

SUMMER 2021

CESPHN NAIDOC event goes online

With NAIDOC week being rescheduled to November and currently as an organisation still mostly working from home, this year we decided to hold an internal staff event that also included our board of directors and our Aboriginal advisory committee.

The chosen activity was to online hire and stream a choice of eight indigenous films. The board, staff and our Aboriginal advisory were able to access and screen one movie of their choice.

The choice of films on offer were;

- *Emu runner*
- *In my blood it runs*
- *The Australian dream*
- *Gurumul*
- *Namatjira project*
- *Undermined- tales of the Kimberly*
- *Zachs ceremony*
- *Putuparri and the rainmakers*

Teams were invited to participate in a questionnaire on why they chose the film they did – and what was a take home message. They could also participate in internal online discussions about the film and time was allowed at staff meetings to discuss and debrief on films of choice. Some take home message quotes-

Zachs ceremony

- *Ceremony and culture as a huge source of strength*
- *The strength of the family unit was very important. The relationships between Zach, his father, brother and stepmother showed a healthy family dynamic that should be celebrated.*

Namatjira

- *This film is more than just a film, it is a quest to restore justice to the Namatjira family and follows their journey to retain the copyright to Albert's work, while facing many social and financial challenges.*
- *it was a wonderful, sad, but important story. However, the audacity of the Australian Government to only make Albert a citizen so that they could tax him made me feel quite angry and sad. Also, the fact that the Namatjira family have been living in impoverished conditions for generations, and the "owner" of the copyright is/was profiting from something that never truly belonged to them (the buyer).*

Some other highlighted themes of comments- not judging too quickly, the importance of culture and awareness, country is different to the city.



Photo of CESPHN staff watching "In my blood it runs".

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phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative

Direct from the GM

Welcome to the Summer edition of the Eora Health Messenger. It is a pleasure to provide an update on current CESP HN activities.

Annual Report

Our Annual Report is now [available online](#). It highlights the great work achieved over the past year, please take the time to check it out.

Strategy workshop

CESP HN's 2020-21 Strategy workshop (CESP HN Strategy 2020-21) was held on 24 October 2020 via Zoom. The purpose of the workshop was to:

- inform stakeholders of progress made in the previous 12 months against the Strategic Plan
- highlight COVID-19 challenges and opportunities in primary care
- allow our stakeholders to contribute to the future work of the PHN including how to address the strategic implications of COVID-19.

The key themes to come out of the small group and panel discussions were:

- Addressing the digital divide to ensure vulnerable communities get access to health care
- Strengthening and growing the primary care workforce
- Maintaining community connection and ensuring consumer choice in service mode
- Better access to health services by identifying what is available and working together to address gaps
- Improved communication and planning to build stronger integration between hospitals and primary care
- Sustainable funding for community providers and integrated care initiatives.

Reconciliation Action Plan

Our draft 2021 – 2023 RAP is currently with Reconciliation Australia awaiting their final approval. We plan to hold an official launch of the new RAP in February 2021 to coincide with the Anniversary of the Apology. We look forward to building on the work of our first 2018-2020 RAP addressing the key areas of respect, relationships and opportunities.



Aboriginal and Torres Strait Islander Health Check (MBS item 715)

CESP HN continues to work with GPs, practices and the community members 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.

Babana social media campaign

Babana have been promoting the continued use of GP services during COVID-19 restrictions to Aboriginal and Torres Strait Islander community members in the CESP HN region. You can access the short videos and poster resources on their website and Facebook channels.

Babana are also promoting after-hours GP services in our region. The aim is to avoid unnecessary trips to ED for services which may be available closer to home.

SPconnect transition to The Way Back Support Service (TWBSS) and further roll out of TWBSS across the CESP HN region

Since 2017, CESP HN has funded Neami National to deliver the suicide aftercare service, SPconnect, to support people referred from St Vincent's, Royal Prince Alfred and Prince of Wales hospitals, who have experienced a suicide attempt or suicidal crisis. SPconnect has now become The Way Back Support Service (TWBSS).

The Way Back is a collaboration between the Australian Government Department of Health, the

NSW Ministry of Health and Beyond Blue.

