



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

November 2021

Doctors

Dr Hall – 2nd

Dr Chandan – Tuesday 2nd
 9th, 16th, 23rd & 30th

Dr Hedgland – Thursday 18th

Inside Newsletter

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HACC PYP/CHSP TRAINEESHIP

DEVELOP THE SKILLS AND UNDERSTANDING TO
 PROVIDE HOME AND COMMUNITY CARE SERVICES
 FOR YOUNGER PEOPLE (HACC-PYP) AND
 COMMONWEALTH HOME SUPPORT PROGRAM
 (CHSP) SERVICES TO OLDER PEOPLE TO ENABLE
 THEM TO REMAIN INDEPENDENT AT HOME.

Must have a current drivers licence.
 Successful applicant will need to pass a
 Police and Working with Children check.
 In line with our funding requirements
 Kirrae Health Service considers that
 being Aboriginal or Torres Strait
 Islander is a genuine occupational
 requirement for this position under s28
 of the Equal Opportunity Act 2010 (Vic).



Get in touch! 5567 1270 or hr@kirrae.com.au for a Position
 Description, all applications to be in by C.O.B November 8

HACC PYP/CHSP Trainee



Birthdays

Caitlin Harradine 2nd
Kallinda Clark – Leslie 3rd
Illowra Clark 4th
Jili Smith 9th
Ella Wylie 11TH
Rozanna Harradine 12th
Hayden Harradine 13th
Harmony Smith 13th
Jason Clark 14th
Amy Chatfield 16th
Daniel Fitzgerald 16th
Leonie Chatfield 16th
Rhonda Chatfield 16th
Shakira Chatfield 27th
Albert Clark 28th
Jasmine Wylie 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





Request for submissions – Interests in shares in the Framlingham Aboriginal Trust

The Administrator of the Framlingham Aboriginal Trust (the **Trust**) is seeking submissions from people who believe they have an interest in shares in the Trust, who are not currently recorded as shareholders on the Trust's share register.

To make a submission, please:

- contact Tom Girdwood of PwC on 03 8603 3017
- provide details of how your interest in Trust shares arises
- provide any documentation substantiating your interest

Written submissions and supporting documentation can be provided via email to tom.girdwood@pwc.com or by mail to:

Framlingham Aboriginal Trust
42 Kirrae Avenue
Framlingham VIC 3278

Please provide your submissions by no later than 24 November 2021.



Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water




World Health Organization



How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. It is advised that the World Health Organization be held liable for damages arising from its use. WHO acknowledges the following organizations as partners in the development of this material: WHO acknowledges the following organizations as partners in the development of this material.

May 2020



CHECK OUT OUR COVID19 HOUSE PLAN

– fill it in and be
prepared!



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 MORI
#smokefreeandab
astrongmob

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



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**

For the latest COVID-19 updates and advice, go to **australia.gov.au**



**Services
Australia**

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





CONTACT

PHONE:

Kirrae Health Service
5567 1270

WEBSITE:

www.kirrae.health.com

EMAIL:

SEWB Coordinator
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.

NOVEMBER 2021

SEWB NEWS

WHAT'S BEEN HAPPENING

Staff

All SEWB Staff are currently working from home with no face to face contact unfortunately. We are still available via phone or text. Please reach out if you are struggling.

Kalat Girls

Hope you all enjoyed your activity packs. More are on their way. See our new Kalat Girls newsletter page for more information.

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

October is Mental Health Awareness Month. Headspace has launched **Take a Step** resources for Aboriginal and Torres Strait Islander young people, empowering them to take charge of their social and emotional wellbeing.

Aboriginal and Torres Strait Islander peoples aged 24 and under are three times more likely than other young people to die by suicide. Take a Step helps you to recognise the signs that something's not right and provides small, practical steps towards feeling better.

"This is a campaign for Aboriginal and Torres Strait Islander peoples, by Aboriginal and Torres Strait Islander peoples who understand that it's important to yarn up and seek help when you're not feeling too deadly," William, a Torres Strait Islander man, said."

"Often the best first step is having a yarn with mob: our mates, mums and dads, aunties and uncles, nans and pops and our Elders." See the next page for more resources.



SEWB NEWS - NOVEMBER 2021

Take a Step understands wellbeing holistically, considering the ways culture, identity, place and spirituality can make us feel strong.

