

OCTOBER 2023



**Thunderstorm Asthma
season
Sept-Jan**

**Oct 31 - playgroup
Spooky Season!**





Doctors

Dr Hall

Tuesday 3rd

Dr Chandan

Tuesday 3rd, 10th,
17th, 24th & 31st

Fridays 6th, 13th,
20th, 27th

Dr Hedgland

Thursday 19th

Allied Health

Chiropractor

Thursday 5th

Optometry

Thursday 17th

Osteopath

Thursday 5th



Birthdays

Charlotte Debono-Rogers 2nd
Phyllis Harradine 3rd
Breanna Wackett 5th
Latara Parker-Chatfield 7th
Violet Clark 8th
James Clark 9th
Lucas Harradine 9th
David Chatfield 10th
Amos Atkinson 9th
Levi Chatfield 14th
Jerome Atkinson 30th
Rickey Atkinson 13th
Seanna Claridge 13th
Troy Litster 18th
Phillip Chatfield 20th
Scarlett Chatfield 22nd
Brittney Purcell 23rd
Hunter Chatfield 24th
Carmel Leslie 28th
Karen Chatfield 28th
Kaawirn Ugle – Hagan 29th
Jarren Harradine 29th
Ashlee Wackett 29th
Adam wheeler 30th

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

Thunderstorm Asthma Season

Not everyone who gets thunderstorm asthma has a history of asthma.

You are at risk of thunderstorm asthma if:

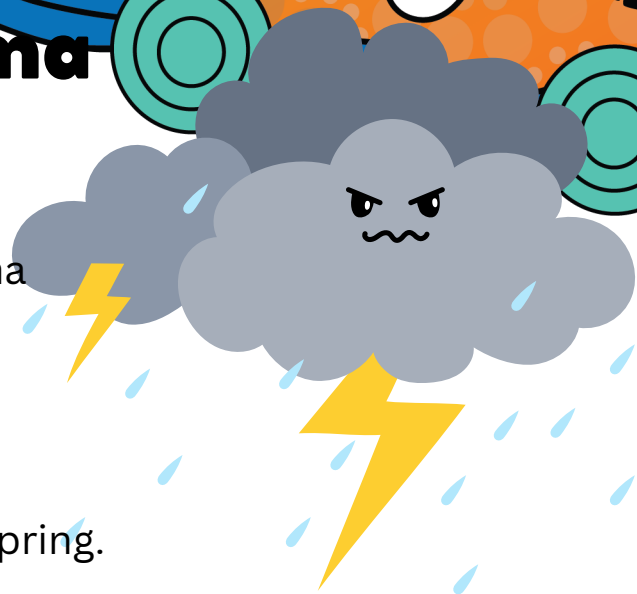
- You have hay fever which gets worse in Spring.
- You have possible rye grass allergy.
- You have ever had a wheeze with your hay fever.
- You have asthma which gets worse in spring.
- People who have never had asthma but have hay fever in Spring are at risk.

What is thunderstorm asthma?

- Thunderstorm asthma is severe asthma which happens if you are outdoors before, during or after a thunderstorm in Spring or early Summer. It most commonly occurs between October and December, but can occur earlier or later (September, January, February).
- Thunderstorm asthma is very serious and can be life threatening.

What you can do to stay safe

- Stay indoors before, during and after a thunderstorm. Especially avoid the wind gusts which happen just before the rain. Get indoors or inside a car, shut all windows and turn air conditioning to recycle.





cont...

- See your Doctor and the health team in September to have your hay fever and asthma medications looked at and to arrange a written asthma and / or hay fever plan.
- Take your asthma and hay fever prevention medicine every day.
- Carry a blue puffer and spacer with you at all times (never store in a hot car).
- **LEARN ASTHMA FIRST AID.** Our health team can help with this.

Thunderstorm asthma can happen suddenly to people in spring or summer when there is a lot of pollen in the air and the weather is hot, dry, windy and stormy. Spring thunderstorm weather can cause pollen grains to burst into tiny pieces and the wind then blows them around us. When people breathe in these tiny pieces of pollen they can get deep inside the lungs and trigger an asthma attack. Spring weather can also lead to breathing problems for people who get seasonal hay fever.

