



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



October 2022

**Playgroup
 Halloween
 Oct 25th!**

Doctors

Dr Hall – Tuesday –4th

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

Dr Hedgland- Thursday 19th

Inside Newsletter

Individual Highlights:

Birthdays	2
Reminder message	3
Community Defib	4
Playgroup	5
Community surfing	6
SEWB	7
Kalat Girls	8
Community Stories	9-10
Mens Group	11
Keeping strong	12-14
Client service officers info	15-16
HACC/CHSP	17
Bingo	18
Elder Rights Advocacy	19
LGBTQI+	20-21
Deadly dads fact sheet	22
Recipe	23
Color in	24-25
Calendar	26
Feedback	27



**Community
 Defib now
 available.
 Training also
 available**

Vaccho held a graduation ceremony for all those who completed certificates & were unable to graduate due to COVID19 restrictions. Congratulations Ivy, Nonnie, Teneshia, Kimberley and also Mikavla



Birthdays



Phyllis Harradine 3rd
Breanna Wackett 5th
Latara Parker–Chatfield 7th
Violet Clark 8th
James Clark 9th
Lucas Harradine 9th
David Chatfield 10th
Amos Atkinson 9th
Levi Chatfield 14th
Jerome Atkinson 30th
Rickey Atkinson 13th
Seanna Claridge 13th
Troy Litster 18th
Phillip Chatfield 20th
Scarlett Chatfield 22nd
Brittney Purcell 23rd
Hunter Chatfield 24th
Carmel Leslie 28th
Karen Chatfield 28th
Kaawirn Ugle – Hagan 29th
Jarren Harradine 29th
Ashlee Wackett 29th
Adam Wheeler 30th

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





Reminder

Just a friendly reminder if you do not give us prior notice of upcoming appointments we are unable to cover costs.

If you need us to transport you we need at least one weeks' notice due to vehicle shortage.

If you require a petrol voucher, we require at least 24hrs notice.

Thanks for you cooperation!



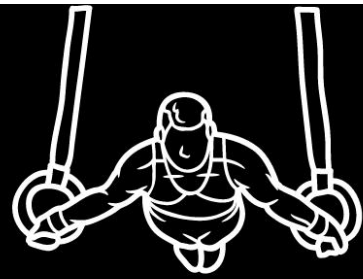
Chiropractor



Community Defib Located at the front of Kirrae Health Service in the event of an emergency



PLAYGROUP GYMASTICS EXCURSION



Tuesdays during school terms
10am-12pm





VICTORIAN
INDIGENOUS
SURFING PROGRAM

Warrnambool DEVELOPMENT PROGRAM

ABORIGINAL AND
TORRE STRAIT ISLANDER
COMMUNITY

What: Learn how to be safe in the ocean while having fun. You'll go surfing, do board rescues, learn CPR and about Surf Life Saving. Registration Required

Where: Warrnambool - McGennans Beach

When:

Wednesday 19th October - 4:30pm

Wednesday 2nd November - 4:30pm

Wednesday 16th November - 4:30pm

Wednesday 30th November - 4:30pm

All equipment supplied, please bring bathers and towel
For more information and to register contact
jordie@surfingvic.com - 0488 935 183





CONTACT

PHONE:

Kirrae Health Service
5567 1270

WEBSITE:

www.kirrae.health.com

EMAIL:

SEWB Coordinator
hvafidis@kirrae.org.au

AOD Staff:

-Aaron Hagan
-Mel Sumner

SEWB Staff:

-Heather Vafidis
-Michael Boyd (on leave)
-Jocelyn Retallack

Youth Worker:

-Kristy Crawley

Referrals:

Ring, text or email Heather on
0484 701 867

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.



SEPTEMBER 2022

SEWB NEWS

WHAT'S BEEN HAPPENING

Staff

The team has been working hard with clients and various trainings over the last month. Thank you all for making Jocelyn and Kristy so welcome. Thanks to Mel, Aaron, Jocelyn and Kristy for helping me while I recover at home. Hopefully it won't be too long before I am back on my feet and in the office once again.

