



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

**National Kidney  
 month  
 Page 18**

# March 2022

## Doctors

Dr Hall – Tuesday – 1<sup>st</sup>

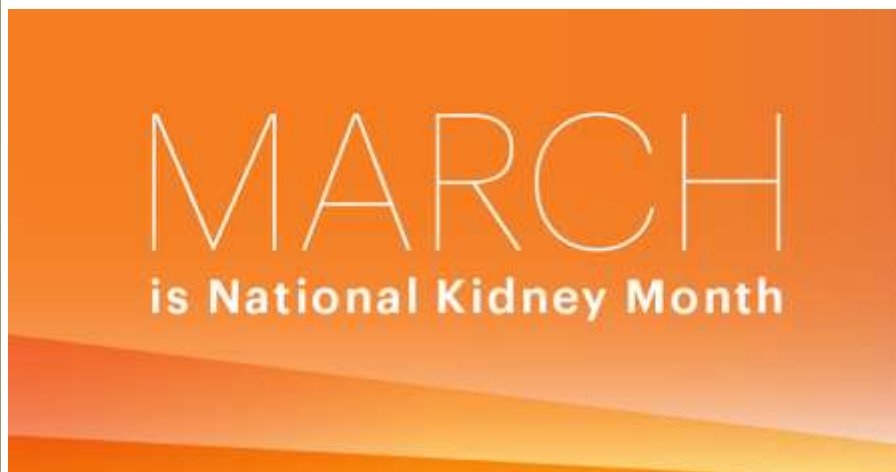
Dr Chandan - Tuesday  
 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>

Dr Hedgland – Thursday 17<sup>th</sup>

## Inside Newsletter

### Individual Highlights:

Birthdays	2
Close the Gap day	3
Playgroup	4
SEWB	5
AOD	6-7
The Anger iceberg	8
The young mob page	9
Headspace	10-11
Health & wellbeing	12-14
Stress less tips	15
Looking after families ad communities	16
Thirrili	17
National Kidney Month	18
Carpel tunnel syndrome	19
Hearing loss awareness week	20
World oral health day	21
Little sista's	22
Activities	23-25
Recipe	26
Calendar	27
Feedback	28



**CLOSE THE  
 GAP DAY INFO  
 PAGE 3!**

**MARCH  
 17<sup>TH</sup>**



## **Birthdays**

Jaxx Chatfield 3<sup>rd</sup>  
Piper Chatfield 4<sup>th</sup>  
Kiana Harradine 7<sup>th</sup>  
Mia Chatfield 8<sup>th</sup>  
Ronald Chatfield 8<sup>th</sup>  
Shane Harrison Jr 9<sup>th</sup>  
Brian Chatfield 10<sup>th</sup>  
Violet Clark 13<sup>th</sup>  
Leilani Clark 13<sup>th</sup>  
Lincoln Clark 14<sup>th</sup>  
Fay Clark 17<sup>th</sup>  
Jasper Claridge 19<sup>th</sup>  
Merinda Ugle-Hagan 24<sup>th</sup>



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



# CLOSE THE GAP DAY



## CLOSE THE GAP

Thursday March 17<sup>th</sup>  
10am start

- ★ Walk with us from Kirrae up to the picnic ground where we will have some yoga by the river, games up the top, shoulder massages & a great lunch
- ★ Transport will be available from the Health service
- ★ Special 10" Kirrae footballs to give away
- ★ All Km's logged via strava as part of the Deadly walkers Kirrae club go towards a new CTG year of rewards



# Covid- 19 Booster



New Victorian case data has underlined how effective third vaccination doses are against acute illness from the omicron virus, with people who have completed their full round of three doses 7.6 times less likely to end up in intensive care. The data from hospital records for February 8 also showed someone who was unvaccinated was more than 34 times more likely to be in ICU than someone who had received three doses.

You are eligible for a COVID-19 booster dose if you:

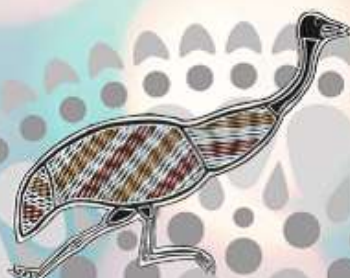
- are 16 years and older, and
- Completed your first 2 COVID-19 vaccinations at least **3** months ago.







