



August 2025



Join staff in supporting rainbow youth on August 29 with Wear It Purple Day.

This year's theme is "Bold Voices, Bright Futures", with artwork by Lee Evatt (He/Them), winner of Wear It Purple's Youth Action Council (YAC)

Design Competition to create a campaign message and artwork in celebration of LGBTQIA+ people openly and visibly achieving their dreams in sport, art, science and more!

Women's Night In

Join us to celebrate Thanampool's health week with a games and goodies night!

Pick a couple of gals, create a team and win some deadly prizes!

WHEN: Wednesday 3rd September

WHERE: Kirrae Health Service

TIME: From 5:30pm

Dinner provided by Bambino's Woodfire pizza.



RSVP to 5567 1270 to book a spot!



Birthdays



Rylan 4th

Tarell 7th

Jyah 8th

River 11th

Kiah 11th

Jada 11th

David 12th

Samantha 13th

Sharon 16th

Jordan 16th

Kobi 17th

Murry 17th

Munnah 25th

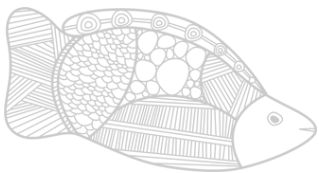
Mundara 26th

Alkira 29th

Jandamara 29th

Bonnie 29th

Taintum 30th



HAPPY

BIRTHDAY





Doctors

Dr Hall

Tuesday 2nd

Dr Chandan

Tuesday - 2nd, 9th
16th, 23rd, 30th

Friday -
5th, 12th, 19th, 26th

Dr Hedgland

Thursday 18th



Allied Health

Osteo - Lily

Thursday 4th

Chiropractor - Yoshi

Thursday 25th

Podiatry - Tanya

Tuesday 30th

Diabetes Ed - Maree

Tuesday 30th





Medications

Hi Community!

Chemist runs are limited to Tuesdays and Fridays, with fortnightly Webster pack collection and delivery as usual.

As always, you are welcome to pick up and pay for your own medications at any time, keeping the receipt for relevant reimbursements.



Ph: 5567 1270



Doctor Appointments

If you need a GP appointment for more than one issue or for something that will take longer than 15 minutes, make sure that you discuss it with our reception staff when making your appointment. This helps to ensure they can book the correct appointment to suit your needs.

For 2 or more issues you will need a long consult

What is the reason for your appointment?

Some examples
may be:

Standard appointment (1 concern) ▶

Long consultation ▶

Discuss my Results appointment ▶

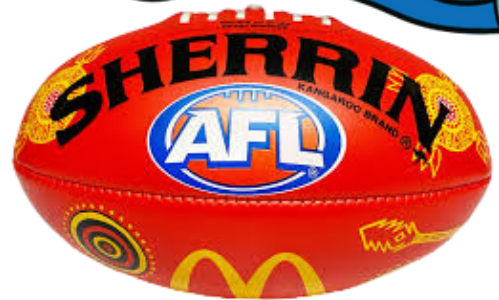
Implanon Insert/Removal ▶

Care Plan ▶

Childhood Immunisation ▶




KW THE KOORI WAY



Make sure to enter The Koori Way's finals footy competition, the major prize... **TWO** lucky people (one winner) to attend a **GRAND** event on the **FINAL** Saturday of September in Melbourne..

TO ENTER:

- Upload a short video using the QR code
 - You must incorporate at least 1 Koori Way merchandise item. Don't have any Koori Way merch? Come see Thalia (our Koori Way officer) to get something!
- 

Competition closes on
Thursday the 18th of September



bitly

KW THE KOORI WAY



Terms and Conditions:

- Uploads must incorporate at least one Koori Way Merch Item (e.g. socks, playing cards, hand fans, basketball uniforms and so on, Includes Flip The Vape merch)



- Uploads cannot exceed 30s (for videos)
- Uploads will be judged by a total of 7 people including Koori Way staff and Community members.



