



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

**Men's health
 month Info
 Pg 10**

Decemeber²⁰²⁰

Doctors

Dr Hall – Tuesday the 1st

Dr Chandan - Thursday 3rd
 Tuesday 8th & 22nd

Dr Hedgland – Thursday 17th

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**Always Was,
 Always Will Be.**

8-15 NOV 2020

Birthdays

Wirann Ugle Hagan	1 st
Billy McGuinness	1 st
Kylie Harradine	1 st
Grant McKenzie	2 nd
Jessie Chatfield	4 th
Crystal Litster	6 th
Aliera Harrison	10 th
Louise Wackett	11 th
Isabella Harradine	11 th
Allie Clarke	12 th
Natasha McGuinness	13 th
Lionel Chatfield	15 th
Ty Clarke	16 th
Casey Harradine	22 nd
Skye Litster-Henry	22 nd
Karina Fitzgerald	23 rd
Travis Harradine	23 rd
Trudy Clark	25 th
Brian Davis	25 th
Samuel Grinter	26 th
Matt Morrison	27 th
Teneshia Harradine	28 th
Danny Chatfield	29 th
Jamie-lee Leslie	30 th
Shayla Chatfield	31 st

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

Kirrae Health Service will be closed from the **21st** December and re-open on the **11th** January

Emergency numbers

In an emergency dial 000 to access Fire, Police or Ambulance

Council (business hours)

8.30am – 5pm Mon-Fri
Phone: (03) 5559 4800

Council (after hours)

Call 5559 4800, follow prompts to leave message or to talk to our call centre about:

- Traffic hazards.
- Safety hazards.
- storm water drainage
- stock on roads
- stray dogs
- dog attacks

Hazards on designated highways (Caramut Road, Mortlake Road and Raglan Parade) are the responsibility of VicRoads.

[VicRoads](#): 131 170

State Emergency Services ([SES](#))

Flood & Storm Emergency – 132 500

[Current Emergency Information](#)

Water

[Wannon Water Authority](#)

Phone: 1300 926 666

Injured Wildlife

Phone: 13 000 94535

[DEWLP](#) hotline: 136186

RSPCA

[RSPCA – Warrnambool Branch](#)

Phone: (03) 5561 2591

RSPCA after hours

Phone: (03) 9224 2222

Playgroup

We have finally had our first onsite Playgroup since the start of Covid, it was great to see some of our kids after such a long break and we can't wait till even more kids come along.

We will be holding playgroup in the community room as it's a bigger space and easier to socially distance.



Our first activity was NAIDOC 2020 theme Always was always will be art work and is displayed on the wall of the community room



Playgroup Covid rules

Temperature checks and Questions to be done before entering

- If you or your child have any cold or flu symptoms you cannot attend Playgroup till you are well (runny nose, fever, cough, sore throat)
- Community room to have 16 adults Max
- Social distancing will apply to all adults
- Chairs to stay where they are placed
- Food will be prepared by staff and given to children and adults on their own plates
- No children in kitchen at all (door to be kept shut at all times)
- Children to be supervised by a parent or guardian at all times
- Hand sanitiser and hand washing facilities will be available whilst playgroup operating
- All surfaces and toys to be cleaned before and after each session

Playgroup will be run in the community room as it's a larger space all toys and surfaces will be cleaned before and after each playgroup session

Face masks to be worn by all adults at all times except when eating or drinking

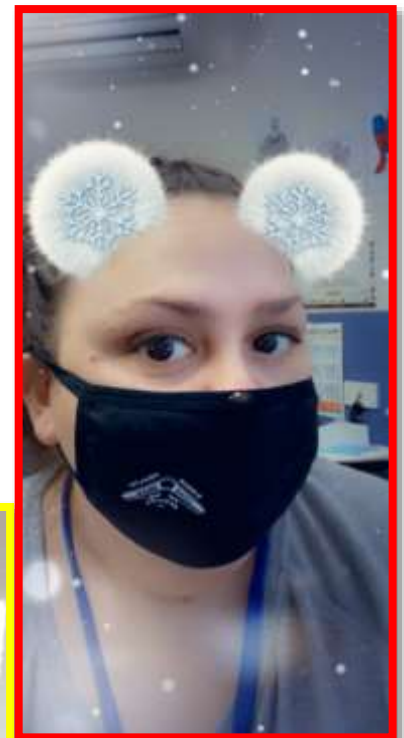
MASKS – NEW RULES

When you leave home and are outside, you no longer have to wear a mask. You **MUST** carry one with you at all times though, as you will be required to pop one on if you suddenly can't social distance.