People who wheeze and sneeze with hay fever from pollens during spring are more likely to get thunderstorm asthma even if they haven't had asthma before.

People with asthma need extra protection between September and January. This means using preventer medicine every day and always having a reliever inhaler (blue puffer) ready.

See your doctor to get the best asthma plan for you and have a hay fever medication plan, if you suffer from hay fever.



Common Symptoms of asthma

- Wheezing – a whistle sound coming from the chest while you are breathing
- Breathlessness
- A feeling of tightness in the chest
- A persistent cough

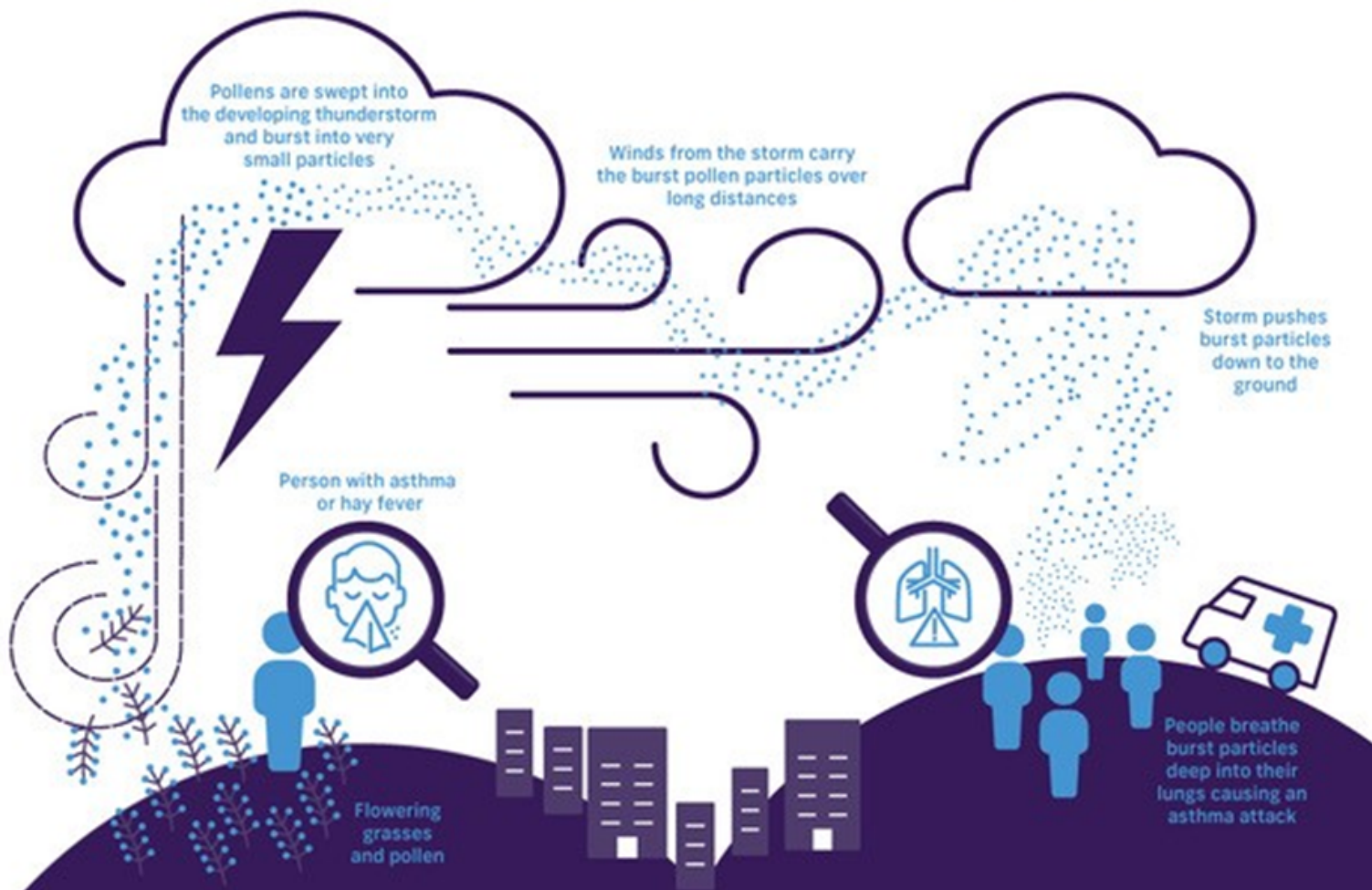
Common symptoms of seasonal hay fever

- Runny nose
- Itchy nose
- Sneezing
- Itchy, watery eyes

What can you do to keep safe?

- Always use your preventer medication and/or nasal spray medication, as much as the doctor advised. **Even if you do not always use a preventer/nasal spray all year round, you should use it every day during September – January.**
- Always carry your reliever inhaler (blue puffer) too.
- Keep up to date with pollen counts and weather forecasts during spring and early summer, so you know a if a storm is coming.
- Make sure your asthma plan is up to date and includes thunderstorm advice – talk to your doctor!
- Avoid being outdoors before and during thunderstorms, especially in wind gusts before the rain. Get inside a building or car with the windows shut and the air conditioning switched to recirculated/recycled

PROTECT YOURSELF FROM THUNDERSTORM ASTHMA



Do you have uncontrolled asthma, allergies or hayfever?

Speak to your doctor and pharmacist now about treating your asthma and allergies this thunderstorm season. For more information call **1800 ASTHMA** (1800 278 462) or visit asthma.org.au/thunderstorm-asthma



Artwork designed by Tanisha Lovett, proud Gunditjmarra and Wotjobaluk woman.



SIGNS OF THUNDERSTORM ASTHMA

You could experience Thunderstorm Asthma if:

- 1 You have asthma, hay fever or have had one of these before
- 2 You wheeze and sneeze during pollen season
- 3 It's grass pollen season (October - December)
- 4 You're outside during the wind before a thunderstorm and there's lots of pollen in the air.



Check the Epidemic Thunderstorm Asthma forecast at:
<http://emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast>

For more information:
betterhealth.vic.gov.au/thunderstormasthma

If you're experiencing Thunderstorm Asthma, you could be:

- 1 Wheezing (there's a whistling sound when you breathe out)
- 2 Feeling like you can't breathe
- 3 Feeling like your chest is tight
- 4 Coughing a lot.



- See your GP
- Follow your asthma action plan or hay fever treatment plan
- Know how and when to take your medications properly
- Learn asthma first aid.

Lorem ipsum



First Aid for Asthma

1

Sit the person comfortably upright.

Be calm and reassuring.
Don't leave the person alone.

2

Give 4 puffs of a blue/grey reliever

(e.g. Ventolin, Asmol or Airomir)

Use a spacer, if available.

Give 1 puff at a time with 4 breaths after each puff

Use the person's own inhaler if possible.

If not, use first aid kit inhaler or borrow one.

OR

Give 2 separate doses of a Bricanyl or Symbicort inhaler

If a puffer is not available, you can use Symbicort (people over 12) or Bricanyl, even if the person does not normally use these.

3

Wait 4 minutes.

If the person still cannot breathe normally, **give 4 more puffs.**

Wait 4 minutes.

If the person still cannot breathe normally, give 1 more dose.

4

If the person still cannot breathe normally,

CALL AN AMBULANCE IMMEDIATELY (DIAL 000)

Say that someone is having an asthma attack.

Keep giving reliever.

Give 4 puffs every 4 minutes until the ambulance arrives.

Children: 4 puffs each time is a safe dose.

Adults: For a severe attack you can give up to 6-8 puffs every 4 minutes

If the person still cannot breathe normally, **CALL AN AMBULANCE IMMEDIATELY (DIAL 000)** Say that someone is having an asthma attack.

