

# July Newsletter 2019

## Doctors

• Dr Hall – Tuesday 2<sup>nd</sup>

Dr Chandan – 4<sup>th</sup>, 9<sup>th</sup> & 23<sup>rd</sup> & 30<sup>th</sup>

• Dr Hedgland – Thursday 18<sup>th</sup>

## Inside Newsletter

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## Kirrae Playgroup Tuesdays 10am

## **Birthdays**

Zara Clark 8<sup>th</sup>  
Jay-Dee Chatfield 8<sup>th</sup>  
Alice Ugle 11<sup>th</sup>  
Layla Herbertson 11<sup>th</sup>  
Jahzara Chatfield 11<sup>th</sup>  
Nonnie Harradine 13<sup>th</sup>  
Bernie Clark 14<sup>th</sup>  
Pearl Smith 15<sup>th</sup>  
Bungarie Ugle-Hagan 16<sup>th</sup>  
Possum Clark – Ugle 18<sup>th</sup>  
Mikayla Harradine 21<sup>st</sup>  
Karen Harradine 22<sup>nd</sup>  
Tanya McDonald 28<sup>th</sup>  
Arlie Chatfield 31<sup>st</sup>

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: JUNE 11<sup>TH</sup>,  
JULY 9<sup>TH</sup>, AUGUST  
13<sup>TH</sup>, SEPTEMBER  
10<sup>TH</sup>, OCTOBER 8<sup>TH</sup>,  
NOVEMBER 12<sup>TH</sup>,  
DECEMBER 10<sup>TH</sup>.



# NEW SERVICES AT *KIRRAE*

SouthWest  
Healthcare



**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



Kirrae Health Service Inc.  
Kirrae Avenue, Purnim  
C/- Post Office Wangoom, Vic, 3278  
Ph: (03) 5567 1270 Fax: (03) 5567 1376  
Email: [info@kirrae.org.au](mailto:info@kirrae.org.au)

Servicing the Framlingham Community Since 1976

**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"

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# HACC/CHSP

## Dates for July 2019

**16<sup>th</sup> July**

**Social Support Lunch -  
Warrnambool Football Club - 12pm**

**17<sup>th</sup> July**

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

**23<sup>rd</sup> July**

**Community Lunch -  
Pea and Ham Soup - 12pm  
@ Kirrae**

**30<sup>th</sup> July**

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

**The first two weeks of July is school holidays so there are no activities planned. Also our Community Care Coordinator is on holidays.**

# Beef and broccoli stir fry

## Ingredients

- 1 packs beef stir fry strips
- 1 fresh broccoli
- 1 onions
- Pumpkin seeds
- Tamari (wheat free soy sauce)
- 1 carrots
- 1 red capsicum
- 1 bags fresh beans
- 2 cups brown rice

## Method

1. In a bowl place the beef strips and half of tamari, save the other half for later.
2. Cut the Carrot, Broccoli, Capsicum, and Onion into bite size strips.
3. Brown the onion and sear the beef in a hot pan, add on the vegetables and fry until wilted, add rest of the tamari and season with salt and pepper, cover until cooked.
4. Cook the rices as per packet instructions.
5. Serve the cooked vegetables and meat on a bed of cooked rice.
6. Gently fry pumpkin seeds until just warm and sprinkle on top of the meal.



the



# Chicken and Vegetable Soup

## Ingredients

2 Chicken noodle soup packets  
500grams shredded chicken  
3 celery stalks, chopped  
3 carrots, chopped  
1 cup Bag peas/corn  
2 tins creamed corn  
2 tsp Vegeta  
1 litre water



## Method

1. In a large pot, put in the celery, carrot, chicken, creamed corn, soup packet, vegeta and water bring to the boil.
2. Once soup is boiling, lower the heat and cover pot with a lid. Let the soup simmer until vegetables are tender, about 20 to 25 minutes.
3. Season with salt and pepper to taste and serve warm.
4. Left over soup can be stored in an airtight container in the fridge for up to a week.



# Winter health hazards at home



*6-minute read*

Keeping warm and safe during colder months of the year also means being alert to indoor health hazards. These simple tips should help to keep you safe at home this winter.

## Winter injuries and risks

Winter products such as hot water bottles, electric blankets and heaters can cause burns and other injuries.

Other winter risks come from faulty electrical products which can overheat, give you an electric shock and could potentially cause a fire.

## Fire safety

About half of all fires in the home start in the kitchen, and more than 40% of all deaths from fire happen during winter.

