



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

**Biggest
Morning Tea
info Pg 8**

May 2021

Doctors

Dr Hall – 4th

Dr Chandan - Tuesday 4th
11th, 18th, 25th

Dr Hedgland – Thursday 20th

Inside Newsletter

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April Holiday Program
More pictures on pages 5, 6 & 7



Birthdays

Corey Harradine 1st
Charlie Clark Jr 4th
Cruz Chatfield 5th
Dylan Fitzgerald 16th
Jayce Clark 18th
Lionel Harradine 20th
Iziah Harrison 23rd
Jidah Clark 26th
Ann Litster 29th



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



We hope all the kids have enjoyed the holidays..
Playgroup will be back
Tuesday April 20th from 10am





Holiday Program

Tie Dyeing



Horse riding



Holiday Program



Holiday Program



Fitness games with Thalia





SAVE THE DATE



Cancer Council
Australia's Biggest
Morning Tea

BIGGEST MORNING TEA &
WORLD NO TOBACCO DAY

'COMMIT TO QUIT'

31st March at Kirrae Health Service



KEEP AN EYE OUT ON FACEBOOK FOR
MORE INFORMATION

HACC & CHSP

Welcome John Brooks

I have lived locally at Grasmere for the past 20 years.

I am married with 2 boys who are mad on Football & Cricket.

I have worked in Health for the past 25 years & currently a Registered Nurse with Apra.

In previous roles, I have worked in the Moyne, Corangamite & Warrnambool with all major stakeholders in Allied health .My main role was with in Occupational Therapy. Discharge support planning & Home services to enable clients to live in their own home in dependably with services.

My role was with in South West Health Care where I was a grade 3 Clinician.

I had to present to the Health Minister in 2019 about networking for allied health in our local area.

This was done when I formed a partnership with Barwon Health that grew from 20 to over 1000 members state wide.

I have also worked as a support co coordinator for NDIS in this local area.

Hope this is what you are after.

Cheers

John

Jimmy Driscoll has been appointed Aboriginal Development Officer (ado) Kadnac in the Grampians & Barwon South West .



I would like to thank Ivy for all her hard work in Hacc/Chsp & everyone involved with delivering the Fruit to all the Families.

I will attempt to get around & meet all the Hacc/Chsp Clients & can be contacted Tuesday, Wednesday and Thursday at Kirrae Health Services on 55671270.

The Boys have been busy measuring up to fit out the new Gym & mowing lots of lawns

HACC & CHSP

Social Support lunch starting April 20



**Community Lunch commencing Tuesday
April 27, fortnightly after that**



HACC & CHSP

Bingo starting on
Thursday May 20,
monthly after that

BINGO				
7	20	35	47	72
12	16	42	42	61
1	19	★	60	74
5	29	39	51	68
13	18	44	58	70

BINGO				
14	17	31	50	69
9	28	44	48	72
2	19	★	59	62
11	26	37	52	73
6	16	41	49	66

BINGO				
4	19	32	55	75
15	16	41	46	65
3	28	★	59	72
6	5	33	47	67
12	25	42	56	69

BINGO				
5	17	43	47	74
14	21	36	42	67
4	18	★	60	72
11	22	41	51	63
7	27	48	54	70



Sharing stories, finding solutions



KWP presents

Paint a Protea with Paint Your Town

You don't have to be good at art to take this creative class! Paint Your Town is a fun, social art class for all. Beginners, all ages and abilities are welcomed to come explore painting on canvas.

Ready, Set, & Paint!

A professional artist will guide the group through a preselected painting in 2 hours so you have the tips and techniques to create your own unique artwork.

All materials will be supplied and posted to your home.

Workshop details

When: Friday 23rd April

Time: 1pm - 3:30pm

Registration is a must. We'll share the zoom ID on the day.

KWP workshops are free and open to all Aboriginal women

Places are limited! Please register by contacting our Koori Women's Place team on 9244 3333 or kwp@djirra.org.au

1800 105 303

www.djirra.org.au

@DjirraVIC

Djirra

DjirraVIC





Sharing stories, finding solutions

KWP presents Woven earring making with Ngumpie Weaving

Tegan Murdock is a proud Barkindtji, Yorta Yorta woman. She has been weaving for two years, taught by her mum which she now passes on to others.

Tegan uses weaving as healing and medicine, to connect to culture and to share this special craft with the world. Ngumpie in Barkindtji language translates to 'Beautiful' - Ngumpie is what Tegans grandmother would often call her.

This is a creative and fun workshop that will give you the basic skills to create a woven pair of earrings whilst getting inspiration from Tegan.

All materials will be supplied and posted to your home.

