



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

September²⁰²¹

Doctors

Dr Hall – 7th

Dr Chandan – Tuesday 7th
14th, 21st, 28th

Dr Hedgland – Thursday 16th

Inside Newsletter

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Wishing all
the Deadly
dad's in our
community
a happy
father's day



Birthdays

Rylan Miller 4th
Tarell Chatfield 7th
Jyah Chatfield 8th
River Chatfield 11th
Kiah Clark 11th
Jada Harrison 11th
David Clark 12th
Samantha Delany 13th
Sharon Harradine 16th
Jordan Clark 16th
Kobi Chatfield 17th
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.

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



Playgroup

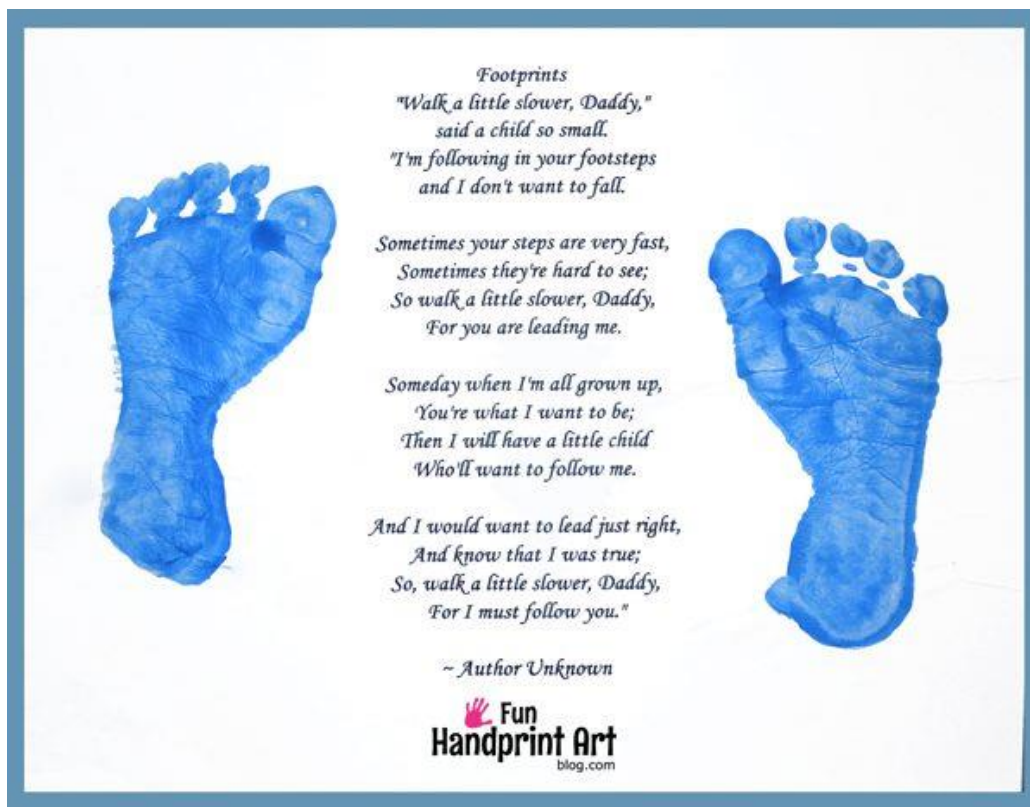


During Lockdowns we have delivered activities, books and snacks to the children to do at home, here they have some alphabet and number stamps and a scrap book.

We love seeing pics of the kids enjoying their Playgroup activities, so keep them coming.



Father's day activity ideas



Contact

PHONE:

Kirrae Health
Service
5567 1270

EMAIL:

health@kirrae.org.au

Health Staff:

Health Team Leader
Fabian McLindin

Nurses
Fabian McLindin
Alice McCallum
AHW's
Ann Litster
Teneshia Harradine
Phillip Chatfield
(Trainee)

**Health Promotion /
TIS Worker**
Thalia Robertson

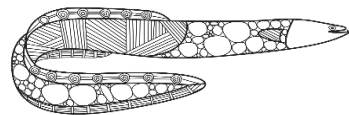
SERVICES

- Health Checks
- Doctors Clinic
- Transport to appointments
- Blood collection
- Referrals
- Chronic Disease Management
- Vaccinations
- Covid Testing
- Help to QUIT Smoking

Need to yarn
about your
health?