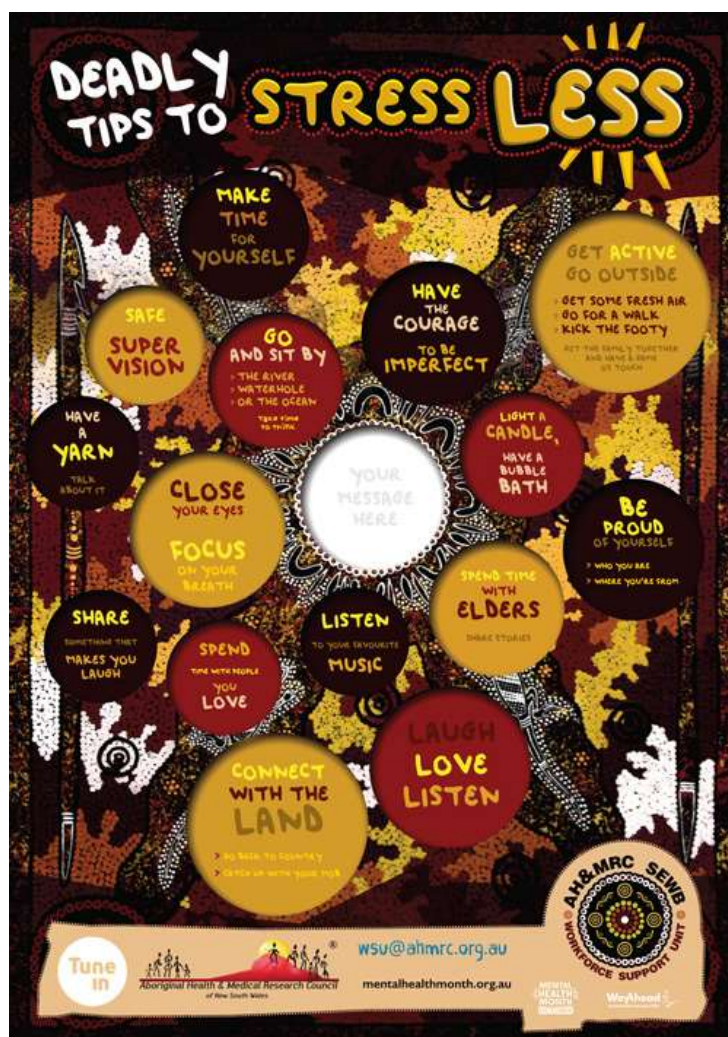
“There are also resources that empower family and friends to recognise when young people are having a hard time and what can be done to support them.”

“There is still a lot of stigma about mental health in the community and that can make it difficult to ask for help.

“When I feel like I need some time out, I can go onto Country, which immediately gives me a sense of comfort and relief. William said.”

To learn more, visit headspace.org.au/takeastep.

Have a go at creating your own Wellbeing Wheel on the following page. Many Aboriginal and Torres Strait Islander peoples will yarn about all of this as your whole self. Connecting to country, to culture and other things you find important strengthens the spirit. Our spirit then gives us good energy and healthy thoughts to power our mind and body. It's OK not to feel OK sometimes. When you are as strong and deadly in as many parts of you as possible, then you are a stronger you for your family, your friends, your community and most importantly you. If you would like more copies for family members just ask one of the SEWB Team.



