



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

**Community
 lunch is
 back info
 page 4**

February

2021

Doctors

Dr Hall –

Dr Chandan - Tuesday
 9th, 16th, 23rd

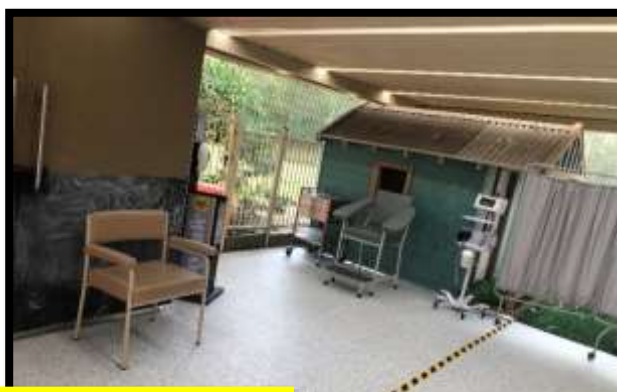
Dr Hedgland – Thursday 18th

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KIRRAE HEALTH SERVICE COVID-19 TESTING CLINIC



Birthdays

Phillip Chatfield 1st
Sam Clark 2nd
Alice Clark 4th
Timothy Chatfield 4th
Katie Clark 14th
Kane Clark 17th
Kahlia Harradine 25th
Trent Clark 27th
Jack Claridge 28th
Nerinda beard 28th
Dakoda Chatfield 27th



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



Huge Congratulations to Marra. Who has lived out a childhood dream and has been drafted to the AFL, not only drafted but was picked at number 1. What a great achievement and reward for all your hard work.

Good luck for your future.



Community lunch

We will be holding a community lunch on Tuesday Feb 9th, come on down

**We will not be providing take away containers this year, but you can bring along your own container for elders or people unable to attend*



Kirrae walking/running group

End of year had the members all out and about!

In November we covered **490kms in 80 hours!**

In December we covered **667kms in 110 hours!!**

Congratulations to Mikayla who covered 148kms in November and Kim who covered 138 in December. Come in to collect your voucher!

In March we will be launching a new look walking group called the 'Deadly Walkers'. This new look will mean instead of a monthly winner, we will have prizes to reach kilometre targets. Once you reach the target you will get the incentive attached to it!

We will also introduce getting together once a month for a walk and coffee!

Keep an eye out for more information coming soon!

**DEADLY
WALKERS
launching in
MARCH!**





GO MOB!
#smokeFreeMob
#strongMob

A new study has found that smoking kills one in two older Aboriginal and Torres Strait Islander adults, making up a large portion of the gap in life expectancy between Indigenous and non-Indigenous people. If we were able to bring smoking rates down, it will go a long way to closing the gap! The same study found that those who quit smoking when they were younger had similar life expectancy to those who never smoked.

★ **Have you been thinking about quitting or reducing your smoking?**

★ **Would you like to talk to someone about what quitting can look like?**

★ **Would like to quit but don't know where to start??**

What to expect when seeing our smoking cessation officer:

★ **Friendly chat**

★ **Client focused strategies – everything is about what you want to do and when!**

Come and see our qualified smoking cessation officer! Ask a team member for a referral or speak to Thalia directly.

Download the Strava app, follow our club and join in!

Call Quitline 13 7848

Welcome

Hi all my name is Alice McCallum and I have recently started working at Kirrae Health Service as Community Health Nurse. I am a Registered nurse and Midwife. I live in Warrnambool and have 2 kids. Max is 5 and Flynn is 1. I look forward to working with the community.

Thanks

Alice)





COVID19 TESTING CLINIC AT KIRRAE



**Kirrae's COVID19 testing
clinic will be starting
from Monday the 18th of Jan.**

**It is important that the day you notice any
symptoms, even very mild, you book in for a test.**

You will be able to call our reception to book for a
test, on a weekend still call the Greater South West
Respiratory Clinic on 0428606397

1pm – 3pm Daily



SEWB NEWS

Let's Talk Back-To-School-Anxiety

How many times have you heard...



