

## We are the Elders of tomorrow, hear our voice

### Aboriginal Children's Day 4th August 2020

In 1988, the first National Aboriginal and Islander Children's Day was established on 4 August and was set against the backdrop of protests led by Aboriginal and Torres Strait Islander people and their supporters during the bicentennial year. Aboriginal and Torres Strait Islander peoples felt a day was needed to celebrate our children, to give them confidence and make them feel special and included.

The date 4 August was historically used to communally celebrate the birthdays of Aboriginal and Torres Strait Islander children who were taken from their families at a young age, without knowing their birthday – the Stolen Generations.

Children's Day has grown every year, becoming a major event in the lives of Aboriginal and Torres Strait Islander children, families and community organisations. In communities throughout Australia this special day has been celebrated with activities such as cultural events, open days, arts and crafts, storytelling, face painting, concerts, morning teas and community barbecues.

The theme for Children's Day 2020 was: *We are the Elders of tomorrow, hear our voice*



For more information on Aboriginal Children's Day please look [here](#).

Many events were held nationally, you can check out the gallery [here](#).

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CENTRAL AND EASTERN SYDNEY

An Australian Government Initiative

# Direct from the GM

Welcome to the October edition of the Eora Health Messenger. It's been another busy 3 months of activity at CESPHN as we progress work and supports in a number of key areas.

## COVID-19

CESPHN has developed a draft paper on COVID-19 Challenges and Opportunities for Primary Care in partnership with PWC. This paper outlines CESPHN's and the primary care sector's response to COVID-19, identifying factors that have enabled success, learnings, and remaining challenges. It concludes with strategic opportunities to improve the resilience of the health system in the region and improve health outcomes for the CESPHN population.

We continue to support our commissioned services dealing with the impact of COVID and most have returned to face to face service delivery. We completed an audit of our providers' pandemic response plans including checking for inclusion of:

- Measures to ensure staff safety: workplace cleanliness, sanitising physical distancing, number of staff in office, WFH arrangements, screening and entry process
- Strategies to ensure client safety: adverse effects or risk of suicide
- Risk management of transition to telehealth: assessment of client eligibility for telehealth, options for those that are not suitable for, decline, or are too high risk for telehealth.

The current focus is on testing and encouraging those with symptoms of COVID-19 (fever, cough, scratchy throat, shortness of breath) to get tested. Everyone should keep observing physical distancing guidelines and continue to practice and encourage others to pursue good personal hygiene. Stay up to date with changes to COVID-19 testing clinicians at [testing clinic hours and locations](#).

More information, resources and useful links can be found at our website <https://www.cesphn.org.au/coronavirus>

## Closing the Gap

The new closing the gap **National Agreement** includes **16 targets** across the following outcome areas: education, employment, health and wellbeing, justice, safety, housing, land and waters, and languages. CESPHN is committed to supporting this agreement in areas relevant to primary health care.



The new approaches to working with indigenous communities can be found [here](#).

## Reconciliation Action Plan

CESPHN has started planning for our 2020 – 2022 RAP and has recently completed an EOI process across our region for our new artwork. The Aboriginal Advisory members have reviewed the draft and it has been presented to the CESPHN Board of Directors for their endorsement, prior to approval being sought from Reconciliation Australia. We hope to launch the new RAP before the end of the year and look forward to implementing our INNOVATE RAP activities which continue to focus on improving and expanding the principles of the 18-20 RAP of respect, relationships and opportunities

## Aboriginal and Torres Strait Islander specific MBS item 715

CESPHN continues to work with GPs, practices and the community to increase the uptake of Aboriginal and Torres Strait Islander specific Medicare Benefits Schedule (MBS) items, including Health Assessments for Aboriginal and Torres Strait Islander people.