Local enhancements to the model in our region include increased funding to the Local Health Districts and Specialty Network to provide a Way Back Project Officer at each of the participating hospitals, whose role is to facilitate the referral process and build awareness of the program across hospital and community mental health staff. CESPHN is also providing funding to expand the model to include referrals from St George and Sutherland Hospitals in our southern sector and Concord and Canterbury Hospitals in our northern sector. While referrals from St Vincent's, Royal Prince Alfred and Prince of Wales hospitals continue to be supported, CESPHN is working with Neami National, Sydney and South Eastern Sydney Local Health Districts to expand the service to the other four hospitals.

For more information about The Way Back Support Service, visit the Beyond Blue website.

Suicide Prevention work with Babana

Following consultations with service providers, community based organisations, community Elders and other representatives CESPHN identified the need for a region wide cultural connector service, with an emphasis on cultural connectivity and safety which links to appropriate clinical services as and if needed. One clear need not currently met by existing suicide programs, is outreach support for families/ carers and communities in times of suicidal crisis or attempts.

In early 2021, Babana will launch an Aboriginal suicide prevention connector service which will link in with The Way Back Support Service where appropriate.

Mariam Faraj

*CESPHN General Manager,
Clinical Services*

Headspace visits Kirinari hostel

Kirinari hostel provides accommodation for students of Aboriginal descent from communities across the state so that they can attend local high schools. At the hostel, provision is made for study areas, cultural resources, art, craft, technology and sporting facilities.

Headspace Miranda have commenced a fortnightly outreach program in which they go and meet with the residents.

Briony Cox, a Youth Access Clinician / Social Worker at headspace has been visiting the hostel. Briony grew up in the Sutherland Shire, has completed a Bachelor of Social Work and spent some time working with the homeless population (or those at risk) in Blacktown before coming to work with headspace in Miranda in 2020.

Outreach to the hostel will allow ease of access to mental health support for the residents if they would like to engage.



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NEW SUICIDE PREVENTION TRAINING

In late November CESPHN funded suicide prevention training for staff working in CESPHN funded roles that was facilitated by Fiona Livingstone and Dean Bayliss from Finding Hope.

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Applied Suicide Intervention Skills Training- (ASIST) is the world's leading suicide intervention workshop. During the two-day interactive session, participants learnt to intervene and help prevent the immediate risk of suicide.

In ASIST, people learn to apply a suicide intervention model.

It helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help and support.

Picture of participants and facilitators Fiona Livingstone and Dean Bayliss.



715 HEALTH CHECK

Did you know that you can consult your GP remotely? It's so important that even during this COVID-19 pandemic that you keep your health in mind. Visits are still available with your usual GP when it comes to telephone and video consultations. Not only that, but subsidies are also available. For more information call 1800 022 222 or head to www.cesphn.org.au/coronavirus.

Remember, nothing is more important than the health and wellbeing of you, your family and community.

The aim of the Aboriginal and Torres Strait Islander Health Check (MBS item 715) is to help ensure that Aboriginal and Torres Strait Islander people receive primary health care matched to their needs, by encouraging early detection, diagnosis and intervention for common and treatable conditions that cause morbidity and early mortality. The health assessment is an annual service and covers the full age spectrum.

Did you know?

- Having a yearly 715 Health Check is free and takes around 45-60 minutes to complete.
- The 715 Health Check has been tailored for Aboriginal and Torres Strait Islander people of all ages.
- Having your 715 will help you to manage your health and prevent chronic diseases.
- Having your 715 will also give you access to additional bulk-billed Allied Health Services (including podiatry, physiotherapy, dietitians and more).

The 715 health check is a preventative tool. If you have your health check each year, the health worker/nurse or doctor will ask the same questions and can see if there are any changes in your health over that time. It is a great way of tracking whether you become at risk of chronic disease.

You can contact your medical centre to see if you are eligible for your health check, which should be completed every 10-12 months.

A FEW GREAT RECIPES FOR SUMMER AND THE FESTIVE SEASON

Lettuce Cups

A fun way for the kids to eat their vegetables.