Keep giving reliever while waiting for the ambulance:

For Bricanyl, give 1 dose every 4 minutes

For Symbicort, give 1 dose every 4 minutes (up to 3 more doses)

WITH SPACER



- Assemble spacer
- Remove puffer cap and shake well
- Insert puffer upright into spacer
- Place mouthpiece between teeth and seal lips around it
- Press once firmly on puffer to fire one puff into spacer
- Take 4 breaths in and out of spacer
- Slip spacer out of mouth
- Repeat 1 puff at a time until 4 puffs taken - remember to shake the puffer before each puff
- Replace cap

WITHOUT SPACER



- Remove cap and shake well
- Breathe out away from puffer
- Place mouthpiece between teeth and seal lips around it
- Press once firmly on puffer while breathing in slowly and deeply
- Slip puffer out of mouth
- Hold breath for 4 seconds or as long as comfortable
- Breathe out slowly away from puffer
- Repeat 1 puff at a time until 4 puffs taken - remember to shake the puffer before each puff
- Replace cap

BRICANYL OR SYMBICORT



- Unscrew cover and remove
- Hold inhaler upright and twist grip around and then back
- Breathe out away from inhaler
- Place mouthpiece between teeth and seal lips around it
- Breathe in forcefully and deeply
- Slip inhaler out of mouth
- Breathe out slowly away from inhaler
- Repeat to take a second dose - remember to twist the grip both ways to reload before each dose
- Replace cover

HOW TO USE INHALER

Not Sure if it's Asthma?

CALL AMBULANCE IMMEDIATELY (DIAL 000)

If a person stays conscious and their main problem seems to be breathing, follow the asthma first aid steps. Asthma reliever medicine is unlikely to harm them even if they do not have asthma.

For more information on asthma visit:

Asthma Foundations - www.asthmaaustralia.org.au

National Asthma Council Australia - www.nationalasthma.org.au

Severe Allergic Reactions

CALL AMBULANCE IMMEDIATELY (DIAL 000)

Follow the person's Action Plan for Anaphylaxis if available. If the person has known severe allergies and seems to be having a severe allergic reaction, use their adrenaline autoinjector (e.g. EpiPen, Anapen) before giving asthma reliever medicine.

**Good Luck to Kim Henry
who will be running her
first ever Marathon
and to her support
crew Troy and Skye
who are running the
5km**



**MELBOURNE
MARATHON
FESTIVAL**



IN KOKO
BLOKES

2-VS-2

BASKETBALL
TOURNAMENT

PRIZES TO BE WON!!

4TH OCTOBER

4:30PM - 6PM

Kirrae Health Service BBall Court



Services
Australia

Indigenous Services Newsletter

Parenting Payment

Welcome to September 2023

Updates on changes to our payments and services, as well as handy hints and tips to help you help your clients. Please distribute to your staff and volunteer network.

Learning about child support

Payment rate increase from 20 September 2023

There'll be an increase to the rate of some working age and student payments from 20 September 2023.

You don't need to do anything. We'll apply the increase automatically.

If you're a single principal carer of a child under 14 you may automatically transfer to PPS if you're getting either:

- JobSeeker Payment (JSP)
- Youth Allowance for jobseekers (YA for job seekers).

If you transfer to PPS you'll get more money every fortnight. This is because the maximum payment rate for PPS is higher than JSP or YA for job seekers.

You don't need to do anything. If eligible, we'll automatically transition you to PPS. If you don't want to transfer to PPS call us on 132850 by 15 September 2023.


Read more about PPS eligibility and what you'll need to do to meet your mutual obligation requirements on our Services Australia website.

Rent Assistance rates and thresholds are increasing

From 20 September, Rent Assistance maximum rates will increase by 15%

This is in addition to the Consumer Price Index (CPI) increase on the same date.

We'll automatically pay you any increase in Rent Assistance that you're eligible for from 20 September 2023.



HOW TO SWITCH HOME CARE PROVIDERS


Did you know that you can change home care providers at any time? That's right! Whether you're moving or want to find a provider who better accommodates your needs, it's pretty simple to make the switch. Here's how!