## Mental Health and Suicide Prevention Regional Plan - Aboriginal health and wellbeing working group

The working group has met on 2 occasions since it began earlier this year. The group has identified priorities and will focus on workforce particularly in relation to supervision and mentoring. We also plan to survey the Aboriginal mental health workforce in our



region to identify gaps and opportunities to support and strengthen the workforce and the development and progression of the workforce in collaboration with the Regional Plan partners. Another focus of work will be the development of a cultural safety framework, or principles document, for services the PHN may commission to work with local Aboriginal communities

### Mental Health and Wellbeing Pandemic Response Plan funding

The Australian Government will provide \$48.1 million to support the implementation of the National Mental Health and Wellbeing Pandemic Response Plan.

A portion of this funding will come via PHNs to support groups who have been disproportionately impacted by the pandemic. For example, older Australians, Aboriginal and Torres Strait Islander communities, and Australians from Culturally and Linguistically Diverse communities.

Guidance has been provided on how to implement the Older Australians initiative and we will explore opportunities to expand existing commissioned services that support the new funding and activities.

### Additional funding for Psychosocial Support

On 6 August 2020, the Australian Government announced an additional \$13.4 million to assist

people with severe mental illness whose access to psychosocial supports has been impacted by COVID-19. The funding will be used to:

1. recruit a Service Navigator to help consumers, together with their families and carers, access the supports needed to promote mental and physical health;
2. support some clients of NPS-M and CoS to test/retest their eligibility for the NDIS, where they are assessed as needing ongoing and higher levels of services; and
3. supplement existing funding for CoS in regional, rural and remote communities in recognition of the higher costs to provide services in these areas.

### Babana Aboriginal social media campaign

Babana will be delivering a campaign to promote GP services during COVID-19 to Aboriginal and Torres Strait Islander community members in the CESPHN region. This will include the development of a short video, social media campaign and printed resources which will be available to promote to community in the coming weeks.

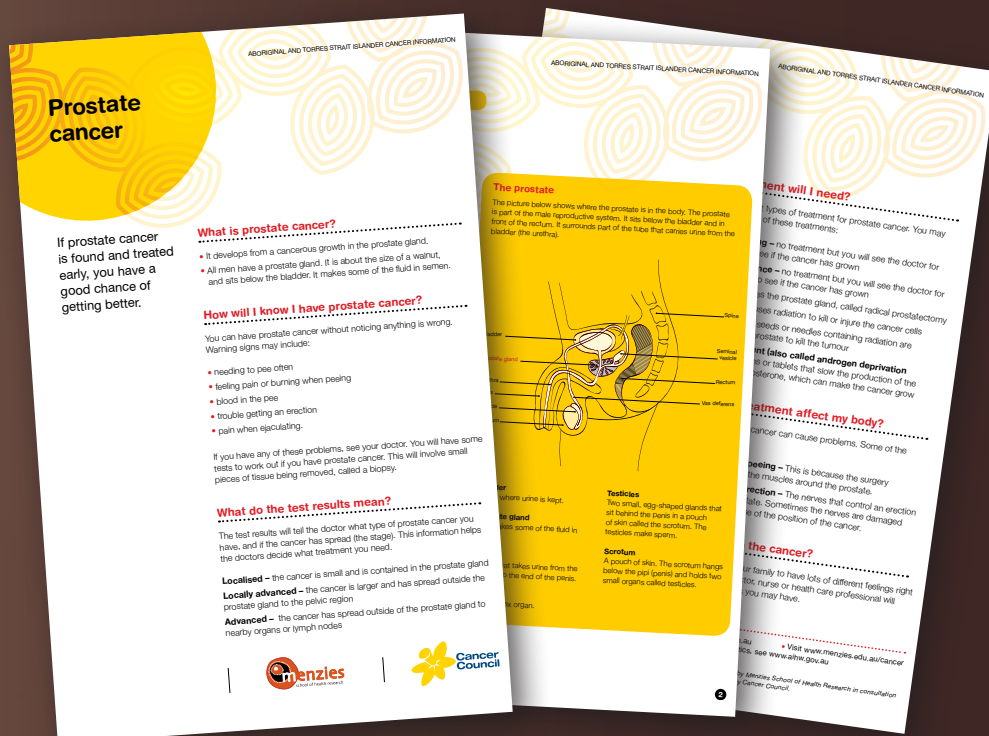
### Mariam Faraj

CESPHN General Manager,  
Clinical Services

# Prostate Cancer Month

September was Prostate cancer awareness month- it is always a good time to go and get checked by your Doctor or have a yarn about any concerns or if you are experiencing any symptoms.