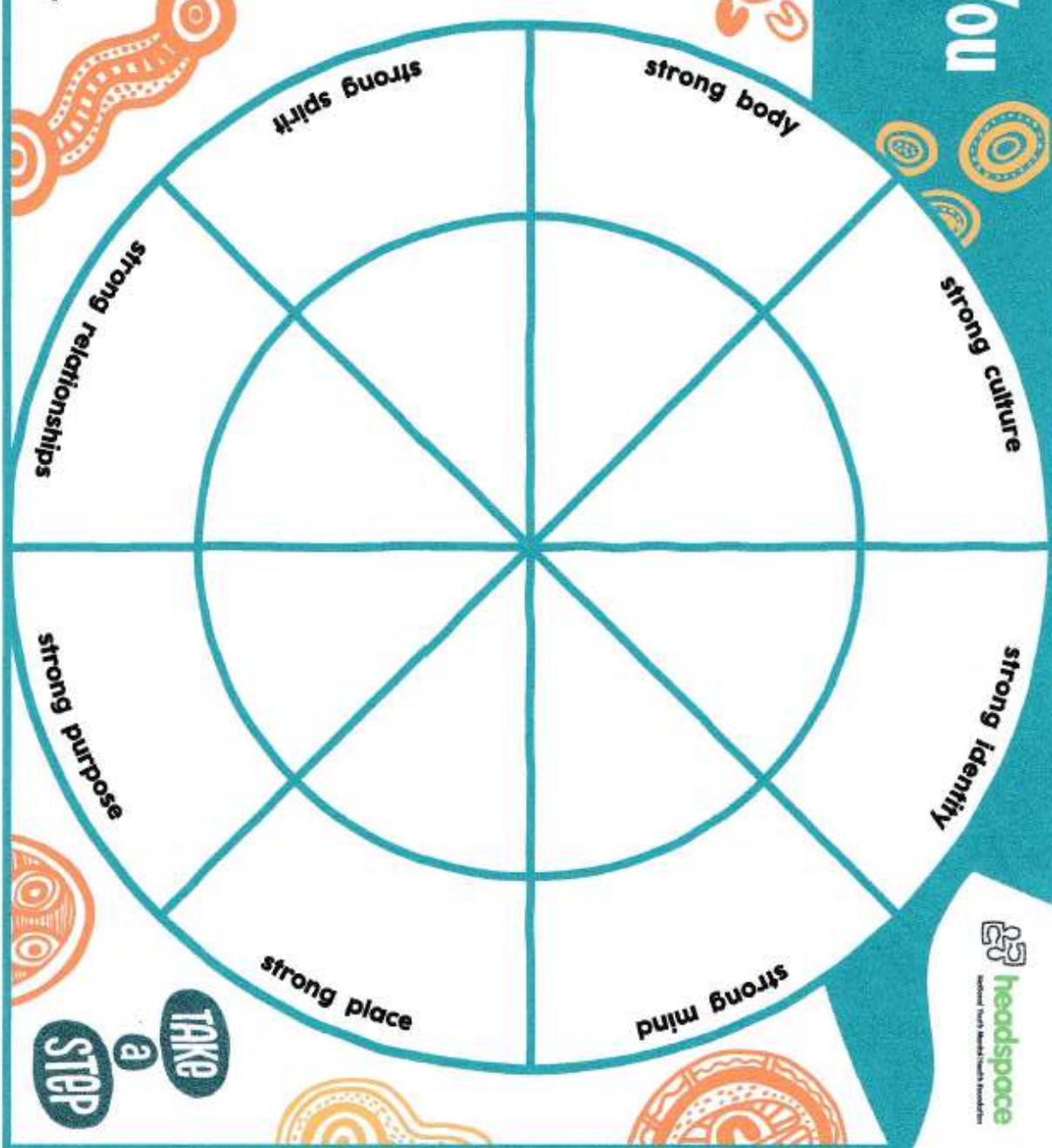
Stronger You Wheel

Instructions

1. In the inner circle, list the things you currently do to stay strong in each segment. E.g., dancing for strong body.
2. In the outer circle, list what you could do more of or things that could help you to feel strong. E.g., eating fresh food, bush tucker or kai kai for a strong body.
3. Optional: In another colour, write down the stuff that gets in the way of you doing these things.

headspace.org.au/okeastep

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health. This material has been developed in partnership with the Indigenous Advisors and Young First Nations Youth Reference Group (Indigenous Reference Group, Aboriginal Consultation, the Indigenous National Advisors and Young First Nations Advisory Group) and the National Aboriginal and Torres Strait Islander Health Reference Group. (2017-18).
Adapted from: National Aboriginal and Torres Strait Islander Health Reference Group. (2017-18).
Adapted from: National Aboriginal and Torres Strait Islander Health Reference Group. (2017-18).
Adapted from: National Aboriginal and Torres Strait Islander Health Reference Group. (2017-18).



☆☆☆ AOD News November 2021 ☆☆☆

AOD Program and what we offer



- ☆☆ Assessments for detox and rehab
- ☆☆ Counselling
- ☆☆ Work and Development program (working off fines)
- ☆☆ Support with appointments with other agencies and orgs
- ☆☆ Referrals to other agencies and orgs
- ☆☆ Support at Koori Court

Staff

Current Covid restrictions have us working from home at the moment.

Aaron works Monday thru to Thursday and Mel works Tuesday to Friday. So please do not hesitate to call.



This Month's Substance

Amphetamines are psychostimulant drugs, which means they speed up the messages travelling between the brain and the body.

Some types of amphetamines are prescribed by doctors to treat conditions such as attention deficit hyperactivity disorder (ADHD) and narcolepsy (where a person has an uncontrollable urge to sleep). Amphetamines have also been used to treat Parkinson's disease. Other types of amphetamines, such as speed, are produced and sold illegally. Amphetamines have been also been taken as performance enhancement drugs. The most potent form is crystal meth (ICE).



What do they look like?

The appearance of amphetamines varies from a powder and tablet form, to crystals and capsules. They may be packaged in 'foils' (aluminium foil), plastic bags or small balloons when sold illegally

Amphetamine powder can range in colour from white through to brown, sometimes it may have traces of grey or pink. It has a strong smell and bitter taste. Amphetamine capsules and tablets vary considerably in size and colour

Illegally produced amphetamines can be a mix of drugs, binding agents, caffeine and sugar.

Slang names

Speed, up, uppers, louee, goey, whiz, rack.

How are amphetamines used?

Amphetamines are generally swallowed, injected or smoked. They are also snorted.

Effects of amphetamines

There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug.

Amphetamines affect everyone differently, based on:

- size, weight and health
-
- whether the person is used to taking it
- whether other drugs are taken around the same time
 - the amount taken
- The strength of the drug (varies from batch to batch with illegally produced drugs).

You might feel the effects of amphetamines immediately (if injected or smoked) or within 30 minutes (if snorted or swallowed).

You might experience:

- happiness and confidence
- talking more and feeling energetic
- large pupils and dry mouth
- fast heartbeat and breathing
 - teeth grinding
 - reduced appetite



- increased sex drive

Research has found an association between amphetamine use and increased violent behaviour.