Call our team!
55671270

HEALTH TEAM UPDATE



What's Deadly in September?

Tuesday 21st Sept

Audiologist visiting Kirrae to check your
Child's hearing.



FACT: Aboriginal children with Hearing loss, including mild and unilateral hearing loss, are **likely to attend school less frequently** than their Counterparts with normal hearing.



Coronavirus Update!

We had our first Pfizer Vaccination Clinic on July the 27th and 28th with 2nd doses to be given 3 weeks later. 47 people were vaccinated and protected for risk of being hospitalised and dying from Covid-19.



Unfortunately a large part of our community remains unvaccinated which not only puts themselves at risk but also their families and community. Covid-19 has already escaped into regional NSW and has infected the Aboriginal community of Dubbo and Walgett which is highly concerning.

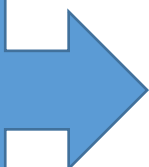
This could happen in our community in a heartbeat and as an article in 'The Standard' highlighted today **there were many people coming to our region from Melbourne despite lockdown restrictions** so it is just a matter of time before it reaches us. **PLEASE IF YOU ARE UNVACCINATED, BOOK YOURSELF A JAB TO PROTECT YOURSELF AND OUR COMMUNITY.**

**THE TIME FOR ACTION IS NOW AS IT'S TOO LATE
WHEN THE VIRUS IS IN OUR COMMUNITY!**


Covid Vaccines are safe and effective and our health team is happy to discuss with any community members uncertain of vaccine safety to share our knowledge of why they are safe and why you should be vaccinated.



Why Covid
Vaccines
are SAFE!!



Doctors / Allied Clinic September Update!

 DOCTORS	
Dr Hall	Tues: 7 th
Dr Chandan	Weekly on Tuesday 10:00-2:00
Dr Hedgland	Thursday: 16 th
Diabetes Ed	Tues: 28 th 09:30 – 12:30
Dietician	Tues: 28 th 09:30 – 12:30
Podiatry	Mon: 6 th
Massage	Mon: 6 th & 20 th
Chiropractor	Thurs: 9 th & 23 rd
Optometrist	Tues: 23 rd Sept



Deadly Health Checks!

Are you due for your Yearly Health Check?

So many good reasons to have your annual Health Check!!

- Check that you are healthy and pick up any health problems early
- Aquazone and the Day Spa yearly admission
- Learn to swim classes for kids.
- Join any Kirrae programs to improve your health such as Yoga, Boot Camp's, Kirrae Gym, Walking group and more.



Deadly Health Tip:

JUST GET VACCINATED AGAINST COVID!!!



Breakfast Club



KIRRAE HEALTH SERVICE BREAKFAST CLUB

COME AND ENJOY BREAKFAST AT THE HEALTH
SERVICE!

BEFORE YOU HEAD OFF TO SCHOOL
EVERY THURSDAY FROM

7am till 8am

FOR MORE INFO,
CONTACT US ON
5 5 6 7 1 2 7 0





Women's Health Week



Women's Health Week

Date: 9th of September

Details:



10:30 - 11:30 at the Geothermal pools
12pm at Images restaurant for lunch!

Call 5567 1270 to book your spot!



Bingo

KHS B I N G O

**Wednesday 15th September
from 11am**

At Kirrae Health service



Lunch provided



SEPTEMBER 2021

SEWB NEWS



What's been happening

PHONE:

Kirrae Health Service
5567 1270

WEBSITE:

www.kirrae.health.com

EMAIL:

SEWB Coordinator
hvafidis@kirrae.org

AOD Staff:

- Aaron Hagan
- Mel Sumner

SEWB Staff:

- Heather Vafidis
- Michael Boyd

Youth Worker (Trainee):

- Ebony Bennett

Referrals:

Ring, text or email Heather

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.

Staff

On and off Covid19 lockdowns and restrictions saw SEWB staff working from home once again. It isn't ideal as we much prefer to see people face to face but we will battle on trying to connect with you via the phone. Please contact us if you are struggling. Limits on the number of staff in the office sees one of the team rostered on each day so please contact us if you would like a face to face chat. Staff have been very busy completing all the reports required by the funding bodies. Ebony, Michael, Mel and Aaron continue in their studies. Heather has a brand new granddaughter, Charlotte, who arrived safely.

