



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

**WINTER
WORKOUT
CHALLENGE
INFO PG 7-8**

July 2022

Doctors

Dr Hall – Tuesday – 5TH

Dr Chandan - Tuesday
5TH, 12th, 19TH & 26th

Dr Hedgland- Thursday 21st

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**KHS
NAIDOC
DAY INFO
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**GET UP!
STAND UP!
SHOW UP!**

3-10 JULY 2022



Birthdays

Zara Clark 8th

Jay-Dee Chatfield 8th

Alice Ugle 11th

Layla Herbertson 11th

Jahzara Chatfield 11th

Nonnie Harradine 13th

Bernie Clark 14th

Pearl Smith 15th

Bungarie Ugle-Hagan 16th

Possum Clark – Ugle 18th

Eliza Mckane 19th

Mikayla Harradine 21st

Karen Harradine 22nd

Tanya McDonald 28th

Arlie Chatfield 31st



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



GET UP! STAND UP! SHOW UP!



A vibrant yellow poster for NAIDOC DAY 2022 at Kirrae. The background features a faint silhouette of a person with arms raised, surrounded by radiating lines. The text is arranged in a circular pattern around the center. At the top left is the Kirrae Health Service Inc. logo. At the top right is a circular logo for 'CELEBRATING NAIDOC WEEK' and the slogan 'GET UP! STAND UP! SHOW UP!'. The central text reads 'NAIDOC DAY 2022 AT KIRRAE TUESDAY 5TH JULY' and 'Starting at 10am'. Surrounding this are eight activity bubbles: 'Welcome to Country', 'Boomerang decorating', 'Fishing Comp registration', 'Keyring beading', 'Family photo 'booth/room'', 'Rock painting', 'Animal card sewing', and 'Fire pit cooking'. There are also decorative star and leaf motifs.

GET UP! STAND UP! SHOW UP!

NAIDOC DAY 2022

AT KIRRAE

TUESDAY 5TH JULY

Starting at 10am

Activities:

- Welcome to Country
- Boomerang decorating
- Fishing Comp registration
- Keyring beading
- Family photo 'booth/room'
- Rock painting
- Animal card sewing
- Fire pit cooking



GET UP!



Victorian Naidoc March 8th July

We are taking a bus to the Naidoc march in
Melbourne

Leave Kirrae - 7am
Leave Melbourne - 3pm

Call reception on 55671270
to book as there are limited
spots



STAND UP!

**Biggest River
Fish
1st, 2nd and
3rd**



NAIDOC WEEK

48HR FISHING COMPETITION

ALL AGES

**TUESDAY 5TH OF JULY 11:30AM - SIGN UP
THURSDAY 7TH OF JULY 12:30PM - WEIGH
IN**

LUNCH PROVIDED AT WEIGH IN

**Biggest Sea
Fish
1st, 2nd and
3rd**



SHOW UP!

Get up!
Stand up!
Show up!



WINTER WORKOUT CHALLENGE

Starting 4th of July

Warrnambool 24/7 Gym & Fitness
2 high altitude & 1 metcon class

MON, WED & FRI 4.30PM TIL 5PM

At KHS Gym

Tues DIY 4.30, Thurs TBC, & Fri 12.30pm

WEEKLY VOUCHER'S TO BE WON

Everyone **MUST** do an Evolt 360 body scan at KHS before the **1st** of July

1st prize- \$500

Vouchers

\$250 voucher for the person who attends the most classes

GO MOB!
#smokeFreeMob
#strongMob



WORK OUT!



Participants can attend either 24/7 Gym KHS gym or a combination of both

Winning Categories - Male, Female and Other

**** To participate you must: have a full health check.**

If you are unable to complete one before the challenge begins to be eligible for any prizes you must have one before the challenge is completed.

Register with the Kirrae walking group on Strava.

If you are a smoker you must complete a weekly smoking sheet, Kirrae to provide.

Have a full body scan at Kirrae using our Evolt scanner and register with our challenge.