I HATE SCHOOL! I'M NOT GOING TO SCHOOL EVER AGAIN! I REFUSE!



Before you are tempted to say "I don't care you are going anyway" have a chat and explore what is going on in their world.

Do's and Don'ts to beat Back-to-school-anxiety include...

DO	DON'T
<ul style="list-style-type: none"> • Be a good listener • Keep a sense of humour • Offer positive feedback • Understand the child's perspective • Be curious and ask questions about why they don't want to go • Negotiate 	<ul style="list-style-type: none"> • Lecture or interrupt • Overreact • Dismiss their fears • Tease them about what they think is important • Get all demanding

Everybody has a responsibility to help children

Families, carers, the student, the school and the community

School refusal could be thought of as a symptom, like when a child develops a fever. Investigating to find out the cause early on and then taking appropriate steps is the best way to keep the situation from developing into something more serious.

Missing school matters and every day counts

If kids go to school...



SOURCE: 30 YEARS STRONG (GIVEN BY DIVISION OF TEACHING, ACQUISITION, RESEARCH & INNOVATION) SCHOOL GOING FORWARD: PARENTS CAN HELP (2014)



THINGS I'M AFRAID TO TELL YOU

Fears about going back to school can include the following...

- I don't have any friends
- No-one will like me
- I got bullied last year
- The work is too hard
- I'm afraid of catching Covid-19
- What if we have to go back to remote learning
- I can't cope with all the noise
- Too many people make me nervous
- I want to stay home and protect my family
- I have to help mum or dad
- I don't fit in
- I don't have the "right" clothes
- All my friends have gone to high school
- It's all new and scary
- I can't stand my teacher
- People judge me
- I'm tired



If you think you or your children need help getting back to school call Heather in the SEWB Team.

AOD NEWS

NEW YEAR RESOLUTION?????

The beginning of a New Year often sees us making New Year Resolutions.

If you made one about addressing your substance use and need some extra help talk to us.

Mel and Aaron have appointment times free to assist you along your journey.




HOMEWORK GROUP INVITATION

**WE WOULD LIKE TO INVITE YOU TO COME ALONG TO HOMEWORK
GROUP**

(AND MUM & DAD IF YOU LIKE)

**TUESDAY, 9th February 2021
AT KIRRAE HEALTH SERVICE
AT 4:00PM**

HOPE TO SEE YOU HERE ☺





KOKO BLOKES

"Welcome/Graduation Ceremony"



*A big welcome to Brandon and Wirann
to the Koko Blokes...*

*And congratulations to Kobi for
Graduating to the 12+ group.*



*Koko's also done a dance performance
drone shoot for Lowell Hunter's WAG
exhibition.*



Podiatry

We have a new podiatrist Tanya coming in on the first Monday of the month.

Please call reception if you would like an appointment



Chiropractor

We have a new chiropractor starting with us, she will be out the first and third Tuesday of every month from 9.30am

Yoshi will still be coming out the second and fourth Thursday of the month from 12.30pm

Please call reception if you would like to book an appointment



National Indigenous Postvention Service

We provide emotional and practical support to families impacted by a loss from suicide or other traumatic event.



Call 24/7 on 1800 805 801

The National Indigenous Postvention Service is a program of Thirrili

If invited by the family we can travel to provide support where there is the need or liaise with local services to assist.

Our advocates are experienced in listening, and providing culturally responsive support. We work to ensure people access the supports they need. We provide throughcare and continue linking people to supports as needs change overtime.



