



# Newsletter May 2023



## FLU NIGHT

It's time for our awesome annual Flu Vaccination night!

Winter COVID-19  
Booster  
for eligible  
clients

AMAZING  
Winter pack  
per house hold



**MAY 9TH**



**4PM - 7PM**

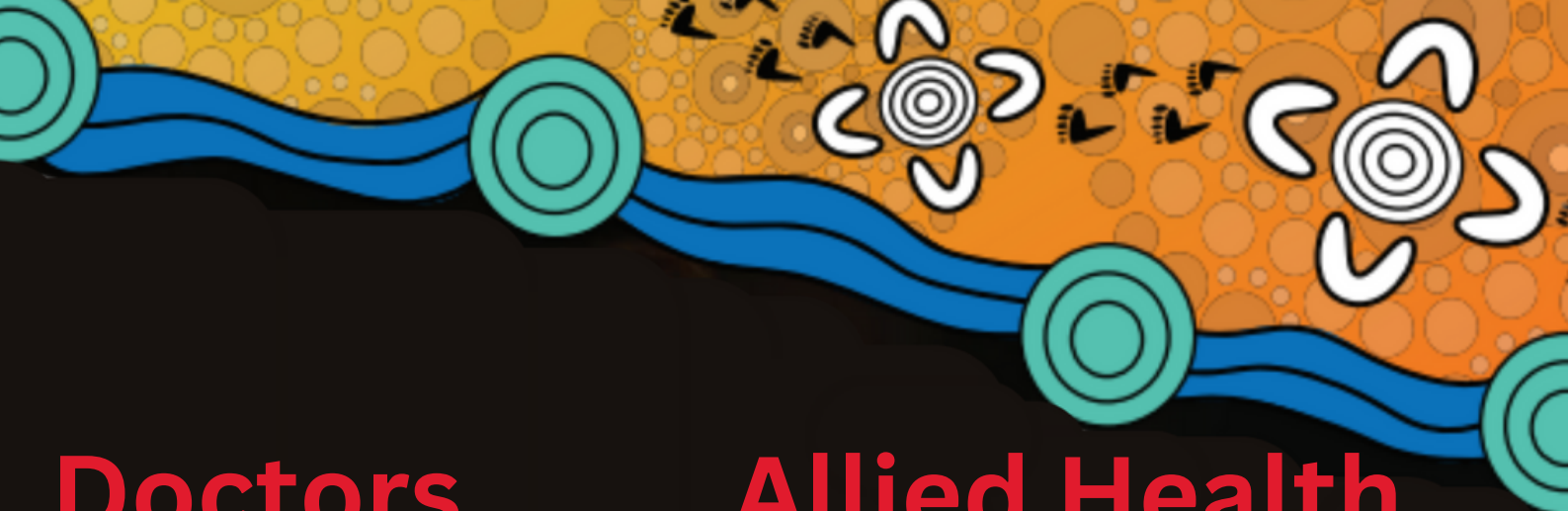


**JOIN US**

2 COURSE MEAL

DINNER WILL BE  
SERVED AT 6PM





## Doctors

### **Dr Hall**

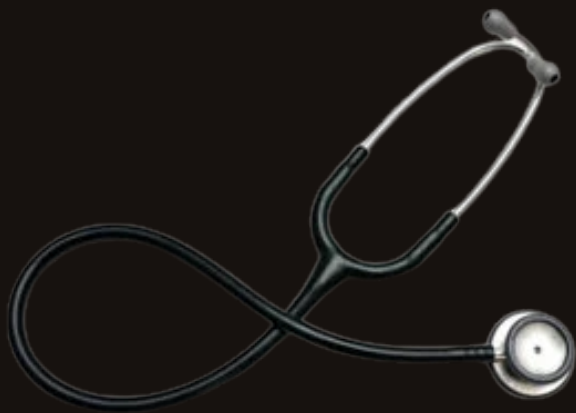
Tuesday 2nd

### **Dr Chandan**

Tuesday 2nd, 9th,  
16th, 23rd & 30th

### **Dr Hedgland**

Thursday 18th



## Allied Health

### **Massage**

Monday 1st & 15th & 29th

### **Diabetes Ed**

Tuesday 30th

### **Dietician**

Tuesday 30th

### **Podiatry**

Monday 1st

### **Optometry**

Tuesday 16th

### **Chiropractor**

Thursday 25th

# May

Corey Harradine 1st  
Nyree Grayson 2nd  
Charlie Clark Jr 4th  
Jaymee-Lee Chatfield 4th  
Cruz Chatfield 5th  
Dylan Fitzgerald 16th  
Jayce Clark 18th  
Lionel Harradine 20th  
Iziah Harrison 23rd  
Jidah Clark 26th  
Ann Litster 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

# Power Saving Bonus

A new round of power saving bonus program has started! You can receive a new \$250 payment by completing the application, even if you received the payment in the previous round.