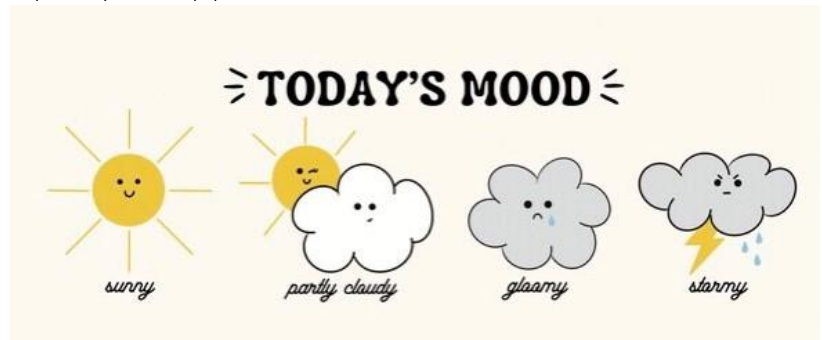
WHAT'S COMING UP

Groups: Kalat Girls, KoKo Blokes, Little Sistas, Men's & Women's Groups

Watch Facebook for updates on exciting activities coming up. The new little girls group will meet for the first time during the September school holidays. If you have any ideas for any of the groups please pass them on. Some activities will be number limited so ring reception and get your name down quick when you see activities posted. If you can't make it at the last minute please let us know so we can let someone else come along.

SEWB TOPIC – DEPRESSION

The second week of September is "This Girl Can" Week. It's about getting women and girls active and to have a go. Now that it is Spring the weather is warming up, the sun is shining and it's time to get out of the house after a long wet winter. Seasonal Affective Disorder (SAD) is a type of seasonal depression that can start during the autumn/winter months and disappears during spring/summer. Symptoms can include a lack of energy, sleeping too much, overeating and gaining weight and craving carbohydrates. If this sounds like you every winter then talk to your doctor or the SEWB team. Help is out there. Maybe start on your own by opening up your curtains, getting outside in the sun for some vitamin D, exercise, eat fresh and healthy plus improve your sleep pattern.



Stay well and take care,
The SEWB Team.





KALAT GIRLS



recent activities

The girls enjoyed an art session with Bayley in August and created some beautiful works,
Girls had fun playing netball. Another cooking session was held with some delicious scones made. And Girls focused on completing some unfinished art projects.



reminders

Please let us know if you are coming or not each week as this helps us plan and cater. Watch updates on Facebook and on Snap Chat. If you need a ride sing out.



contact kristy



kcrawley@kirrae.org.au



5567 1270
0458 071 631





That's Deadly

Please email all your deadly stories to jretallack@kirrae.org.au
Stories can be about what you did at school, at work or at play!



#1 VICTORIAN SCHOOL BASED TRAINEE IS..

Jaynaya Miller who completed a Cert 3 in business administration at Warrnambool Police Station. We wish her well in the National Traineeship awards coming up in Adelaide.



So Proud.
Sammy, Jaynaya and Allan

CANBERRA TRIP

In August Jessie Chatfield and Alice Ugle were invited to Canberra to be part of Oxfam Australia's 2022 Straight Talk National Summit. The program amplifies voice of First Nations women and links them with other like minded change makers. Good work ladies!



Jyah Chatfield - Under 18's Best and Fairest and Leading Goal Kicker. Well done to you and Jandamara Chatfield for playing in the under 18s grandfinal .



**CONGRATULATIONS
RUSSELL CREEK'S
UNDER 15'S
CHAMPIONS**



**Danny, Kobi and Amy
Chatfield**



Shane Jnr. Harrison



Kayden Edwards



So Deadly!