If prostate cancer is found and treated early, you have a good chance of getting better. More information can be found [here](#).



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# R U OK?™

A conversation could change a life.

**R U OK? Day was Thursday 10 September 2020. It's our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.**

**'THERE'S MORE TO SAY AFTER R U OK?' Is this year's message.**

2020 has been a challenging year for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us. In the lead-up to R U OK? Day we'll help Australians know what to say when someone says they're not OK and guide them through how they can continue a conversation that could change a life.

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a positive difference to their life.

Learn what to say after R U OK? and download our FREE resources for tips and ideas to help you share the message in your community.

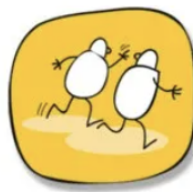
If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're saying or doing - trust that gut instinct and take the time to ask them "Are you OK?" If someone says they're not OK, make time to listen, encourage action and check in. That conversation could change, or even save, their life.



**1. Ask**



**2. Listen**



**3. Encourage action**



**4. Check in**

Tips and resources on how to ask and be prepared to ask can be found here- <https://www.ruok.org.au/how-to-ask>

List of services can be found [here](#)

**Lifeline** 13 11 14

**Beyond Blue** 1300 224 636

**Suicide call back service** 1300 659 467



# Grilled Fish with Salsa

## Gluten Free

Start Spring with this delicious fare; fresh and tasty with plenty of crunch!

### Ingredients

- 2 corn cobs
- 1 tomato, chopped
- 1 lebanese cucumber, chopped
- 1/2 avocado, chopped
- 1/2 capsicum, chopped
- 1 red onion, finely chopped
- 1 lime
- Spray olive or canola oil spray
- 240g firm white fish fillet

### Method

1. Place corn (with green husk still on) in a microwave-safe bowl with a tablespoon of water.
2. Microwave, covered, on HIGH (100%) for 4 minutes or until just tender.
3. In a medium bowl, add tomato, cucumber, avocado, capsicum, onion, coriander, pepper and juice of ½ a lime. Mix gently to combine.
4. Heat a griddle or large non-stick pan on medium-high heat.
5. Lightly spray corn with oil then cook, turning frequently, for 5 minutes or until lightly charred; set aside.
6. Lightly spray fish with oil then cook for 2-3 minutes each side or until browned and cooked through.
7. Serve fish with corn, salsa and remaining lime.

### Dietitian Notes / Recipe Tips

Chilli, lemon and herbs are great alternatives to butter and salt.

From Diabetes NSW (<https://diabetesnsw.com.au/recipe/grilled-fish-with-salsa/>)



### Details

- Serves 4
- 9 Ingredients
- 10 Minutes Prep
- 10 Minutes Cook
- Easy

### Nutrition

- Energy 1893kJ
- Protein 37.0g
- Fat (total) 17.0g
- Saturated Fat 3.0g
- Carbohydrate (total) 30.0g
- Sugar 14.0g
- Fibre 15.0g
- Sodium 140mg



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# STAFF SPOTLIGHT! MEET CLIFFORD WE HELP OURSELVES (WHOS) ABORIGINAL ENGAGEMENT OFFICER

**WHOS provides residential therapeutic programs and day programs aimed at achieving recovery from alcohol and other drug dependence, incorporating harm reduction and co-existing mental health initiatives. There are two Aboriginal Engagement Officers working at WHOS Lilyfield. WHOS as an organisation alongside the Aboriginal Engagement team have a shared vision and direction to ensure all their services are culturally inclusive. Today's staff spotlight we meet Uncle Clifford and learn more about what he does.**

Uncle Clifford is from Moree and works at We Help Ourselves (WHOS) Therapeutic community programs in Lilyfield as part of the Aboriginal Engagement Team. Uncle Clifford is passionate about the mob, understanding and bringing back identity, kinship and the recovery journey. Uncle Clifford expresses feelings of awe witnessing the healing journey.

