



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

**8 WEEK
BOOT CAMP**

April 2021

Doctors

Dr Hall – 6th

Dr Chandan - Tuesday 6th
13th, 20th, 27th

Dr Hedgland – Thursday 15th

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KOKO BLOKES PHOTO SHOOT UP THE BUSH

Birthdays

Jamarra Ugle–Hagan 4th
Tanaya Harradine 5th
Brian Medew 5th
Chayce Grinter 9th
Herbie Harradine 10th
Narrah Ugle–Hagan 11th
Ian Clark 12th
Tamara Clark 13th
Kerry Proctor 15th
Brandi Litster 17th
Judy Neave 21st
Jessica Couzens 21st
Naomi Litster 21st
Jamie Leslie 24th
Grover Ferguson 29th
Mingarra Clark 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

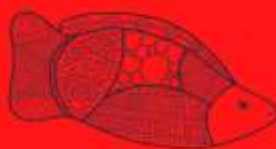
- Advocacy support
- Counselling (individuals, families, children)
- Case management
- AOD



KIRRAE VACCINE ROLLOUT

The vaccines have arrived and we are busy working to begin the roll out of the COVID-19 vaccine.

GETTING VACCINATED IS HIGHLY RECOMMENDED FOR THE SAFETY OF ALL OUR MOB. HAVE A CHAT WITH OUR HEALTH TEAM IF YOU HAVE ANY CONCERNS ABOUT IT ALL.



**VACCINATIONS WILL BEGIN
TUESDAY MARCH 30TH**

**LOOK AFTER YOURSELF AND
OUR MOB BY GETTING
VACCINATED**

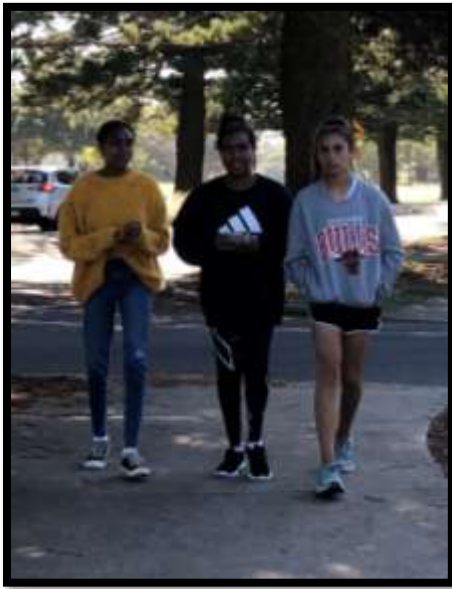
AFTER YOUR VACCINATION, AS WITH ALL VACCINATIONS, YOU MUST STAY AT KIRRAE FOR 15 MINUTES. WHILST YOU DO THIS WE WILL SERVE YOU COFFEE/TEA AND YUMMY SCONES!

GETTING
VACCINATED WILL
ALLOW US ALL TO
GO BACK TO OUR
NORMAL LIVES

KIRRAE HEALTH SERVICE
WILL CONTACT YOU TO
DISCUSS BOOKING YOU
IN FOR YOUR VACCINE



Close the Gap Day



What a great day out!

Congrats too all the 80+ people who came & walked with us & enjoyed the BBQ afterwards.

Health walk, healthy food, healthy mob

Well done too all the kids who
have competed in their school
sports over this term

