

2023

BACK TO SCHOOL! PG 3-5

FEBRUARY



VISITING SERVICES

DR HALL - Feb 7th

DR CHANDAN- Feb 7th,
14th, 21st & 28th

DR HEDGLAND- 16th

PODIATRY- 6th

MASSAGE- 6th & 20th

CHIROPRACTOR- 23rd

DIABETES ED - 28th

DIETICIAN- 28th

WHATS ON @ KHS

Community Lunch -

Tuesday- Feb 14th &
28th from 12pm

HACC/CHSP Lunch -

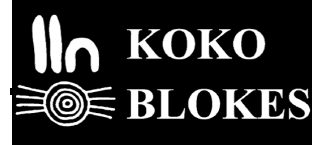
Tuesday- Feb 7th & 21st

Bingo-



Wednesday- Feb 15th
11am

Koko Blokes



Wednesday- Feb 14th
4.30pm

Kalat Girls-



Thursday - Feb 9th
4.30pm

BIRTHDAYS

Phillip Chatfield 1st
Sam Clark 2nd
Alice Clark 4th
Timothy Chatfield 4th
Kai Harradine 5th
Katie Clark 14th
Kane Clark 17th
Kailaani Chatfield 18th
Di Delany 22nd
Kahlia Harradine 25th
Trent Clark 27th
Jack Claridge 28th
Nerinda beard 28th
Dakoda Chatfield 27th



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**

**GOODLUCK TO ALL OUR KIDS
STARTING THEIR KINDER &
SCHOOL JOURNEY FOR THE VERY
FIRST TIME AND TO EVERYONE
ELSE WHO IS RETURNING FOR
2023**





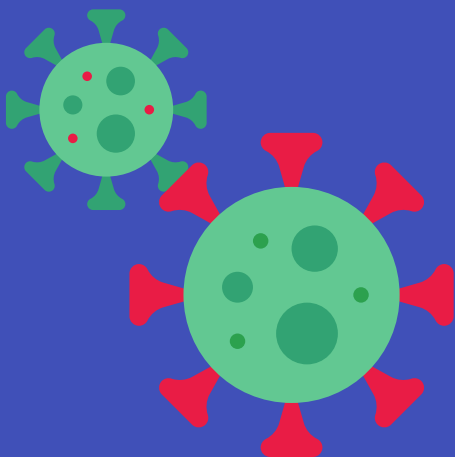




**If you test positive on a
rapid antigen test, you
must report your result.**

<https://www.coronavirus.vic.gov.au>
or call the Coronavirus Hotline on
1800 675 398

You can also Call the Health Service on
55671270
and we can report it for you if you like.





Your Heart Matters

Would you know what to do?

Join us for a Heart Matters information session
What you learn could save your life

Where and When

At Community Lunch

Feb 14th – (Valentine's Day)

What you will learn

- Recognise the warning signs of a heart attack
- Know what to do if you or someone you know has those warning signs
- Reduce your risk of having a heart attack

Heart Matters is a joint project,
saving lives through community education






10am-12:30
TUESDAYS

PLAYGROUP



SEWB NEWS

JANUARY 2023



GIVE YOURSELF THE SAME CARE &
ATTENTION THAT YOU GIVE TO OTHERS
AND WATCH YOURSELF BLOOM

2023

Happy New Year to Everyone.

January is an interesting month - we find ourselves still in holiday mode but busy organizing the year ahead - whether that be getting new school supplies or planning work schedules. The new year is a good opportunity to think about your own wellbeing and building time into your plans for some self care, rest, relaxation, health checks ups and mental health check ups. Remember it's all a balance.

If you need some help with getting things in balance please reach out to the SEWB Team - we can help with all sorts of strategies to help improve your wellbeing.

Kalat, Koko Blokes, Little Sisters, Men's and Women's Groups have plenty planned ahead so keep a look out on Social Media for upcoming events. Please book a spot early so you don't miss out but also let us know early if you can't make it as we have to pay in advance for most activities. If you have any activities you would like to see happen please let us know.



Contacts

Kirrae Health Service

5567 1270

www.kirrae.health.com

SEWB Coordinator

Heather Vafidis

hvafidis@kirrae.org.au

For referrals:

Ring, text or email Heather on
0484 701 867

AOD Staff:

-Aaron Hagan

-Mel Sumner

Wellbeing Staff:

-Heather Vafidis

-Michael Boyd (on leave)

-Jocelyn Retallack

Youth Worker:

-Kristy Crawley





Mental Health is Health



Transitioning from Primary to Secondary School

A key transition for young people is moving from the familiar primary school environment to a new environment at secondary school. This is a significant change and can present some challenges for your young person.

Successful transitions help young people feel more confident in their ability to step into new situations. When young people develop new skills to manage new situations, it can increase their sense of competency which helps with their mental health and wellbeing.

