



KIRRAE HEALTH SERVICE  
**STAY HOME AND STAY SAFE**



New date for  
Naidoc week  
2020  
Page 7

# August 2020

## Doctors

Dr Hall – Tuesday the 4<sup>th</sup>

Dr Chandan - Thursday 6<sup>th</sup>  
Tuesday 11<sup>th</sup>, 25<sup>th</sup>

Dr Hedgland – Thursday 20<sup>th</sup>

## Inside Newsletter

### Individual Highlights:

Birthdays	2
Keep our mob safe	3
Health team	4-6
Naidoc week 2020	7
Kirrae walking / running club	8-10
SEWB	11-15
Health assessments	16
Playgroup	17-18
HACC & CHSP	19
Brain teaser	20
Colour in picture	21
Sudoku	22
Recipe	23
Calendar	24
Feedback	25



**\*\*REMINDER\*\***

**KHS walking club**

**Info page 8**



**If clients need something urgently, all avenues will be explored to see what services can be accessed keeping in mind client and clinician safety – Fabian McLindin, Kirrae Health Program Team Leader (RN)**

## **Birthdays**

Wayne Harradine 1<sup>st</sup>  
Josh Chatfield 2<sup>nd</sup>  
Michael Gala 3<sup>rd</sup>  
Terrin Harradine 5<sup>th</sup>  
Vann Chatfield 6<sup>th</sup>  
Yarwun Clark 8<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>  
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

**KEEP OUR MOB SAFE, STOP THE SPREAD.**

Coronavirus  
(COVID-19)

**HELP OUR COMMUNITIES TO STAY HEALTHY...**

Coronavirus  
(COVID-19)

**STRONG AND CONNECTED...**

Coronavirus  
(COVID-19)

**FIND OUT MORE VISIT [HEALTH.GOV.AU](https://www.health.gov.au)**

Coronavirus  
(COVID-19)

As an at risk community, we want to remind everyone that it is still important that we take care of each other and socially distance!

- Continue to practice all the hygiene tips such as keeping your hands clean, cough/sneeze into your elbow, not touching your face, clean surfaces often and keep away from people if you have any symptoms.
- Stay at home, keep away from people as much as you can and not travel to places in our community or other communities unless absolutely necessary – this this is MOST important to keep everyone safe!

There is every risk that the virus can come into regional Victoria again and making sure we are all safe and healthy is key to us getting through this! If you haven't already download the COVIDsafe app – it lets people know if they have been exposed to the virus.



# HEALTH TEAM UPDATE:

## Covid-19

With new outbreaks and ongoing restrictions in Melbourne we need more than ever to be on guard to protect our community. It is every body's responsibility to do their bit and help keep our community and loved ones stay safe from Covid-19.

What you need to know and do:

- Keep informed about what is happening and any news about local infections and advice from Government and the Chief Medical Officer.
  - Watch the news listen to the radio and get a daily update
  - Visit official government website: [www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19](http://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19)

- Keep up good hygiene and social distancing measures

- Stay 1.5 metres apart
- Wash hands frequently with soap or alcohol based hand gel especially after being in a public place or after blowing your nose, coughing, sneezing or using the toilet.
- Cough and sneeze into your elbow or tissue
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Do not share drink bottles, cutlery and crockery or cigarettes.
- Clean and disinfect high touch surfaces such as door handles, light switches and bench tops

- **Should I get tested?**

- If you have any of the symptoms, however mild, you should seek advice and get tested. To get further advice,

- The symptoms to watch out for are:

- Fever
- Chills or sweats
- Cough
- Sore throat
- Shortness of breath
- Runny nose
- Loss of sense of smell or taste

- Call the 24-hour coronavirus hotline **1800 675 398**.
- SWHC: **55631666 - Dial 5**
- Warrnambool Medical Clinic **55622766 – Dial 2**
- Great South Coast Respiratory Clinic: **04286063970**



NB: With recent increases in cases I would recommend everyone to think seriously about using masks in public places where physical distancing is difficult such as supermarkets and shopping centres. If you are elderly or have a Chronic Health Condition, try to avoid these areas altogether otherwise **please wear a mask!**

