



OCTOBER 2025

Playgroup halloween Oct 28!



.TRICK.
OR.
.TREAT.



Birthdays



Charlotte 2nd

Phyllis 3rd

Breanna 5th

Latara 7th

Violet 8th

James 9th

Lucas 9th

David 10th

Amos 9th

Levi 14th

Jerome 30th

Rickey 13th

Seanna 13th

Troy 18th

Phillip 20th

Scarlett 22nd

Brittney 23rd

Hunter 24th

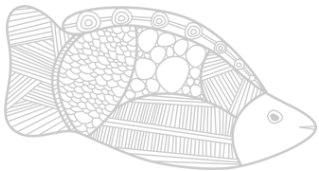
Carmel 28th

Karen 28th

Kaawirn 29th

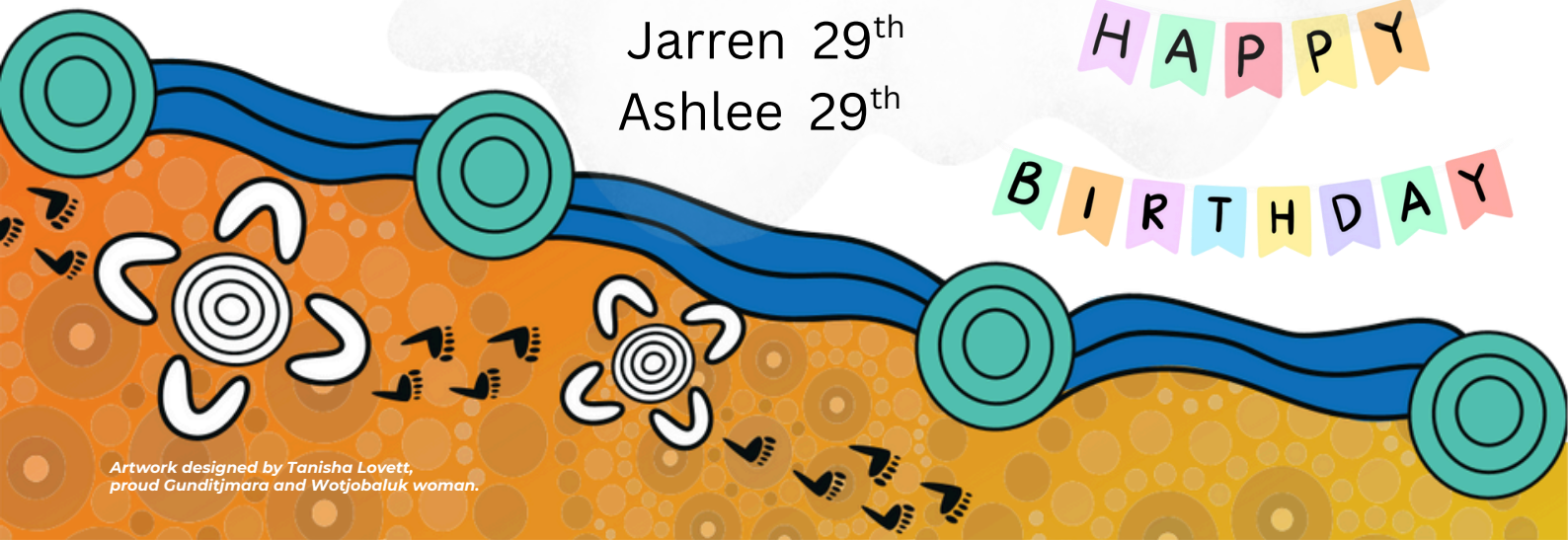
Jarren 29th

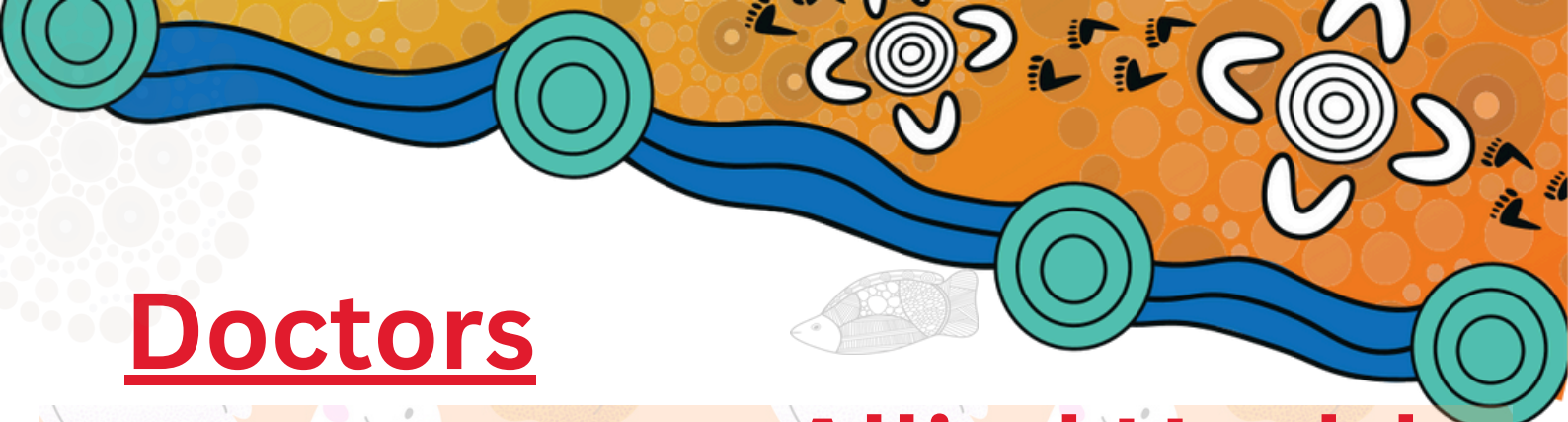
Ashlee 29th



HAPPY

BIRTHDAY





Doctors

Dr Hall

Tuesday 7th

Dr Chandan

Tuesday - 7th, 14th
21st, 28th

Friday -
3rd, 10th, 17th, 23rd

Dr Hedgland

Thursday 16th

Allied Health

Osteo - Lily

Thursday 2nd

Chiropractor - Yoshi

Thursday 30th

Podiatry - Tanya

Tuesday 28th

Audiology- Tim Rayner

Thursday 2nd



Medications

Hi Community!

Chemist runs are limited to Tuesdays and Fridays, with fortnightly Webster pack collection and delivery as usual.

As always, you are welcome to pick up and pay for your own medications at any time, keeping the receipt for relevant reimbursements.



Ph: 5567 1270





Doctor Appointments

If you need a GP appointment for more than one issue or for something that will take longer than 15 minutes, make sure that you discuss it with our reception staff when making your appointment. This helps to ensure they can book the correct appointment to suit your needs.

For 2 or more issues you will need a long consult

Some examples
may be:

What is the reason for your appointment?

Standard appointment (1 concern) ▶

Long consultation ▶

Discuss my Results appointment ▶

Implanon Insert/Removal ▶

Care Plan ▶

Childhood Immunisation ▶

EPC APPOINTMENTS

WHAT IS AN EPC FROM A GP?

AN ENHANCED PRIMARY CARE PLAN (EPC) IS A REFERRAL THAT IS WRITTEN BY YOUR GP WHICH PROVIDES ELIGIBLE PATIENTS WITH MEDICARE-SUBSIDISED ALLIED HEALTH APPOINTMENTS, LIKE PHYSIO AND PODIATRY.

If you are Aboriginal and undertaking a health assessment, these forms may be completed at the same time between you and the GP and Health Team.

Alternately if you already have a current health assessment with Kirrae and need an EPC form completed, you just need to talk to our Health Team who will help sort out the forms for you.

Once completed this will allow you to receive 10 medicare subsidised allied health appointments such as Physio, Chiro, Osteo and Podiatry. You are eligible for 10 appointment across a 12 month period. Funding is tight, so these eligible appointments really make a difference to both you and Kirrae!

