your lungs regain the
ability to clean themselves

In 12 months
your risk of heart
disease has halved

In 5 days
most nicotine
is out of
your body

**EVERY CIGARETTE YOU DON'T SMOKE
IS DOING YOU GOOD**

Quitline.13 7848
australia.gov.au/quitnow

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Servicing the Framlingham Community Since 1977



BUTT OUT!

Don't forget, in **Victoria** you can cop a fine of over \$500 if you **smoke** in a **car** with someone under the age of 18 present at any time, regardless of whether the windows are up or down. Eek!

**Smoke with kids
in the car & you'll
cough up a fine.**



Kirrae Health Service is currently in the process of looking at ways in which we can provide the LGBTQI members of the community access the health service in a way that allows community to feel safe and accepted.

Aboriginal members of the LGBTQI community are often among the most discriminated against people in Australia.



L – Lesbian
G – Gay
B – Bisexual
T – Transgender
C – Cisgender
I – Intersex
Q – Queer
A – Asexual



Studies have shown that LGBTQI communities are at higher risk of experiencing;

- Domestic Violence**
- Homelessness**
- Self-harm and Suicide**

and are less likely to access health services due to fear of being excluded by the community.

For more information about Aboriginal members of the LGBTQI community, check out Blackrainbow.com.au, or phone Kirrae Health Service.

Kirrae Health Service prides itself on providing safe and confidential support to all members of the community. For any questions relating to ways which KHS can support you or someone you know, please phone 5567

DR. SEUSS WORD SEARCH

JINXYKIDS.COM

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

BARTHOLOMEW
BOOKS
CAT IN THE HAT
GERALD
GIESEL
GREEN EGGS
GRINCH
HOP ON POP
YERTLE



YERTLE
HORTON
MULBERRY
RHYMES
SEUSS
SNEETCHES
THE LORAX
THIDWICK
WHOVILLE

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Massage	<u>No Playgroup</u> Community lunch Dr Hall	Chiropractor Bingo	Dr Chandan	Yoga	
8	9	10	11	12	13	14
		Playgroup Dr Chandan Social support lunch	Chiropractor		Yoga	
15	16	17	18	19	20	21
	Massage	Playgroup Footy Dress Up Day @ Kirrae Optometrist Community lunch	Chiropractor	Dr Hedgland	Yoga	
22	23	24	25	26	27	28
	School Holiday's	Dr Chandan Diabetes educator Nutrition educator School Holiday's	Chiropractor School Holiday's	School Holiday's	School Holiday's	
29	30	1	2	3	4	5
	School Holidays					