## HELP PROTECT KIRRAE HEALTH SERVICE AND STAFF



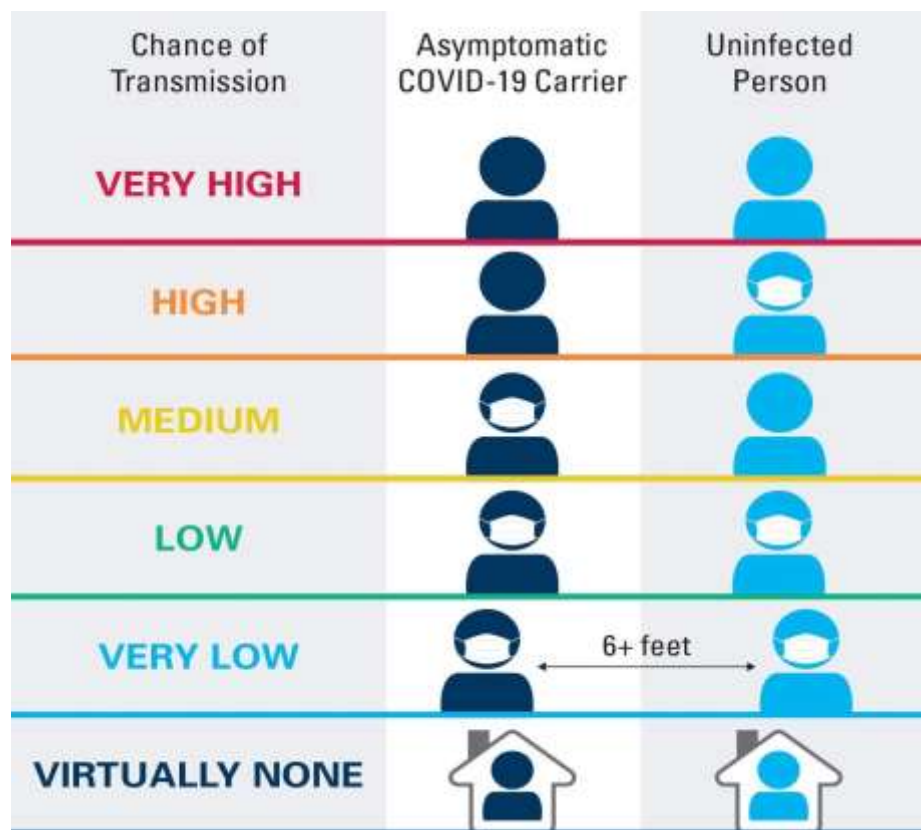
During this pandemic, Kirrae Health Service is here to help and support our community to get through this tough time. We can only do this if we remain open and functioning so we need your assistance in making sure we stay open by being aware of how to keep our health service and staff protected from a COVID-19 exposure and risk of Shutdown.

# THIS IS EXTREMELY IMPORTANT!!

- If you have any symptoms no matter how small, please do not come up to the Health Service. You should use the phone and call.
- If you have a doctors or other appointment booked when you were symptom free, and now have symptoms, please call Kirrae reception for advice. Do not attend your appointment.
- Please be honest with Kirrae Health Service staff when they ask you the COVID-19 Screening Questions either over the phone or at reception about:
  - DO YOU HAVE ANY SYMPTOMS
    - Runny nose
    - Fever or chills
    - Sore throat
    - Cough
    - Respiratory illness
    - Loss of smell or taste

IT IS ONLY BY OUR SHARED COMMUNITY COMMITMENT AND DETERMINATION TO PROTECT THE HEALTH SERVICE AND STAFF THAT WE CAN CONTINUE TO SUPPORT EVERYONE THROUGH THIS VERY DIFFICULT AND UNCERTAIN TIME.

Thankyou Fabian









# KIRRAE WALKING/RUNNING CLUB

Kirrae have launched a virtual walking/running club!

Download the app, search for 'Kirrae Health Service' and join our team!

Instructions for using the app are on the following pages – you will need to record your walks and runs as 'RUN' to make sure it is recorded in the club's tally board. If you choose 'RUN' as your preference activity, you will not need to choose it each time, it will do it automatically for you. You can title your activity what you have completed, example. 'Morning Walk'.

