



Cough, cold, fever, runny nose, sore throat?
ANY symptoms at all, no matter how mild, get a
 COVID19 test immediately

**New Staff
 Members
 PG 4-5**

August 2022

Doctors

Dr Hall – Tuesday –2nd
 Dr Chandan - Tuesday 9th, 16TH
 23rd & 30th
 Dr Hedgland- Thursday 18th

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**Get \$250
 Power saving
 bonus- more
 info pg 11**

**KHS NAIDOC
 DAY
 PHOTO'S
 PAGE 6 & 7**



Birthdays

Wayne Harradine 1st
Josh Chatfield 2nd
Michael Gala 3rd
Vann Chatfield 6th
Yarwun Clark 8th
Jnaallii Clark-Ugle 9th
Heather Clark 12th
Ivy Clark 12th
John Clark 12th
Sapphire Atkinson 13th
Kyeisha Chatfield 14th
Kimberly Harradine 17th
Katrina Chatfield 17th
Melissa Sumner 17th
Allan Miller 18th
Imogen Clark 22nd
Geoff Clark 22nd
Kiri McKane 23rd
Rickey Atkinson 25th
Mia Clark 27th

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



Reminder

Just a friendly reminder if you do not give us prior notice of upcoming appointments we are unable to cover costs.

If you need us to transport you we need at least one weeks' notice due to vehicle shortage.

If you require a petrol voucher, we require at least 24hrs notice.

Thanks for you cooperation!



Chiropractor



Welcome



Hi my name is Kristy. I have just started working at Kirrae as the new youth worker, taking over from Ebony. I will be here from Tuesday through to Friday.

I live in Terang with my husband Chris and four children Kai, Mason, Billy and Darci. My hobbies are Netball, camping, water skiing and photography.

I look forward to seeing you around and having a chat.



Welcome



Hey I'm Joss

I have just started at Kirrae as a Social and Emotional Wellbeing worker. I will be here from Mondays through to Thursdays.

I live in Timboon with my partner Josh. I look forward to meeting everyone and helping the community as much as I can in my new role 😊





**GET UP!
STAND UP!
SHOW UP!**
3-10 JULY 2022

Naidoc day Photo's





Thank you

A Massive Thank you to Auntie Lou for cooking our soups, stews and Dampers for Naidoc day. We appreciate your time. Also thank you to her girls who were also a big help in the kitchen



WOMEN'S GROUP

Women's group had a great catch up for dinner and then went off to watch the Sapphires!

Everyone had a great night.

Don't forget to send any idea's through of activities you are interested in doing.

Also your Art project for the group design!
Please get them back ASAP



HACC/CHSP

Community Lunch – Tuesday 2nd Aug
Kirrae Health Service @ 12pm

Social Support Lunch - Tuesday 9th Aug
Rafferty's Tavern

Community Lunch – Tuesday 16th Aug
Kirrae Health Service @ 12pm

Bingo – Thursday 17th
Kirrae Health Service @ 11am to 2pm

Social Support Lunch – Tuesday 23rd
TBC

Community Lunch – Tuesday 30th Aug
Kirrae Health Service @ 12pm



HACC-PYP & CHSP Flagstaff Hill outing



Clients and staff had a little tour of Flagstaff hill in June, picking some plants and getting to meet one of the Marama dogs, who enjoyed the sneaky biscuits passed their way! Everyone then went on to enjoy a DELICIOUS lunch at the RSL.



Power Saving Bonus for Victorian households

Get \$250

The \$250 Power Saving Bonus for Victorian households is now open. Before submitting an application for the bonus, please read the eligibility requirements.

Eligibility requirements:

- You must be a Victorian residential energy consumer (i.e. have a residential electricity account).
- You must be the account holder
- Only one payment is available per household

As part of the Power Saving Bonus application process, we will present you with information about the best priced electricity offers available in your area. You are not required to switch offers or retailers.

The application process will take five to ten minutes of your time, and you will need to have a recent electricity bill with you.

[Submit a \\$250 Power Saving Bonus application](#)

[Frequently Asked Questions](#)

[Read about other energy support programs](#)

Have any trouble applying come in and we can help 😊



Eye Health



DO YOU HAVE DIABETES?

LET'S LOOK AT YOUR EYES...



We can take a picture with our eye camera. Come in and see how!



Everyone with diabetes should have an eye exam at least every year.



Let's prevent blindness, together!



Provision of Eye Health Equipment and Training – funded by the Australian Government.

DO YOU HAVE DIABETES?

DID YOU KNOW?

- Even if your eyes feel fine and you see well, you can have diabetes in the eyes.
- If we catch it early and you have treatment, we can stop your eyes from getting worse.
- If you don't check, you can lose your vision.

WHAT SHOULD I DO?

- Come in and have a photo of your eyes.
- We can tell you more about diabetes in the eyes.
- If you have diabetes in the eyes, we can help you.
- If you have other eye problems, we can refer you to the optometrist.

HOW DO I MAKE AN APPOINTMENT?