Ingredients

- 1 cup red lentils, rinsed
- 1½ cups water
- 1½ tablespoons gluten free soy sauce (salt reduced)
- 1 tablespoon sesame oil
- 1 teaspoon minced ginger
- 2 cloves garlic, finely chopped
- 3 spring onions, sliced
- 1 red capsicum, finely chopped
- 2 sticks celery, finely chopped
- 1 carrot, peeled and finely chopped
- 100g button mushrooms, finely chopped
- 1 tablespoon coriander, finely chopped (optional)
- 12 lettuce leaves
- 1 tablespoon sesame seeds, toasted until golden in a frypan or under a grill

Method

1. Place lentils, water and soy sauce in a saucepan. Bring to the boil, then simmer uncovered for 5 minutes. Remove from heat and leave to sit a further 5 minutes, covered.
2. Place oil, ginger, garlic and vegetables in a large non-stick frying pan and sauté over high heat for 3-5 minutes.
3. Add vegetable mixture to lentils and mix well. Cool for 5 minutes then stir through coriander.
4. Spoon mixture into lettuce leaves then sprinkle with sesame seeds and serve. Makes 12.



Details

- Main
- Snack
- Gluten Free
- Vegan & Vegetarian

Nutrition

- Energy 381kJ
- Protein 5g
- Fat (total) 3g
- Saturated Fat 0.4g
- Carbohydrate (total) 10g
- Sodium 98mg



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Peach Chicken Salad

A light and refreshing salad suitable to serve as a main meal.

Ingredients

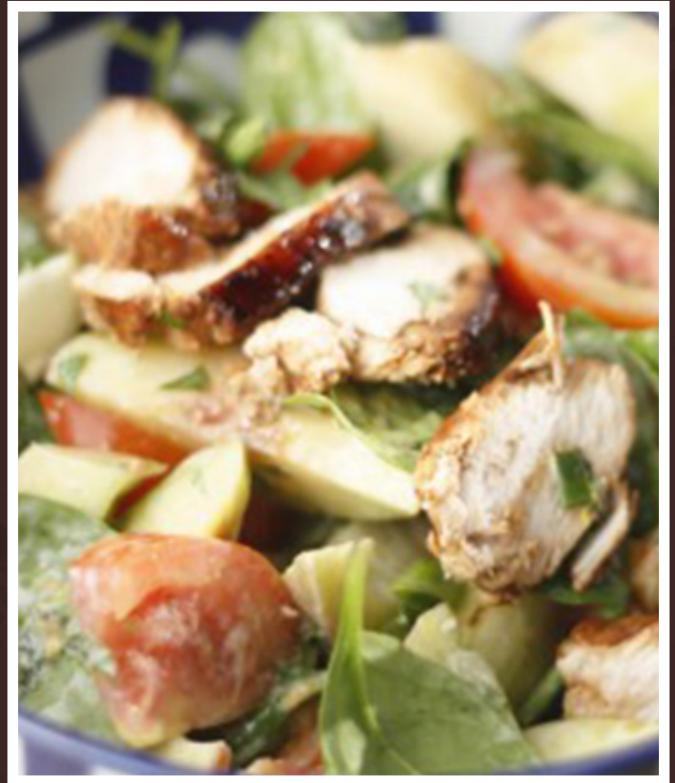
- 4 single chicken breast fillets, approximately 800g
- Light olive oil spray
- 3 tablespoons balsamic vinegar
- 400g small new potatoes, quartered
- 150g low fat plain or Greek yoghurt
- 1/2 cup of finely chopped shallots
- 1 small orange zested and juiced
- 3 medium tomatoes, trimmed, quartered
- 600g ripe peaches or nectarines, hulled, quartered
- 1 large telegraph cucumber or 3 small cucumbers, peeled, halved lengthways, chopped
- 1/3 cup finely chopped fresh mint leaves
- 200g baby spinach or salad leave

Method

1. Bring a large pot of water to the boil. Cook potatoes for 10 minutes or until just cooked. Drain and set aside.
2. Lightly grease a large non-stick frying pan with olive oil spray. Heat over medium-high heat. Season both sides of chicken breasts with pepper. Add to the pan and cook for 5 -10 minutes each side or until cooked through.
3. Turn up heat to high and pour in balsamic vinegar. Allow to slightly caramalise but not burn. Remove chicken and let sit for 5 minutes before slicing thickly across the grain. Keep juice in pan.
4. In a cup combine yoghurt, juice from pan, shallots, orange juice and zest and mix well. Season to taste.
5. In a large mixing bowl add tomatoes, peaches, cucumber, mint and potato. Add yoghurt dressing and toss. Now add salad leaves and gently fold in to avoid crushing them.
6. Divide salad amongst bowls and top with slices of chicken. (Remember, only the equivalent of 1 small potato and 150g peaches per person to stay within the carbohydrate allowance).