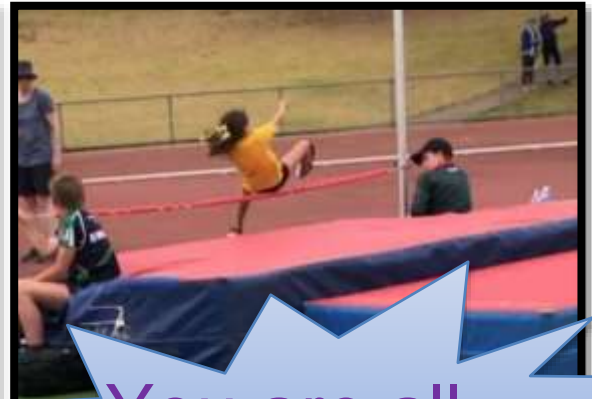




First in 200m



Brandon got 2nd in discus



You are all
AMAZING



COVID TESTING CLINIC



KIRRAE HEALTH SERVICE

**CALL
FIRST**

1pm - 3pm DAILY

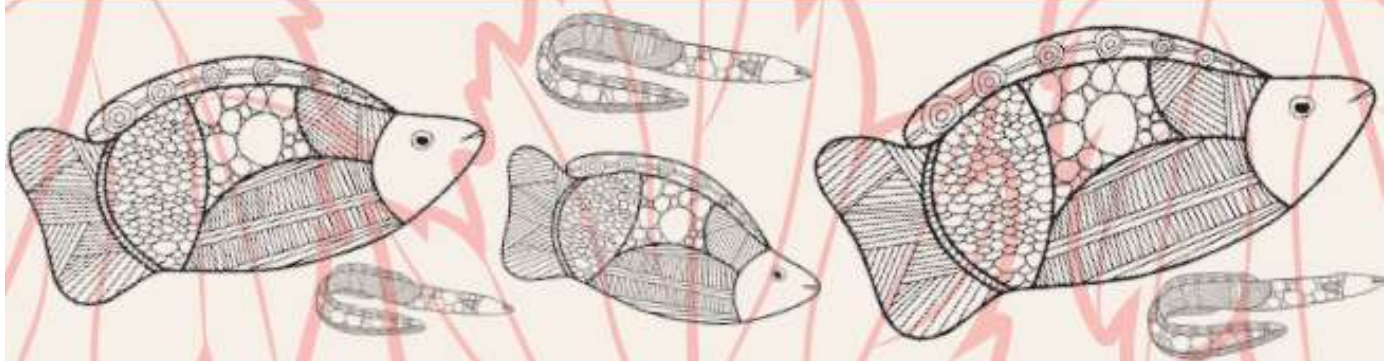
**GET
TESTED!**

CALL 5567 1270

Experiencing any of these
symptoms?

*Dry cough Sore throat
Headaches Fatigue
Difficulty breathing
Fever Diarrhoea
Loss of taste/smell*

GSC respiratory clinic
0428606397



Playgroup

Playgroup has had a little group this term, we would love to have some more babies or little kiddies join us, so if you or anyone you know of that have any little ones and have some free time on a Tuesday morning we run from 10am till 12:30pm with a healthy snack and lunch provided



Expression of interest

8 week bootcamp

Quitline
137848

We will be working with Warrnambool 24/7 Gym and Fitness to provide an 8 week boot camp for our community.

Participants can choose to attend 3 sessions a week in the high altitude room OR attend 2 low-impact sessions at Kirrae's soon to be refurbished community gym.

The high altitude sessions are great for those who are into their fitness and the low-impact sessions are great for beginners and those who have chronic pain or illness.



To participate you must:

GO MOB!
#smokeFreeMob
#strongMob

- Complete a full health check OR have had one recently.
- Register with the Kirrae walking group on Strava
- If you are a smoker: have a session with our smoking cessation officer
- Nutrition session
- Full body scan at 24/7 gym

**18+ for
High
Altitude**

Bootcamp will start in April and run for 8 weeks

Please express interest by calling our reception team or bringing in the form below!

WINNER: \$500 Awesome prizes to be WON Weekly
Flight Centre voucher   **Rebel Sport Vouchers**

Name:

Phone number:

- ☐ I would like to sign up for the high altitude classes
- ☐ I would like to sign up for the low-impact classes



HACC-PYP & CHSP

Coming to an awesome health service near you..