You must wear a mask inside – i.e in shops, cafes, restaurants, health service etc.

Example:

If you go to Bunnings, you must wear a mask inside the store. When you are in the carpark, you do not have to wear a mask. If you line up for a sausage and can't social distance, you will need to pop a mask on.



NAIDOC 2020

♪ ♪ ♪ ***Always was always will be*** ♪ ♪ ♪

We were brought up learning of our Ancestors and their journeys

How they we born and taught on our lands

Some stolen away from their families, culture and homes

What fight they had to fight for

Their families and culture

Their journey to fight for our people's lands and cultural rights

Centuries on and we are still fighting for our cultural rights

Stay strong, black and proud

We are still fighting that fight till this day

We are strong, black and proud

This Always Was and Always will be our story

~ Written by Ivy Clark



We hope you enjoyed your
NAIDOC family pack and
thanks for joining in on our
COVID safe activities!

PREP/1/2 NEWSFLASH

This week the Prep, One and Two children enjoyed participating in activities to celebrate Naidoc Week and learn about Aboriginal culture.

Many thanks to our special 'guest speaker', our very own Shayla Chatfield, who visited all Prep, One and Two classrooms during the week to share some cultural artefacts, indigenous stories, the Aboriginal flag and her own amazing knowledge.

Shayla taught the Prep and One children how to say hello (ngata) and goodbye (wurruk) in the local Gunditjmara language. Well done to all the children for their enthusiasm and participation during the week.





COVID19 TESTING CLINIC AT KIRRAE



**Kirrae will soon be operating a COVID19 testing clinic
each weekday afternoon.**

As soon as it is up and running we will spread the word! You will see signage clearly pointing the way to the clinic, an electronic sign notifying you of clinic times and roadway bollards marking the paths for entry and exit to the clinic.

It is important that the day you notice any symptoms, even very mild, you book in for a test.

You will be able to call our reception to book for a test, meanwhile still call the Greater South West Respiratory Clinic on 0428606397



**HEY YOU
MOB!**

LAST MONTH WE GOT TO YARN
TO WOMEN IN OUR COMMUNITY
ABOUT THEIR HEALTH WHICH
WAS GREAT BUT THIS MONTH

**“IT’S THE
BLOKES
TURN!”**

WHEN WAS YOUR LAST SERVICE?

Knowing when to have your car checked is no different to getting your own body checked yet most men spend much more time looking after their car than themselves.

If we get aches and pains or start to get rundown emotionally or physically we typically think

**“I’ll be fine, just battle through
and things will be OK”**

But if we notice a rattle under the bonnet or a drop off in performance from our car were straight onto it! We know that if I don’t get it fixed things could get far worse and heaps more expensive!

It’s no different with your health. Ignore the signs and things could get a whole lot worse and you could end up with lots of long term health problems.

