



MARCH NEWSLETTER

2023

CTG day at KHS

Thursday March 16th

10am - 2pm

BBQ Lunch provided

*Mini Gym sessions

*Art Competition

*Body Shop

*Martial Arts

*Massage

*Walk

*First Aid

*Health



CLOSE THE GAP

OUR HEALTH
OUR VOICE
OUR CHOICE

MARCH

JAXX CHATFIELD 3RD
PIPER CHATFIELD 4TH
KIANA HARRADINE 7TH
MIA CHATFIELD 8TH
RONALD CHATFIELD 8TH
SHANE HARRISON JR 9TH
BRIAN CHATFIELD 10TH
VIOLET CLARK 13TH
LEILANI CLARK 13TH
LINCOLN CLARK 14TH
FAY CLARK 17TH
JASPER CLARIDGE 19TH
MERINDA UGLE-HAGAN 24TH



Sorry if any of the Birthdays are wrong. If so can you please come update your details at Reception.

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

Whats on

Doctors

Dr Hall

Tuesday 7th

Dr Chandan

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

Dr Hedgland

Thursday 16th



Massage

Monday 6th & 20th

Chiropractor

Thursday 23rd

Diabetes Ed

Tuesday 28th

Dietician

Tuesday 28th

Podiatry

Monday 6th

Optometry

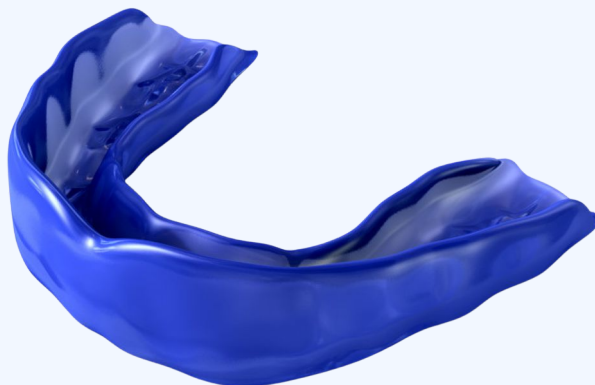
March 21st

MOUTH GUARDS

**FREE sport mouth guards
for Children under 18 yrs**

**Fitted at SWHC Dental clinic on
Friday March 24th from 8.30am till
10.30am**

**Please Call us on 55671270 to book a
spot**



HACC/CHSP

Community Lunch

Tuesday March
14th & 28th

HACC/CHSP Lunch

Tuesday March
7th & 21st



Bingo

Wednesday March
22nd - 11am



Members Draw
Drawn at our
Community Lunches

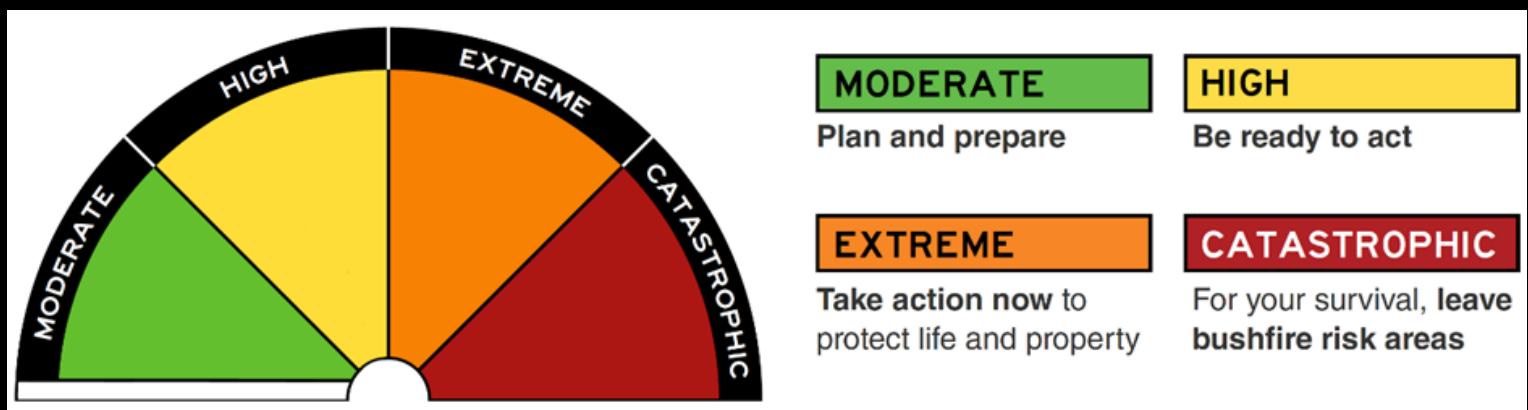


Fire Danger Ratings tell you how dangerous a fire could be if one started.