**Well done Jada
Harrison on getting
your L's**





Men's Group

men's group
FISHING CHARTER

**SATURDAY
12 NOV**

Port Fairy

Limited Numbers. Please call
reception to put your name
down...

55671270 



KEEPING STRONG

Sometimes people feel broken and very sad

Don't enjoy things you used to?

Spend lots of time on your own?

Feel tired?

Have trouble sleeping?

Feel like hurting yourself or think of dying?

Hard to think or concentrate?

If you feel some of these things for more than two weeks, you may have depression – but you don't have to feel this way



There are many ways to find help and healing



Listen and provide support

Keep the family spirit strong

Help the person to find healing

Spend time together

Organise family activities

What family and friends can do

What you can do

- Keep in touch with people
- Seek help to strengthen your spirit
- Avoid using alcohol and drugs to feel better
- See a doctor, health worker or counsellor
- Talk kindly to yourself
- Talk to someone you know and trust

What communities can do

- Traditional or spiritual healing
- Links and support with other families
- Community education and activities
- Cultural and traditional activities



Sometimes people feel broken and very sad inside.



When all the parts of a person are together they feel strong.



Strength and wellbeing can come from your family, friends and community.



If you feel broken or very sad, there are many types of support and healing available.

To feel strong again can take time, but small steps can lead to big changes.

With the right help, most people can feel stronger inside.

For more information: www.beyondblue.org.au

Beyond Blue Support Service **1300 22 4636**



BL082108/19





Victorian Aboriginal
Legal Service

Client Service Officers (CSO)

How can the team help you?

The CSO's at VALS act as a connection between the Victorian Aboriginal Legal Service and Aboriginal or Torres Strait Islander persons.

VALS' CSO's assist with court attendance, support and referrals. CJP support people in custody with police.

Our CSO's can

- Help you get into contact with a solicitor
- Assist with Confirmation of Aboriginality forms
- Help with referrals to Aboriginal and generalist agencies
- Are here to ensure you get treated with respect and dignity

Conditions apply

It is the duty of every lawyer in Victoria not to act where a Conflict of Interest has arisen. A Conflict of Interest arises where a lawyer is acting or attempting to act for two or more people or interests that are incompatible.



Contact Us

BAIRNSDALE OFFICE

Address: Shop 13, 80 Riviera Place, Main Street
Bairnsdale, Victoria 3875
Mobile- 0417 592 209

MILDURA OFFICE

Address: 81 Pine Avenue
Mildura, Victoria 3500
Mobile 0491 176 546

SHEPPARTON OFFICE

Address: Unit 3, 262 Maude Street
Shepparton, Victoria 3630
Mobile 0438 353 730

SWAN HILL OFFICE

Address: 109 Campbell Street
Swan Hill, Victoria 3585
Mobile: 0408 392 704

BALLARAT OFFICE

Address: 32C Doveton Street North
Ballarat Central , Victoria 3350
Mobile: 0400118392

WARRNAMBOOL OFFICE

Address: 173 Lava Street
Warrnambool, Victoria 3280
Mobile: 0491 176 545



VALS contact

9418 5999

Toll Free 1800 064 865

Fax 9418 5900

www.vals.org.au





HACC/CHSP

Community Lunch – Tuesday 4th Oct
Kirrae Health Service @ 12pm

Social Support Lunch - Tuesday 11th Oct
Macey's Bistro
12pm

Community Lunch – Tuesday 18th Oct
Kirrae Health Service @ 12pm

Bingo – Thursday 19th
Kirrae Health Service @ 11am to 2pm

Social Support Lunch – Tuesday 25th
Warrnambool Football Club
12pm





BINGO



Kirrae Health Service
 When: Wednesday 19th
 October
 Time: 11am to 2pm
 Lunch Provided



Elder Rights Advocacy

Most of the time aged care services work well and the people who use them, or are trying to access them, are happy with the service they receive. However, there are times when a problem may arise, and people need help to have their concern heard and resolved.

