





2020

<u>Doctors</u> Dr Hall – 7th

Dr Chandan- 9th, 21st & 28th

Dr Hedgland – Thursday 16th

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Also included separate are			

Fact Sheets for Older
Australians booklet,
Recipe booklet on how to
freeze meals, Kids

Guess what? We love you!

Please stay home for now!!!

Staying home helps slow the spread of the virus

The more us of the safer our families are

"There is a shortfall in masks, gowns, gloves, eye protection and other equipment to keep ACCO staff safe which is critical in keeping ACCOs safe, open and able to service Community. This means ACCOs must take stronger measures to protect

their staff and vulnerable patients and people. This often means no face-to-face contact. We ask that all Community members respect these hard decisions that will save lives."

Karen Heap, VACCHO Chair

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)

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

Quality Improvement Council 'Yes ... we are a OlG accordance organisation'

Birthdays

Jamarra Ugle-Hagan 4th Tanaya Harradine 5th Brian Medew 5th Chayce Grinter 9th Herbie Harradine 10th Narrah Ugle-Hagan 11th Ian Clark 12th Tamara Clark 13th Kerrie Proctor 15th Brandi Litster 17th Judy Neave 21st Jessica Couzens 21st Naomi Litster 21st Jamie Leslie 24th Grover Ferguson 29th Mingarra Clark 29th



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

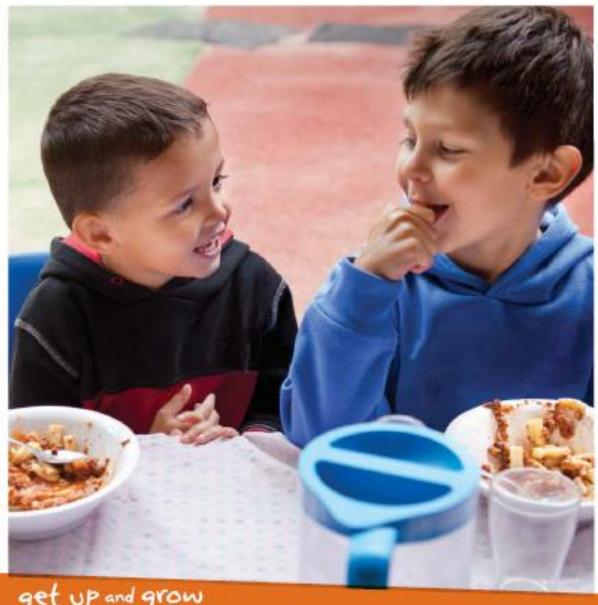


Children's activities

- Playgroup
- Holiday program
- Koko blokes

Social emotional and wellbeing program

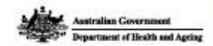
- Advocacy support
- Counselling (individuals, families, children)
- Case management
- AOD



Healthy food helps

OUR KIDS GROW STRONG

www.health.gov.au



COC+1800200

HEALTHY FOOD HELPS OUR KIDS GROW STRONG

The early years can set up the base for a healthy lifestyle throughout life, so it makes sense to start encouraging healthy eating and physical activity right from a child's earliest days. You can find the link to more *Get Up and Grow* healthy recipes for children on our Facebook page!

PEA AND CHICKEN FRITATTA

This recipe makes six serves and takes less than 40 minutes to make!

Preparation time: 10-15 minutes

Cooking time: 30 minutes

	_
INGREDIENTS	
Olive oil	1/ 2 tbsp
Onion finely chopped	1 small
Eggs	4
Chicken (cooked and diced)	200g
Peas	1 cup
Boiled potato (sliced)	1 large
Grated cheese	1/ 2 cup

Method:

- 1. Heat oil in pan and add onions. Stir and cook until soft but not brown.
- 2. Add chicken, peas and potato. Gently stir to heat through.
- 3. Whisk eggs in a separate bowl.
- 4. Place vegetables into ovenproof dish.
- 5. Sprinkle grated cheese over vegetables.
- 6. Pour egg mixture over vegetables and cheese.
- 7. Bake in oven 160°c for 30 minutes (or until cooked through).
- 8. Serve with bread or wholemeal crackers.



Playgroup



Vann learning to draw shapes



Sonny setting up a game of bowling.



Kingston doing a puzzle



Wednesday playing hide and seek



Happy 3rd Birthday Jaxx

Playgroup will continue to post fun activities you can do at home on our facebook page while we are on hiatus. Feel free to share any pictures with us of you and the kids keeping busy!