- Winner has to be either aged 18 or over or accompanied by someone aged 18+.

- Winners must reside in Victoria or a border town of Victoria. E.g Moama, Albury, Dareton.

- Accommodation and travel support will be provided if the winner is from Regional Victoria or a border town.





The Koori Way is aware of a man being arrested in NSW for allegedly supplying nitazene-laced vape liquid, with the intention to distribute for profit, labelling it as “supercharged”.

This is the first known incidence of someone in Australia being charged with supplying nitazene in vapes. While there are no known reports of nitazene vapes in Victoria, this is a timely reminder that if you buy an illicit vape without a prescription from a doctor, you have no idea what is actually inside of it.

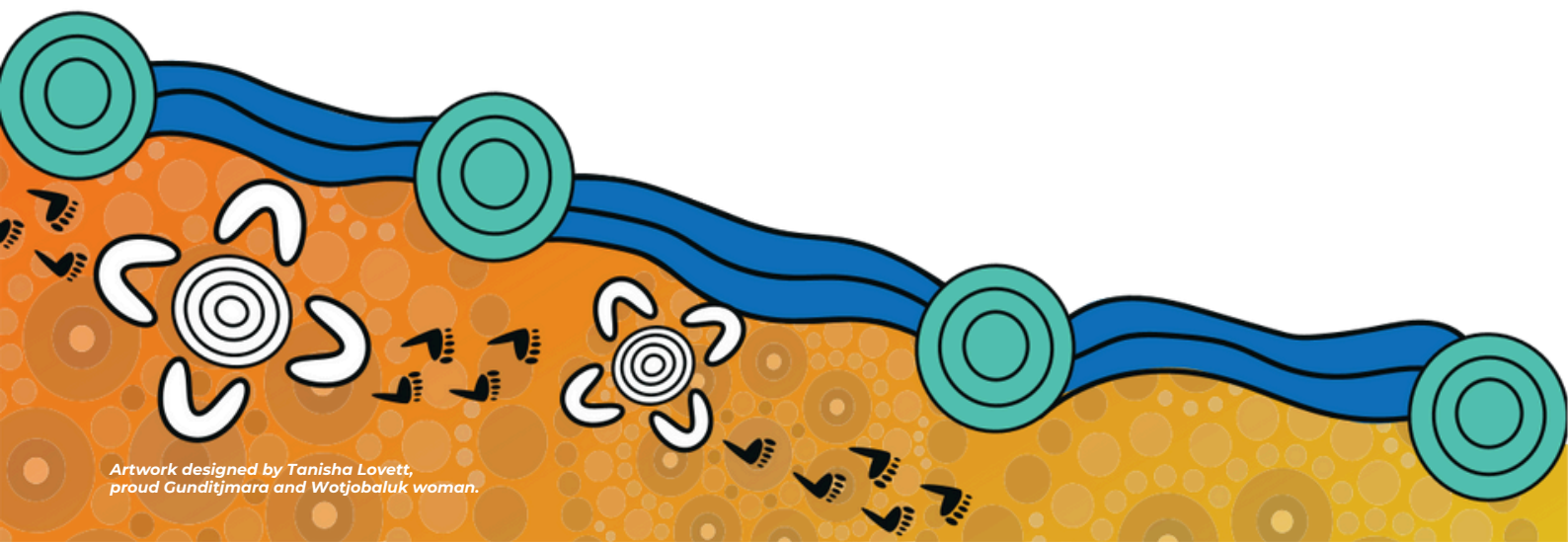
Nitazenes are highly addictive and potent, and can be lethal. Regular vapes already contain harmful chemicals and heavy metals, and in the case of nitazene vapes, you are breathing in a synthetic opioid that is stronger than fentanyl.

**Don't compromise your health for the tobacco industry's gain.
The only way is The Koori Way.**



Thunderstorm Asthma season approaches...

