



Cough, cold, fever, runny nose, sore throat?  
**ANY** symptoms at all, no matter how mild, call  
reception to book a COVID19 test immediately

**Biggest  
Morning Tea  
May 31<sup>st</sup>**

# June

2021

## Doctors

Dr Hall -1<sup>st</sup>

Dr Chandan – Tuesday 1<sup>st</sup>  
8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup>

Dr Hedgland – Thursday 15<sup>th</sup>

# Inside Newsletter

### Individual Highlights:

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# FLU NIGHT IS BACK!!!!

 **May 25<sup>th</sup>** 

Vaccinations from 4pm – 6pm

2 course dinner at 6pm

## Family winter packs for those who get vaccinated



## **Birthdays**

Preston Miller 3<sup>rd</sup>

Donald Chatfield 5<sup>th</sup>

Shane Harrison 8<sup>th</sup>

Kim Henry 8<sup>th</sup>

Aaron Hagan 9<sup>th</sup>

Leanna Clark 12<sup>th</sup>

Jeremy Clark 20<sup>th</sup>

Xavier Chatfield 21<sup>st</sup>

Donna Chatfield 23<sup>rd</sup>

Bailey Chatfield 24<sup>th</sup>

Jindara Chatfield 24<sup>th</sup>

Cody Chatfield 26<sup>th</sup>

Tamika Clark 26<sup>th</sup>

Eric McGuinness (Poppy)  
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

# Covid19 Vaccinations



Lionel has been asking for months when he can get his vaccine

Teneshia said she got vaccinated so she can travel when allowed too



Thalia got the vaccine to protect her family and community



Bones got his vaccine so he can go travelling





# Covid19 Vaccinations



Ivy wants to be able to travel



She wanted to show her community that getting the vaccine was safe and not to be scared

Troy got his vaccine so he can go travel overseas when allowed again





# BIGGEST MORNING TEA & WORLD NO TOBACCO DAY



**GO MOB!**  
#smokeFreeMob  
#strongMob

31st May at Kirrae Health Service

10:30am start time

\$2 entry free

Bring all your gold coins for our  
awesome games!

 'COMMIT TO QUIT' 



**Cancer Council**  
Australia's Biggest  
Morning Tea



LOTS OF YUMMY FOOD TO EAT AND  
GAMES TO PLAY!!!





# HACC & CHSP

## Community lunch at the Health service

★ Tuesday the 8<sup>th</sup> & 22<sup>nd</sup> of June at 12 noon



## Social support lunch – 12 noon \*\*

- ★ 1<sup>st</sup> of June at City Memorial Bowls Club
- ★ 15<sup>th</sup> of June Warrnambool football club bistro
- ★ 29<sup>th</sup> of June Warrnambool RSL

**\*\* Non CHSP/HACC PYP clients must pay for their own meal**

# HACC & CHSP

**READY?  
IT'S BACK ON!**



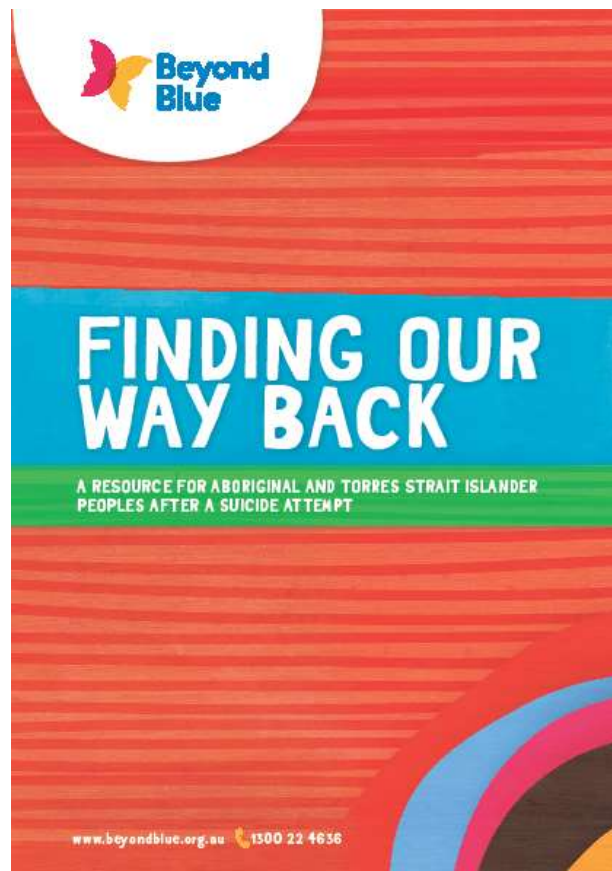
**BINGO!**

**KHS  
BINGO**

**Kirrae Health Service  
When: Thursday 18th June  
Time: 11am to 2pm  
Lunch Provided**



# SEWB NEWS



A new service is at South West Health Care, Portland and Hamilton Hospitals called The Way back Support Service. Taylem Wason can support people, 16 and over, following a suicide attempt for three months. He can also work with people have thoughts of suicide. It is a non-clinical service which helps connect people to family, services, networks or community groups.