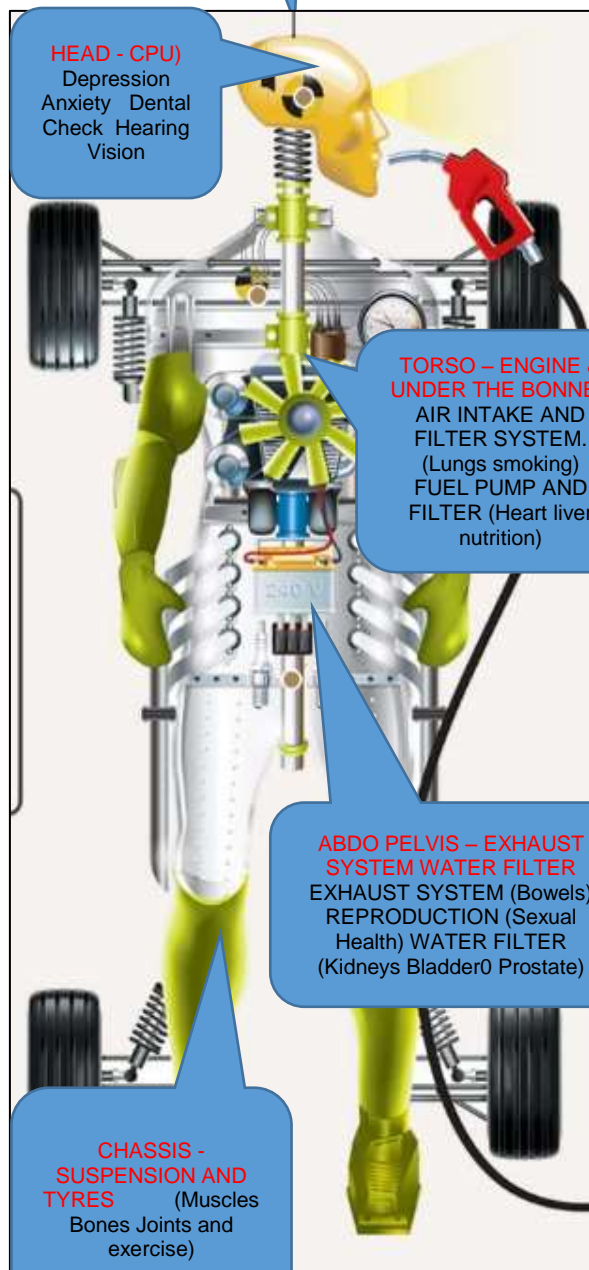
**That’s why for November we want all men
between the ages of 16-100 to call Kirrae and get a
men’s health check.**

Using the Australian Men’s Shed’s “SPANNER in the WORKS” analogy we will give you a thorough check up and service to ensure that you will be running smoothly for many years to come.

**CALL KIRRAE NOW TO BOOK IN
FOR YOUR CHECK UP AND
SERVICE**

**ALL MEN between 16-100yo WHO HAVE THERE
MEN’S HEALTH CHECK booked in**

November are eligible to receive a
**\$50 BUNNINGS and \$50 BCF
VOUCHER** when completed.



GRASS AND POLLEN SEASON

Asthmatics and Hay fever sufferers

Grass and pollen season brings an increase in asthma and hay fever. During the season, a high grass pollen count and a thunderstorm can also trigger thunderstorm asthma.

For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

The grass pollen season runs until December, so take action to prepare and protect yourself and loved ones in pollen season

If you've ever had asthma – talk to your doctor about protecting yourself and updating your asthma plan. Always carry your asthma preventer.

If you've ever had hay fever(especially experiencing wheezing and coughing with hay fever) – see your pharmacist or doctor for a hay fever treatment plan and a reliever puffer – available without a prescription from a pharmacy.

Avoid being outside during a thunderstorm – especially the wind gusts that come before the storm. Go inside and close your doors and windows. If you have air conditioning on, turn it onto recirculate.



HEALTHY ACTIVITIES

KIRRAE WALKING/RUNNING CLUB

October brought some rainy and wild days but the group still got out and hit the pavement!

As a group we covered 548kms in 85 hours!

548kms covered in 85 hours!

Download the app Strava, follow our group and join in! No amount of exercise is too small. You can record going to the park with the kids or even mowing your lawns!



SEWB News

Koko Blokes is back on after quite a “Covid” break. Welcome back boys!! See Facebook for weekly details.

Sadly our Maddi Lemmens will finish in the SEWB team at Kirrae on the 12th of November. Thank you Maddi for all you have done at Kirrae in the SEWB team and helping out in Play Group over the past two years. We wish her well as she embarks on a new chapter in her career.

There is no waiting list currently for AOD (Alcohol and Drugs) counselling or for SEWB (Social, Emotional and Well-Being) assistance so feel free to drop by or ring for a chat. We can help with counselling, advocacy, parenting assistance and mediation and can meet with you face to face now.

VACCHO has released its *Balit Durn Durn* Report to the Royal Commission on Victoria's Mental Health System. *Balit Durn Durn* aims to provide an overview of Aboriginal Communities' experience with the current mental health system and offers innovative Aboriginal-led solutions that will see the Final Report deliver transformative outcomes.