Winner's will be determined thorough body percentage of decreased body fat & increased muscle mass

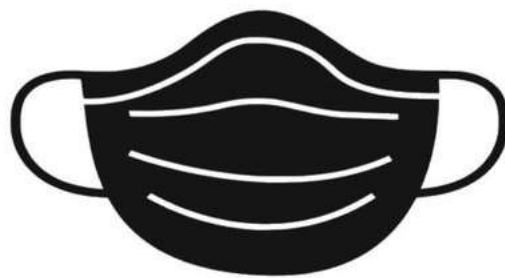
GO MOB!
#smokeFreeMob
#strongMob

***Contact Reception on 55671270 if you have any questions and to put you name down.**



These changes to the pandemic orders come into effect from 11.59pm Friday 24 June.

- Masks must still be worn on public transport, taxis, ride shares, and planes
- Masks are also still required in sensitive settings such as hospitals and care facilities.
- Positive cases must still isolate for seven days from the day they took their test but may now leave home to drive a household member directly to or from education or work without leaving their vehicle. They can also leave home to get medical care, a COVID-19 test, or in an emergency, including the risk of harm



Face Mask Required

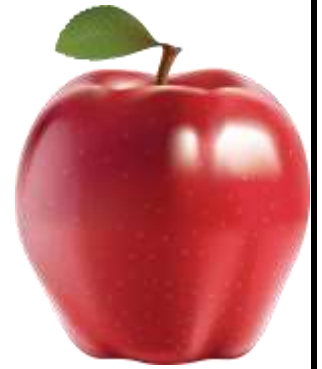


Bowel Cancer Awareness Month

June is Bowel Cancer Awareness Month - to raise awareness of **Australia's second deadliest cancer**.

Bowel cancer claims the lives of 101 Australians every week (5,255 people a year) - but it's one of the most treatable types of cancer if found early.

While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting men and women, young and old.



If you are over 50 and a home test kit arrives in the mail out of the blue, **DO NOT THROW IT AWAY!!** Use that whacky little package and just maybe it could save your life...



DIABETES AWARENESS WEEK

10 – 16 July, 2022

Diabetes is a serious complex condition that can affect the entire body. It requires daily self-care and can have a significant impact on quality of life if complications develop.

There are two main types of diabetes, type 1 and type 2. There is also gestational diabetes, which occurs in pregnancy and most women will no longer have diabetes after the baby is born.

Type 1 diabetes is an autoimmune condition in which the immune system destroys the cells in the pancreas that produce insulin. Type 1 diabetes is not linked to modifiable lifestyle factors, there is no cure and it cannot be prevented.

Type 2 diabetes is a condition in which the body gradually loses the ability to produce enough insulin in the pancreas. It is associated with modifiable lifestyle risk factors such as physical inactivity, unhealthy eating and weight gain. It develops over a long period of time (years) with healthy lifestyle changes being able to slow this process in some people.

Diabetes symptoms:

- ★ Being excessively thirsty
- ★ Passing more urine
- ★ Feeling tired and lethargic
- ★ Always feeling hungry
- ★ Having cuts that heal slowly
- ★ Itching, skin infections
- ★ Blurred vision
- ★ Unexplained weight loss or weight gain
- ★ Mood swings
- ★ Headaches
- ★ Feeling dizzy
- ★ Leg cramps



If you have any of these symptoms it's important to get screen for diabetes through your GP.



Cardiovascular Health

Cardiovascular health involves the heart, arteries, veins and other components of the circulatory system. Cardiovascular disease (CVD) is a term used to include all of the major diseases of the heart and circulatory system:

- coronary (ischaemic) heart disease (CHD)
- heart failure
- cerebrovascular disease (including stroke)
- peripheral vascular disease
- rheumatic heart disease (RHD).

It also includes key risk factors like:

- hypertension (high blood pressure)
- high blood cholesterol.

CVD is a substantial problem for the Aboriginal and Torres Strait Islander community. Many Aboriginal and Torres Strait Islander people report that they have CVD, and CVD is a significant cause of hospitalisation. It is also the leading cause of death among Aboriginal and Torres Strait Islander people. Sadly, many Aboriginal and Torres Strait Islander people who die because of CVD do so at relatively young ages.

