



# September 2023

*look!*



Have you seen our  
Rights for Elders  
Pamphlet? Come in  
and grab one!





## Doctors

**Dr Hall**

Tuesday 5th

**Dr Chandan**

Tuesday 5th, 12th,  
19th, 26th

Fridays 1st, 8th, 15th,  
22nd

**Dr Hedgland**

Thursday 21st

## Allied Health

**Diabetes Ed**

Tuesday 26th

**Massage**

Monday 4th & 18th

**Hearing**

Thursday 28th

**Chiropractor**

Thursday 7th



# Birthdays

Rylan Miller 4th  
Tarell Chatfield 7th  
Jyah Chatfield 8th  
River Chatfield 11th  
Kiah Clark 11th

Jada Harrison 11th  
David Clark 12th

Samantha Delany 13th  
Sharon Harradine 16th

Jordan Clark 16th  
Kobi Chatfield 17th

Murry Fitzgerald 17th  
Munnah Atkinson 25th

Mundara Clark - Leslie 26th  
Alkira Clark 29th

Jandamara Chatfield 29th  
Bonnie DeBono- Rogers 29th

Taintum Chatfield 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



# Women's Health week

September 4th - 8th

2023

Monday 4th: Women's Dinner and chat 6 pm @ Images down stairs

Tuesday 5th: Community Lunch 12pm at Kirrae Health Service

Thursday 7th: Twilight Spa Session @ Deep Blue - **\*50 spots available - YOU MUST REGISTER**

Friday 8th: Self Defence 10am at Kirrae Health Service

Monday and Tuesday September 11 & 12 - Breast Screening Bus at Kirrae

Please call Reception on 55671270

to put your name down to register for each event for  
booking & catering purposes

Special gift bags for Women who attend two Women's Week events





# Women's Health week

September 4th - 8th

2023

If you call during Women's Health Week to book in for a health check sometime, once it has been signed off you will receive a

**\$25 gift card**

Call to book in for a health check!

**55671270**



Monday and Tuesday September 11 & 12 - Breast Screening Bus at Kirrae





**Beautiful Breast Screen Shawl 2023**  
Artist- Jessie Chatfield- Gunditjama, DjapWhurrung



# Free breast screening

## Kirrae Health Service

Monday 11th Sept 11am - 3.30pm

Tuesday 12th Sept - 9.30am- 12pm

For Aboriginal and non Aboriginal women aged  
between 40-74

Call Reception on 55671270 to book in

**Continuous morning tea provided each day!**



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







**Wear It Purple Day  
2023**

**Friday August 25**

**Supporting Rainbow Youth!**





**KOKO  
BLOKES**

**2-VS-2**

**BASKETBALL**  
**TOURNAMENT**

**PRIZES TO BE WON!!**

**6TH SEPTEMBER | 4:30PM - 6PM**

**Kirrae Health Service BBall Court**





# Men's Group

# BOWLING

# Competition



Victor Debono

Allan Miller

Bones

2

1

3

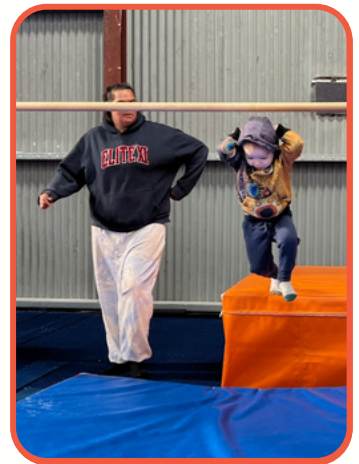
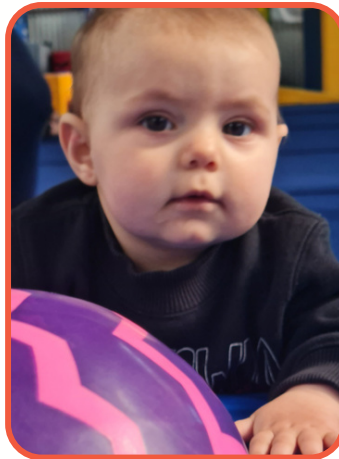


# KIRRAE PLAYGROUP



Warrnambool Springers  
GYMNASTICS INC.