(Please note: non Aboriginal clients require a Chronic Disease Management Plan to receive 5 Medicare subsidised EPC appointments).

What you will need to pay at the time of your appointment:

1. The Health Team and our GP will work with you to get an EPC form signed for the allied health place/s of your choice from our list of EPC providers and send it off
2. Kirrae can assist you in making the appointments and must know when and where the appointment is in advance
3. You attend the appointment and state that its an EPC appointment
4. **You will be required to pay the full amount for the appointment. Ensure you take your Medicare card with you and KEEP THE RECEIPT TO GIVE TO KIRRAE.**
5. You will get a partial reimbursement back from Medicare into your allocated bank account that is linked to your Medicare
6. Kirrae will then pay you the difference between your medicare reimbursement and the full amount you paid at the appointment. **(so in the end, it will cost you nothing)**

Call us if you need any help with this process, we are glad to help 5567 1270



Kirrae Health Service Incentive Program 2025

Indigenous Clients	Indigenous Clients who only have a Health Check	Non Indigenous Clients who are connected to community through: Having an Aboriginal spouse, Aboriginal children, are the carers for Aboriginal children or grandchildren	Non indigenous Clients
If you come to Kirrae for your regular health care, regularly utilise our GP clinic, have a current Health Check (715) and have registered Kirrae as your MyMedicare clinic of choice, Kirrae incentives include: ★ Gym, swim, indoor bath house ★ Medication as prescribed or advised by the doctor in writing ★ 10 EPC's (see attached list of available providers) specialist appointments ★ tests ★ Onsite allied health ★ Deadly choices AFL or NRL top for the team of your choice (each year the top is dated for that calendar year) Chronic Disease clients with a Chronic Disease Management Plan undertaken at Kirrae will be eligible for extra EPC sessions Koori Crocs If you book into and attend a 20 minute follow up health check/review appointment with one of our nurses within 3 months of your health check sign off, you will receive an awesome pair of Koori Crocs! Alternately, if you have a Chronic Disease and have your Chronic Disease Management Plan completed at Kirrae, you will receive a pair of Koori Crocs.	If you come to Kirrae and just undertake a Health Check (715) with us, Kirrae incentives include: ★ Deadly choices AFL or NRL top, from the team of your choice (each year the top is dated for that calendar year) Koori Crocs If you book into and attend a follow up health check/review appointment within 3 months of your health check sign off, you will receive an awesome pair of Koori Crocs!	If you come to Kirrae for your regular health care, regularly utilise our GP clinic, have a current 715 and have registered Kirrae as your MyMedicare clinic of choice and engage with other services or programs, Kirrae incentives include: ★ Gym, swim, indoor bath house ★ 5 Allied Health appointments with an approved allied health provider (see attached list of available providers) ★ Prescription only medication ★ Onsite allied health Some chronic disease clients with a Chronic Disease Management Plan undertaken at Kirrae may also receive medication, specialist and test appointments Koori Crocs If you book into and attend a 20 minute follow up health check/review appointment with one of our nurses within 3 months of your health check sign off, you will receive an awesome pair of Koori Crocs! Alternately, if you have a Chronic Disease and have your Chronic Disease Management Plan completed at Kirrae, you will receive a pair of Koori Crocs.	★ Not eligible for the incentive program

CONGRATULATIONS

CONGRATULATIONS

Top 10

WARRNAMBOOL & DISTRICT
FOOTBALL NETBALL LEAGUE
2025 BEST AND FAIREST







A-RESERVE
JAYNAYA
MILLER=5TH

16 VOTES

"THE CREEK GO MARCHING IN"

CONGRATULATIONS

2025

WARRNAMBOOL & DISTRICT
FOOTBALL NETBALL LEAGUE



TEAM OF THE YEAR





BACK FLANK
JYAH
CHATFIELD

"THE CREEK GO MARCHING IN"

CONGRATULATIONS



KOBI
CHATFIELD

62 goals



WARRNAMBOOL & DISTRICT
FOOTBALL NETBALL LEAGUE
2025 UNDER 18'S



LEADING GOAL KICKER

"THE CREEK GO MARCHING IN"

