

EORA HEALTH MESSENGER

SPRING 2022



**Online Mental
Health Tools** to
benefit Indigenous
communities

**Headspace Report
Released**

**Covid-19
vaccination
information**

**Clontarf health
Check Day**

Babana community events

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phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative

Central and Eastern Sydney PHN acknowledges the Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the Traditional Custodians and Sovereign People of the land across which we work. We recognise their continuing connection to land, water and community and pay respect to Elders past, present and emerging.



Mariam Faraj
General Manager of Clinical Services

Pathways Home

CESPHN has recently commissioned Community Restorative Centre (CRC) to deliver the Pathways Home program. Pathways Home will provide holistic support to Aboriginal and Torres Strait Islander young people aged 10-24 in the CESPHN region who have had contact with the corrections system, who have a mental health issue and who require support with their alcohol and drug use.

Pathways Home will address the concerning trend in Aboriginal and/or Torres Strait Islander young people of poor physical and mental health status arising from and compounded by Aboriginal young people's histories of trauma and incarceration.

The program aims to improve uptake of Medicare item 715 (Aboriginal Health Check) and will support clients in a trauma-informed, flexible way. The staff will be Aboriginal and/or Torres Strait Islander-identified and will support clients to access the services each person requires. This is not a clinical service; however, they will collaborate with and refer clients to clinical services.

While you wait resources

Due to the increased demand for mental health services, there are longer waitlists for public and private mental health services. GPs, a psychiatrist, co-design researcher and people with lived experience of mental health developed three resources aimed at GPs and their patients to provide support for the period after a mental health treatment plan has been developed but may be waiting for a referral to a mental health professional.

There are [three resources](#):

- A conversation guide for GPs
- Additional resources for GPs
- A patient handout

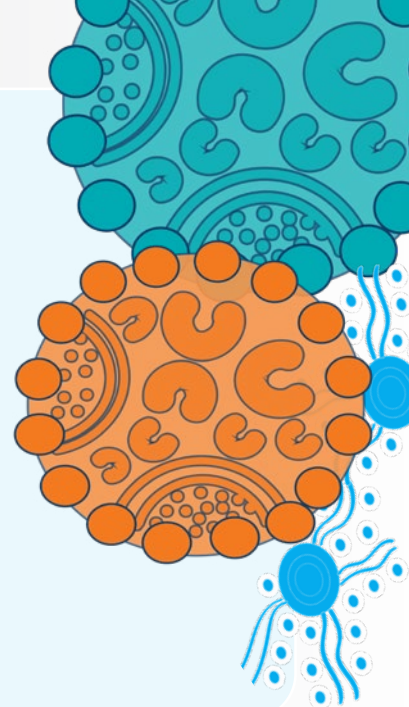


Psychiatry Service

The [Telehealth Psychiatry Service](#) operated by Dokotela is for individuals who need psychiatry services. It provides free psychiatric consultations to people who are living with severe and complex mental illness in the central and eastern Sydney region, who due to socio-economic barriers would not otherwise be able to access psychiatry.

Working in collaboration with GPs and other mental health and psychosocial support providers, the key aspects of this initiative are to provide telehealth psychiatry services and to engage with GPs supporting people accessing the service to facilitate capacity building and support ongoing patient treatment plans.

Psychiatric consultations will be offered to consumers via secure video conferencing either from their own or a support person's home, or from their service provider or GP's office.



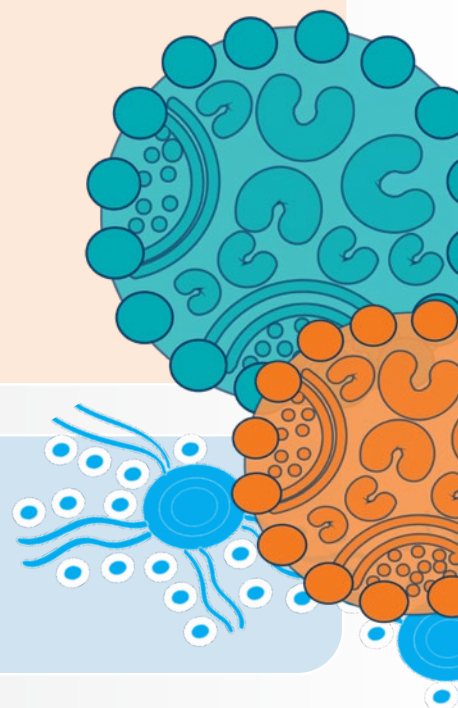
Head to Health Centres

[Head to Health](#) mental health clinics have been established to provide mental health services and supports to the community. Such as:

- COVID-safe face-to-face services
- Video and phone supported mental health and assessment services
- A multidisciplinary mental health teams
- Immediate on-site care to stabilise and de-escalate current concerns if needed
- Easy to access community locations at;
- 102A Haldon Street, Lakemba
- Suite 1.01, 430 Forest Road, Hurstville

A state-wide intake service has been established to support the operations of the clinics. A dedicated number **1800 595 212** is available for people seeking help to talk to a mental health professional.

