



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

# December 2021

## Doctors

Dr Hall – 7<sup>th</sup>

Dr Chandan – Tuesday 7<sup>th</sup>, 14<sup>th</sup>,  
21<sup>st</sup> & 28<sup>th</sup>

Dr Hedgland – Thursday 16<sup>th</sup>

## Inside Newsletter

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**COVID19 Rapid Antigen Testing now available at Kirrae**

- ★ Had visitors up? Want some peace of mind and just check you are all good? Get a simple test that doesn't go up your nose and get results in 15 minutes!
- ★ Kids over 2 years have a snotty nose and you need them cleared to go back to day care?



## **Birthdays**

|                    |                  |
|--------------------|------------------|
| Wirann Ugle Hagan  | 1 <sup>st</sup>  |
| Billy McGuinness   | 1 <sup>st</sup>  |
| Kylie Harradine    | 1 <sup>st</sup>  |
| Grant McKenzie     | 2 <sup>nd</sup>  |
| Jessie Chatfield   | 4 <sup>th</sup>  |
| Crystal Litster    | 6 <sup>th</sup>  |
| Aliera Harrison    | 10 <sup>th</sup> |
| Louise Wackett     | 11 <sup>th</sup> |
| Isabella Harradine | 11 <sup>th</sup> |
| Allie Clarke       | 12 <sup>th</sup> |
| Natasha McGuinness | 13 <sup>th</sup> |
| Lionel Chatfield   | 15 <sup>th</sup> |
| Ty Clarke          | 16 <sup>th</sup> |
| Casey Harradine    | 22 <sup>nd</sup> |
| Skye Litster-Henry | 22 <sup>nd</sup> |
| Karina Fitzgerald  | 23 <sup>rd</sup> |
| Travis Harradine   | 23 <sup>rd</sup> |
| Trudy Clark        | 25 <sup>th</sup> |
| Brian Davis        | 25 <sup>th</sup> |
| Samuel Grinter     | 26 <sup>th</sup> |
| Matt Morrison      | 27 <sup>th</sup> |
| Teneshia Harradine | 28 <sup>th</sup> |
| Danny Chatfield    | 29 <sup>th</sup> |
| Jamie-lee Leslie   | 30 <sup>th</sup> |
| Shayla Chatfield   | 31 <sup>st</sup> |

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





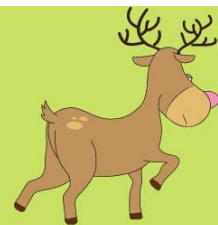
# Playgroup Christmas breakup



TUESDAY 14TH DECEMBER







# KHS CHRISTMAS BINGO



**Where:**  
**Kirrae Health Service**

**When: Wednesday 1st  
December**

**Time: 11am to 2pm  
Lunch Provided**



**\*Proof of vaccination  
required\***



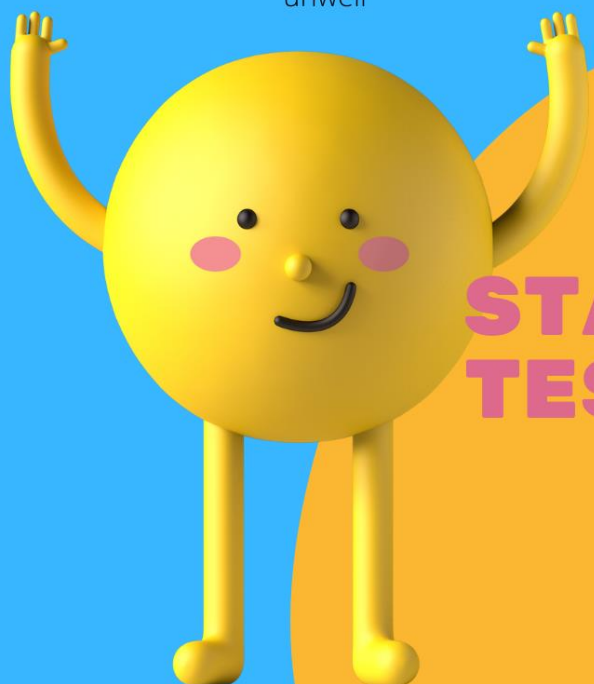
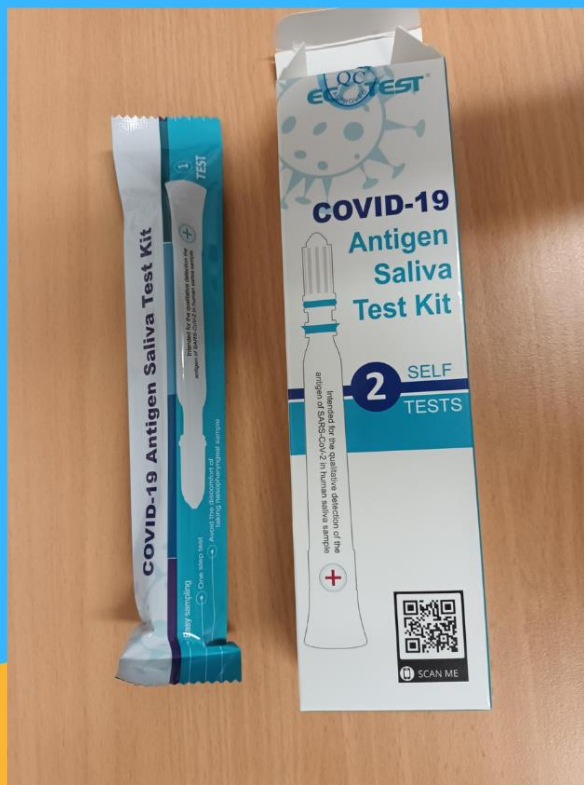