Here are a few tips to keep you and your home fire-safe:

- Install smoke alarms throughout your home and test them monthly. Change the batteries every year, perhaps on a memorable date such as a birthday.
- Where possible, make sure you and your family know more than one safe way out of every room in your home.



- Have a written escape plan in the event of a home fire and practise it regularly.
- Keep curtains, tablecloths and bedding away from portable heaters.
- Keep wet clothes at least 1m from heaters or fireplaces, and never place clothes or towels on your heater.
- Clean the lint filter every time you use a clothes dryer since lint that has built up can catch fire.
- Never use your gas oven or stove as a room heater.
- Use just 1 appliance per power point and switch them off when you're not using them. Heaters consume a lot of power and may overload the supply which can cause a fire.
- Never leave burning candles or any open flame unattended.
- Store matches and lighters in a safe place, out of reach of young children.
- Always keep children away from open heat sources such as fireplaces and gas stoves, and remember that even clothing with a 'low fire danger' label can still catch fire.
- Make sure children know that if their clothes catch fire, they mustn't run away — this only makes the fire burn hotter and faster. Instead, tell them to:
  - STOP immediately where they are.
  - DROP quickly to the ground and cover their face with their hands.
  - ROLL over and over to put out the flames.

Every state and territory fire authority has resources to help children understand what to do in the case of a fire, such as easy-to-remember advice like "get down low and go, go, go!"

## Fireplaces

If you have a fireplace in your home, make sure the chimney is clean and not blocked. Always place a screen in front of a fireplace when it's being used, and never burn rubbish such as plastics or foam, wood that is painted or treated with copper chrome arsenate (CCA) or creosote-treated timber (such as railway sleepers).



## Heaters

No matter what type of heater you have, you should check every winter that it is safe to use.

### Gas heaters

- Gas heaters produce heat when they burn gas fuel. This also produces air pollutants and water vapour. If your gas heater doesn't have a flue, service it regularly and make sure the room is well ventilated. A flued gas heater vents air pollutants and water vapour outside the home through a chimney or flue, while an unflued gas heater releases them directly into the home.
- Never use an unflued gas heater in a bedroom, bathroom or other small rooms with no permanent ventilation because harmful toxic gases can build up inside.
- Always check your gas heater is working correctly. It should be serviced every 2 years by a licensed gas fitter. Signs that something is wrong include difficulty lighting it, yellow flames, unusual smells or noisy or inoperable fans.

## Electric heaters

- Electric heaters should be checked for obvious damage such as rusted reflectors (especially on older heaters). The power cord should also be checked for any damage. An electrician or service technician should do any repairs.



Don't leave portable heaters in places where people or pets could knock them over.

## Portable outdoor gas heaters

Never use a gas heater designed or marketed for outdoor use inside your home.

Portable outdoor gas heaters can cause fires if they are incorrectly stored, not properly maintained and placed too close to overhead coverings, such as awnings, or to other flammable materials.

Outdoor heaters need regular safety checks and should be serviced every 2 years. Warning signs that a heater is not working well include gas flames and radiant panels that burn yellow or produce soot.

If you detect a gas leak from your portable outdoor gas heater, turn it off at the cylinder if safe to do so and call your local fire station.

## Electric blankets

Check your electric blanket is in good condition and hasn't been placed on a recall list by checking the [Recalls](#)

[Australia](#) website. Since 2010, an estimated 400,000 electric blankets have been deemed unsafe, [according to the ACCC](#). Faulty

electric blankets can overheat, cause an electric shock, spark and potentially cause a fire.

You should always roll your blanket up to store it because folding it can damage element wires inside the blanket. When you take it out of storage and use it for the first time, lay it flat on the bed and check for hot spots as it heats up.



## Hot water bottles

Use warm, but not boiling water to fill your hot water bottle and examine it for leaks before you use it. Replace it as soon as it starts to look cracked or worn or every two years. Remember that the rubber can perish from the inside so you may not be able to see if it's worn out.

Hot water bottles can cause burns if you place them directly on your skin so make sure they are wrapped in a towel or fabric cover





## Heat packs

Heat packs are usually fabric bags filled with wheat or some other grain which are heated in a microwave before they are used to warm parts of the body. Caution is needed when



using heat packs as they can cause burns or fires related to:

- being heated and placed on or in bedding
- being heated in the microwave for longer than the time specified by the manufacturer
- being reheated before they have cooled properly
- being old and so the filling has dried out and become combustible

## First aid for burns

Burns can be caused by heat, cold, electricity, chemicals, gases, friction and radiation (including sunlight). The aim of first aid for burns is to stop the burning process, cool the burn (for pain relief) and cover the burn.