Call 4333 0251 during business hours or contact a SEWB worker here at Kirrae.

If you have thoughts of harming yourself after hours CALL:

000 or go to an Emergency Department or  
Suicide Call Back Service on 1300 659 467 or  
Life Line on 13 11 14 or  
Yarning Safe N Strong on 1800 959 563

## Following a suicide family can get support from Thirilli.

The National Indigenous Postvention Service (NIPS) supports individuals, families, and communities affected by suicide or other significant trauma.

Call them on **1800 805 801**



# KOKO BLOKES



Our Koko Blokes have been busy doing some art work.  
Up top is our under 12 group & the bottom art work is over 12+ group



# Kalat Girls

Girls group is up and running. The girls have been making flowers for National sorry day to be displayed at the Warrnambool art gallery. They have also been busy designing their yarning mat.





# HOW TO STAY HEALTHY IN OVERCROWDED HOMES

Worried about keeping the mob healthy in an overcrowded home? Overcrowded homes can cause an increase in skin, ear, nose and throat infections. Here are some ideas to help you stay well.

Get everyone to have their own towel and pillowcase

Create a timetable to make sure that everyone gets an opportunity to have a hot shower

A laundry roster is useful to create set times for people to be able to wash sheets and towels

Ask people to leave their shoes at the door when they come in

Keep the fan on when showering to stop mould developing

Try to keep on top of washing dirty laundry and putting away clean clothes

Don't share durries, cups or cutlery

Make a space against a wall to stand up mattresses that are on the floor especially where people walk

If there isn't enough cupboard space use tubs to store away clean clothes

If you're in housing distress you can call 1800 825 955 to be directed to your local housing access point. You can also call EMH for support on 9403 9400.



**ELIZABETH MORGAN HOUSE**  
ABORIGINAL WOMEN'S SERVICE INC

[www.emhaws.org.au](http://www.emhaws.org.au)





The Orange Door is a service that is free for all adults, children and young people who are experiencing or have experienced family violence and families who need support with the care of their children. The Orange Door is due to open in September 2021 and to make sure it is culturally safe and welcoming for adults and children, I am inviting you to bring your Gunditjmara cultural knowledge and experience of the Wimmera South West and help design the glass, artwork, wood work and a welcome wall.

**Step 1:** Please complete & return the expression of interest form by **30<sup>th</sup> April 2021**

**Step 2:** Please return your applications to **[Mendia.Kermond@gunditjmara.org](mailto:Mendia.Kermond@gunditjmara.org)**

**Step 3:** Following the completed Expression of Interest (EOI), the selection committee will shortlist three artists for interview

**Step 4:** The selected artist/s will begin community consultation to help form the design idea

**Step 5:** The artist/s will present their design to the selected committee for final consultation and approval by **30<sup>th</sup> May 2021**.

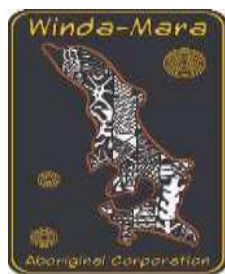
| Applicants details  |  |
|---|--|
| Name:   |  |
| Address:  |  |
| Phone number:   |  |
| Email:  |  |
| Your mob and cultural background:                             |  |
| Website:  |  |
| Please tell us below, why this project is of interest to you. |  |
|   |  |

We would like to see some of your work, please attach an example of your work and list the supporting material below.

|                     |
|---------------------|
| Supporting material |
| 1.                  |
| 2.                  |
| 3.                  |
| 4.                  |
| 5.                  |

Declaration by person making the submission (please circle)  
**Yes/No** I state that the above information is true and correct  
**Yes/No** I agree to accept the selection committee's decision as final  
**Yes/No** I declare this is my own work

|           |  |
|-----------|--|
| Name      |  |
| Signature |  |
| Date      |  |





# HEALTH & WELLBEING EMPLOYABILITY JOB PATHWAYS POST-PLACEMENT SUPPORT

WALKER GROUP

GETTING  
YOU FROM

A2B

A2B Holistic Aboriginal & Torres Strait Islander

Employability, Health & Wellbeing program including:



## HEALTH & WELLBEING SUPPORT & APP

- We screen & maintain on an ongoing basis the Physical, Mental & Spiritual Health & Wellbeing of Trainees & Employees through our Health & Wellbeing Program and App.
- Provide cultural support and familial connections for our people.