## Rapid Antigen Testing available at Kirrae

for people aged over 2 years.

Have a simple test that pops in your  
mouth and have the results in 15  
minutes!

PCR tests (nose swabs) are still  
recommended for people who are  
unwell



**STAY POSITIVE,  
TEST NEGATIVE**  
**#COVID19**







Thursday 9 December

# ELDERS' VOICE YARN

FRAMLINGHAM

**When Elders speak, we listen.**

The voices of our Elders must be heard and respected on the journey to Treaty.  
We want to hear from you, our Elders!  
Join our Elders' Voice consultation in Portland, and help us shape the Elders' Voice – to guide the pathway to Treaty.

**Time:** 10am, Thursday 9 December

**Location:** Kirrae Health Service, 1 Kirrae Ave. Purnim

**RSVP:** Drew Berick, 0476 811 368/

DrewB@firstpeoplesvic.org

*\*All Elders are paid a sitting fee for their time & contribution*

*\*Those attending must be fully vaccinated  
against COVID-19 and display a vaccine certificate  
upon arrival*

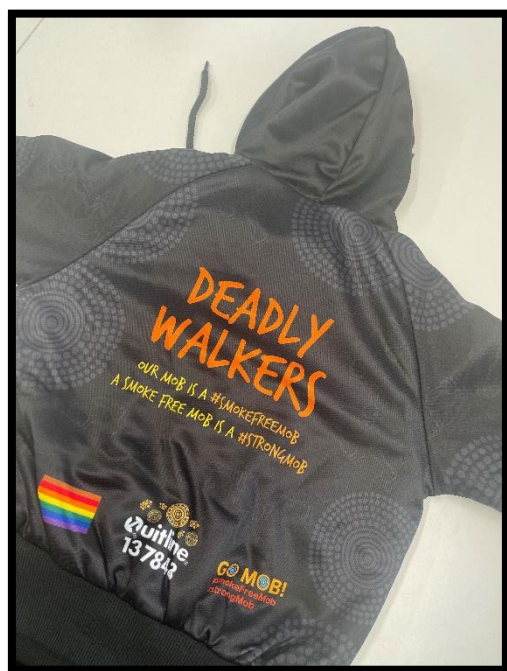


First Peoples'  
Assembly of  
Victoria





# KHS DEADLY WALKER'S GROUP



## DEADLY WALKERS

Join our group on Strava by searching 'Kirrae Health Service' under clubs.

There will be km goals to reach individually with an incentive at each goal! You **MUST** use Strava to record your walks or runs.

Deadly Walkers will meet once a month to go for a walk and have a coffee/tea afterwards.

You have until the 31st of December 2021 to reach the end target. Good luck!

