



July

2025

Newsletter



Celebrate
with us!

~

NAIDOC
Day

~

Opening of
our new
Build

~

NAIDOC
Disco



KIRRAE HEALTH SERVICE INC

NAIDOC Celebration

Tuesday July 8

Come and celebrate NAIDOC and the opening of our new extension!

Koko Blokes Welcome to Country at 10am followed by the Flag Raising and opening of our new build.

- ★ Art with Rhys Jeffs
- ★ Fan and Bracelet Weaving
- ★ Doll painting
- ★ Affirmation Card making
- ★ Traditional Craft workshop with Will Austin - Yarn Bark
- ★ Soup, Damper and Stews

Ph: 5567 1270

The Next Generation: Strength, Vision & Legacy





YOU ARE INVITED TO
THE
**OPENING OF OUR NEW
EXTENSION**

**As part of our NAIDOC Day
Celebrations**



JULY

TUESDAY

08

AT 10AM

1 Kirrae Avenue
Purnim, Vic, 3278

These works were funded by the Australian
Government under the Closing the Gap Major Capital
Works Program

KIRRAE HEALTH SERVICE

Naidoc DISCO

DJ

PhotoBooth

Food and drinks

Special MC

VENUE

**Russells Creek
Football Netball
Club**

**FRIDAY 11TH JULY
2025**

5PM-7PM

AGES 12 AND UNDER

Fun games and deadly prizes!

**CALL 55671270 TO PUT KIDS NAMES
DOWN FOR CATERING PURPOSES**

Birthdays



Jay-Dee 8th

Layla 10th

Alice 11th

Jahzara 11th

Nonnie 13th

Bernie 14th

Pearl 15th

Bungarie 16th

Possum 18th

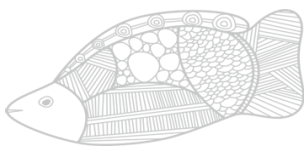
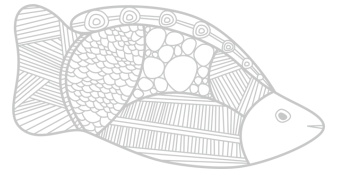
Eliza 19th

Mikayla 21st

Karen 22nd

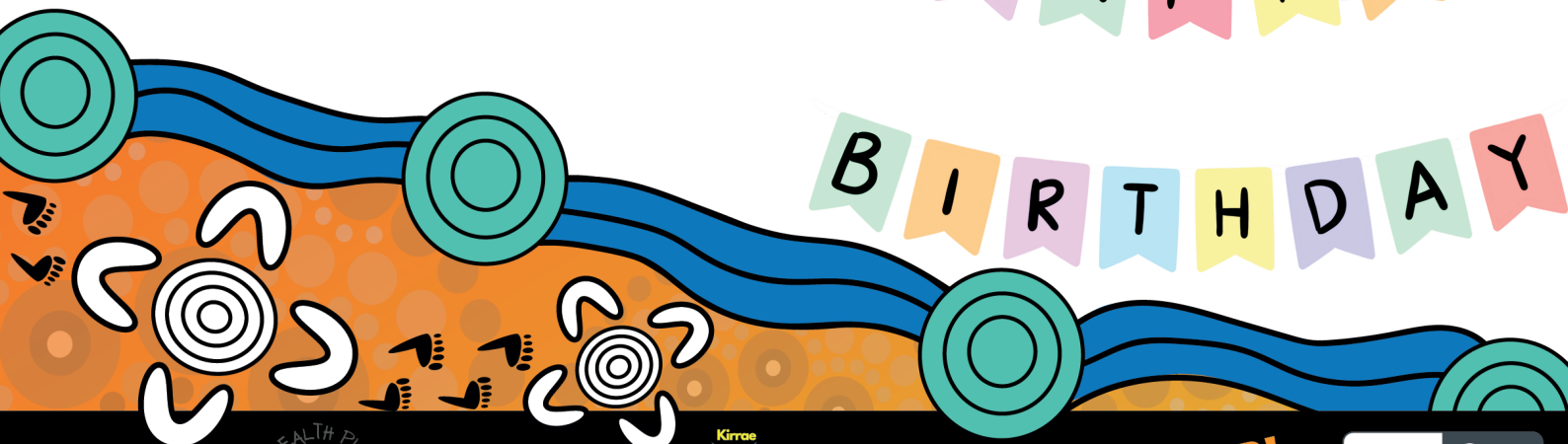
Tanya 28th

Arlie 31st



HAPPY

BIRTHDAY





Doctors

Dr Hall

Tuesday 1st

Dr Chandan

Tuesday - 1st, 8th, 15th
22nd, 29th

Friday -

4th, 11th, 18th, 25th

Dr Hedgland

Thursday 17th



Allied Health

Psychologist - Andy

Tuesday - 15th, 22nd, 29th

Osteo - Lily

Thursday ??