Kalat Girls

This month the girls hardly met at all thanks to Covid but Jess and Ebony have been making contact via Facebook and Snap Chat with suggestions of online activities. Lots of planning is going on behind the scenes for the next camp and other activities dependent on Covid restrictions.

There are plenty more spaces for girls aged 12 -25 so please just come along on Thursdays, 4.30pm at KHS during school terms. Please note only girls who attend the weekly sessions are eligible to go on camps/excursions.

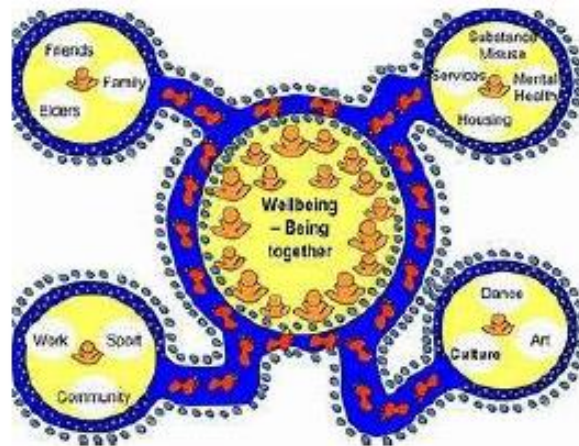
what's coming up

- ***Kalat Girls Term 3 weekly activities and camp planning.***
- KoKo Blokes Term 3 weekly activities.
- Planning for Youth Week happening in November/December
- Planning for implementing the Royal Commission into Mental Health recommendations – watch this space.

Mental Health Tip

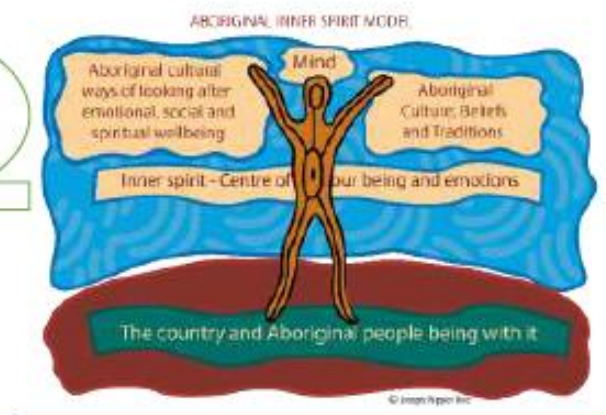


WELLBEING – SELF HELP



<https://strongspiritstrongmind.com.au/>

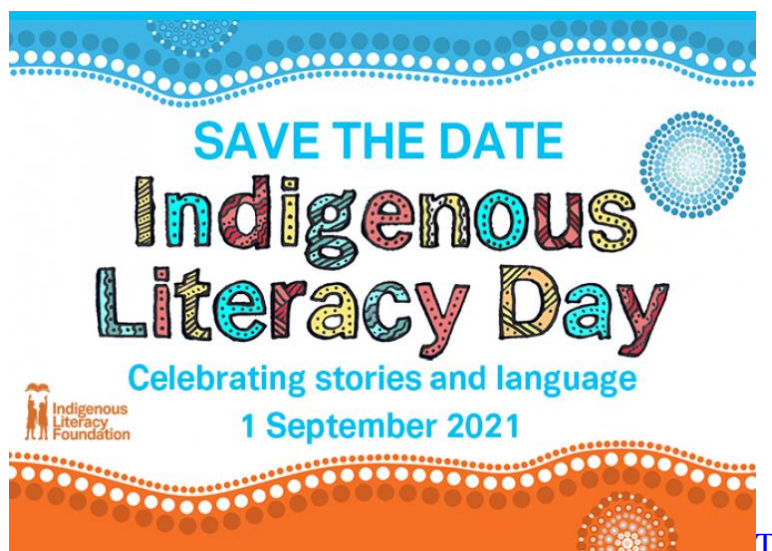
Great fact sheets



Great resources



Save the date for Indigenous Literacy Day!



This year, [Indigenous Literacy Day: Celebrating Stories and Language](#) (ILD) will be held on Wednesday 1 September, and is an annual celebration featuring Indigenous languages, stories, peoples and culture.

