



Cough, cold, fever, runny nose, sore throat? Loss of taste or sense of smell?  
**ANY** symptoms at all, no matter how mild, call reception to book a COVID19  
test immediately

**Yoga with  
Yoshi pg 7  
Got an injury?  
pg 6!**

# August 2021

## Doctors

Dr Hall – 3<sup>rd</sup>

Dr Chandan – Tuesday 3<sup>rd</sup>  
10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup>

Dr Hedgland – Thursday 19<sup>th</sup>

## Inside Newsletter

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The power of storytelling and visibility enables our rainbow youth to hear from those who have gone before them, their struggles and triumphs, and know that no matter where they're at right now, there is so much hope and a million possibilities awaiting them



## **Birthdays**

Wayne Harradine 1<sup>st</sup>  
Josh Chatfield 2<sup>nd</sup>  
Michael Gala 3<sup>rd</sup>  
Vann Chatfield 6<sup>th</sup>  
Yarwun Clark 8<sup>th</sup>  
Jnaallii clark-ugle 9<sup>th</sup>  
Heather Clark 12<sup>th</sup>  
Ivy Clark 12<sup>th</sup>  
John Clark 12<sup>th</sup>  
Sapphire Atkinson 13<sup>th</sup>  
Kyeisha Chatfield 14<sup>th</sup>  
Kimberley Harradine 17<sup>th</sup>  
Katrina Chatfield 17<sup>th</sup>  
Allan Miller 18<sup>th</sup>  
Imogen Clark 22<sup>nd</sup>  
Geoff Clark 22<sup>nd</sup>  
Kiri Litster – Henry 23<sup>rd</sup>  
Rickey Atkinson 25<sup>th</sup>  
Mia Clark 27<sup>th</sup>



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





# NAIDOC DAY



We hope everyone had a  
deadly NAIDOC Week  
and enjoyed all the  
activities





# NAIDOC DAY





# HACC & CHSP



## Community lunch dates

August

3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> \*

\*Wear it purple lunch!

## Offsite Social Support Lunches

August

10<sup>th</sup> & 24<sup>th</sup>

## Bingo at KHS

August

12<sup>th</sup> from 11am





## Fix Up Your guide to injury management

Nobody likes being on the sidelines as a result of injury. The best way to recover from any soft tissue injury is by using the RICER and NO HARM injury management approach. They help to prevent further damage and will mean less time away from your sport or activity.

- The first 48-72 hours are vital in the effective management of any soft tissue injury.
- Soft tissue injuries refer to all ligament sprains, muscle strains and muscle bruises (corks etc) and most bumps and bruises which occur in sport.
- The immediate treatment is RICER.
- RICER should be initiated immediately after injury and continued for 48-72 hours.
- To ensure a successful recovery, NO HARM factors should also be followed in conjunction with RICER.

# R



### Rest

Place yourself in a comfortable position. Keep the injured area supported. Avoid using the injured area for at least 48-72 hours as continued activity will increase bleeding and damage.

# I



### Ice

Apply ice to the injured area for 20 minutes, every two hours for the first 48-72 hours after injury. Ice reduces swelling, pain and bleeding. Ice can be used in the following ways:

- crushed or cubed ice in a wet towel or plastic bag.
- frozen pea packet in wet towel.
- cold pack wrapped in wet towel.

Icy or cold water is better than nothing. Caution: Do not apply ice directly to skin.

# C



### Compression

Apply a firm wide elastic bandage over the injured area, as well as above and below. Where possible hold ice in place with the bandage. Between ice treatments maintain bandage compression. Applying a bandage will reduce bleeding and swelling and also provide support for the injured area. Caution: Ensure the bandage is not too tight. Some signs of the bandage being too tight may include numbness, tingling or skin becoming pale or blue. If these symptoms and/or signs develop remove the bandage and reapply again firmly but not as tightly.

# E



### Elevation

Raise the injured area above the level of the heart at all times. A pillow can be used to provide support and comfort. Elevating the injured area reduces bleeding, swelling and pain.

# R



### Referral

As soon as possible after injury arrange to see a qualified health care professional such as a doctor or physiotherapist. This will determine the extent of your injury and provide advice on treatment and rehabilitation required.