HEAD TO
HEALTH
Pop Up



headstart

The headstart online service navigation tool has recently had additional improvements including the addition of introductory information on a range of topics linking to trusted information.

MEET JESSICA ZENG:

CESPHN's new Drug and Alcohol Program Officer



My name is Jess Zeng and I'm a new member of the CESPHN team. My role is working as the Drug Health Program Officer.

My parents who are from China, migrated to Australia in the 1990s. I was born and raised here in NSW and grew up in Southwest and Western Sydney. Being a second-generation migrant, I had a colourful childhood that was a mixture of Australian and Chinese culture.

I am passionate about health and in particular the availability of quality and accessible health services for the community.

During my early 20s, it was unfortunate that one of my close family members developed

a drug addiction. I have since witnessed how drug addiction can severely impact the quality of life of, not only the individual, but also their families and friends.

For me, this experience is a source of passion which motivates me to support families and individuals that have been negatively impacted by drugs and alcohol. I am therefore grateful that I can fulfil this passion at CESPHN as the Drug Health Program Officer.

Written by Jessica Zeng CESPHN Drug and Alcohol Program Officer



Clontarf Health Check Day

The Clontarf Foundation with the support of the South Eastern Aboriginal Health Care (ITC) and Bulbuwil programs, organises regular health checks and health information days for Aboriginal students to promote healthy lifestyles.

These events have been held since 2015 at Endeavour Sports High School and aim to improve access to health screening, building self-management skills and establish a positive connection to health services for Aboriginal and Torres Strait Islander students in South Eastern Sydney LHD (SESLHD).

The Clontarf Foundation partners with schools and communities to create 'Clontarf academies' for Aboriginal students, which are embedded within the school grounds and education program. While the foundation supports the development of young Aboriginal men, from 2016 all Aboriginal and Torres Strait Islander students were included in the health check days. This has extended to include Aboriginal students from all schools within the Sutherland Shire.

In 2022 the SESLHD area health check days expanded to include Matraville Sports high school.

The Clontarf Health Check Day is linked to the following SESLHD Journey to Excellence Strategy 2018-2021 priority:

Community wellbeing and health equity

- Focus on wellness, early intervention, and prevention
- Enable people to stay well and be equipped to manage periods of ill health
- Our community will experience improved health outcomes
- Health inequities will be reduced
- Give every child a healthy start to life

The health check day aims to complete as much



of the 715 health assessment as possible.

This information is then forwarded to their individual GPs so they can finalise the 715 with each student. This ensures that the financial benefit of the 715 is still seen by their primary care physician and any further details can be discussed with knowledge of their medical history.

With the ongoing support of a variety of SESLHD teams and NGOs the health check days include screening for:

- hearing,
- eyesight,
- blood pressure,
- oral health,
- blood glucose levels,
- heart rate,
- height,
- weight,
- sexual health, and
- mental health.

Last year 97 students were seen across both sites. From the health check day, the following were health screens which required follow up in a number of students.

- Oral health requiring further treatment
- Hearing follow up
- Requiring glasses
- High blood glucose levels

The focus is to introduce the students to the importance of looking after their physical and mental health and knowing what services are available to them.

For more information, please contact SESLHD Integrated Care Unit by calling 95408181

Written by Rosslyn Twarloh and Sharon Greentree from South Eastern Sydney LHD



COVID-19 vaccinations

- Protecting your family and community

COVID-19 can be a very serious illness, especially for our elders and those who have existing medical conditions, and for people who have not been vaccinated.

Getting a vaccine is one of the best ways of protecting yourself and others in your community from getting really sick or dying from COVID-19. COVID-19 vaccines are free and voluntary.

Encourage your family, Elders, and community to get vaccinated so that they are protected from serious illness from COVID-19.

Why it's important to prioritise COVID-19 vaccination for Aboriginal and Torres Strait Islander peoples

Aboriginal and Torres Strait Islander peoples may be at greater risk of severe illness from COVID-19.

This may be due to higher rates of chronic health conditions, and social determinants which amplify the risk of disease.

Priority vaccination for Aboriginal and Torres Strait Islander peoples is important to ensure equitable vaccination coverage and keep the whole NSW population safe.

How many doses should I have received?

COVID-19 vaccination is recommended for all people aged five years or older to protect against COVID-19.

For most people, a primary vaccination course consists of **two** doses.

A third primary dose is recommended for people aged five years or older with severe immunocompromise. See [considerations for special populations: people who are immunocompromised](#).

A single booster dose (dose **three** for most) is recommended for people aged 16 years or older, three months after the primary course or confirmed COVID-19 infection.

An additional booster dose (also known as a **fourth** dose) is strongly encouraged for Aboriginal and Torres Strait Islander peoples aged 50 years and older, three months after the first booster or confirmed COVID-19 infection.