If you forget to record your walk/run as 'Run', don't worry! The admin can see your activity and is recording everything externally from the app, so you won't miss out! You will need to make sure that your account is open in privacy settings for this!



as



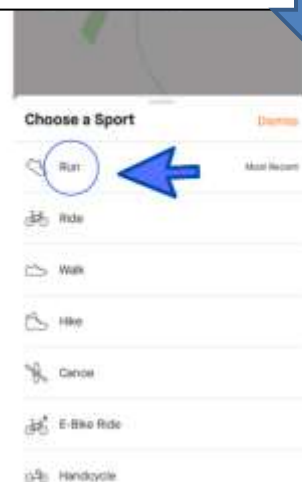
Each month, the person who has completed the most TIME participating in walks or runs, will **win a voucher worth \$100**, to stores such as Materia Brothers, Rebel Sports, BCF and more! With the winner being announced at the beginning of each new month.

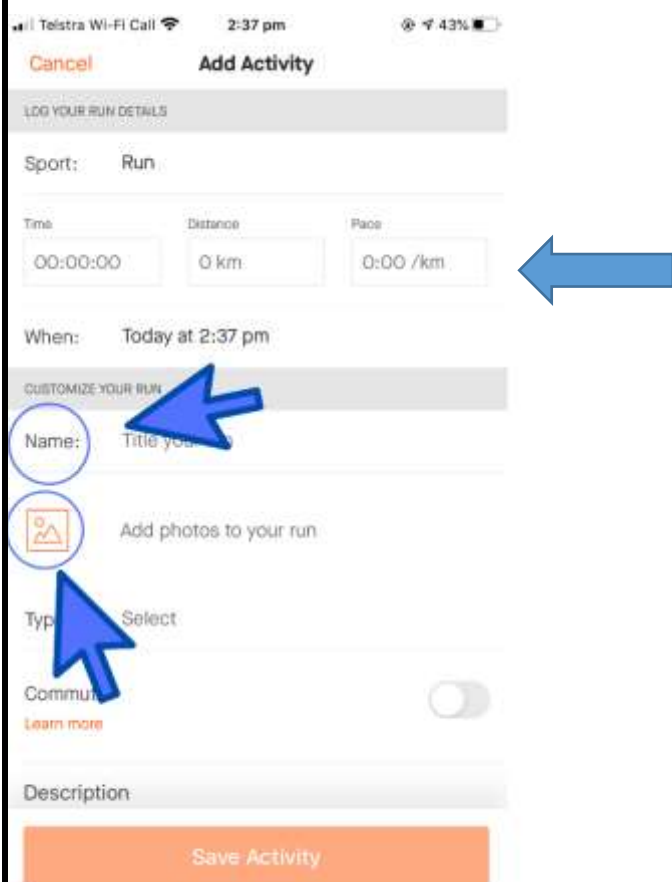
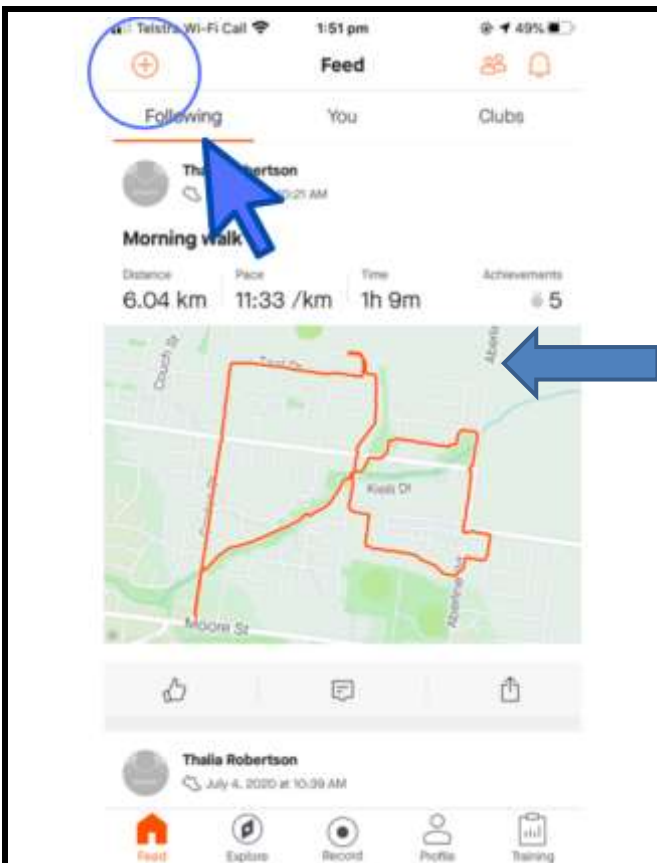




- Go into the app and under the club section search for 'Kirrae Health Services' and click join!