### NO HEAT

Applying heat to an injury increases bleeding. Avoid hot showers or baths, saunas, spas, hot water bottles, hot liniment or heat packs.

### NO ALCOHOL

Alcohol increases bleeding and swelling which delays healing. It can also mask pain and severity.

### NO RUNNING

Running or exercise increases blood flow to the injured site. This can make the injury worse and delay healing.

### NO MASSAGE

Massage or the use of heat rubs increases swelling and bleeding.

Early and correct use of RICER and NO HARM factors is essential for the initial management of a soft tissue injury. RICER and NO HARM should be continued for 48-72 hours.



The Smartplay program is supported by VicHealth and the Department of Planning and Community Development (Sport and Recreation Victoria).

For further information please contact Sports Medicine Australia - Victorian Branch  
Sports House, 375 Albert Road, South Melbourne, Victoria 3205  
Phone 03 9674 8777 Fax 03 9764 8799 Email smartplay@vic.sma.org.au

[www.smartplay.com.au](http://www.smartplay.com.au)

Kirrae Health Service Inc.  
1 Kirrae Avenue, Purnim, 3279  
Ph: (03) 5567 1270 Fax: (03) 5567 1376  
Email: [info@kirrae.org.au](mailto:info@kirrae.org.au)

Servicing the Framlingham Community Since 1976



# KHS Yoga Class with Yoshi



**EVERY  
THURSDAY FROM  
11.30AM  
At KHS**







# SEWB NEWS

**AUGUST 2021**

## Contact

### PHONE:

Kirrae Health Service  
5567 1270

### WEBSITE:

[www.kirrae.health.com](http://www.kirrae.health.com)

### EMAIL:

SEWB Coordinator  
[hvafidis@kirrae.org](mailto:hvafidis@kirrae.org)

### AOD Staff:

- Aaron Hagan  
- Mel Sumner

### SEWB Staff:

- Heather Vafidis  
- Michael Boyd

### Youth Worker (Trainee):

- Ebony Bennett

### Referrals:

Ring or email Heather

## What's been happening

### Staff

Staff have been busy helping out with Community events, taking the KoKo Blokes and Kalat Girls on camp, training, as well as seeing their clients. Heather has been working remotely from Melbourne having family commitments there. Ebony is about to start her Youth Work Course and Michael, Mel and Aaron continue in their studies.

To refer to the SEWB/AOD or Youth Team please contact Heather via text, phone or email.

### Kalat Girls

This month the girls made purple flowers for Sorry Day and painted wooden peg doll families. The girls had a fantastic time on camp. They bravely challenged themselves up high in the tree tops, created a pebble foot art work, bonded, laughed and sang around the camp fire. There are plenty more spaces for girls aged 12 -25 so please just come along on Thursdays, 4.30pm at KHS during school terms. Please note only girls who attend the weekly sessions are eligible to go on camps/excursions.

## what's coming up

- Kalat Girls Term 3 weekly activities
- KoKo Blokes Term 3 weekly activities
- Planning for Youth Week happening in November/December
- Planning for implementing the Royal Commission into Mental Health recommendations – watch this space.

## Mental Health Tip



VISIT [WWW.STRESSLESSTIPS.ORG](http://WWW.STRESSLESSTIPS.ORG)



VISIT [WWW.STRESSLESSTIPS.ORG](http://WWW.STRESSLESSTIPS.ORG)



VISIT [WWW.STRESSLESSTIPS.ORG](http://WWW.STRESSLESSTIPS.ORG)

**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.**





# THE YOUNG MOB PAGE



What do you mob want to see here?

This page is about you, for you, to have your voice heard and to keep you in the know about things that matter to you. If you have any idea's yell out, I'd love to hear them, Ebony x

## KOORIE YOUTH COUNCIL

### NAIDOC WEEK - HEAL COUNTRY



#### WHAT IS KOORI YOUTH COUNCIL?

KYC is the representative body of Aboriginal and Torres Strait Islander young people in Victoria. KYC values the diversity and strength of young people as decision makers. They advocate to government and community to advance the rights and representation of Aboriginal and Torres Strait Islander young people.

**NITV NEWS:** Rugby, basketball, tennis, hockey and even weightlifting! A record number of mob are in with a shot at Olympic GOLD!

