



June Newsletter 2019

Doctors

• Dr Hall – Tuesday 4th

Dr Chandan – 6th, 13th & 25th

• Dr Hedgland – Thursday 20th

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Biggest Morning Tea

Kirrae Health Service Inc.
Kirrae Avenue, Purnim
C/- Post Office Wangoom, Vic, 3278
Ph: (03) 5567 1270 Fax: (03) 5567 1376
Email: info@kirrae.org.au

Servicing the Framlingham Community Since 1976



Birthdays

Donald Chatfield 5th

Shane Harrison 8th

Kim Henry 8th

Aaron Hagan 9th

Leanna Clark 12th

Jeremy Clark 20th

Xavier Chatfield 21st

Donna Chatfield 23rd

Bailey Chatfield 24th

Jindara Chatfield 24th

Cody Chatfield 26th

Tamika Clark 26th

Eric McGuinness (Poppy) 27th

Sorry if any of the Birthdays are wrong. If so can you please come update your details at Reception
Thanks Admin Team



Community Notices

The Kirrae Health Service exists in order to Service the physical, mental and emotional health needs of the Framlingham Aboriginal Community in a manner that is effective, Culturally sensitive and acceptable to the Community.

What services do we provide?

- Primary health care services such as
- Assessment of health needs of the individual and the Community, and care of everyday health needs.
- Assistance to access specialised health care services at other places.
- Health promotion activities.
- Community playgroup.
- Programs to help families to support each other.
- Chronic disease prevention and management programs.
- In-home HACC services to assist elders live comfortably within their Community.

Remember to let the Reception know of any outside appointments as we need to let the health team know so they can transport you. Thanks

Walking Group

Tuesdays & Thursday 2pm @ Kirrae



World no tobacco day

May 31st

No Tobacco Day





Our Vote **Our Future**

How to make your vote count

On election day, you will receive two ballot papers: a green one for the House of Representatives and a white one for the Senate.

House of Representatives
Ballot Paper

State
Electoral Division of Division Name

Number the boxes from 1 to 8 in
the order of your choice

2 SURNAME, Given Names
INDEPENDENT

3 SURNAME, Given Names
PARTY

7 SURNAME, Given Names
PARTY

4 SURNAME, Given Names
PARTY

1 SURNAME, Given Names
PARTY

5 SURNAME, Given Names
PARTY

6 SURNAME, Given Names
PARTY

8 SURNAME, Given Names
PARTY

Remember... number every box to make your vote count

SAMPLE

Sample ballot paper

On the **green ballot paper**, you need to put a '1' in the box beside the candidate who is your first choice, '2' in the box beside your second choice and so on, until you have numbered every box.

You must number every box for your vote to count.

Don't worry if you make a mistake – just ask for another ballot paper.

On the **white ballot paper** you have a choice of two ways to vote:

EITHER

Above the line

Number **at least 6 boxes** in the order of your choice.

Sample Ballot Paper
Senate - Election of 12 Senators

You may vote in one of two ways

Above the line
By numbering at least 6 of these boxes in the order of your choice (write only the number 1 at your first choice)

1	2	3	4	5	6	7	8	9	10	11	12
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	2	1		3	6						
PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY

OR

Below the line

Number **at least 12 boxes** in the order of your choice.

Below the line
By numbering at least 12 of these boxes in the order of your choice (write only the number 1 at your first choice)

PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	UNGROUPED
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	8	3	6	10	4	7	
2	5	2	12	9	11		
PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY	PARTY

SAMPLE

Sample ballot paper

Don't worry if you make a mistake – just ask for another ballot paper.

www.aec.gov.au/Indigenous 13 23 26



AEC

Australian Electoral Commission

Authorised by the Electoral Commissioner, 50 Marcus Clarke Street, Canberra

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hacc
home and community care
A NOT FOR PROFIT ORGANISATION
PROVIDING COMMUNITY SUPPORT FOR SENIORS AND PEOPLE WITH DISABILITIES

Quality Improvement Council
"Yes... we are a QIC accredited organisation"

NEW SERVICES AT KIRRAE

SouthWest
Healthcare



Kirrae Health Service has received extra funding through the Rural Workforce Agency Victoria (RWAV) to provide allied health services from SWHC

Starting at the end of May we will be having **Podiatry**, **Dietitian** and **Diabetes Education** professionals visit Kirrae on a regular basis.



CALL KIRRAE FOR AN APPOINTMENT

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Tips on how to stay well this winter



1. Enjoy winter seasonal vegetables and fruit

Grapefruit, kiwifruit, mandarins and oranges are all delicious and in season over winter. While fresh is best, don't be afraid to stock the freezer up with cheap and easy additions to any meal.

2. Take time for tea

In studies of people who drink tea regularly, their blood vessels were healthier and their risk of heart disease lower.

3. Stews, casseroles and leftovers

A great winter warmer! Make your casseroles and stews with lots of vegetables to boost your meals with heart healthy foods. When cooking stews and casseroles remember to trim fat off meat before cooking. Making extra means lunch is sorted too.

4. Perfect your portions

Winter is a great time to re-think the size of your meal, especially with foods such as rice, pasta and potatoes which, while delicious, can be easy to over-serve. Try using smaller plates when dishing up and waiting 20 minutes before heading back for seconds.

5. Get active indoors

There's lots of indoor activities to embrace over winter, such as yoga, bowling, dancing, soccer and so on.

6. Sit less

Don't want to miss your favourite show? Try jogging or skipping on the spot or even just stretching while you watch. Try getting active gardening, cleaning, washing the dog or dancing. Use an activity tracker to make sure you're still getting your steps up.