We have a copy if anyone wants to read it or you can download it at <https://vaccho.org.au/policy-advocacy/rcmh/balit-durn-durn/>



Let's talk Stress

Stress is an unpleasant emotion that virtually everyone has experienced, and or, constantly experiences. When we become stressed a tiny control tower in our brain decides to send out the order: Send in the stress hormones! These stress hormones are the same ones that trigger your body's "fight or flight" response. Your heart races, your breath quickens, and your muscles get ready for action. This response was designed to protect your body in an emergency by preparing you to react quickly. But when the stress response keeps firing, day after day, it could put your physical and mental health at serious risk. If you are feeling overwhelmed drop by and have a chat about it. A problem shared is a problem halved.

Accreditation QIC Health and Community Standards



WE PASSED WHOOHOOO!



Thanks to all our staff, clients, Board members and stakeholders who helped us pass our recent accreditation assessment!

The assessors were very complimentary about Kirrae and passed on the following comments:

- Though not large, Kirrae is a very significant organisation for its Community, whose health & wellbeing is your focus & reason for existence.
 - The Board have a strong commitment to keeping Kirrae continuing to operate, providing services that are much needed & highly valued. They have focus on good governance, sustainability, financial security, professional reputation, & quality.
 - Kirrae clearly lives & delivers on its values, most particularly in being there for its Community.
 - Led, run & staffed by people who are committed, competent, passionate, innovative, knowledgeable & dedicated
-
- Having been to many organisations, we've seen & heard a lot about community engagement & community participation. At Kirrae this has been taken to another level. I'll never think of butcher's paper the same way again!
-
- There is a culture of compassion & ensuring very vulnerable people receive quality support
 - Good understanding of the need of clients/customers/communities & of the funders, particularly government.
 - Highly regarded by clients/Community/stakeholders
 - Strong advocacy – for individuals, groups & communities
 - Admirable workforce vision & commitment
 - Excellent systems & documentation
 - Governance –good systems & guidance for: strategy & planning, accountability, collaboration & networking, finances, risk management, compliance, quality management, feedback management.....strong strategic focus & thorough analysis.

Congratulations!



	<p>1 Practise the journey to and from school</p> 	<p>2 Arrange play dates with families who will have kids at the same school</p> 
<p>3 Encourage independence – skills like dressing, packing and carrying a bag, applying sunscreen and going to the toilet</p> 	<p>4 Label all belongings</p> 	<p>5 Talk about and practise any after school arrangements</p> 
<p>6 Check start and finish times and where to drop off and collect your child</p> 	<p>7 Be positive, get your child excited, and talk about any worries they have</p> 	<p>8 Visit a library and read with your child</p> 
<p>9 Start using the name of their new teacher to help build familiarity</p> 	<p>10 Establish predictable routines including dinner, bath time and bed time</p> 	

GET READY FOR SECONDARY SCHOOL

- 1 Be positive and enthusiastic to help get your child looking forward to high school
- 2 Organise their school uniform
- 3 Arrange books, stationery and a school bag – remember to label all belongings
- 4 Learn about the new school routines – these might be very different from primary school
- 5 Help your child become familiar with travel to and from school, including a plan for public transport if required
- 6 Talk to your child about their timetable, subjects and where their classrooms are. Keep a few copies of the timetable handy
- 7 Encourage good study habits and create an environment where all interests – such as sports, tv and music – are balanced
- 8 Remind your child that nerves are normal. Encourage them to talk about any concerns they have
- 9 Encourage your child to keep in touch with their primary school friends and to make new ones
- 10 Have an emergency safety plan – be clear about who your child should contact and how

© 2008



Education
and Training

GET READY FOR YEAR 11 AND 12

- 1 Encourage your child to speak to the school careers adviser early – different pathways exist, VCE isn't the only option.
- 2 Arrange textbooks before school starts so your child can get familiar with the topics.
- 3 Have a calendar with key school dates at home.
- 4 Talk about how school is going and any concerns your child may have – let them know you're there to help while respecting their space.
- 5 Encourage your child to participate in out of school activities, such as sport and music.
- 6 Help your child develop good study habits – including regular breaks.
- 7 A balanced diet and ample rest are important.
- 8 Ensure your child knows that support is available – the school's health and wellbeing team, Kids Helpline, LifeLine, Headspace and Beyond Blue.
- 9 If your child is anxious about study or exams, try to stay calm and listen to their concerns.
- 10 Encourage your child to visit open days for universities and TAFEs. They don't have to be in Year 12 to attend.