KIDS INDOOR GAMES

SPIDERS WEB

Turn the hall into a spiders web!

You can use tape, wool, ribbon or anything else you might have laying around the house.

The children have to go through the 'web' without touching it!

Really great for children to practice their motor skills, balance and critical thinking!



FOOT DRAWINGS

Encourage kids to draw/colour/write with their feet. Guaranteed laughs from the kids!

EQUILIBRIST

With a long piece of string, get your kids to practice their balancing by walking over the string like a tightrope!

TREASURE MAP

Hide an object and then draw a treasure map of your house, marking the spot with an X. Get the kids to hunt for the item!



Hand-washing technique with soap and water





If your happy and you know it,



wash your hands



If your happy and you know it,



wash your hands



If your happy and you know it,



And you really want to show it



If your happy and you know it, wash your hands.



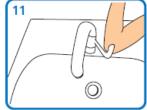
If your happy and you know it, wash your hands



If your happy and you know it, wash your hands



If your happy and you know it



and you really want to show it



If your happy and you know it



Wash your hands

STICK THIS PAGE NEXT TO THE SINK FOR KIDS



Facts About Gunja

What is Gunja?

Gunja is a drug that comes from the marijuana plant. It is known by different names such as yarndi, marijuana, pot, weed, hash, dope, cannabis, mull, grass, or skunk.

How do people use it?

Gunja is used as:

- marijuana the dried plant that is smoked in a joint or a bong
- hashish the dried plant resin that is usually mixed with tobacco and smoked or added to foods and baked, such as cookies and brownies
- hash oil liquid that is usually added to the tip of a cigarette and smoked.

Gunja can also come in a synthetic (man-made) form, which may be more harmful than real gunja.

What are the short term effects of gunja?

When smoked, the effects of gunja can be felt straight away. When eaten, it takes about an hour to feel the effects, which means it's easy to have too much.

Using gunja makes you 'high' or 'stoned'. The effects of gunja are different for everyone but can include:

- feeling happy, talkative and less self-conscious
- sleepiness
- decreased nausea
- feeling hungry
- lack of coordination
- feeling suspicious about other people (paranoia)
- feeling anxious, nervous or afraid
- red eyes
- infections
- Ory mouth and throat.

Gunja affects your ability to react quickly and pay attention to the road which makes driving dangerous.

What are the long term effects of gunja?

Effects from using gunja regularly over a long time include:

- increased risk of lung diseases associated with smoking (such as cancer)
- increased risk of getting regular colds and flu
- poor memory

- not wanting to do things (lethargy)
- lack of energy
- no money for food and bills (because of the high cost of the gunja)
- letting down family and community.

Gunja can lead to poor social and emotional health

Long term use of gunja can affect a person's social and emotional health. It can trigger psychosis and depression, or make a person's depression worse.

Psychosis

Sometimes people using gunja may experience psychosis. This means they might hear voices, see, taste or smell things that are not really there (hallucinations), or have beliefs that are not true (delusions). People may experience these symptoms after smoking a lot of gunja or after smoking more than what they are used to. Usually these symptoms go away when the person stops using gunja.

If a person uses gunja at a young age and they have a family history of mental illness, they are more at risk of developing schizophrenia (a form of psychosis). People with a family member who has schizophrenia should not use gunja. If a person already has schizophrenia using gunja can make it worse.

Depression

Regular use of gunja can make depression worse in people who already suffer from depression. People who use gunja have been shown to have higher levels of depression and depressive symptoms that those who do not use.

Core funding is provided by the Australian Government Department of Health

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Facts About Gunja

Dependence

Around one in ten people who try gunja will become dependent on it at some time in their lives. Dependence is where a person continues to use a drug even though the substance is causing them serious problems. They need to have more of the substance (e.g. gunja) to get the same effect. If they stop using, they have withdrawal symptoms (the physical and mental effects when the amount of the drug in the body falls.) People who use daily are most at risk.

Giving up gunja

If you want to give up gunja but have been using it regularly for a while, your body has to get used to working without it. Withdrawal symptoms may last for less than a week, but your sleep may be affected for longer.

Symptoms of withdrawal include:

- anxiety
- irritability
- aggressive and angry behaviour
- loss of appetite and upset stomach
- sweating, chills and tremors
- sleeping problems and nightmares.