Uncle Clifford helps to build and maintain cultural inclusive and appropriate communities through education of non-Aboriginal staff and clients; ensuring specific needs of Aboriginal and Torres Strait Islander clients are met. Recently, Uncle Clifford asked for permission from land councils and arranged for a smoking ceremony to take place on the Lilyfield site, the first in WHOS history – with Aboriginal male residents, with the CEO – Garth Popple, and grounds person attending. Uncle Clifford used foliage from Broughton Hall grounds. By having a smoking ceremony, it places the site on a spiritual plane, supporting healing, safety and grounding for Aboriginal male residents and visitors.

Uncle Clifford works alongside clients in recovery through pre and post support, runs Aboriginal men's groups (Therapeutic Community) and supports the organisation's Day Program, which has been adapted to an Assessment House in response to COVID19. WHOS has been supporting the local Aboriginal Community and holds a stall each year at events such as Yabun. A special online event was conducted to acknowledge National Sorry Day and Reconciliation Week for all WHOS Lilyfield services. Also, NAIDOC events are coming up this year in November which may also be online.

Uncle Clifford has been fostering and building partnerships with organisations such as Kinchela Boys Home and Community Restorative Centre (CRC). He also provides assistance and advice to Ted Noffs, with Aboriginal Youth in recovery, supports clients to engage with Gamarada and has good relationships with Gorman House, Redfern Aboriginal Medical Service (AMS) and AHMRC. Uncle Clifford often transports Aboriginal clients from detoxes to WHOS.

Additionally, the Aboriginal Engagement Officers have been integral in supporting a recent cultural audit and safe practices and policies to ensure cultural safety at WHOS. The cultural audit was a part of the Network of Alcohol and Other Drugs Agencies' (NADA) **Alcohol and Drugs Treatment Guidelines for working with Aboriginal and Torres Strait Island people – in non-Aboriginal setting**. They are currently working on developing e-learning modules for cultural awareness for staff at WHOS as well as a resource highlighting the native flora and history of the Lilyfield site.

The number of clients who identify as Aboriginal or Torres Strait Islander has doubled at WHOS over the last three years, which is testament to the fantastic work of Aboriginal Engagement Officers and WHOS partnership.

To find out more about the WHOS programs, you can take a virtual tour online:

<https://whos.com.au/about-whos/virtual-tours/> or visit their Website: <https://whos.com.au/>



# BABANA SOCIAL MEDIA PRESENCE DURING COVID-19

CEPSHN engaged Babana Aboriginal to provide key messages and information regarding COVID-19 to the local community. This included messaging around health and wellbeing, as well as additional information in the areas of mental health, suicide prevention and information for community elders. The campaign focused on sharing information and resources through Babana's social media

platforms and maintaining traditional forms of contact with members of Babana and the broader Indigenous community. The campaign saw the development of posters, online fact sheets, video grabs, links to key resources, key messaging, text and email campaigns and information and resources online at the Babana website.

The campaign was enormously successful and reached more than 1 million people between March-May. The social media posts reached 1,054,291 people and actual post engagement reached 342,776 people with a total of 568,708 video views. Babana's official website also received a number of hits and the information page on "how to have a yarn" for suicide prevention received more than 11,000 hits – the largest number on a three month cycle since the resource was released more than four years ago. This resource is now being expanded for future use.

## Video links

**Video 1** <https://www.youtube.com/watch?v=4ruL3B-xqvw>

**Video 2** <https://www.babana.org.au/covid19>



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# headspace

## New Partnership between headspace Camperdown and The Settlement

**headspace Camperdown has been allocated funds through the CESPAN Aboriginal Enhancement Program to build on their partnership with The Settlement in Darlington and provide mental health services within the community.**

This exciting opportunity will involve the collaborative creation of a nurse run outreach clinic with headspace Camperdown, The Settlement, and most importantly the young people who attend The Settlement. The goal is to improve accessibility to the services headspace provides for young Aboriginal people.