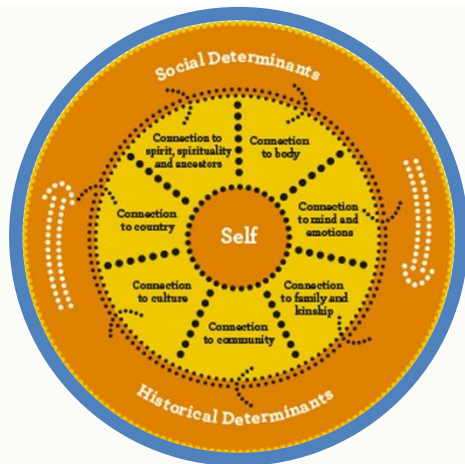
  
**MUST have  
completed health  
check to receive  
incentives**



**GO MOBI**  
#smokeFreeMob  
#strongMob

| ITEM               | 0-18 YEARS | 18-45 YEARS | 45+ YEARS |
|--------------------|------------|-------------|-----------|
| Drink bottle       | 10km       | 10km        | 10km      |
| Singlet            | 15km       | 30km        | 20km      |
| Hat                | 30km       | 50km        | 50km      |
| T-shirt            | 40km       | 100km       | 80km      |
| Beanie             | 50km       | 150km       | 100km     |
| Hoodie             | 60km       | 250km       | 120km     |
| Bottoms            | 80km       | 350km       | 140km     |
| Raincoat           | 100km      | 450km       | 160km     |
| Sweat towel        | 110km      | 550km       | 180km     |
| Headphones         | 120km      | 600km       | 200km     |
| Music gift voucher | 135km      | 700km       | 225km     |
| Sneakers(\$200)    | 150km      | 800km       | 250km     |





## Contact

### PHONE:

Kirrae Health Service  
5567 1270

### WEBSITE:

[www.kirrae.health.com](http://www.kirrae.health.com)

### EMAIL:

SEWB Coordinator  
[hvafidis@kirrae.org](mailto: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.**

# DECEMBER 2021

## SEWB NEWS

## What's been happening

### Staff

Most of the SEWB Team is back in the office now so feel free to drop in for a confidential chat. There are no waiting lists in AOD but we are very close to starting a waiting list for SEWB. Staff will be away from the 24<sup>th</sup> of December and returning on the 10<sup>th</sup> of January 2022. The SEWB team wishes you all a very Merry Christmas and a Happy Healthy New Year. Stay safe and see you all in 2022.

See below for crisis numbers to call during this period as well as tips on how to survive the holidays which, for some people can be very stressful. Bear in mind too the transition from kinder to primary school and the transition from grade 6 to high school can be a very stressful time for children. See below some tips to manage their anxiety.

### Kalat Girls & Koko Blokes

Hopefully 2022 will see both groups meeting face to face each week once again. Well done young ones for being so patient.

## what's coming up

- Kalat Girls Term 4 weekly activities and camp planning
- Koko Blokes Term 4 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

### Take control of the holidays

Don't let the holidays become something you dread. Instead, take control and try some of tips below to help prevent becoming overwhelmed, stressed, anxious or depressed. It's also worth remembering that as adults we forget to see the world through the eyes of a child and how magical Christmas time is for them. Let their excitement and sense of magic rub off on you. With a little planning and some positive thinking, you might just find peace and joy during the holidays after all.

### NEW YEAR RESOLUTIONS

If you are planning on making some New Year's resolutions about reducing your drug or alcohol use give us a call and Mel or Aaron can help you on your healing journey. If you want to make some changes in relation to your mental health please call. How often do we hear I want to exercise more, or lose weight, but how about I want to stress less, I want to be happier or I want to improve my relationship with my children? It's all possible. See below for some parenting tips.





# ~ THE YOUNG MOB PAGE ~



## CREATING SMART GOALS



### S = Specific

Be as clear and specific as possible with what you want to achieve. The more narrow your goal, the more you'll understand the steps necessary to achieve it.

### M = Measurable

What evidence will prove you're making progress toward your goal. Setting milestones along the way will give you the opportunity to re-evaluate. When you achieve your milestones, remember to reward yourself in small but meaningful ways.

### A = Achievable

Have you set an achievable goal? Setting goals you can reasonably accomplish within a certain timeframe will help keep you motivated and focused. Before you begin working toward a goal, decide whether it's something you can achieve now or whether there are additional steps you should take to become better prepared.

### R = Relevant

When setting goals for yourself, consider whether or not they are relevant. Each of your goals should line up with your values and larger, long-term goals. Ask yourself why the goal is important to you, how achieving it will help you and how it will contribute toward your long-term goals.