If you want help or support the Cannabis

See also the Knowledge Centre listing of programs

References

Anderson G, Healy A (2012) Cannabis. In: Lee K, Freeburn B, Ella S, Miller W, Perry J, Conigrave K, eds. Handbook for Aboriginal alcohol and drug work. Sydney: University of Sydney: 127-138

Victorian Aboriginal Community Controlled Health Organisation and Australian Drug Foundation (2014) A guide to yarndi within our community. Melbourne: Victorian Aboriginal Community Controlled Health Organisation and Australian Drug Foundation

National Cannabis Prevention and Information Centre (NCPIC) What is cannabis? Retrieved 2015 from https://ndarc.med.unsw.edu.au/resource/cannabis

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Core funding is provided by the Australian Government Department of Health

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Zucchini Noodles with Simple Bolognese Sauce

Serves: 6 Servings

INGREDIENTS:

USE ZOODLES OR ORGANIC WHOLEMEAL SPIRAL PASTA

For the Zoodles:

- 6 medium zucchini, spiralized
- 1-2 Tbsp olive oil
- 1 clove garlic, minced

For the Bolognese Sauce:

- 1 Tbsp olive oil
- 1 onion, chopped
- 1 stalk celery, chopped
- 3 cloves garlic, minced
- 1 lb. ground turkey or ground beef
- 1 (28 oz) can crushed tomatoes
- 1 (6 oz) can tomato paste
- ½ cup Beef Stock reduced salt
- 1 tsp. dried oregano
- 1 tsp. dried basil
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 bay leaves
- Fresh basil, chopped as garnish

INSTRUCTIONS:

- 1. Spiralize your zucchini and set aside on paper towels so that any excess water is soaked up. Feel free to sprinkle with a little salt to help with this.
- 2. Drizzle olive oil in a large saucepan over medium-high heat and saute onion, celery and garlic until fragrant, about 3 minutes. Add ground turkey (or beef) and cook until crumbled and brown, draining excess liquid as necessary.
- 3. Add remaining ingredients and bring to a boil then reduce heat and simmer for about 30 minutes.
- 4. For the zoodles, drizzle olive oil in a large skillet over medium-high heat and saute garlic until fragrant. Add zucchini noodles and cook for about 1 to 2 minutes until tender. *If you didn't already add salt while the water was getting soaked up feel free to sprinkle a little on them now for flavor.
- 5. Top zucchini noodles with the bolognese sauce, serve and enjoy!

NUTRITIONAL INFORMATION

Serving Size: 1 zucchini + 1½ cups sauce • Calories: 239 • Fat: 6.4 g • Saturated Fat: 0.9 g • Carbs: 24.6 g • Fiber: 7 g • Protein: 24.9 g • Sugar: 9.6 g • WW Freestyle Points: 6



Healthy Banana Bread

With this healthy banana bread recipe, you're only a few simple ingredients away from the best banana bread ever! You can easily make this banana bread gluten free by choosing a gluten free flour.

INGREDIENTS:

- 1/3 cup of extra-virgin olive oil OR high quality vegetable oil
- 1/2 cup honey OR maple syrup
- 2 eggs
- 1 cup of mashed ripe banana's (about 2 ½ medium or 2 large bananas)
- 1/4cup of milk OR water
- 1 teaspoon of baking soda (NOT baking powder; they are not the same)
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of salt
- 1/2 teaspoon ground cinnamon
- 13/4 cups of wholemeal flour OR white flour
- OPTIONAL ½ cup mix-ins like chopped walnuts or pecans, chocolate chips. Raisins, chopped dried fruit, fresh banana slices

METHOD:

- 1. Preheat oven to 165 degrees Celsius, and grease a loaf pan.
- 2. In a large bowl, beat oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas milk.
- 3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, until combined. Some lumps are okay and if your adding any optional ingredients, do it now!
- 4. Pour the batter into greased loaf pan and sprinkle lightly with cinnamon.
- 5. Bake for 55-60 minutes or until cooked in the middle testing with a tooth pick or sharp knife, the object should come out of the bread mostly clean!
- 6. Let the bread cool in the loaf pan for 10 minutes, than onto a wire rack for 20 minutes before slicing!

Chef's tips:

To add a nice top to the bread, cook the bread for 35 minutes, pull the bread out of the oven and add the topping. Cook for remaining time.



Elders Gathering 2020

On Tuesday 10th and Wednesday 11th March we had the Elders Gathering, which was held in Lorne.

There were clients from Wind-mara, Wathaurong, Gunditjmara and Kirrae. In total there were 39 people that attended the event. We had 3 workshops over the two day event, which were Legal Aid, Family Therapy and an Artwork shop.