Dietitian Notes / Recipe Tips

To lower the glycemic index (GI) of this recipe try substituting the new potatoes with orange sweet potato or Carisma potatoes.



Details

- Main
- Salad

Nutrition

- Energy 2076kJ
- Protein 49.6g
- Fat (total) 17.5g
- Saturated Fat 5.4g
- Carbohydrate (total) 32g
 - Sugar 19.3g
 - Fibre 5.4g
 - Sodium 192mg

Light Summer Trifle

A refreshing, light dessert of pineapple, passionfruit and mango.

Ingredients

- ½ cup (125ml) water
- 1 tablespoon caster (superfine) sugar
- 1 peppermint tea bag
- ¾ teaspoon powdered gelatine
- ⅔ cup (160ml) pineapple juice
- 200g (7-ounce) piece peeled, cored, fresh pineapple, sliced thinly into 4 pieces
- 70g (2½ ounces) store-bought un-iced sponge cake, cut into 2cm (¾-inch) cubes
- 2 tablespoons pineapple juice, extra
- ⅔ cup (160ml) reduced-fat thick vanilla custard
- ¼ cup (60ml) extra-light thickened (heavy) cream
- ¼ cup (50g) finely chopped mango
- 1 passionfruit
- 1 tablespoon micro mint or micro basil

Method

1. Combine the water, sugar and tea bag in a small saucepan, bring to the boil. Remove from heat. Remove tea bag. Sprinkle gelatine over tea mixture; whisking quickly with a fork to dissolve. Stir in pineapple juice. Pour mixture into 4 x 1-cup (250ml) serving glasses. Refrigerate for two hours or until jelly sets.
2. Cook pineapple on a heated grill plate (or grill or barbecue) over high heat for 30 seconds or until light grill marks appear. Cut each slice into wedges.
3. Divide sponge pieces among glasses; drizzle with extra pineapple juice. Pour custard and cream evenly into glasses. Top with equal amounts of pineapple, mango and passionfruit. Garnish with mint to serve.



Details

- Dessert

Nutrition

- Energy 810kJ
- Protein 4.9g
- Fat (total) 4.4g
- Fat - saturated 2.5g
- Carbohydrate 32.8g
- Fibre 2.2g
- Sodium 90mg



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DEADLY CHOICES

NAIDOC week event

On Wednesday 11 November, the Cronulla Sharks held their NAIDOC morning tea organised by Indigenous Programs Coordinator, Rachal Allan. Local Elder Aunty Deanna Schreiber opened proceedings with her Welcome to Country accompanied by a performance from Clontarf Academy students. Sharks CEO Dino Mezzatesta spoke about NAIDOC being an important event in the Sharks calendar. Special guests and partners at the event included NSW Aboriginal Lands Council presiding chairperson, Councillor Anne Dennis, presiding deputy chairperson, Councillor Charles Lynch, and Councillor for Sydney/Newcastle region, Councillor Abie Wright, Endeavour Sports High School Clontarf Academy students and co-ordinators, PHN Aboriginal Health and Wellbeing program officer Karina Crutch, practice nurse Lis Ackhurst from Vitalis Family Medical Practice. Unfortunately, due to COVID-19 restrictions, Deadly Choices program ambassadors were unable to attend.



Cronulla Sharks CEO Dino Mezzatesta and Aunty Deanna Schreiber



Cronulla sharks' staff, Aunty Deanna Schreiber and Endeavour high school Clontarf foundation participants and staff.

This year, the PHN has partnered with Cronulla Sharks and Deadly Choices to deliver the Deadly Choices Health Education program to Aboriginal and Torres Strait Islander students in the Sutherland Shire, and to increase the number of 715 Annual Health Checks being completed in our region.

Deadly Choices flew winners of the Deadly Blues competition to Sydney for the NRL State of Origin.