## EMPLOYABILITY SKILLS & MENTORING

- Pre-employment screening, training, mentoring and support for Aboriginal & Torres Strait Islander Jobseekers.
- Employability skills training through online App & AlfieYOU



## JOB PATHWAYS & POST PLACEMENT SUPPORT

- Liaise with potential employers to ensure safe and sustainable working environments for employees.
- Connect Jobseekers with suitable employers, so supply matches demand.
- Continued Health & Wellbeing support.



# FIRST NATIONS MEN

## STATEWIDE GATHERING

## SOCIAL & EMOTIONAL WELLBEING

THURSDAY MAY 27  
9.30am - 4.30pm  
LUNCH PROVIDED

The Glasshouse  
Olympic Boulevard  
Olympic Park

RSVP  
by  
May 21

An opportunity for First Nations men  
to come together & reconnect.

POST COVID

### BOOKINGS ESSENTIAL

Tony Green 0428 687 335

Coree Thorpe 0477 233 343

[info@dardimunwurro.com.au](mailto:info@dardimunwurro.com.au)

**DARDI  
MUNWURRO**  
*Building Stronger Families and Safer Communities*



## Field Officer (FO)

- Temporary (casual) position with working hours across days, evenings and weekends.
- Work locations across all parts of the country, including in Major Cities and Regional Areas of Australia.
- \$24.80 per hour (inclusive of 25% loading), plus superannuation.
- Contract dates between 13 July 2021 and 1 October 2021.
- Training dates between 13 July – 18 August 2021 (Online) and 17 July– 21 August 2021 (classroom).

### About the Australian Bureau of Statistics

We are Australia's national statistical agency. We aim to understand Australia's data needs to inform important decisions about our nation's future.

To learn more about the ABS visit [here](#).

### About the Census

The Census of Population and Housing (Census) is run every five years and is one of the largest and most important collections to count the number of people and houses in Australia. The Census collects information about where we live, age, our culture, religion, income, education, living and housing arrangements. The information is used to make important decisions, such as government funding, input into policy-making and electoral boundaries.

The next Census will be held on 10 August 2021. To learn more about the Census visit [here](#).

### About the role

As a Field Officer (FO), you will help the public in person to complete the Census.

In your role you will be required to:

- Undertake online training **between (13 July – 18 August 2021) and classroom training between (17 July– 24 August 2021).**
- Receive Census bulk materials, ensuring they are securely stored in your home at all times.
- Familiarise yourself with your allocated work area (review workload, plan your route, be aware of work health or safety issues in your area).
- Use your own electronic device (smart phone or tablet) to record your activities in the field. Please refer to the Eligibility and Position Requirements section of this document.
- Deliver Census materials to, and collect Census materials from households for secure return to the ABS.
- Visit households to follow up with residents who have not successfully completed their Census.
- Conduct assisted interviews with people who request help.
- Promote Census participation and answer questions from the public about the Census.
- Record refusals and escalate to the Census Refusals Team.
- Use your own registered and insured vehicle to travel to work areas.
- Communicate regularly with your Field Manager.
- Complete administration forms (such as timesheets) and other duties as directed.

### Your qualities, experience and skills

Experience or demonstrated knowledge in:

- Customer service or working with the public



- Ability to work independently, and as part of a team
- Having a good attitude and willingness to help others and support the community
- Good attention to detail and a keen eye for accuracy
- Implementing processes in accordance with ABS procedures
- Local area knowledge and an ability to read and navigate maps
- Ability to work flexibly in a busy environment
- Ability to undertake essential duties of the role

### Eligibility and positions requirements

To be eligible for this position you must meet the requirements listed below:

- **Australian citizenship** – You must be an Australian Citizen or have the legal right to work in Australia. Evidence will be required during pre-employment screening. Preference will be given to Australian citizens.
- Undergo pre-employment checks, which may include a police records check and health clearance
- Hold and maintain a valid Australian driver's license for the duration of your employment
- Any vehicle used for your field work must be registered and comprehensively insured
- Have a safe and lockable area in your residence to store Census materials
- Have a mobile device (such as smart phone or tablet) with reliable internet connection. See technological requirements below for details.
- Have access to a printer or printing facilities