Snorting amphetamines can damage the nasal passage and cause nose bleeds.

If injecting drugs, there is an increased risk of:

- tetanus
- infection
- Vein damage and blood clots.

If sharing needles, there is an increased risk of:

- Hepatitis B.
- Hepatitis C.
- HIV and AIDS

Overdose

If you take a large amount or have a strong batch, you could overdose.

Call an ambulance straight away by dialling triple zero (000) if you or someone else has any of the following symptoms (ambulance officers don't need to involve the police):

- racing heartbeat
 - fits
- passing out or breathing difficulties
 - chills or fever
 - no urine output
- arching of the back/convulsions
- Stroke, heart attack and death.

Coming down

In the two to four days after amphetamine use, you may experience:

- restless sleep and exhaustion
 - headaches
- paranoia, hallucinations and confusion
 - twitching and muscle aches
 - fluctuating temperatures
- Irritability, mood swings, anxiety and depression.



AOD Tip

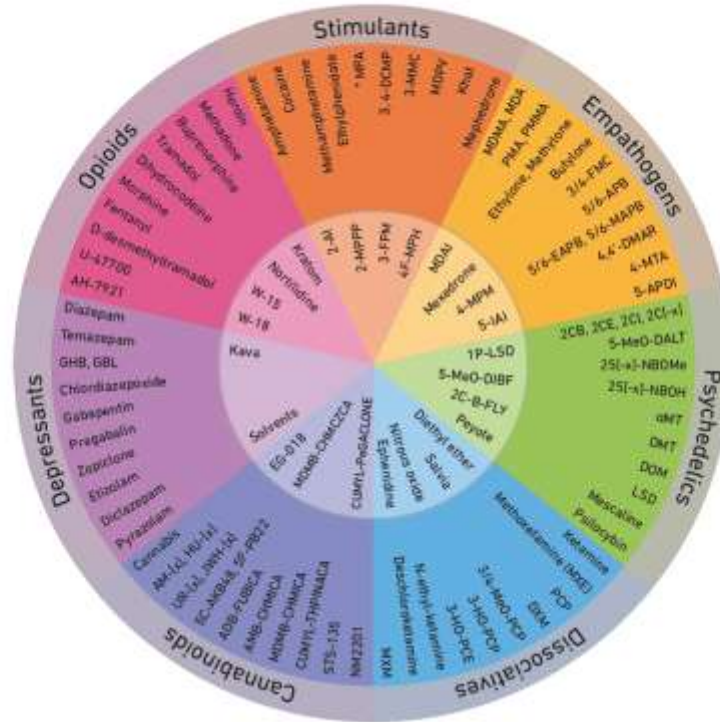
Check out the Australian Drug Foundation Drug wheel

<https://adf.org.au/drug-facts/#wheel>

Or simply google ADF Drug wheel.

The Drugs Wheel

A new model for substance awareness



Other news

Local employment opportunities: (If you would like more info call Aaron or Mel)

- ★ **Alcohol and Other Drugs Clinician** at Gunditjmarra Aboriginal Cooperative
- ★ **Intensive Family Services Case Manager** at Gunditjmarra Aboriginal Cooperative Ltd
- ★ **Registered Aboriginal Party (RAP) Technical Coordinator**
Eastern Maar Aboriginal Corporation <https://easternmaar.com.au/registered-aboriginal-party-rap-technical-coordinator/>
- ★ VALS (Victorian aboriginal legal service) is recruiting two Client Service Officer (CSO) positions to be based in Warrnambool to cover the Barwon South West.
<https://www.vals.org.au/careers/>



★ The Torch

If you are looking for art work for your home check out the Torch Gallery in St. Kilda. <https://thetorch.org.au/>

The works are created by prisoners and ex-offenders in Victoria. 100% of the sale goes back to the artist. They are able to use the funds to pay for their family's expenses like school books, footy boots or bills. Some save for a caravan so when they are released they can buy their own accommodation outright and not pay rent and go wherever they want.

That helps break the cycle.

Anyway check out the art - awesome work.

★ Deadly Yakka employment program

Match Works is committed to helping build a better future for Aboriginal and Torres Strait Islander job seekers. Dedicated staff focus on community engagement, skill development programs and real employment outcomes with employers who embrace diversity in their business.

Match works can assist you with:

- ★ Mentoring and goal setting (one-on-one or group programs)
- ★ Links to training opportunities
- ★ Links with Aboriginal and Torres Strait Islander community groups and Co-operatives
- ★ Post-placement support for both you and your employer so employment is ongoing
- ★ Pre-employment training and support (tailored to your needs)

The Deadly Yakka employability training programs for Indigenous job seekers is changing lives across Australia. Run over two-weeks, this free program for registered job seekers will support you to:

- ★ Set personal and professional goals
- ★ Build confidence and self-motivation
- ★ Boost your interview and job search skills
- ★ Inform you about workplace expectations
- ★ Connect you with employers with real employment opportunities

Each program also includes cultural activities such as a Smoking Ceremony and an Indigenous art day so you can reflect on your journey to employment.