Activities are provided for climbing/walking/crawling along, up over and under, swinging, running, skipping, jumping, walk, balance and jump







# PLAYGROUP



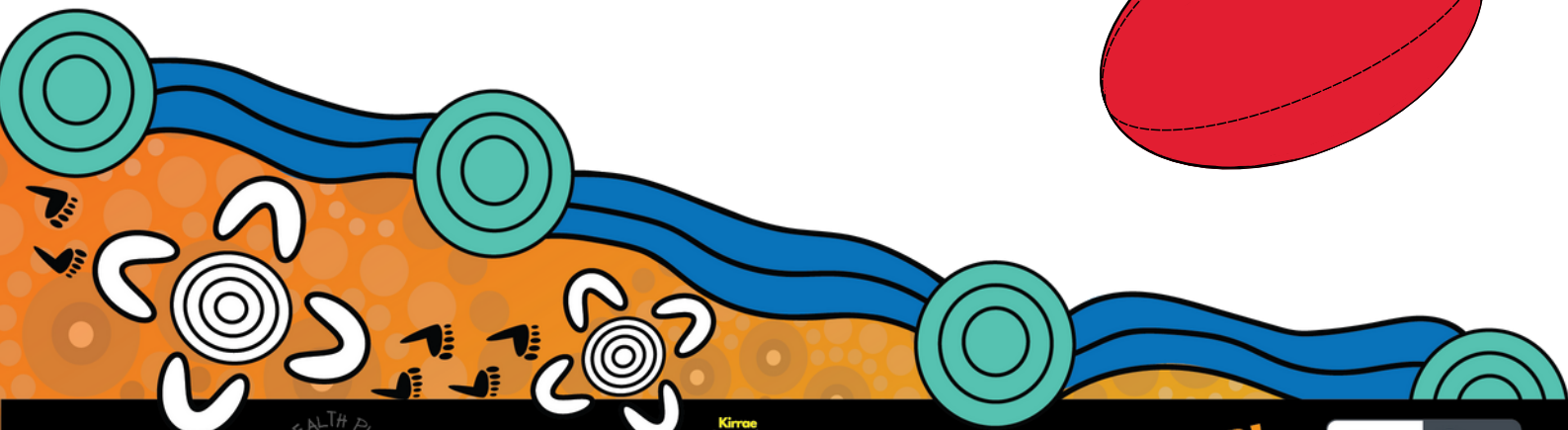
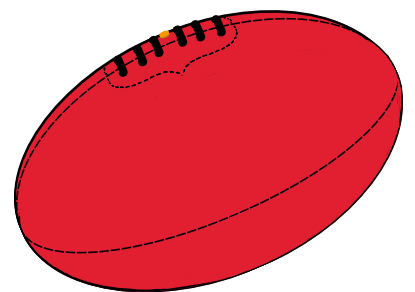
TUESDAY 12TH SEPTEMBER