You must also be able to meet the physical requirements of your role and safely perform the following duties:

- Driving during the day and at night (varying types of weather conditions and terrain)
- Repeatedly getting in and out of a vehicle
- Walking around the workload area during the day and at night in varying types of weather conditions over long periods of time which may include negotiating steep, uneven and/or slippery terrain, several flights of stairs and unexpected obstacles.
- Lift cartons of Census materials weighing up to 9kg
- Use desktop computer or mobile device (such as a smart phone or tablet)

You must also be able to meet the following technological requirements to perform your role. You

- must also have access to a computer or tablet with internet connection to complete your online training and monitor and manage your work progress
- must have a mobile device for work in the field
- must be comfortable using this device to enter data into ABS applications as part of your role
- must have a reliable mobile internet connection
- must have SIM-based incoming voice call capability (i.e. have a phone number)
- must not have a device that has been rooted/jailbroken
- should have either an Apple or Android device. Other devices may not support Census field work applications.
  - If Android, the operating system must be Android 8 (Oreo) or higher
  - If Apple, the operating system must be iOS 13.1 or higher

### Training

You must be available to complete online training and attend virtual classroom training prior to commencing work in the field. Training will cover all aspects of your role, including use of technology and systems you will be using.

### Hours and availability

The total hours of work (including, training, admin, field work, communication with the office and evaluation activities) will be variable across the contract period, depending on the workload. You may be required to work a mix of weekdays between 9:00am – 8:30pm, and weekends between 9:30am to 6:30pm.

### Health and safety

The ABS is committed to providing a safe and healthy work environment for its workers and to make every effort, where reasonably practicable, to eliminate or minimise risks associated with ABS operations, including risks relating to COVID-19. This commitment includes Field Staff who will have face-to-face interactions with the public as part of their role.



We strongly encourage potential candidates to consider the job description, and the essential duties of the role and whether it suits your individual circumstances and health when deciding to apply for the role.

### Employment conditions

The terms and conditions of your employment are in accordance with the Collective Determination 2020-01. Key parts to note are that:

- You will be paid a loading of 25% on top of the hourly rate, in lieu of paid leave and payment for public holidays (where you are not rostered to work).
- When travelling to attend training or other work-related activities deemed necessary you will receive a travel allowance.
- When using your personal vehicle for approved work purposes, you will receive a motor vehicle allowance.

### Your area of workload distribution

You will generally be allocated work within a reasonable distance from your residential address. In metropolitan areas, workloads can be spread over a number of suburbs, whereas in rural areas the workloads are more widely dispersed. Proximity to a suitable work area will be considered when selecting applicants.

### Selection process

- Online application form
- Pre-employment check
- Contract

Note: Job offers are pending the outcomes of pre-employment checks.

### How to apply

For further information about this position or to apply, [www.censusjobs.adecco.com.au](http://www.censusjobs.adecco.com.au)

For any other query, please contact Adecco Census Recruitment Team on 1300 233 445 or email [enquiries@censusjobs.adecco.com.au](mailto:enquiries@censusjobs.adecco.com.au)

# Spaghetti Bolognese

## Easy

6 servings

16 serves of veg

15m preparation

30m cooking

## Ingredients

- 1 large onion, chopped
- 1 clove garlic, crushed
- 2 tablespoons olive oil
- 500g lean minced beef or chicken
- 1 teaspoon dried herbs or ½ cup fresh herbs (eg basil, oregano, mixed herbs)
- 2 cans (400g) or 1 can (800g) tomatoes, crushed or pureed
- 1 celery stick or 1 zucchini, grated or chopped
- 1 carrot, grated or chopped
- 2 tablespoons tomato paste
- black pepper, freshly ground (season to taste)
- 500g pasta (your choice of spaghetti penne, shells, spirals)\*



## Method

1. Heat oil in a medium-sized saucepan and then add onion and garlic.
2. Gently fry onion mixture for a few minutes over a low-medium heat.
3. Add mince, fry until brown.
4. Add herbs, tomatoes, vegetables, tomato paste and pepper.
5. Simmer over a low heat for at least 30 minutes.
6. Meanwhile, cook pasta according to instructions on packet. Drain.
7. Serve with a large spoon of sauce over the pasta in