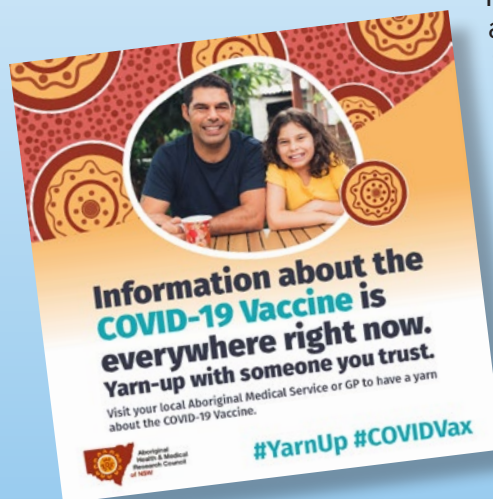
More information about primary dose, booster doses and recommended vaccines can be found on the [Department of Health website](#).

Latest vaccination data indicates 86.75 percent of Indigenous individuals living in the central and eastern Sydney region have received two doses of a COVID-19 vaccine.

59.72 percent, of indigenous individuals who have received more than 2 doses (booster doses three and four).

These eligible people are strongly encouraged to receive their booster dose promptly to maximise protection against COVID-19 infection.

If you're anxious about getting vaccinated or just want some more information, have a yarn



with your healthcare worker.

Read more about COVID-19 vaccination in this [Facts about COVID-19 vaccines](#) resource and [COVID-19 vaccines common questions](#) fact sheet.

Treatments for COVID-19 vaccinations

Read a [fact sheet](#) detailing oral antiviral treatments for COVID-19 and eligibility.

Oral antiviral treatments for COVID-19 are medications taken by mouth as tablets or capsules for eligible people who have tested positive to COVID-19.

There is no need to travel to hospital.

These medications are not suitable for everyone. Have a yarn to your doctor to check your eligibility.

When should you take COVID-19 oral antiviral treatments?

Tablets or capsules are taken every 12 hours for five days, **within five days from when symptoms start**, or as soon as possible after testing positive for COVID-19 if you have no symptoms.

Read the latest newsletter

Stay up to date with the latest newsletter, as information changes so quickly. This [newsletter](#) provides key health updates for Aboriginal and Torres Strait Islander households, communities, and stakeholders.

This update provides information for Aboriginal and Torres Strait Islander households and communities to stay safe during the coronavirus outbreak, and information about the COVID-19 vaccines and boosters.

Latest news:

- Maximise your protection with a fourth dose of COVID-19 vaccine!
- COVID-19 oral treatments
- Support for LGBTIQ communities
- Keep your heart healthy!
- New COVID-19 vaccine resources available

Don't forget to protect you and your family against the flu this year as well

Influenza (flu) is a serious illness that can lead to hospitalisation or even death, and Aboriginal and Torres Strait Islander peoples have a higher risk of serious disease.

Flu is circulating in NSW for the first time in two years, alongside COVID-19.

For that reason, this year, more than ever, it is important to receive a Flu vaccine as well as your COVID-19 vaccination. It is safe to receive the Flu vaccine at the same time, in the same visit as any of your COVID-19 vaccine doses.

Flu vaccination is strongly recommended and available for free to all Aboriginal and Torres Strait Islander peoples aged six months and older.

Visit the [NSW Health website](#) for more information about the flu vaccine for Aboriginal and Torres Strait Islander people.

COVID-19 resources available for Aboriginal and Torres Strait Islander people

[Oral antiviral treatments for COVID-19 and eligibility](#)

[When to get your vaccination \(Aboriginal and Torres Strait Islander People\)](#)

[Booster doses for Aboriginal and Torres Strait Islander people](#)

[COVID-19 vaccination – Common questions \(Aboriginal and Torres Strait Islander people\)](#)

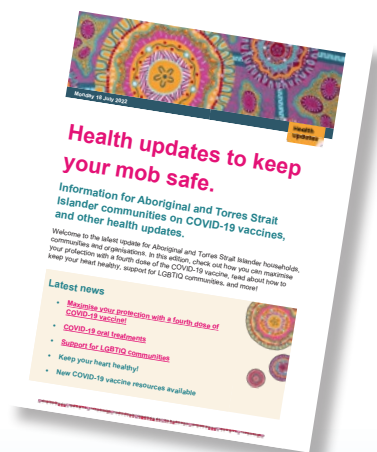
[COVID-19 – Living with COVID-19 for Aboriginal and Torres Strait Islander people.](#)

[COVID-19 vaccination – General COVID-19 vaccine information for Aboriginal and Torres Strait Islander people](#)

[COVID-19 vaccination – Common questions \(Aboriginal and Torres Strait Islander people\)](#)

[CESPHN - Immunisation for Aboriginal and Torres Strait Islander people](#)

Written by Brooke Willoughby-Thomas



headspace's Cultural Practice and Safety Project Report has been released!

