



R U OK DAY
Thursday
Sept 8th

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

2022

September

Doctors

Dr Hall – Tuesday –6th

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

Dr Hedgland- Thursday 15th

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Women's Health Week

More info to come!



Birthdays

Rylan Miller 4th
Tarell Chatfield 7th
Jyah Chatfield 8th
River Chatfield 11th
Kiah Clark 11th
Jada Harrison 11th
David Clark 12th
Samantha Delany 13th
Sharon Harradine 16th
Jordan Clark 16th
Kobi Chatfield 17th
Murry Fitzgerald 17th
Munnah Atkinson 25th
Mundara Clark – Leslie 26th
Alkira Clark 29th
Jandamara Chatfield 29th
Taintum Chatfield 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



Reminder

Just a friendly reminder if you do not give us prior notice of upcoming appointments we are unable to cover costs.

If you need us to transport you we need at least one weeks' notice due to vehicle shortage.

If you require a petrol voucher, we require at least 24hrs notice.

Thanks for you cooperation!



Chiropractor



BINGO



Kirrae Health Service
When: Wednesday 21st
September
Time: 11am to 2pm
Lunch Provided

N

ALL WELCOME!



PLAYGROUP



Arts
Crafts
Dancing
Singing
Playing



Tuesdays
10am-12pm

Healthy lunch and
snacks provided



HACC/CHSP

Social Support Lunch – Tuesday 6th Sept
Venue -TBC

Community Lunch - Tuesday 13th Sept
Kirrae Health Service @ 12pm

Social Support Lunch – Tuesday 20th Sept
****Woolsthorpe Pub**** more info to come!

Bingo – Wednesday 21st
Kirrae Health Service @ 11am to 2pm

Community Lunch – Tuesday 27th
Kirrae Health Service @ 12pm



Tips for getting the most out of your home care

Understanding home care packages webinar | aired 9 August 2022

Top 10 tips

1. Check out the fee estimator/means assessment tool on the My Aged Care website.

By entering your assets and income, you can avoid being surprised by unexpected fees.

2. Ask for a budget from more than one provider. You want to know how much you are paying to receive how many hours of service.

For example: "I would like two hours of showering support a week, I'd like cleaning once a fortnight, I would like meals on wheels."

"That will allow you to see what you have left in your package at the end of the month, or if all your funding has been spent, because individual fees can be quite confusing," says specialist financial advocate Heidri Brook, of Aged and Disability Advocacy Australia.

"One provider might charge \$40 for a cleaner where another charges \$55. But the second provider might charge less for travel or package management. It's better to look the total picture."

3. Watch out for hidden costs.

Some providers charge a percentage to process every invoice. Some charge sign-up and/or exit fees. Others charge a fee if you use your own support worker.

4. Pick up the phone and call a potential service provider. It's a good way to find out if you are going to get good customer service or not.

5. Ask to see a copy of the providers' monthly summary. Is it easy to understand? Do they have a guide for you to follow or someone who can help?

6. You have 56 days to find a provider after you've been assigned your home care package.

If, for some reason, you can't find someone in that time, you can call My Aged Care on 1800 200 422 to ask for an extension.

7. If you believe your health needs have changed or that some medical information hasn't been taken into consideration, you can contact My Aged Care and ask to be reassessed.

8. If you self-manage your home care package, local and social networks can be a good way to organise services.

"I don't mention aged care packages, I simply say I'm looking for a cleaner, a gardener or whatever person I'm looking for," says National Older Persons Reference Group member Lesley Forster.

"We formed our own little group and it's very informal but we share workers and we share problems," says Forster.

"If you can talk to other people with a home care package, you're going to learn a lot more, especially from long-term [users]."

9. If you are looking for culturally appropriate services, some providers may have support workers who speak your language or are from a similar cultural background.

Contact the Translation and Interpreting Service on 131 450, who can assist you in talking to your providers to set out your needs.

