



June Newsletter 2023

Kirrae Naidoc

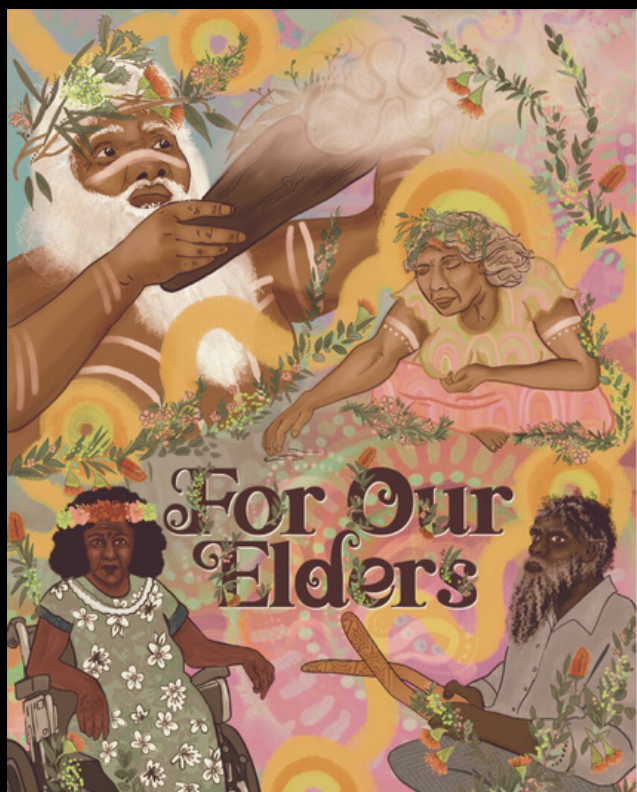
2023

Tuesday 4th July



BBQ Lunch

- Art with Bailey
- Elders Corner
- Jewellery
- Doll decorating
- Face painting
- Treasure hunt
- Making fishing rods
- Traditional Games



FOR OUR ELDERS

2-9 JULY 2023





Doctors

Dr Hall

Tuesday 6th

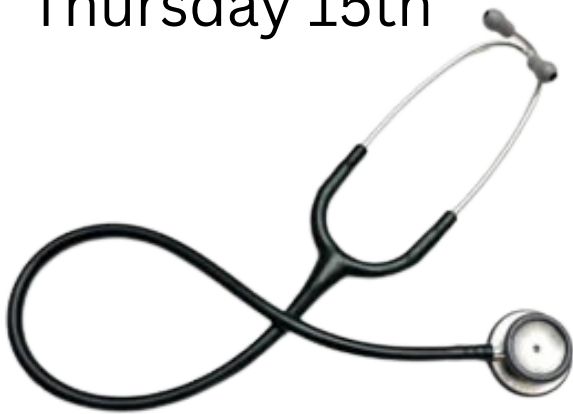
Dr Chandan

Tuesday 6th 13th,
20th, 27th

Fridays 2nd 9th,
16th, 23rd, 30th

Dr Hedgland

Thursday 15th



Allied Health

Massage

Monday 5th & 19th

Diabetes Ed

Tuesday 27th

Podiatry

Monday 5th

Optometry

Tuesday 20th

Chiropractor

Thursday 29th



June

Nikahlee Chatfield 1st
Preston Miller 3rd
Donald Chatfield 5th
Shane Harrison 8th
Kim Henry 8th
Aaron Hagan 9th
Leanna Clark 12th
Jeremy Clark 20th
Xavier Chatfield 21st
Donna Chatfield 23rd
Bailey Chatfield 24th
Jindara Chatfield 24th
Cody Chatfield 26th
Tamika Clark 26th
Eric McGuinness (Poppy) 27th



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

Doctor Clinic



We are now running clinics on
Fridays as well, 9.30am – 12.30pm

FLU NIGHT 2023



Thanks to everyone who came to our amazing flu night!
122 flu vaccinations were given!
if you havent had your flu jab yet, we have vaccinations here, available Tuesday and Fridays during our GP clinics. no Appointment time required.
Just let us know your coming.

HACC/CHSP

HACC/CHSP Lunch

Tuesday June 6th
& 20th



Communtiy Lunch

Tuesday June 13th &
27th

Bingo

Wednesday June
28th
11am - 2pm

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



Time to book a Heart Health Check?