[headspace](#) supports young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, they work with young people to provide support at a crucial time in their lives and to help get them back on track and strengthen their ability to manage their mental health in the future.

headspace national has developed a [Cultural Practice and Safety Report](#) that aims to inform and develop resources that will improve access and engagement for Aboriginal and Torres Strait Islander young people in headspace centres across Australia.

The quotes below are part of the headspace 'Cultural Practice and Safety Project Report'

***“After school groups for First Nations young people as an opportunity to connect with others would be really valuable.”
– Eora Country (Sydney)***

***“Tailored programs should be community led and Aboriginal led. I definitely feel safer when it's Aboriginal led.”
– Naarm (Melbourne)***

The report has identified access and engagement barriers with the aim of improving cultural safety and cultural and clinical practices within the model. Broad

consultation with key stakeholders is at the core of this process and was undertaken from April 2020- September 2021.

The report is identifying nine key themes based on the consultation:

- access,
- outreach and community,
- knowledge gaps,
- trust and reputation,
- employment,
- model of care,
- partnerships,
- identity and belonging, and
- racism.

These themes are not stand-alone; there are many interconnections and overlaps between them which are highlighted throughout the Report.

The report has put forward various recommendations to address the needs identified by Aboriginal and Torres Strait Islander young people, community members, stakeholders, and headspace centre staff in order to deliver safe and responsive service delivery to First Nations young people and communities.

Read the [Cultural Practice and Safety Report](#)

***Written by Riva Sekhon CESP HN
Mental Health Program Lead***



Community Events

Babana Aboriginal have two community events coming up:

- Wednesday 28th September Jobs Day
- Friday 21st October Wellbeing Day

Events will be held on Cockatoo Island. Departing from Eastern Pontoon at 10am prompt, free transfer to the island, returning at approximately 2:30pm. Lunch is provided.

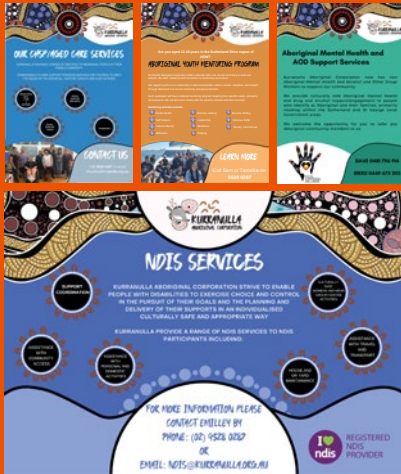
This event is free of charge.

For more information please contact Mark success@babana.org.au or call Mark on 0411 282 817



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Kurranulla Aboriginal Health and Wellbeing Day



Kurranulla Aboriginal Corporation hosted its very first Aboriginal Health and Wellbeing Day on 31 March 2022 at Gunnamatta Park.

The event provided Mob with an opportunity to listen to guest speakers Brian Dowd, Joe Williams and Jeffery Morgan and raise awareness of mental health and wellbeing.

The day kicked off with a Welcome to country by Auntie Barb Simms and a smoking ceremony by Uncle Dean Kelly, followed by deadly traditional dancing and didgeridoo performance by the Kurranulla Kids Group and Nulungu Dreaming.

Health and Wellbeing Day attendees also participated in free barber and beauty treatments from Walkabout Barber, a reptile exhibit, and a mobile petting zoo with a variety of popular farm animals.

Kurranulla received some lovely feedback from the students and teaching staff from schools in attendance.

“The day was really good. It was really necessary. Everyone needed the break from the craziness of life and time to enjoy culture.” Juliet

“An immersive experience, giving us insight into Aboriginal culture and wellbeing. It was a very fulfilling day. Thank you for sharing so much knowledge with us”. Kaylan

“We really enjoyed the traditional ceremonies. The smoking ceremony and Welcome to Country were very special. We loved the traditional dancing as well.” Laura and Ava

“A huge thank you to Kurranulla Aboriginal Corporation for organising such a wonderful day where we listened and learned on Dharawal Country. As a teacher accompanying the students, I am so grateful to have had the opportunity to meet so many respected members of the community. I am also extremely appreciative of the support every person offered me to assist my teaching back in the classroom”. Ms Tracey Miller

Written by Wendy French, Manager of Kurranulla

Telehealth Psychiatry Service

Delivered by Dokotela

Free consultant psychiatry services via video conference available to people living in Central and Eastern Sydney that face socio-economic barriers to accessing psychiatry.

**Ask your GP or
Aboriginal Health Worker
to make a referral
or call us on
02 8003 7668**

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Monkeypox

– what is it
and how can
we keep our
mob safe?

The global monkeypox situation

The [World Health Organization \(WHO\)](#) has declared the global situation regarding monkeypox to be a public health emergency of international concern.

Since May 2022, there has been a global increase in monkeypox infections in multiple countries where the illness is not usually seen. The situation is evolving quickly, and health authorities are monitoring closely so the most up to date evidence and advice can be provided.