Eligibility requirements:

- Have a residential electricity account
  - You must be the account holder
  - Only one payment per household
- You will need a recent electricity bill with you.



# HEALTHY TEETH FOR YOUNG MOB



YOUNG MOB AGED **2 - 18 YEARS**  
CAN BE PART OF THIS PROJECT.

A DENTIST WILL PAINT TEETH WITH  
A **SPECIAL VARNISH** CALLED  
**SILVER FLUORIDE.**

IT ACTS LIKE A **SHIELD**, STOPPING  
DENTAL DECAY.

**YOU AND YOUR CHILD CAN BE PART OF THIS IMPORTANT  
PROJECT THAT WILL HELP YOUNG MOB ACROSS AUSTRALIA TO  
KEEP STRONG AND HEALTHY TEETH!**





**WE WANT**



**YOUR**

**Did you attend  
Close The Gap  
Day?**

**FEEDBACK  
FROM KHS  
CTG DAY**



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!

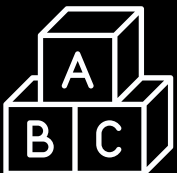
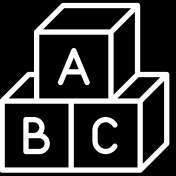
You're a veteran Deadly Walker and Got all the goodies? If you complete your kms again within the next 12 months you can earn yourself some new runners!



ITEM	0-18 YEARS	18-45 YEARS	45+ 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



# KIRRAE HEALTH PLAYGROUP





# LGBTQI+



## Deborah Cheetham Frailon

Yorta Yorta by birth, soprano by diligence Cheetham Frailon won't be pigeon-holed.

At 58, she's a "21st century urban woman" – or as she puts it: "Yorta Yorta by birth, stolen generation by government policy, soprano by diligence, composer by necessity and lesbian by practice".

Cheetham added Frailon to her name after marrying partner Nicolette in January.

She has brought First Nations artists and First Nations stories to the stage. Her first opera composition, Pecan Summer, told the story of an historic moment of protest for her Yorta Yorta clan, the 1939 Cummeragunja walk-off.

She's proud to be the most senior First Nations person in the history of the sandstone Sydney Conservatorium of Music. For the full story see:

<https://www.abc.net.au/news/2023-04-17/deborah-cheetham-frailon-is-a-modern-opera-woman-saving-the-art/102224654>





# SEWB NEWS

## APRIL 2023



Big news – Under a new funding model we were able to secure more SEWB funding. This will allow for an extra SEWB worker, and, if we can find them, a visiting sessional Psychologist, Occupational Therapist and a Cultural Art Therapist. We also secured continued funding for the Women's and Men's groups as well as Koko Blokes.

Other exciting news includes the Kalat Girls flying off to the Northern Territory to visit Uluru and Kata Tjuta. They have some wonderful experiences ahead. Watch out for the next newsletter for some amazing pics. Safe travels girls!

The SEWB team can help you with all sorts of issues. Recent work has been strongly advocating with schools, Education Department, Aboriginal Housing and VALS.

The outcome of the NAIDOC Elders path art competition will be announced soon. Thank you to those who entered their beautiful art works.

### Tree of Life work

In this, and the next few newsletters I want to introduce to you Tree of Life Work – a mix of art and narrative therapy. It is a gentle way of exploring what makes you YOU. It explores your life, your strengths and your resilience. The SEWB Team can help guide you through the process in-depth one on one, or in a group. Please let us know if you are interested after reading this introduction...