### T = Time-based

What is your goal time-frame? An end-date can help provide motivation and help you prioritize. For example, if your goal is to get a job a more senior position, you might give yourself six months. If you haven't achieved your goal in that timeframe, take time to consider why. Your timeframe might have been unrealistic, you might have run into a roadblocks or your goal might have been unachievable.

## YOUTH VOICE

What are the positive things for Youth within community?

- What are the negative things?
- What issues concern youth the most currently? Climate? Racism?
- How can we help with these concerns?
- What gaps are there?
- Any ideas to improve youth services for the Health Service, the Trust, schools, the community.

If you'd like to have your say please don't hesitate to contact Jaynaya we would love some input from the young people in community ☺

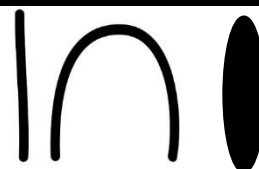
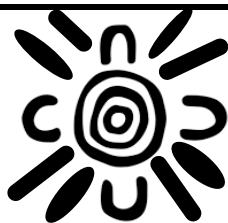
We are still looking for a young man to work with Jaynaya as our Youth Voice for the Board so if you think you'd like to join her in this role please contact Heather at the health service ☺



**SHOUT OUT TO ALL THE YOUNG MOB IN COMMUNITY THAT HAVE TAKEN STEPS RECENTLY IN APPLYING FOR THEIR FIRST JOB!! A BIG CONGRATULATIONS TO THE ONES WHO HAVE LANDED THEIR FIRST POSITION.**

If you are thinking about applying for a position and would like assistance with writing a resume or cover letter, please don't hesitate to contact Ebony our Youth Worker.





## What's been happening



### Contact

#### PHONE:

Kirrae Health Service  
5567 1270

#### packs

[www.kirrae.health.com](http://www.kirrae.health.com)

#### EMAIL:

SEWB Coordinator  
[hvafidis@kirrae.org](mailto: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.



**DHEK DJA**  
SAFE OUR WAY  
STRONG CULTURE  
STRONG PEOPLES  
STRONG FAMILIES

Karratch Pallumbii

# KALAT GIRLS NEWS

## december 2021

The girls all received further lockdown activities including a guitar. At camp they showed great interest in making music around the campfire happily singing, drumming and playing a guitar. We set them a challenge to learn how to tune their new guitars and may learn some basics by watching YouTube videos. When we come back face to face we hope to get in someone to teach them how to play. Please let us know if you could help with this. We will also have a session on painting their guitars. If not for Covid restrictions we would have had a Halloween party. Not wanting the girls to miss out we sent home a Halloween pack to party from home.

We have kept connection with and between the girls via Facebook and Snap Chat. This is sometimes afterhours to keep the girls engaged or to deal with any issues arising. They are a great bunch of girls and a delight to work with.

### What's coming up - Our first Face to Face in on the 18<sup>th</sup> of November.

We have a special Guest Speaker on our first day back – Professor Judy Atkinson, author of Trauma Trails. Judy identifies as a Jiman / Bundjalung (Aboriginal Australian) woman. With a PhD from QUT, she is an expert in the area of violence and relational trauma, and healing for Indigenous, and indeed all peoples. She was awarded the Carrick (Neville Bonner) Award in 2006 for her Innovative Curriculum Development and Teaching Practice, and in 2011 the Fritz Redlich award for Mental Health and Human Rights from the Harvard University Global Mental Health Trauma and Recovery program. Her book: Trauma Trails – Recreating Songlines: The transgenerational effects of Trauma in Indigenous Australia, was sub-listed for a human rights award. Now retired Judy focussed on working with communities in Australia and Papua New Guinea in trauma informed and trauma specific educational – healing work, which she calls educating. We are very lucky to have her lead two yarning circles with the girls. Thank you so much Judy.

The girls will also be creating some Christmas decorations. Merry Christmas Girls.

Also coming up....