Australia's monkeypox situation

The unfolding situation in Australia concerning Monkeypox is being monitored closely by health authorities. Most, but not all, cases recorded in Australia have been acquired overseas.

Monkeypox has been added to the list of [notifiable diseases](#) under the Public Health Act 2010. Healthcare professionals must notify any suspected cases of MPX to the local Public Health Unit on **1300 066 055** immediately to initiate a public health investigation, contact tracing and control measures.

What is monkeypox?

Monkeypox is a viral infection that causes a rash and is spread by very close contact with someone with monkeypox.

Monkeypox (MPX) symptoms are like smallpox symptoms, but milder and rarely fatal. Most people will recover in [two-four weeks](#).

What are the symptoms?

Monkeypox (MPX) illness is usually mild, and people typically recover within a few weeks.

Signs and symptoms of monkeypox infection can include:

- a distinctive rash, lesions (bumps that turn



into pimples, blisters, or sores, and may burst to form ulcers or scabs)

- swollen lymph nodes
- fever
- headache
- muscle aches
- joint pain
- back pain
- chills
- exhaustion.

A notable symptom of the current outbreak is that some people with monkeypox only notice a few pimple-like lesions in the genital area or buttocks.

Lesions start as a flat red rash that develops into pustules which crust and fall off.

Symptoms usually begin 7-14 days after exposure, but this can be as short as a few days or as long as 21 days

How does monkeypox spread?

Transmission between people can occur through:

- close contact with rashes, blisters, or sores on the skin,
- body fluids, including respiratory droplets from coughing or sneezing,
- contaminated objects such as linen and towels, and
- transmission through respiratory droplets (for example coughing or sneezing) is less common and usually only happens if there is prolonged face-to-face contact.

Although the virus is not a sexually transmitted infection (STI), transmission can occur through intimate physical contact during sex. In this case, it is likely that infectious skin rashes, blisters or sores are the mode of transmission.

The virus can also pass to the foetus via the placenta during pregnancy.

Who is at risk of monkeypox?

- People who have had close physical contact with an MPX case
- Australian travellers returning from, or going to, countries with confirmed cases

If you are in these groups and think you may be at risk, we urge you to be aware of the symptoms and to seek medical help straight away if you develop any of those symptoms.

How is monkeypox prevented?

To prevent infection with monkeypox virus:

- People who have monkeypox should self-isolate from others until the rash is healed (see above) and use a condom during sex for at least eight weeks after recovery from the rash.
- If you are caring for someone with monkeypox, use personal protective equipment (PPE), including gloves and an N95 mask.
- Practise good hand hygiene, wash your hands with soap and water or use an alcohol-based hand sanitiser.
- Avoid contact with any materials, such as bedding or towels, that have been in contact with an infected person.
- The smallpox vaccine currently available in Australia can protect people from monkeypox since the two viruses are closely related. Because of its side effects, especially in certain groups of people such as those who are severely immunosuppressed, the smallpox vaccine is currently only recommended for known high-risk close contacts of monkeypox cases.
- If you have monkeypox or have had contact with someone with monkeypox, your doctor or public health unit will advise you on how to manage your condition.
- NSW Health is working as quickly as possible to facilitate access to new vaccines in Australia that are currently in use overseas.





How is monkeypox diagnosed?

Diagnosis depends on the doctor suspecting monkeypox in a patient with suggestive symptoms. Infection can be confirmed by testing the blister fluid or scabs from the skin rash.

How is monkeypox treated?

The illness typically lasts for two–four weeks and is mild. Some patients may need simple pain medicines and oral fluids, with a health care professional monitoring their health.

A few patients may need supportive management such as intravenous fluids and medicine to control fever or pain and hospital care.

Some special medications are available to help treat patients with severe illness.

What is the public health response?

Doctors, hospitals, and laboratories must notify any suspected cases to the local public health unit immediately. Public health unit staff will initiate a public health investigation, contact tracing, and control measures.

Further information

If you think you might have the symptoms of monkeypox, please call ahead to your GP or local sexual health clinic. Wear a mask when attending the clinic.

For further information please call your local Public Health Unit on 1300 066 055.

Download a [fact sheet from NSW Health](#)

Written by Kira Wright CEP SHN Immunisation Team Leader

NewAccess: Coaching you through the tough times

What is NewAccess?

Developed by Beyond Blue, [NewAccess](#) is a free and confidential mental health coaching program for anyone feeling stressed or overwhelmed about everyday life issues, such as work, study, relationships, health or loneliness.

Ready to make changes in your life?

If work, study, relationships, health, or life in general has you feeling overwhelmed, stressed, or anxious then NewAccess could help you make a positive change to get life to where you want it.

NewAccess is like a personal trainer for the mind. Your NewAccess coach gives you the skills and knowledge to improve your health and is there to motivate and support you along your journey to better wellbeing.