## Immediate first aid steps

- Immediately cool the burn with running water for at least 20 minutes.
- Remove constrictive clothing and objects such as rings, watches or other jewellery not stuck to the skin.
- Cover the burnt area with a wet, clean (lint or fluff-free) cloth, or a non-stick dressing or plastic cling wrap.
- If possible, elevate the burnt limb to minimise swelling.

- Keep the person covered where possible so they don't get cold.
- Call for help.

Call triple zero (000) for an ambulance if:

- The person has breathing difficulties, a hoarse voice, facial burns or singeing to eyebrows or eye lashes.
- The burn was caused by electricity.
- The area of the burn covers an area larger than the hand of the affected person.
- It involves hands, face or genitalia.
- The pain is not controlled.
- The person is a child, elderly, pregnant or has other injuries or a chronic illness.



# 19TH JUNE IS RED APPLE DAY

Donate at [bowelcanceraustralia.org](http://bowelcanceraustralia.org)



## Common symptoms of bowel cancer can include:

- **A recent, persistent change in bowel habit**
- **A change in shape or appearance of bowel movements**
- **Blood in your poo or bleeding from your bottom**
- **Frequent gas pain, cramps**
- **A feeling that the bowel has not emptied completely after a bowel movement**
- **Unexplained anaemia**
- **Rectal/anal pain or a lump in the rectum/anus**
- **Abdominal pain or swelling**

Not everyone experiences symptoms, particularly in the early stages of bowel cancer. The above symptoms may be suggestive of bowel cancer, but they can also be due to other medical conditions, some foods or medicines.

Don't delay in talking to your GP if you are experiencing any of the described symptoms for two weeks or more, because when diagnosed early 90 percent of cases can be successfully treated. Blood in the poo or rectal bleeding should never be ignored.

# BOWEL CANCER - THE FACTS

## BOWEL CANCER AUSTRALIA



**1 IN 13 PEOPLE WILL DEVELOP BOWEL CANCER IN THEIR LIFETIME**



JAN • FEB • MAR • APR • MAY • JUN

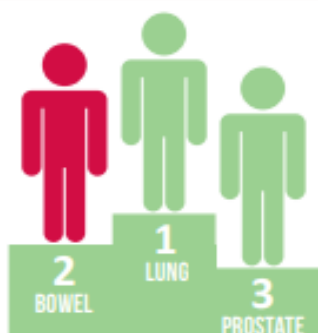
**15,000**

PEOPLE DIAGNOSED EACH YEAR

JUL • AUG • SEP • OCT • NOV • DEC

INCLUDING 1,000 UNDER THE AGE OF 50

**2ND BIGGEST CANCER KILLER**



**BOWEL CANCER RISK INCREASES WITH AGE**



**BOWELSCREEN AUSTRALIA**

**BOWEL SYMPTOMS?  
SEE YOUR GP**

BLOOD IN THE  
BOWEL MOVEMENT

UNEXPLAINED  
WEIGHT LOSS

PERSISTENT CHANGE  
IN BOWEL HABIT

SEVERE ABDOMINAL  
PAIN



**KNOW YOUR FAMILY  
MEDICAL HISTORY**



AROUND 25% OF BOWEL CANCER  
CASES HAVE A FAMILY HISTORY OR  
HEREDITARY CONTRIBUTION.