They are important because they help you decide what actions to take to protect yourself and others from bushfires and grassfires.

A new Fire Danger Rating system was introduced in 2022 across Australia so whether you're at home or travelling, you will see the same rating system.

The new Fire Danger Ratings





NO SMOKING

WITHIN 4 METRES OF
THE KIRRAE BUILDING

SECOND HAND SMOKE CAN
AFFECT EVERYONE

**Our Future is Our Mob,
Our Mob is a #SmokefreeMob
A Smokefree Mob is a #StrongMob**



GO MOB!
#smokeFreeMob
#strongMob



HEARING LOSS AWARENESS WEEK!

Sorry, can you
repeat that?



March 1st - 7th "To hear for life,
listen with care"

**HEARING CARE FOR
ALL! SCREEN,
REHABILITATE.
COMMUNICATE.**



Good hearing and communication are important at
all stages of life.

PROTECT YOUR HEARING

- ★ Reducing noise can protect you from hearing problems in the future
- ★ Most cases of deafness are caused by noise damage, that is irreversible.
- ★ The louder the sound, the less time in your life you can safely listen to it.

**TURN
DOWN
THE
MUSIC**

**WEAR EAR
PROTECTION**

**TURN
DOWN
THE
TV**

DEADLY TOOTH TIPS

TIPS TO KEEP TEETH HEALTHY



BRUSH WELL

Deadly teeth need brushing twice a day - every morning and every night.

It's good to have your teeth checked by a dentist.

Brushing your teeth with fluoride toothpaste makes your teeth strong and healthy.

Dirran the Kangaroo

Dirran is the Yorta Yorta word for teeth.

Artist: Madison Connors, a proud and strong Yorta Yorta (Wolothica), Dja Dja Wurrung and Kamilaroi woman and mother to two boorais



dental health
services victoria
oral health for better health

2021

DEADLY TOOTH TIPS

TIPS TO KEEP TEETH HEALTHY



DRINK
WELL

Tap water is the best drink for everyone - it keeps your teeth and body healthy.

Tap water contains fluoride, which protects our teeth from tooth decay.

Wala the Playtupus

Wala is the Yorta Yorta word for water.

Artist: Madison Connors, a proud and strong Yorta Yorta (Wolothica), Dja Dja Wurrung and Kamilaroi woman and mother to two boorais



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DEADLY TOOTH TIPS

TIPS TO KEEP TEETH HEALTHY



EAT
WELL

Fresh foods help
you grow, play
and learn.

Eating fresh foods helps
keep your teeth and
body healthy.

Watch out for sugar. Choose fresh foods
rather than processed foods.

Wala the Playtupus

Dhuna (pronounced thuna) is
the Yorta Yorta word for eat.

Artist: Madison Connors, a proud
and strong Yorta Yorta (Wolothica),
Dja Dja Wurrung and Kamilaroi
woman and mother to two boorais



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Are you eligible for COVID19 antiviral medication?

If you test positive for COVID19 you may be eligible for antiviral medication. The sooner you start taking them to better off you will be.

Community members who have taken the medication highly recommend them!!

You may be eligible if you are:

- Aged 30 or older if you are Aboriginal or Torres Strait Islander
- Aged 50 and over with certain health conditions
- Aged 70 and over
- Have a weakened immune system, disability or are born with heart disease

We can arrange a telehealth appointment for you with a local GP or a virtual ED department. Make sure you give us a call as soon as you can.

Playgroup News

UPCOMING Events

**Close the Gap
Day at Kirrae
Thursday 16th
March**

PLAYGROUP BIRTHDAYS



playgroup News



Home care packages

MYTHBUSTERS!