F   T Y

C  o  l o u r s

Day

COME  
DRESSED  
IN YOUR  
TEAM  
COLOURS



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



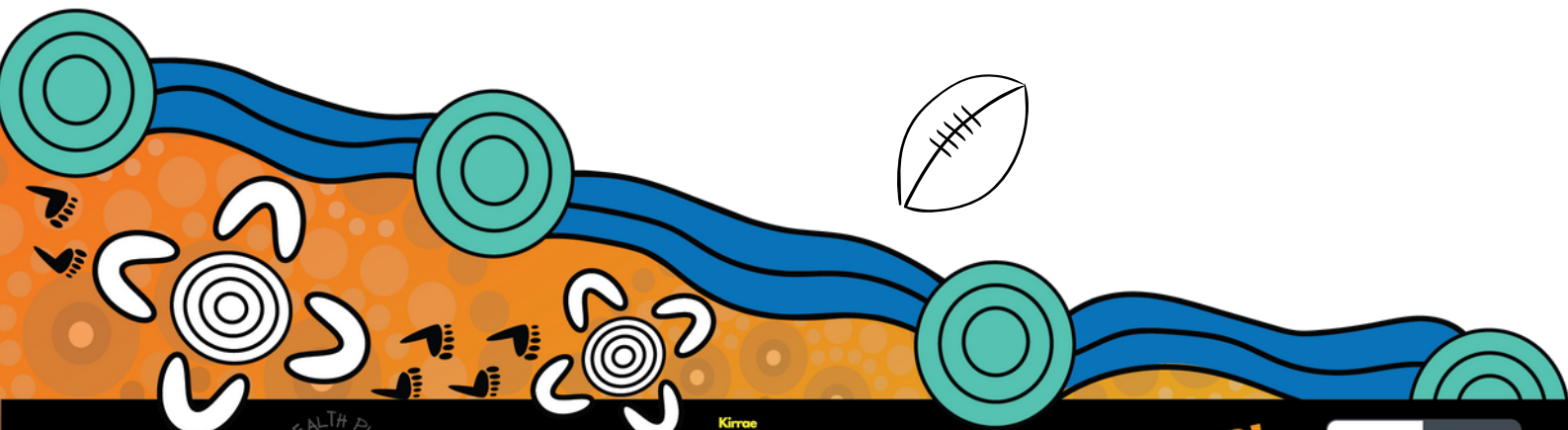


# THAT'S DEADLY NEWS

## Jaynaya Miller has completed her Cert IV in bussiness!

Jaynaya completed her certificate with Skillinvest and reportedly excelled, finishing up the traineeship ahead of schedule!

well done to you, that is an absolutely awesome effort! Wishing you the best in your future career to come!







# Women's Week Activities

Our next woman's group catch up dinner is apart of the women's health week on Monday the 4th @ Images @ 6pm. Make sure you call reception to get your name down. We will have a guest speaker along with us that night!!

Monday 4th: Woman's Dinner and chat 6pm @Images

Tuesday 5th: Community Lunch 12pm @KHS

Thursday 7th: Twilight Spa Session @Deep Blue 6-9pm

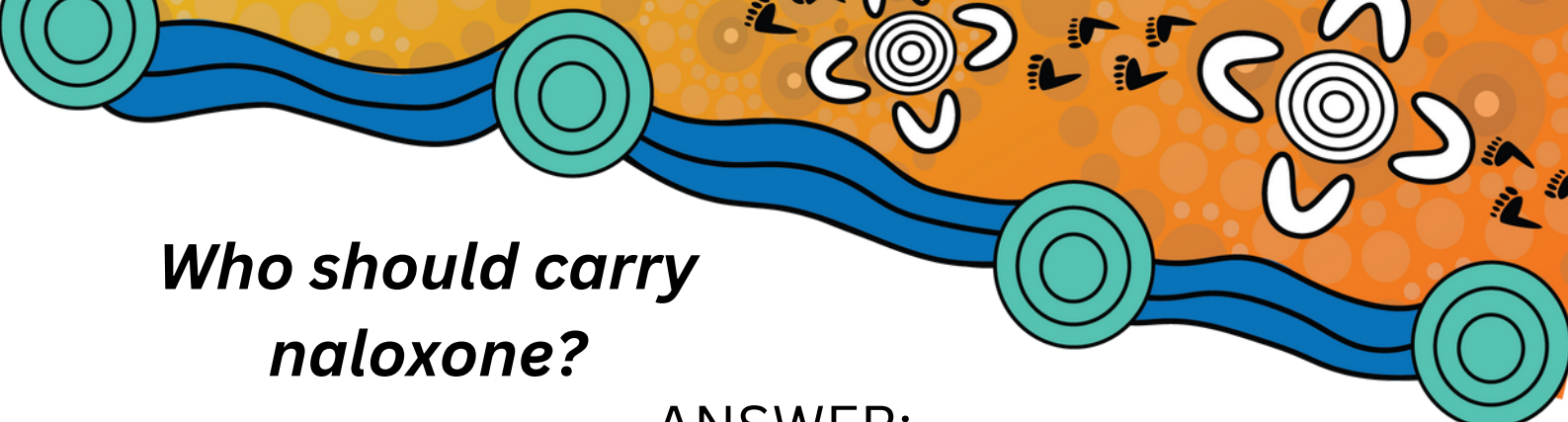
**\*only 50 spots available - YOU MUST REGISTER**