10. Talk to an OPAN advocate or financial advocate for help to understand costs, options and alternative solutions. Call 1800 700 600.

They might also refer you to Services Australia's free Financial Information Service (FIS).

Replay the webinar at: opan.org.au/videos/



HOW TO BUILD COURAGE AND RESILIENCE IN CHILDREN AND TEENS

The City of Greater Geelong and CatholicCare Victoria present this session to help children and teens build courage and resilience assisting them to thrive.

Anxiety is a very normal part of being human, but for as many as one in five children it can reach intrusive levels, interfering with family life, friendships and school performance.

Karen Young, founder of "Hey Sigmund" and author of Hey Warrior series, will explore:

- a new, empowering way to understand anxiety
- what to do when anxiety hits
- how to build courage and resilience
- why anxiety might look like anger or tantrums and what to do
- how social media, friendships and the changes in the adolescent brain might contribute to anxiety and what to do.

WEDNESDAY 5 OCTOBER

7.00pm–8.30pm

VENUE

The Lighthouse Theatre
185 Timor St, Warrnambool

BOOKINGS

Scan the QR code.

This is a free event but tickets are required.



R U OK?

Useful contacts for someone who's not OK

Sometimes conversations are too big for workmates, friends and family. At these times, it can help to call upon these organisations:

Lifeline (24/7)

13 11 14
lifeline.org.au

Beyond Blue (24/7)

1300 224 636
beyondblue.org.au

Suicide Call Back Service (24/7)

1300 659 467
suicidecallbackservice.org.au

Kids Helpline (24/7)

1800 55 1800
kidshelpline.com.au

When sharing the R U OK? message we would encourage you to highlight these national helplines. Find more services and tools at ruok.org.au/findhelp

R U OK?™

A conversation could change a life.





If you're worried about someone start by asking "Are you OK?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."



LGBTQI+

Supporting rainbow youth

www.youthoffthestreets.com.au

Here are five ways you can stand in solidarity with LGBTQIA+ youth

1. LISTEN

LGBTQIA+ youth are the experts in their own lives. They know what they need, how they feel, and how you can best offer support and be their ally. Listen with genuine care and interest.

2. SPEAK UP

Research has shown LGBTQIA+ youth experience bullying at significantly higher rates than their peers, and the consequences, such as increased rates of depression, anxiety and suicide, can be devastating. When you speak up about discrimination or harassment, it educates others, lets them know their words and behaviours are unacceptable, and encourages others to speak up as well.

3. EDUCATE YOURSELF

Being an ally requires an understanding of the LGBTQIA+ community and the issues they face. It's also essential to consider your own biases, assumptions and prejudices. LGBTQIA+ people can't always carry the responsibility of explaining their identity to others, so educate yourself on the issues and stay informed. Do some research, ask questions, and don't be afraid to be honest about what you don't know.

4. RESPECT PRONOUNS

For many transgender and non-binary people, pronouns are an important way of expressing and affirming their gender identity. Using correct pronouns also creates an environment of safety and respect. It's important not to make assumptions about a person's pronouns. When you meet someone, ask them for their pronouns and introduce yourself with your pronouns, too. Some examples are he/him, she/her and they/them.

5. SUPPORT EQUALITY

Fundamental human rights issues persist for LGBTQIA+ people in Australia, and around the world. Support non-discrimination laws and policies that protect the rights of LGBTQIA+ people and promote inclusion and equality across our society and in every area of life.

If you're looking for more information about LGBTQIA+ young people, visit [Minus 18](#).





SEWB NEWS

What's been happening

Staff

Apologies for no SEWB news last month as I was off sick. Some big changes in the SEWB Team with Ebony relocating to Bendigo for family reasons. We wish her well and thank her for her dedication to her clients. Big welcome to Kristy Crawley who is the new SEWB Youth Worker and to Jocelyn (Joss) Retallack the new SEWB Adult/Children Worker. Mel, Joss and I recently attended the Tracey Westerman Aboriginal Mental Health Assessment and Suicide Prevention in Aboriginal communities 3 day training. We learnt lots and will be trialing her tool to see what Community thinks of it.