Workshop details

When: Friday 30th April

Time: 11am - 12:30pm

Registration is a must. We'll share the zoom ID on the day.

KWP workshops are free and open to all Aboriginal women


Places are limited! Please register by contacting our Koori Women's Place team on 9244 3333 or kwp@djirra.org.au

1800 105 303

www.djirra.org.au

 @DjirraVIC

 Djirra

 DjirraVIC



SEWB NEWS

BIG news is the newly forming Girl's Group. Thank you to Dhelk Dja for your funding so this can happen.



If you are between 12 and 25 call the Health Service to register your interest. We plan to start on Thursday the 29th of April from 4-5.30pm for some fun and learnings. All girls and young women will be fully funded to participate in the activities. Come and have your say in what you want to do. There is a suggestion box in the foyer. If you have any skills you would be willing to share with the girls please let us know.

Thanks to Leanna for making the suggestion box.



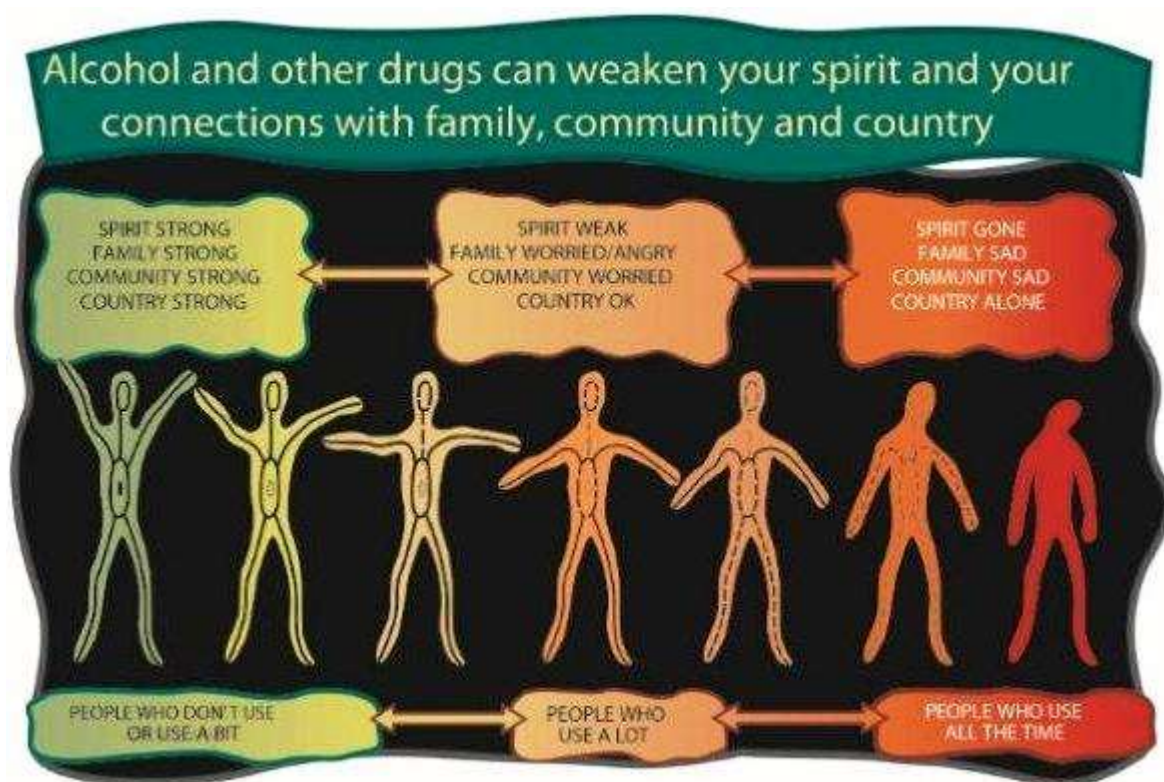
Other big news is the new Youth Worker Trainee position we are looking to fill. If you have ever wanted to work with Youth, this is a great opportunity. Simply write a cover letter explaining why you would like to do this job and include a resume and send it in.

Warrnambool College staff visited Kirrae Health Service recently to meet with Nonnie Michael and Heather to discuss how we can all work better together.

The SEWB Team all went to Glenelg South Australia last month to attend the NIDAC (National Indigenous Drug and Alcohol Conference) conference. It was great to hear all about the various programs happening around the country.

If you or a family member needs support with substance use please come in for a chat.

Support to family members is offered as well.