Winners were selected by having their annual 715 Aboriginal Health Check, or participating in a Good Quick Tukka photo competition, and received travel to and from Sydney, three nights accommodation, and

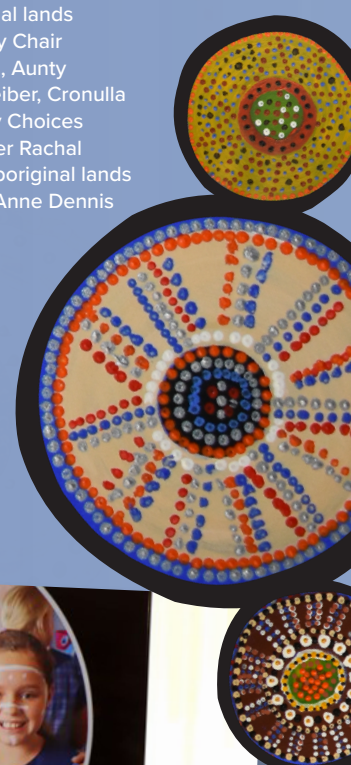
tickets to Game 2 of the Origin Series.

The Deadly Blues winners flew in from all over NSW - from Wilcannia, Broken Hill, Tamworth, Mildura, Tweed, Casino and Western Sydney. They were met at their accommodation by Deadly Choices ambassador and former Illawarra Dragons star, Nathan Blacklock. In the lead up to the game on Wednesday night, winners met league legend Cliff Lyons, watched the NSW Blues do their final training run on Tuesday, and had lunch with NSW Blues legends Steve Menzies, Willie Mason and Paul Langmack before taking the stands at ANZ stadium.



NSW Aboriginal lands council deputy Chair Charles Lynch, Aunty Deanna Schreiber, Cronulla sharks Deadly Choices program officer Rachal Allen, NSW Aboriginal lands council chair Anne Dennis

Endeavour High School Clontarf foundation participants and coordinator Jeff Hardy Playing Didge for Aunty Deanna Acknowledgement of Country



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SESLHD MENTAL HEALTH PARTNERSHIPS

The South Eastern Sydney Local Health District (SESLHD) has been listening to the Aboriginal communities' feedback around the need for flexible and culturally appropriate mental health support and are actively working toward reducing barriers to accessing these supports. They have partnered with two local Aboriginal organisations to support help seeking access to mental health care and drug and alcohol services. This new partnership model supports the ability to access health services at multiple touch points i.e. La Perouse community centre, schools and hospital. The aim is to encourage help seeking for mental health issues and to connect with people in the community, hopefully before a crisis occurs.

I had a chat with Darryl Gardiner, whose role is Coordinator, Aboriginal Mental Health for SESLHD, to find out about the new team. Darryl has worked in the health field for 20 years, has a beautiful wife and four kids (the youngest is 10 months), and teaches at TAFE. For self-care, he takes the baby and the dog for a long walk every weekday morning.

Darryl sees his role as being "to strengthen availability of mental health services to the SESLHD Aboriginal community and ensure that they are delivered in a culturally safe and appropriate way, and to encourage the community to access and engage with mental health services at an early intervention level, rather than a crisis level."

To fulfil on this, SESLHD is partnering with the La Perouse Local Aboriginal Land Council (LALC) to support the eastern suburbs communities, and with Kurranulla Aboriginal Corporation for the southern areas. SESLHD funded the employment of community based Mental Health and Alcohol and Other Drug (AOD) workers, and will be providing them with training, mentoring and clinical supervision.

In the eastern suburbs, the team is based between La Perouse Aboriginal Community Health Centre (Wednesdays and Fridays for a variety of services), the La Perouse LALC, and the hospitals.

Carly Anderson is in the role as female Mental Health

Worker and Ronald Prince as the male Mental Health Worker. Headspace Bondi Junction, through Central and Eastern Sydney PHN, has contributed funds which has enabled employment of Jasmine Allende for a six month role (20 hours per week) focusing on Aboriginal Young people's mental health. On Wednesdays, Ann Howard (Senior Social Worker) and Peter Burns (Clinical Nurse Consultant, Mental Health) from SESLHD also work at the La Perouse Community Health Centre. The SESLHD team works closely with the "Strengthening our Mob" team at the Land Council. A drug and alcohol worker is currently being recruited. We were delighted to have the eastern suburbs team visit headspace so we could meet and introduce ourselves in September.

In the south, at Sutherland Hospital, Hollie Ballingall is the Aboriginal Mental Health Clinician, and Kiana Moseley is an Aboriginal Mental Health Trainee.

At Kurranulla, Dave Birchell is in the AOD Worker Role, while the Mental Health Worker role is job-shared between Rikkii-Leigh Dargan and Wendy Kerr.

The team works together with local hospitals, community mental health services and other organisations, to support Aboriginal people holistically. Any Aboriginal person across the Local Health District can access these services.