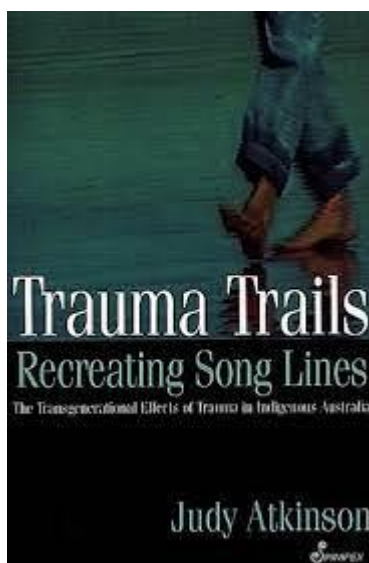
#### • Kalat Girls Term 4 weekly cultural and fun activities (depending on Covid19 Restrictions)

- Self Defense session
- Camp 2 Planning
- Uniform design
- Trip to Melbourne to visit Djirra for Young Luv Program and lunch
- VACCHO staff visit to present Deadly Sex talk
- Local Youth Liaison Police officer visit to talk about cyber safety, bullying, staying safe
- Yarning session with Community member who has been researching family history
- Art session with Community member to teach local traditional art style
- Quilt making for Playgroup
- Welcome/initiation Ceremony planning





**There are plenty more spaces for girls aged 12 -25 so please just come along on Thursdays, 4.30pm at KHS during school terms or contact the office for more information!**



# Starting school:

## What can families do together?

Families play a big role in supporting their child's transition to school. Follow this map for some great ways to spend time together over the holidays as you prepare for school.

Get started now by making time to chat with your child's kindy teacher as well as your new school principal.





## TRANSITIONING TO KINDER, PRIMARY SCHOOL OR HIGH SCHOOL

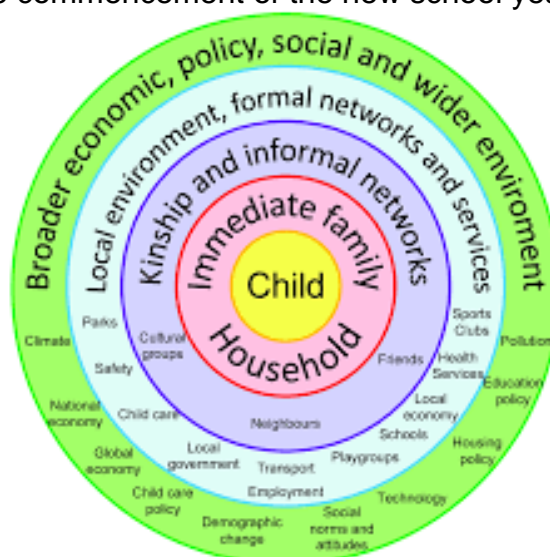


Starting kinder, primary school or high school can be equally exciting and terrifying for some children and their parents. Separation anxiety, fear of the unknown and the financial strain of uniform, books and fees can take its toll. Be aware and understanding of some changed behaviours at home leading up to the first day.

Encourage your children to talk about their fears and acknowledge them. Don't build up the first day as being this super exciting day too much as it might not be all that great. Listen and listen and listen some more. Don't dismiss their fears as they are very real to them.

There are lots of things you can do over the holidays especially for young children to get them school ready. Connect with the school as much as you can and be careful not to criticise the school or teachers in front of your children. They are the ones spending hours there each day so need to know you support the school and teachers. Your view of school will influence their view and will make their experience either a positive or negative one.

Remember you are not alone in this. The wheel below shows all the resources available to your child. You and your immediate family are the most important. The wheel shows it takes a village to raise and educate a child. Don't forget there are Aboriginal liaison teachers at every school and the KESO's are available if you have any issues. The SEWB team are here to assist too if you have concerns before or during the commencement of the new school year.



Ecological model of child development adapted from Bronfenbrenner, 1979

This wheel illustrates the strong network of community, services and programs that support children's learning and development. It provides a useful way of thinking about the various people, cultural influences, environments and other factors that affect how children and families experience and respond to the transition to kinder or school, and shows all the other supports out there.

Remember all children influence and are influenced by the environments that surround them.



# Who's in Charge - Getting back Parental Control and Respect with a bit of Tough Love.

Melbourne Psychologist Eddie Gallagher created a program called Who's In Charge to help parents deal with their adolescent children who were becoming controlling and, at times, violent towards their parents. I used to work with Eddie and I recall him saying there is absolutely NO excuse for children to be violent in the home. They cannot use trauma, disability, poor role models, anger etc as an excuse. These things help us understand their behaviour but does not excuse it. Everyone can make a choice in the moment.