Everyone is charged a basic daily fee

Fiction!

Providers are able to choose whether or not they charge a basic daily fee. If your favourite potential provider does charge one, try negotiating this with them before you sign your Home Care Agreement, as some may be willing to waive this fee.

Fun fact!

None of the providers CareAbout recommends will charge you the basic daily fee.

Don't know what the basic daily fee is? [Learn more here.](#)

Most of your Home Care Package goes towards fees

Fiction!

This does depend on the provider you're with. But from 1st January 2023 Home Care fees are capped at 35%. This means Home Care providers cannot charge more than 20% of their package level for Care Management and more than 15% for Package Management. If you're self-managing your Home Care, your fees should be less than 20%.

Once you've been assigned a Home Care Package, you have it for the rest of your life

Fact!

Once you have been assigned your Home Care Package, it's yours for life.

Not-for-profit providers are better value

Fiction!

Most non-profit Home Care providers charge the same (and often more) than for-profit providers.

If you change providers, you'll lose all of your unspent funds

Fiction.

You won't lose any of your unspent funds if you decide to change the provider you're with. The funds are yours and cannot be taken away from you. When you sign with your new provider, any unspent funds will go with you.

If you're offered an interim Home Care Package but choose not to accept it, you'll lose your place in the National Prioritisation Queue and have to start again

Fiction!

If you choose not to accept an interim, lower-level Home Care Package while you're waiting for your assigned Package, you won't be penalised in any way. Your place in the National Prioritisation Queue will remain the same and you'll continue waiting.

Once you choose a provider, you're stuck with them

Fiction.

You can change your Home Care provider at any time. If the provider you've chosen isn't meeting your needs and you don't feel like you're getting the care and support you deserve, you can transfer your Home Care to a new provider. Learn more about transferring your Home Care Package.

Your provider dictates the services you receive

This one can be both fact and fiction.

Your provider doesn't get to tell you which services you're going to get – that choice will always be yours. However, if the provider you've chosen doesn't deliver a particular service (and won't broker this service), then that does mean that the provider will say you can't have that service.

You can only have one Home Care provider, for example, you can't have your cleaning and gardening services delivered by one provider and your personal care and nursing services delivered by another provider.

So, when you're choosing your provider, make sure the one you pick has all of the services that you want.

If you have a CHSP provider, you have to stay with them once you get your Home Care Package

Fiction.

The choice of a Home Care provider is yours, and you can choose any provider you like. Many people decide to stay with their CHSP provider because it seems like the easiest choice at the time. But, we recommend that you do have a look at other providers to make sure you are getting the best value from your Home Care.

You can't receive Commonwealth Home Support Program services AND Home Care Package services at the same time

Fiction.

In some cases, you can receive both Commonwealth Home Support Program (CHSP) and Home Care Package support. Often, you'll receive CHSP along with your Home Care Package if the Package you have is not enough for you to live safely at home.

The CHSP is likely to be a temporary supplement to your Home Care Package while you wait to receive a higher level Home Care Package.

Once you've been assessed, that's it. You can't be assessed again.

Fiction!

If your needs change over time and you don't think your current level of Home Care Package is enough, you can ask to be assessed again. Your current provider can help you to apply for a reassessment, or you can contact My Aged Care directly.

You must be able to prove that your current level of support is not enough – so if you're not using all of the funding in your Home Care Package (or if you're stockpiling some of it for a later date), this may suggest to the assessor that you don't in fact need all of the funding and care you've been allocated.

Learn more about getting reassessed and applying for a higher-level Home Care Package.

Wait times for a Home Care Package are sometimes 3 years long!

Thankfully, this is now fiction.

Not too long ago, some people were in fact waiting 3 years before they received their Home Care Package (generally Level 4 Packages). Now, you're likely to be offered some level of Home Care Package within 6 months. It may be a lower level of Home Care Package than the one you were approved for, but the idea is that you can get started with much-needed care and support while you continue to wait for your higher-level Home Care Package.

A Home Care Package can pay for home renovations

Fact.

The modifications to your home must be needed in order for you to remain living safely at home. In most cases, these renovations are to the bathroom, to ensure that it is safe, and you do not need to step in and out of a bath, for example. Modifications covered by the Home Care Package are, e.g. installing easy access taps or grab rails in the toilet, bath and/or shower.