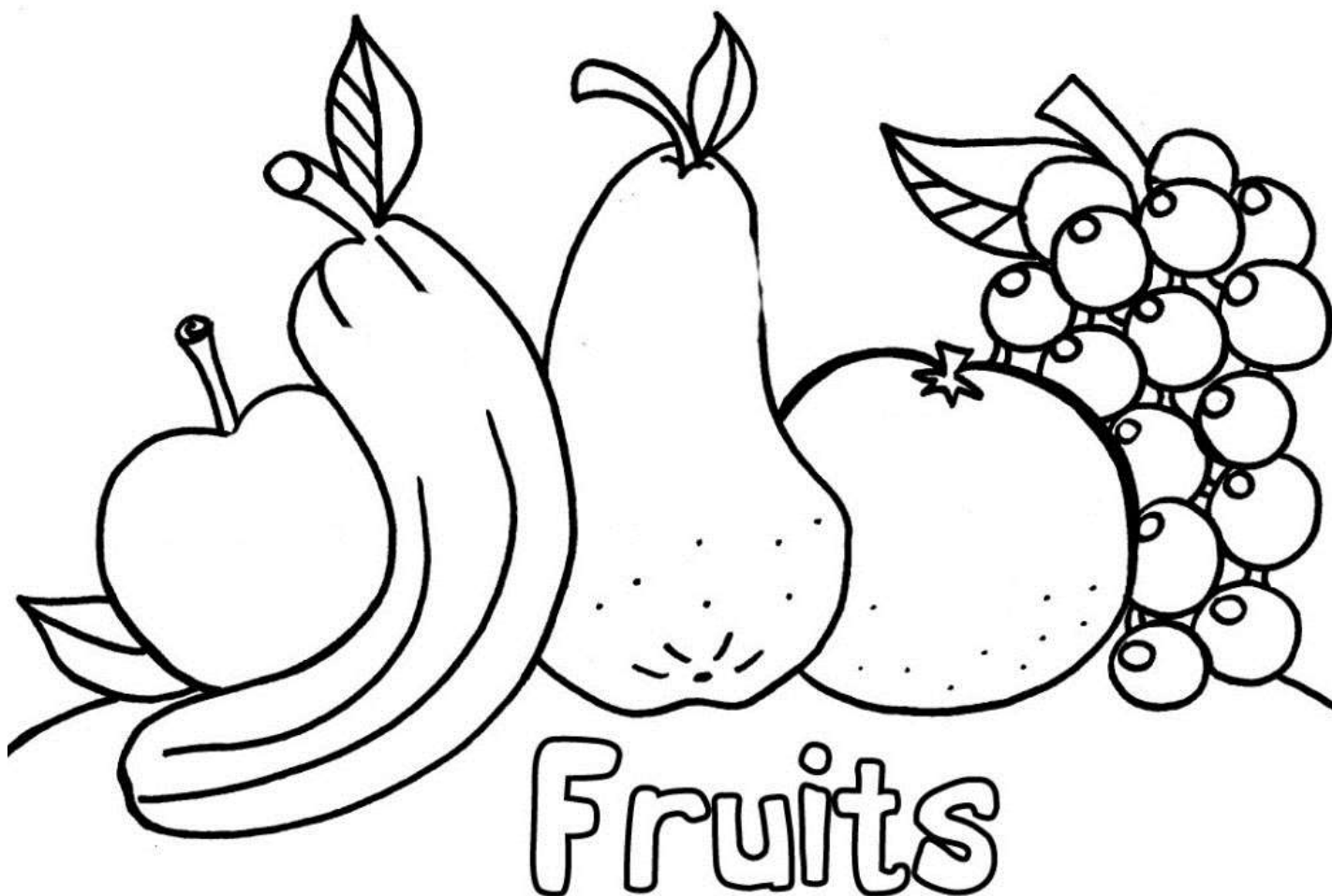
Families and community members can contact us directly 24/7 on 1800 805 801

The call is answered by an Aboriginal or Torres Strait Islander Advocate. If the call goes to message bank please leave your name and best contact number. We will call back as soon as possible.

Website: thirrili.com.au/nips

An Australian Government initiative.





Carbonara pasta salad

INGREDIENTS

250g dried risoni pasta
150g streaky bacon rashers
2 baby cos lettuces
4 boiled eggs
20g (1/4 cup) shaved parmesan

CREAMY DRESSING

125g (1/2 cup) **sour cream**
65g (1/4 cup) mayonnaise
2 tablespoons fresh lemon juice
2 teaspoons Dijon mustard
1 bunch fresh chives



METHOD

Step 1 - Put the kettle on. Heat a non-stick frying pan over medium-high heat. Fill one-third of a large saucepan with water and place over high heat. Cover and bring to the boil.

