

APRIL NEWSLETTER

2023

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Doctors & Allied
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HACC/CHSP-
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Mouth Guards



Check out the cool mouth guards people who attended the mouth guard clinic quickly got back!
Great Stuff!

APRIL

Jamarra Ugle-Hagan 4th
Tanaya Harradine 5th
Chayce Grinter 9th
Tommy McKane 10th
Herbie Harradine 10th
Jaynaya Miller 10th
Narrah Ugle-Hagan 11th
Ian Clark 12th
Tamara Clark 13th
Kerrie Proctor 15th
Brandi Litster 17th
Judy Neave 21st
Jessica Chatfield 21st
Naomi Litster 21st
Mingarra Clark 29th



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

- **ABORIGINAL 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**

Whats on

Doctors

Dr Hall

Tuesday 4th

Dr Chandan

Tuesday 4th, 11th,
18th & 25th

Dr Hedgland

Thursday 20th



Allied Health

Massage

Monday 3rd & 24th

Chiropractor

Thursday 27th

Diabetes Ed

Tuesday 25th

Dietician

Tuesday 25th

Podiatry

Monday 3rd

Optometry

Tuesday 18th

Health Promotion

DEADLY WALKERS



Our Deadly Walkers group has been relaunched!

New to Deadly walkers? Look at all the goodies you can get just for walking!

You a veteran Deadly Walker and Got all the goodies? If you complete your kms again within the next 12 months you can earn yourself some new runners!



ITEM	0-18 YEARS	18-45 YEARS	45+ YEAR
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



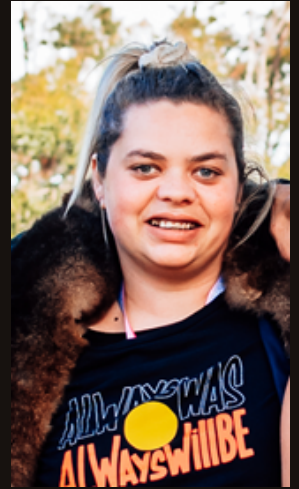
Health
Promotion

Thinking about Quitting?

Our health team can chat with you
about your Quit options!

Teneshia - Aboriginal Health
Worker

Our Future is Our Mob,
Our Mob is a #SmokefreeMob
A Smokefree Mob is a #StrongMob



Sarah - Health Team Leader
& Nurse



Phillip - Aboriginal Health
Worker



GO MOB!
#smokeFreeMob
#strongMob



Alice - Community Health Nurse

Thalia - Health
Promotion
& Quit advisor



KHS CLOSE THE GAP DAY

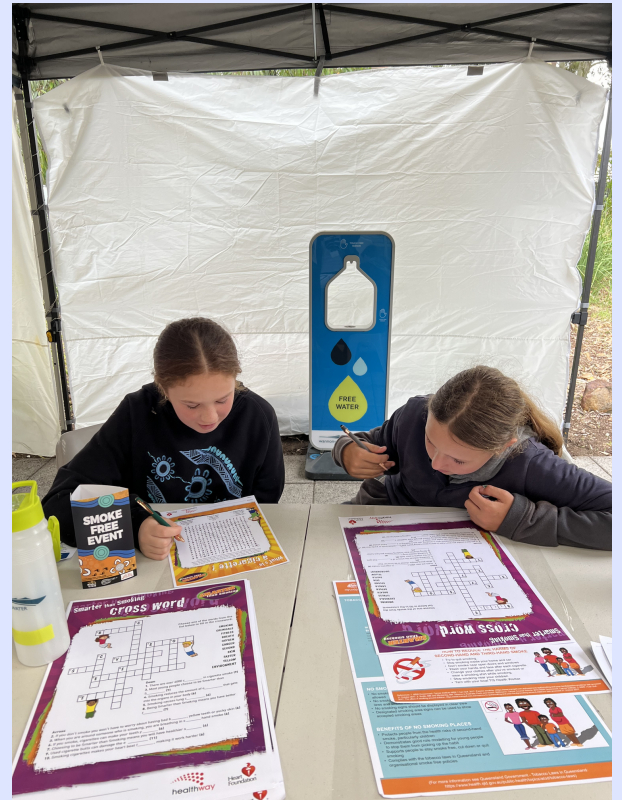
What a great day
out!

Thank you to all of
you who came,
walked with us &
enjoyed the
activities.



Thank you to Roy for
cooking the BBQ

**Thank you to Wannan
water who kindly
donated water bottles
for community
members**





CTG Day 2023





CTG DAY 2023



playgroup News



UPCOMING Events

School holidays
Friday
7th April - 23rd
April

PLAYGROUP BIRTHDAYS



Playgroup gets out and about!

AQUAZONE



HACC/CHSP

HACC/CHSP Trip

Tuesday April 4th

RSL 12pm



Bingo

Wednesday April

26th

11am - 2pm

Monthly Members
Draw for Community

Lunch

Have to be there to
win!



