

Doctors

- Dr Hall – Tuesday 6th
- Dr Chandan – 8th, 20th, 27th
- Dr Hedgland – Thursday 15th

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Kirrae Playgroup
Tuesdays 10am

Birthdays

Wayne Harradine 1st
Josh Chatfield 2nd
Michael Gala 3rd
Terrin Harradine 5th
Vann Chatfield 6th
Yarwun Clark 8th
Heather Clark 12th
Ivy Clark 12th
John Clark 12th
Sapphire Atkinson 13th
Kyeisha Chatfield 14th
Kimberly Harradine 17th
Katrina Chatfield 17th
Imogen Clark 22nd
Geoff Clark 22nd
Kiri Litster – Henry 23rd
Rickey Atkinson 25th
Mia Clark 27th



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



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: AUGUST 13TH,
SEPTEMBER 10TH,
OCTOBER 8TH,
NOVEMBER 12TH,
DECEMBER 10TH.

Panmure Primary School



NOW TAKING ENROLMENTS FOR 2020!

If you would like to arrange a time to tour the school or enrol please contact **Mark Antonio**, principal at Panmure Primary School. Please note that we welcome enrolments anytime.



PRINCES HIGHWAY PANMURE, VIC 3265

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FAX: (03) 5567 6361

MOBILE: 0400 104 436

EMAIL: [PANMURE.PS@EDUMAIL.VIC.GOV.AU](mailto:panmure.ps@edumail.vic.gov.au)

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hacc
home and community care
A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

Quality Improvement Council
"Yes... we are a QIC accredited organisation"

HACC/CHSP

Dates for August 2019

6th August

**Community Lunch -
Pumpkin Soup - 12pm
@ Kirrae**

13th August

**Social Support Lunch -
Warrnambool Flying Horse - 12pm**

14th August

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

20th August

**Community Lunch -
Beef meatballs with Sweet potato mash - 12pm
@ Kirrae**

27th August

**Catered Social Support Lunch - 12pm
@ Kirrae**

What does 'risk' in the new Aged Care standards mean?

“Each consumer is supported to take risks to enable them to live the best life they can”
(Standard 1.4)

The concept means that all adults should be able to have the right to make their own decisions about their health and care, even when elderly, receiving CHSP services at home or living in Aged Care facilities.



Positive risk-taking includes things that can:

- ★ Improve an elderly person's autonomy
- ★ Improve their social interaction
- ★ Improve their health
- ★ Help them to live independently
- ★ Build their lives in line with their values and personality
- ★ Increase their Self-determination and feelings of worth

Over-protection can lead to:

- ★ An elderly person being patronised
- ★ Smothering the person
- ★ Removing their hopes
- ★ Diminishing the person
- ★ Preventing an elderly person from reaching their potential





KOKO BLOKES

GUNDITJMARRA NAIDOC AWARDS 2019



The Koko Blokes were honoured to accept
**The 2019 Aboriginal Youth
Male of the year**



KOKO BLOKES

NAIDOC MARCH 2019

The Koko Blokes 12+ attended The NAIDOC March



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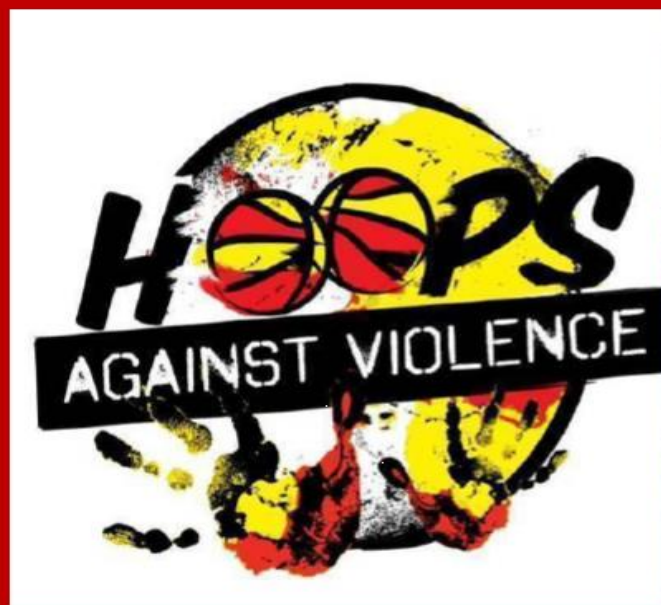