Friday 8th: Self Defence 10am at Kirrae Health Service

You **MUST** have your name down to attend events.

Christmas is fast approaching so let Sam or Melissa know any ideas you might have for our last get together of the year!





## ***Who should carry naloxone?***

ANSWER:

Anyone at risk of opioid overdose and anyone who is likely to respond to an opioid overdose.

Who is at risk of opioid overdose?

Anyone who takes any kind of opioid.

## ***What is an opioid?***

Is a substance used to treat moderate to severe pain.

You might think it's mainly people using heroin who experience overdose, but this isn't true.

Opioids are also turning up where we don't expect them to.

## **People likely to respond to an opioid overdose include**

- people who use drugs together
- family members, friends, housemates
- community members
- neighbours

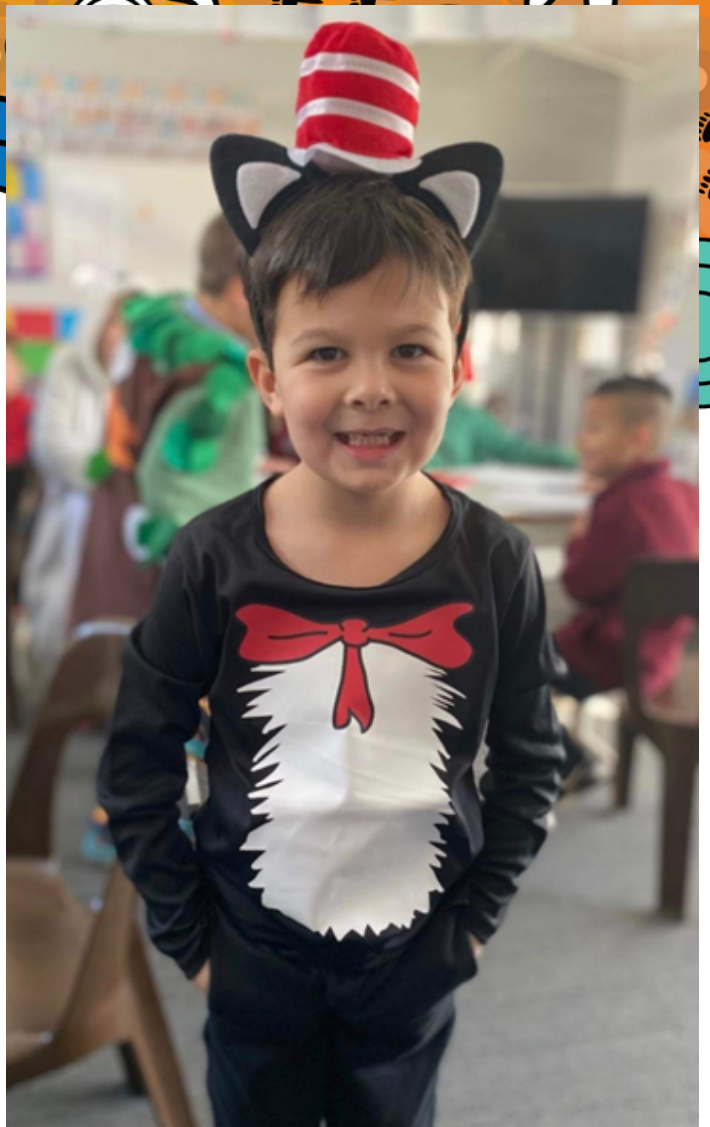


# Book Week

# 2023







Our little batmen



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



KOKO BLOKES

GO MOB! #StrongMob







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





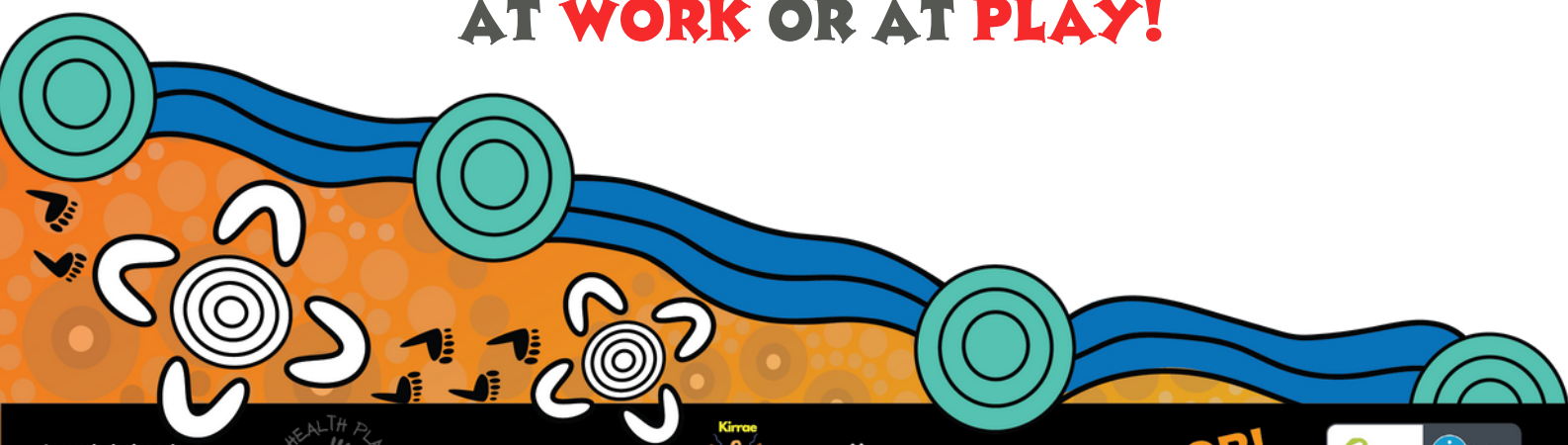


# THAT'S DEADLY NEWS



PLEASE EMAIL ALL YOUR DEADLY STORIES & PHOTOS 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!**



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





# HACC/CHSP

## Social Support Lunch

Tuesday

September 12th



## Community Lunch

Tuesday September 5th



Monthly Members Draw  
for Community Lunch  
Have to be there to win!



**RESPECT**

## ADVOCACY

Older Persons Advocacy  
Network (OPAN) and  
Elder Rights Advocacy

**1800 700 600**

[www.opan.org.au](http://www.opan.org.au)



## WHAT IS ELDER ABUSE?

- 🇺🇸 Taking their money without permission or convincing an Elder, even if a relative, to give you money
- 🇺🇸 Making an Elder feel shamed
- 🇺🇸 Not helping to pay for food, gas, electricity, board when living in an Elder's home
- 🇺🇸 Bashing an Elder
- 🇺🇸 Taking their medication
- 🇺🇸 Preventing an Elder person from having contact with family
- 🇺🇸 Starving an Elder
- 🇺🇸 Threatening an older person by phone, text, face to face or across social media
- 🇺🇸 Preventing an Elder from making their own decisions as "they are too old for that"
- 🇺🇸 Making their home unsafe to move around and live in