In part, CVD levels are high because the risk factors for CVD are common among Aboriginal and Torres Strait Islander people. Many of the cardiovascular diseases share risk factors, such as:

- tobacco smoking
- physical inactivity
- poor nutrition
- being overweight and obese
- high blood pressure
- high blood cholesterol
- diabetes.

Other risk factors include socioeconomic and psychosocial factors. The exception is RHD (including acute rheumatic fever), which is specifically associated with poor living conditions.

A number of actions have been identified that would improve cardiovascular disease rates for Aboriginal and Torres Strait Islander people. These actions include strategic advocacy, increasing the number of Aboriginal and Torres Strait Islander people working in primary and tertiary health services, improving communication between health providers, defining and overcoming barriers to cardiac specialist care in regional and remote settings, establishing Aboriginal and Torres Strait Islander CVD coordinator positions in tertiary hospitals, and ensuring that programs are culturally sensitive and integrated.



KHS Bingo

Everyone Welcome!

KHS

B

I

N

G

O

**Wednesday 20th July
from 11am**

At Kirrae Health service



Lunch provided



Men's Group



MEN'S GROUP 19TH-21ST OF AUGUST

Mitta Mitta River Gorge
One day adventure

LIMITED NUMBERS



**Please contact reception
55671270 to put your name down**





Men's Group

Mitta Mitta River Rafting with



Friday the 19th of August:

- 9am Leave via bus from Kirrae Health Service
- 6pm Arrive at accommodation - Golden Age Hotel, Omio
- Dinner 7pm Golden Age Hotel

Saturday the 20th of August:

- 8am travel to Raft base for 8:30am start
- 4pm finish rafting experience
- 4:30pm travel to Sale, Vic
- 6:30pm arrive at accommodation - The Matador, Sale

Sunday the 21st of August:

- 9am leave via bus for home
- 3:30pm arrive Kirrae Health Service



Men's Group



MEN'S GROUP

**Saturday 10th
of September**

**ONE DAY TRIP- UP AND
BACK**

**LIMITED NUMBERS
PLEASE CONTACT KIRRAE
HEALTH SERVICE RECEPTION
55671270
TO PUT NAME DOWN**





KALAT GIRLS

Week 9 – AS REQUESTED

Thursday - 23/06/2022

4:30 till 5:30pm

“Cultural Art Activity”

Kirrae Health Service

Please bring a drink bottle!

**** Hot finger food and slices will be provided.**





Karratch Pallumbii

KALAT GIRLS NEWS

June 2022



Contact

PHONE:

Kirrae Health Service
5567 1270

WEBSITE:

www.kirrae.health.com

EMAIL:

SEWB Coordinator
hvafidis@kirrae.org

FACEBOOK PAGE:

Kalat Girls

KALAT HELPERS:

- Jessie Chatfield
- Ebony Bennett
- Mel Sumner
- Ivy Clark
- Teneisha Harradine
- Heather Vafidis
- Holly Kerchavel (Colac Area Health)

KALAT GIRLS MEET:

Thursdays at 4.30pm
during school terms.

NB: *Kalat Girls is a group for Aboriginal / Torres Strait Islander girls aged 12-24 who access services at Kirrae Health Service. In order to go on camp girls must attend the majority of weekly sessions.*



What's been happening

This month Kalat Girls have missed quite a few sessions due to staff availability and Ebony being sick. But we are back at it again...

We are looking forward to our school holidays session where the girls will be attending the HAUS OF DIZZY WORKSHOP to create their own statement jewellery piece with self-confessed 'Queen of Bling,' Wiradjuri designer Kristy Dickinson of Haus of Dizzy. Kristy's jewellery celebrates and honours Indigenous culture. So watch this space to see the designs the girls come up with!

Kalat Girls have been asked to bring their camera's along on our NAIDOC DAY at Kirrae to take some photos for the day. This will be a great opportunity to snap some photos of community for our upcoming photography exhibition in November at the Art Gallery. We look forward to seeing what the girls come up with.