The Legal Aid workshop was run by Sarah Westwood who is based in Warrnambool. She spoke about Power of Attorney, Medical power of attorney, making an Advance Care Directive, Issues with Aboriginal Housing Victoria tenancies and more. There were great questions asked by many in attendance and great responses in return.

The Family Therapy workshop was run by our very own SEWB Coordinator Brian Medew. His workshop was interesting in the best way, he got everyone interacting by making paper planes! It highlighted to everyone that we are all different, just like how all of our planes turned out differently.

He then asked a lady for Wathaurong to sit at the front of the room and began by asking her how many family members she had. He then asked others to stand up front to signify the members of her family, her doctor, her health service worker etc. This was a great visual representation for everyone that attend the workshop to see that this is how he works with a client from a family therapy approach. He looks at the whole picture of a client's life to see how every person impacts that client and how to work together for the best outcome for the client. She was an amazing person with an amazing story, and we thank her for such willing participation.

The great Art workshop was run by Nathan from Iluka Designs. Nathan Patterson is a proud Wagiman Man living in on the south coast of Victoria. His mother's people are from Pine Creek, near the Daly River Region in the Northern Territory, where the Wagiman clan are the traditional landowners.

Nathan burst onto the scene around 4 years ago with his ever-evolving Modern Aboriginal Art. He has been commissioned for numerous large scale mural projects as well as featuring on 4 AFL Indigenous Guernsey's.

He did a 2 hour workshop with everyone that attend the gathering, explaining how to do certain things and why he does it the way he does. He made sure that everyone did a bit of the artwork on the painting. It turned out to be a wonderful workshop and painting, everyone had fun adding their little bit.







Elders Gathering 2020











Elders Gathering 2020



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How to Stay Safe at home during COVID19

Due to the need to protect ourselves and others through social distancing, this may cause some people who are experiencing domestic violence to be left at home with people who cause them to feel unsafe.

If this is the case, it may be important to create a safety plan to protect yourself and your family.

All plans look different, and can include taking precautions inlouding hiding the sharp knives, putting the kids to sleep earlier, discussing with the children to stay safe by staying in their bedrooms where appropriate or having a code word where they can remove themselves from the room, playing in the backyard, calling a friend who can offer support or phone the police and keeping a diary of incidents that occurred if safe to do so.

It is important when confronted with an aggressive person to take the best steps to protect yourself and your family, and only you will be able to know what that looks like.

If you are concerned, please phone the KIRRAE or the 1800 numbers listed below.

Family Violence affects the whole community.

During a time of uncertainty where people may need to stay inside their homes, some people may be at a higher risk of experiencing domestic or family violence.

If you feel you or someone you love may be experiencing family violence, please phone a member of our SEWB Team or:

1800 RESPECT: 1800 737 732

Safe Steps: 1800 015 188

MensLine: 1300 789 978



Ways to boost your Mental Health When Stuck at Home!

- Look after yourself! This may sound simple but when you have others to worry about can be the hardest to put into practice! Look after yourself by getting enough sleep, eating well and exercising regularly.
- Make a Routine! One of the easiest things we can do when stuck at home is lose track of time, it's easy to stay in bed or watch TV, but it's also important to keep up with your daily needs. A good way to monitor this is to create a checklist! This can be written down or just in your head.



Sometimes it feels like the day can get away from us and we are left wondering, "What have i done today?". Checklists can be a great way for you to take a break at the end of the day and list all the things you have done, Examples can be as simple as showering, having breakfast, playing with the kids, phoning a friend or cleaning. These things can take up time without us realising, but will assist in maintaining a positive attitude when stuck at home.



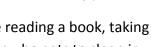


- try and enjoy at least 15 minutes of sunlight.
- Take some time without electronics, including your phone, TV and all social media.
- Show love to the people in your life who deserve it. There is no right or wrong way to show someone how much you care about them. •
- Let the people most important to you know, by taking time to sit with them and enjoy each other's company.





- Spend the afternoon playing with you children or pets. Build a cubby house with the kids. Go for a short walk with your dog or play at home with your cat. Do what works for you and your family best! Holy cow build a mia mia! That'd be AWESOME!! 🛕 🛧 🛕



- Take time for yourself at least once a week, this can include reading a book, taking a bath, doing some baking or alternating with your partner who gets to sleep in and who needs to watch the kids.