To celebrate, we are hosting a free virtual celebration for all Australians going live from **9am Wednesday 1 September**.

Through storytelling, ILD provides a window into the richness, diversity and multilingual world of First Nations peoples with a selection of short, two minute, inspiring video stories by First Nations storytellers (of all ages) from across the country.

This year's theme is Celebrating Stories and Language.

You will be able to pick and choose from a suite of diverse and inspiring two minute video stories from First Nations people including Australia's favourite pop star Jessica Mauboy, talented author and performer Gregg Dreise, and celebrated photographer Wayne Quilliam.

There will also be stories from four young graphic novelists, children in remote communities and a selection of pay-to-experience, high-quality workshops made by leading artists, authors and creatives.

For our younger audience members, we will also have a special 20 minute, fun and engaging event featuring two beautiful animations of our books! Stay tuned for more information on the children's event coming soon.

Be sure to [register now](#) to secure your virtual seat to this exciting, free Indigenous Literacy Day celebration. <https://www.indigenousliteracyfoundation.org.au/news-events/save-the-date-for-indigenous-literacy-day>



OPENING THE DOORS FOUNDATION



Applications for educational assistance for 2022 open in September

Details about the 2022 grant round will be announced in September. To receive news about the application round of 2022, email enquiries@openingthedoors.org.au.

CRITERIA FOR CONSIDERATION OF ASSISTANCE

- The Applicant must be of Aboriginal or Torres Strait Islander.
- **The Applicant must be enrolled in a Catholic or Independent educational institution** located within the State boundaries of Victoria.
- The Applicant can only submit one regular grant per year.
- First time applicants must provide a Confirmation of Aboriginality Certificate.
- The progress report must be completed by applicants who have received a grant from the Foundation in the past.
- Applications will only be accepted on the official Application Form and ALL SECTIONS MUST be completed.
- Applications will not be accepted after the closing date.

NOTE

- The Foundation will not accept any forms which do not meet all application requirements.
- The Foundation will alert the parent/guardian/carer if all requirements have not been met.
- An application cannot be altered once it is sent unless it does not meet all criteria.
- The Foundation strives to disburse grants as quickly as possible for the convenience of families - allow at least 2 weeks for the application to be processed.
- Items already purchased CANNOT be reimbursed.
- Successful applications are approved by the Board of Trustees. The approved grant amount is final and cannot be changed after approval.

Our staff and volunteers strive to make the applications as easy as possible for all applicants. We also appreciate feedback that will help us ensure that we can continue to effectively support Aboriginal education.

If you have questions about the grant application process, contact **Brigid** at enquiries@openingthedoors.org.au or 0401 487 414.

If you have questions about the grant payment process contact **John** at finance@openingthedoors.org.au or 0403 330 733



LGBTQI+

L	G	B	T	T	Q	Q	I	A	A	P
Lesbian	Gay	Bisexual	Trans-gender	Transsexual	Queer	Question-ing	Intersex	Ally	Asexual	Pansexual
A woman who is primarily attracted to women.	A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	An individual attracted to people of their own and opposite gender.	A person whose gender identity differs from their assigned sex at birth.	An out-dated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

What do all the letters mean?





Thank you to Australia's aged care workers

The Department of Health, together with our medical experts and colleagues across the country, want to thank all workers across our aged care sector.

Every single day your professionalism and commitment to caring for senior Australians is appreciated.

Over the past 18 months in particular, through COVID-19 outbreaks and necessary pandemic restrictions, your diligence and dedication to caring for senior Australians, and their families and loved ones, has been simply inspiring. Your work has been extraordinary.

Tomorrow is **Aged Care Employee Day**. This date is an opportunity to recognise the great work of aged care workers across Australia and to thank you for your care.

We are thankful for everyone across our aged care sector who is working hard to provide care for senior Australians. This includes personal carers, nurses, chefs, allied health staff, cleaners, gardeners, laundry teams, administration staff and everyone who works in our aged care sector.