We've been having some strong numbers attending group sessions which has been fabulous to see, girls are really making a commitment to attending which pleases us very much ☺

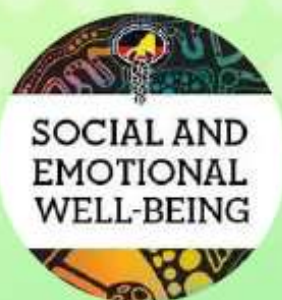
Please watch posts on Facebook and Snap Chat for updates on activities. Flyers will be posted in snapchat and on facebook about upcoming events.

Please make sure you RSVP for various activities as we have to pay upfront for activities, book transport, accommodation etc and need to know numbers. Also with 20 girls in the group we can't always guarantee pick-ups and drop offs so would appreciate parents help in transporting the girls to and from activities where you can. If an activity is being held at the Health Service we will prioritise transport to girls living in town. If activities are in town we will prioritise transport to girls who live at Fram.

What's coming up

- Kalat Girls Weaving Session – Saturday 25th of June
- Kalat Girls Haus of Dizzy Workshop – Tuesday 28th of June
- NAIDOC DAY at Kirrae Tuesday 5th of July BRING YOUR CAMERA
- Welcome Ceremony preparation activities and planning.
- Photography Exhibition planning
- VACCHO staff visit to present Deadly Sex talk
- Local Youth Liaison Police officer visit - cyber safety, bullying, staying safe.





SOCIAL AND
EMOTIONAL
WELL-BEING

CONNECTION TO BODY



Keep your body strong and moving

- You can keep active by doing online workouts, tik tok dance challenges, cleaning the house or going for a walk / jog if it is still safe to do so



Eat healthy food

- Eat foods that are good for you, like vegetables, fruit, meats and fish
- Eat bush foods and medicines that keep you strong



Get enough sleep

- Make sure you get enough sleep so your body can stay strong.



Stop doing things that make you worry and take your strength away

- Cut back or stop drinking grog, and taking other substances like smokes

#StayConnected



GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



ALCOHOL AND DRUGS

Drugs and alcohol can make you feel good for a little while, but in the long run will make you feel much worse. Drugs and alcohol can also weaken your spirit and your connection with family, community and culture.

It's important to stay safe. These are some signs of when drinking or drug use could be becoming a problem.



STOP DOING THINGS NOT EATING EATING TOO MUCH FEELING ANGRY OR IRRITABLE STAYING IN BED
UNUSUAL SADNESS OVER-SLEEPING FIGHTING WITH FAMILY CAN'T SETTLE DOWN SAD FEELINGS
HAVING NO MONEY FOR FOOD LACK OF ENERGY HAVING TROUBLE SLEEPING FIGHTING WITH FRIENDS
NO MOTIVATION CAUSING FRIENDS AND FAMILY TO WORRY FEELING GUILTY DARK THOUGHTS CAN'T CONCENTRATE
LOSING INTEREST IN THINGS THAT YOU USE TO ENJOY FEELING LIKE YOU CAN'T LIVE WITHOUT IT
RISKY ACTIVITIES YOU WOULD USUALLY AVOID STRESSED OUT FEELING BAD

ALCOHOL

Alcohol is stuff like beer, cider, wine, spirits or homebrew but you might know it as grog, charge, booze, drink or piss. Alcohol dulls the senses and affects the way you think, feel and act. For most people, alcohol will relax you, slow down your reflexes and affect your balance and coordination. When you're feeling down, alcohol can make you feel even sadder or more angry.

YARNDI, GUNJA

Yarndi or gunja is also known as cannabis, marijuana, grass, pot, dope and weed. Yarndi can change your mood and slow down thinking, feeling, movements, memory and concentration. After using yarndi, you might find it difficult to think straight, remember things and solve problems. In the long term, yarndi can make you feel less motivated and feel worse if you are feeling down.

ICE (CRYSTAL METH)

Ice can be called crystal meth, amphetamines, shabu, and it is the strongest form of speed. These drugs speed you up and make you have lots of energy. They can also make you feel invincible, and this can lead you to do unsafe things that you wouldn't normally do like have unsafe sex or drive dangerously. It can make you lose your appetite, make you sleep less and run you down. Ice might also make you feel worried or suspicious or aggressive. Some people might see or hear things that aren't there.