1. Assess Your Care

Start by having a really honest conversation with yourself—and your loved ones, if you like—and reflect on the care you've received up until now. What have you enjoyed about your care? What have you disliked? Are there any changes that could be made to help you feel happier and more comfortable? Is there anything you'd like your ideal provider to accommodate, like cultural or language preferences? A clear understanding of your care goals will help you find a new home care provider that really suits you and your needs.

2. Find a New Home Care Provider

Now that you understand what you want in a provider (and, importantly, what you don't want!), It's time to choose a provider in your area. There's a handy tool on the My Aged Care website to help with this. Otherwise, you might like to do some research on Google or ask your friends and family for suggestions. Ideally, you should find a provider who's local, delivers the care services you need, and has experience providing high-quality care services to your community. Once you're happy with your choice, give them a call and discuss your needs, goals, and preferences. If you're a good fit for each other, start creating a care agreement.



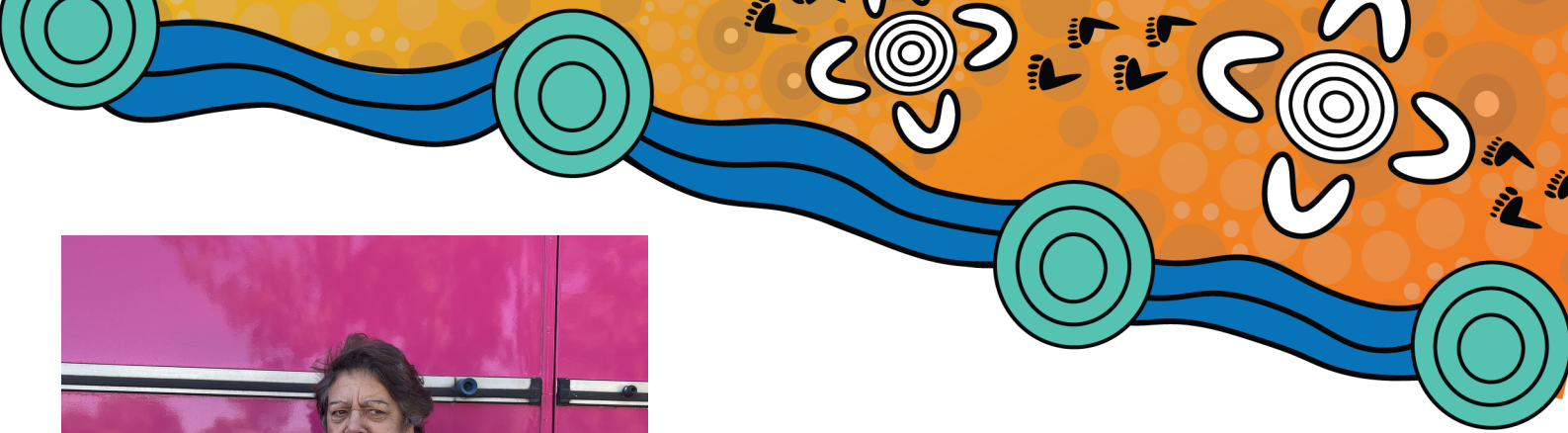
3. Contact Your Current Home Care Provider

With your new provider chosen, it's time to break up with your current provider. First, it might be helpful to peruse your current care agreement and make sure you understand any exit requirements or necessary notice periods (most providers expect at least two weeks' notice). Then, contact your current home care provider and let them know you'd like to cancel their services. If you want to give your current provider feedback, now is a great time. When your cancellation of services is confirmed, your old provider will give you an end date, which you can pass on to your new provider to ensure a seamless and stress-free transition.