For more information head to www.education.vic.gov.au/parents/going-to-school

HACC/CHSP

December Dates

1st December - Activity

8th December - Catered meal

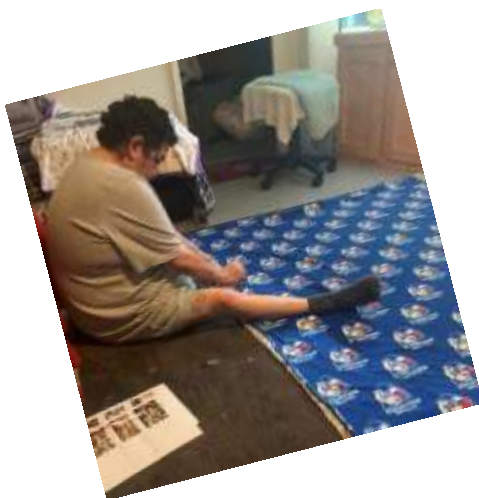
8th December – Christmas Bingo prizes to be given to winners

I have accepted a new position at Kirrae Health Service.
The position is a new role in Administration and Finance, I will be starting
in this new position at the start of next year 2021.

On Friday 11th December it will be my last day in the
Community Care & Administration Officer role.

I would like to thank everyone for their support in being
the community care Officer over the last 3 years.
I wish all of our HACC PYP & CHSP clients all the best,
I will see you all around the centre and community.

I would like to wish everyone a very
Merry Christmas and Happy New Year



Beef Waldorf Salad

Raw fruit and vegetables in the recipe are a great source of essential vitamins and minerals.

- Gluten Free and Iron Rich

Nutritional Information

Serve 4 people

Ingredients

- beef - fillet steak | 2 pieces
- oil - extra virgin olive | 0.25 teaspoon
- radishes - thinly sliced | 250g
- carrot | 3
- capsicum - yellow | 1 small
- celery - stalks | 3
- spring onions | 3
- walnuts | 35g
- sultanas | 55g
- apples - green | 2 small
- lemon - juice | 2 teaspoons
- rocket | 100g
- mustard - wholegrain | 2 tablespoons
- mayonnaise - fat free | 0.25 cups
- yoghurt - natural (low fat) 0.25 cup



Dietitians Note

Instead of fillet steak, use a 300 g lean sirloin steak, cut about 2 cm thick. Use the large white radish called daikon instead of red radishes. It is easy to grate by hand or in a food processor. Roast beef and rice waldorf Mix 300 g cubed leftover roast beef and 1 1/4 cups (250 g) brown rice, cooked and cooled, into the apple and vegetable salad. This is also good made with cooked chicken.

Method

1. Brush the steaks with the oil and season with pepper. Heat a ridged cast-iron grill pan or non-stick frying pan over a medium-high heat until hot. Add the steaks and cook for 3 minutes on each side for medium-rare or 4 minutes on each side for medium. These cooking times are for 2 cm steaks; adjust slightly for more or less than this thickness. Remove the steaks from the pan and leave to cool for at least 15 minutes.
2. Meanwhile, make the dressing. Put the mustard, mayonnaise and yogurt in a small bowl and stir until combined.
3. Put the chopped radishes, carrots, yellow capsicum, celery, spring onions, walnuts and sultanas in a large bowl. Quarter and core the apples, then cut them into 2 cm cubes and toss in the lemon juice. Add to the bowl with half of the dressing and turn to coat everything well. Season with salt and pepper to taste.
4. To serve, pile the rocket on four plates and spoon the apple and vegetable salad alongside. Cut the steak into thin slices and arrange on top. Spoon the remaining dressing over the top or hand it round separately in a jug.