STAY SAFE

There is no safe level of drug and grog use. Use of any drug always carries some risk – even prescribed medications can cause unwanted side effects. If you choose to use drugs or alcohol here's some ways to stay safe:

- Sip on your drink, don't hook into it
- Take a little bit of the drug first to see how strong it is
- Don't mix your drugs. It can be very dangerous
- Use clean drug utensils
- Don't drive - keep enough money for a cab or organise a lift with someone you trust
- Make sure you have a feed before you start drinking or using drugs and drink lots of water
- It's not safe to drink and use drugs while pregnant
- Avoid drinking or using drugs if you have school, university or work the next day
- Try drinking out of bottles with lids (safe from spiking)
- Look out for your mates
- Look after your health- remember to rest, eat well, sleep and take time out from drugs
- Call an ambulance (000) if things get bad



Women's Group



Lighthouse Theatre
Wed 13 Jul 2022 - 8:00 pm
2 hours 10 minutes with interval

FULLY BOOKED



LGBTQI+

Where did Pride month start?

The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally. Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS.

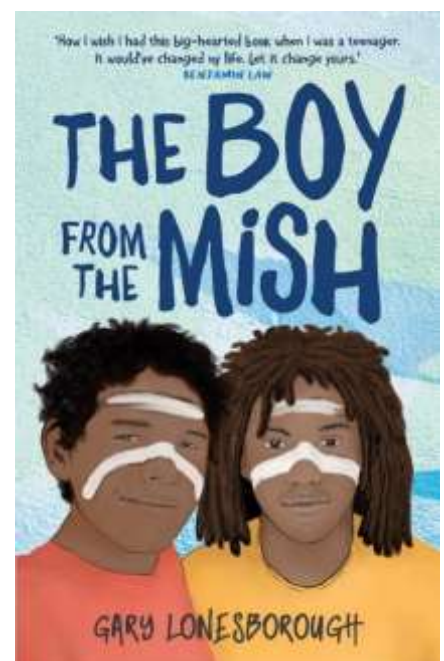
You don't have to be LGBTQI+ to read books on the struggle for equality. In fact, it can be refreshing to see straight and cisgender people really engage with queer literature, and it can give the reader buckets of perspective to help us all in our efforts to build an inclusive society.

Pride Month Read!

The Boy from the Mish by Gary Lonesborough

Shortlisted for a trio of awards including the NSW Premier's Literary Awards, the Victorian Premier's Literary Awards and the Children's Book of the Year, this queer Indigenous YA novel is one not only for young readers, but for all readers.

The Boy from the Mish is set in a rural Australian community, following seventeen-year-old Jackson as he explores his identity. Part coming-of-age and part first love, this heartwarming read is an honest and well-written debut.



NAVY INDIGENOUS DEVELOPMENT PROGRAM

This program will prepare you to meet the education and fitness requirements for the Navy, while helping build your confidence and resilience before you get started.

Program Details

The Navy Indigenous Development Program (NIDP) will give you the opportunity to improve your reading, writing and fitness. It runs for 21 weeks, and you'll be fully paid while you learn new skills and grow as a person.

What You'll Learn

Language, literacy and numeracy
Self-confidence and self-awareness
Leadership and character development
Physical fitness
Military skills

Successful completion of the program will give you a TAFE Cert II in Skills for Work and Study.

Mentorship

As part of the NIDP program, you will receive guidance and mentoring from current serving ADF members, who will help you as you begin your career in the Navy.

Where will it take you?

You'll leave the program with the potential to start a Navy career, and you'll gain the skills, knowledge and qualifications to enter with confidence.

If your 17+ your encouraged you to contact the dedicated Aboriginal Australian and Torres Strait Islander Career Coaches who are serving ADF members. Career Coaches can explain our programs and guide you through the application process.

Call: 131901

<https://www.defencejobs.gov.au/indigenous/Indigenous-Career-Pathways/Navy-Indigenous-Development-Program>



ARMY INDIGENOUS DEVELOPMENT PROGRAM

This program will prepare you to meet the education and fitness requirements to join the Army, and help build your confidence and resilience before you get started.