Groups: Kalat Girls, KoKo Blokes, Little Sistas, Men's & Women's Groups

Watch Facebook for updates on activities coming up. Several sessions have happened already including mineral spa days, luncheons, footy trip, dinner and Sapphires Show and a Treaty Talk (thanks Alice Ugle). More exciting things to come. If you have any ideas please pass them on. Some activities will be number limited so ring reception and get your name down quick when you see activities posted. If you can't make it at the last minute please let us know so we can let someone else come along. The Little Girls Group will commence soon once the new SEWB workers have settled in.

What's coming up

Little Girls Group to start up soon. Thank you Alera for offering to help.

SEWB Topic – PATIENCE

Having broken my foot and being stuck with my leg up for weeks on end I have had a lot of time to consider the concept of patience. In some things I am super patient but in others not so much – like queues, or traffic jams. Some people are just more patient than others, and some people test our patience, But the good news is we can all learn to be more patient. Have a read on the next pages about how not being patient can impact your well-being and what you can do about it.



Contact

PHONE:

Kirrae Health Service
5567 1270

WEBSITE:

www.kirrae.health.com

EMAIL:

SEWB Coordinator
hvafidis@kirrae.org.au

AOD Staff:

-Aaron Hagan
-Mel Sumner

SEWB Staff:

-Heather Vafidis
-Michael Boyd (on leave)
-Jocelyn Retallack

Youth Worker:

-Kristy Crawley

Referrals:

Ring, text or email Heather on
0484 701 867

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.





Karratch Pallumbii

KALAT GIRLS NEWS

September 2022



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
- Mel Sumner
- 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.*



What's been happening

Kalat Girls had a bit of disruption last term with staff being ill and then Ebony leaving. A big thank you to Ebony for all she did with the Group and we wish her well in Bendigo. New SEWB staff Kristy and Jocelyn have commenced and are keen to get to know all the girls.

Kalat Girls were tasked to take photos at Kirrae's NAIDOC day. Thank you to those girls who helped. Kristy held a Meet and Greet session to ask you what you wanted from the group along with your mums, nans and aunties. Excitedly the girls were given their long awaited Kalat Girl uniforms. They display the Dhelk Dja image of the painting by Artist Trina Dalton-Oogjes, a proud Wadawurrung/Wathaurung woman. Her painting centres around the eleven community Dhelk Dja Action Groups across Victoria, leading into a central gathering/yarning circle, to empower Aboriginal communities and lead collaborative partnerships. Bunjil the Creator oversees to empower strength and self-determination. Hand prints of the adults and children represent the family unit. The kangaroo and emu footprints represent partnership moving forward. Funding for Kalat Girls comes from Dhelk Dja and we thank them for permission to use their image on the girl's uniforms.



Massive thank you to Louise Wackett (Aunty Lou) for coming along for a cooking session with the girls and sharing her knowledge and skills. They loved their carbonara fettucine. Just what was needed on a cold day.



The Women's Group were invited along for a shared session with the girls young and old to start making head pieces and decorations for their Welcome Ceremony. Some beautiful native silk flower creations were made. Thank you to Bloom Nursery for your help in showing the skills needed. The women and girls came up with some great ideas on how the ceremony could look like. We plan to hold more shared sessions with the Women's group. Watch out Men's Group you might be invited soon!

Thank you to Warrnambool College Kalay Room girls who invited Kristy for their Toastie Tuesday get together. That made her feel very welcomed thank you.

Heavy rainfall changed a photography session in the bush to a games session where there was lots of laughter seeing how many marshmallows one can fit in one's mouth, popping balloons and eating cake to celebrate Aboriginal and Torres Strait Islander Children's Day.