Chiropractor - Yoshi

Thursday 31st

Diabetes - Maree

Tuesday 27th

Podiatry - Tanya

Tuesday 27th





**The Koori Way
will be at
Kirrae's
NAIDOC event,
on July 8th!**



**Come see us and sign up to the
mailing list to receive a deadly
NAIDOC Koori Way shirt!**



VAPE VAPE VAPE
#FLIPTHEVAPE
THE KOORI WAY
FLIP THE VAPE



FLIP THE VAPE

BE A QUITTER

THE KOORI WAY
#FLIPTHEVAPE
FLIP THE VAPE
VAPE



**Our Koori Way officer, Thalia,
at the National Tackling
Indigenous Smoking
conference, last month in
Darwin.**

**Iziah Harrison has featured in
the statewide, #Flipthevape
campaign, and it was great to
see his image being used at a
National Conference, for the
whole TIS workforce to see!**



KW THE KOORI WAY

VAPE BUSTERS

MYTH 1: Vapes don't contain nicotine..

FALSE! Research shows 100% of vapes have been found to contain nicotine

MYTH 1: I can only use one NRT at a time..

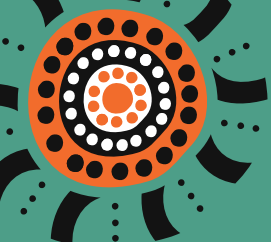
FALSE! You can use more than one NRT at a time. It is recommended you use a slow release NRT (like patches) and a quick release NRT (like spray).

MYTH 1: NRT's are expensive..

NRT's can be purchased without a prescription BUT NRT's can be prescribed by a GP. Having a GP prescription means you will get the NRT's at a much lower cost through the PBS!

MYTH 1: Vapes's don't contain chemicals like cigarettes do..

FALSE! Vapes contain approximately 2000 chemicals per 100mls/ and include chemicals such as Tin, lead, Nickel, Battery acid, propylene Glycol (paint), formaldehyde(Disinfectant) and acrolein(weed killer)!



SEWB

Appointments
Available



Call Reception
to Book and talk
to us about
Mental Health
Care Plans

Psychological Therapy

Your Path to Mental Wellness
Starts Here.

Our Service:

- Family Consulting
- Child Consulting
- Adult Therapy
- Child Therapy

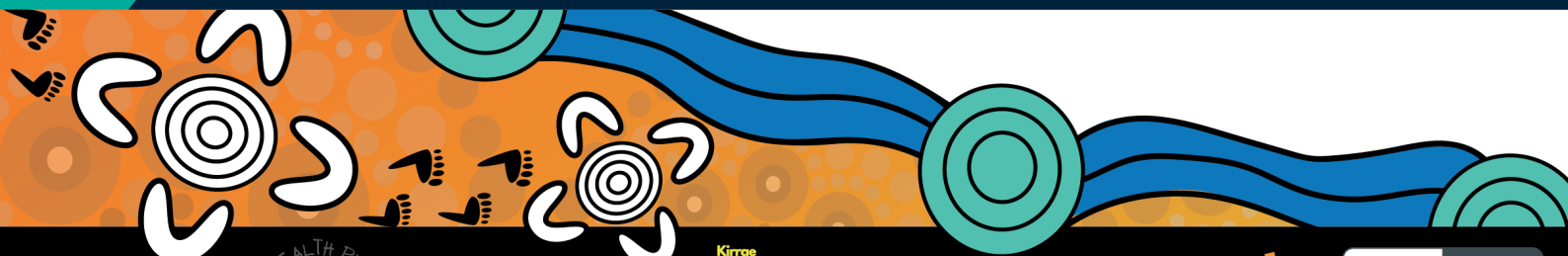


Andy Alt

PSYCHOLOGIST OUT ON
TUESDAYS AT KIRRAE



Phone
5567 1270



Artwork designed
by Tanisha Lovett,
proud Gunditjmarra and
Wotjobaluk woman



New build, new rooms!