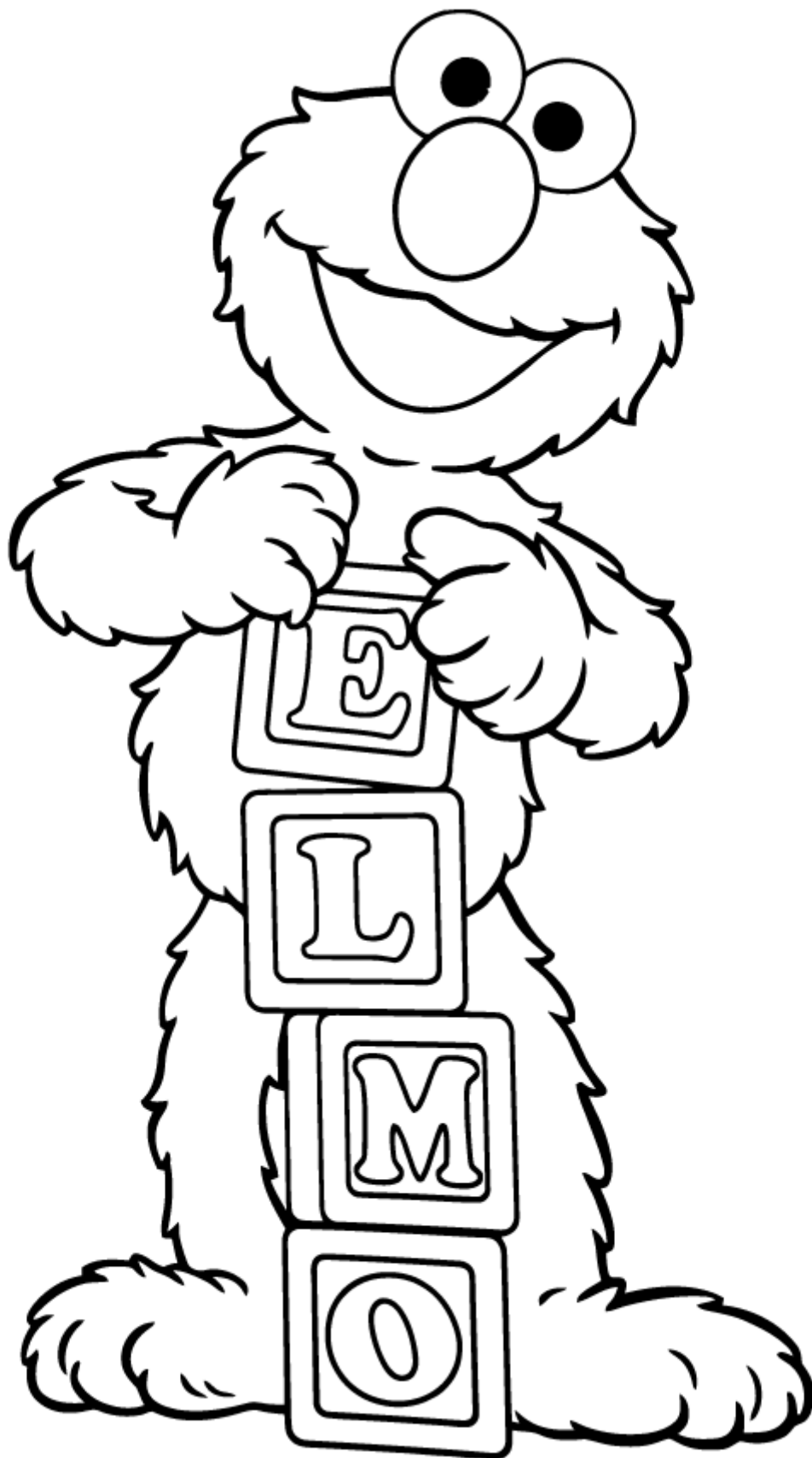
We know, from conversations stretching across Australia, that your hard work is being recognised by many Australians, not only by us.

Please pass on our thanks to your colleagues and staff in the aged care sector.

Department of Health

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Camping



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

air mattress	compass	marshmallow	roasting sticks
animals	flashlight	memories	s'mores
batteries	hammock	mosquitoes	sleeping bag
cabin	hiking	mountains	summer
campfire	insect repellent	nature	swimming
campsite	island	outdoor cooking	tent
canoeing	kayak	raccoon	trailer
chipmunk	lantern	reservation	vacation



Tree Valley Academy



S U D O K U

					7	5		
7			1				4	
5						2		
		1	3	9				8
3			7	8	6			4
8				4	1	7		
		8						9
	5				3			1
		4	6					

5			2		9			3
7	9			3			1	8
			4		5			
6	4						5	1
		5		8		6		
				2				
		7				8		
	3	2	7	9	1	4	6	



Chicken Stir Fry Recipe

This easy Chicken Stir Fry recipe is loaded with fresh veggies and the most delicious sauce made with honey, soy sauce, and toasted sesame oil! This healthy recipe takes 20 minutes to make and will wow your family with it's amazing flavor!