To connect with this team in the eastern suburbs, contact:

- Darryl Gardiner, Darryl.gardiner@health.nsw.gov.au, 0430 782 965;
- The La Perouse Aboriginal Community Health Centre, 02 8347 4800;
- Corey Ella, Team Leader for Strengthening Our Mob at the Land Council, 02 9311 4282.

In the southern area, contact

- Wendy French, Manager at Kurranulla, 02 9528 0287. There is also a referral form for service providers to use for Kurranulla.

Written by Liesl Homes, Community Engagement Officer, headspace Bondi Junction.

SESLHD Aboriginal Mental Health Partnership Team

Across SESLHD

Darryl Gardiner, Coordinator, Aboriginal Mental Health

La Perouse Community Health Centre

Wednesdays

Ann Howard

Senior Social Worker, Early Psychosis Program & Aboriginal Mental Health

Peter Burns

Child and Adolescent Mental Health Service (CAMHS), Prince of Wales Hospital)

Local services: Prince Henry Medical Centre at Little Bay, local psychology clinic

Sutherland Hospital

Hollie Ballingall

Aboriginal Mental Health Clinician

Kiana Moseley

Aboriginal Mental Health Trainee

Other SESLHD services

La Perouse Local Aboriginal Land Council

(at the Health Centre Wed & Fri)

Carly Anderson

Mental Health Worker (female)

Ronald Prince

Mental Health Worker (male)

Jasmine Allende

(6 month) Mental Health Worker – youth Alcohol and Other Drugs Worker – being recruited

Strengthening Our Mob and other LALC services

Kurranulla Aboriginal Corporation

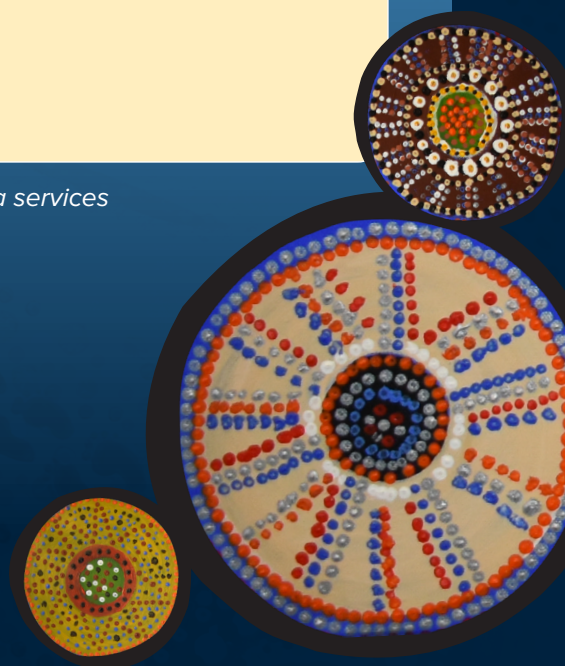
Dave Birchell

Alcohol and Other Drugs worker

Mental Health Worker role

Shared by Rikkii-Leigh Dargan and Wendy Kerr

Other Kurranulla services



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NATIONAL CONDOM DAY 2021



National Condom Day is celebrated annually on **February 14** (also known as **'Valentine's Day'**) to remind us that one of the easiest ways to look after your sexual health, and the health of your sexual partners is to use a condom every time you engage in sexual activity.

Condoms are still the most effective way to stop the transmission of sexually transmissible infections (STIs), human immunodeficiency virus (HIV) and unplanned pregnancies.

The Central and Eastern Sydney PHN (CESPHN) region continues to have the highest rates of STIs in New South Wales (NSW). Gonorrhoea, chlamydia, and infectious syphilis is increasing across the region for both males and females but increasing at a faster rate for males and are reported to be disproportionately higher among Aboriginal and Torres Strait Islander people¹.

Similarly, the 2018 Annual Aboriginal Surveillance report from the Kirby Institute reported that in Australia "Aboriginal people were 3 times more likely to be diagnosed with chlamydia, 7 times more likely to be diagnosed with gonorrhoea, and 5 times more likely to be diagnosed with infectious syphilis when compared with non-Aboriginal people"².

The decline in early stage HIV infections among Australian born men who sleep with men (MSM) demonstrates a decrease in HIV transmission in this group in our region. However, the decline in HIV diagnosis has not been seen in Aboriginal people, overseas born MSM, or heterosexual people¹.