The transition from primary to secondary school is a change for you as well. Your role will be different and continue to evolve as your young person goes through school. It's normal for families to experience a range of emotions such as grief, excitement sadness, worry, relief, pride and hope – even mixed emotions. Family members who have been significantly involved with primary school can also feel a sense of loss as they anticipate a different relationship with a secondary school.

If you think your young ones could do with some extra support please reach out to the SEWB Team.

Transition Tips

- planning and getting organised
- visiting the school and encouraging your child to go to any secondary school orientation days/programs
- doing a trial run with travelling to school, including taking public transport and using a travel card
- inviting older siblings or friends to share information about the school system ie. timetable, changing classrooms
- practising 'what if?' scenarios
- establishing routines including relaxing and fun activities
- Stay connected and interested in your young person's learning

Upcoming Events

February - Koko Blokes return
- Kalat Girls Return



If you need support on how to support your young ones about self harm please know we have copies of this booklet available.

Emergency Numbers:

Police/Fire/Ambulance: 000
Life Line: 13 11 14
Kids Help Line: 180055 1800
1800 Respect: 1800 737 732

Yarning Safe and Strong: 1800 959 563
Brother to Brother: 1800 435 799
Mens Help Line: 1300 78 99 78
Child Protection After Hours: 13 12 78

Please feel free to pop in for a confidential chat over a cuppa if you need help with this or anything else.



EXCITING NEWS

KALAT GIRLS AND LITTLE SISTAS
GROUPS ARE COMBINING.

UNDER 12'S (7-11 YRS) ALTERNATING WITH OVER 12'S
(12-24YRS) FORTNIGHTLY.

WATCH THIS SPACE FOR FURTHER INFORMATION

KARRATCH PALLUMBII

"YOUNG GIRLS TRANSFORMING
INTO BEAUTIFUL WOMEN"

KALAT GIRLS RETURNS FOR 2023

**THURSDAY FEB 9TH
4:30PM @ KIRRAE**

If you would like to be a part of our group for 2023, please come along to our first session.

AGES 12-24

SAVE THE DATE!

Thursday March 16th

CLOSE THE GAP DAY @ KIRRRAE



More info to come

THAT'S DEADLY!

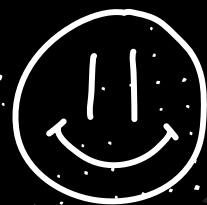


COMMUNITY
ACHIEVEMENTS
& NEWS



Tamara Clark and Leilani-Ugle-Clark flew up to QLD to play netball for Victoria! The girls spent the first day in training and then the 4 following days playing. Tamara received coaches award for the U18 white team. Both girls got to try out for the budgies, which is considered the next level up!

Well done!



THAT'S DEADLY!



**COMMUNITY
ACHIEVEMENTS
& NEWS**

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!**

MEN'S GROUP

FIRST PEOPLES

FIRST

SATURDAY 18TH

FEBRUARY

**A CELEBRATION OF
FIRST NATIONS
MUSIC, CULTURE
AND COMMUNITY**

SUNDAY 19TH

FEBRUARY

**OUR ICONIC DAY OF
AUSSIE MUSIC BY THE
BAY RETURNS! CATCH
SOME OF THE BIGGEST
NAMES IN AUSTRALIAN
MUSIC ACROSS A HEAP
OF STAGES**

**St Kilda
Festival**

Please call reception on
55671270 to put your name
down.

Limited numbers

MEN'S *Group* "HA HA HA"



COMEDY FOR TREATY ROADSHOW

FEAT. SEAN CHOLBURRA,
SHIRALEE HOOD & ANDY SAUNDERS
PLUS MUSIC FROM SCOTT DARLOW

**FRI., 10 FEBRUARY 2023,
7:00 PM – 11:59 PM**

**OLD COLLEGIANS
FOOTBALL NETBALL
CLUB 14 CARAMUT ROAD
WARRNAMBOOL, VIC
3280**

**Please ring reception to put your name
down**

VAEAI Back to School Information Pack

Start at your school

First off talk with your schools' principal, assistant principal, KESO or Koorie support worker, wellbeing coordinator or even a teacher you get along with to talk about your situation and see what supports they can offer.

Ask your school about their Financial Help for Families policy or contact DET below

FOR MORE INFORMATION

Ask about the Financial Help for Families policy



1800 338 663



enquiries@education.vic.gov.au

State Schools Relief

State Schools Relief supports families in buying school supplies, such as shoes, uniforms, books & learning devices in State Schools for disadvantaged students.

HOW DO I APPLY?

Requests for assistance are made by the school staff, this could be a principal, wellbeing coordinator, KESO or a teacher. A request can also be made by a support agency.

Ask your school or support service about applying for assistance through the State Schools Relief program.

FOR MORE INFORMATION



03 8769 8400



contact@ssr.net.au



<https://stateschoolsrelief.org.au/>



1/8 Johnston Court, Dandenong South
VIC 3175

Les twentyman foundation's back to school program

The Les Twentyman Back to School Program provides educational resources, textbooks, and stationery for young people in state, catholic & independent schools experiencing financial difficulty and unstable living conditions.