# We invite you to Kirrae Health Service playgroup



**Playgroup runs  
every Tuesday  
10am – 12.30pm  
During school  
terms  
Healthy snack and  
lunch provided**





## Contact

### PHONE:

Kirrae Health Service  
5567 1270

### WEBSITE:

[www.kirrae.health.com](http://www.kirrae.health.com)

### EMAIL:

SEWB Coordinator  
[hvafidis@kirrae.org.au](mailto:hvafidis@kirrae.org.au)

### AOD Staff:

-Aaron Hagan  
-Mel Sumner

### SEWB Staff:

-Heather Vafidis  
-Michael Boyd

### Youth Worker (Trainee):

-Ebony Bennett

### Referrals:

Ring, text or email Heather on  
0484 701 867

### NB:

*Currently there are NO waiting lists for SEWB, AOD or the Youth Program so feel free to pop in for a confidential chat over a cuppa.*

# FEBRUARY 2022

## SEWB NEWS

### What's been happening

#### Staff

The SEWB Team is still working from home but available to you via phone. It's not quite the same but a chat over the phone can be very helpful.

Michael is still with us given the WA border has not yet opened up. He has delayed his departure until it does. So business as usual for Michael and his clients.

#### Kalat Girls & KoKo Blokes

Hopefully we will get to see you face to face soon. In the meantime stay connected via Facebook and Snap chat girls and be on the lookout for activity packs and challenges along the way.

### what's coming up

- Planning for a Youth photography exhibition
- Planning for Little Sistas group
- Planning and community consultation for Women's and Men's group
- Planning and community consultation for a Fishing Competition

### Mental Health TiP – Self Care – stress less

Stress is an unpleasant emotion that everyone has experienced and or constantly experiences. When we become stressed our hypothalamus, a tiny control tower in our brain, decides to send out the order: **Send in the stress hormones!** These stress hormones are the same ones that trigger your body's "fight, flight" response. Your heart races, your breath quickens, and your muscles ready for action. This response was designed to protect your body in an emergency by preparing you to react quickly. But when the stress response keeps firing, day after day, it could put your health at serious risk. And unfortunately your brain can't differentiate between the stress of a lion standing right in front of us, or being overwhelmed by work, or caring roles.

It is important to care for yourself so you can care for others. This starts with sleeping well, eating well, being physically active, taking time out for your hobby and getting out in the sunshine to get our daily dose of Vitamin D. Vitamin D deficiency can lead to moodiness and even depressive feelings. Just 10 minutes in the sun will help. Check out the poster on the next page for some more tips. If stress is overwhelming you - call the SEWB Team.

Stay well everyone.

S E W B T e a m .



# Alcohol & other Drugs News February 2022

## Staff

AOD Staff working onsite from the 14<sup>th</sup> of Feb.

Aaron works Monday to Thursday & Mel Works Tuesday to Friday.

## Koori Court

Next Koori court date is the 4<sup>th</sup> of March

## AOD program and what we can help with

- ★ Assessments for detox and rehab
- ★ Counselling
- ★ Work and Development program (working off fines)
- ★ Support with appointments with other agencies and orgs
- ★ Referrals to other agencies and orgs
- ★ Support at Koori Court

## Local NA Meetings

- ★ NA meeting: Thursday 7:30 pm @230 Koroit Street Anglican old hall
- ★ NA meeting: Saturday 2 pm @ 230 Koroit Street Anglican old hall
- ★ NA womens meeting: Tuesday 7 pm @ new life church Bromfield Street

## Helpful Websites & Links

- ★ [postivechoices.org.au](https://positivechoices.org.au)

<https://positivechoices.org.au/parents/Indigenous-preventing-drug-related-harms>



**Key messages**

- Family can have a big impact on a teenager's alcohol and drug use
- You can take positive actions to protect your child against alcohol and drug use
- Create strong relationships, be a good role model and set rules around alcohol and drug use

- ★ Victorian Aboriginal Health Service

<https://www.vahs.org.au/>

[www.vahs.org.au/yarning-safe-n-strong-media/](https://www.vahs.org.au/yarning-safe-n-strong-media/)

- ★ <https://aodknowledgecentre.ecu.edu.au/> has some really good tips around community support for our loved ones.