The team at Elder Rights Advocacy (ERA) is here to ensure that you and your families and representatives know your aged care rights and how to assert them. They support you to make sure that your voice and opinion is heard, especially when it comes to decisions that affect your life, such as the quality of aged care that you receive.

There are dedicated staff across the Barwon South West Region and the service is free, confidential, and independent of the government and aged care providers.

ERA also delivers information sessions across Victoria to aged care consumers/their families or representatives, aged care staff (residential, community care) and the wider community, including retirement villages and seniors' groups, to help people understand their rights and what to do when they are not being met.

ERA can also provide specialist financial advocacy related to aged care service costs, including home care fees and statements.

If you are beginning to think about accessing Aged Care programs such as the Commonwealth Home Support Program and Home Care Packages Program, ERA's specialist Aged Care Navigators at Elder Rights Advocacy can help you understand and navigate the aged care system.

ERA also provides the Community Visitors Scheme, connecting older people receiving aged care with caring, friendly volunteers from the community for friendship and companionship.



To find out more about any of ERA's services, visit www.era.asn.au or call 1800 700 600.

myGov is changing

Services Australia have been building an improved myGov, known as myGov Beta, at beta.my.gov.au

In early September, myGov Beta will become the new myGov at my.gov.au and the current myGov will retire from public view.

Some of the improvements to myGov are:

- a personalised homepage that makes it easier to see Inbox messages and linked services in one place
- a refreshed look and colour
- more information about government payments and services tailored to major events in people's lives.

There will be a new eKit to follow it's release on the community resource page.

<https://www.servicesaustralia.gov.au/community-resources-and-help?context=21>





LGBTQI+

New podcast gives aged care workers an introduction to what matters to LGBTI older people

www.lgbtiqhealth.org.au

Silver Rainbow Presents: Ageing Fabulously is part of Silver Rainbow’s work to improve the way the aged care system meets the health and wellbeing needs of LGBTI older people.

The short 15-minute podcast episodes are hosted by writer and theatre maker Maeve Marsden (she/her), who delves into the LGBTI acronym, inclusive language and pronouns, families of choice, and palliative care. Each episode focuses on practical tips and workplace examples that will assist aged care workers in providing aged care services to LGBTI older people.

The Ageing Fabulously podcast is a new education resource for the aged care sector from LGBTIQ+ Health Australia’s Silver Rainbow program, giving aged care workers easy access to the issues important to older lesbian, gay, bisexual, transgender and intersex (LGBTI) people accessing residential and home-based aged care services.

LGBTIQ+ Health Australia CEO Nicky Bath (she/her) said: “The Silver Rainbow team produced this innovative podcast in consultation with experts, aged care workers and LGBTI older people to ensure that both expertise and lived experience are combined in a way that aged care workers get the information they need to provide safe and affirming care,” Ms Bath said.

Silver Rainbow Presents: Ageing Fabulously is available on Spotify and Apple Podcasts





LGBTQI+



Wear It Purple Day 2022



Supporting Rainbow Youth



Wear It Purple Day 2022



Supporting Rainbow Youth





SMS4DeadlyDads (www.sms4deadlydads.com) is a free service for First Nations fathers to connect with their baby and partner through text messages that provide info, tips, and encouragement. Dads can join up from 12 weeks into a pregnancy and throughout the first year of parenthood. Dads receive three messages a week.

Example messages:

- 4dad: I am nearly as long as a footy now Dad. My legs are growing and I might try shake-a-leg. Imagine that!*
- 4dad: You can start talking with me before I am born dad. You can yarn with me about our mob and tell me stories about our culture [LINK to VIDEO](#)*
- 4dad: It isn't true that being a mother is natural and just gut instinct. Nearly all mums need support, especially if things aren't going well.*

When enrolling, dads enter the expected date of delivery or bub's birth date, so the texts are linked to the developmental stage of the baby. The brief messages contain tips, information, and links to other services to help them understand and connect with their baby and support their partner. Purpose-designed video resources featuring Dr (Uncle) Mick Adams are linked to culturally-appropriate messages.