If any Community member has skills or knowledge they would like to share with the girls please let us know.

Please watch posts on Facebook and Snap Chat for updates on activities. Flyers will go home with the girls about upcoming events.

We understand that things come up and you can't always come to group but please do try when you can. Group rules require regular attendance in order for girls to go on overnight trips. Please make sure you RSVP to Kristy each week if you are coming or not. This helps enormously with planning from catering to transport to activity equipment.

What's coming up

- Guitar lessons
- Weekly cultural and fun activities
- Welcome Ceremony preparation activities and planning.
- End of year trip planning
- Crystals workshop at Stonyfield
- Photography safaris and exhibition
- VACCHO staff visit to present Deadly Sex talk
- Local Youth Liaison Police officer visit to talk about cyber safety, bullying, staying safe.





Kalat girls flower crowns



COOKING WITH AUNTIE LOU





MEN'S GROUP




MEN'S GROUP
Saturday 10th of September
ONE DAY TRIP- UP AND BACK
LIMITED NUMBERS
PLEASE CONTACT KIRRAE HEALTH SERVICE RECEPTION
55671270
TO PUT NAME DOWN



BOOK IN!





The formal definition of patience is “the capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious”.

Becoming impatient has a huge impact on our wellbeing.

Patience is a huge part of our mindset and many of us just don't like to wait for things. We live in a world that will quickly deliver anything we want to our door with just a few clicks on our phone. While we all became much more patient during Covid-19 lockdowns – we had to – it seems as we are getting sick and tired of the pandemic our patience is wearing a little thin again.



Why does patience matter for good mental health?

Not being patient increases negative emotions like frustration, anger, anxiety and depression. Being patient can increase positive emotions like calmness, empathy, generosity and compassion.

How to be more patient

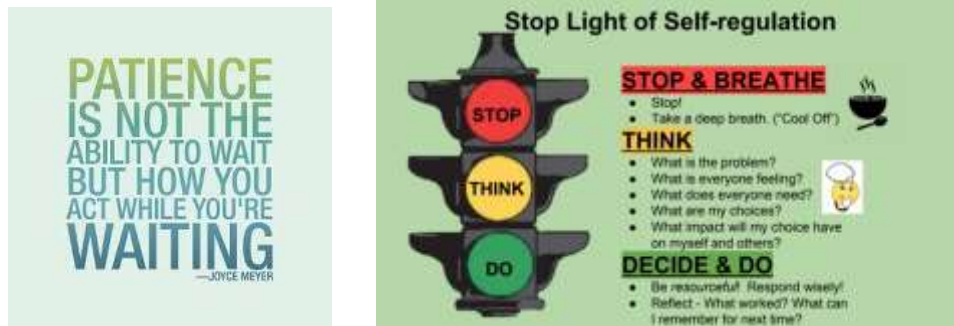
Make the choice to be patient —patience is a choice; nobody is making you impatient but you. You're responsible for your own words, actions and feelings so if you find yourself feeling impatient or struggling to remain patient, stop for a moment. If we choose to pause for 5-10 seconds then we can get past the initial emotional reaction and understand why we might be feeling that way or why it's happening, and then you can respond in a much more thoughtful way.

If you're really struggling to do that... **pause and think about the consequences of being impatient** — if you yell at someone, or cause a scene, or hit someone, you're going to have to deal with the consequences. No-one needs that. Don't let your emotions hijack you.



There is a deep part of your brain that instantly reacts called the Amygdala. When confronted with a potential threat the Amygdala decides in a millisecond whether you freeze (snake might not bite you if you stand still), flight (run away as quick as you can) or fight (kill the snake). You have no control over it. It takes a moment or two for your upper brain (rational thinking brain) to think and decide which is the best course of action. You have a short window of opportunity to think what is the best way to handle something that tests your patience like that queue or annoying person that pushes your buttons.