- To record your activity, click the record button at the bottom of the home screen.
- Before starting your activity make sure you click on the little runners foot to choose your activity
- To record your walk/run into the Kirrae club, make sure you choose the RUN option – you can make this option your most preferred option, so you won't always have to do this step.





- If you forget to record your walk/run, you can enter it manually.
- Go onto the home screen, click the plus on the top left hand side and choose the option of 'Manual activity'
- Enter in your information. If you're not sure of how many Km's you did – that's okay, you can just estimate.
- You can name your activity to what you did. Example: 'Morning walk', 'Afternoon run'.
- For this option, you can put upload a picture of you post activity or a picture you might have taken during your activity 😊

# SEWB TEAM

Hey everyone!

Hope that you are all going along nicely in this current environment we are living in although it doesn't look like things are going to get better any time soon, they may even get worse!

We need to remember to keep sticking to the basics around hand washing, social distancing and doing our part to make sure we all stay safe!

If anyone needs to have a chat about anything that is going on for you or your loved ones at the moment call myself or anyone else in the SEWB team on 55671270.

Would love to get any feedback around what we could also be doing in the Alcohol and other Drugs area of SEWB, this may include one on one work, offering talks or information sessions on the subject or even getting together as a group to see if we can make positive changes in the community together. Give us a call on 55671270 if you have any ideas! Always happy to talk or help out if we can, so don't be too shy to reach out!



Lastly,

Please find details for 'WellMob' launched recently – a new wellbeing resources website.  
[wellmob.org.au](http://wellmob.org.au)

WellMob brings together over 200 videos, apps, podcasts and other websites in the one place and is free to access. The website was developed by eMHPrac (e-mental health in practice) in partnership with the Australian Indigenous HealthInfoNet.

Mel ☺



# ABORIGINAL MEN'S REFERRAL CRISIS LINE

## TALK TO US



COMMUNICATION

CONNECTION

SUPPORT



## 24 HOUR SERVICE





Victorian Aboriginal Health Service  
238-250 Plenty Road, Preston VIC 3072  
03 9403 3300

## MEDIA RELEASE

Monday 06 July 2020

### **Extension of *Yarning SafeNStrong* crisis helpline to 24 hours, seven days.**

#### **Victorian Aboriginal Health Service (VAHS) respond to COVID-19 high-rise lockdowns.**

On Sunday 5 July 2020, VAHS, VACCA, VACCHO, AHV, Dardi Munwurro, VALS & Djirra met with Victorian Government to plan legal, medical and community care support for Aboriginal families and residents affected in the Melbourne high rise shut down.

The lock down of Flemington, Kensington and North Melbourne sees 1345 units in the nine towers impacted, housing 3000 people, and many Aboriginal families without access to their family and other support services including face to face access to workers from Aboriginal services, leaving many feeling vulnerable and isolated.

In response VAHS have extended the operating hours for *Yarning SafeNStrong* hotline (1800 95 95 63) to operate seven days a week, for 24 hours.

The free and confidential statewide helpline will not only focus on the social and emotional wellbeing of Aboriginal Victorians, but will also act as a emergency response line to provide assistance with health, family violence, housing, and legal services.

VAHS CEO Michael Graham said the *Yarning SafeNStrong* helpline "will now offer critical emergency response services as well as counseling support during this growing crisis" with counsellors available 24 hours to take calls, and connect to support services.



"We've seen incredible resilience within our communities during the COVID-19 pandemic, but it's important that we stay connected and accessible at all times to support our people who are highly vulnerable during this time", he said.

In addition to providing the Yarning SafeNStrong crisis line, VAHS will play a central coordination role in the Aboriginal Community Controlled Sectors' response to the most recent high rise lockdown, to ensure those affected stay informed, manage outbreaks and provide on the ground legal, medical and community care support for Aboriginal families and residents.

VAHS will work closely with the families impacted assessing and triaging needs across organisations and continue an innovative approach to supporting Aboriginal Communities during COVID-19.

Yarning SafeNStrong counsellors are available by calling 1800 95 95 63.