Checking in with dads is also an important part of the program. A set of Mood Tracker interactive texts are interwoven within the messages to find out how dads are coping. If a dad says he's not doing so well and doesn't have anyone to talk to, he is linked to a health professional from a relevant service.

SMS4DeadlyDads was first developed as a research project (www.sms4dads.com) at the University of Newcastle. The messages for **SMS4DeadlyDads** have been co-designed in consultation with an Advisory Group of senior First Nations men representing Aboriginal Controlled Health organisations.

SMS4DeadlyDads Advisory Group

Mick Adams Australian, Indigenous HealthInfoNet | Craig Hammond, University of Newcastle | Kaiden Powell, Community member | Jacob Prehn, University of Tasmania | Kootsy Canuto, Flinders University Northern Territory | Jason Bonson, Flinders University Northern Territory | Steven Torres-Carne, Community member | Dallas Hure, Community member | Peter Mitchell, Outreach Service Aboriginal Corporation Broome | Steven Rossingh, Miwatj Health Aboriginal Corporation NT | Jack Bulman, Mibbinbah Spirit Healing | Darrel Smith, Miyay Birray Youth Service Inc Moreee | Kane Ellis, Illawarra Aboriginal Medical Service NSW | Joe Russell, NT Government | Richard Fletcher, University of Newcastle | James Smith, Flinders University Northern Territory | Dave Edwards, University of Newcastle | Bernard David, Apunipima Cape York Health Council