The free coaching program was developed by Beyond Blue to provide accessible, quality services for anyone finding it hard to manage life stress. The program uses Low-intensity Cognitive Behavioural Therapy practices and aims to help people break the cycle of negative or unhelpful thoughts.

The program is easy to access and is delivered in person, by phone or by video call.

People can access support by calling 1800 010 630 or by visiting the Beyond Blue website: www.beyondblue.org.au/get-support/newaccess

Written by Cat McPherson CESPHN Mental Health and Regional Plan Manager



A horizontal banner with a solid orange background. On the left, there is a white speech bubble with a dark blue outline. Inside the bubble, the text 'NOT IT'S JUST A ROUGH PATCH.' is written in a dark blue, sans-serif font, with 'NOT' on a separate line above 'IT'S'. To the right of the speech bubble, the text 'Don't downplay what's playing on your mind.' is written in a white, sans-serif font. Below this text, the words 'Free and confidential mental health support.' are written in a smaller white font. On the far right of the banner is the NewAccess logo, which includes a small speech bubble icon and the text 'NewAccess Developed by Beyond Blue'.





BULLY BEEF WITH STEAMED RICE

Ingredients

- Olive oil, for cooking
- 1 small onion, diced
- 1 garlic clove, diced
- 340g can corned beef
- 1 Desiree potato, peeled and diced
- 1 carrot, peeled and diced
- 1 litre beef stock
- Salt and black pepper, to taste
- Soy sauce, to taste
- ½ cup diced white cabbage
- Steamed long white grain rice, to serve
- Parsley leaves, to garnish

Method

- Heat a good drizzle of oil in a large frying pan over medium–high heat. Add the onion and stir for 5 minutes or until lightly softened. Add the garlic and cook for another minute or until fragrant.
- Add the corned beef and cook for a couple of minutes, breaking up with a wooden spoon until the meat and onions are well combined.
- Add the diced potato, carrot, stock, and enough water to almost cover the vegetables. Bring to the boil, season to taste with salt, pepper, and soy sauce, then reduce the heat to low and simmer for 10–15 minutes or until the potatoes are tender.
- Add the cabbage and simmer for another 5 minutes or until the cabbage is tender. Serve the bully beef with hot steamed rice and a little parsley.

Recipe courtesy of [SBS.com.au](https://www.sbs.com.au)



BBQ SEARED MURRAY COD WITH LEMON

Ingredients

- 1 Murray cod or 4 cod fillets
- 20 saltwater pippies
- dry lemon myrtle leaves
- peppercorns
- salt

Salad

- 1 red onion
- 2 cucumbers
- 8 cherry tomatoes
- 1 fresh corn cob
- salad leaves

Salad dressing

- 250 ml brown vinegar
- 3 tbsp sugar
- 1 tsp lemon myrtle leaves
- pinch salt and pepper
- chilli flakes
- olive oil
- chilli flakes

Method

- Prepare the cod into cod steaks. Do this by chopping the head and then along the body into steaks. You can also use prepared cod steaks if you wish.
- Heat pan or grill and cook in olive oil place cod steaks in preheated pan and cook on each side for 8 minutes on medium.
- Season pippies with black pepper, salt, lemon myrtle leaves and chilli flakes. Place pippies on a flat plate and cook until shells open. Cook for 6 minutes.
- Prepare the salad by chopping the onion, cucumbers, tomatoes and corn.
- Make the dressing by combining the brown vinegar, sugar, olive oil and lemon myrtle leaves in a bowl. Stir to combine. Season with salt and pepper.
- Serve cod and pippies with the salad and drizzle the dressing over the veggies.

Recipe courtesy of SBS.com.au



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CHOCOLATE BERRY SLICE

Ingredients

- Canola oil spray
- 3 eggs
- 75ml sunflower oil
- 200ml buttermilk
- 3/4 cup caster sugar
- 220g self-raising flour
- 1/3 cup cocoa powder
- 1/2 teaspoon bicarbonate of soda
- 250g fresh or frozen raspberries, strawberries, or blueberries (if using frozen make sure they are unthawed)
- 250g berries extra to serve
- Reduced fat yoghurt to serve

Method

- Preheat the oven to 170°C (150°C fan-forced) and lightly spray a 20 x 25cm brownie tin with oil.
- Using a hand-held beater, beat together the eggs, oil, buttermilk, and sugar in a mixing bowl until well combined.
- In a separate bowl sift the flour, cocoa powder, and bicarbonate of soda. Fold into the egg mixture then carefully add 250g of the raspberries and fold to combine.
- Pour the mixture into the prepared tin and bake on the centre shelf of the oven for approximately 45 minutes or until a cake skewer comes out clean when inserted into the middle of the slice. Remove from the oven and allow to cool for 10 minutes.
- Cut into 18 squares then carefully transfer to a wire rack to cool completely.
- Serve with the extra berries and a dollop of reduced fat yoghurt.

Recipe courtesy of Heart Foundation.