With the completion of our wonderful new wing, our Drs clinic will be moving into our new consult room.

There will be a surprise give away to the first few clients who have GP appointments in the new rooms - wonder who it will be?





Elder Care Support
Community-led
Pathways to Care

**High Tea for our Carers
& Elders at Port Fairy was
enjoyed by all!**

**Thanks to Carers Vic &
Elder Care Support**



The Australian Government has announced that the new Aged Care Act 2024 will be deferred to 1 November 2025, read below an open letter from Minister for Aged Care and Seniors, Sam Rae MP

**The Hon Sam Rae MP
Minister for Aged Care and Seniors**

AN OPEN LETTER FROM THE MINISTER FOR AGED CARE AND SENIORS

I am honoured to be your new federal Minister for Aged Care and Seniors. I have spent my first three weeks as your Minister listening to older people, your families and carers, aged care providers, workers and others in the sector who have generously shared their views and feedback with me. I am privileged to be taking on an immensely important job.

The Australian Government is working to deliver once-in-a-generation reforms to build a high-quality, respectful and sustainable aged care system.

In order to deliver on the intent of these reforms and following careful consideration, the government has decided to briefly defer the start of the new Aged Care Act from 1 July 2025 to 1 November 2025.

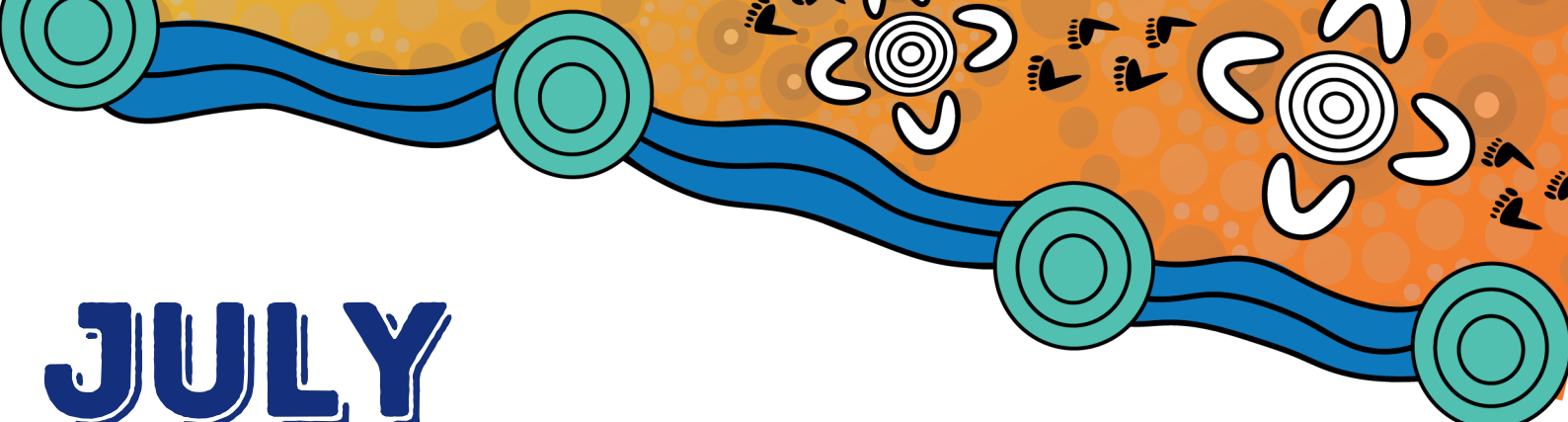
The new Act is changing aged care laws to put the rights of older people first. It includes a Statement of Rights and a Statement of Principles to guide how providers and workers must behave and make decisions.

This extra time will allow participants to better understand the changes, so you can prepare and make informed decisions. Importantly, you will continue to receive the safe, quality care you deserve.

I am committed to building on the work we have done so far to improve aged care in Australia. The Royal Commission into Aged Care Quality and Safety's number one recommendation was to deliver a new Act that puts you at the centre of your aged care, and this is what we are doing.

We are further committed to delivering the new Act and its benefits to you as soon as possible. However, a pause is needed to allow for a smoother implementation of the new Act and with the Support at Home program.