Sixteen Aboriginal and Torres Strait Islander athletes will be competing across 11 sports in this months Tokyo Olympics.

It's the most First Nations athletes to ever be selected for an Australian Olympics team.

For a full list our mob, who they are and what they are competing in check out : <http://www.sbs.com.au/nitv>

## INSIRATION OF THE MONTH:



### JAMARRA UGLE-HAGAN

The number one pick of 2020, Jamarra Ugle-Hagan is a highly-skilled, athletic key forward who stands at 195cm tall. He became the Bulldogs' first number one pick since Adam Cooney in 2003, and only the second Indigenous player to top the draft following Des Headland in 1998. Displaying an innate goal-sense – having slotted 24 goals from nine NAB League games - experts have likened the former Oakleigh Charger to Sydney Swans star Lance Franklin.

Jamarra has become a great example for his brothers and kids of our community. He has helped show them that with a little bit of hard work and focus they can achieve any goal in their life, in the same way that he has made it to the AFL.

"The importance of Jamarra Ugle-Hagan getting drafted to the Western Bulldogs with the first pick cannot be underestimated. The Indigenous star, from Framlingham near Warrnambool, will immediately become a role model across the country, a beacon of hope for kids who can't see themselves thriving in their own communities.  
(Tony Armstrong – former AFL footballer and an ABC news presenter)

#### Looking After Yourself





## Help us ensure future mental health and primary health care services in western Victoria are designed to work for everybody



### What we know so far

A key role of Western Victoria Primary Health Network is to appoint health providers to deliver support throughout our region for a range of primary health care services. These include for mental health, chronic conditions management, and alcohol and other drugs support services.

During April and May this year, we met with community members and health professionals to gauge what they liked and what could be improved about current primary health and mental health support services we fund.

Here are the key points they raised with us.

#### Accessing services

- Lack of transport options particularly in rural areas can restrict access to support services.
- Long wait lists can be a barrier to access.
- Telehealth can enable better access but can also be a barrier.

#### Connectedness

- Families, carers and other personal supports have an important role in a client's care.
- Social connections are important alongside the relationship between a clinician and their client.

#### Service design and coordination

- Coordination of services could be improved to deliver better patient care.
- Navigating available services can be challenging for both providers and clients.
- Mental health and Alcohol and Other Drugs issues are complex and can be co-occurring.

#### Managing current services

- There is opportunity to improve the consistency in how services are monitored, measured and how outcomes are recognised.
- Funding levels for services can be challenging.

We now want you to draw on these findings to help us design services for the future. We will use your input when preparing new tenders for delivering support services. We anticipate the updated services will be in place by mid to late 2022.

Please see the reverse side of this flyer for details on how you can become involved via our consultation workshops.

[www.westvicphn.com.au](http://www.westvicphn.com.au)





# KALAT GIRLS



THE KALAT GIRLS GROUP ARE  
SEEKING FEMALE MEMBERS OF  
OUR COMMUNITY TO ASSIST IN  
THE TEACHING OF CULTURAL  
PRACTICES, WOMENS BUSINESS,  
STORY TELLING OR TEACHING OF A  
SPECIAL SKILL THAT YOU'D LIKE TO  
SHARE WITH THE GIRLS...

STAR GAZING,  
STORY TELLING,  
MEDITATIONS?

PAINTING, WEAVING,  
BUSH MEDICINE & HEALING PRACTICES?

PHOTOGRAPHY,  
SCREEN PRINTING,  
SILK PRINTING, SEWING?