### Local employment opportunities:

- ★ Harm minimisation case worker at Gunditjmara Aboriginal Cooperative
- ★ Intensive Family Services Case Worker (female) at Gunditjmara Aboriginal Cooperative Ltd
- ★ Koori Engagement Worker, Victims assistance program at CatholicCare Victoria
- ★ Home and Community Care Workers at Gunditjmara Aboriginal Cooperative
- ★ Client Services officer (CSO) Warrnambool at Victorian Aboriginal Legal Service

*\*All of these can be searched on SEEK*

### Deadly Yakka employment program

Match Works is committed to helping build a better future for Aboriginal and Torres Strait Islander job seekers. Dedicated staff focus on community engagement, skill development programs and real employment outcomes with employers who embrace diversity in their business.

Match works can assist you with:

- ★ Mentoring and goal setting (one-on-one or group programs)
- ★ Links to training opportunities
- ★ Links with Aboriginal and Torres Strait Islander community groups and Co-operatives
- ★ Post-placement support for both you and your employer so employment is ongoing
- ★ Pre-employment training and support (tailored to your needs)

The Deadly Yakka employability training programs for Indigenous job seekers is changing lives across Australia. Run over two-weeks, this free program for registered job seekers will support you to:

- ★ Set personal and professional goals
- ★ Build confidence and self-motivation
- ★ Boost your interview and job search skills
- ★ Inform you about workplace expectations
- ★ Connect you with employers with real employment opportunities

Each program also includes cultural activities such as a Smoking Ceremony and an Indigenous art day so you can reflect on your journey to employment.





# THE ANGER ICEBURG

Anger is an emotion that tends to be easy to see.

However, anger is often just the tip of the ice-burg, other emotions may be hidden just beneath the surface that become expressed as anger.

A person may express anger in order to mask emotions that cause you to feel vulnerable, such as hurt. Anger can be fuelled by different emotions at different times, or by a combination of emotions all at once. Sometimes anger can just be anger.



Explore your anger, is it just anger or is there something hiding beneath the surface??

Next time you feel angry, take a deep breath and look deep into what else you are feeling besides angry.

Are you feeling unheard? Worthless? Scared? Guilty?

When your angry ask yourself these questions to gain a better understanding of your anger.

How am I acting right now? What other emotions am I feeling?

If I was someone else in this situation, what else might they be feeling?

Have there been times in the past where I have felt angry, but later realised you were feeling something else?



# THE YOUNG MOB PAGE

Inspiration of the month .... Charlton Howard aka **KID LAROI**

The 18 year old – a proud Kamilaroi man (which is where he gets his stage name) is now the highest ranking Indigenous artist EVER in triple j's hottest 100.

Born and raised in Redfern, a Sydney he has often spoke in interviews about having a tough upbringing, including family separation, relocating, floating between public housing, friends houses and the death of his uncle who was murdered in 2015. It's been an interesting life" he told Richard Kingsman on triple j in 2020. But that only drove him to hustle harder and get to where he is today, and makes him all the more grateful for his success.

Earning a scholarship on his talent, as a young person he attended an inner-city performing arts school four days a week but still devoted the rest of his time to music – recording raps, producing beats and learning the business.

In just 3 years he's gone from an ambitious teen hustling and rapping on the streets of Sydney, to a Los Angeles-based star dominating streaming and charts. In November he was awarded Artist of the Year at the National Indigenous Music Awards, Best Artist/Best Pop release at the 2021 ARIA Music awards where he said "how good is Australian music" whilst accepting his award and is nominated for 2021 Best New Artist at the Grammy Awards.

It just goes to show that when you want something and your good at it regardless of the hurdles of life if you keep pushing yourself and don't give up... Dreams do really come true!!