Warm Pumpkin, Beef and Spinach Salad

A delicious, tangy winter salad with warm roasted pumpkin

Nutritional Information Serves 4 people

Ingredients

- Pumpkin | 1kg
- Garlic | 2 cloves
- Cumin - ground | 1 tbs
- Spinach - baby leaves | 200g
- Chickpease - canned | 420g
- Coriander - fresh | 0.5 bunch
- Beef - lean rump steak | 500g
- Yoghurt - natural (low fat) | 200g
- Lemon - juiced | 0.25
- Honey | 0.5 tsp
- Cumin - ground | 0.25 tsp



Dietitians Note

Baby spinach is a source of non-heme iron. This type of iron is harder for our body to use compared to heme iron (the kind we find in meat). To boost our absorption of non-heme iron try adding vitamin C rich vegetables (such as capsicum). Variation: Add 300g blanched green beans or asparagus. Replace chickpeas with drained no-added-salt cannellini beans, butter beans or four

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Place 1 1/2cm pumpkin cubes in a single layer on a oven tray lined with baking paper. Add unpeeled garlic cloves.
3. Lightly spray with oil, sprinkle with 1/2 tablespoon cumin and roast in the oven for 25-30 minutes or until tender, turning halfway through cooking.
4. Meanwhile, in a large bowl combine spinach, drained chickpeas and chopped coriander.
5. Lightly spray a large non-stick frypan with oil and place on medium to high heat.
6. Sprinkle 1/2 tablespoon cumin onto both sides of steak.
7. Grill for 3 minutes each side or until cooked to your liking.
8. Remove from heat, cover and set aside to rest for 3 minutes before slicing thinly.
9. To make dressing, squeeze cooked garlic out of its skin and mash in a small bowl.
10. Add in yoghurt, lemon juice, 1/4 teaspoon cumin and honey; mix to combine.
11. To serve, divide salad ingredients among serving plates then top with pumpkin and beef.
12. Pour dressing over salad just before serving or serve in individual dishes on the side.

Lamb Cutlets with Potato, Hazelnut and Rocket

A great Aussie favourite with a twist and a perfect recipe to complement any barbeque or picnic. Try these grilled lamb cutlets on a bed of potato, asparagus and rocket and complimented with a mix of hazelnuts and spices.

Nutritional Information Serves 4 people

Ingredients

- potatoes - chat | 12
- asparagus | 1 bunch
- lamb - cutlets | 8
- paprika - smokey (ground) | 1 tsp
- hazelnuts | 0.5 cup
- rocket | 75g
- vinegar - red wine | 2 tbs
- mustard - wholegrain | 2 tsp
- oil - olive | 1 tbs



Method

1. Slice the potatoes into 1cm thick pieces. Steam or boil the potatoes until tender
2. Trim the asparagus, steam or boil until tender and set potatoes and asparagus aside
3. Spray the cutlets with a little olive oil spray and sprinkle with paprika
4. Heat a large stovetop grill over medium high heat
5. Grill the cutlets (in batches if necessary) for 2-3 minutes on each side or until cooked to your liking. Set aside to rest
6. To serve, toss the potatoes with the asparagus, roughly chopped hazelnuts and rocket
7. Drizzle with combined red wine vinegar and mustard
8. Divide between serving plates and top with cutlets

Dietitians Note

Don't forget to trim visible fat off meat. The type of fat we find on meat is high in saturated fat which can increase our risk of cardiovascular disease.





Getting Ready for Christmas



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

CANDY CANE
CHRISTMAS
ELF
HOHOHO
HOLLY
JOLLY
JOY
LIGHTS

MISTLETOE
NOEL
ORNAMENTS
PRESENTS
REINDEER
RUDOLPH
SANTA
SLEIGH

SNOW
STAR
STOCKINGS
TINSEL
TRAIN
TREE
WINTER
WREATH



Christmas Day

December 25th



CANDY
CANE
CAROLING
CHRISTMAS
DECEMBER
HOLLY
LIGHTS
MERRY

MISELTOE
NORTH
POLE
PEACE
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH

SNOWMAN
STAR
STOCKING
SUGARPLUM
TREE
WREATH



December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
		Playgroup Fruit delivery Dr hall		Dr Chandan		
6	7	8	9	10	11	12
		Dr Chandan	Chiropractor			
13	14	15	16	17	18	19
	Massage			Dr Hedgland		
20	21	22	23	24	25	26
	<u>Kirrae Closed</u>	<u>Kirrae Closed</u>	<u>Kirrae Closed</u>	<u>Kirrae Closed</u>	Christmas Day	Boxing day
27	28	29	30	31	1	2
	<u>Kirrae Closed</u>	<u>Kirrae Closed</u>	<u>Kirrae Closed</u>	<u>Kirrae Closed</u>	New Year's Day	

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Purnim, Vic, 3279

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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 blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend 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