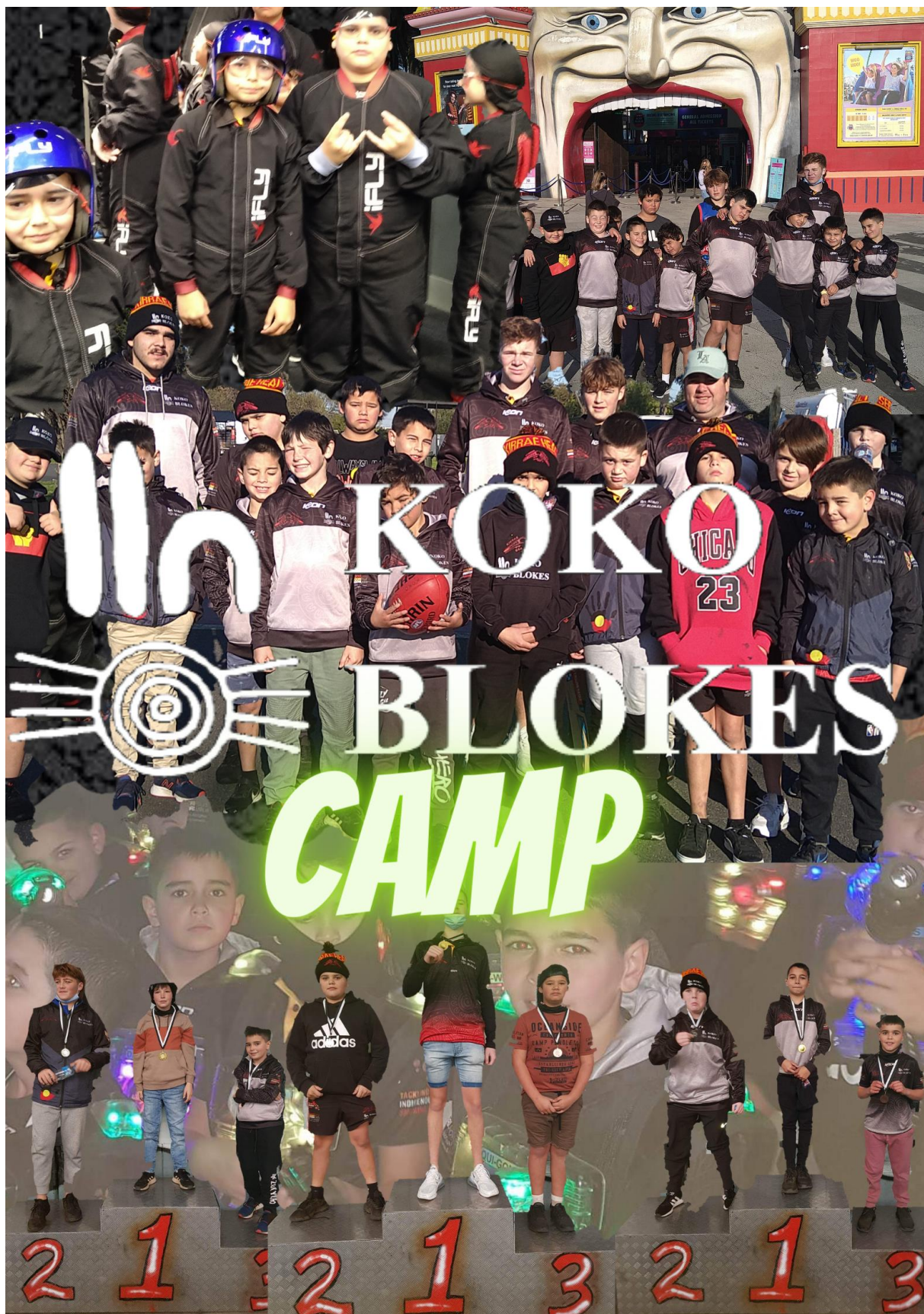
SINGING,  
TRADITIONAL OR NON TRADITIONAL  
MUSIC AND DANCE?



IF YOU THINK YOU MIGHT HAVE SOMETHING YOU'D LIKE TO SHARE  
WITH THE KALAT GIRLS WE'D LOVE TO HEAR FROM YOU!

CONTACT EITHER JESS PERSONALLY OR EBONY AT KIRRAE HEALTH





Koko blokes got to fit in a camp over the school holidays before we went into lockdown. They went go carting, bounce, the movies and Luna park.  
Boys had lots of fun ☺





# LGBTQI+



The **rainbow flag** is a symbol of **lesbian, gay, bisexual, transgender (LGBT)** and **queer** pride and **LGBT social movements**. Also known as the **gay pride flag** or **LGBT pride flag**, the colors reflect the diversity of the **LGBT community** and the "spectrum" of human sexuality and gender. Using a **rainbow flag** as a symbol of **gay pride** began in **San Francisco**, but eventually became common at **LGBT rights** events worldwide.