## Eddie's Tips for parents:

1. Examine your attitudes: What are you feeling guilty about? Is this helpful? What is really your responsibility? What are your rights as a person and as a parent?
2. Look at the young person's behaviour: what is normal, what is acceptable, what is dangerous, what is abusive?
3. Think about why they behave as they do and throw out the unhelpful myths. Labels such as ADHD, "conduct disorder", "depression", "learning difficulties" etc are not excuses for bad behaviour. If they have a real condition (and you can't assume they have just because of their awful behaviour), is it so severe that they are actually out of touch with reality? If not then you should still demand acceptable behaviour. Even young people with schizophrenia need boundaries and control.
4. Prioritise: What behaviours do you need to reduce or eliminate (especially abusive or self-destructive behaviour)? What behaviour do you merely wish to discourage (such as annoying habits)? What behaviour can you ignore for now? What behaviour do you want to encourage? Be clear about your priorities. Whether or not a teenager does their homework is not currently very important if they are also abusing you and taking drugs. Choose your battles carefully.
5. Clearly define the behaviour in your child you need to change: what is acceptable and unacceptable to you (and your partner). Pick one at a time.
6. Look at how you are currently reacting and try to stop unhelpful patterns, such as physical punishment, escalating power struggles, your own temper tantrums, lectures, unrealistically high standards or expectations, battles with your partner, etc.
7. Look at all the things you do for your child. Consider which could be used as consequences.
8. Look for any other privileges that you can control and use as consequences (phones, transport, internet, favourite foods, etc). What is their currency? Use that. Unless your child cares (at least a little) about them they are of no use as consequences. However, if behaviour is really unacceptable it is often better to have any consequence rather than none.
9. Make a detailed plan for how you are going to encourage your child to behave in a civilized manner. Work out how your child will try to sabotage or wriggle out of it, and make contingency plans. Don't rely on their cooperation or good will.





## Who's in Charge - Getting back Parental Control and Respect with a bit of Tough Love.

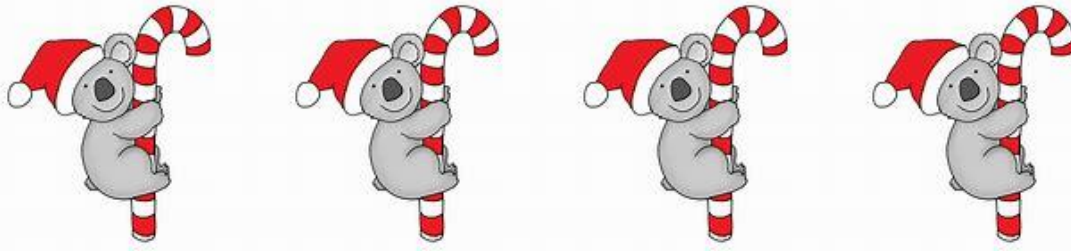
10. Announce or present the plan to your child (preferably in writing). You can discuss it and perhaps negotiate about small details but don't make any changes on the spur of the moment and don't let them take control.
11. Get support from other people for the changes you intend making. This may include family, teachers, parents of your child's friends and even your child's friends themselves. Your ex may be a potential ally if you can set aside personal differences.
12. Consider the fall-back options if your child continues to refuse to cooperate. If you are attempting to use consequences that require any cooperation from the child you need to consider what you can use as a fall-back if you don't get this cooperation, and make this alternative clear to the child.
13. Be prepared for a backlash if you are suddenly trying to be firm. Many children will test your resolve and a few may even become more violent. This will pass if you stick to your plan.
14. Make a safety plan in case the worst happens. Who ya gonna call?
15. Institute your plan of action (remaining positive and confident and prepared for total failure at the same time).
16. Revise as necessary. They are your rules for your home, so don't feel that you can't change them. Don't let your child play lounge-room lawyer and attempt to wriggle through loop-holes. Be firm but fair! I've heard kids say "I kicked him because you said I shouldn't hit him – you didn't say I couldn't kick him".
17. Very important: Give positive feedback, affection, encouragement and occasional rewards or celebrations if your child is improving – even if you think it is an act and won't last. Don't wait till they are perfect before acknowledging improvement.
18. Expect relapses and new crisis. Don't get disheartened by these.
19. Get on with your own life regardless of what your child decides to do. Don't let your happiness depend totally on any one person.
20. There is no number twenty. It just sounded better than 19, so make up your own number and remember

### You're in charge!

**Good luck. It takes time and consistency. Children feel safe when they are surrounded by boundaries. Life becomes predictable – they learn what they can and can't get away with. Be patient. It takes at least 6 weeks to form a bad habit so it can take at least 6 weeks to unlearn one.**

**If you feel you can't do it alone please call the SEWB team and we can help you develop a personalised plan that suits your family.**





## SURVIVING CHRISTMAS 2021

The Christmas and New Year period can be a joyful one but also can be very challenging for some people. 2021 hasn't exactly been a terrific year and everyone seems tired and just wanting this year to end. The pressures of Christmas can be overwhelming. It may be the first Christmas without a loved one, it may be the first time all year family have been able to get together, there may be family you don't get on with or everyone is away and you are lonely. See below for some tips to surviving Christmas and the holidays.