So stop and think before reacting. Think traffic lights – red is the trigger so stop, amber is your opportunity to think, green is you're good to go calmly with the best decision. This takes patience.



Focus on what is within your control — you have direct control over your own words, actions and feelings... and that's pretty much all you can directly control. You can't control other people or external situations.

Consider your priorities and put things into context — it's so easy to get caught up in the little day-to-day things that happen in our lives, but let's be blunt here: most of the stuff we experience every day won't matter in five weeks, let alone five years... so when something happens to make you feel impatient, stop and ask yourself how really important is it in your life in this moment? These things can block us.

Practice being patient — put your phone away when you're stuck in a queue and just 'be' for a few minutes. Breathe and take a micro-break. Let other drivers in when you're stuck in traffic, and if someone is doing just slightly under the speed limit then force yourself for a few minutes to stay behind them instead of overtaking. Pick a lane at the supermarket and stick to it, regardless of how slow it moves. Use the ad breaks to close your eyes and take a few moments to sit quietly. When you do these things, even when they make you feel uncomfortable, they remind you that it's OK to just 'be' and that you can create a greater sense of calm by accepting those things that are outside of your control.

Aim for simplicity in your life. Simplicity is one of the most important aspects of improving and maintaining your wellbeing... because the less drama you need to deal with, the better. Some people can be very triggering, but you're in control of what YOU do, say and feel... so instead of just reacting, pause and reflect then remind yourself that being impatient often provokes arguments. By taking a moment to pause, breathe and think you can respond in a calmer and more thoughtful manner. It will help to improve your relationships both at home, school and at work.

Because when it comes to patience and mental health, what it all boils down to is this: we might want to have what we want when we want it or not let people irritate us, but this is often out of our direct control. When you choose to be more patient, you're making a conscious decision to be more thoughtful in your words, actions and feelings... which leads to more positive and constructive relationships with other people and a better relationship with yourself. If you find yourself feeling impatient, think about the bigger picture and focus on what really matters most, then let go of the small stuff that really doesn't matter. Patience, like all aspects of wellbeing takes practice but can be improved.

Get support from the SEWB team if you need help with any of this.

Adapted from an article by letstalkaboutmentalhealth.com.au





Dear friends,

The Australian Human Rights Commission launched a new iteration of the Racism. It Stops With Me campaign today, calling on Australians who do not have lived experience of racism to reflect on its causes and do more to challenge it.

The campaign includes a Community Service Announcement that will be broadcast on national television, which you can view here. We're also launching a new Racism. It Stops With Me website, with information and resources to support action against racism.

We hope this will create public discussion – because talking openly and honestly about racism is vital if we are to create meaningful change. But we need your help to make this happen.

We're asking you to support the campaign and help raise awareness about the nature of systemic racism and inequality in Australia. You can do this in several ways:

- 1.Download** our Supporter Kit and share the content on your own social media accounts, or in your workplace and community.
- 2.Register** as a supporter of the Racism. It Stops With Me campaign to receive ongoing information about our anti-racism work, and ways to get involved.
- 3.Like** and comment on our posts on Facebook, Twitter and LinkedIn.

The campaign invites all Australians to commit to learning about racism and taking action against it. It urges supporters to reflect on the inequality racism causes, and to work within your sphere of influence to create meaningful change.

You can also support the campaign by signing your organisation up as a supporter and joining a community of hundreds of other organisations committed to making change. We also have a range of merchandise available.

No matter how challenging the conversation, we need to talk about racism and the causes of inequality.

By taking a stand against racism, we can build a fair and equal society – for all.

Thank you for supporting the campaign and helping spread the message.



Chin Tan
Race Discrimination Commissioner



What is alcohol and drug counselling?

Counselling is the most common type of treatment for alcohol and drug use.¹

If you or someone you care about has issues with alcohol or drugs, having a chat with a counsellor is a great first step.