MUFFIN TRAY TORTILLA PIES

Ingredients

- Oil spray
- 1 teaspoon olive oil
- 1 small red onion, finely chopped
- 1 garlic clove, crushed
- 1/2 red capsicum, seeded, finely chopped
- 2 carrots, peeled, grated
- 1 teaspoon Mexican chilli powder
- 400g can of no added salt diced tomato
- 400g can no added salt red kidney beans, drained, rinsed
- 100g can corn kernels, drained, rinsed
- 6 mini wholemeal tortillas (approximately 30g per tortilla)
- 1/2 cup (60g) grated reduced fat mozzarella
- Coriander sprigs, to serve

Method

- Preheat the oven to 180°C. Lightly grease a 6 large hole non-stick muffin pan with oil spray.
- Heat olive oil in a medium size saucepan over medium heat. Add onion and garlic. Cook, stirring, for 2 to 3 minutes or until soft. Add capsicum, carrot and chilli powder. Cook, stirring occasionally, for 2 to 3 minutes or until capsicum is just tender.
- Add diced tomatoes, beans, and corn. Bring to the boil. Reduce heat to low. Simmer for 4-5 minutes or until the mixture has slightly thickened. Set aside.
- Microwave tortillas for 20 seconds to soften. Ease one tortilla into each muffin hole.
- Fill tortillas with bean mix and evenly sprinkle cheese over the tortilla pies.
- Bake for 10 minutes, until bubbling and golden. Top with coriander sprigs to serve.

Recipe courtesy of Heart Foundation.



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ONLINE MENTAL HEALTH TOOLS FOR INDIGENOUS COMMUNITIES

Online mental health support is a good option for many people. It is available any time, is usually free or low cost and it can be used in combination with other supports.

There are some online tools that have been developed specifically for indigenous people and in consultation indigenous communities.

Some examples are:

1. Mindspot Indigenous Wellbeing Course <https://www.mindspot.org.au/course/wellbeing/>

The MindSpot clinic is a free, digital mental health clinic, it provides services online and via telephone. MindSpot was established at Macquarie University by psychologists and researchers developing virtual treatments for mental health conditions.

The MindSpot Wellbeing Course is one of the most accessed programs in their suite of online courses. It uses the principles of cognitive behaviour therapy to teach adults strategies for managing stress, low mood, depression, and anxiety.

This program has been culturally adapted to provide the MindSpot Indigenous Wellbeing Course. The course was modified by Carlie Schofield, a Yuin woman from the South Coast of NSW and with the input of groups including Warawara, Macquarie University.

Contact phone: 1800 61 44 34 or email: contact@mindspot.org.au

2. iBobbly

iBobbly is a social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander people aged 15 years and over.

iBobbly is produced by the Black Dog Institute and has been designed by and for Aboriginal and Torres Strait Islander People.

iBobbly is a social and emotional wellbeing app and includes four main features

1. How do I feel – helps you check-in with how you are going.
2. Stuff I can use - strategies for managing challenging thoughts and feelings.
3. How I'm gonna beat this – steps you through creating an action plan for managing thoughts and feelings in the longer term.
4. Help – gives suggestions for other help and support options.

These are just two resources that are available for online and virtual support. They can be helpful if you are waiting to see a counsellor or in addition to other supports.

3. Wellmob <https://wellmob.org.au/>

Well mob is a Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People. WellMob brings together online resources made by and for our mob.

WellMob is for all of our frontline health and wellbeing workers, including:

- community health and wellbeing workers
- mental health workers
- family support
- education and youth services.

WellMob was developed by eMHPPrac (e-mental health in practice) in collaboration with the Australian Indigenous HealthInfoNet.

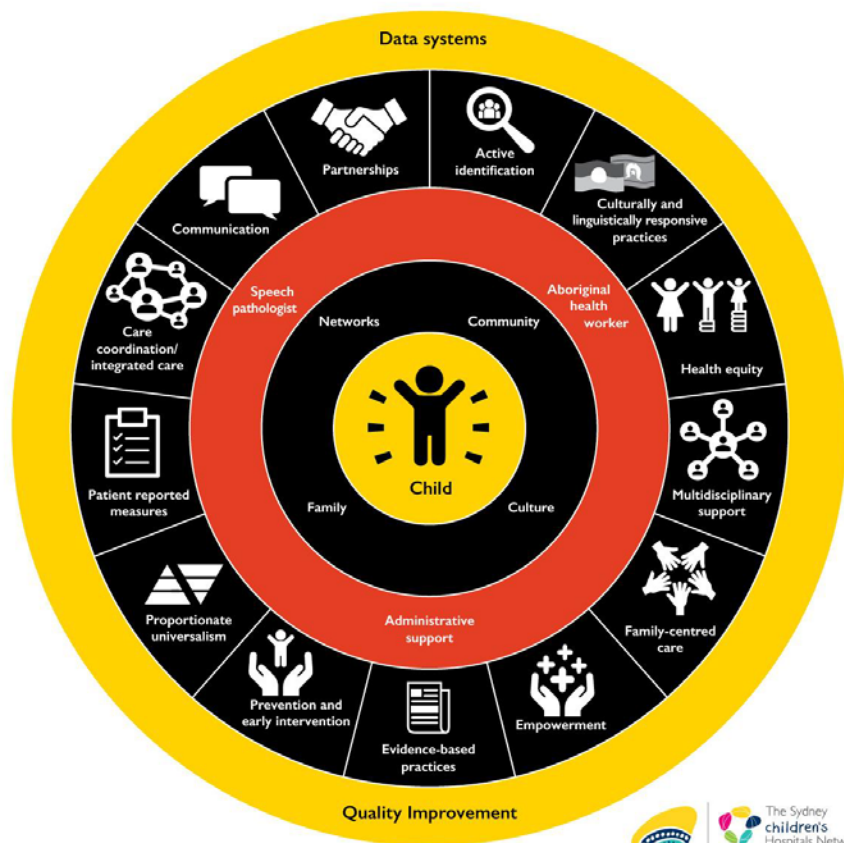
Contact website: <https://wellmob.org.au/contact/>