- You can make an appointment at reception – we might even be able to fit you in now; OR
- Ring **(03) 5567 1270** to make a booking.



Provision of Eye Health Equipment and Training – funded by the Australian Government.





Get up!
Stand up!
Show up!



**WINTER WORKOUT
 CHALLENGE**

Starting 4th of July

**Warrnambool 24/7 Gym & Fitness
 2 high altitude & 1 metcon class**

MON, WED & FRI 4.30PM TIL 5PM

At KHS Gym

Tues DIY 4.30, Thurs TBC, & Fri 12.30pm

WEEKLY VOUCHER'S TO BE WON

Everyone **MUST** do an Evolt 360 body scan at KHS before the **1st** of July

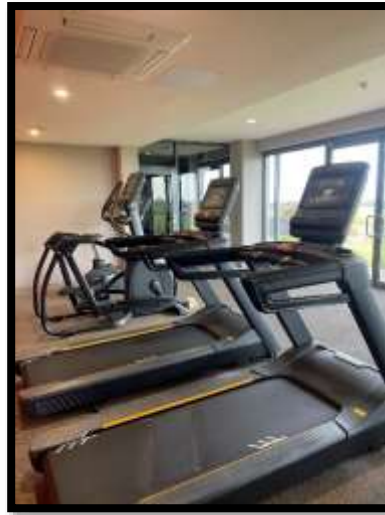
1st prize- \$500

Vouchers

\$250 voucher for the person who attends the most classes

GO MOB!
 #smokeFreeMob
 #strongMob





Participants can attend either 24/7 Gym KHS gym or a combination of both

Winning Categories - Male, Female and Other

**** To participate you must: have a full health check.**

If you are unable to complete one before the challenge begins to be eligible for any prizes you must have one before the challenge is completed.

Register with the Kirrae walking group on Strava.

If you are a smoker you must complete a weekly smoking sheet, Kirrae to provide.

Have a full body scan at Kirrae using our Evolt scanner and register with our challenge.

Winner's will be determined thorough body percentage of decreased body fat & increased muscle mass

GO MOB!
#smokeFreeMob
#strongMob

***Contact Reception on 55671270 if you have any questions and to put you name down.**



Stronger standards, safer children

Organisations now need to comply with these new Standards



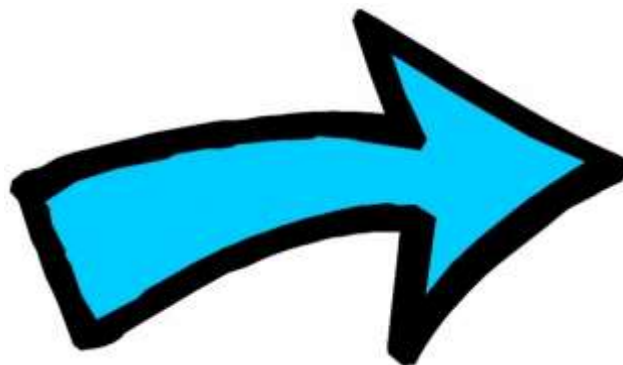
ccyp.vic.gov.au/child-safe-standards



Victoria's Child Safe Standards are a set of mandatory requirements to protect children and young people from harm and abuse.

The Child Safe Standards started in Victoria in January 2016. After six years, changes have been made to make the Standards even stronger. The new Child Safe Standards came into force on 1 July 2022.

Turn over for a look at each standard...



Standard 1

Organisations establish a culturally safe environment in which the diverse and unique identities and experiences of Aboriginal children and young people are respected and valued.

Standard 2

Child safety and wellbeing is embedded in organisational leadership, governance and culture.

Standard 3

Children and young people are empowered about their rights, participate in decisions affecting them and are taken seriously.

Standard 4

Families and communities are informed and involved in promoting child safety and wellbeing.

Standard 5

Equity is upheld and diverse needs respected in policy and practice.

Standard 6

People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice.

Standard 7

Processes for complaints and concerns are child-focused.

Standard 8

Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training.

Standard 9

Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.

Standard 10

Implementation of the Child Safe Standards is regularly reviewed and improved.

Standard 11

Policies and procedures document how the organisation is safe for children and young people.



LGBTQI+

Silver Rainbow

www.lgbtiqhealth.org.au/silver_rainbow

Silver Rainbow is about understanding and celebrating the diversity of genders, bodies, sexualities and relationships of older Australians!

Historically, LGBTI people have a shared experience of discrimination and prejudice. Many LGBTI elders have experienced violence, isolation, and stigma throughout their lives. These elders often do not or cannot disclose their identities or histories to services and can remain invisible in the aged care sector and community.

The Silver Rainbow project is designed to improve the experiences of LGBTI people as they age and enter the Australian aged care system. Australia was the first country to have a [National LGBTI Ageing & Aged Care Strategy](#). Combined with other legal reforms, this has resulted in the ageing and aged care sector being increasingly focused on inclusive practice, but more work is needed to meet the health and wellbeing needs of LGBTI elders.