CONGRATULATIONS

Top 10

WARRNAMBOOL & DISTRICT
FOOTBALL NETBALL LEAGUE
2025 BEST AND FAIREST







SENIORS
4TH JYRAN
CHATFIELD

16 VOTES

"THE CREEK GO MARCHING IN"



**Elder Care
Support**
Community-led
Pathways to Care

***Our Elder Care Support team attended the
National CHSP Conference held at Marvel Stadium
in Melbourne***

***It was a great opportunity for our team to bring
back some knowledge to better assist our Elders
in navigating My Aged Care and Assessments***





Let's yarn about ageing well

The new Aged Care Act

Culturally safe care for older Aboriginal and Torres Strait Islander people.

Aged care is important. It gives older people the support they need to age well and stay at home for longer. The new Aged Care Act starts from 1 November 2025 and will help to make aged care better for Aboriginal and Torres Strait Islander people.

New laws to protect older people

The Royal Commission into Aged Care Quality and Safety (the Royal Commission) found that the existing laws to protect older people in aged care were no longer working well.

The Royal Commission found these laws were written about providers and how to fund them – not the needs of older people who use aged care services.

A new Aged Care Act (the new Act) will replace these existing laws from 1 November 2025.

Big changes on the way

The new Act will apply to services that are delivered in residential care homes, as well as care given to older people in their own home or community.

The new Act will:

- contain a Statement of Rights for all older people accessing aged care services
- make it easier to access aged care services
- increase options for culturally safe aged care assessments
- improve the rules around how aged care is set up to make sure that older people get better quality care
- enable connection to culture, including staying connected to community and Country



Australian Government
Department of Health,
Disability and Ageing

- 
- increase the government's ability to step in and act if services are not good enough or not running well.

The new Statement of Rights includes the rights for older people to:

- make their own decisions about their own life
- have their decisions not just accepted, but respected
- get information and support to help them make decisions
- communicate their wishes, needs and preferences
- feel safe and respected
- have their culture and identity respected
- stay connected with their community.

What does the new Act mean for older Aboriginal and Torres Strait Islander people?

The new Act will give older people more choice and control when using aged care services. It will support them to choose what care and services they want and help them receive it.

Aged care providers will be required to deliver services that are high quality and culturally safe for older Aboriginal and Torres Strait Islander people.

Cultural safety in aged care

The Statement of Rights recognises that older Aboriginal and Torres Strait Islander people have a right to access aged care services that are culturally safe, trauma aware and healing informed. An older person can work through the Statement of Rights with providers as part of their care plan to meet these needs.

Older Aboriginal and Torres Strait Islander people will also have the right to stay connected with their community, Country and Island Home. It also recognises that people have the right to have their identity, culture, spirituality and diversity valued and supported.

Aboriginal and Torres Strait Islander Assessment Organisations

Under the new Act, older Aboriginal and Torres Strait Islander people can access Aboriginal and Torres Strait Islander aged care assessment organisations, if they are available locally. We are working closely with the sector to phase in these services.

Aged care assessments help older people understand what sort of services are right for them. Getting an assessment is the first step to accessing aged care services in Australia. Aboriginal and Torres Strait Islander assessment organisations will be rolling out in a phased approach from August 2025.

OCTOBER



Social Support / Community lunch dates

Community Lunch - Tuesday 7th



Social Support Lunch - Whalers Hotel - Tuesday 14th

Community Lunch - Tuesday 21st

Social Support Lunch - Allansford Hotel - Tuesday 28th



**Members draw every
community lunch**

BINGO
WEDNESDAY
29TH OCTOBER



GAME | PRIZE | LUNCH



Little Sistass



Women's Health Night

A great night with lots of great information, games, goodies, new ideas and gorgeous woodfired pizza!



Social & Emotional Wellbeing

Call reception and ask to speak with some one from the SEWB Team if you need support for...

- Social and Emotional Wellbeing
- Alcohol & other drug use
- Youth



After hours crisis support lines

Available 24/7

13 Yarn : 13 92 76

Lifeline Call : 13 11 14 OR text - 0477 131 114



Playgroup Disco Party



LGBTQIASB+

Podcasts to check out!