You deserve these improvements; it is as important to me to get them right as it is to you. Thank you for your patience and continuing to work with us on these changes



JULY

Social Support / Community lunch dates

COMMUNITY LUNCH IS BACK!!

Tuesday 1st - Community Lunch

School Holidays

Tuesday 22nd - Social Support Lunch

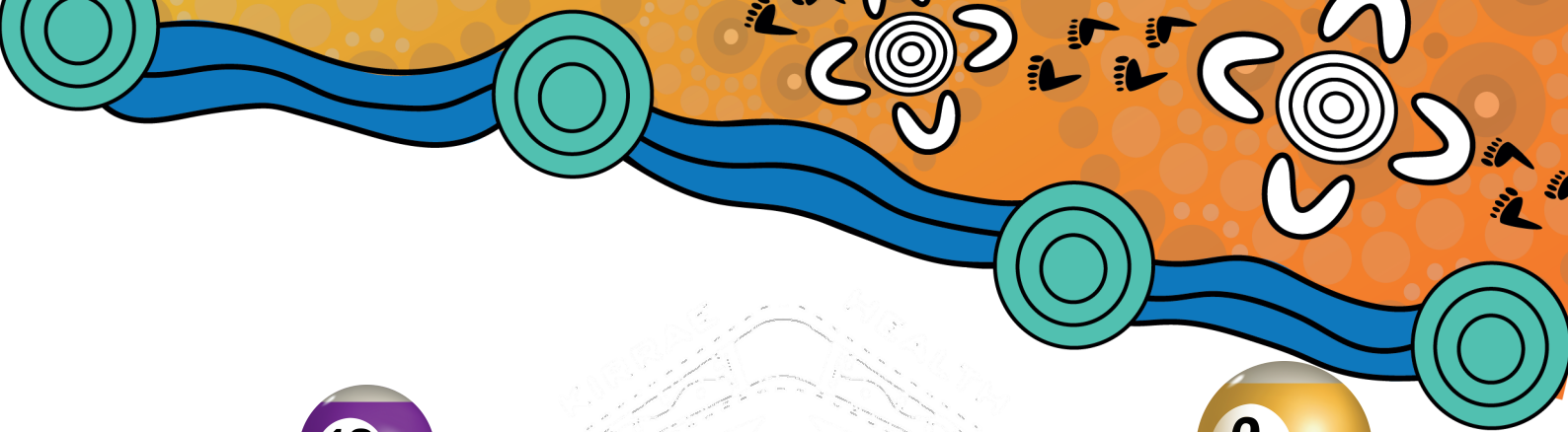
Tuesday 29th - Community Lunch



**Members draw every
community lunch**

Artwork designed
by Tanisha Lovett,
proud Gunditjmara and
Wotjobaluk woman.