**55%**  
OF PEOPLE DIAGNOSED  
ARE MALE

**45%**  
OF PEOPLE DIAGNOSED  
ARE FEMALE



Bowel Cancer Australia



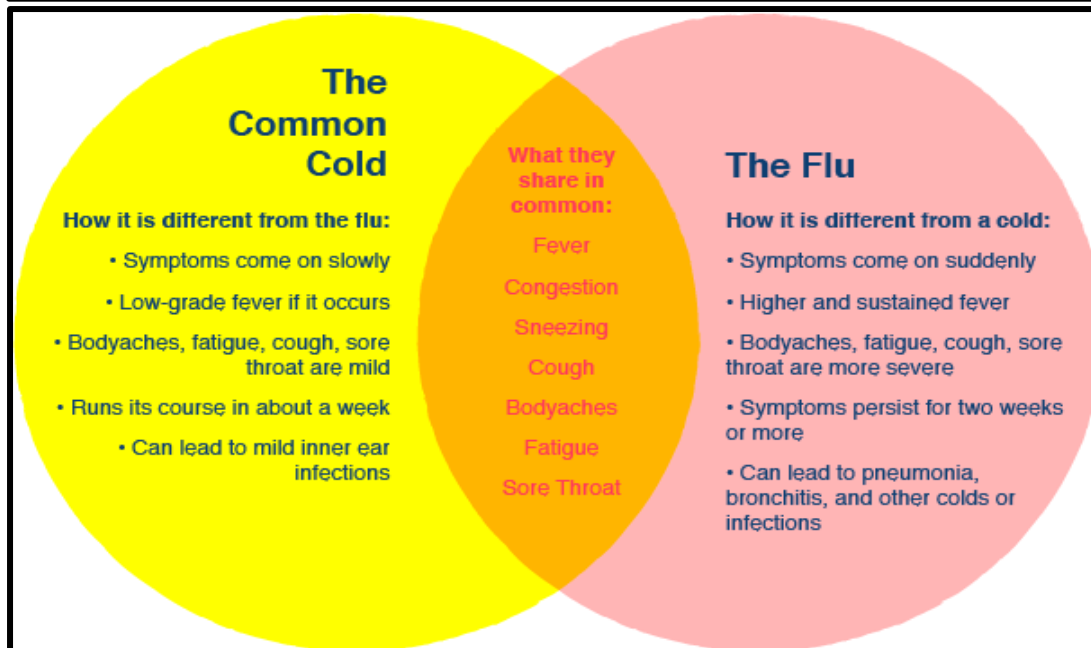
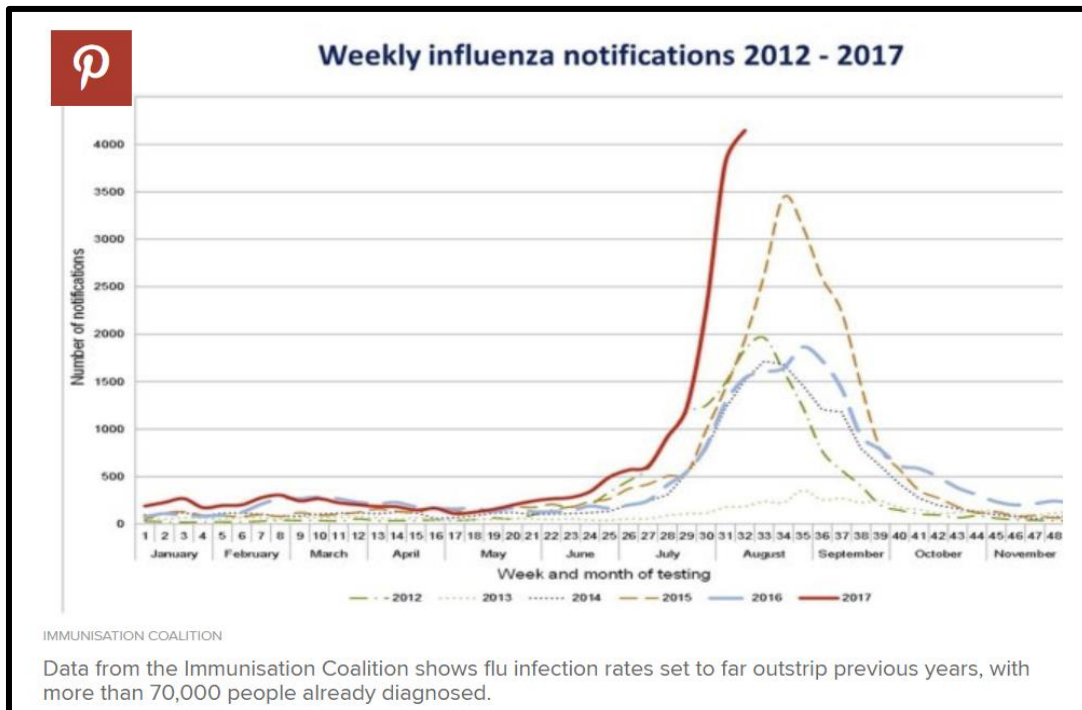
[bowelcanceraustralia.org](http://bowelcanceraustralia.org) | 1800 555 494



FLU SEASON IS HERE SO IT'S GREAT IF  
YOUR'VE HAD YOUR FLU SHOT, BUT IF YOU  
HAVEN'T

**IT'S NOT TOO LATE!**

**COME INTO KIRRAE SEE THE NURSE AND GET YOUR FREE FLU SHOT NOW!**



# July 2019

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