- ENDS -

**Media Contact:** Nikita Blom – Communications Consultant |  
[blom.nikita@gmail.com](mailto:blom.nikita@gmail.com) | 0422 048 352

## ***About VAHS and Yarning SafeNStrong***

*Yarning SafeNStrong* (YSNS) is a confidential phone crisis line for Aboriginal and Torres Strait Islander people and families who need to have a yarn with someone about their wellbeing. COVID-19 has seen many Aboriginal and Torres Strait Islander people without access to their family and other supports, including face to face access to workers from Aboriginal services, leaving many feeling vulnerable and isolated.

There is strong evidence to support the concept of a state-wide Aboriginal counselling service model with strong cohesive links to existing regional and metropolitan Aboriginal social and emotional wellbeing support services. Aboriginal Community Controlled Organisations (ACCOS) have the knowledge and expertise about how to engage and respond to the social, cultural and emotional needs of local Aboriginal people, their families and their



communities.

Without culturally safe options designed and implemented by Aboriginal communities, Aboriginal people are at risk of disengaging from service systems and supports, exacerbating disadvantage and poorer outcomes, and leading to increased service demand both now and into the future. Local and international evidence shows us that self-determination is the key policy approach that has produced effective and sustainable outcomes for Aboriginal people and communities.

Call 1800 95 95 63 or visit facebook Yarning Safe'n'Strong



# YOUR HEALTH IS IN YOUR HANDS

BOOK YOUR ANNUAL 715 HEALTH CHECK TODAY!

It's important to have a health check every year, even when you feel well, to stay healthy and strong.

Having a regular health check provides important details to your Doctor to keep you and your family in good health.

All Aboriginal and Torres Strait Islander people are eligible for an annual health check. 715 health checks are free at Aboriginal Medical Services and bulk billing practices. If you are unsure whether it will be free at your local Doctor, give them a call to ask about the 715 health check before you book.

Find out more:

Visit [www.health.gov.au/715-health-check](http://www.health.gov.au/715-health-check)  
or search #715healthcheck on social media



Australian Government  
Department of Health

# Playgroup

Here are a couple of ideas you could do with the kids while we are still not holding Playgroup onsite, with everything that is happening we are not sure when Playgroup will start up again.

## what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM



# SIMON SAYS

SIT DOWN

TURN AROUND IN A CIRCLE

JUMP UP AND DOWN

HOP ON YOUR RIGHT FOOT

HOP ON YOUR LEFT FOOT

CLAP YOUR HANDS

TOUCH YOUR NOSE

WIGGLE YOUR FINGERS

PUT ONE ARM IN THE AIR

FLAP YOUR ARMS LIKE A BIRD

SLITHER ON THE GROUND LIKE A  
SNAKE

QUACK LIKE A DUCK

RUN IN PLACE

STAND ON ONE FOOT

PUT YOUR HANDS ON YOUR HIPS

PRETEND YOU ARE A DOG

MOO LIKE A COW

WINK YOUR RIGHT EYE

PUCKER YOUR LIPS

SING AS LOUD AS YOU CAN

PAT YOUR BELLY

PUT BOTH HANDS ON YOUR HEAD

GIVE SOMEONE A HIGH FIVE

RAISE BOTH HANDS IN THE AIR

SHAKE YOUR RIGHT ARM

SHAKE YOUR LEFT ARM

PRETEND LIKE YOU ARE SLEEPING

ROLL ON THE FLOOR

DO A SOMERSAULT

SKIP AROUND THE ROOM

GALLOP LIKE A HORSE

MEOW LIKE A CAT

HOP TO THE RIGHT

HOP TO THE LEFT

MAKE CIRCLES WITH YOUR ARMS

TOUCH YOUR EARS

STICK OUT YOUR TONGUE

DO JUMPING JACKS

DO A SILLY DANCE

DO A CARTWHEEL

SQUEAK LIKE A MOUSE

WALK LIKE A PENGUIN

SIT DOWN AND SCOOT ACROSS  
THE ROOM

WALK ON YOUR TIP TOES

MAKE A SAD FACE

MAKE A HAPPY FACE

ACT LIKE YOU ARE ICE SKATING

DO A SIT UP

TALK LIKE A ROBOT

ACT LIKE YOU ARE DRIVING A CAR

DO A PUSH UP

WIGGLE YOUR TOES

THEBESTIDEASFORKIDS.COM

# HACC & CHSP

Our CHSP program for those over 50 is keeping people in our community busy doing jigsaw puzzles and word searches. Keeping that tricky grey matter going! Plus our HACC PYP program, helping those with chronic illness or disability who are under 50 years, is also keeping people connected with everyone across the two programs sharing great meals on the same day, delivered by us, created by Kings Catering. We love hearing which puzzles and activities have taken your fancy.