Following on from YARN's organised by headspace Camperdown in 2019 with 3 local youth services, The Settlement was chosen as the initial site for the nurse outreach clinic.

headspace Camperdown is seeking to minimise the existing barriers that young Aboriginal people identify that are due to the location of the centre and the history of engagement with the local community.

As headspace Camperdown is located outside the Redfern and Alexandria area this creates difficulties with the service being aligned with and therefore becoming known as a safe and trusted service to the local Aboriginal community. The Settlement's collaborative approach and long history with the local community has meant they have built a safe space where the young people who attend know that their families and Elders also attended The Settlement when they were young.

The success of The Settlement is evident through the partnerships they have with the local community and the young people they work with. The Settlement offers after school programs for both children and young people, Leadership Programs, Cultural Camps and youth led events. Their Youth Advisory Committee ensures young people are directly involved in the way The Settlement delivers programs.







During the corona virus pandemic, like other local services, The Settlement had to suspend face to face interactions. This has affected all their programs. The Settlement developed online drop-in groups and Youth Advisory Committee meetings.

The Settlement is now moving back to face to face groups with COVID precautions in place.

The suspension of face to face services has caused an understandable barrier to engagement for young people at the start of the nurse outreach program, however as we have restarted face to face sessions, interest and engagement have picked up and as the nurse working at The Settlement I am excited to be able to see more young people.

The Nurse Outreach Clinic is run at The Settlement every Friday from 10am to 6pm. Referrals can be made through headspace Camperdown on (02) 9114 4100. The Outreach Nurse is also happy to go to local community organisations to see young people or those young people are welcome to come to The Settlement for appointments with the goal of making it as easy as possible to access support and headspace services.



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# Self-Care toolkit

This Self-care toolkit aims to assist those working in the social and emotional wellbeing sector by providing tips and tricks for staying mentally and physically healthy. Within this resource there are many self-care tools that can be used to look after health and wellbeing. However, not all of them may suit everyone, as self-care is a personal practice and what works for one person may not work for someone else. Trying a few techniques is recommended to find the best for each individual person.

The practices that are outlined in this toolkit include:

- tips and tricks to integrate into a busy life
- mindfulness and meditation
- nutrition and mental health
- physical activity

Developed by Aboriginal Health and Medical Research Council of NSW (AH&MRC)

Link to the printable resource can be found [here](#).



## BREAST CANCER MONTH

October, Australia's Breast Cancer Awareness Month, provides an opportunity for us all to focus on breast cancer and its impact on those affected by the disease in our community.

Breast cancer remains the most common cancer among Australian women (excluding non-melanoma skin cancer). Survival rates continue to improve in Australia with 89 out of every 100 women diagnosed with invasive breast cancer now surviving five or more years beyond diagnosis.

Take the time this month to find out what you need to know about breast awareness and share this important information with your family, friends and colleagues.



Finding breast cancer early provides the best chance of surviving the disease. Remember you don't need to be an expert or use a special technique to check your breasts. Changes to look for include:

- a **new lump** or **lumpiness**, especially if it's only in **one breast**
- a **change** in the **size** or **shape** of your breast
- a **change** to the **nipple**, such as **crusting, ulcer, redness** or **inversion**
- a **nipple discharge** that **occurs** without **squeezing**
- a **change** in the **skin** of your breast such as **redness** or **dimpling**
- an **unusual pain** that doesn't go away.