Artwork by Chris Delamont, Wiradjuri, Riverina, *Walking Together Brings Strength*, 2019



★ **And lastly but definitely not least our very own Danny Chatfield below!** ★

The Aboriginal Community Justice Awards are held every second year to acknowledge key community members or groups who have contributed to improved justice outcomes for Aboriginal people, under the following categories:

- *Adult and Elder Award* - Acknowledging excellence in an initiative that promotes adults and Elders.
- *Children and Youth Award* - Acknowledging excellence in an initiative that promotes children and youth.
- *Strengthening Culture Award* - Acknowledging excellence in an initiative that promotes cultural strengthening within the Justice environment.
- *Regional Champion Award* - Acknowledging excellence in an individual who has championed strengthening Aboriginal Community Justice Outcomes within the region.

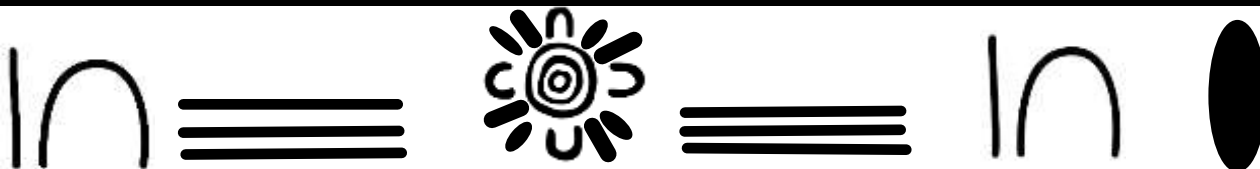
The awards include regional awards at the local level. Winners of these awards are then entered into the state awards process to be facilitated by the Koori Justice Unit (KJU).

Danny Chatfield

Regional Champion Award

This award is intended to acknowledge excellence in an individual who has championed strengthening Aboriginal community justice outcomes within the region. Danny was nominated for this category to celebrate and recognise the work he has done as part of his role as Sheriff Aboriginal Liaison Officer (SALO) and as a community member. The work Danny has put in across the Barwon South West ensures community has access to the Work and Development Program (WDP) program to pay off their fine debt, no matter where they are located. Danny has also been recognised for the time he has committed to Koko Blokes and for constantly advocating for greater supports and programs to prevent Aboriginal people from entering into the justice system.





Karratch Pallumbii

KALAT GIRLS NEWS

NOVEMBER 2021



Contact

PHONE:

Kirrae Health Service
5567 1270

WEBSITE:

www.kirrae.health.com

EMAIL:

SEWB Coordinator
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.*



DHELK DJA
SAFE OUR WAY
STRONG CULTURE
STRONG PEOPLE
STRONG FAMILIES

What's been happening

Sadly, Kalat Girls still haven't been able to meet thanks to lockdowns and restrictions, but as we mentioned last issue that doesn't mean that future planning has stopped. We were able to deliver the craft/care packages to all the girls during the school holidays, which they loved. Mental Health week is coming up so there are some behind the scenes organising going on to get some packs together with lots of info and goodies to help with Mental Health. Our guitars are in and will be delivered soon along with the paint kits for decorating them, I can't wait to see the designs you girls come up with. Thanks to social media the Kalat Girls have been able to keep in contact with Jess, Ebony and each other via Facebook and Snap Chat it's been really good to see that everyone is staying connected. With everything going on in Warrnambool with positive COVID cases we aren't sure what that means for group or when we will be able to return to face to face sessions as yet so please keep an eye out on our facebook page for updates 😊

What's 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!





CARE/CRAFT PACKS



GETTING CREATIVE



~ THE YOUNG MOB PAGE ~

NO SHAME IN TALKING

Everyone has a lot going on for them at the moment! When we've got a lot going on we can feel sad, tired, stressed and sometimes angry. We all get these feelings when life's tough, but when these feelings go on for a long time it can weaken our body, mind and spirit. If you feel like there is too much happening clearing your head and yarning about it can help.

KEEP YOURSELF STRONG BY

- Yarning with friends and family about what's going on.
- Making sure that your getting enough sleep.
- Eating healthy tucker.
- Staying connected with friends and family that give you support and strength
- Spending time on country and doing art
- Taking time out for yourself to do things that you enjoy.
- Making deadly choices and good changes
- Setting yourself achievable goals
- Getting physical, walk run or play outside.

<http://headspace.org.au/yarn-safe/>



If things are hard at the moment and you find yourself needing someone to talk to please don't hesitate to call the office and arrange a chat with Ebony our Youth Worker ☺

CONGRATULATIONS JAYNAYA MILLER

First of all we at Kirrae Health Service Inc would like to congratulate you on your initiative, positive attitude and willingness to take on the opportunity to be the voice of young people within our community.