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Improvement
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KOKO BLOKES

Koko Blokes Under 12's attended



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Family Violence Affects the Whole Community.
If you feel you or someone you love may be experiencing family violence

Visit the SEWB Team at Kirrae for Confidential Support and Advice

Or Phone:

1800 RESPECT:

1800 737 732

SAFE STEPS:

1800 015 188

MensLine:

1300 789 978



SCREENING SAVES LIVES!

IF YOU CAN'T BE BOTHERED DOING IT FOR YOURSELF
DO IT FOR YOUR FAMILY!



You can have
BOWEL CANCER
without any noticeable symptoms. So if you're
50-74 YEARS
Cancer Council recommends a simple home
screening test every **2 years**.



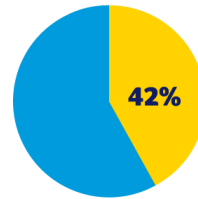
cancervic.org.au/bowel



If detected early **90% of bowel cancers**
can be successfully treated but only

42%

OF VICTORIANS
take part in the
National Bowel Cancer
Screening Program



cancervic.org.au/bowel



Do the free home test.
It could save your life.



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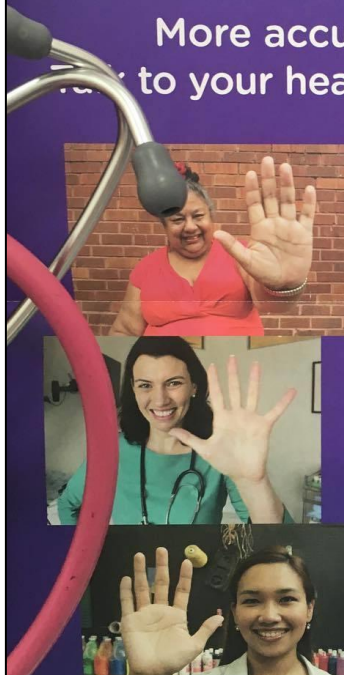
GREAT NEWS!

Having a Pap test every
two years
can reduce the risk of
cervical cancer by up to **96%**



THE PAP TEST HAS CHANGED

More accurate. Less Often.
Talk to your healthcare provider today



The new Cervical Screening Test is every 5 years and replaces the two yearly Pap test

If you're aged 25-74 you should have your first **Cervical Screening Test** two years after your last Pap test

If at any age you have symptoms you should discuss these with your healthcare provider immediately

For more information about these changes visit cancerscreening.gov.au/cervical

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NEW SERVICES AT *KIRRAE*



Nutrition and **Diabetes Education** professionals visit Kirrae every month and **it's free**. If you have diabetes or just want to talk to a professional about making healthy food choices to lose weight, reduce cholesterol or any other advice then

CALL KIRRAE FOR AN APPOINTMENT



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Naidoc Day @ Kirrae

Even though the weather wasn't the best, we had a great turn out. Some highlights of the day included **Koko Blokes** welcoming, Face painting by the Amazing Color Angel, WOOD BURNED KEYRINGS, Painted keyrings, Jewelry making, Straw animals, boomerang color ins.