## STRUGGLING WITH SCHOOL AND HOME LIFE ?



Set yourself some smart goals, go back to basics, be realistic and reward yourself when you achieve them!!



GET SALTY • GET FIT • GET WELL • GET HAPPY •  
GET CONNECTED • GET STOKED •

## STOKED SURF THERAPY

STOKED IS A FREE (6 WEEK) YOUTH SURF THERAPY PROGRAM FOR YOUNG PEOPLE AGED 15-24. EACH WEEK PARTICIPANTS AND VOLUNTEERS FROM OUR COMMUNITY GET TOGETHER TO:

- YARN - TALK ABOUT MENTAL HEALTH AND OTHER ISSUES
- SURF - LEARN TO SURF AND GET A GOOD OLD DOSE OF VITAMIN SEA
- EAT - SHARE SOME FOOD TOGETHER AND CONNECT

WARRNAMBOOL	PORT FAIRY
Mondays 4:30 - 7:30pm	Wednesdays 4:30 - 7:30pm
14th February	16th February
21st February	23rd February
28th February	2nd March
7th March	9th March
14th March - no session P/H	16th March
21st March	23rd March
28th March	

To find out more contact Chrissie or Anna on (03) 5561 8888  
Find out how to apply or volunteer [www.brophy.org.au/stoked](http://www.brophy.org.au/stoked)  
Follow us on Instagram @stoked\_surf\_therapy

**THERES NO SHAME IN TALKING**, IF YOURE HAVING SOME DIFFICUTIES AT HOME, SCHOOL OR WITH FRIENDS OR PARENTS/CARERS YOU THINK THE YOUNG PERSON IN YOUR HOME COULD DO WITH SOME EXTRA SUPPORT PLEASE CALL THE OFFICE OR COME HAVE A YARN WITH EBONY OUR YOUTH WORKER ☺



## REMINDER...

Poster entries for the 2022 National NAIDOC Poster Competition close on 14 March 2022 at 11:59PM (AEDT).

To submit your work visit the NAIDOC website or come into our office and Ebony will help you.

# GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



headspace

National Youth Mental Health Foundation

## STRONG AND HEALTHY RELATIONSHIPS

Good relationships can make you feel happy and confident. They can help get you through tough times. It's deadly to share, care, laugh and love with your mob and bond over culture, community, kinship and family.



MOBS

### FAMILY

KINSHIP COUSINS

SAFE PLACE

ROLE MODELS SUPPORT

CLAN PARENTS

AUNTIES AND UNCLES

BROTHERS AND SISTERS

### PARTNERS

LOVE TRUST

TRUTH HONEST

RESPECT

UNDERSTANDING

CARING KIND

LOYAL STRONG

FRIENDS SPORTS TEAM

ELDERS SCHOOL

MATES MENTORS

WORK PEERS

YOUTH GROUPS COMMUNITY

CULTURE GROUPS

## Maintaining FAMILY RELATIONSHIPS

Family relationships can sometimes break down because of many reasons. Disagreements, arguments and fights with family can leave you feeling down.

Maintaining your relationship with your family and keeping it strong can be really important in helping you feel deadly. Relationships with family can sometimes be tough, so there's no shame in talking to someone you can trust about what's going on and how to get things back on track.







## signs of an unhealthy relationship with your partner

**Possessiveness** – when they're checking up on you all the time and controlling where you go and who you see.

**Jealousy** – when they accuse you of cheating, keep you from seeing your mob or talking to other people.

**Put downs** – when they run you down, shame you up and say stuff that makes you feel like you're no good.

**Threats** – when they make threats that they will hurt You, your mob or your friends. Yelling, sulking and breaking things are forms of abuse.

**Physical or Sexual Violence** – shoving, hitting, forcing you To have sex or do things you don't want to do.

When relationships aren't good, and close friendships and relationships break down, it can be really hard to deal with. You may notice that you feel down, have less motivation to do things, have trouble sleeping or lose your appetite.

Maintaining friendships and keeping them strong is not always easy. Some friends make you laugh, some are always there for you, and some have been around for as long as you can remember.

