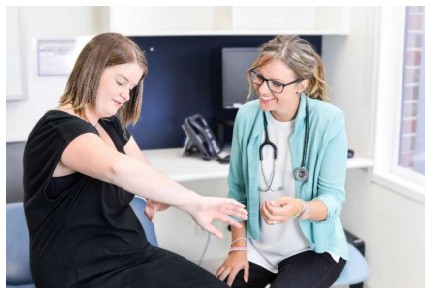


Are you feeling anxious now that COVID restrictions have eased?
Do you want access to free high-quality health care?

We know that it can be difficult to find good information, such as whether a service or program has been recommenced or even how to access those services or social supports.

Our GP clinic can help you with a range of different services including mental health support, preventative health care including immunisations, blood pressure checks, and screening programs. We are also able to provide a number of special services for womens health & men's Health as well as a travel clinic (now that we can do more of that again!). 😊



The South Melbourne clinic is located on **341 Coventry Street, South Melbourne**, and provides both COVID-19 and Flu vaccines. Bookings are available online via HotDocs, or calling Reception on **9525 1300**

Star Health Active Linkages aims to reconnect people to health and social supports. Come and talk to us at a Star Health Active Linkage Hub if you need information about services and support that you could be eligible for, or how to access that service. Our team can help you to connect or reconnect to appropriate support.

You can find our hubs at the below locations:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Uniting, 211 Chapel St, Prahran Winter Breakfast 7.30am – 2.30pm Lunch 11.00am – 2.00pm	Grattan Gardens, Prahran 10.00am - 3.00pm	Uniting, 211 Chapel St, Prahran Winter Breakfast 7.30am – 9.30am	Grattan Gardens, Prahran 10.00am – 3.00pm	Emerald Hill/ Port Melbourne Library (Alternate Fridays) 10.00am – 3.00pm
200 Alma Rd, St Kilda Neighbourhood House 11.00am – 4.00pm		Toorak/South Yarra Library 10.00am – 3.00pm	St Kilda Library 10.00am – 3.00pm	
		St Kilda Housing, Social Meals (Location changes weekly) 11.30am – 2.00pm	St Kilda Housing, Social Meals (Location changes weekly) 11.30am – 2.00pm	

Did you know?

RAT (Rapid Antigen Test) Education is available at any of our Active Linkages sites and we can provide you with RATs to take home with you.

For more information please contact Grainne O'Hanlon on 0428 489 890 or at gohanlon@starhealth.org.au

A full list of Star Health services is on our website: <https://www.starhealth.org.au/services-2/>

Call 9525 1800 to make an appointment, or you can use our online booking or referral form <https://www.starhealth.org.au/bookings/>

Residents and friends of *St Kilda Community Housing*

Introduction

Hello everyone, I hope that you and yours are all fit, well and enjoying life.

It feels like **change** is in the air. We can certainly feel a change in the weather as we approach the heart of winter. And our community has collectively decided to change our political leaders with a change of government. This major change was driven in part by a demand for stronger action on climate change, on building more social housing, on raising the rate of Jobseeker payments, of better funding of the NDIS, Medicare, education, aged care, and improved health services.

This change of focus on to the needs of people in the community that are currently struggling, is one that I'm sure that we can all support.

"The secret of change is to focus all of your energy not on fighting the old, but on building the new" - Socrates (The Greek philosopher, not the Brazilian footballer...)

Take care everyone,
Andrew D'Arcy (CEO)

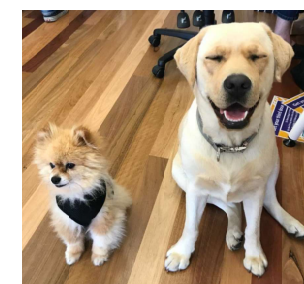
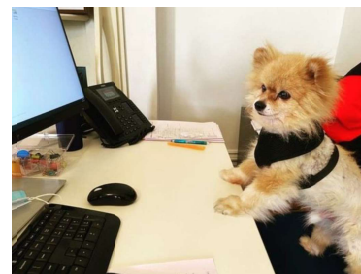
What do you call a
dog magician?

A labracadabrador.

Meet our furry colleagues

Meet Huxley and Bessie, our fave new volunteers. It's a fluffy day at the office, everyday! They are friendly and keen to help us fight homelessness, while roaming around the office, searching for treats. 😊 If you find yourself in the office, they are both definitely up for a pat.

Due to the changes in the law, St Kilda Community Housing will now consider requests from residents to accept well-behaved pets. Please talk to your housing manager if you would like to find out more.



Residents and friends of *St Kilda Community Housing*

Elvis has not left the building! Introducing Brendan- St Kilda's very own Elvis.

Brendan started singing with the Choir of Hard Knocks in 2014. Brendan's favourite songs to sing are those made famous by The King, Elvis Presley, and he loves to perform and travel with the choir.

In 2016 he performed with them in Sydney, Gold Coast, Brisbane, Perth, Canberra, Alice Springs and of course, Melbourne. They were on tour for six weeks! In October this year they are going to perform at the Bendigo Hospital. Brendon sings Tenor.

At home, Brendan loves to sing Elvis songs on the karaoke. He plans to develop his singing further with the goal, ultimately, of becoming an Elvis impersonator.

His mum and two sisters are proud of Brendan's performing talents and have seen him perform live at Federation Square.



Residents and friends of *St Kilda Community Housing*

Vale Mark Dyson

Mark passed away recently. He was a renter with us for over a year and enjoyed the safe and welcoming atmosphere of his home. He was also a passionate Richmond Tigers supporter.

Mark has two daughters and had recently become a proud grandfather. A popular member of the Tooth House community, Mark will be missed.



5 ingredient chicken and mushroom pasta bake- to warm you up this winter

Ingredients:

- 375g penne
- ½ Hot Roast Chicken, meat shredded
- 490g jar creamy mushroom sauce
- 120g baby spinach
- 250g shredded mozzarella

Steps:

- 1) Preheat oven to 200°C. Cook the penne in a saucepan of boiling water following packet instructions.
- 2) Mix the penne, chicken, mushroom sauce and spinach in a large bowl and season.
- 3) Add mixture to a baking dish and sprinkle with mozzarella.
- 4) Bake for 20 mins until the top is golden brown!



From taste.com.au

Just a friendly reminder as Winter approaches, that this year we have a dangerously bad flu season. The government has announced that the flu vaccine is now FREE for all Victorians at GP clinics and pharmacies. COVID is also still around and is spreading fast in our community. Even people that have already had COVID, can easily catch it again. Please take care, keep vaccinated, and do your best to stay safe.