**From late September onwards,
beware of Thunderstorm asthma.
Make sure you have an asthma
plan and a current reliever inhaler**





How to prepare for thunderstorm asthma season

Families with hay fever:



Check pollen and thunderstorm asthma forecasts daily from October - December



Keep your child indoors where possible on high pollen days



Discuss hay fever treatment options with your child's doctor

Families with asthma:



Review your child's Asthma Management Plan and give copies to all caregivers



Have a supply of reliever medication and help your child practice using it with a spacer



Use a preventer if prescribed during the grass pollen season

About aged care and your rights

Some people don't know about different aged care options. Here is some information that will help you talk with family and community about aged care and your rights.

What is aged care?

If you need help with everyday tasks or looking after yourself and you are over 50, you may be able to get aged care.

There are different ways you can get aged care. You can get help in your **own home**, in the community, or some people might live in an aged care home.



What rights do you have?

You have the right to good and safe aged care that respects your **connection to family, community and Country**.

You have the right to **make choices about your care**. This can be how you want to spend your time, what you want help with and how you want to get that help.

You have the right to **speak up about your care**. This means saying what you want and speaking up if you're unhappy about your care.


When you speak up, you have the **right to be heard and respected** and still get good and safe aged care.

You can **learn more** by reading the [Charter of Aged Care Rights](#).



[Check out this visual storyboard that explains aged care and your rights.](#)

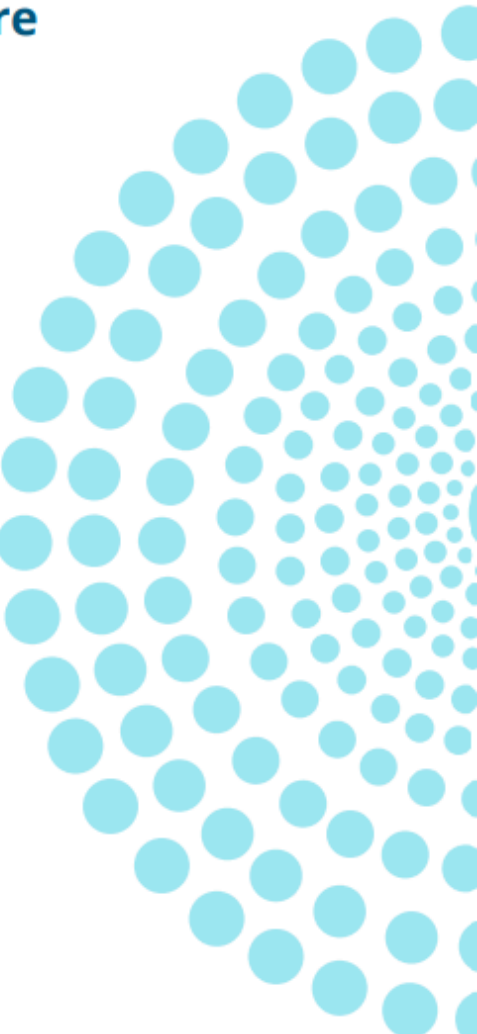
A visual storyboard titled "Aged care and your rights". It contains several panels with text and illustrations. The text includes: "If you're over 50 and needing help with around your home or looking after yourself, you can get aged care.", "Some people don't know you can get aged care in different ways. You can get it in your own home or in an aged care home.", "Good aged care means you are safe and cared for the right way. It means respecting your connection to family, your community and your Country.", "Have a go with your family and the people who look after you about your care and share your ideas for you and your culture. The community, meeting or seeing health workers, visiting special places in Country, painting or writing.", "If you're worried about the way you or your family is being looked after, it's OK to talk to someone about it.", "Have a go with the people who look after you or your family. You might be able to sort out the problem with them.", "Or you can contact the Aged Care Quality and Safety Commission. They can be helpful. You don't have to give your name if you don't want to. They can help solve the problem or give advice.", "Call 1800 900 822 or agedcarequality.gov.au for more information.", "If you're going through a tough time, you can also call 13 1114. (13 11 14) to speak to a Care Helpline which supports at any time of the day or night." The storyboard also features the Australian Government Aged Care Quality and Safety Commission logo and a QR code.