Different friendships will keep you happy and strong in different parts of your life. Friendships will change over time and sometimes they can turn into unhealthy relationships. Not all friends are good for you and it's important to figure out which ones are strong and which ones you are better off without.



## LOOK AFTER YOURSELF

If you're having worries about a friendship or relationship, it can be helpful to talk to the person about it or yarn with someone that you trust.



AGED  
12-25?

## HOW HEADSPACE CAN HELP

Headspace is your space to yarn safe. Headspace can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

Headspace has centers where you can yarn to someone face-to-face, or you can contact our online and telephone support service, [ehheadspace.org.au](http://ehheadspace.org.au) or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.





# EXERCISE IS IMPORTANT TO OUR HEALTH & WELLBEING



Exercise is a vital part of our self-care, especially in our current circumstances due to COVID 19 it may be even more important for our mental health and all round health. We all know exercise helps us lose weight but there are many other health benefits you may not have known!

1. Improve your memory and brain function (all age groups).
2. Protect against many chronic diseases.
3. Aid in weight management.
4. Lower blood pressure and improve heart health.
5. Improve your quality of sleep.
6. Reduce feelings of anxiety and depression.
7. Combat cancer-related fatigue.
8. Improve joint pain and stiffness.
9. Maintain muscle strength and balance.
10. Increase life span.



## Preschool-Aged Children (3-5 years)



Physical Activity **every day throughout the day.**

**Active play** through a **variety** of enjoyable physical activities.

## Children and Adolescents (6-17 years)



**60 mins (1 hour)** or more of moderate-to-vigorous intensity physical activity daily.

**A variety** of enjoyable physical activities.

As part of the 60 minutes, on at least 3 days a week, children and adolescents need:

- **Vigorous Activity** such as running or soccer.
- Activity that **strengthens muscles** such as climbing or push ups.
- Activity that **strengthens bones** such as gymnastics or jumping rope.

## Adults (18-64 years)



At least **150 minutes a week** of moderate intensity activity such as **brisk walking**.

At least **2 days a week** of activities that **strengthen muscles**.

*Aim for the recommended activity level but be as active as you are able.*

## Older Adults (65 years and older)



At least **150 minutes a week** of moderate intensity activity such as **brisk walking**.

At least **2 days a week** of activities that **strengthen muscles**.

Activities to **improve balance** such as standing on one foot.

*Aim for the recommended activity level but be as active as one is able.*

## Adults with Chronic Conditions and Disabilities



Get at least **150 minutes** (for example, 30 minutes 5 days a week) **of moderate-intensity aerobic physical activity a week**.

And

Get at least **2 days a week of muscle- strengthening activities** that include all major muscle groups

*If you are unable to meet the recommendations, be as active as you can and try to avoid inactivity.*



Have a yarn with friends and family



Make time for yourself by reading or journaling



Learn a new hobby and have the courage to be imperfect while you're getting the hang of it



Close your eyes and focus on your breath



Connect with the land by spending time outside in nature



Get active by going for a walk or kicking the footy around outside

# Deadly Tips to Stress Less



Reach out to Elders for advice



Listen to your favourite music



Get involved in your Community activities that make you proud of who you are and where you're from



Watch funny videos and share them with your friends



Share stories with your friends and family





# LOOKING AFTER FAMILIES & COMMUNITIES - OUR WAY

*Our advocates are experienced in listening, and providing culturally responsive support*

## SEEK SUPPORT

When you call us, the call is answered by an Aboriginal and/or Torres Strait Islander Advocate.

If we miss your call please leave your name and best contact number and we will call you back.



## MOB SUPPORTING MOB

If a family member invites us we can travel to provide support to you and your family. We also work with communities to help them identify and access the supports they need.



## WE'RE HERE FOR YOU

Our advocates

- We provide emotional and practical support to Aboriginal and/or Torres Strait Islander families and communities impacted by loss from suicide or other fatal traumatic incidents.
- Continue to be there for you no matter how long it may take.
- We provide throughcare and continue linking people to supports as needs change over time.