- Dance! Dancing is known to release endorphins, the body's natural 'feel good' hormone, and reduces the bodies stress hormone. This can be done while cooking, cleaning or as a fun way to spend some time with your kids or partner. 🞜 🎜 🞜



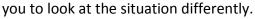
- Colouring has been growing in popularity with people of all ages, and is known to be a great way to relax and reduce stress. Try being creative, whether it be through crafts, colouring or completing a puzzle that's been sitting in the back of a cupboard!







- Talk to someone you trust; This is a stressful time and it is ok for you to need to take a break from everything and sit down with someone you trust. Take this time to understand what it is that is stressful or upsetting and talk these feelings out with another person, this may offer you a fresh perspective and allow





-Most importantly: **Do what makes you Happy!** We don't always need to do something new or different to feel good. Find what works for You and your family, and focus on as many of the positives as possible!









HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



F. 2

Encourage play,

exercise and sport

San Daniel

BEHAVIOUR Keep an eye out for any changes in behaviour

SUPPORT Regularly support, encourage and praise your child

REST TIME Help your child to manage stress by building in some rest time



BE PROUD Tell your child that you are proud of them



PATIENCE Be patient. Don't pressure your child



HELP
Don't be afraid to
seek help from
professionals



FEELING Get to know how your child is feeling



EDUCATE Educate yourself about mental health problems



PROBLEM SOLVING Help your child to effectively problem solve



Make sure you take time to listen to what your child has to say



COPING
Help your child
to learn some
simple coping
skills such as
relaxation



SYMPTOMS Be aware of signs and symptoms



CONVERSATION Encourage your child to engage in conversation



Provide a positive environment for your child where they can thrive

Servicing the Framlingham Community Since 1976

Emergency relief packages.

Call the hotline number on 1800 675 398 for further information.

If unable to call the above number directly yourself, call the health service and we can go from there.

Victorians self-isolating due to coronavirus (COVID-19) with no access to food and essential supplies will receive emergency relief packages under a program introduced by the Victorian Government.

The program will support people in mandatory self-isolation, who have little or no food, and no network of family and friends to support them. Each eligible household will receive a two-week supply of essential goods.

Food packages will include items such as long-life milk, pasta, cereal, canned vegetables and sugar. Personal care packages will also be distributed to eligible households and include soap, toothpaste and deodorant. Additional items may also be provided depending on the needs of the household, such as nappies or baby formula.

The packages will be delivered door-to-door, with other distribution points to be established as required. For people who are not eligible for the emergency relief packages, they are encouraged to be self-reliant and call on the help of family and friends wherever possible during the current pandemic.

The emergency relief program for those in mandatory self-isolation will be coordinated by the Red Cross in partnership with Foodbank Victoria and under the direction of the State Relief Coordinator.

It will start from Monday 23 March and can be accessed by calling Victoria's dedicated coronavirus hotline on 1800 675 398. The hotline can also refer people to other support services if needed.

As has made clear by the major supermarkets and the Victorian Farmers Federation, there is plenty of food for all Victorians and there is no need to panic buy.

To assist getting more stock to supermarkets, the Victorian Government has removed curfew restrictions on trucks across Victoria. And time limits on delivery vehicles parked in loading zones will be removed while they are dropping off or picking up goods.

These are simple initiatives but are so important to ensure supermarkets keep getting the essential goods that they need. They will be in place for the next six months.

For more information about the support services people can call the coronavirus hotline on 1800 675 398 or visit the website: dhhs.vic.gov.au/coronavirus.





Purpose

With recent events unfolding surrounding coronavirus (COVID-19), it is essential that health and human service providers ensure the cultural safety of Aboriginal and Torres Strait Islanders. This includes ensuring services remain free from racism and discrimination. It has been identified that Aboriginal and Torres Strait Islanders are a greater atrisk category for the impacts of coronavirus (COVID-19) compared to non-Aboriginal Australians. Services and settings for health, wellbeing and safety must be culturally safe for all people.

What is Cultural Safety?

Cultural safety is about creating an environment that is safe for Aboriginal and Torres Strait Islander people. This means there is no assault, challenge or denial of their identity and experience. This includes:

Knowledge and respect for self

Awareness of how one's own cultural values, knowledge, skills and attitudes are formed and affect others, including a responsibility to address their unconscious bias, racism and discrimination.

Knowledge of and respect for Aboriginal people

Knowledge of the diversity of Aboriginal peoples, communities and cultures, and the skills and attitudes to work effectively with them.