Check out Uncle Lionel doing his word search.



Louise's Acrylic pouring painting art work

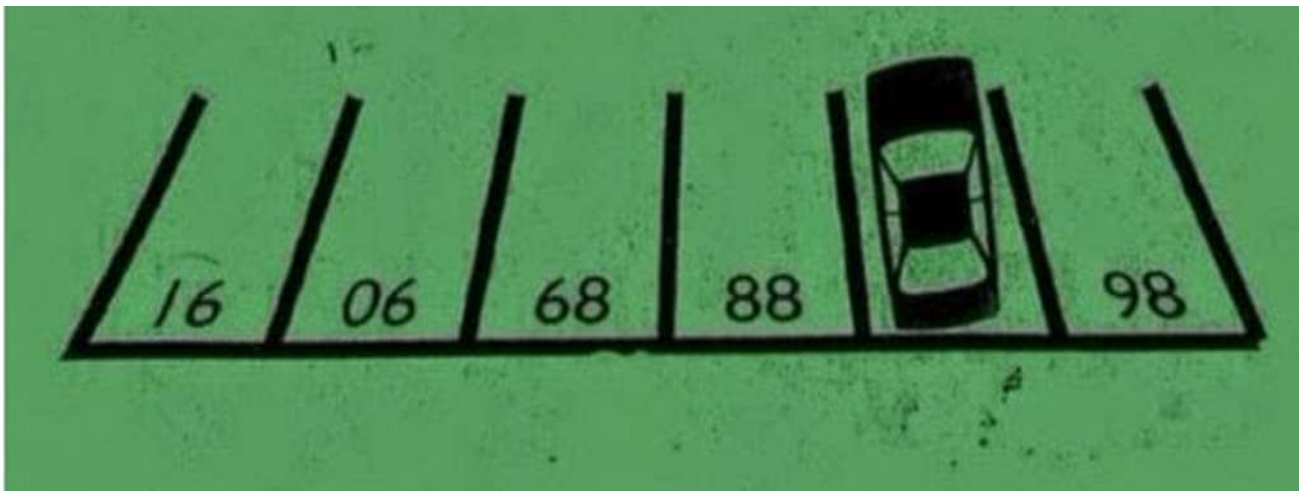


Crystal's painting



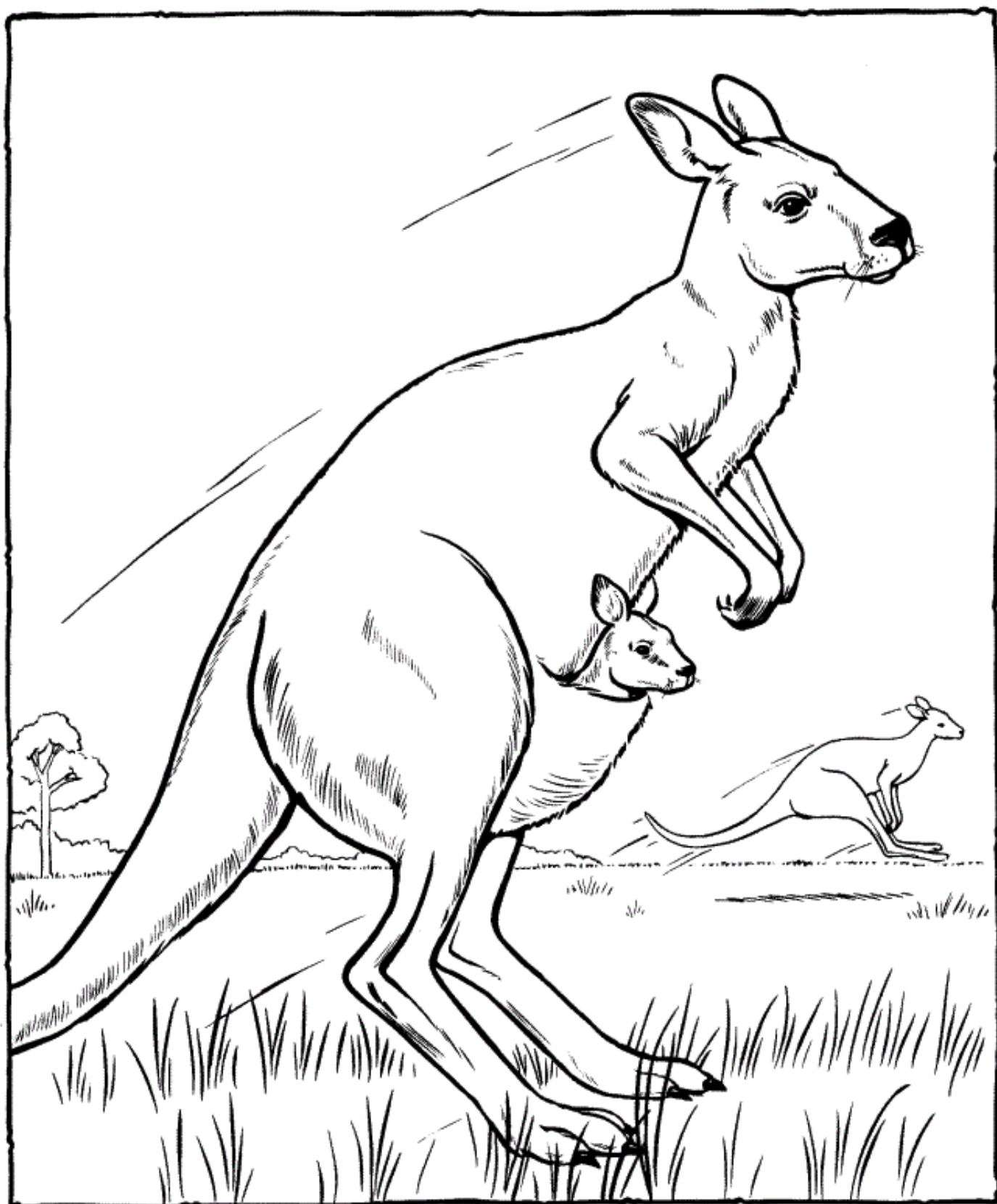
# Brain Teasers

1. Turn Me On My Side And I Am Everything. Cut Me In Half And I Am Nothing. What Am I?
2. How Can  $8 + 8 = 4$  ?
3. I Am Heavy And Hard To Pick Up, But Backwards I Am Not. What Am I?
4. If You Have Me, You Want To Share Me. If You Share Me, You Don't Have Me. What Am I?
5. What Is The Number Of The Parking Spot Containing The Car?



6. A Cowboy Rides Into A Town On Friday, Stays For Three Days, And Leaves On Friday. How Does He Manage This?
7. David's Father Has Three Sons: Snap, Crackle, And \_\_\_\_\_?





The baby *Kangaroo* of Australia eats, sleeps, and travels in his mother's pouch or pocket. Color: dark gray with lighter feet and tail.

# S U D O K U

10-minute  
beef and

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

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

# black bean stir-fry

- 10 minutes
- serves 2
- Easy

This 10-minute beef and black bean stir-fry is the ideal midweek meal. It's super speedy, under 300 calories, and packed full of flavour. It's also great for when you want to be a bit healthier and ditch your usual take-away

August 20, 2015 at 7:12 am