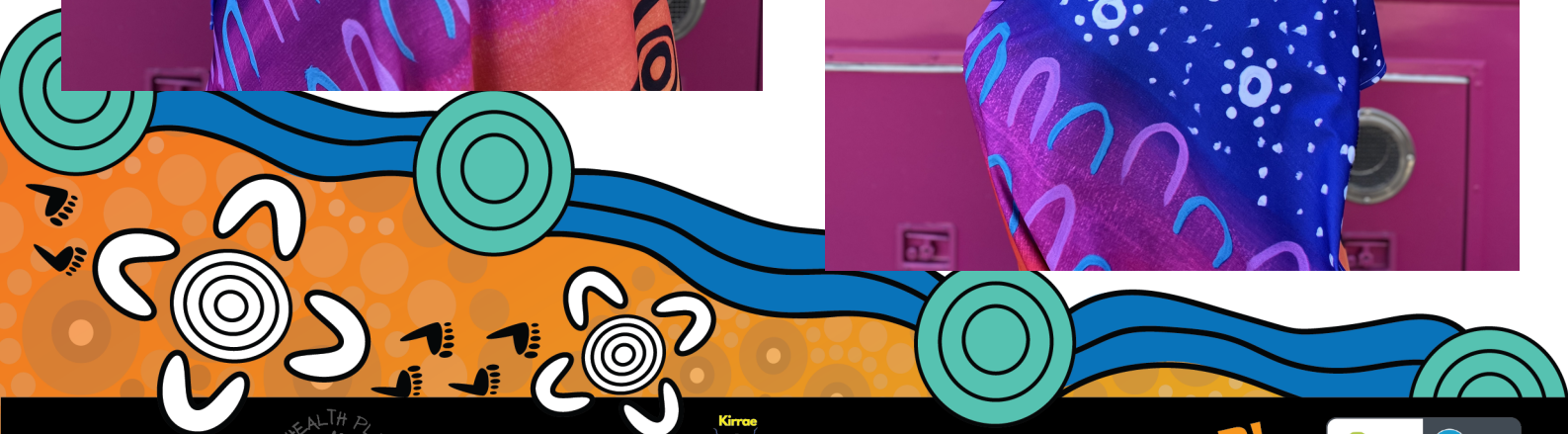
4. Contact My Aged Care

If your home care services are subsidised by the Australian government (via an HCP or the CHSP), you will need to give My Aged Care a call to reactivate your referral code. Your new provider will need this new code before they can begin providing your services, so this step is very important! Once your code has been reactivated, pass it on to your new provider ASAP.

Quick tip for home care package recipients: You only have 60 days to sign an agreement with your new provider after cancelling your current services. If you wait any longer, you may need to reapply to continue receiving a home care package. So, make sure you've chosen a new provider before cancelling your current services.



Beautiful Shawl Project 2023 Breast Screening



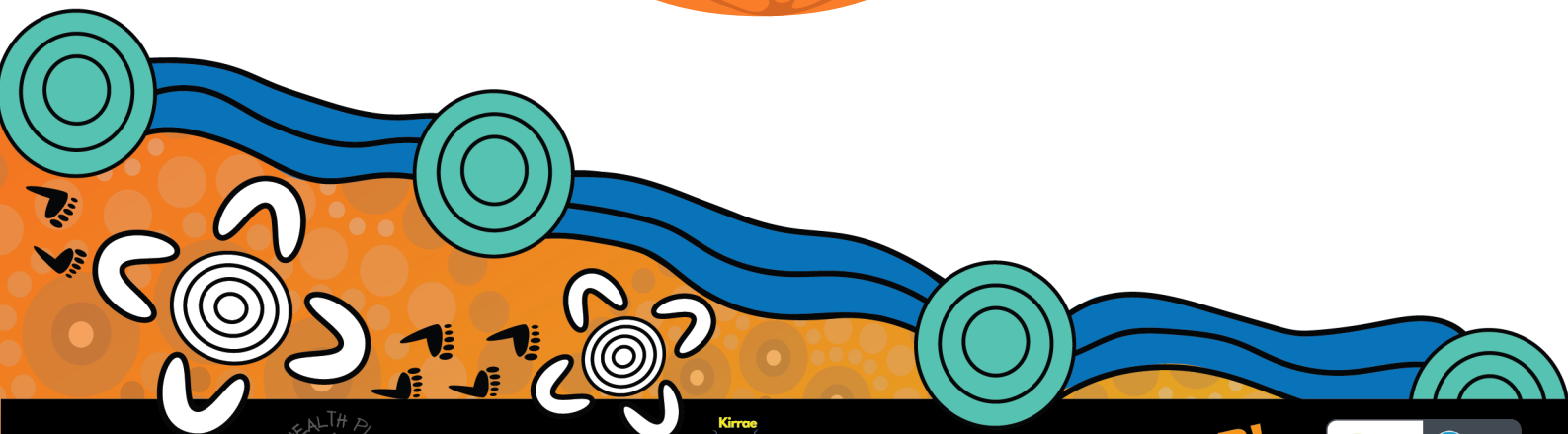
Artwork designed
by Tanisha Lovett,
proud Gunditjmara and
Wotjobaluk woman.