If you're 45 and over, or 30 and over if you're of Aboriginal or Torres Strait Islander descent, you should book your Heart Health Check today

Key takeaways

- 1.4 million Australians have a high chance of having a heart attack or stroke in the next five years. Many are unaware of this risk
- Regular heart health checks with your GP help you better understand your risk of a heart attack or stroke in the next five years
- Your GP and nurse can support you to make positive changes to lower this risk

3 min read

Do you know what your risk of having a heart attack or stroke is? Having a regular Heart Health Check with your GP will help you better understand your risk of a heart attack or stroke.

Most importantly, your GP and nurse can support you to lower this risk. A Heart Health Check is a 20-minute check-up with your GP to assess your risk of having a heart attack or stroke.



Why should you get a Heart Health Check?

Heart Health Checks can detect issues with your heart health. Coronary heart disease is usually the underlying cause of a heart attack, which is Australia's number one cause of death.

Coronary heart disease is caused when the arteries leading to the heart become hardened or narrow.

One Australian has a heart attack or stroke every four minutes. Many people may not be aware of their risk factors for heart disease. Also, some risk factors like high blood pressure or high cholesterol can be silent.

PLAYGROUP NEWS



DON'T FORGET

6th June - Mopa
Excursion

20th June - Gymnastics
Excursion

24th June - School Holidays

Happy
Birthday!

30th June -
Davina turns

3

HAPPY
MOTHER'S
DAY



The kids made cute keyrings
for their
Mothers/Grandmothers for
mothers day!



SEWB TEAM



Good news

The SEWB Team applied for, and were fortunate to receive, a small grant from Highways and Byways.

Thank you to Highways and Byways for the opportunity. Their grant theme this year is “Healing and Growing Together” which is so very appropriate for what we have planned.



**Highways
and Byways**

HEALING THE LAND.
HEALING OURSELVES.
TOGETHER.

We will be turning the old Board room into an art/wellbeing/healing space for clients, as well as using it for meetings. We plan to engage a Cultural Art Therapist and invite community artists to come along and share their skills with those who would like to express themselves and tell their stories through art. Initially the room will be open at set times for small groups with a SEWB worker present to assist and guide you on your wellbeing journey. Work will commence soon to install art supply cupboards and privacy window film.

If you would like to contribute your thoughts and ideas about this space please contact Heather.

In last month’s Newsletter I introduced Tree of Life work. This month we will look at the first two parts - the Soil and the Roots. The soil represents where you are now. The roots represent your history and where you came from. Next month we will look at the trunk and branches and all they represent.

Contacts

Kirrae Health Service
5567 1270

www.kirrae.health.com

SEWB Coordinator

Heather Vafidis

hvafidis@kirrae.org.au

For referrals:

Ring, text or email Heather on

0484 701 867

AOD Staff:

-Aaron Hagan

-Mel Sumner

Wellbeing Staff:

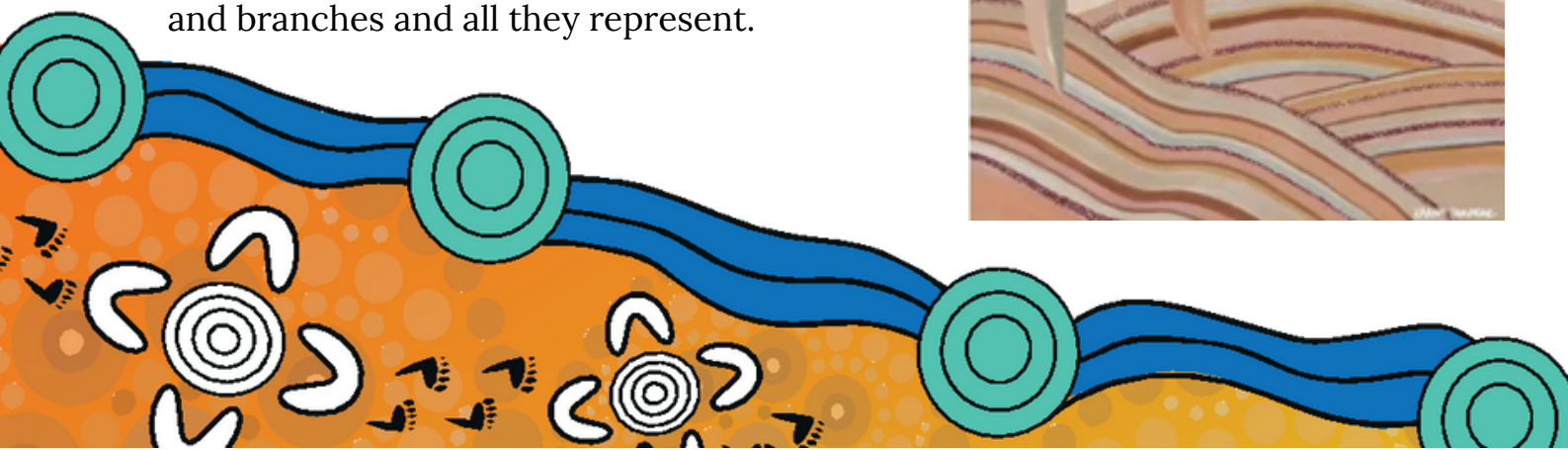
-Heather Vafidis

-Michael Boyd (on leave)

-Jocelyn Retallack

Youth Worker:

-Kristy Crawley





Soil – where you are



Soil is the ground on which you stand or chose to stand.
It represents your Home, Country, Birthplace and your Connection.
Is it nourishing? Does it need attention – improvement, more
nutrients, watering?
Is it sustaining?

Think about:-

- What nourishes you
- What activities do you do (work, play, hobbies, cooking, etc)
- What activities does your family/community do
- What do you choose to do – is it working for you
- What are its strengths that support you



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

Roots of the Tree - your history and where you come from.



Rich cultural heritage provides a sturdy root base to strengthen and fortify ourselves and others.

We have each, in our own ways, dealt with adversity and weathered terrible storms. Some of us have spent many years running away, being too busy and running from ourselves. There are times in our lives that we have been isolated, and the challenges have been many.

What is the job of roots – to stand strong, weather storms, nourish the tree, communicate with other trees and to adjust according to the tree's needs.



Think about sources of strength

- Heritage
- People
- Ancestry
- Community history
- Culture
- Songs
- Song lyrics

On your roots you can put pictures/photos, names, family, friends, mottos or affirmations.

Kalat Girls



ULURU CAMP

On the school holidays the Kalat Girls ventured to Uluru for four days. A few early mornings and late nights exploring Uluru and surrounds the girls had a great time.

Kalat Girls Tea

On Tuesday June 13th at 6pm The Kalat Girls are cooking tea for their families. The girls have come up with their own menu and look forward to serving it to their families.

Sexual Health Talk

On Tuesday May 30th we are going to hold a sexual health night for our Kalat Girls. If you have any questions regarding this And the topics covered please Call Kristy at Kirrae on 55671270



Upcoming Events

Tuesday May 30th 4:30pm at Kirrae – Sexual Health Talk with Kirrae’s Health Team.
Tuesday June 13th 4:30pm at Kirrae – Girls to prepare and cook a tea for their families. Tea from 6pm.



THATS DEADLY!



COMMUNITY NEWS!

Cross country!



Congraulation to Mason & Chayce who represented their schools at division cross country this month

THATS DEADLY!



COMMUNITY
NEWS!

Well done to Dominique Rogers



Dominique has completed her first trimester of University. A milestone to be celebrated.

Dominique is studying the Bachelor of Nursing at Deakin.

Keep kicking goals,
you got this!



THATS DEADLY!



COMMUNITY NEWS!