Winter Vegetable Garden Planting Guide

Welcome to the **Winter Vegetable Garden Planting Guide**.

Winter is a slower time of the year in the garden, but is a still great time for the planting vegetables that like the colder conditions. Broad beans, peas, cabbage, spinach and turnips are all frost resistant.

The following Winter planting guide is for the Melbourne area and surrounds, where the climate is referred to as being temperate.

Winter Planting

Months marked in green are suitable for planting any of the following vegetables.

Species	June	July	August
Artichoke (globe)			
Asparagus			
Beetroot			
Broad Bean			
Cabbage			
Chicory			
Dill			
Endive			
Garlic			
Jerusalem Artichoke			
Kohl Rabi			
Leek			
Lettuce			
Marjoram			
Mint			
Mustard Greens			
Onion			

Parsnip			
Pea			
Potato			
Radish			
Rhubarb (crowns)			
Rosemary			
Sage			
Shallot			
Snow Peas			
Spinach			
Spring Onion			
Thyme			
Tomato			
Watermelon			

[To Yummy Gardens Home from Winter Vegetable Garden Planting Guide](#)

[More Planting Guides from Winter Planting Guide](#)



Queerstralia

Join award-winning comedian and professional lesbian Zoe Coombs Marr, as they wipe away the straightwashing and reveal the untold and frankly fascinating Queer history of Australia.

Including stories and interviews with Queer Aboriginal Australians - we've always been here and we've always been queer!

Screening on ABC TV and
ABCIVIEW



BEWARE BANK SCAM ALERT!

- Your real bank will NEVER send you a link in a text message to click on.
- Scammers are now calling people posing as the bank fraud department. Even getting you to call the number on the back of your credit card. Real banks will NEVER ask you to transfer fund to cover fraud activity.
- Scam text messages can appear IN YOUR REGULAR TEXT FEED WITH YOUR REAL BANK MESSAGES. Again, the real bank will NEVER send you a link in a text message.
- Do not google your bank & click, Enter the web address directly. Fake sites that look real when clicking on a link are taking peoples bank details and immediately trying to steal money .



THATS DEADLY!



COMMUNITY NEWS!



Leanna competed in her school sports on the 6th of March & came first in long jump, triple jump, relay, 100m and 400m sprints!

She came second in 200m sprints and discus.

She came third in high jump.

She was also the overall champion in her age group.

WOW!

Leanna will be competing at the district sports at the end of March in the events she came first in at her school sports, if she comes first in any of her events she will go to regional.

Well done
&
Good Luck!



THATS DEADLY!



COMMUNITY NEWS!



CHARLOTTE
got a 1st ribbon
at her school
sports
Awesome
Effort
Well Done!



CHAYCE
got overall
champion for his
age group and
will now go to
districts in April
Awesome
Effort

BUNGARIE
was champion
at all his events,
lots of ribbons to
show for it and
will now go to
districts in April
Awesome
Effort



THATS DEADLY!



COMMUNITY NEWS!

TREATY CAR DESIGN WINNERS!

SOUTH WEST REGION



Tracy Roach

Kirrae Whurrong, Bundjalung

CONGRADULATIONS to Tracy who's etching design was selected as one of the winners for the Car competition

Awesome Effort

THATS DEADLY!



COMMUNITY NEWS!



Jessica
Graduated the
Diploma of
Community
Services!
Awesome
Effort
Massive
Well Done!



THATS DEADLY!



COMMUNITY NEWS!

Congratulations to Brandi for getting her Ps
Drive safe

Well Done!



THATS DEADLY!



COMMUNITY NEWS!



Chayce & Hunter won their under 13 cricket Grand Final!

Awesome!



Send us your stories

Please email all your deadly stories to....

jretallack@kirrae.org.au

OR

send a text to 0413365480



Stories can be about what you did at school, work or play!

Happy Easter

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

- FLOWERS
- HUNT
- BUNNY
- CANDY
- SPRING
- EGGS
- EASTER
- JELLYBEAN
- PARADE
- CHICKS
- BASKET
- HOPPING
- RABBIT
- MARCH
- CHOCOLATE



HOPPY
EAS+er!



WARRNAMBOOL BLAK MARKET



DATE
15th April 2023
TIME
9:00AM - 1:30PM

LOCATION
Patloch Lane,
Warrnambool,
VIC

Salt
Restaurant
will be open
next door for
coffee

Be sure to
check out our
Facebook event
to see the
stories on all of
our artists!



We are so excited to announce that we are having our second Warrnambool Blak Market. After having such a great turn out at our first one, we are honoured to be having our First Nations artists, creators and makers come back together again to sell their products and share their creative talents. With even more items available to buy this time, you'll be sure to find something you want to take home with you. So come along and see what's available!



Feedback

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

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