If you feel uncertain about what seeing a counsellor might involve, we've put together a Q&A to help.

Who provides alcohol and drug counselling services?

Alcohol and drug counselling services are provided by workers experienced in alcohol and other drug-related matters, such as counsellors, case managers, psychologists, psychiatrists, general practitioners and social workers.^{1, 2}

Counsellors usually work out of treatment centres, specialist clinics, community centres or drug and alcohol services.

Are there different types of counselling?

Yes. You can choose to undertake individual counselling or do group sessions with other people who are also seeking treatment for substance use. Family counselling is also available.

Depending on the service, counselling sessions can be face-to-face, online or via telephone.^{1, 2}

You might go to counselling for a single session, or over a longer period of time where you regularly see your counsellor or attend group sessions.¹

Is alcohol and drug counselling confidential?

Yes. Counsellors are ethically bound to keep whatever you tell them confidential.¹ The exception is when a counsellor has a duty of care to report something that threatens your safety or the safety of others.³

How much does counselling cost?

Most alcohol and drug counselling services are free or provided at a reduced cost to eligible Medicare card holders. The cost will vary depending on the type of service and how or where you access it.

Contact the clinic or service before you attend to find out about costs

Will I have to wait?

Wait times will vary for each clinic or service. It also depends on what their current volume of requests are.



What should I expect from alcohol and drug counselling?

Alcohol and drug counsellors will:

- listen non-judgmentally
- help you identify goals around your substance use
- provide helpful strategies to achieve these goals
- link you with other community supports and services.⁴

There's lots of ways counsellors might approach treatment and they may use more than one technique. Examples include:

- **Motivational interviewing:** the counsellor works with you to help strengthen your readiness to change.
- **Problem solving:** the counsellor develops your problem-solving skills to help deal with issues you may encounter while trying to change your substance use.
- **Relapse prevention and management:** learning the skills and confidence you need to avoid and deal with lapses, and prevent lapses turning into full relapses.
- **Harm reduction:** provides you with strategies to help reduce the harms relating to drug use. For example – using sterile injecting equipment, not mixing certain drugs or having [naloxone](#) available when using opioids.
- **Grounding:** these techniques help you to focus on the present moment as a way of managing distressing thoughts or memories.
- **Challenging unhelpful thinking:** helps to identify and address automatic thoughts that connect to difficult feelings and/or unhelpful behaviour.⁵



Contact Kirrae for more info!





Victorian Aboriginal
Legal Service

Criminal Law Practice

How can the team help you?

The Criminal Law Section at VALS provide at court services including duty lawyer services, representation, advice, referrals and information in criminal law matters to members of the Aboriginal and Torres Strait Islander community in Victoria.

The Criminal Law team can assist with matters that involve;

- Summary Offences
- Indictable Offences
- Free Legal Advice and Court Representation



Conditions apply

It is the duty of every lawyer in Victoria not to act where a Conflict of Interest has arisen. A Conflict of Interest arises where a lawyer is acting or attempting to act for two or more people or interests that are incompatible.



Contact Us

BAIRNSDALE OFFICE

Address: Shop 13, 80 Riviera Place, Main Street
Bairnsdale, Victoria 3875
Mobile- 0417 592 209

MILDURA OFFICE

Address: 81 Pine Avenue
Mildura, Victoria 3500
Mobile 0491 176 546

SHEPPARTON OFFICE

Address: Unit 3, 262 Maude Street
Shepparton, Victoria 3630
Mobile 0438 353 730

SWAN HILL OFFICE

Address: 109 Campbell Street
Swan Hill, Victoria 3585
Mobile: 0408 392 704

BALLARAT OFFICE

Address: 32C Doveton Street North
Ballarat Central , Victoria 3350
Mobile: 0400118392

WARRNAMBOOL OFFICE

Address: 173 Lava Street
Warrnambool, Victoria 3280
Mobile: 0491 176 545



VALS contact

9418 5999

Toll Free 1800 064 865

Fax 9418 5900

www.vals.org.au



Find out where
you want to go.