Exclusions are for example:

- Home modifications that don't support ageing safely e.g., non-accessible bathroom and kitchen modifications; non-standard fittings in accessible bathroom modifications (e.g., mosaic tiles)
- Home modifications requiring development applications
- Aesthetic modifications of any kind
- Significant changes to the floorplan of the home, such as adding a new bathroom or extension.

THAT'S DEADLY!



COMMUNITY NEWS!



SHAKIRA
Koorie Leader

BUNGARIE
Sports Captain
&
Koorie Leader

ALYSSA
Sports Captain

Well done to all those who
have been appointed
leadership positions @
Jamieson Primary!
You will do great!



THATS DEADLY!



COMMUNITY NEWS!



Good catch Auntie Fay!

Send us your stories



Please email all your deadly stories 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!**

KALAT GIRLS ART COMPETITION

Calling on all Community Local Artists to enter a design for a Mosaic Path that celebrates

"For Our Elders" for NAIDOC 23.

Elders will pick the winner and the chosen design will win a trip away, to a place of their choice, up to \$3000 value.

OUR ELDERS

"They guide our generations and pave the way for us to take the paths we can take today. Guidance, not only through generations of advocacy and activism, but in everyday life and how to place ourselves in the world."

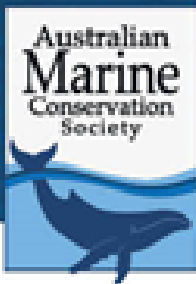
The path will weave its way through the landscape at the front of Kirrae Health Service and will incorporate some seating.

Each Kirrae Health Service group, Kalat, Little Sistas, Koko Blokes, Men's, Women's, Play Group and the Elders will all contribute by completing various sections of the design. Once all completed, the sections will come together to form the whole. Which is symbolic of community – individuals coming together.

Send entries to
hvafidis@kirrae.org.au
or into KHS reception

Entries due by 1st of March





Australian State / Territory Commitments

Ban on Single-Use Plastics

As of 1 February 2023

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
Lightweight plastic bags	✔	✔	✔	✔	✔	✔	✔	✔
Straws	✔	✔	✔ 2025	✔	✔		✔	✔
Drink stirrers	✔	✔	✔ 2025	✔	✔		✔	✔
Cutlery	✔	✔	✔ 2025	✔	✔		✔	✔
Polystyrene food + drink containers	✔	✔	✔ 2025	✔	✔		✔	✔
Plates + bowls	✔ 2023	✔	✔ 2025	✔	✔ 2023		✔	✔
Cotton bud sticks	✔	✔		✔ 2023	✔ 2023		✔	✔ 2023
Microbeads	✔ 2023	✔	✔ 2025	✔ 2023				✔ 2023
Heavyweight plastic bags	✔ 2023		✔ 2025	✔ 2023	✔ 2024			✔
Fruit + veggie produce bags					✔ 2024			✔ 2024
Plastic cups + lids					✔ 2024			✔
Coffee cups containing plastic					✔ 2024			✔ 2024
Helium balloons			✔ 2025					
Plastic takeaway containers	✔ 2023				✔ 2024			✔ 2024

KEY: = Banned = Ban yet to commence = Proposed (subject to consultation)

Notes: Green ticks are only given for bans that are currently in effect. Blue ticks represent commitments or regulated bans yet to take effect. Orange ticks represent proposed items undergoing public consultation. Australia's Environment Ministers have identified eight priority plastics for industry to phase out nationally by 2025, although this is understood to be voluntary. These are lightweight plastic bags; plastic products misleadingly termed as 'degradable'; plastic straws; plastic utensils and stirrers; expanded polystyrene (EPS) consumer food containers; EPS consumer goods packaging (loose fill and moulded); and microbeads in personal health care products. In addition to the plastics listed above, some jurisdictions are also banning other plastics such as balloon sticks, balloon ties, plastic soy sauce fish, and pre-packaged cutlery/straws (i.e. on juice boxes).

Feedback

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

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Purnim, Vic 3278

Ph: 03 5567 1270

Fax: 03 5567 1376

Email: info@kirrae.org.au