Through this project, LGBTIQ+ Health Australia educates service providers, policy makers, LGBTI people and the general community about how to meet the needs of LGBTI elders. We also connect LGBTI elders to services and resources. Together we are working to ensure aged care services are inclusive of the diverse genders, bodies, sexualities and relationships of older Australians.



Wear it Purple Day

August 26, 2022

Wear it Purple was founded in 2010 in response to global stories of real teenagers, real heartache and their very real responses. In 2010, several rainbow young people took their own lives following bullying and harassment resulting from the lack of acceptance of their sexuality or gender identity.

One member of this group was 18 year old Tyler Clementi who took his own life after being publicly 'outed' as gay by his roommate, prompting a frenzy as reports poured in of various young people sadly in the same situation.

As the world saw the faces of precious young lives lost, some young people found a new sense of conviction and purpose to ensure that young people everywhere would know that there were people who did support and love them. *Wear it Purple* was established to show young people across the globe that there was hope, that there were people who did support and accept them, and that they have the right to be proud of who they are.

So join us this year, on **August 26th** to celebrate **Wear it Purple Day**. Be part of a movement that has the potential to save thousands of lives. Be part of this change.

Kirrae will be flying a Rainbow Flag across this week as well as doing our purple best!





One-pan butter chicken with baby broccoli

INGREDIENTS

6 large Coles RSPCA
Approved Australian Chicken
Thigh Fillets, thickly sliced

485g jar butter chicken simmer
sauce

2 bunches baby broccoli, cut
into 5cm lengths

2 x 250g pkts Tilda Brown
Basmati microwavable rice

1/4 cup (25g) flaked almonds,
toasted



METHOD

Step 1

Heat a large deep non-stick frying pan over high heat. Cook chicken, in 2 batches, turning occasionally, for 5 mins or until chicken is brown all over, transferring to a plate between batches.

Step 2

Reduce heat to medium. Combine the chicken and simmer sauce in the pan. Bring to a simmer. Cook, turning occasionally, for 5 mins or until chicken is cooked through. Top with the baby broccoli. Cover and cook for 3 mins or until bright green and tender crisp. Transfer baby broccoli to a plate.

Step 3

Heat rice following packet directions. Divide among serving bowls. Spoon over chicken mixture. Top with almond. Serve immediately with baby broccoli.



Classic one-pot beef stew

INGREDIENTS

2 tbsp olive oil

1kg Coles Brand Beef Chuck
Casserole Steak, cut into 4cm
chunks

1 brown onion, chopped

3 tbsp tomato paste

2 tsp sweet paprika

1 tbsp plain flour

1 1/2 cups beef stock

150g button mushrooms, quartered

2 carrots, peeled and thickly sliced

1kg Sebago potatoes, peeled, cut into 4cm chunks

200g green beans, trimmed, cut to 4cm

1/2 cup sour cream, to serv



Method

Step 1

Heat half the olive oil in a large saucepan and cook beef over high heat in 3 batches until well browned. Transfer to a plate. Reduce heat to medium and add remaining oil and onion. Cook for 5 mins, until soft. Add tomato paste and paprika and sprinkle flour over. Cook, stirring, for 1 min. gradually add stock, stirring constantly

Step 2

Return meat to the pan, cover and bring just to the boil. Reduce heat to very low and cook gently, covered, for 1 hour. Add mushrooms, carrot and potato. Replace lid and cook for 45 mins then add beans and cook a further 15 mins.

Step 3

Serve topped with a dollop of sour cream.



S U D O K U

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



August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Gym Session @ 24/7 Gym 4.30pm	Gym Session @ KHS 8.15am Playgroup Community lunch Dr Hall	Gym Session @ 24/7 Gym 4.30pm Koko Blokes 4.30		Gym Session @ KHS 12.30pm Gym Session @ 24/7 Gym 4.30pm		
8	9	10	11	12	13	14
Gym Session @ 24/7 Gym 4.30pm	Gym Session @ KHS 8.15am Playgroup Dr Chandan S/S Lunch	Gym Session @ 24/7 Gym 4.30pm Koko Blokes 4.30		Gym Session @ KHS 12.30pm Gym Session @ 24/7 Gym 4.30pm		
15	16	17	18	19	20	21
Gym Session @ 24/7 Gym 4.30pm	Gym Session @ KHS 8.15am Playgroup Dr Chandan Community Lunch	Bingo Gym Session @ 24/7 Gym 4.30pm Koko Blokes 4.30	Dr Hedgland	Gym Session @ KHS 12.30pm Gym Session @ 24/7 Gym 4.30pm		
22	23	24	25	26	27	28
Gym Session @ 24/7 Gym 4.30pm	Gym Session @ KHS 8.15am Dr Chandan Playgroup S/S Lunch	Gym Session @ 24/7 Gym 4.30pm Koko Blokes 4.30		Gym Session @ KHS 12.30pm Gym Session @ 24/7 Gym 4.30pm		
29	30	31	1	2	3	4
	Dr Chandan Playgroup Community Lunch	Koko Blokes 4.30				