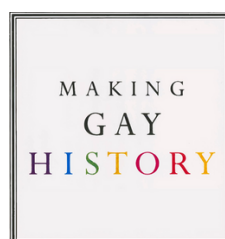
Queer as fact



LGBTQ&A



Hide and Seek



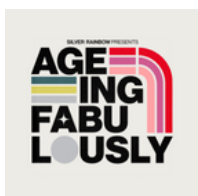
Making Gay history



**Getting better with
Jonathan Van Ness**



I can explain



Ageing Fabulously



Queerstories



Wear it Purple Day 2025

Warrnambool Free Community Meals



MONDAY

Anglicare **BREAKFAST** 10am-11:30am (Monday-Thursday)

230 Koroit street

St Joseph's Parish Hall **DINNER** 5:30pm-6:30pm

69 Kepler Street

TUESDAY

Presbyterian Church **BREAKFAST** 8am-9am

cnr. Kepler & Spence Street

Emmanuel College Canteen **DINNER** 5:30pm-6:45pm

(School Terms only & Not on Public Holidays)

Enter via Ardlie Street carpark

WEDNESDAY

Uniting Church **LUNCH** 12noon

115 Koroit Street

THURSDAY

The Salvation Army **BREAKFAST** 7:30am-9am

58-60 Mortlake Road

FREE Showers available at:

UNITING CHURCH (115 Koroit St)

Between 9am-1pm

Tuesday to Friday

(enter from the back carpark area)

ANGLICARE (230 Koroit St)

10am-12noon

Monday to Friday

THE SALVATON ARMY (58-60 Mortlake Road)

9:30am-4:30pm

Monday to Friday

Need to bring your own towel



Emergency Food Relief

ANGLICARE (115 Koroit Street)

10am-12noon

Monday to Friday

THE SALVATION ARMY (58-60 Mortlake Road)