Vegetable & Beef Stuffed Red Peppers

Ingredients

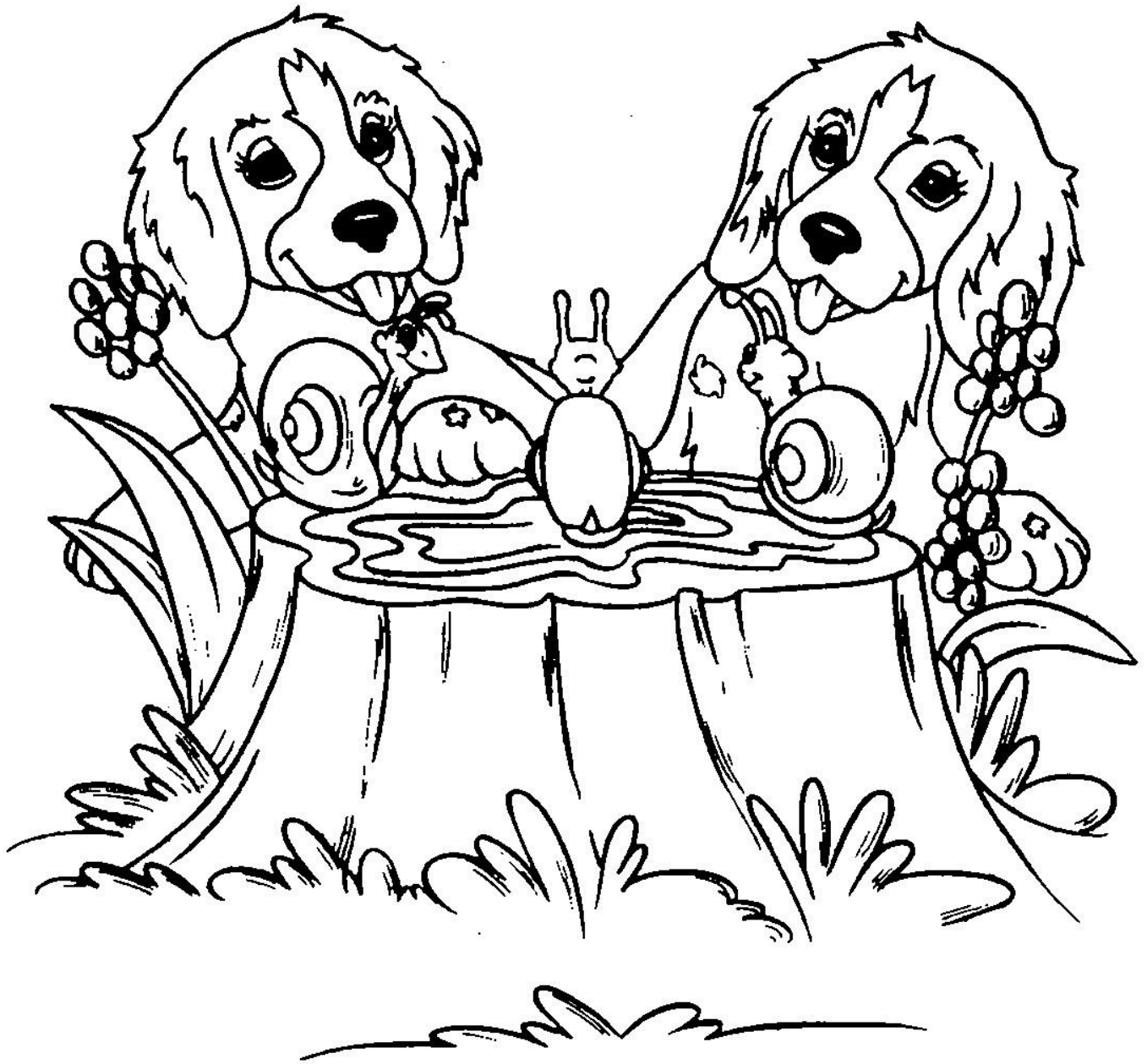
- 6 medium sweet red peppers
- 1 pound lean ground beef (90% lean)
- 1 tablespoon olive oil
- 1 medium zucchini, chopped
- 1 medium yellow summer squash, chopped
- 1 medium onion, finely chopped
- 1/3 cup finely chopped green pepper
- 2 cups coarsely chopped fresh spinach
- 4 garlic cloves, minced
- 1 cup ready-to-serve long grain and wild rice
- 1 can (8 ounces) tomato sauce
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 teaspoon salt
- 3 slices reduced-fat provolone cheese, halved



Directions

1. Preheat oven to 350°. Cut and discard tops from red peppers; remove seeds. In a 6-qt. stockpot, cook peppers in boiling water until crisp-tender, 3-5 minutes; drain and rinse in cold water.
2. In a large skillet, cook beef over medium heat until no longer pink, breaking into crumbles, 6-8 minutes. Remove with a slotted spoon; pour off drippings.
3. In same pan, heat oil over medium heat; saute zucchini, yellow squash, onion and green pepper until tender, 4-5 minutes. Add spinach and garlic; cook and stir until spinach is wilted, about 1 minute. Stir in cooked beef, rice, tomato sauce, mozzarella cheese and salt.
4. Place red peppers in a greased 8-in. square baking dish. Fill with meat mixture. Bake, covered, until peppers are tender, 35-40 minutes. Top with provolone cheese; bake, uncovered, until cheese is melted, about 5 minutes.







AFL TEAMS

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

geelong cats

carlton

st kilda

hawthorn

sydney swans

north
melbourn

essedon

melbourn demons

port adilaid

bulldogs

adielaid crows

gold coast suns

west coast
eagles

freemental

gws

gellong cats

richmond

collingwood





October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
Day Light Savings begins Move your clock forward and hour	Massage	Dr Chandan Community Lunch Dr Hall		Chiropractor		
9	10	11	12	13	14	15
		Playgroup S/S Lunch Dr Chandan				
16	17	18	19	20	21	22
	Massage	Playgroup Community Lunch Dr Chandan				
23	24	25	26	27	28	29
		Playgroup S/S Lunch Dr Chandan Dietitian 				
30	31	1	2	3	4	5