HOW DO I APPLY?

A young person must be referred by their school or a support worker from a 3rd party organization (ie. VACCA, VACSAL, VAEAI, local co-op or health service) and must meet specific criteria to be eligible for the program. First nations students are eligible for assistance through the program. The worker referring should email the full booklist to the program when applying.

FOR MORE INFORMATION



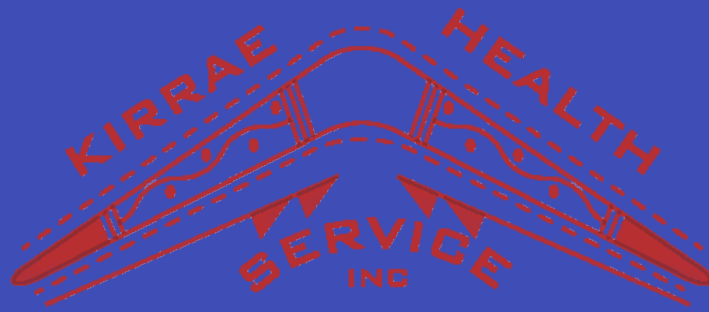
03 9689 4800



info@ltfoundation.com.au



<https://ltfoundation.com.au/our-services/back-to-school/>



KHS BINGO

Wednesday Feb 15th

11am- 2pm

Lunch provided



LGBTQI+

WORLDPRIDE IS BEING HELD IN AUSTRALIA THIS FEBRUARY IN SYDNEY WITH MORE THAN 300 EVENTS BETWEEN FEBRUARY 17 AND MARCH 5, 2023. IT'S THE FIRST TIME WORLDPRIDE WILL BE HELD IN THE SOUTHERN HEMISPHERE, WITH PREVIOUS HOST CITIES INCLUDING LONDON AND NEW YORK.

THE ABC WILL STREAM THE OFFICIAL WORLDPRIDE CONCERT ON FEBRUARY 24, STARTING AT 7.30PM.

AUSTRALIA'S BID FOR THE FESTIVAL PUT A REAL FOCUS ON CELEBRATING INDIGENOUS CULTURE. A FIRST NATIONS GALA AT THE SYDNEY OPERA HOUSE ON MARCH 2 IS EXPECTED TO BE AMONG THE WORLDPRIDE HIGHLIGHTS. IT WILL BRING TOGETHER MANY INCREDIBLE FIRST NATIONS LGBTQIA+ SISTERGIRLS AND BROTHERBOYS. MEANWHILE, A FIRST NATIONS GATHERING SPACE AT CARRIAGEWORKS WILL BE THE "HEART" OF THE ENTIRE FESTIVAL.

ON MARCH 5, SYDNEY'S FAMOUS HARBOUR BRIDGE WILL BE CLOSED TEMPORARILY FOR A PRIDE MARCH TO SHOW SOLIDARITY WITH LGBTQ PEOPLE ACROSS THE WORLD. AROUND 50,000 PEOPLE ARE EXPECTED TO ATTEND THE FREE MARCH.

THE CREATIVE DIRECTORS ARE KEEN TO MAKE SURE PEOPLE ARE "PARTYING WITH PURPOSE". IN THAT VEIN, THE FESTIVAL WILL BE ANCHORED BY A THREE-DAY HUMAN RIGHTS CONFERENCE AT THE INTERNATIONAL CONVENTION CENTRE BETWEEN MARCH 1 AND 3, FEATURING PROMINENT ADVOCATES AND CELEBRITIES.

IT'S HOPED THE CONFERENCE WILL PUT A SPOTLIGHT ON THE FACT LGBTQ PEOPLE DON'T HAVE EQUAL RIGHTS IN ALL COUNTRIES AND MAP THE NEXT STEPS FORWARD IN THE PRIDE MOVEMENT. THERE ARE OVER 60 COUNTRIES IN THE WORLD WHERE HOMOSEXUALITY IS STILL A CRIMINAL OFFENCE. THAT NEEDS TO CHANGE.



BEN GRAETZ DRESSED AS THEIR DRAG ALTER EGO "MISS ELLANAEIOUS".(PHOTO BY: ANNA KUČERA)



Indigenous APPRENTICESHIPS PROGRAM 2023

APPLY FOR AN APPRENTICESHIP WITH A GOVERNMENT AGENCY AND SET YOURSELF UP FOR A GREAT CAREER IN THE AUSTRALIAN PUBLIC SERVICE.

- It's full-time work with a competitive salary, great benefits and on-the-job training.
- The apprenticeship runs for 12 months.
- You get to complete a nationally recognised certificate or diploma.
- There are jobs in capital cities and most regional areas across Australia.
- You'll be supported by an Indigenous mentor.

Apply to make a difference in the lives of everyday Australians.

You don't need a degree or any work experience to apply.

What will your story be?



Applications open 23 January to 17 February 2023.

To apply or for more info, go to servicesaustralia.gov.au/IAP



Australian Government

**Career
Pathways**

Powered by **APSJobs**