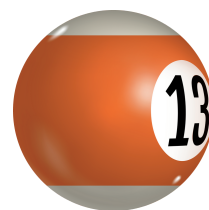


BINGO

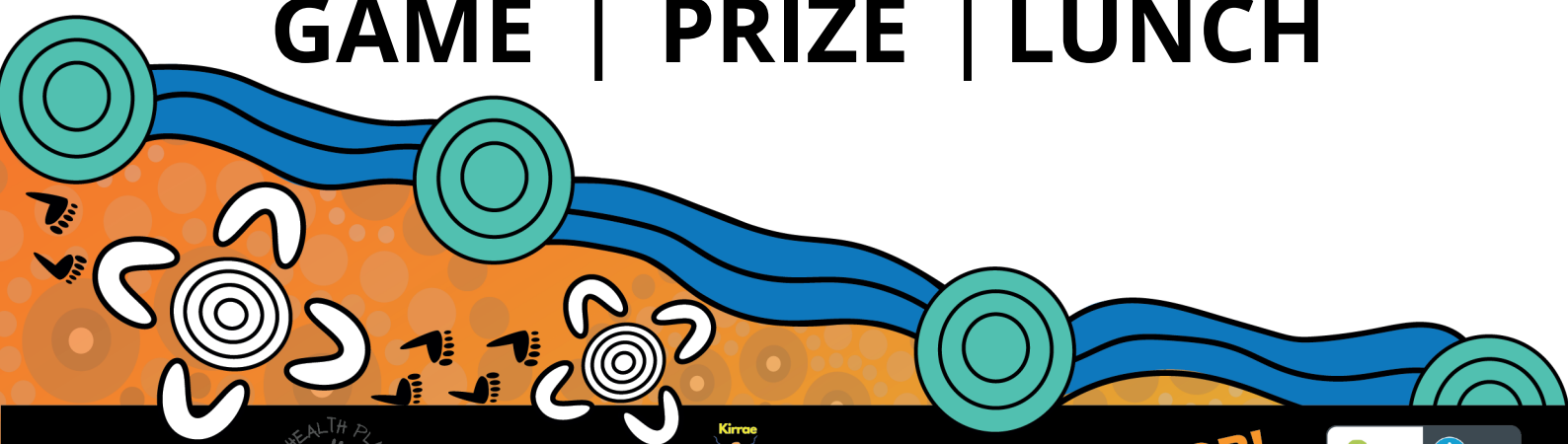
WEDNESDAY



30TH JULY



GAME | PRIZE | LUNCH



Artwork designed
by Tanisha Lovett,
proud Gunditjmara and
Wotjobaluk woman.



**KOKO
BLOKES**

GO MOB!
#StrongMob



Calling all Photographers

SPIRITED, WISE AND WONDERFUL PHOTOGRAPHIC EXHIBITION



An initiative of Mpower to
challenge negative
stereotypes and perceptions
of ageing

Categories:

Junior: 9 – 15 years old

Adult: 16 years and older

Submissions close:

5pm Tuesday 13 May 2025

Download the
Entry Form here



Scan here for
Conditions of Entry



(03) 5561 8111



tmckendry@mpower.org.au

mpower inc.
since 1975



LGBTQIASB+
Rainbow Mob

TIPS FOR COMING OUT

Coming out can be a significant and joyous milestone in affirming your identity. But it can also be difficult, with barriers to overcome. It's important to consider your own

personal circumstances, because your safety and wellbeing should always come first.

Here are some tips we hope will help.



TEST THE WATERS

You can sometimes test a person's potential reaction by bringing up topics like sexuality or gender with them first. Seeing their reaction to LGBTQIA+ news, media or celebrities can give you some insight without outing yourself first.

WRITE IT OUT

Finding the right words isn't always easy. Instead of coming out to someone face-to-face, write them a letter or email that conveys exactly how you feel and what you'd like to express.

HOW YOU DO IT IS UP TO YOU

Some people come out via a social post, others do it face-to-face with friends or over coffee. Some people make a huge celebration of it, others decide to be more subtle. Some people decide not to come out to particular people, which is totally ok too. But it's important to remember there is no right or wrong way to do it.

IT'S NEW FOR THEM TOO

For the person you've just come out to, it can take some time to process all this new information. Allow them some time, and if they need information or guidance, there are loads of helpful resources on our [Minus18](#) website.

IF THINGS DON'T GO SO GREAT

We can't promise you that coming out will go exactly as planned. So it's useful to have a back-up plan, like staying at a friend's house, or having a loved one talk to your parents. There are also peer support services like [QLife](#) and [Switchboard](#). But remember above all else – you are loved! And you're an amazing human who deserves to be supported.

FIND SUPPORT IF YOU CAN

Telling that first person can be super daunting. Having a friend, family member or teacher who can be there to support you can make it easier. There are also support services including:

QLIFE 1800 184 527

LIFELINE 13 11 14

KIDS HELPLINE 1800 55 1800



**IT'S
OK
NOT
TO
COME
OUT**

COMING OUT ISN'T FOR EVERYONE, AND THAT'S OKAY

Sometimes it's not an option because of your culture, faith, safety, or a combination of all three. Here's the important bit:

**NOT COMING OUT
TO PARTICULAR PEOPLE IN
YOUR LIFE DOESN'T MEAN
YOU ARE 'CLOSETED'.**

It means you've done the work to come out on your terms, in the way that works for you in your life, family, or culture.

Often, multicultural and multi-faith coming out stories are different to the ones we see in film and TV.

Mainstream narratives often position coming out to everyone we know as the ultimate last step: the be-all and end-all. But those stories don't include the nuances of coming out, or the perspective of different cultural backgrounds.

People who choose not to come out to particular people in their life, or at all, are no less brave than those who do. You can learn a lot from others who have combined their sexuality or gender identity with their cultural identity.