Australian Government

National Indigenous Australians Agency

Proudly supported by the National Indigenous Australians Agency





THIRRILI

# Support for Aboriginal and Torres Strait Islander communities after suicide



*Indigenous Suicide Postvention Service*

**Call 1800 805 801 - 24/7  
Australia Wide**

**THIRRILI - INDIGENOUS SUICIDE POSTVENTION SERVICE**

An Australian Government Initiative. Proudly supported by the National Indigenous Australians Agency

For more details, visit our official website at [thirrili.com.au](http://thirrili.com.au) or follow us





# March is **National Kidney Month**

Get to know your hard working kidneys

**6**

## WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

**8**

## PROBLEMS KIDNEY DISEASE CAN CAUSE



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Nerve damage



Weak bones



High blood pressure



Kidney Failure

**4**

## RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

**7**

## SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine  
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

**2**

## TESTS YOU CAN TAKE (BLOOD AND URINE)



**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



**National Kidney Foundation®**

Learn more at [kidney.org](http://kidney.org)



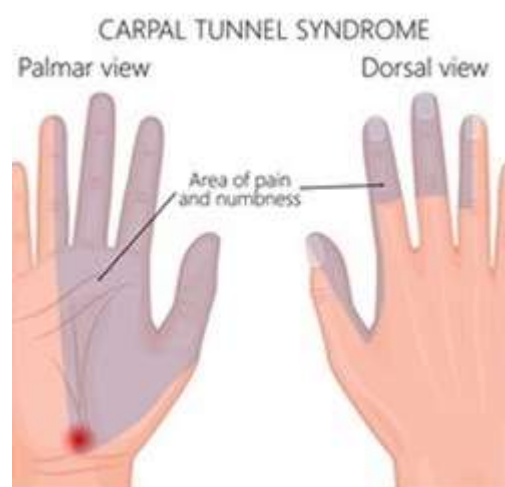
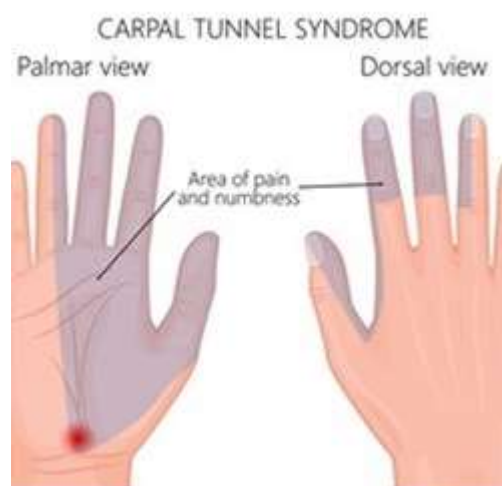
# Carpal Tunnel Syndrome

Carpal tunnel syndrome is the most common nerve compression that affects the hand and wrist. It's caused by pressure on the median nerve, usually from swelling. The median nerve runs the length of the arm, passing through a passage in the wrist called the carpal tunnel and ending in the hand. The median nerve controls the movement and feeling of the thumb and all fingers except your small finger.

Symptoms of carpal tunnel syndrome usually include pins and needles, numbness and pain in the thumb, index and middle finger. If you have carpal tunnel syndrome and don't get it treated, symptoms can last a long time, get worse, and can even go away and return. Carpal tunnel is easier to treat if diagnosed earlier.

We commonly treat carpal tunnel syndrome and beneficial treatment can include splinting to rest the nerve, home exercise programs and modification of daily activities.

Various nerves can also be compressed at other areas in the upper limb including the elbow, shoulder and neck. Therapists at HULC are specialists in assessing and treating a variety of nerve conditions. Your therapist is trained in assessing whether a surgical review is warranted depending on the history and severity of your symptoms.





# HEARING LOSS AWARENESS WEEK!

Sorry, can you  
repeat that?



March 1st - 7th "To hear for life,  
listen with care"

**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**



# “BE PROUD OF YOUR MOUTH”

## WORLD ORAL HEALTH DAY

The mouth is a main entry point for virus's and illness. Look after your Oral health by adopting a good oral hygiene routine and managing risk factors, to protect yourself and others.

A health mouth not only allows you to speak, smile, smell, taste, touch, chew, and swallow without pain, but it also has a positive impact in your general health, well-being and quality of life.