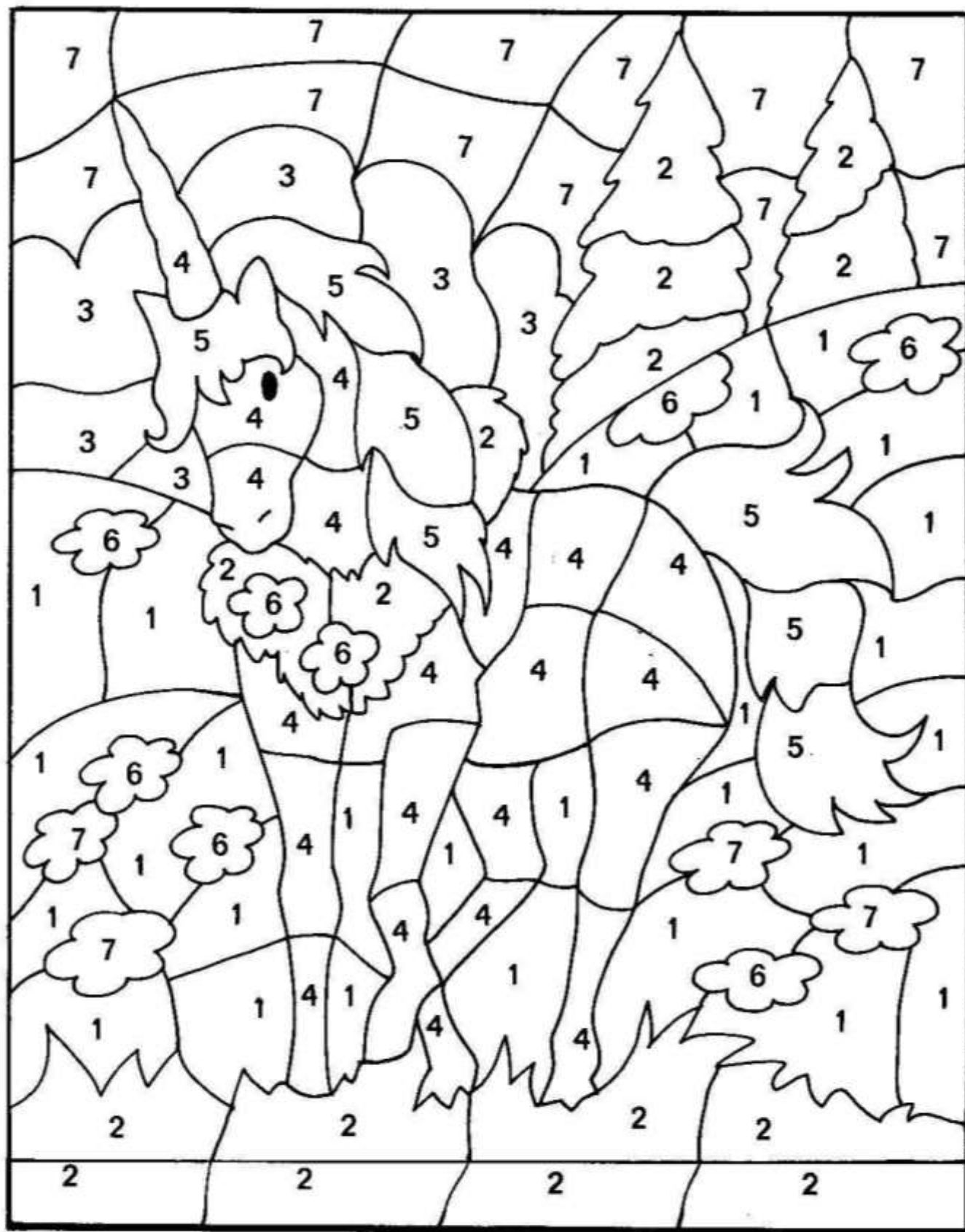




balloons
candy
food
games
happy birthday
icing
party
song
thank you notes

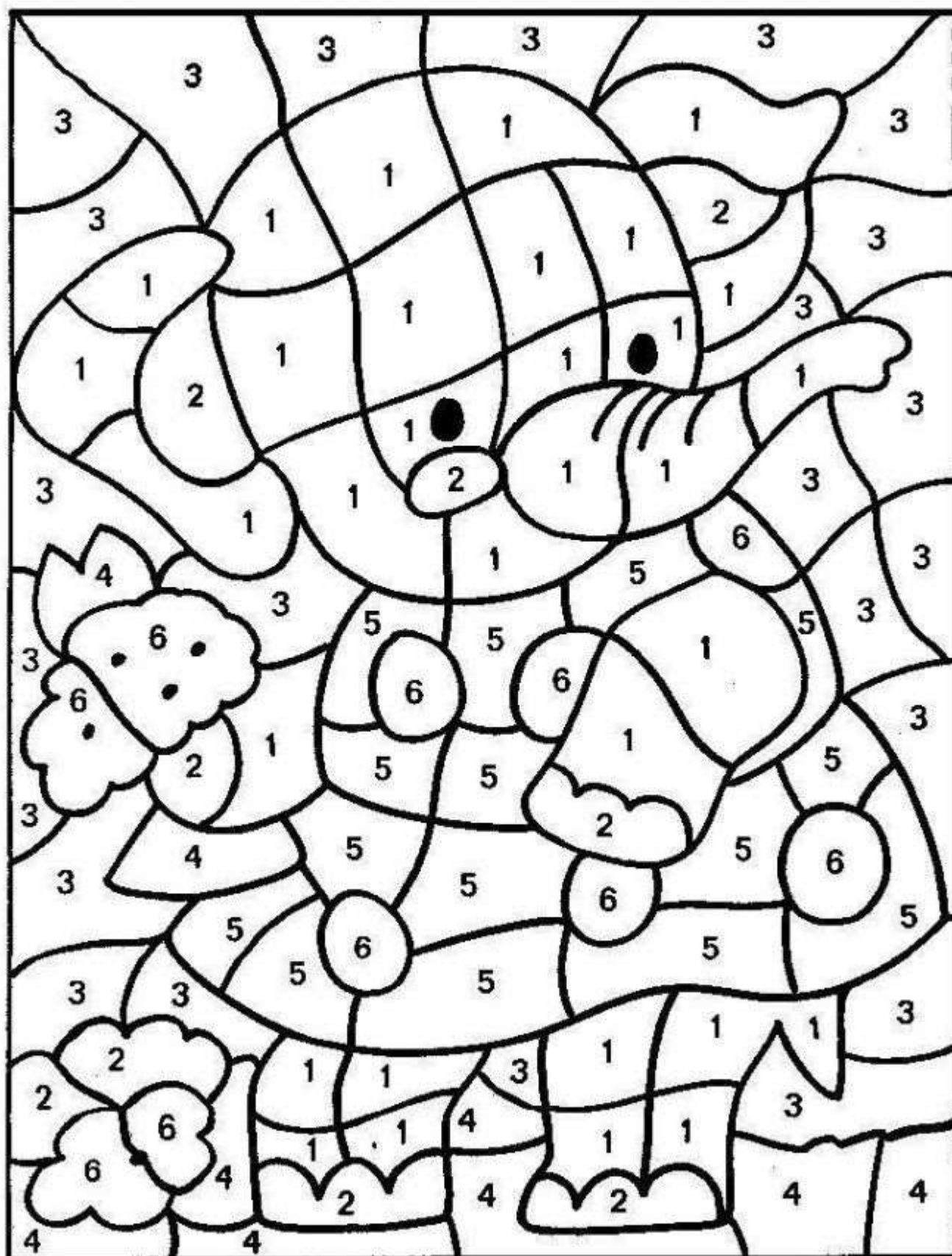
boxes
decorations
friends
gifts
hat
invitations
pinata
streamers
theme

cake
favors
fun
guests
ice cream
music
presents
surprises
wishes



1-light green 2-dark green 3-white 4-yellow
 5-orange 6-pink 7-purple

1-Blue 2-Pink 3-Yellow 4-Green 5-Red 6-Purple



S U D O K U

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

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

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
		Playgroup				
2	3	4	5	6	7	8
	Podiatry Massage Bootcamp 24/7	Playgroup S/S Lunch Dr Chandan Chiropractor Low impact class Dr Hall Homework class	Koko Blokes Bootcamp 24/7	Low impact class	Bootcamp 24/7	
9	10	11	12	13	14	15
	Bootcamp 24/7	Playgroup Community lunch Dr Chandan Low impact class Homework class	Koko Blokes Bootcamp 24/7	Chiropractor Low impact class	Bootcamp 24/7	
16	17	18	19	20	21	22
	Massage Bootcamp 24/7	Playgroup S/S Lunch Dr Chandan Chiropractor Low impact class Homework class	Koko Blokes Bootcamp 24/7	Dr Hedgland Low impact class	Bootcamp 24/7	
23	24	25	26	27	28	29
	Bootcamp 24/7	Playgroup Dr Chandan Community lunch Dietician Diabetes Ed Low impact class Homework class	Koko Blokes Bootcamp 24/7	Chiropractor Low impact class	Bootcamp 24/7	
30	31	1	2	3	4	5
	Bootcamp 24/7					

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Purnim, Vic, 3279

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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
Email: info@kirrae.org.au
Or Drop in feedback to reception