A commitment to redesigning organisations and systems to reduce racism and discrimination

Strategic and institutional reform to remove barriers to optimal health, wellbeing and safety outcomes for Aboriginal people.

Cultural safety is an ongoing learning journey

Cultural safety includes the need to unlearn unconscious bias and racism and relearn Aboriginal cultural values.

Why is Cultural Safety important?

Creating a culturally safe environment is about relationships and actively creating opportunity for Aboriginal voice and presence in an organisation's planning, policies and activities.

The workplace environment, services and settings for health, wellbeing and safety must be culturally safe for all people. Cultural safety is everyone's business and we all play an important role in ensuring our services are responsive to the unique needs of Aboriginal Victorians.



Ways you can ensure your services are culturally safe

The Department of Health and Human Services has developed cultural safety guidelines to help support health and community services sector to deliver services that are culturally safe for Aboriginal Victorians.

For more information on how you can improve cultural safety in your organisation, please access the department's cultural safety framework guidelines here:

https://www2.health.vic.gov.au/about/publications/policiesandguidelines/aboriginal-torres-strait-islander-cultural-safety-framework-guidelines

To receive this publication in an accessible format phone 03 9096 5656, or email <u>Aboriginal Strategy and Oversight</u> aboriginalstrategyandoversight@dhhs.vic.gov.au.

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Factsheet: Ensuring cultural safety of Aboriginal and Torres Strait Islander people





Keep your family safe – practice positive social distancing



Keeping your family safe and healthy at home

With the need for communities across Victoria to practice physical distancing (keeping a 1.5m space between each other) to stay safe and reduce the spread of coronavirus (COVID-19), Aboriginal communities may find this a difficult time. As Aboriginal people are connected through community, we will need to care for each other and find new ways to stay connected.

For families who find themselves with children home from school or care, you will need to find ways to keep your kids healthy and safe whilst at home. As many of the activities you would usually be able to enjoy as a family may not be available.

Where possible families should keep a routine for children so they can feel like the current situation is creating minimal disruption to their lives. This may include sticking to existing bedtime and wake-up times and scheduling regular routine activities throughout the day such as meals, exercise, TV, and online learning/education.

Ideas to stay healthy and safe as a family

To help families out we have put together a list of tips and ideas to get you started.

You can use these ideas to help create a daily calendar of positive, low-cost activities, to keep everyone busy whilst practicing physical distancing.

For parents and carers, planning activities for your children will help take the pressure off, as there will be something to look forward to each day. We encourage you to take some time to plan your activities together as a family for the next few weeks, as it will be good for everyone's health and wellbeing.

Tips and tricks for home

Encouraging kids to get involved in household tasks

Allocating daily responsibilities to kids contributes to their routine.

This could include:

- · daily room cleaning
- washing dishes
- vacuuming
- taking out the rubbish.

You may even want to rotate the cooking responsibilities for the family amongst children each night.

Backyard activities

If you have a backyard or outdoor area, make the most of it. Some things you could do with your family include;



- building a vegetable garden or cubby house
- playing ball games
- playing hide and seek.

Get creative and show kids how you had fun when you were young, before mobile phones and video games.

Create memories and do fun meaningful things together

This could include:

- looking at old family photos
- creating a family tree (you could connect with family via FaceTime to do this)
- doing a puzzle together
- playing boardgames
- teaching your children how to cook your favourite recipes (or other skills that you may have, e.g. knitting or basket weaving)
- telling stories to your children about your childhood and family history
- · arts and crafts
- playing dress ups
- indoor play activities (camping inside with tents or building cubby houses).

Physical and mental wellbeing

Physical and mental wellbeing are very important while we are social distancing (keeping a 1.5m space between each other). You can still go outside but must practice social distancing and avoid any unnecessary contact.

You may want to include some of the following activities in your schedule each day:

- going for a walk or run (whilst maintaining social distancing from others)
- downloading free exercise apps to do home workouts or
- meditation from home (there are lots of free apps available to do on your phones).

Watching movies and tv series

Watching a TV series or movie can be a great way to keep the family entertained at home. Choose something that you can watch together and talk about after.

While you may want to limit the amount of screen time your family has each day, do not to feel guilty about this activity during this time, instead enjoy the daily screen time you have together.

Spring cleaning

This is a great time to get to those jobs around the house you have been putting off because you were too busy. This could include:

- · cleaning the garage
- cleaning out the wardrobes (donating anything you don't want to goodwill)
- cleaning out the fridge
- cleaning your car or
- · kids spring cleaning bedrooms.