***Across the world, 2021 has been a year that many will want to forget. The world we live in has been forever changed by COVID-19 and the stress and anxiety of making it – just to this point – has been hard on almost everyone. Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help.***

They don't call it the silly season for no reason — cooking meals, shopping, baking, cleaning, having people stay and entertaining can be all too much. And COVID-19 hasn't helped! You may also feel stressed, sad or anxious because your holiday plans may look different this year. But with some practical tips, you can minimize the stress of the holidays. You may even end up enjoying them more than you thought you would.

### Tips to prevent holiday stress and depression

Before you have a stress meltdown, try to prevent stress and depression in the first place.

1. **Acknowledge your feelings.** If someone close to you has recently passed away, or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel sad, lonely or isolated, seek out community, friends or a family member about your concerns. Try reaching out with a text, a call or a video chat. Restrictions have eased so plan to catch up with family or friends you haven't seen for a while.
3. **Be realistic.** The holidays don't have to be perfect. Families change and grow and traditions and rituals can change too. If relatives can't come to your home, find new ways to celebrate together, such as sharing pictures or video-chat. We've all become Zoom experts now after all.
4. **Set aside differences.** Try to accept family members and friends as they are. Set aside issues until a more appropriate time for discussion. And be understanding if others get upset - chances are they may be feeling the effects of holiday stress and depression too.



5. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Make a list and stick to your budget.
6. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Make a shopping list. Ask others to help you.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. People will understand if you can't participate in every project or activity.
8. **Don't abandon healthy habits.** Don't let the holidays be an excuse to over indulge. As that only adds to your stress and guilt. Try these suggestions:
  - Eat healthy meals.
  - Get plenty of sleep.
  - Include regular physical activity in your daily routine.
  - Try deep-breathing exercises, meditation or yoga.
  - Avoid excessive tobacco, alcohol and drug use.
9. **Take a breather.** Take a break by yourself. Spending just 15 minutes alone, without distractions, will recharge your battery. Go bush for a bit. Connect.
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself still feeling sad or anxious, have physical pains, poor sleep, be irritable, feel hopeless and unable to face routine chores. If these feelings last for a while, talk to your doctor, a mental health professional or drop by and chat to the SEWB team when the Health Service reopens on the 10<sup>th</sup> of January.

**If you need support during the Christmas Break please call any of the numbers below. There is always help available.**

| Emergency 000   |               |                       |              |
|-----------------|---------------|-----------------------|--------------|
| Life Line       | 13 11 14      | Yarning Safe N Strong | 1800 959 563 |
| Men's Line      | 1300 78 99 78 | Suicide Line          | 1300 651 251 |
| Kid's Help Line | 1800 55 1800  | Life (LGBTQI)         | 1800 184 527 |
| Grief Line      | 9935 7400     | Beyond Blue           | 1300 22 4636 |





**medicare**

# Get free proof of your COVID-19 vaccination



Your immunisation history statement and COVID-19 digital certificate both show proof of your COVID-19 vaccination status.

The easiest way to get proof is online, using either:

- your Medicare online account through myGov
- the Express Plus Medicare mobile app.

## More information:

For more information about how to get proof scan the QR code to go to **[servicesaustralia.gov.au/covidvaccineproof](https://servicesaustralia.gov.au/covidvaccineproof)**

For the latest COVID-19 updates and advice, go to **[australia.gov.au](https://australia.gov.au)**



8/2020, 2/2019



**Services  
Australia**

**[servicesaustralia.gov.au](https://servicesaustralia.gov.au)**



# medicare

INFORMATION FOR INDIGENOUS CUSTOMERS

## Get free proof of your COVID-19 vaccination



Your immunisation history statement and COVID-19 digital certificate both show proof of your COVID-19 vaccination status.