# Walking, photography, and social groups for older adults in the Yarra Ranges Shire

*Here are some groups  
to get you started.*



**Visit these websites to find out more**  
Use the camera on your smart phone or tablet to scan the QR codes



**The Graduates**  
*Walking group.*  
<http://bit.ly/opalma-gr>



**Photography Club**  
*Workshops, competitions & speakers.*  
<http://bit.ly/opalma-ph>



**Yarra Ranges**  
**Men's Health Project**  
*Wellbeing & social groups for men.*  
<http://bit.ly/opalma-me>



**Country Women's**  
**Association**  
*Cooking, craft & connection for women.*  
<http://bit.ly/opalma-cw>



**Men's Shed**  
*Woodwork activities.*  
<http://bit.ly/opalma-ms>



**Probus**  
*Social activities for retirees.*  
<http://bit.ly/opalma-pr>



**Volunteering Victoria**  
*Directory of volunteer opportunities.*  
<http://bit.ly/opalma-vo>



**EACH Social Activity**  
*Based on participants' interests and needs.*  
<http://bit.ly/opalma-so>

Developed by Turning Point with support from Gandel Philanthropy



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





B W Y J M G U R 0 T O 2 E G G G B N D P I J P F  
 O R B H 1 F E F F U S P D E A J Z B 1 S C 2 C I  
 E Z O J F G 6 E H M L A E F M I 6 U O 0 T Y L T  
 N O N W A I D 6 L E S L O S S M N M Z 6 N C 0 Z  
 A F P B N I 6 D 1 O O Y 0 C P R G T C Y Z T N R  
 B M R O J L L G W N N Z D J T B S E S U J Y E O  
 S E E A 6 G O A G S D G O N U S S Y D D A C L Y  
 I L M K M R C W R A D E T L E S E H A Z S J T W  
 R B I C C B G N 2 T L Y L H E Y T W C S 1 E N I  
 B O E E A L F A G S S D K N E M A K O 0 E 6 A O  
 S U R D O R H P E S O U D B F B D C I E M 0 M F  
 E R S I T Z L L O G R O A J 1 N E S R L H I E C  
 P N H A S 2 W T S O N I Y U A D L S C N D E R D  
 T E I L A O R U O P K S C M E G A S T 2 P A F O  
 E A P E O C L T B N Z F E H T G I M Y T O O F O  
 M R N D C W E A J G J L M B M U D A W B E M Z W  
 B Y O A D J U I G 6 O L 6 I U O E E K E S L L G  
 E S R T L 1 Z S 1 C K N A Y N J N T 6 T D N A N  
 R D M R O U J O Y N B P 1 O C F 2 D C 6 U S P I  
 K U S O G K 2 0 D B 1 R P 6 L N B U D U P A Y L  
 E F M P 0 T I H S D O O W G N I L L O C P O 2 L  
 H E I P A D D Y D A N G E R F I E L D M O H E O  
 O N T O R A R L 2 E N R U O B L E M H T R O N C  
 O J H W K H A W T H O R N U L P 2 F 2 R L L T A