Send us your stories



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

jretallack@kirrae.org.au

OR

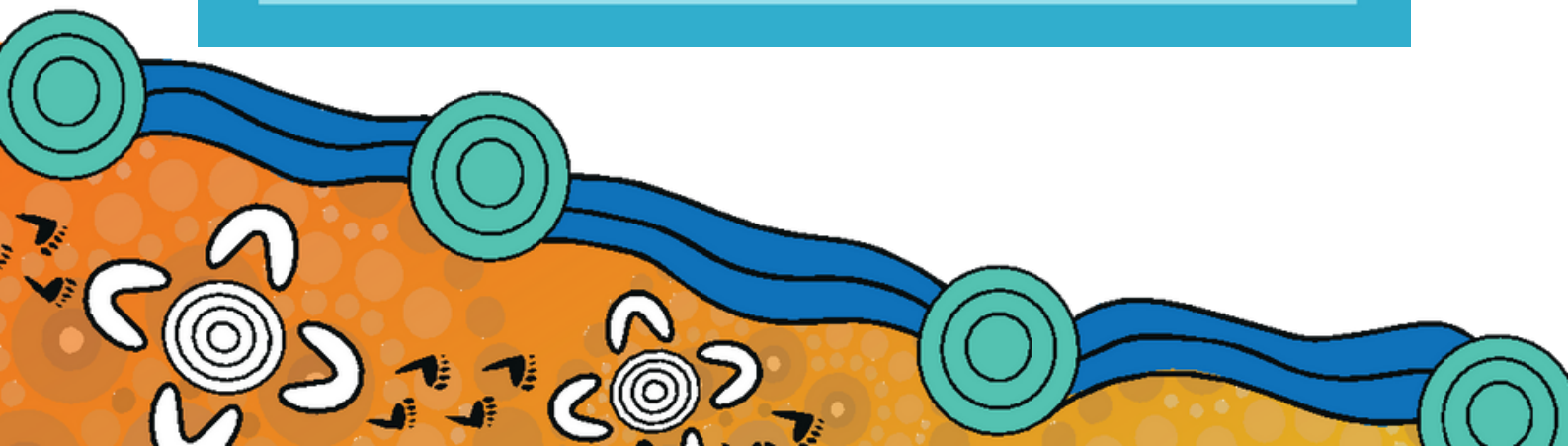
send a **text** to **0413365480**

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

LITTLE SISTA'S ARE
GOING TO SEE...



Planned for June the 6th
Times to be confirmed.



LGBTQI+

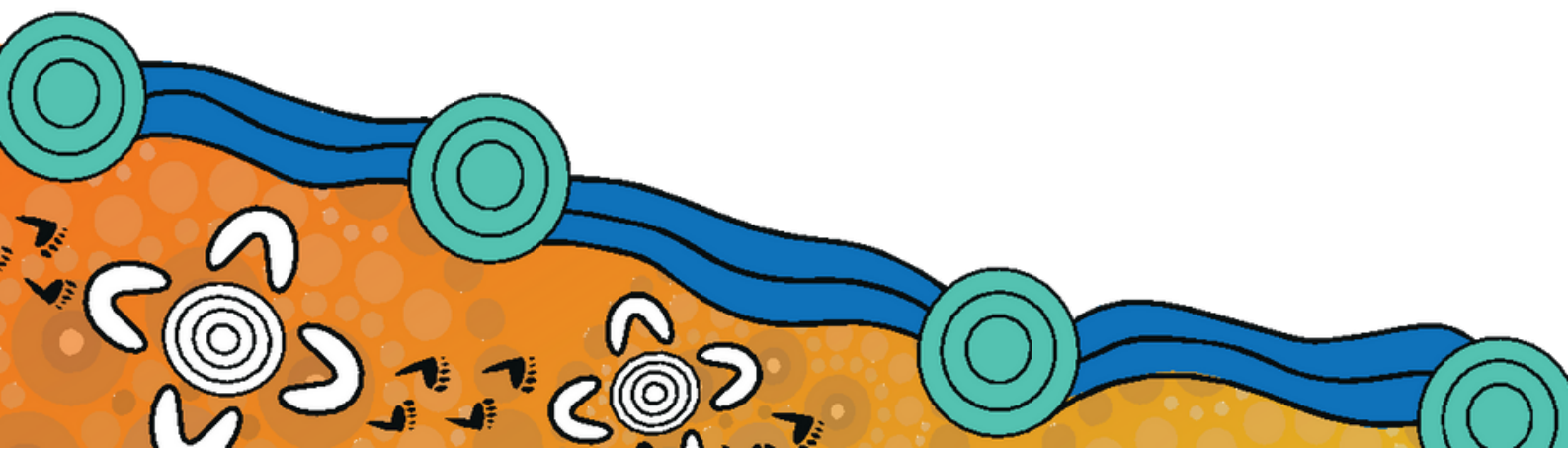
"I'd rather love someone and have them in my life forever, than lose them because of my upbringing," says a Kalgoorlie mum about her journey that began when her daughter came to her and said "Mum, I don't feel like me. I feel like a boy on the inside".

Goldfields Pride Cahirperson Em Davis says that to support their LGBT+ children, parents just have to believe them and love them.

When a child comes out it can be challenging for parents who might never have known members of the queer community before. Parents can be afraid they could inadvertently say something offensive. It's hard to be a teenager let alone an LGBT+ teenager with straight parents.

Normalising being queer or gay can help make "coming out" less stressful. Then a kid is not going to be stressed about telling their parents because it's almost not a thing.

To read this wonderful story on how a mining town mum learnt to be an LGBT ally when her daughter came out head to the ABC news site.