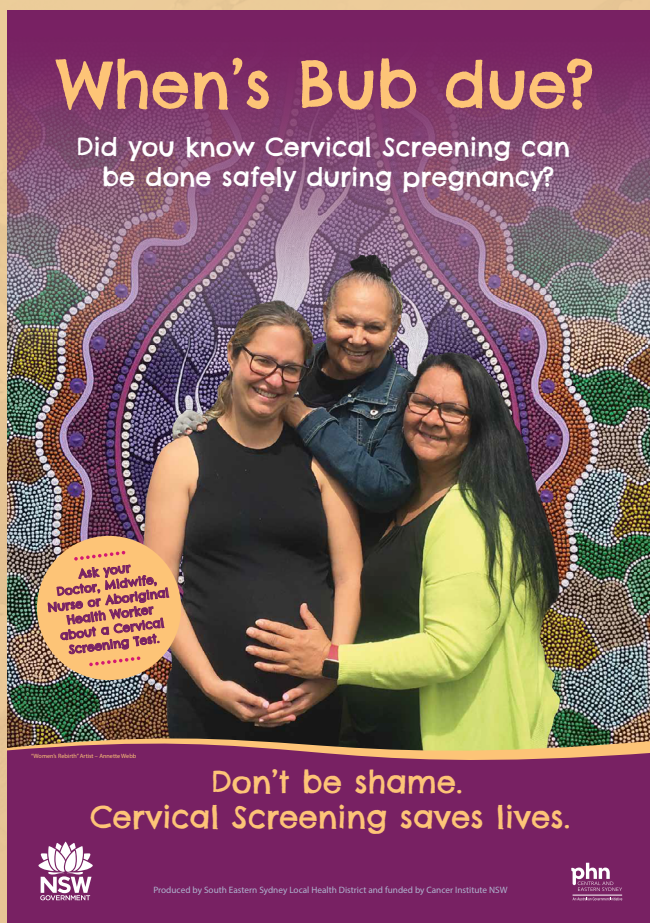
Most changes aren't due to breast cancer but it's important to see your doctor without delay if you notice any of these changes.

More information can be found at Cancer Council Australia, please see [here](#).



# Women's Health

Having regular cervical screening helps keep women healthy by finding any problems early. Pregnancy is a great time to have a cervical screening test. It can often be too busy after bub comes to think about your own health.



Local Aboriginal women are in all of the resources and the beautiful artwork on the poster and postcard is by a local artist, Annette Webb

## Cervical screening is safe at any time during pregnancy!

As part of a project to encourage women to have cervical screening we spoke with community workers who work with Aboriginal women and health care workers like GPs, midwives and Aboriginal Health Workers. We wanted to understand why some women don't come for cervical screening and what could be done to make it easier for them.

They told us that appointments are often rushed and that sometimes health staff don't make women feel comfortable. SAs a result, we have provided education and resources to health care staff to support them to work in a culturally safe way with Aboriginal women.

The most exciting part of this project was that Aboriginal women from the community designed resources and messages that would help Aboriginal women to feel more comfortable asking for and having cervical screening during pregnancy.

An Aboriginal Women's Health Project Officer led a yarn with Aboriginal women to design the new resources. They designed a poster for GP and clinic waiting rooms, a postcard for women when they are pregnant and three video clips which will soon be seen on social media. The resources encourage women to talk with other women, their mums, aunties, nans, sisters, family and friends.

## “We all have the same concerns. We can support each other”

It's very important that our women have cervical screening tests done regularly. Looking after your own health will help Mums to live a long and healthy life for their bubs and their families. Talk with your doctor, midwife, women's health nurse or Aboriginal health worker if your cervical screening test is due.

## “Cervical screening could save your life!”

This project was led by South Eastern Sydney Local Health District's Aboriginal Health Unit and Women's Health Program and was funded by the Cancer Institute NSW.

For more information about this project or where to get a cervical screening test get in touch with our Women's Health Nurses on 0457 881 350 or 0408 901 378 or email us at [SESLHD-WomensHealthProgram@health.nsw.gov.au](mailto:SESLHD-WomensHealthProgram@health.nsw.gov.au)



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# DEADLY CHOICES

**CESPHN is funding a partnership between the Institute for Urban Indigenous Health (IUIH) and the Cronulla Sharks to implement the Deadly Choices program in the Sutherland Shire. The Deadly Choices program is an Indigenous school and community-based education program that encourages Aboriginal and Torres Strait Islander people to be healthy role models for family, friends and broader community networks.**

It aims to empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families – to stop smoking, to eat good food and exercise daily. Deadly Choices also encourages Aboriginal people to access their local Community Controlled Health Service or GP and complete an annual 'Health Check' (715 Aboriginal health assessment).