### PRACTICE A GOOD ORAL HYGIENE ROUTINE

- ★ Brush for two minutes, twice a day with fluoride toothpaste.
- ★ If brushing isn't possible, rinse with a fluoride mouthwash.
  - ★ Replace your tooth brush every 3 months.
- ★ Avoid sharing a toothbrush with someone others.
- ★ Floss at least once a day. Do not reuse floss.



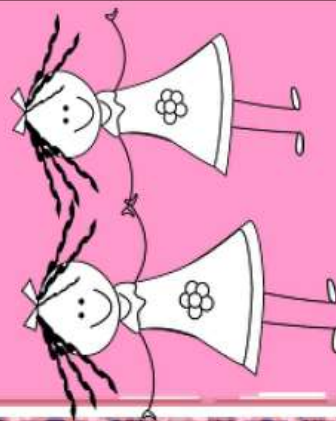
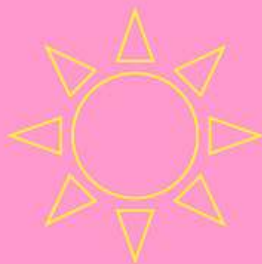


KIRRAE HEALTH SERVICE INVITES COMMUNITY AND PARENT  
INPUT IN REGARDS TO THE CREATION OF A GIRLS GROUP  
FOR THE YOUNGER GIRLS IN COMMUNITY NOT YET OLD  
ENOUGH TO PARTICIPATE IN KALAT GIRLS.

## Little Sista's

WILL COME TOGETHER OVER THE SCHOOL HOLIDAYS FOR ONE  
ACTIVITY/ OUTING PER HOLIDAYS.

WE WOULD LOVE TO HEAR FROM COMMUNITY, THE GIRLS AND  
PARENTS ABOUT THEIR IDEAS AND INPUT TO HELP START UP THE  
GROUP FOR OUR YOUNGSTERS! Contact Ebony at KHS.