As well as having a condom on hand, it is important to make time for a discussion with your partner/s, ensuring that you always have informed and enthusiastic consent and to get regular sexual health checks either through your GP or at a Sexual Health Clinic.

It is recommended that you get an STI test every 6-12 months, when you change partners, or when you show any symptoms.

Condoms are widely available, come in different shapes and sizes and can even be found for free at some services, such as, [Family Planning NSW](#) and [Aboriginal Medical Services](#).

What could be more romantic than preventing the unintended consequences of condomless sex?

Click here for [more information](#) about condoms and STIs and [online resources for primary health care services](#).

1. Central and Eastern Sydney PHN. Central and Eastern Sydney PHN 2019 Needs Assessment. 2019 [cited on 2020 November 16].
2. Kirby Institute. Bloodborne viral and sexually transmissible infections in Aboriginal and Torres Strait Islander people: annual surveillance report 2018. Sydney: Kirby Institute, UNSW Sydney; 2018.



THE TRUTH ABOUT CONDOMS

Condoms are the only form of contraception that protect against both pregnancy and STIs. Using condoms means you never have to worry and can just focus on having fun.



What You Don't Hear

The *What You Don't Hear* podcast is the latest youth-led project from the Youth Advocate program at **Weave Youth & Community Services**. Led by two incredible young women, this podcast explores different perspectives on issues facing young people such as mental health, drugs and alcohol, young people's rights and the importance of connecting to culture.

Whilst interviewing young people from the community and speaking with industry experts, hosts Karah and Sienna draw from their own lived experiences as young people. They discuss navigating the mental health system, advocating for improvements to education, the effects of alcohol and other drugs on the brain, as well as the direct relationship between substance use and trauma.

The idea for creating this podcast originated from this year's What You Don't See Youth Week project - a multimedia, youth-led project showcasing the faces, voices and creative achievements of young people as they advocate for their rights.

As part of leading this project, the Youth Advocates developed their skills in advocacy, meaningful



interviewing and strength-based storytelling. The project sparked further passion and determination to continue creating space for young people's voices to be heard.

Thanks to the ongoing support from Weave Youth & Community Services and the City of Sydney, the youth-led podcast soon became a reality. Not only was the podcast a way for young people to continue having their voices heard in the midst of COVID-19, but also a means for young people to remain connected during these times of isolation.

We are so excited to see where this project takes Karah and Sienna as they develop their skills, find more strength in their voice and encourage others to do the same!

Tune into *What You Don't Hear* through any of the links below, share it with your networks and join the conversation.



You can access Weave's Youth Week project 'What You Don't See' at <https://www.whatyoudontsee.org/>

You can listen to all podcast episodes here:

- Buzzsprout: <https://whatyoudonthear.buzzsprout.com/>
- Spotify: <https://open.spotify.com/show/05Vew4vRJqEXMOUaLL31j3>
- Apple Podcasts: <https://podcasts.apple.com/us/podcast/what-you-dont-hear/id1536521042?uo=4>



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BABANA

Suicide Prevention Day



On 20 November, Babana's annual Suicide Prevention Awareness Day was held on Cockatoo Island in the middle of beautiful Sydney Harbour. Attendees enjoyed a day of culture and community, workshops and guest presenters. This year we were honoured with the presence of the Hon Linda Burney MP and thank her for her attendance and talk.

The annual Babana Aboriginal Suicide Prevention Awareness Day continues to grow as our community seeks to become more involved in both better understanding what is happening and engaging in solutions and ideas on how to address an issue that touches the lives and communities of so many. Whilst we did not have as many in attendance as other years, we had approximately 100 people in attendance, including community members, service providers, funding and sponsor bodies.

As an organisation, Babana Aboriginal has been involved in the Redfern and Inner Sydney community for several years with a simple focus of listening to what the community wants and how we can go ahead and support them in that endeavour.

Over the years we have played a significant role when it comes to family and domestic violence, drug and alcohol addictions, campaigns to stop smoking, and providing support with housing and employment.

More than a decade ago we began what is now the annual ANZAC Day Coloured Diggers March with only a handful of people that has now blossomed into an event that welcomes thousands.

Mental Health has been something we've focused on since starting our group in 2006, but after the death of two of our non-Indigenous members to suicide we decided to take a

stand and get the conversations going.