**The Deadly Choices program coordinator will work with local schools to deliver the program. The eight-week program is delivered in a flexible manner to suit school environments and timetables, and addresses healthy lifestyle topics such as**



Leadership



Physical activity



Chronic disease



Harmful substances



Tobacco cessation



Healthy relationships



Nutrition



Access and health checks



## A fresh start

The Cronulla Sharks have launched a new Indigenous program to build on their relationship with health and well-being organisation Deadly Choices.

The two came together last year when piloting an Indigenous health program throughout schools in the local Sutherland Shire area. With the success of the original partnership and with the support of the Primary Health Network, they have agreed to inject extra resources in the form of a dedicated Indigenous Programs Coordinator.

In scanning through a long list of highly qualified applicants, the Sharks and Deadly Choices landed on Quirindi-born, Tamworth-raised Rachal Allan, an Indigenous girl from the Gamilaroi mob, to head up the new program.

Previously employed as an Aboriginal Medical Service (AMS) worker in Wellington in northern NSW and then more recently working in a similar role in Wollongong, George Nour, the Sharks General Manager – Community, People & Culture, was confident Allan was the perfect fit to make a success of the joint Sharks-Deadly Choices Indigenous schools program.

“On the back of the program we piloted last year, that gave Deadly Choices confidence to expand and spread their involvement with the Sharks by funding a full-time resource in Rachal,” Nour said. “Rachal has an extensive background in this space and was a standout candidate to drive this program and we look forward to having her on board.”

Allan, who started with the Sharks in mid-August, is keen to get started and to try to make an impact in respect to helping to educate students with Aboriginal and Torres Strait Island heritage on healthy lifestyles.

“I was five years working for the AMS in Wollongong as an Aboriginal health worker but what I really love is the

health presentation side, getting out into the community, doing the health checks, day in and day out,” Allan said.

“I thought it was time for a change and this job was all the things I love doing.

“I grew up watching footy, always loved the footy, so when I heard this position was with Deadly Choices as well, I was very excited I could be a part of it,” Allan added.

As a part of her role, Allan will be presenting health promotion, encouraging Aboriginal students to take the 715-health check, while liaising with local elders, schools and related services in and around the Sutherland Shire community.

With the program enjoying the backing of Deadly Choices, who are involved with Queensland NRL clubs and numerous NRL initiatives, Allan has no doubt she will be able to make a difference among the local Indigenous youth.

“Because Deadly Choices pair up with the NRL, they are so well known in the Aboriginal community. Deadly Choices sponsor the jerseys, the Aboriginal knockouts and because many Aboriginal kids love footy or want to play footy, the pairing is perfect for us to be able to get through to the kids,” Allan said.

Blue Deadly Choices t-shirts are given to those Indigenous students who undertake the Health and Wellbeing School Program, while the black shirts are redeemed upon a 715 Health Check at participating AMS clinics.

We look forward to welcoming Rachal into the community.

<https://www.sharks.com.au/news/2020/07/31/sharks-making-deadly-choices/>

<https://deadlychoices.com.au/programs/dc-education-program/>



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# WORLD MENTAL HEALTH DAY AND MENTAL HEALTH WEEK

Stigma around mental illness due to misunderstanding or prejudice remains an issue in Australia, delaying or preventing people from wanting or feeling able to seek help, and impacting adversely on their lives.

Misconceptions and misrepresentations about those experiencing mental illness are damaging to people's lives. They may include references to people affected as being 'scary', 'comical', 'incompetent', 'weak' or 'hopeless' and can appear anywhere, from in the media and the arts to conversations we have at work, school or home.

The reality is the vast majority of people affected by mental illness are able to lead independent and contributing lives in the community, with the right treatment and support. With one in five Australians affected, they form part of our close circles of family, friends and colleagues, and interact with us in our communities every day.

It's time to look at mental illness in a different light – a positive light.

Colour and Life, Resilience, Determination, Strength, Perseverance, Bravery, Recovery, Hopefulness, Courage, Contribution and more.

**World Mental Health Day – October 10** — is a day for global mental health education, awareness and advocacy. An initiative of the World Federation for Mental Health to raise public awareness of mental health issues worldwide.