★ Bingo

★ Community lunch

★ Social support lunch

★ Social support activities

★ Group outings and more

★ WATCH THIS SPACE FOR COMING DATES!

HOLIDAY PROGRAM

Holiday program schedule is attached.

Don't forget... All participants need to be registered this time around!

Check out the activities & give us a buzz

55671270



Have your say **Indigenous Voice**

Indigenous Australians and the government have been working to make sure Aboriginal and Torres Strait Islander people have a strong voice on key decisions. Like laws, programs and services.

An Indigenous Voice would make sure Aboriginal and Torres Strait voices are heard.

Now is the time to have your say on the Indigenous Voice proposals.



Local and Regional Voice



National Voice



Head to voice.niaa.gov.au to learn more and start a discussion in your local community with family, friends and colleagues.

#IndigenousVoice





It is with great pleasure to announce that Kirrae Health Service, in partnership with Colac Area Health, were successful in securing funding from Dhulk Dja - a Victorian State Government initiative.

With this funding we will be setting up a **Girls Group** here at Kirrae. We will bring girls aged 12-25 together along with mentors and well respected women from near and far to inspire and connect these girls to their mind, body, family and kin, culture, country, community, spirit and ancestors through all sorts of fun activities. We will take them on a journey near and far to show them all the opportunities that lie in wait for them.

By empowering our girls and young women they will embody Dhulk Dja - Safe Our Way - Strong Culture, Strong Peoples and Strong Families.

We will hold two information and ideas sharing sessions for all community females. Bring your mums, grandmothers, carers, sisters, aunties, cousins and tell us what you want for the girls. We have some ideas too, so together we will create a fantastic girls group.

Day Time Session

Date: Thursday 8th of April at 12-1pm at Kirrae health Centre

After Hours Session

Date: Tuesday 13th of April at 4-5pm at Kirrae Health Centre

If you can't make either session and want some input please call or text Heather on 0484 701 867 or email Heather at hvafidis@kirrae.org.au. Alternatively talk to any of the women at Kirrae and we will put your ideas on the board.



S O D O K U

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

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

What do you call a
rabbit that tells
good jokes?

A funny bunny!



How does the Easter
Bunny stay in
shape?

Lots of eggs-ercise!



Why did the Easter
Egg hide?

Because he was
a little chicken.



How does the Easter
Bunny keep his hair
neat?

With a hare brush!



How do you know carrots
are good for your eyes?

Have you seen a
rabbit wearing
glasses?



Template by KindOverMatter.com

What kind of books
do bunnies like?

Ones with hoppy
endings!



printable by themotherhuddle.com

What kind of beans
grow in the Easter
Bunny's garden?

Jelly beans!



What does a bunny
rabbit do in the
rain?

Get wet!





April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				LAST DAY OF SCHOOL	<u>GOOD FRIDAY</u>	
4	5	6	7	8	9	10
	EASTER MONDAY	SCHOOL HOLIDAYS Covid clinic Dr Chandan Dr Hall	SCHOOL HOLIDAYS Holiday program Covid clinic	SCHOOL HOLIDAYS Holiday program Covid clinic Hearing @ KHS	SCHOOL HOLIDAY Covid clinic	
11	12	13	14	15	16	17
	Massage SCHOOL HOLIDAYS Covid clinic	SCHOOL HOLIDAYS Holiday program Covid clinic	SCHOOL HOLIDAYS Covid clinic	SCHOOL HOLIDAYS Holiday program Dr Hedgland Covid clinic	SCHOOL HOLIDAYS Covid clinic	
18	19	20	21	22	23	24
	Massage Covid clinic	Playgroup Dr Chandan Optometrist Covid clinic Homework group	Covid clinic	Covid clinic	Covid clinic	
25	26	27	28	29	30	1
	Covid clinic	Playgroup Dr Chandan Diabetes Ed Dietician Homework group Covid clinic	Covid clinic			

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