Jaynaya has taken on the role as being the voice for our young mob on the board. It will be her job to chat to other young mob in the community about things they would like the Kirrae board to know about. She is looking for input from our youth about things such as:

- 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 her ☺

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





VICTORIAN
INDIGENOUS
SURFING PROGRAM

WARRNAMBOOL

ABORIGINAL COMMUNITY

OCEAN AWARENESS PROGRAM

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 20th October - 4:30pm

Wednesday 3rd November - 4:30pm

Wednesday 17th November - 4:30pm

Wednesday 1st December - 4:30pm

Wednesday 15th December - 4:30pm

All equipment supplied, please bring bathers and towel

For more information and to register contact

jordie@surfingvic.com - 0488 935 183



MENTAL
HEALTH
WEEK

YOUTH INSPIRED MAGAZINE

FOR FREE ACCESS THE E-MAGAZINE
SCAN THE LINK OR QR CODE BELOW:



[HTTP://ONLINE.FLIPBUILDER.
COM/MUGAVIN/UVMZ/](http://ONLINE.FLIPBUILDER.COM/MUGAVIN/UVMZ/)

Kirrae Health Service Inc.
1 Kirrae Avenue, Purnim, 3279
Ph: (03) 5567 1270 Fax: (03) 5567 1376
Email: info@kirrae.org.au

Servicing the Framlingham Community Since 1976



PROUDLY SUPPORTED BY:





Australian Government
Department of Human Services

centrelink

The Indigenous Call Centre, ABSTUDY and Income Management phone numbers have changed



Indigenous Call Centre
ABSTUDY
Income Management

Freecall™ 1800 136 380
Freecall™ 1800 132 317
Freecall™ 1800 132 594

Please, calls from your home phone to '13' numbers from anywhere in Australia are charged at a fixed rate. That rate may vary from the price of a local call and may also vary between telephone service providers. Calls to '1800' numbers from your home phone are free. Calls from public and mobile phones may be timed and charged at a higher rate.

humanservices.gov.au

001/07/12/11 Indigenous consultation KIR, 02.indd 1

8/1/12/12 3:48:42 PM

Kirrae Health Service Inc.
1 Kirrae Avenue, Purnim, 3279
Ph: (03) 5567 1270 Fax: (03) 5567 1376
Email: info@kirrae.org.au

Servicing the Framlingham Community Since 1976



GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



headspace

National Youth Mental Health Foundation

STRESS AND PRESSURE

Stress can come from many things and cause all sorts of problems.



STRESS CAN COME FROM

FEELING DISCONNECTED
RELATIONSHIPS
YOUR BODY
BULLYING
UNIVERSITY
TRYING TO MEET YOUR OWN EXPECTATIONS
RESPONSIBILITY TO FAMILY
DISCRIMINATION
FAMILY EXPECTATIONS
BRINGING HOME MONEY TO SUPPORT THE FAMILY
DEALING WITH OTHER PEOPLE'S PROBLEMS

MONEY
JOB
SORRY BUSINESS
SCHOOL
GRIEF
SCHOOL
DRUGS AND ALCOHOL
COMMUNITY JUDGEMENT
RACISM
FIGHTING WITH FAMILY AND FRIENDS
INTERGENERATIONAL TRAUMA
HAVING TO SUPPORT YOUR MOB
WORK

STRESS CAN CAUSE

BAD THOUGHTS
FEELING SAD INSIDE
FEELING LONELY
BLAMING YOURSELF FOR THINGS EVEN IF IT'S NOT YOUR FAULT
WANTING TO BE ALONE ALL THE TIME
STAYING AWAY FROM MOB
FEELING LIKE EVERYTHING IS A HASSLE
FAMILY CONFLICTS
QUICK TO GET WILD
FEELING TIRED AND FED UP
THINKING THE WORLD IS AGAINST YOU
FEELING LIKE NO ONE UNDERSTANDS
BEING UNABLE TO THINK PROPERLY OR MAKE GOOD CHOICES

BE A YOUNG LEADER

Find good ways to cope when feeling stressed out and show your mob that it's ok to yarn to someone when you have lots of stress and pressure. There's no shame in talking it out.



WORRY ME NOT

Everyone has worries in their life but it becomes a problem when your worrying goes on for a long time. It's important to look after yourself so you can overcome your worries and feel strong in your mind, body, spirit and culture.