Limit the amount of news your children see

The constant updates in the media about coronavirus (COVID-19) can be overwhelming and may cause distress for children. It is important that you find ways to talk to your children about current events, that help them to feel safe and understand the need for practicing social distancing.



While being mindful to check in at least daily for any important updates, you may want to consider limiting the time you spend each day checking the news.

More importantly parents will need to talk with children about coronavirus (COVID-19) and ensure they understand what is going on and why Australia is practicing social distancing, and what they need to do. Some additional information about talking to your children about coronavirus (COVID-19) is below via the Red Cross link below:

https://www.redcross.org.au/news-and-media/news/talking-to-kids-about-covid-19

Headspace also have a useful resource for older children/ young adults to read about coronavirus (COVID-19):

https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/

Talk with your children about your cultural connection

Reading and story telling

Reading cultural books to or with your children can be a positive activity for the whole family to get involved in. If you have limited access to books and/or cultural resources, you may also want to have story telling time. Story telling could be an opportunity for you to share stories with your children or to invite special guests such as your family or elders to tell stories via FaceTime.

Language

You may want to spend some time with the kids talking about your cultural connection and linking it to the language map via the link below. The map below allows you to enter your language group and hear from the mob in language about how they are working to revive language.

https://gambay.com.au/map

Deadly Questions

Spend some time with the kids exploring the deadly questions website. This resource includes Victorian Aboriginal people answering questions that are often asked by non-Aboriginal people. The resources may be targeted to non-Aboriginal people, but is a great resource for kids to build resilience and knowledge around answering these questions:

https://deadlyquestions.vic.gov.au/explore

Some other useful links to stay entertained and up to date are as follows:

https://www.naidoc.org.au/

https://www.vaccho.org.au/

https://www.aboriginalvictoria.vic.gov.au/aboriginal-places-and-objects

https://aiatsis.gov.au/explore/articles/aiatsis-map-indigenous-australia

https://iview.abc.net.au/show/black-comedy

Stay Connected

Community is an important aspect to Aboriginal culture. It is important to stay connected with community and your social networks while practicing social distancing. You can do this by:

- following your local Aboriginal community organisations on Facebook and/or Instagram for updates on their services
- join local community groups on social media



- maintain contact with loved ones via FaceTime and social media
- allow kids to maintain social contact with their school friends, cousins and grandparents via the phone,
 FaceTime and/or social media
- stay connected with your employer to ensure you are getting regular updates relevant to your job
- maintain contact with your children's school teachers, they may be able to offer work packs for kids to do from home or access to e-learning

Reach out for support

This is a difficult time for many people. If you find you are struggling, don't suffer alone and reach out for support. Often talking about an issue at home can reduce some of the impact it is having on you.

You can get support from your family and friends, colleagues or help lines. Below are some help lines and support services that you can call anytime.

Aboriginal Family Domestic Violence Hotline	Lifeline	Victorian Aboriginal Health Service
1800 019 123	13 11 14	(03) 9419 3000
		*They may be able to offer access to psychologists and counsellors

If you are linked in with a Psychologist or Counsellor, you may want to make contact as they may have options for phone appointments.

Support your partner

You may also want to talk with your partner about taking a break from caring for the children. It can be difficult being home all together all day every day.

You and your partner might want to agree on times you each can have small breaks throughout the day. This may include:

- rotating who goes to the shops when you need essential items
- allowing each other half an hour in a separate room or outside to do something you enjoy away from the kids (and each other).

Single parents

For single parents, you may find it tiring to be at home all day every day with your children.

If you do not have access to respite to take a break, having a calendar of events maybe particularly important to you. Getting out of the house each day with the kids to go for a walk or some sort of exercise is strongly encouraged. You may also want to set some time for yourself each night after the kids are asleep to have an hour to yourself to watch TV or do something that you enjoy.



What to do if you think you or someone in your family has Coronavirus (COVID-19)

Coronavirus (COVID-19) symptoms can include:

- fever
- cough
- sore throat
- shortness of breath
- · fatigue or tiredness.