Yarning about aged care and your rights

Conversation starters to yarn about aged care

Here are some tips and conversation starters that can help you yarn with your family about aged care.

- **Talk about aged care early** – before someone may need help. You could start the conversation by saying ‘Did you know we can get help around our home when we’re 50.’
 - **Understanding aged care options** – many people think aged care means moving into an aged care home. Most people get aged care at home. You can start a yarn with ‘I heard we can get aged care support at home – with things like shopping or help around the house.’
 - **Involve respected people in community** – speak to Elders, community leaders or the health clinic about speaking with your family member about aged care and local support available.
 - **Be ready with the facts** – there are lots of myths about aged care that can worry mob. Take a look at our [myth-busting information](#) at the end of this guide.
 - **Find out about aged care support available** – you can visit myagedcare.gov.au to find out about aged care and local support available.
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Telling people what's important to you

When you apply for aged care there is a lot to think about. Here are some things to talk about with your service provider, family, friends or community when planning your aged care.

When getting aged care support – at home or in an aged care home – you will have a **care plan**. The **care plan** tells the people who care for you what you want and need from your aged care.

It's important to speak up and say what you want or don't want when you make or change your **care plan** with your provider. **This is your right.**

You or your family member can ask to change the **care plan** whenever you want. Your aged care provider should yarn with you and your family about your plan at least once a year.

Talk to your family about what's important to have in your care plan, like:

- family who should be involved in yarning about your care
- things that make you feel comfortable – like being cared for by a man or woman
- things that are important to your culture – like music you like to listen to, painting or cooking or preparing traditional foods
- food and drinks you or your family like or don't like that help you feel connected to your culture
- traditional ceremonies or activities you want to keep being part of
- places on Country you like to visit or be reminded of – like photos of a special place or a jar of sand or dirt from home.



Remember it's your right to have culturally safe aged care that works for you and your family.

Speaking up if things aren't right

When you or your family member are getting aged care help, sometimes things may not be right. This is information to help you speak up if you're worried about your or a loved one's aged care.

Sometimes things may not be right with your aged care. These can be small or big things.

It's OK to speak up. It's not a problem to speak up about your aged care. It's good to try to fix problems before they get bigger. There are different ways to do this.



You can **talk to your aged care worker or provider**.

Let them know what the problem is and what you want done differently. Usually the problem can be solved quickly and with no fuss.



You can **talk to your family** or an advocate if you're a bit worried or unsure about your aged care. Your family can then talk with the worker or provider on your behalf.

An advocate is someone who can help you in different ways. Some advocates work for an independent advocacy organisation, but they can also be a family member, a friend, or someone you trust to speak up for you. An advocate can help you understand things like your aged care services, your fees, or your rights.




Sometimes you may not feel comfortable talking to your worker or provider. Or maybe you tried to talk to them but the problem wasn't fixed.

If that happens, you can always talk to the **Aged Care Quality and Safety Commission**.

Aged Care Quality and Safety Commission

- The Commission can give you advice about your choices. They can speak to your aged care provider if you want them to.
- They make sure older people and Elders are getting good, culturally safe and quality aged care.
- Talking to the Commission is **free and private**. You don't have to give your name if you don't want to. Call **1800 951 822** or email info@agedcarequality.gov.au

Check out this visual  storyboard on how [the Aged Care Quality and Safety Commission can help make sure you're getting the right care for you and your family.](#)