7. Rug up

Keep an eye on the weather and if it's not raining, get out outside and go for it. Once you get moving you'll warm up.

HACC/CHSP

Dates for June 2019

4th June

**Social Support Lunch -
Allansford Hotel - 12pm**

11th June

**Community Lunch -
Teriyaki beef mince with rice - 12pm
@ Kirrae**

18th June

**Catered Social Support Lunch - 12pm
@ Kirrae**

19th June

**Bingo - 11pm to 2pm
@ Kirrae**

25th June

**Community Lunch -
Lasagna - 12pm
@ Kirrae**

Planned lunches have a two week break in April due to the school holidays.

Recipes from community Lunches will be in the next month's newsletters so keep a look out for the healthy meals

Stuffed Steak

Ingredients

1 blocks of herbed feta.
1 small bag of spinach
1 lemons
Sizzle steak, 1 per person
Cooking twine
Olive oil
1 bags baby potatoes
1 Kent pumpkin half's
1 bunches broccolini
1 bunches asparagus
1 bags corn cobs
Bag carrots
1 red capsicums
1 zucchinis
1 bags peas/corn frozen



Method

1. Mix the marinated feta and baby spinach leaves in a bowl, seasoned with salt pepper and the juice of 1/2 a lemon.
2. Spoon on to the sizzle steak, roll up and tie with cooking twine, cook in a hot oil pan for a couple minutes until steak is cooked to your liking.
3. With the roasted veggies cut into small pieces place onto an oven tray, put into a cup a splash of vegetable oil, paprika and garlic mix together and rubbed that all over the vegetables, sprinkle with salt and pepper and roasted until cooked.
4. Serve with roasted veggies or salad or pasta or whatever really.

Sweet and sour meatballs

Ingredients

Chicken mince
1 Onion (diced)
1 Tin tomato paste
1 bags baby spinach
1 zucchinis (Diced)
1 carrots (grated)
Wholemeal bread crumbs
Apple cider vinegar
Jar of honey
Brown sugar
Veggeta

Method

1. Put into a bowl chicken mince, chopped onion, whole zucchini, carrot and handful of baby spinach leaves, and 1/2 cup of wholemeal bread crumbs, salt pepper and a sprinkle of vegeta, mix together
2. Roll the mixture together into balls, and put on a oven tray
3. For the sauce, put into a pot, tomato paste, giant squeeze honey, splash apple cider vinegar and 1 cup of water, salt and pepper, simmer until a nice smooth paste not too runny not too thick
4. Pour sauce over chicken balls, and put into oven to cook for 10 minutes, turn over and cook for another 10 minutes
5. Serve on spinach leaves





The playgroup kids did an amazing job, making their Mums and Nans beautiful Mother's Day gifts!!!



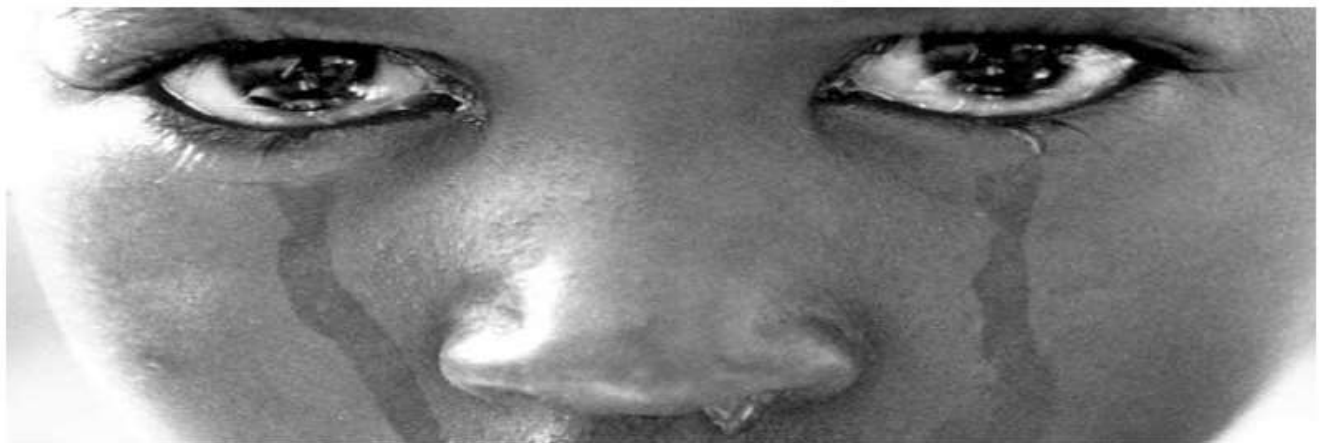


Have drugs taken control of your life or of a family member?

Have Legal issues? Stresses you can't handle?

Showing signs of depression?

Or having suicidal thoughts?



If any of these factors relate to you, and you need someone to talk to or a just looking for support or advice, please get in contact with the SEWB team here at Kirrae...

Brian Medew – SEWB Coordinator

Maddi Williams – SEWB worker

Aaron Hagan – Alcohol and Other Drugs worker

(03) 55671270

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	Massage	Playgroup Social support lunch Dr Hall Homework group	Chiropractor @ Kirrae	Koko blokes	Yoga	
9	10	11	12	13	14	15
	Public Holiday	Playgroup Community lunch Homework group	Chiropractor @ Kirrae	Koko blokes	Yoga	
16	17	18	19	20	21	22
	Massage	Playgroup Social support lunch @ Kirrae Homework group	Chiropractor @ Kirrae	Koko blokes	Yoga	
23	24	25	26	27	28	29
		Playgroup Community lunch Homework group	Chiropractor @ Kirrae	Koko blokes	Yoga	
30	1	2	3	4	5	6