Find out how
to get there.



Aboriginal Career Counsellors are now available to support Aboriginal and Torres Strait Islander community members.

What does a Career Counsellor do?

Career Counsellors can help you:

- Find jobs that suit your interests and abilities
- Identify your strengths and skills
- Look for pathways into the job you want
- Review your job applications, resume and cover letters
- Link to resources that can help you achieve your goals
- Empower you to take the lead in your career journey

What does the Career Counsellor service provide?

All eligible Victorians can access six free counselling sessions. These can take place online, on the phone, or face-to-face in some locations around the state.

Who can access the Career Counsellor service?

The service is available to all Victorian residents who do not have access to a Career Counsellor (e.g. current High School students). If you are under 18 please call us on 1800 967 909 and we can have a look at what options we have for you.

How do I book a Career Counsellor session?

If you want to talk to one of our Aboriginal Career Counsellors, call 1800 967 909 so the booking team can set up an appointment for you. All other bookings can be made through the booking team, or online at <https://ceav.vic.edu.au/jvccs>.

For more information, email careeryarns@ceav.vic.edu.au, or call Kristy on (03) 8402 7050



Lemon chicken

INGREDIENTS

1. 1 tsp cornflour
2. 1 tsp dark soy sauce
3. Finely grated zest & juice
1/2 small lemon
4. 2 tsp coconut or canola oil
5. 1 skinless chicken breast fillet (around 150g), cut into 1.5cm slices
6. 1 capsicum, any colour, deseeded and sliced
7. 1 medium carrot (around 80g), trimmed and thinly sliced
8. 100g broccoli, cut into small florets
9. 150ml chicken stock (made with 1/2 Massel Plant Based Chicken Stock cube)
10. 4 spring onions, trimmed and thickly sliced



METHOD

1. Mix the cornflour with the soy sauce and lemon juice in a small bowl.
2. Heat the oil in a large frying pan or wok over a high heat, add the chicken, capsicum, carrot and broccoli and stir-fry for 2–3 minutes, or until the chicken is lightly browned and the vegetables are beginning to soften.
3. Pour the lemon and soy mixture into the pan, add the chicken stock and spring onions and bring to a simmer. Reduce the heat and cook for 2 minutes, or until the sauce is slightly thickened and the chicken is cooked through, stirring regularly.
4. Sprinkle with grated lemon zest and serve with rice.



Sports Word Search

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

ATHLETICS
 BASKETBALL
 DIVING
 GYMNASTICS
 ROWING
 SOCCER
 WRESTLING

BADMINTON
 BOXING
 FOOTBALL
 HOCKEY
 RUGBY
 TENNIS

BASEBALL
 CYCLING
 GOLF
 NETBALL
 SKIING
 VOLLEYBALL



Months of the Year Word Search

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



JANUARY	AUGUST
FEBRUARY	SEPTEMBER
MARCH	OCTOBER
APRIL	NOVEMBER
MAY	DECEMBER
JUNE	YEAR
JULY	CALENDAR



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September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				Yoshi		
4	5	6	7	8	9	10
	Podiatry Womens health week Massage	Womens health week Playgroup Dr Chandan Social Support lunch Dr Hall	Womens health week	Womens health week	Womens health week	MEN'S GROUP
11	12	13	14	15	16	17
		Playgroup Dr Chandan Community lunch		Dr Hedgland		
18	19	20	21	22	23	24
	SCHOOL HOLIDAYS Massage	SCHOOL HOLIDAYS Dr Chandan Social Support Lunch @ Woolsthorpe pub	SCHOOL HOLIDAYS Bingo	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	
25	26	27	28	29	30	1
	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS Dr Chandan Community Lunch Dietician Diabetes ed	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	