### Contacts

Kirrae Health Service  
5567 1270  
[www.kirrae.health.com](http://www.kirrae.health.com)  
SEWB Coordinator  
Heather Vafidis  
[hvafidis@kirrae.org.au](mailto:hvafidis@kirrae.org.au)

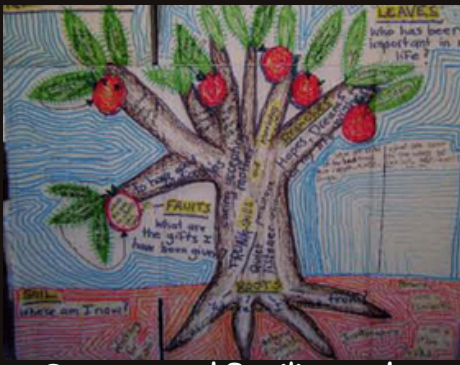
For referrals:  
Ring, text or email Heather on  
0484 701 867  
AOD Staff:  
-Aaron Hagan  
-Mel Sumner  
Wellbeing Staff:  
-Heather Vafidis  
-Michael Boyd (on leave)  
-Jocelyn Retallack  
Youth Worker:  
-Kristy Crawley



# Tree of Life Work

Trees personify the great cycle of Mother Earth, from beginning to end.

Tree of Life work is a way of healing while you gently explore your past, present and future.



Trees are Strong and Resilient – but are they invincible and free from danger? No.

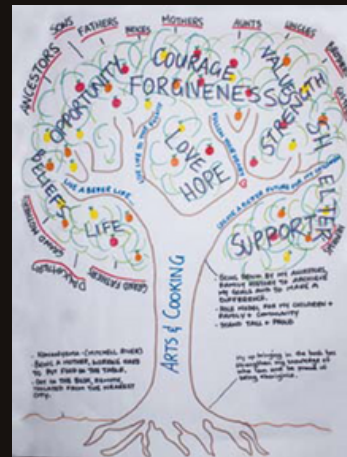
They weather storms, get chopped down, burned in bush fires, struck by lightning and are attacked by pests and disease. Are these things the tree's fault? No.

Your journey is no different to that of a tree – you weather storms too and things are often out of your control and not your fault.

Your story and your journey is empowered by the strength of your own tree – its soil, roots, branches, leaves, flowers, fruit and seeds.

When you begin this Tree of Life work, your tree might be wilting from drought, or scorched by fire. But by the end of this process your tree will be strong, flowering and fruiting.

As will you.



On this page are some examples of other people's Tree of Life drawings to give you an idea. Yours can be as big or as small as you like and in any medium – pencil, pen, textas, paint or you could make a real one with a real branch. You can keep it private or hang it on your wall.

Choice is entirely yours.

## The process ...

Over a few sessions we will talk about your tree. You may wish to draw or paint your tree as we progress from the soil, roots, trunk, branches, leaves, flowers and fruit. You don't have to be an artist.

You can chose which part of the tree you find easiest to start with.

We will add a compost heap too – but more about that later.

1. Soil – where you are
2. Roots of the Tree – your history and where you come from.
3. Trunk of the Tree – the skills you use to live your life
4. Branches of the Tree – your direction
5. Leaves of the Tree – People, Pets and Role Models
6. Fruits of the Tree – from all you have been given
7. Flowers and Seeds of the Tree – what you can give



# GROUP NEWS



Kalat, Koko Blokes, Little Sistas, Men's and Women's Groups have plenty planned ahead so keep a look out on Social Media for upcoming events.

Please book a spot early so you don't miss out, as some activities have limited numbers. Please let us know ASAP if you can't make it as we might have a waiting list and we often have to pay in advance for activities.

If you have any activity ideas you would like to see happen, please let us know -  
- these are YOUR groups -



## Men's Group

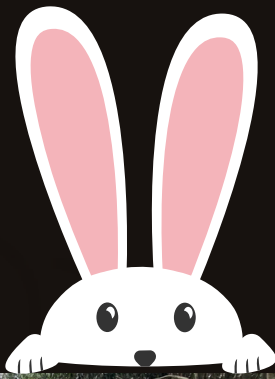


## Emergency Numbers:

Police/Fire/Ambulance: 000  
Life Line: 13 11 14  
Kids Help Line: 180055 1800  
1800 Respect: 1800 737 732

Yarning Safe and Strong: 1800 959 563  
Brother to Brother: 1800 435 799  
Mens Help Line: 1300 78 99 78  
Child Protection After Hours: 13 12 78

little



Sista's



THATS DEADLY!