SPIRITUAL

VISIT COUNTRY
RIVER, BUSH OR
SOMEWHERE PEACEFUL
RELAX AND CHILL
SIT UNDER A TREE TO
BE WITH NATURE

MENTAL AND EMOTIONAL

WATCH MOVIES THAT
MAKE YOU LAUGH
DRAW AND PAINT
WRITE POEMS, SONG LYRICS
OR THOUGHTS IN A DIARY

FAMILY

YARN WITH YOUR MOB
CHILL WITH YOUR FRIENDS
STAY INVOLVED WITH
FAMILY, FRIENDS,
COMMUNITY
MOB AND CULTURE

PHYSICAL

PRACTICE BREATHING
AND RELAXATION EXERCISES
LISTEN AND SING ALONG TO MUSIC
AVOID ALCOHOL AND DRUGS
TRY TO GET MORE SLEEP
BE ACTIVE AND DO PHYSICAL ACTIVITY
EAT GOOD TUCKER

Adapted from Menzies School of Health Research – Aboriginal and Islander Mental Health Initiative.

LOOK AFTER YOURSELF

If you have noticed a change in yourself or a friend, it can be helpful to yarn with someone:



AGED
12-25?

HOW HEADSPACE CAN HELP

headspace is your space to yarn safe. headspace can help you or a friend with any problems you have with; physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

headspace has centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, eheadspace.org.au or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.

FIND OUT MORE AT WWW.YARNSAFE.ORG.AU



headspace would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



headspace

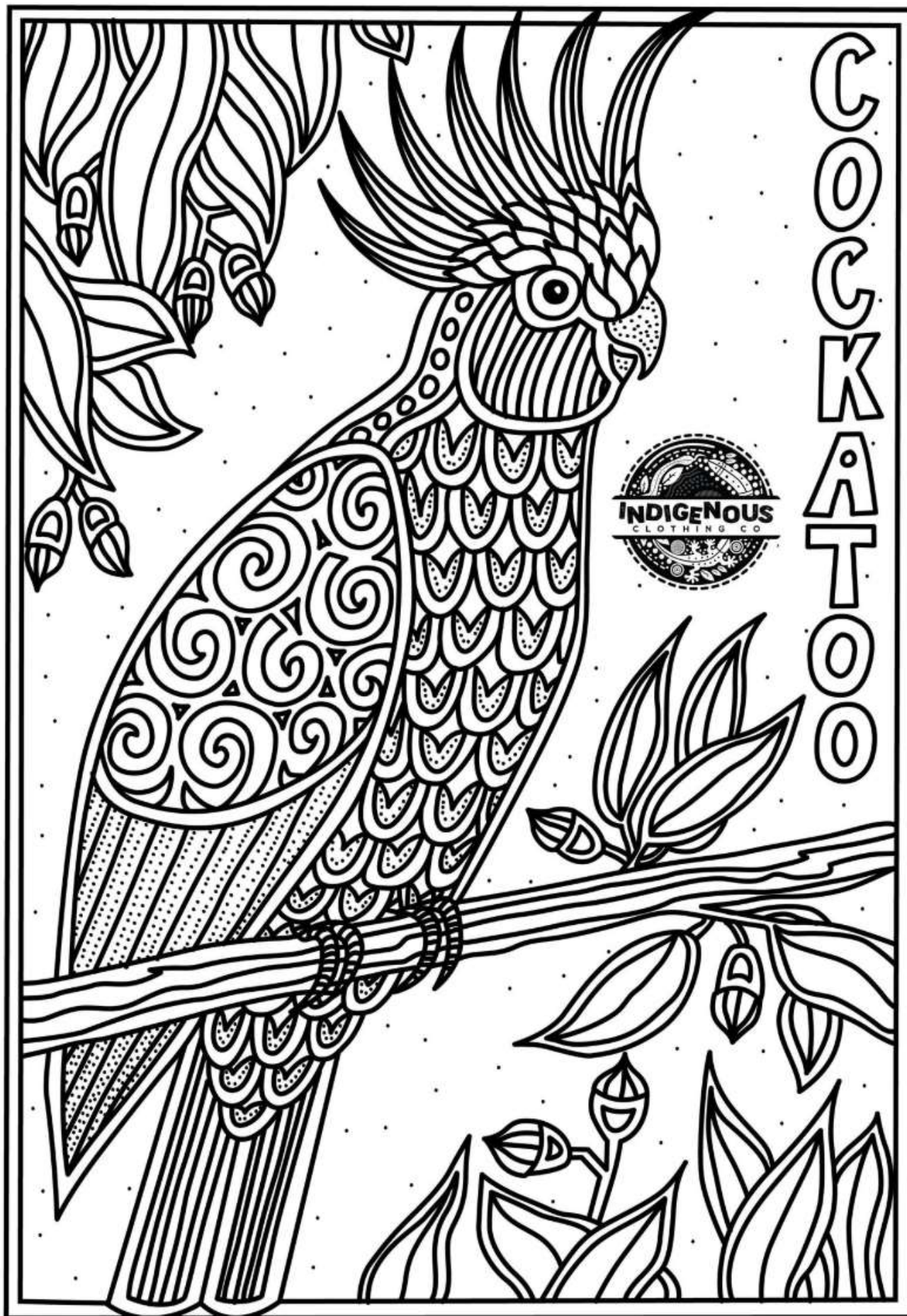
National Youth Mental Health Foundation

Kirrae Health Service Inc.
1 Kirrae Avenue, Purnim, 3279
Ph: (03) 5567 1270 Fax: (03) 5567 1376
Email: info@kirrae.org.au