# How can your retailer help you manage your bills?

## Information for Victorian electricity and gas customers

Artwork by Gary Saunders  
 A Bangerang/Wiradjuri/  
 Dja Dja Wurrung/  
 Yorta Yorta man.

→ Under the Victorian **Energy Retail Code** your retailer **must** help you manage your bills if you cannot pay them on time.

The type of help you are entitled to depends on your situation. Use the quick guide below to check your energy rights. Please contact EWOV if you believe your retailer has not offered you appropriate help.

### What are my energy rights? An easy checklist:

#### SITUATION 1:

*"I can't pay my bills, and I have more than \$55 in energy debt."*

Your retailer must contact you within 21 days after the bill due date to talk to you about how it can help. You are entitled to:

- ☐ Have your debt being placed on hold for 6 months. Your retailer may extend the hold period if you reduce your usage and make payments during the initial six months.
- ☐ A payment plan based on what you can pay on a regular basis.
- ☐ Specific advice about how to reduce your energy use.
- ☐ A check to see if you are eligible for the Utility Relief Grant Scheme (URGS) and any other energy concessions. If you need help applying for the Utility Relief Grant, your retailer must help you give the application to the Department of Health and Human Services.
- ☐ Check if your tariff is giving you the best available rate.

Practical assistance, including *but not limited to*:

- ☐ A phone-based or in-home energy audit to help you understand how to reduce your energy usage and bills.
- ☐ Regular updates to help you understand how you can lower your energy usage.

#### DID YOU KNOW?



If you cannot pay your bills on time, you have the right to ask your retailer for help.

Retailers must work with you to help reduce your energy debt and ongoing energy costs.



#### CAN THEY DISCONNECT MY SUPPLY?

Generally, yes. This is the last resort taken to stop your debt from growing.



**BUT**, a retailer cannot disconnect your supply:

- > if your debt is \$300 or less; and/or
- > you have an active payment plan



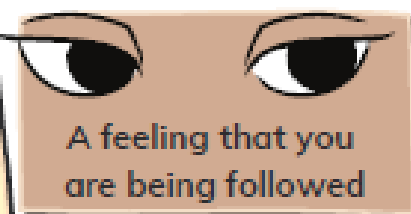


## WHAT ARE SOME OF THE SIGNS YOU ARE BEING STALKED?

Strange or unwanted gifts left at your home



Your ex contacting your friends and family to find out where you are



A feeling that you are being followed

A stalker can be your partner, an ex-partner, or someone you don't know

Your ex keeps "coincidentally" turning up at places you like to go



Threatening notes left on your car

## WHAT IS CYBER STALKING?

Cyber stalking is using online technology such as:

### EMAIL, SOCIAL MEDIA, TEXTING OR INSTANT MESSAGING

to harass or victimise others. It can be through a phone, a computer or other devices such as iPads or gaming consoles.

### CYBERSTALKING INCLUDES:



Threats to share photos of you



Scary or threatening texts, emails or messages



Unwanted and repeated texts, emails or messages



Your social media password changed



Someone setting up a fake social media account to embarrass you



Someone pretending to be you to log into your bank account



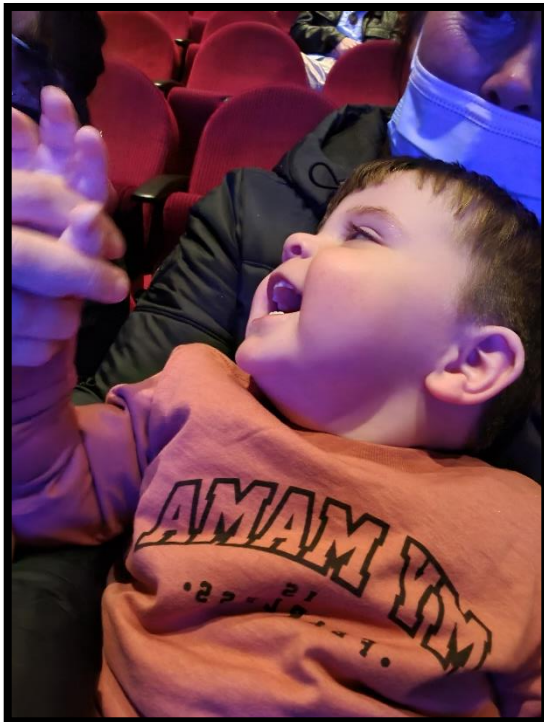
[emhaws.org.au](http://emhaws.org.au)



ELIZABETH MORGAN HOUSE  
ABORIGINAL WOMEN'S SERVICE INC



# Playgroup



Our playgroup kids were lucky enough to go on an excursion to watch Bluey. Lots of fun was had 😊





# Playgroup

We are sharing  
some of our kid's  
favourite things to  
do at Playgroup....