playgroup

HALLOWEEN

31st October



Artwork designed
by Tanisha Lovett,
proud Gunditjmara and
Wotjobaluk woman.



lln KOKO
BLOKES

GO MOB!
#StrongMob





LGBTQI+

Didn't get to Drag Queen Bingo recently?
Keep an eye on the **Warrnambool RSL** as we are sure the queens will be back for another Bingo as tickets sell out fast!

Spencer Street brings another fabulous queen.
They have 99 problems but being stunning and gorgeous ain't one!



Healthy Tuna Mournay

1 tsp olive oil

1 onion, finely chopped

2 celery sticks, finely chopped

1 large carrot, peeled, finely chopped

2 zucchini, thinly sliced

200g green beans, cut into 1cm lengths

1 1/2 tbsp olive oil spread

2 tbsp plain flour

500ml (2 cups) Coles Lite Reduced-fat Milk

425g can Coles tuna in spring water, drained, flaked

40g (1/2 cup) grated parmesan

270g (2 cups) cooked Coles Australian brown rice

120g baby spinach leaves

Mixed salad leaves, to serve



Step 1

Preheat oven to 190C/ 170C fan forced. Lightly spray a 2L (8-cup) ovenproof baking dish with oil.

Step 2

Heat the oil in a large saucepan over medium heat. Cook the onion, celery and carrot, stirring, for 5 minutes or until softened. Add the zucchini and beans and cook, stirring, for 2 minutes or until just tender. Transfer the vegetables to a bowl.

Step 3

Return same pan to medium heat and heat the spread until melted. Add the flour and stir until well combined. Slowly start adding the milk, stirring constantly, until well combined and smooth. Bring to the boil, reduce heat to low and simmer, stirring constantly, until the sauce thickens. Stir in the vegetables, tuna and half the parmesan. Season.

Step 4

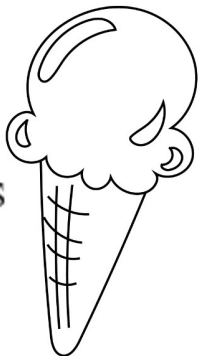
Spread the rice over base of baking dish. Top with the spinach, then the tuna mixture. Sprinkle with the remaining parmesan. Bake for 20 minutes or until golden and bubbling. Set aside for 5 minutes before serving with salad leaves.

Summer Fun Word Search

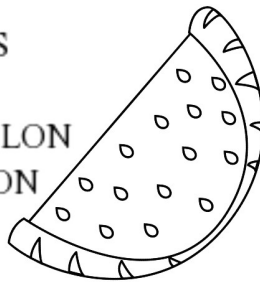
Find all the words!