# Find the Months

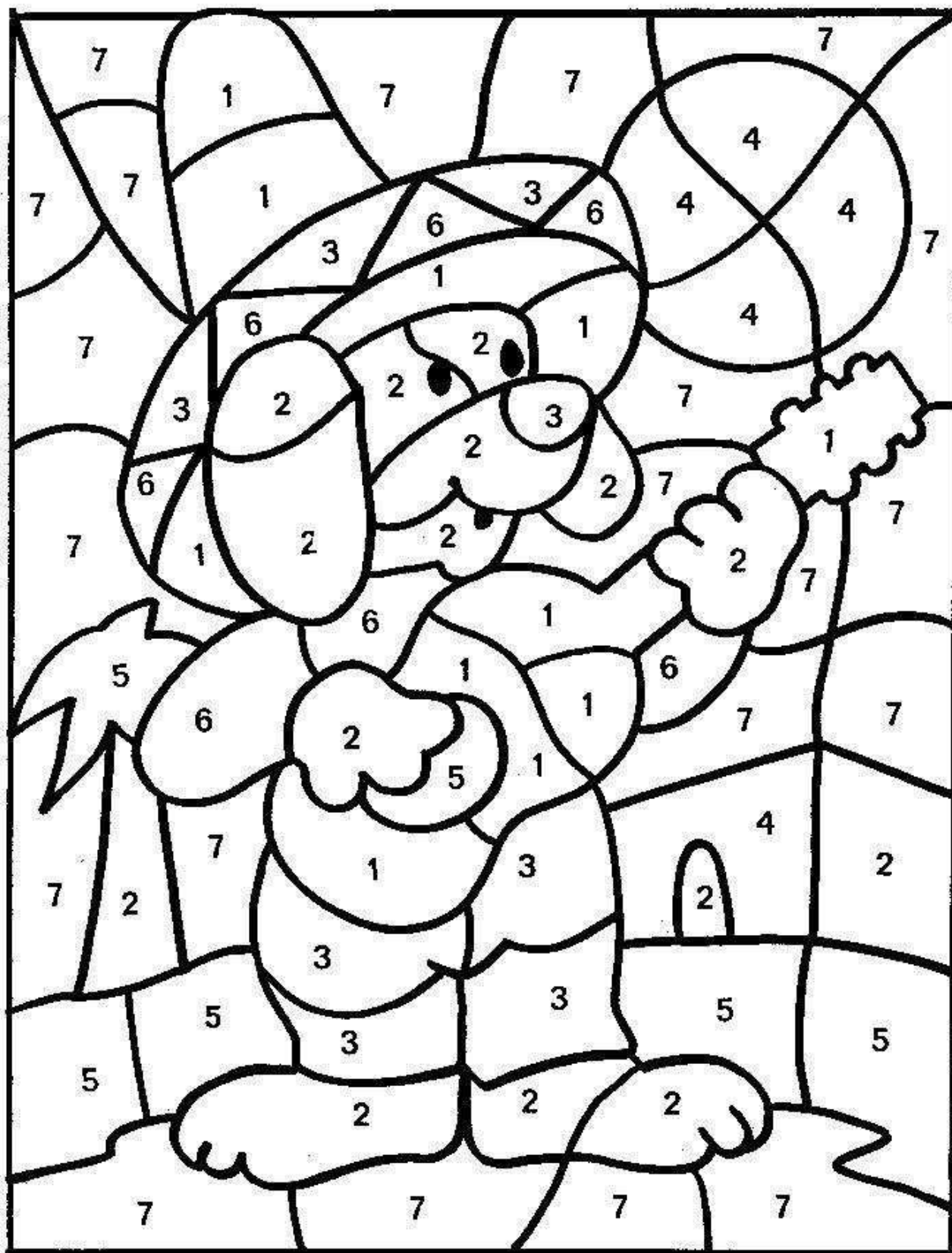
Find, circle and write the Months

m a r c h k u o e a k x h k r  
a p s e p t e m b e r z p r s  
c o y a u g u s t o e o u e y  
f c u n s a p e b e n a s n a  
k t j b n o r f e b r u a r y  
n o a s a b d r m p j u l y a  
d b n r p a e w e a u b p r y  
a e u w r p c u i m n d c q u  
n r a x i o e t b r e g z f r  
h x r i l s m v p o s h a s j  
m a y o m k b r s l w o m w n  
k y p n o v e m b e r p o r p  
l s q y k s r m o p t d k t q

- |          |          |           |
|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____  |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |



1-Orange 2-Brown 3-Red 4-Yellow 5-Green 6-Pink 7-Blue



# Quick beef stir-fry

## Ingredients

- 500g Coles Australian No Added Hormones **Beef** Stir-Fry
- 300g pkt Coles Supergreen Stir Fry
- 2 tbsp Thai chilli jam or sweet chilli sauce
- 2 tbsp oyster sauce
- 450g pkt microwavable jasmine rice



## Method

### Step 1

Spray a wok or large frying pan with olive oil spray and heat over high heat. Add half the beef. Stir-fry for 2-3 mins or until browned. Transfer to a plate. Repeat with the remaining beef.

### Step 2

Spray wok or pan with more olive oil spray and heat over medium-high heat. Add vegetables. Stir-fry for 2-3 mins or until just tender. Return beef to wok or pan with chilli jam or sweet chilli sauce, oyster sauce and 2 tbs water. Stir-fry for 1-2 mins or until heated through.

### Step 3

Heat the rice in microwave following packet directions. Divide evenly among serving bowls. Top with the stir-fry

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
		Playgroup Dr Chandan Dr Hall				
6	7	8	9	10	11	12
	Massage Podiatry	Playgroup Dr Chandan				
13	14	15	16	17	18	19
		Playgroup Dr Chandan Optometry		<b>CTG DAY</b> Dr Hedgland		
20	21	22	23	24	25	26
World Oral Health Day	Massage	Playgroup Dr Chandan				
27	28	29	30	31	1	2
		Playgroup Dr Chandan Diabetes ed Dietician				





1 Kirrae Ave  
Purnim, Vic, 3279

PHONE:  
03 5567 1270

FAX:  
03 5567 1376

E-MAIL:  
[info@kirrae.org.au](mailto: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 or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

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