Naidoc Day @ Kirrae



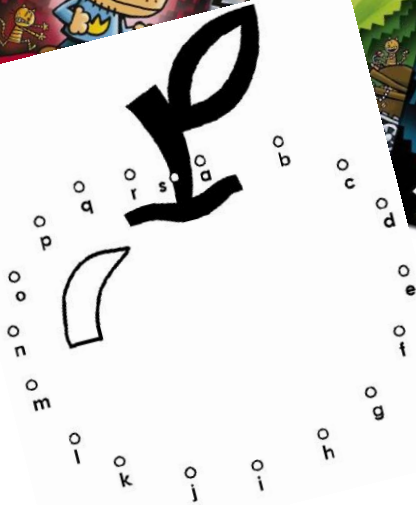
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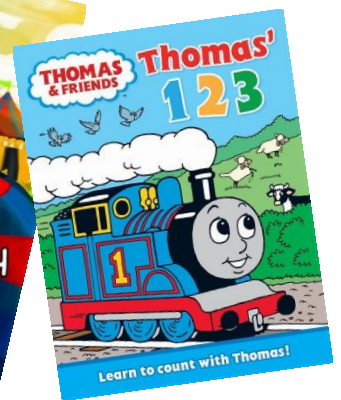
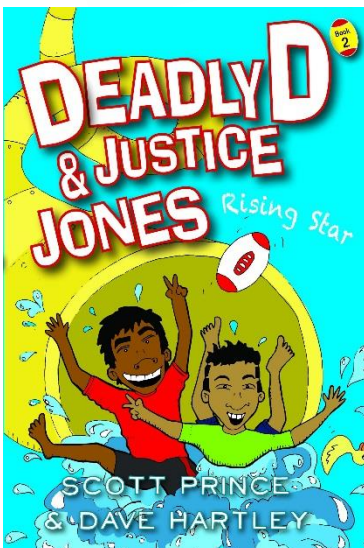
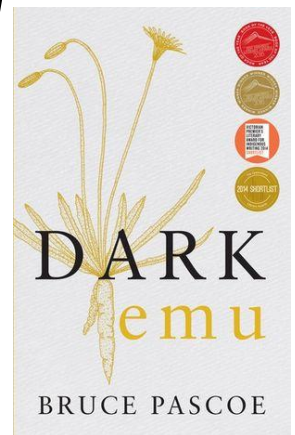
A massive thank you to all community members that helped out on the day. We really appreciated all the help with a few of our staff away enjoying Holidays. We wouldn't have been able to have such a successful day without everyone's help. ☺

NEW books to read!

We have purchased a heap of new books for readers both young and old. Come enjoy them at homework group and playgroup or just come for a read.



- ★ Dog Man Stories (awesome cartoons!)
- ★ Billie B Brown Set
- ★ Deadly D and Justice Jones
- ★ Dark Emu
- ★ NAPLAN test examples
- ★ Deadly D and Justice Jones
- ★ Counting Books and MUCH more!!



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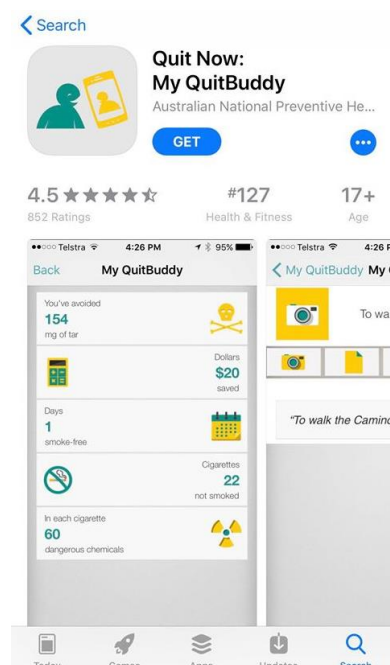
Need
hand
to
QUIT

smoking?

Let us know, we can help.

Have you checked out the
my quit buddy app?

A great tool to help you track



Quit now or die trying!!



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August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				Koko blokes	Yoga	
4	5	6	7	8	9	10
	Massage @ Kirrae	Playgroup Community lunch Homework group Dr Hall	Chiropractor	Dr Chandan Koko blokes	Yoga	
11	12	13	14	15	16	17
		Playgroup Social support lunch Homework group Dr Hall	Bingo Chiropractor	Dr Hedgland Koko blokes	Yoga	
18	19	20	21	22	23	24
	Massage @ Kirrae	Playgroup Dr Chandan Community lunch Homework group	Chiropractor	Koko blokes	Yoga	
25	26	27	28	29	30	31
		Playgroup Dr Chandan Social support lunch @ kirrae Homework group	Chiropractor	Koko blokes	Yoga	