SEPTEMBER

Social Support / Community lunch dates

Social Support Lunch - The Cally - Tuesday 2nd

Community Lunch - Tuesday 9th

Social Support Lunch - Timor St Bowls Club - Tuesday 16th



**Members draw every
community lunch**



BINGO



WEDNESDAY

24TH SEPTEMBER



GAME | PRIZE | LUNCH



KOKO BLOKES



Over the last couple of weeks, our Koko Blokes have been coming together strong – connecting to culture, Country, and each other. We've been crafting our own clap sticks, shaping them with our hands and our stories, guided by old ways. Clap sticks are more than instruments, they carry rhythm, history, and connection. Last week, we took it to the beach, finishing with a deadly dance practice, feet in the sand, hearts on Country. We moved with pride, honouring culture through movement and songlines. To top it off, we had a bit of fun and laughter with some games down at Lake Pertobe. The spirit was high, and the mob strong. These young fellas are walking the right way, learning, sharing, and growing. Big thanks to everyone supporting the journey.

Deadly work, Koko Blokes!



Little Sista's Cook Up a Storm!

Little Sistas group recently took part in a fun and empowering health promotion session with our guest, Belinda, From the Kitchen and Garden Foundation – focused on healthy eating.

The girls absolutely smashed it! They made delicious, nutritious burgers from scratch, showing off their kitchen skills and creativity. Well done, girls.



Little Sistas



Social & Emotional Wellbeing

Call reception and ask to speak with some one from the SEWB Team if you need support for...

- Social and Emotional Wellbeing
- Alcohol & other drug use
- Youth



After hours crisis support lines

Available 24/7

13 Yarn : **13 92 76**

Lifeline Call : **13 11 14** OR text - **0477 131 114**



LGBTQIASB+

“At Wear It Purple, our mission is to foster safe, empowering, and inclusive environments for LGBTQIA+SB young people – because every young person deserves to be proud of who they are. In a time when LGBTQIA+SB youth continue to face external pressures – from attacks on gender-affirming care in Queensland to the rollback of trans rights and DEI efforts globally – their bold voices continue to lead with resilience and clarity.

LGBTQIA+SB young people are committed to a future that is more expansive, joyful and sovereign. It is up to all of us – as allies, educators, workplaces, communities – to conspire with them to build these bright futures they deserve.”

Brenna Harding, President, Wear it Purple,



“We’re encouraging LGBTQIA+ youth to speak up and express themselves confidently. By embracing and celebrating true identities, we’re paving the way for a positive, inclusive future where our queer youth feel accepted, supported and able to achieve our full potential without any social limitations!”

Izzie C. Youth Action Council Secretary



24th & 25th September

Age - Division

9 & Under

12 & Under

15 & Under

17 & Under

FOOTBALL

**Rumbalara Football Netball Club
20 Mercury Drive, Shepparton**

**Sports City Multipurpose Oval
Brauman Street, Shepparton**

**Wanganui Oval
Parkside Drive, Shepparton**

NETBALL

**Shepparton Netball Association Courts
Numurkah Rd
Shepparton**

**Registration Packages will be available
on a later date**

In Partnership with



**For more information please call
June Bamblett (03) 9416 4266**

*Artwork designed by Tanisha Lovett,
proud Gundiŋmara and Wotjobaluk woman.*





2025

**Saturday 4th & Sunday 5th
October 2025**

**Livingston Rec Reserve, 451 Parkhurst
Road, Cranbourne East - Ovals 1 & 2.**

**Livingston Rec Reserve - Netball 1 & 2.
Casey Fields - Netball 1, 2, & 3.**

NETBALL

A Grade
B Grade
C Grade
D Grade

FOOTBALL

Div 1
Div 2
Div 3

*Hosted in partnership with
Bunurong Sporting Club*



For more information, please contact June Bamblett:
M: 0488 701 713 E: june.bamblett@vacsal.org.au

*Artwork designed by Tanisha Lovett,
proud Gundiĵmara and Wotĵobaluk woman.*






Feedback

We love feedback! If you have any feedback for us, please let us know. Just drop it into reception any time.

A large rectangular box with a black border, containing seven horizontal dashed lines for writing feedback.



1 Kirrae Avenue,
Purnim, Vic 3278

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Fax: 03 5567 1376
Email: info@kirrae.org.au