Step 2 - While the water heats up, coarsely chop the bacon. Separate the lettuce leaves, rinse and drain well.

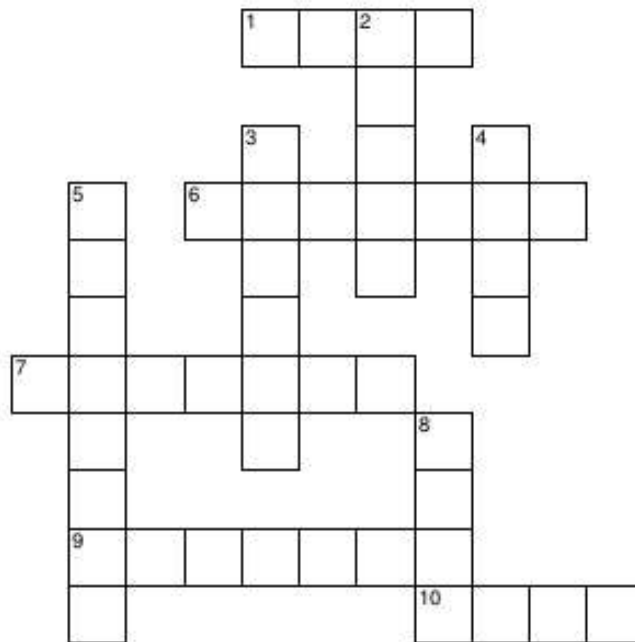
Step 3 - Pour boiling water from the kettle into pan of hot water. Cover and return to the boil. Add pasta. Cook following packet directions for 2 minutes less than stated on the packet. Drain. Return to pan.

Step 4 - While the pasta is cooking, add the bacon to the hot frying pan and cook, tossing, for 2-3 minutes or until crisp.

Step 5 - As the pasta and bacon cook, place dressing ingredients in a jug, using scissors to snip in the chives. Whisk until well combined.

Step 6 - Arrange lettuce on a serving platter. Add 3 tablespoonful's of dressing to pasta. Toss until combined. Scatter the pasta over the lettuce. Halve eggs and arrange on top. Drizzle over the remaining dressing. Scatter over the bacon and parmesan. Season and serve.

Back to School



www.IHaveFunTeaching.com

ACROSS

- 1 When I am in the hallway, I always _____ slowly.
- 6 My _____ cares about me very much.
- 7 I like _____ because get to read a lot of books.
- 9 I make sure to show _____ to everyone in the class.
- 10 I raise my _____ when I have a question.

DOWN

- 2 We eat _____ in the cafeteria.
- 3 I use this to write.
- 4 I want to keep my _____ clean.
- 5 _____ helps me practice when I am at home.
- 8 I like _____ because we work with numbers and solve problems.

Name: _____ Date: _____

Back to School Word Search

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

SCHOOL
TEACHER
STUDENT
DESK
PENCIL
PAPER
RULER

BOOKS
CRAYONS
READING
MATH
SCIENCE
ART
MUSIC

COMPUTERS
PLAYGROUND
CLASSROOM
BUS
GYM
LUNCH



February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	Massage Podiatry Covid clinic 1pm-3pm	Playgroup Dr Chandan Chiropractor Covid Clinic 1pm-3pm Dr Hall	Covid clinic 1pm-3pm Koko blokes	Covid clinic 1pm-3pm	Covid clinic 1pm-3pm	
7	8	9	10	11	12	13
	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	Anniversary of the Apology
14	15	16	17	18	19	20
	Massage Covid clinic 1pm-3pm	Playgroup Optometry Chiropractor Covid clinic 1pm-3pm Home work group	Covid clinic 1pm-3pm Koko blokes	Dr Hedgland Covid clinic 1pm-3pm	Covid clinic 1pm-3pm	
21	22	23	24	25	26	27
	Covid clinic 1pm-3pm	Playgroup Dr Chandan Dietician Diabetes Ed Covid clinic 1pm-3pm Home work group	Covid clinic 1pm-3pm Koko blokes	Chiropractor Covid clinic 1pm-3pm	Covid clinic 1pm-3pm	
28	1	2	3	4	5	6

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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!

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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