If you start feeling sick and develop a fever, shortness of breath, a cough or difficulty breathing, you should ring the coronavirus (COVID-19) hotline on **1800 675 398** for advice. This number is staffed 24 hours a day, seven days a week

You can also do the coronavirus (COVID-19) self-assessment tool via the link below, this will give you guidance if you are at risk.

https://www.dhhs.vic.gov.au/coronavirus-self-assessment

More information is available at https://www.dhhs.vic.gov.au/coronavirus

To receive this publication in an accessible format phone 03 9096 5656, or email <u>Aboriginal Strategy and Oversight</u> aboriginalstrategyandoversight@dhhs.vic.gov.au.

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Fact Sheet: Social distance activities and tips for families with children



Message from the Chair of Koorie Caucus



Aboriginal Victorians are coming together in communities across the state to keep ourselves, our families and mob safe. Aboriginal peak organisations and leadership is working closely with state, local and commonwealth governments to coordinate response plans and ensure we have the necessary resources, equipment, supplies and support for our community.

Emergencies mean different things to different people. They are often defined as 'an event requiring a significant, coordinated response'. These events can range from a cyclone or flood, to a vehicle crash or family dispute. Our communities have always supported each other in the mentioned events.

Emergencies are caused by hazards from four main groups:

- Natural hazards
- Hazards caused by humans
- Socioeconomic hazards
- Public health hazards COVID-19 fits here and is very different from everything else.

Facing challenges such as COVID-19- is not new to Aboriginal communities, as we have responded to many different emergencies for many years. However, this will take all of us working together to keep us strong, safe and well.

- · We are a generous people, and together we will get through this.
- Help the people in your family and those in our community who have existing health conditions or need a hand.
- Take care of your elders and keep them home, if possible.

There are a lot of unknowns with this, but we must remain strong and support our community sector and their partners to keep everyone safe.

- Aboriginal communities across Victoria and Australia face many different types of emergencies.
- Everything we are doing now will help communities to avoid and reduce the sickness that will come form COVID-19
- We will know what to do before it happens and after it happens.
- Keeping our mob safe through a national emergency is what all of us have been doing for a very long time, but on this occasion, we have not experienced a threat to our elders, culture, family connections and lore like this for a very, very long time.

Raylene Harradine

Chairperson, Aboriginal Strategic Governance Forum's Koorie Caucus



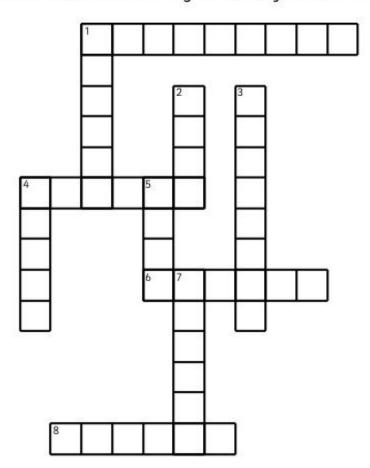
and Human Services



Easter Crossword



Solve the crossword using the list of words and the clues



basket

bonnet

bunny

chicks

chocolate

daffodil

eggs

hunt

parade

spring

Across

- Easter eggs are often made out of this treat!
- 4. Collect your eggs in this.
- 6. The season in which Easter is celebrated.
- 8. You may wear one in the Easter parade.

Down

- These hatch out of real eggs.
- 2. You may go on an Easter egg ...
- Cheerful, yellow spring flower.
- 4. Will he visit you this year?
- 5. We give chocolate ones at Easter.
- 7. Show off your Easter bonnet at one!

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Easter Word Search

C U J J C Z A В 0 J L X E P C Q H J D U L G ı C D Y ı ı W J G E В D S K L C S B 1 M T K N N L K M N I C Q A F N U A Y N N U В A 1 М S E T N C Q J 0 G S G G E B C R Y E M V G S U N D A K Z P A R 0 A R R X ı S S R Н C Z Y L M 0 L C S E A G E B Q B C A Z R J B H A L 1 1 T A Q V J Z I V A L Y X N P Q F K W R B 0 ı G D Y E K B X P L T U B R Y H S R E T A E D Q Q Z N

EASTER BASKET CHOCOLATE SUNDAY BUNNY

EGGS CANDY GRASS JELLYBEANS

MARCH **APRIL** CHICK LILY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
		Dr Hall		Dr Chandan	Easter Friday	
12	13	14	15	16	17	18
	Easter Monday			Dr Hedgland		
19	20	21	22	23	24	25
		Dr Chandan				
26	27	28	29	30	1	2
		Dr Chandan				



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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!		
Phone: (03) 5567 1270		

Phone: (03) 5567 1270 Email: info@kirrae.org.au

Or Drop in feedback to reception