Prep Time 8 minutes

Cook Time 10 minutes

Total Time 18 minutes

Servings [4](#)

Calories 343kcal



Ingredients

- 1 lb boneless, skinless chicken breast cut into 1 inch cubes
- salt and pepper to taste
- 2 tbsp olive oil divided
- 2 cups broccoli florets
- 1/2 yellow bell pepper cut into 1 inch pieces
- 1/2 red bell pepper cut into 1 inch pieces
- 1/2 cup baby carrots sliced
- 2 tsp minced ginger
- 2 garlic cloves minced

Stir Fry Sauce

- 1 tbsp corn starch
- 2 tbsp cold water
- 1/4 cup low sodium chicken broth
- 3 tbsp low sodium soy sauce
- 1/4 cup honey
- 1 tbsp toasted sesame oil
- 1/2 tsp crushed red pepper flakes

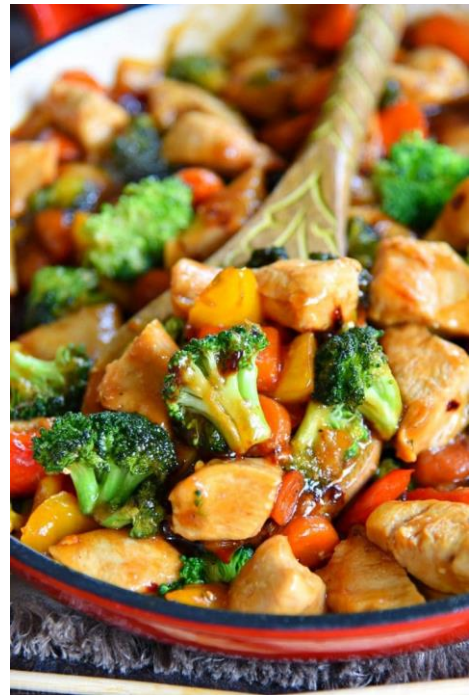


Instructions

Stir Fry Sauce

1. In a medium size bowl, whisk together corn starch and water. Add remaining ingredients (chicken broth, soy sauce, honey, and toasted sesame oil, red pepper flakes) and whisk to combine. Set aside.
2. Add one tablespoon of olive oil to a large skillet or wok and heat over medium high heat.
3. Add chicken (in batches if necessary) and season with salt and pepper. Cook for 3 to 5 minutes or until cooked through. Remove from skillet.
4. Reduce heat to medium and add remaining tablespoon of oil to the skillet.
5. Add broccoli, bell pepper, and carrots and cook, stirring occasionally, just until crisp tender. Add ginger and garlic and cook for an additional minute.
6. Add chicken back into the skillet and stir to combine.
7. Whisk stir fry sauce and pour over chicken and vegetables and stir gently to combine.
8. Bring to a boil, stirring occasionally, and let boil for one minute.

Serve with rice and/or chow mein if desired



September 2021

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35	30	31	1	2	3	4	5
			Koko Blokes	Yoga Kalat Girls	P.T- 11.30		
36	6	7	8	9	10	11	12
	Podiatry Massage	Playgroup Dr Chandan S/S lunch Homework group Dr Hall P.T 3pm	Koko Blokes	Women's health week Yoga Kalat Girls	P.T- 11.30		
37	13	14	15	16	17	18	19
		Playgroup Dr Chandan Community Lunch P.T 3pm Homework group	Bingo Koko Blokes	Yoga Dr Hedgland Kalat Girls	P.T- 11.30		
38	20	21	22	23	24	25	26
	Massage	Playgroup Dr Chandan S/S Lunch Optometrist Hearing P.T 3pm Homework group	Koko Blokes	Yoga Kalat Girls	P.T- 11.30		
39	27	28	29	30	1	2	3
		Playgroup Dr Chandan Community Lunch Diabetes's Ed Dietician P.T 3pm Homework group	Koko Blokes	Yoga Kalat Girls			



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