COMMUNITY NEWS!

Well done to Jess Chatfield who won the breast shawl screening art competition!  
Beautiful & Creative!



"This piece is from 2022 after i had attended straight talk in Canberra.

- The star represents our ancestors who walked before us.
- The woman are the 60 inspirational woman i met in 2022.
- then you have my connection to the water.
- My connection to my family.
- My connection to mob.
- Down the bottom is my connection to the lands we live on."

Thanks to everyone who entered their wonderful artwork

THATS DEADLY!



COMMUNITY NEWS!



**NARRAH BUNGARIE WIRANN**

The 3 Ugle- Hagan boys played their first game together for Pamnure. Wirann played his first game ever in the WDFNL! Bungarie got in the best in the U13's and U15's and scored a goal!

## **Others from Community playing for Pamnure this season in the WDFNL are...**

### **FOOTBALL**

**WIRANN UGLE-HAGAN  
NARRAH UGLE- HAGAN  
BUNGARIE UGLE-  
HAGAN**

**TUM (TAINTUM)  
CHATFIELD  
DAKODA CHATFIELD**

**XAVIER CHATFIELD  
BAILEY CHATFIELD**

**JACOB WYLIE**

### **NETBALL**

**UNDER 13S  
BAILEY CHATFIELD  
LEANNA CLARK**

**UNDER 15S  
PIPER CHATFIELD**

**UNDER 17S  
JADA HARRISON  
KIAH CLARK  
TAMARA CLARK**



COMMUNITY  
NEWS!



Well Done to  
Sonny  
who got overall  
champion for his  
age group at his  
school sports  
recently.

**Awesome  
Effort**

**THATS DEADLY!**





THATS DEADLY!



COMMUNITY NEWS!



**Congratulations to Kim who completed the London Landmarks half marathon**



**THATS DEADLY!**

THATS DEADLY!



COMMUNITY  
NEWS!

# Send us your stories



Please **email** all your deadly stories &  
photos to....

**[jretallack@kirrae.org.au](mailto:jretallack@kirrae.org.au)**

OR

send a **text** to **0413365480**

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



## 24 Hour Service

VALS has an “On-Call” after-hours service which is provided through the Preston office. All calls before 9.00am and after 5.00pm are diverted to the rostered On-call Client Service Officer (CSO).

After-hours notifications of a person in custody, or other calls, are initially fielded by CSOs who are trained to handle most queries. When complex legal advice is required, the queries are referred to VALS’ On-call solicitor.

Free Call  
1800 064 865

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# HACC/CHSP

## HACC/CHSP Lunch

Tuesday May 16th  
& 30th



## Communtiy Lunch

Tuesday May 2nd,  
16th & 25th

## Bingo

Wednesday May  
24th

11am - 2pm

Monthly Members  
Draw for Community  
Lunch  
Have to be there to  
win!



# Lymphoedema

Lymphoedema is abnormal swelling that generally occurs in one of the arms or legs. Sometimes both arms or both legs swell. Lymphoedema is most commonly caused by the removal of, or damage to lymph nodes as a result of cancer treatment. This causes a blockage in the lymphatic system (which is part of your immune system) preventing the lymph fluid from draining well, thus leading to fluid build-up and swelling.

Lymphoedema can be managed with early diagnosis and diligent care of your affected limb, including self-management techniques and the fitting of compression garments.

All HULC therapists are trained in the prescription of custom made Jobst and Alvarex compression garments for the upper limb. Occupational Therapist Emma Simpson also provides a management service for patients with simple upper limb Lymphoedema in our Bunbury and Busselton clinics. Ellen Gulin provides this service in our metro clinics.

Patients in the community who need ongoing management for their lymphoedema can be seen at HULC, who will then liaise with their specialist service for formal reviews.



# AFL

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

**backline**

**cats**

**essendon**

**goals**

**kicking**

**points**

**saints**

**umpires**

**blues**

**crows**

**footy**

**GWS**

**lions**

**power**

**suns**

**wings**

**brownlow**

**demons**

**forward**

**handballing**

**magpies**

**premiership**

**swans**

**bulldogs**

**eagles**

**freo**

**hawks**

**midfield**

**roos**

**tigers**



# 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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