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

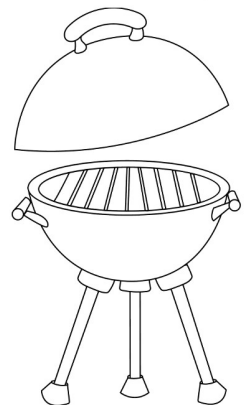
VOLLEYBALL
 WATER
 CREAM
 LEMONADE
 BUTTERFLIES
 MINI
 FIREFLIES
 POOL

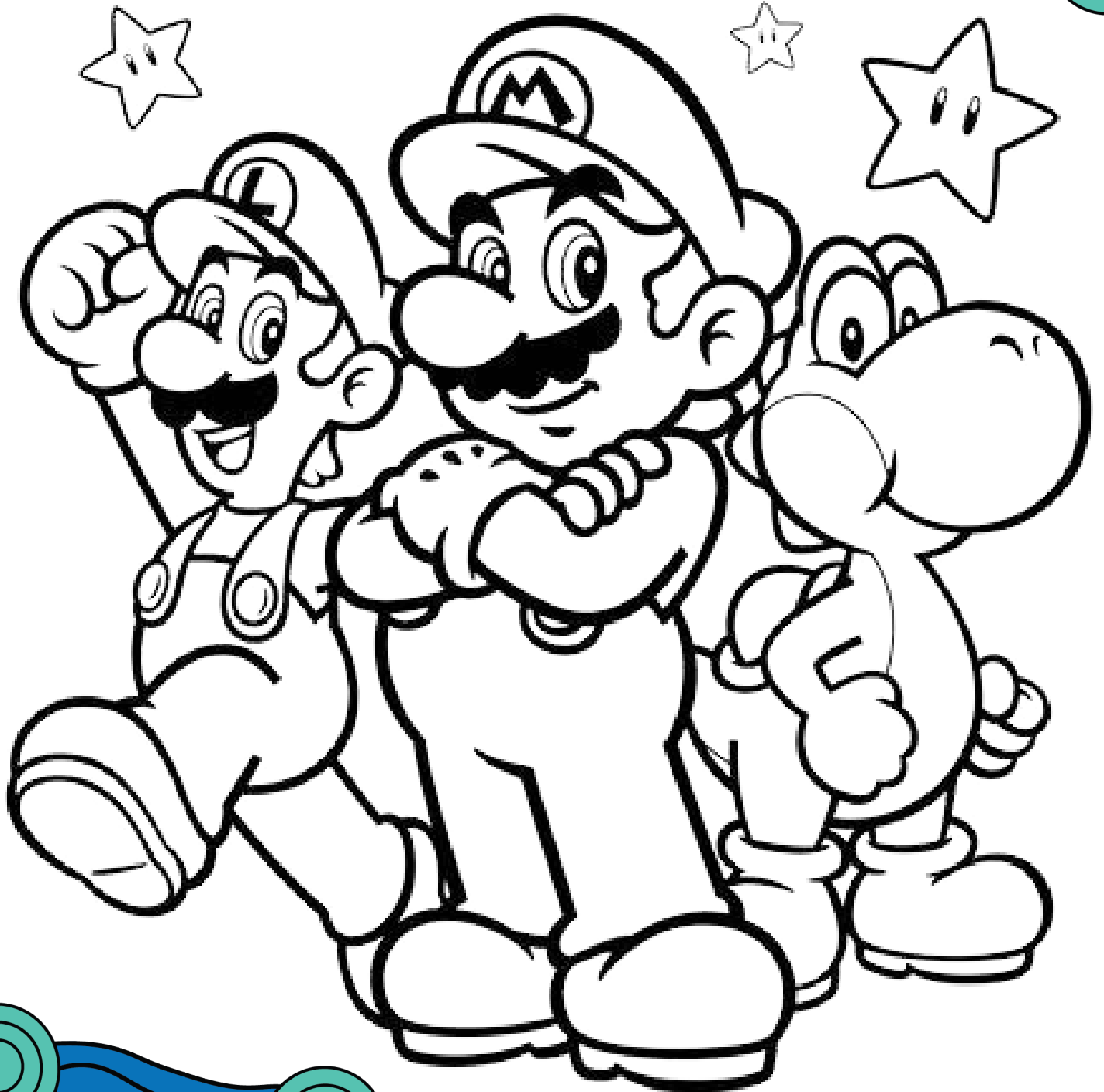


FRISBEE
 BALLOONS
 BEACH
 WATERMELON
 BADMINTON
 GOLF
 POPSICLE



KITES
 ICE
 SANDCASTLE
 PICNIC
 PARK
 BASEBALL
 TRAMPOLINE





Artwork designed
by Tanisha Lovett,
proud Gunditjmara and
Wotjobaluk woman.



IlIn KOKO
BLOKES

GO MOB!
#StrongMob



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

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Fax: 03 5567 1376

Email: info@kirrae.org.au