Find others from your community that can relate – it's a tremendous help, and an amazing feeling.

CODE OF CONDUCT

Hey folks! No matter what activity or service or group you are attending, there are expectations on everyone's behaviour, from young people attending our youth groups right through to older people attending our groups or clinics.

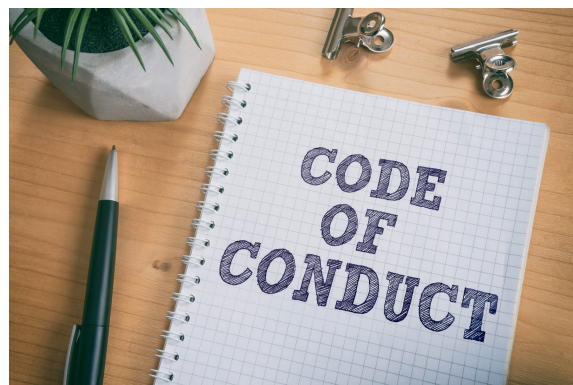
Clients are expected to treat staff of Kirrae Health Service with respect and dignity.

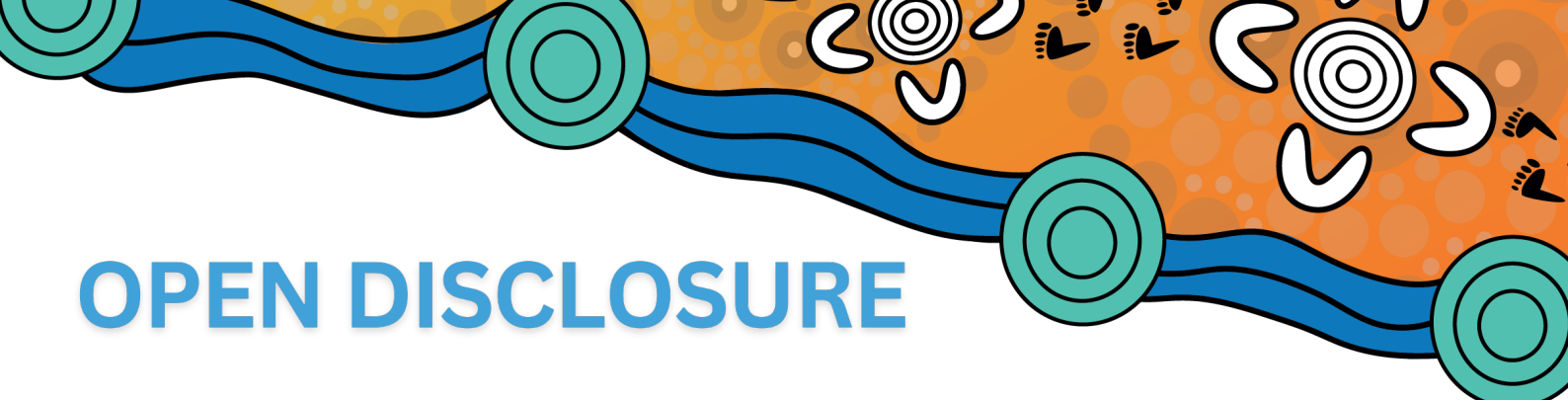
Service will not be provided to clients who are grossly affected by substances, who make threats or are abusive to staff.

Kirrae Health Service retains the right to refuse service to clients who fail to meet the code of conduct or contravene Kirrae's commitment to child safety.

For a complete copy of our Code of Conduct, please contact Reception or check out our website www.kirraehealth.com

We thank you for your understanding and look forward to helping to meet your health and well being needs





OPEN DISCLOSURE

Kirrae follows open disclosure guidelines in the event an incident involving a client receiving health care occurs.

What is Open Disclosure?

Open disclosure is an open discussion with a client about an incident that resulted in harm, or had the potential to result in harm to them, while they were receiving health care. Open disclosure discussions can include the client's family, carer and/or support person and is a normal part of care should the unexpected happen.

Should an incident or potential incident arise, staff at Kirrae will:

- Discuss with you the facts of what happened
- Welcome you and any relevant family or carers to relate your experience
- Discuss with you any potential consequences as a result of the incident
- Discuss with you how the incident has been managed and what is being done to prevent it happening in the future



OPEN



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