The easiest way to get your proof is online using either:

- myGov
- the Express Plus Medicare mobile app.

### USING MYGOV

1. Sign in to myGov.
2. Select the **Proof of COVID-19 vaccination** quick link.
3. Select your name, and then **View immunisation history statement (PDF)** or **View COVID-19 digital certificate (PDF)**.

### USING THE EXPRESS PLUS MEDICARE MOBILE APP

1. Log on to the app.
2. Select **Immunisation history** from **Services**.
3. Select your name, and then **View immunisation history statement** or **View COVID-19 digital certificate (PDF)**.

If you can't get your immunisation history statement online or need help, call **1800 653 809**.



Services  
Australia











# Christmas

## WORD SEARCH

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

JINGLE BELLS  
 BOW  
 CANDY CANE  
 CAROLERS  
 CHRISTMAS TREE  
 DECORATIONS  
 ELVES

FIREPLACE  
 GARLAND  
 GINGERBREAD  
 HOLIDAY  
 JOLLY  
 SANTA  
 MISTLETOE

NORTH POLE  
 ORNAMENTS  
 PRESENTS  
 REINDEER  
 SNOWMAN  
 WREATH  
 WRAPPING PAPER





# North Pole

## Word Search Puzzle

Words may be horizontal, vertical  
and diagonal.

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



POLAR BEARS  
SNOW  
ARCTIC  
ECEBERG  
WHITE  
FROST  
ICE  
WALRUS  
POLE STAR  
NORTH POLE  
REINDEER



## Christmas tree brownies

**1** box (16 oz) Betty Crocker™ Supreme original brownie mix

Water, vegetable oil and egg called for on brownie mix box

Miniature candy canes (2 inch), unwrapped

**1** or 2 drops green food color

**1/3 cup Betty Crocker™ Rich & Creamy vanilla frosting (from 16-oz container)**

Betty Crocker™ Decorating Decors red and green candy sprinkles or miniature candy-coated chocolate baking bits

### Make With

Betty Crocker Frosting



## Steps

**1**

Heat oven to 350°F (325°F for dark or nonstick pan). Line 9-inch square pan with foil, allowing some to hang over edges of pan. Grease bottom and sides of foil with shortening or cooking spray. Make brownie mix batter as directed on box. Spread in pan.

**2**

Bake 28 to 31 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely on cooling rack, about 1 1/2 hours. Freeze in pan 15 minutes. Using foil to lift, remove brownies from pan, and peel foil away. To cut brownie into triangles, cut into 3 rows. Cut each row into 5 triangles (See More About This Recipe). Set aside leftover pieces for snacking.

**3**

Break off curved end of candy cane; insert straight piece into bottoms of triangles to make tree trunks.

**4**

Stir food color into frosting. Spoon frosting into small resealable food-storage plastic bag; partially seal bag. Cut off tiny bottom corner of bag. Squeeze bag to pipe frosting over brownies. Sprinkle with decors.





# December 2021

| Sunday | Monday        | Tuesday                             | Wednesday                    | Thursday                                  | Friday                          | Saturday          |
|--------|---------------|-------------------------------------|------------------------------|-------------------------------------------|---------------------------------|-------------------|
| 28     | 29            | 30                                  | 1                            | 2                                         | 3                               | 4                 |
|        |               |                                     |                              | Bingo                                     |                                 |                   |
| 5      | 6             | 7                                   | 8                            | 9                                         | 10                              | 11                |
|        | Podiatry      | Playgroup<br>Dr Chandan<br>Dr hall  |                              |                                           |                                 |                   |
| 12     | 13            | 14                                  | 15                           | 16                                        | 17                              | 18                |
|        |               | Playgroup<br>Break up<br>Dr Chandan | Community<br>Christmas lunch | Dr Hedgland                               |                                 |                   |
| 19     | 20            | 21                                  | 22                           | 23                                        | 24                              | 25                |
|        |               | Dr Chandan                          | KHS Closed from<br>11.30am   | <u>Last Day<br/>open for the<br/>year</u> |                                 | Christmas Day     |
| 26     | 27            | 28                                  | 29                           | 30                                        | 31                              | 1                 |
|        | KHS<br>CLOSED | KHS<br>CLOSED                       | KHS<br>CLOSED                | KHS<br>CLOSED                             | New Year's<br>Day<br>(observed) | New Year's<br>Day |