## Ingredients

il

**arlic** 2 cloves, finely sliced

**inger** 2cm piece, grated

**minute steak** 300g, cut into strips

**reen beans** 2 handfuls, trimmed and blanched

**hilli black bean sauce** (or just use regular black bean sauce) 4 tbsp

**rown rice** to serve

## Method

- STEP 1

Heat 1 tbsp oil in a wok and add the garlic and ginger. Add the beef and cook until the beef starts to colour. Add the beans and stir-fry for a minute more. Stir in the black bean sauce and add a splash of water, moving everything around the wok so it is evenly coated. Cook for another minute or two. Serve with rice.





# August 2020

WK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	27	28	29	30	31	1	2
32	3	4	5	6	7	8	9
	Massage	Dr Hall		Dr Chandan	Podiatry		
33	10	11	12	13	14	15	16
		Dr Chandan		Chiropractor			
34	17	18	19	20	21	22	23
	Massage	Optometrist		Dr Hedgland			
35	24	25	26	27	28	29	30
		Dr Chandan Diabetes Ed		Chiropractor			
36	31	1	2	3	4	5	6

1 Kirrae Ave  
Purnim, Vic, 3279

PHONE:  
03 5567 1270

FAX:  
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**



## Do you have any feedback on our:

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

Let us know!

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend 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