Disney FROZEN

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

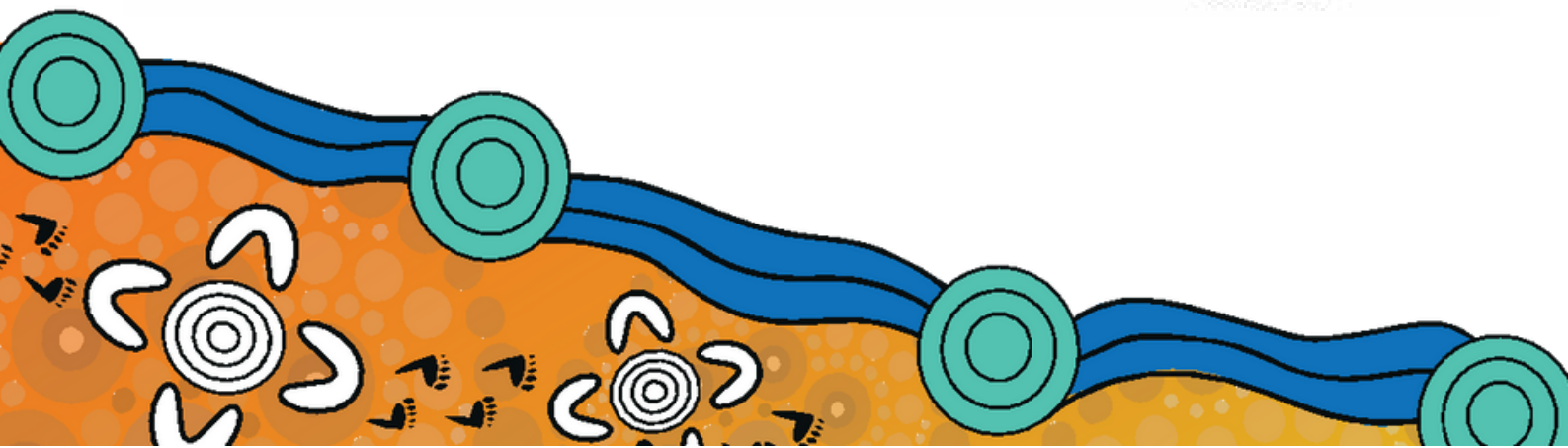
ANNA
DUKE
HANS
KRISTOFF
OLAF
SNOW
TROLLS