9am-5pm

Monday to Friday

NAME: _____

DATE: _____

JUNGLE ANIMALS WORD SEARCH

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

RHINOCEROS

ALLIGATOR

CROCODILE

ARMADILLO

ANTEATER

KANGAROO

ELEPHANT

OSTRICH

GIRAFFE

LEOPARD

BABOON

BOBCAT

JAGUAR

MONKEY

ZEBRA

TIGER

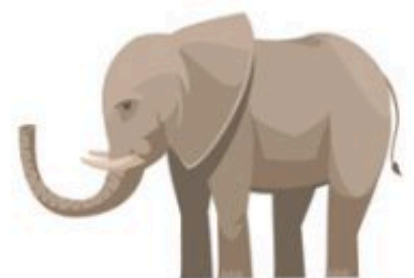
SNAKE

HYENA

WOLF

PUMA

LYNX



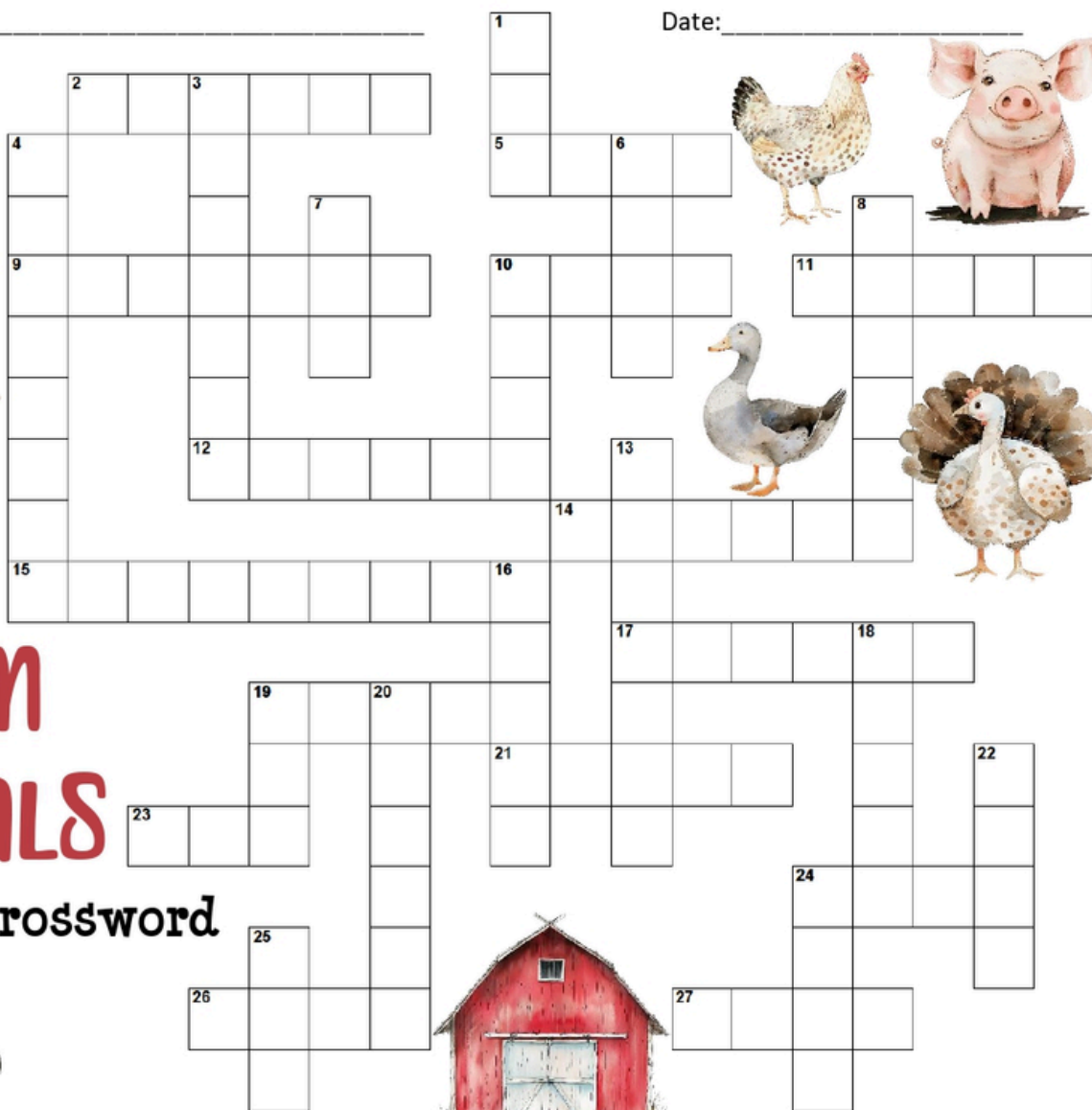
Name: _____

Date: _____



FARM Animals

Crossword



Across

2. Similar to a llama, known for its fleece
5. Quacks & likes water
9. Lays eggs
10. Male cattle
11. Baby dog
12. Baby cat
14. Known for its stubbornness
15. Small, furry pet often found on farms
17. Building where horses are kept
19. Used for riding and racing
21. Provides wool
23. Likes to roll in mud
24. Place where animals & crops are raised
26. Known for climbing & eating almost anything
27. Elegant bird often found in ponds

Down

1. Baby goat
3. Bird with colorful feathers
4. Baby duck
6. Baby cow
7. Female chicken
8. Often eaten at Thanksgiving
10. Building where animals are kept
13. Male chicken that crows
16. Honking birds often in flocks
18. Has a long neck & soft wool
19. Another word for a pig
20. Has long ears and hops
22. Baby sheep
24. Baby horse
25. Produces milk

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Colour me in! (if you dare...)

TRICK OR TREAT?



Homemade
GIFTS MADE EASY



Feedback

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



1800 184 527

Webchat

qlife.org.au

3PM TO MIDNIGHT, EVERY DAY

**1 Kirrae Avenue,
Purnim, Vic 3278**

Ph: 03 5567 1270

Fax: 03 5567 1376

Email: info@kirrae.org.au