There are some additional support services listed on E Mental Health in Practice (EMHPPrac.) <https://www.emhprac.org.au/resources/indigenous-resources/>

Written by Lisa Liber CESPHN Mental Health Program Officer

Sydney Children's Hospital, Randwick

SPEECH PATHOLOGY SERVICE FOR ABORIGINAL CHILDREN



The Sydney
children's
Hospitals Network
care, advocacy, research, education

Partnering with Aboriginal children
and their families to help children
reach their communication
potential



The Sydney
children's
Hospitals Network
care, advocacy, research, education

WHO?

Aboriginal and Torres
Strait Islander
children (0-16 years)
living in the local area
with speech,
language and
communication
difficulties

WHAT?

Advocacy, support,
group and individual
sessions

HOW to refer?

Via phone with
parent/carer
permission

Our service is

Flexible, accessible,
culturally safe,
confidential and free

Est. 2007

CONTACT

Speech Pathologist
0439 407 702
Aboriginal Health
Worker
0407 403 271



Central and Eastern Sydney PHN acknowledges the Aboriginal and Torres Strait Islander peoples of this nation. We acknowledge the Traditional Custodians and Sovereign People of the land across which we work. We recognise their continuing connection to land, water and community and pay respect to Elders past, present and emerging.

Useful numbers

PRINCE OF WALES HOSPITAL
02 9382 2022

SYDNEY CHILDREN'S HOSPITAL
02 9382 1111

ROYAL PRINCE ALFRED HOSPITAL
02 9515 6111

ST VINCENT'S HOSPITAL
02 8382 1111

SYDNEY DENTAL HOSPITAL
02 9293 3333

LA PEROUSE HEALTH CENTRE
02 8347 4800

BABANA ABORIGINAL
02 9660 5012

WEAVE YOUTH AND COMMUNITY SERVICES
02 9318 0539

TRIBAL WARRIOR ABORIGINAL CORPORATION
02 9699 3491

GAMARADA
0433 346 645

GURIWAL ABORIGINAL CORPORATION
02 9311 2999

LA PEROUSE LOCAL ABORIGINAL LAND COUNCIL
02 9311 4282

ODYSSEY HOUSE
1800 397 739

LANGTON CENTRE
02 9332 8777

REDFERN ABORIGINAL MEDICAL & DENTAL SERVICE (AMS)
02 9319 5823

REDFERN AMS AFTER HOURS SERVICE
02 8724 6300
(must be registered patient of AMS)

CANCER COUNCIL NSW
13 11 20

QUITLINE (SMOKING)
13 78 48

LIFELINE 24HR HELPLINE
13 11 14

GAMBLING ANON
02 9564 1574

METROPOLITAN LOCAL ABORIGINAL LAND COUNCIL
02 8394 9666

KIDS HELP LINE
1800 55 18 00

MENSLINE AUSTRALIA
1300 78 99 78

13SICK NATIONAL HOME DOCTOR SERVICE
(after hours support)
13 74 75

MENTAL HEALTH LINE
1800 011 511

DOMESTIC VIOLENCE AND SEXUAL ASSAULT HELPLINE
1800 200 526

ST GEORGE HOSPITAL
02 9113 1111

SUTHERLAND HOSPITAL
02 9540 7111

KURRANULLA ABORIGINAL CORPORATION
02 9528 0287

Contact Central and Eastern Sydney PHN

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ABN 68 603 815 818

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Mascot NSW 2020

Ph: 1300 986 991

Fax: 1300 110 917

Email: info@cesphn.com.au

Web: www.cesphn.org.au

Please mark any correspondence in relation to this publication for the attention of the CESPHN Aboriginal Health Team



Australian Government

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CENTRAL AND
EASTERN SYDNEY

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