Kiana loves cuddles or maybe everyone loves to have a cuddle with Kiana.



Vann likes anything to do with shapes, in the picture on the left he is making shapes with edible marshmallow playdough and in the other photo he finds the kid's names and sticks them on the photo of the kid.



Kai loves anything with wheels whether it's being pushed in the car or pushing the cars himself he loves them he also loves to play with the kids.



Kahlia loves to read the books, in the other picture she is enjoying painting a picture for her mum for mother's day.



# Chilli con carne

## Ingredients

1 tbsp olive oil

1 brown onion, finely chopped

2 celery sticks, finely chopped

500g extra lean **beef mince**

3 tsp Mexican spice mix

2 tsp ground cumin

115g (1/2 cup) red lentils

400g can diced tomatoes

120g chargrilled capsicum strips, drained

400g can black beans or kidney beans, rinsed, drained

1/2 cup chopped fresh coriander

2 long fresh green chillies, sliced

Natural yoghurt, to serve (optional)



## Method

### Step 1

Heat the **oil**

In a large heavybased pan over medium-high heat. Add **onion** and **celery**, and cook, stirring, for 1-2 minutes. Add **mince** and cook, breaking up any large pieces with a wooden spoon, for 4 minutes. Add the **spice mix** and **cumin**. Season well.

### Step 2

Stir in **lentils** and **tomato**. Add 375ml (1½ cups) water. Bring mixture to the boil. Reduce heat and simmer, uncovered, for 20 minutes or until the lentils are cooked and mixture has thickened.

### Step 3

Stir through the **capsicum** and **beans**, and cook for 1-2 minutes. Stir through half the **coriander** and half the **chilli**. Divide chilli con carne among serving bowls. Scatter with the remaining coriander and chilli. Serve with **yoghurt**, if using.





NAME : \_\_\_\_\_







# WINTER WORD SEARCH



## WORDS TO FIND:

BLIZZARD

COLD

FROZEN

HAT

ICE

MITTENS

SNOW

SNOWMAN

WINTER

BOOTS

FIREPLACE

GIVING

HOLIDAYS

ICESKATE

PINETREE

SNOWBALL

SNOWSUIT

CHILLY

FROSTY

GLOVES

HOTCHOCOLATE

ICICLE

SCARF

SNOWFLAKE

WIND



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9		4		8		7		5
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1				4				
4				8			3	6
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					4		8	
		1			5		2	4
				5		3		
	6	3	1					
7								





# August 2021

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	26	27	28	29	30	31	1
31	2	3	4	5	6	7	8
		Playgroup Community lunch Dr Chandan Homework group Dr Hall	Koko Blokes	Yoga Kalat Girls			
32	9	10	11	12	13	14	15
		Playgroup S/S Lunch Dr Chandan	Koko Blokes	Bingo Yoga Chiropractor Kalat Girls			
33	16	17	18	19	20	21	22
		Playgroup Chiropractor Community lunch Dr Chandan	Koko Blokes	Dr Hedglan Yoga Kalat Girls			
34	23	24	25	26	27	28	29
		Playgroup S/S Lunch Dr Chandan	Koko Blokes	Chiropractor Yoga Kalat Girls			
35	30	31	1	2	3	4	5
		Playgroup Walking group Community lunch Dr Chandan					



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03 5567 1376

E-MAIL:  
[info@kirrae.org.au](mailto: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](http://WWW.KIRRAEHEALTH.COM)



## Do you have any feedback on our:

- ★ Services?
- ★ Ideas?
- ★ Suggestions?

Let us know!

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run 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](mailto:info@kirrae.org.au)  
Or Drop in feedback to reception