Do You See What I See? challenges perceptions about mental illness in Australia and encourages everyone to look at mental health in a more positive light, in an effort to reduce stigma and make way for more people to seek the help and support they deserve. Help reduce stigma and make a #MentalHealthPromise today.

Do You See What I See? challenges perceptions about mental illness in Australia and encourages everyone to look at mental health in a more positive light, in an effort to reduce stigma and make way for more people to seek the help and support they deserve.

For more information and resources, visit [here](#).

**Mental Health Week** is an annual national awareness event held in October every year. However, in NSW the event is run over the month. The aim is to raise awareness of the importance of mental health and wellbeing in the wider community, to increase community awareness and education about mental health issues and to encourage participation in life-enhancing lifestyles.



This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

Tune In is the theme for mental Health month in 2020.

Tuning In means being present, being aware of what's happening within you, and in the world around you.

Tune In to your senses – what can you sense right now? What can you feel?

Tune In to your communities – what's happening that you can be part of, or that you can help others be part of?

Tune In to stigma – how do attitudes and understandings of mental health and wellbeing impact people's ability to live the lives they want?

Taking a moment to Tune In can help still and focus your mind, it can help you understand what's going on for you and others. Tuning in can help you find a new perspective, and it can help you reflect and be present.

Tuning In has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections. Tuning In to communities and the impact of mental health stigma can help ensure that people who need support have safe places to talk about their experiences and reach out.

Tune In to Mental Health Month and help create a world we can all Tune In to.

For more information, resources and to register an event please go [here](#).



# SCHN endorses the Uluru Statement from the Heart

Sydney Children's Hospitals Network (SCHN) is proud to publicly endorse the Uluru Statement from the Heart. As a leading paediatric health entity, it is our duty and responsibility to drive change and reform in important areas of child health. The Uluru Statement from the Heart is a call for structural reform and a better future for Aboriginal people.

SCHN's Aboriginal Health Management Advisor Mick Scarcella said the Uluru Statement from the Heart was created from over 250 delegates from all over Australia. In 2017 they gathered on the lands of the Anangu people where the First Nations Constitutional Convention was held, to identify amendments required for Constitutional recognition of Aboriginal People.

"SCHN holds a responsibility to support initiatives aiming to address the determinants of poor health outcomes experienced by Aboriginal Australians and views the health of Aboriginal and Torres Strait Islander peoples as a key challenge."

"As far as I am aware we are the first government Health entity in NSW to endorse the Uluru Statement from the Heart and we are once again leading the way to giving our people a voice on how we can address the problems in Aboriginal Health, with our fitting new SCHN Aboriginal Health logo of: Respect, Listen and Collaborate," Mick says.

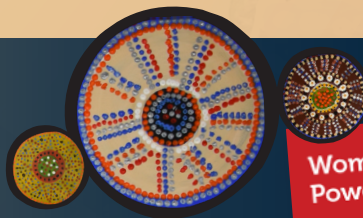


"We have come so far in such a short time but there is so much more to do. For further information on how you can play your part, please don't hesitate to give myself, Sarina Solar (Aboriginal Health Unit Manager) or our Aboriginal Health Unit a call, so we can create a better future for all of our children, families and communities, no matter where they are from!"

Moving forward, we as a Network will reflect on the important messages within this statement, consider the effect our practices will have on Aboriginal people, and include an Aboriginal Impact Assessment in all future policies.

More information on the Uluru statement of the Heart can be found [here](#).

## WOMEN'S HEALTH WEEK



Jean Hailes Women's Health Week 7-11 September is a week dedicated to all women across Australia to make good health a priority.

With the stress COVID-19 has placed on everyone's lives, it's now more important than ever to look after your overall health and wellbeing. Women's Health Week is a great reminder to take time out to check in on your health and to keep making positive changes that can last a lifetime.

Remember to go to the Dr and have your annual health check.

More information on women's business can be found at the Jean Hailes website - <https://www.jeanhailes.org.au/>

More information on women's health week can be found [here](#).



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