Servicing the Framlingham Community Since 1976







EASY BEEF AND BROCCOLI

INGREDIENTS:

- 2/3 cup reduced sodium soy sauce
- 1/2 cup chicken stock
- 1/4 cup honey
- 2 tablespoons rice wine vinegar
- 2 tablespoons brown sugar, packed
- 3 cloves garlic, minced
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- 1 teaspoon Sriracha, or more, to taste
- 1 teaspoon ground ginger
- 1/4 teaspoon red pepper flakes
- 1 tablespoon olive oil
- 1 pound flank steak, thinly sliced across the grain
- 1 head broccoli, cut into florets



DIRECTIONS:

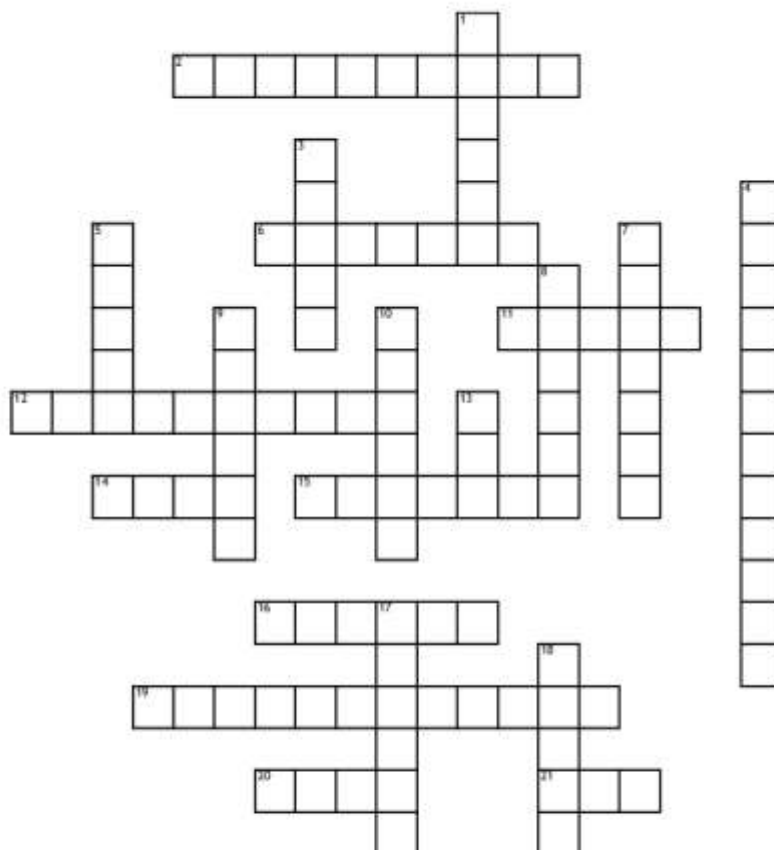
1. In a medium bowl, whisk together soy sauce, chicken stock, honey, vinegar, brown sugar, garlic, sesame oil, cornstarch, Sriracha, ginger, red pepper flakes and 1/4 cup water; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add steak and cook, flipping once, until browned, about 3-4 minutes.
3. Stir in broccoli and soy sauce mixture until tender and slightly thickened, about 3-4 minutes.
4. Serve immediately.



Name: _____

Date: _____

Melbourne Cup



Across

2. How old must a horse be to run in this race?
6. the one who prepares the horse for the race
11. The Melbourne Cup is a ----- race.
12. Which racecourse is used for the race?
14. Hartnell's jockey
15. What day of the week is the race run?
16. What is presented to the winner?
19. What is 'the race that stops the nation'?
20. The women wear fancy _____.
21. How many miles is the race track?

Down

1. to bet money
3. The race is held on which Tuesday in November?
4. Who is the current record holder?
5. What time does the race start?
7. What else is the race known for?
8. Rider of the horse
9. someone who bets money on a horse
10. Who gets the Cup?
13. a colour in one of the horses' names
17. Boom Time's jockey
18. The men wear special _____.





"Healthy greens"



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

ARTICHOKE
SQUASH
BROCCOLI
CAULIFLOWER
CUCUMBER
CABBAGE
ASPARAGUS
AVOCADO
ZUCCHINI
BEANS
PEAS
SPROUTS



November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	Massage Podiatry	Playgroup Dr Chandan Homework group Dr Hall				
7	8	9	10	11	12	13
		Playgroup Dr Chandan				
14	15	16	17	18	19	20
	Massage	Playgroup Dr Chandan Optometry		Dr Hedgland		
21	22	23	24	25	26	27
		Playgroup Dr Chandan				
28	29	30	1	2	3	4
		Playgroup Dr Chandan Nutritionist Diabetes ed				



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 single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run 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