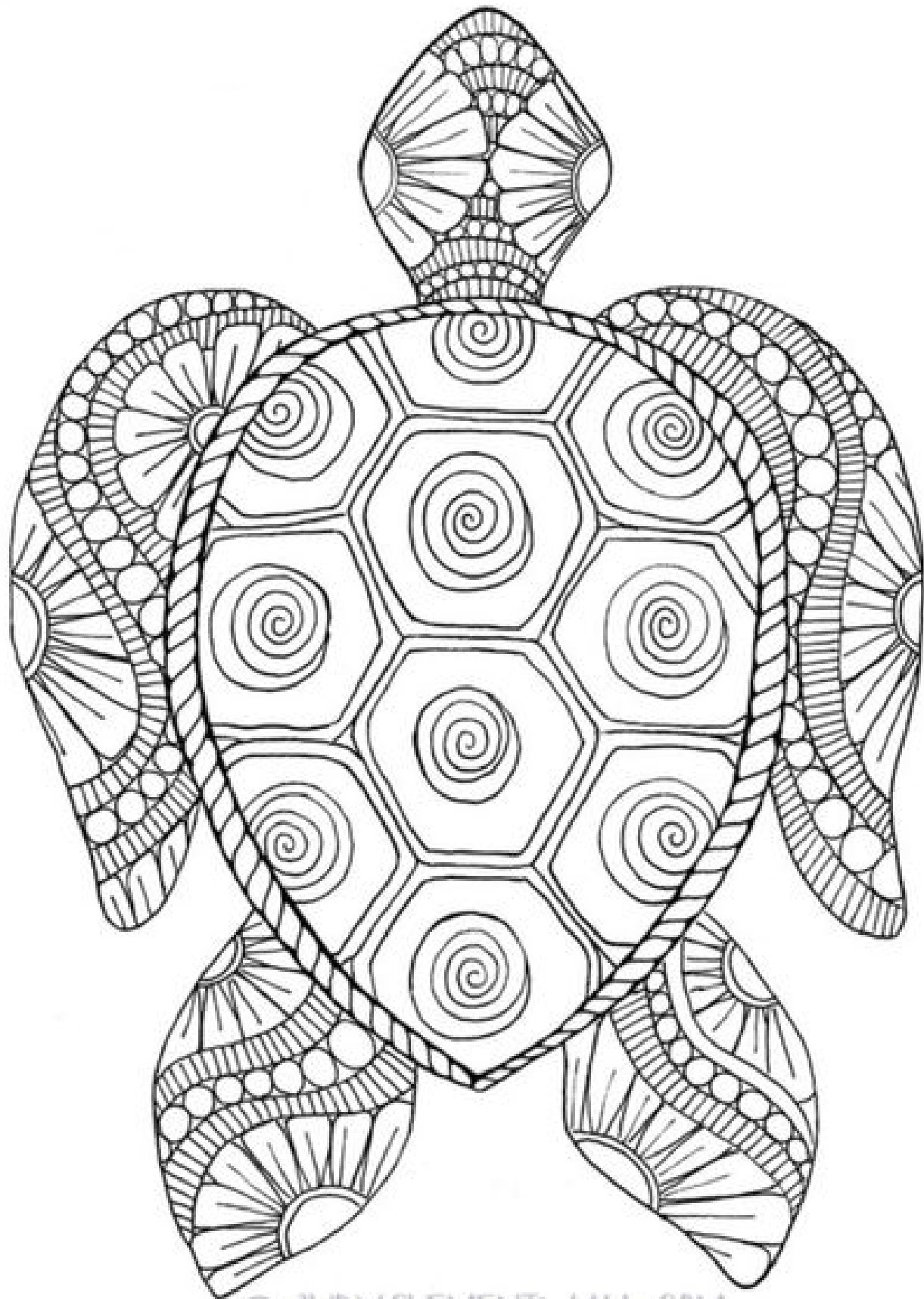


CLIMBER
ELSA
ICY
MAGIC
QUEEN
SNOWMAN
WESELTON

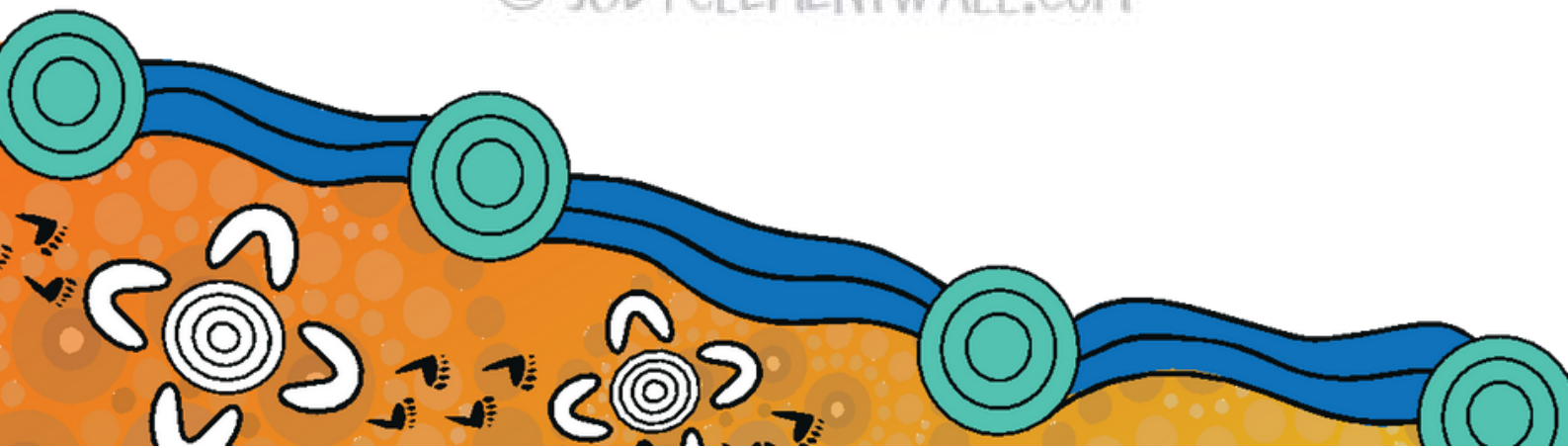


DISNEY
FROZEN
KINGDOM
MOUNTAIN
REINDEER
SVEN
WINTER





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Feedback

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

1 Kirrae Avenue,
Purnim, Vic 3278

Ph: 03 5567 1270
Fax: 03 5567 1376
Email: info@kirrae.org.au