# S U D O K U

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

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



# Fruits and Vegetables

U S E G N A R O M X C S E O T A T O P X Q V K S  
 U V B C L L I T J J H P T A V D P C D Z R A W E  
 H Z X E M Z D Z H X E Z P X J F X O M D G M X H  
 N Q O U E H G K B U R A E E U R S M N W I C B C  
 Y Z O Y O A K B T R R M P I X U A H A L W D R A  
 L P E P F U D B M Z I Z M L C O U P I X A Q U E  
 F K R B V Q O E K D E T A P U C S X V R T B G P  
 X W S B Q P U D P T S F G W X N A W M R E M X A  
 J S Q M T L H U E R C S K B D Q M A P O R H E X  
 B Z S T I U R F E P A R G K Z F U X R B M K M D  
 U E F M S R V I S Q N U M E W S S Q U N E N I H  
 S R A E P T J U X E V W R D H V A D Y I L G L A  
 A A V D U N E H A S A K F W P B W J T D O A R I  
 G V N Y S U D J Y E P U O L A T N A C P N O X Z  
 Y O V Z C O B G R X H H K Z K I E S T O R R A C  
 Q C T M Y P I D C I S I B W I D X T A P P L E S  
 B A H E Z D W C O T A Z L L B Q Y Y N N R X Z K  
 F D O V X F J P R B U M V N Y T G N H K Z A G N  
 P O N R R B T O N D Q U Y E W D C S H T Z D N T  
 S S E A J U G Z E B S Q W N V Q V O Q W H Y O C  
 Z D Y P O M E G R A N A T E S V C T I H G C M K  
 R K D Y F X V T M Z R W H N D B Z B H X N T E J  
 L X E F B X M R H G X Z V N J O A N A N A B L W  
 O W W C G R Y Z E V D P G I Z E L P P A E N I P

|           |              |             |            |
|-----------|--------------|-------------|------------|
| squash    | cantaloupe   | lime        | lemon      |
| apples    | avocados     | banana      | carrots    |
| cherries  | corn         | grapefruits | honeydew   |
| oranges   | peaches      | pears       | pees       |
| pineapple | pomegranates | potatoes    | watermelon |

## Tricky Words Wordsearch



AUNT

FRIEND

SHOULD

BEAR

HEARD

STRAIGHT

BEAUTIFUL

LITTLE

THEIRS

CAUGHT

NAME

VIEW

DIFFERENT

PEOPLE

WEAR

ENOUGH

PRETTY

WHITE

FOURTH

SCHOOL

# June 2021

| Sunday | Monday                               | Tuesday  | Wednesday                    | Thursday  | Friday                         | Saturday |
|--------|--------------------------------------|--|------------------------------|---|--------------------------------|----------|
| 30     | 31                                   | 1  | 2                            | 3   | 4                              | 5        |
|        |                                      | Playgroup<br>Chiropractor<br>Homework group<br>Dr Chandan<br>Low impact class<br>Dr Hall | Koko Blokes<br>Bootcamp 24/7 | Low impact class<br>Kalat Girls                 | Boot camp 24/7                 |          |
| 6      | 7                                    | 8  | 9                            | 10  | 11                             | 12       |
|        | Massage<br>Podiatry<br>Bootcamp 24/7 | Playgroup<br>Dr Chandan<br>Community lunch<br>Low impact class<br>Homework group         | Koko Blokes<br>Bootcamp 24/7 | Chiropractor<br>Low impact class<br>Kalat Girls | Bootcamp 24/7                  |          |
| 13     | 14                                   | 15   | 16                           | 17  | 18                             | 19       |
|        | <b>Public Holiday</b>                | Playgroup<br>Chiropractor<br>Optometrist<br>Dr Chandan<br>Homework group                 | Koko Blokes                  | Dr Hedgland<br>Bingo<br>Kalat Girls             |                                |          |
| 20     | 21                                   | 22   | 23                           | 24  | 25                             | 26       |
|        | Massage                              | Playgroup<br>Dr Chandan<br>Community lunch<br>Homework group                             |                              | Chiropractor                                    | <b>Last day of school term</b> |          |
| 27     | 28                                   | 29   | 30                           | 1   | 2                              | 3        |
|        |                                      | Dr Chandan<br>Dietician<br>Diabetes Ed   |                              |   |                                |          |



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Purnim, Vic, 3279

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[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!

[illegible]

Phone: (03) 5567 1270  
Email: [info@kirrae.org.au](mailto:info@kirrae.org.au)  
Or Drop in feedback to reception