Program Details

If you want to join the Army, this program will help prepare you to meet the education and fitness requirements for entry. It runs for 17 weeks and you'll be fully paid while you gain the skills, knowledge and confidence to start a career in the Army.

What You'll Learn

Language, literacy and numeracy
Self-confidence and self-awareness
Leadership and character development
Physical fitness
Military skills

Successful completion of the program will give you a TAFE Cert II in Skills for Work and Study.

Mentorship

As part of the NIDP program, you will receive guidance and mentoring from current serving ADF members, who will help you as you begin your career in the Navy.

Where will it take you?

You'll leave the program with the opportunity to start an Army career, and you'll gain the skills, knowledge and qualifications to enter with confidence.

If you're 17+ we encourage you to contact the dedicated Aboriginal Australian and Torres Strait Islander Career Coaches who are serving ADF members. Career Coaches can explain our programs and guide you through the application process.

Call: 131901

<https://www.defencejobs.gov.au/indigenous/Indigenous-Career-Pathways/Army-Indigenous-Development-Program>



INDIGENOUS PRE-RECRUIT PROGRAM

Once your application into the Navy, Army or Air Force is successful, this seven-week program can help you build your confidence, fitness, and resilience before your career gets started.

Program Details

If you've been selected to join the Navy, Army or Air Force and want to develop your confidence, resilience, and fitness before you start, the seven-week Indigenous Pre-Recruit Program might be for you. You'll get a taste of being on a military base, and leave with the fitness and skills to begin your career with confidence.

What You'll Learn

You'll gain the skills, knowledge and confidence required to overcome any challenge you face in your future career. The Indigenous Pre-Recruit Program includes classroom learning, physical fitness and adventure training.

Mentorship

The program is also compatible with our mentorship program. We offer mentoring from current serving ADF members who can help Aboriginal and Torres Strait Islander recruits as they begin their careers in the Navy, Army or Air Force.

Where will it take you?

The Indigenous Pre-Recruit Program will prepare you for what's ahead and launch you into your ADF career with confidence.

Interested in learning more?

If you have questions, call 13 19 01 today and ask to speak with our dedicated Career Coaches for Aboriginal and Torres Strait Islanders.





Adapted by permission from David Brown, Toronto, Ontario, Canada. They are reprinted here with permission of the Toronto District School Board. Adapted for the book by Samuel Hays.

 Windowswww.doc.org.nz

Naidoc Week

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

family
 committee
 Torres strait island
 religion
 Australia

food
 community
 celebrations
 culture
 naidoc

activities
 history
 fun
 people
 aboriginal



Name: _____

Date: _____

NAIDOC WEEK

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

DREAMTIME	SNAKE	SUN	YELLOW
BLACK	RED	FLAG	ART
MOB	LAND	TOTEMS	WALLABY
CULTURE	GOANNA	TUCKER	DEADLY
DIDGERDIOO	ABORIGINAL	KANGAROO	NAIDOC



July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
	Winter Challenge Begins 24/7 Gym & fitness 4.30pm	KHS NAIDOC DAY Fishing comp Dr Chandan Dr Hall	Fishing Comp 24/7 Gym & fitness 4.30pm	Fishing comp weigh in	NAIDOC MARCH 24/7 Gym & fitness 4.30pm	
10	11	12	13	14	15	16
	MASSAGE 24/7 Gym & fitness 4.30pm	Playgroup Dr Chandan	24/7 Gym & fitness 4.30pm		24/7 Gym & fitness 4.30pm	
17	18	19	20	21	22	23
	24/7 Gym & fitness 4.30pm	Playgroup Dr Chandan Optometry	BINGO 24/7 Gym & fitness 4.30pm	Dr Hedgland	24/7 Gym & fitness 4.30pm	
24	25	26	27	28	29	30
	MASSAGE 24/7 Gym & fitness 4.30pm	Playgroup Dr Chandan	24/7 Gym & fitness 4.30pm		24/7 Gym & fitness 4.30pm	
31	1	2	3	4	5	6



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!

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

Phone: (03) 5567 1270
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