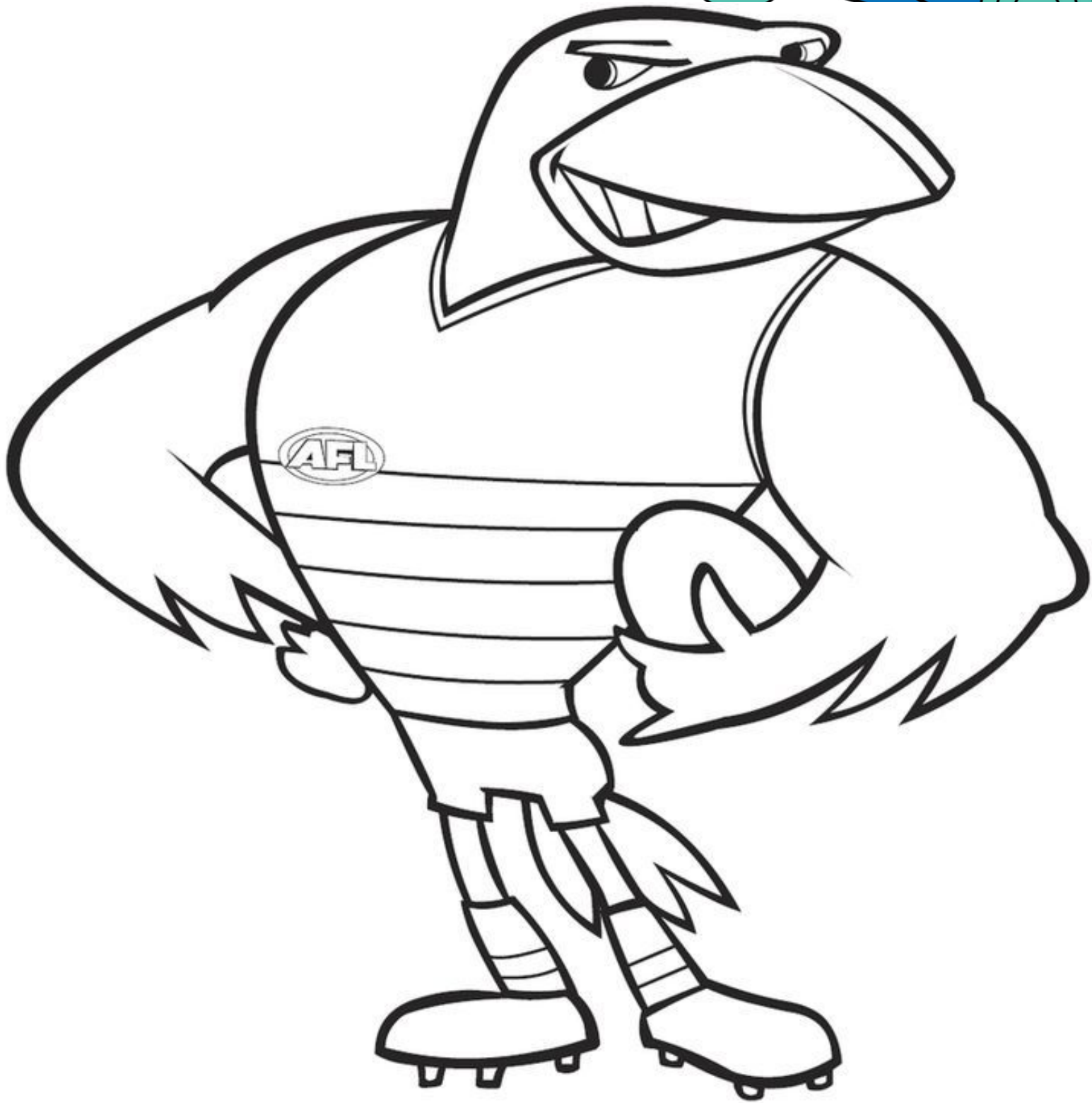
**FOOTY**  
**AFL**  
**ADELAIDE**  
**BULLDOGS**  
**COLLINGWOODSHIT**  
**GAINTS**  
**HAWTHORN**  
**PORT ADELAIDE**  
**ST KILDA**

**CADDY**  
**PADDY DANGERFIELD**  
**AUSTRALIA**  
**CARLTON**  
**ESSENDON**  
**GEELONG**  
**MELBOURNE**  
**PREMIERSHIP**  
**SYDNEY**

**BOAK**  
**JOEL SELWOOD**  
**BRISBANE**  
**COLEMAN**  
**FITZROY**  
**GEELONGTHEBEST**  
**NORM SMITH**  
**RICHMOND**  
**WEST COAST**

**TEAMS**  
**2016**  
**BROWNLOW**  
**COLLINGWOOD**  
**FREMANTLE**  
**GOLDCOAST**  
**NORTH MELBOURNE**  
**SEPTEMBER**





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





# Feedback

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

---

---

---

---

---

---

1 Kirrae Avenue,  
Purnim, Vic 3278

Ph: 03 5567 1270

Fax: 03 5567 1376

Email: [info@kirrae.org.au](mailto:info@kirrae.org.au)