The issue of suicide is one, however, that continues to touch us as an organisation very deeply. We have seen first-hand the impacts and the aftermath. It has also been through this journey that we have stepped up and translated what our community and mob are saying into real action.

Some of the focus we are trying to do is:

- Increase in First Nations people attending and discussing issues
- Removing the Shame Factor by having a safe place to discuss the issues
- Focus on what is needed by our community - reports generated will be provided to NSW and Federal Government
- Lateral Violence, Elders, Alcohol and Other Drugs, Training and Development, Employment Support, Engagement with Health Services and Cultural Competency were the focus areas this year

Workshops took place and focused on community-based needs and how service providers can better engage with people and families on the ground- we look forward to seeing the collated report from these workshops.





ABORIGINAL MEN'S

CRISIS SUPPORT LINE

Family violence issues
Parenting issues
Communication
Separation
Stressed about relationships



We all need help when
TIMES ARE TOUGH

Let's talk it over

BROTHER TO BROTHER



1800 435 799

We're here when you need us

SUPPORT THE MAN...CHALLENGE THE BEHAVIOUR



WHERE TO GET HELP

- Lifeline **13 11 14** - <https://www.lifeline.org.au/>
- Beyond blue- **1300 224 636**
<https://www.beyondblue.org.au/get-support/get-immediate-support>
- Mensline- **1300 789 978**
<https://mensline.org.au/>
- Alcohol and Drug Information Service (ADIS)
– **1800 422 599** <https://www.svhs.org.au/our-services/list-of-services/alcohol-drug-service/alcohol-drug-information-service>



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CESPHN RAP PROGRESS REPORT

CESPHN is proud to say we have completed our first Innovate RAP and our second draft Innovate RAP is conditionally endorsed by Reconciliation Australia.



Dollar value of goods and/or services procured from Aboriginal and Torres Strait Islander businesses

\$954,212.00



identified Aboriginal staff employed and/or contracted

7 ABORIGINAL



ORGANISATIONS FUNDED



14 Aboriginal staff

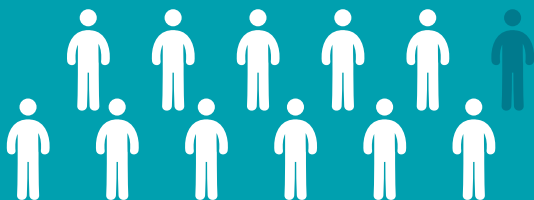
employed in funded programs

CESPHN HAS

99



EMPLOYEES



11 out of 12 identified members on Aboriginal advisory committee

RELATIONSHIPS 30/31 actions completed, 1 unable to do during 2020 due to COVID

RESPECT 37/40 completed actions, 3/40 on track and in progress will continue to complete

OPPORTUNITIES 16/23 completed actions, 6/23 on track and in progress and carried over to new RAP

SOME OF OUR KEY ACHIEVEMENTS WERE:

- Development of and implementation of Cultural Awareness Training for our staff onboarding and continuation of cultural learning journey for existing staff
- Undertaking organisation cultural audit and implementing recommendations
- Development and distribution of Eora Messenger – a newsletter designed to communicate with Aboriginal and Torres Strait Islander peoples within the region
- Development and implementation of our Aboriginal Workers circle- a support and mentoring group for the Aboriginal and Torres Strait Islander staff employed in commissioned programs
- Development and implementation of Aboriginal Engagement guidelines and;
- Development and implementation of an internal staff Aboriginal excellence award.

Our new plan will commence early 2021 and go through to 2023. We look forward to working toward Reconciliation with community within our catchment region and the changes we can make internally to better support Aboriginal and Torres Strait islander staff, community and organisations/businesses in the region.



Summing up bowel screening project

Need more information?

In 2019 Sydney Local Health District's Health Promotion Unit was awarded a grant by the Cancer Institute to design a project to promote bowel screening in local Aboriginal and Torres Strait Islander communities.

In adapting this project to the COVID-19 environment, SLHD's Aboriginal Health Promotion team have developed an informative animated video to share the importance of bowel screening and to encourage Aboriginal and Torres Strait Islander people to chat to their doctor about bowel screening. SLHD Aboriginal and Torres Strait Islander staff have been animated and feature as the healthcare professionals in this video. This is accompanied by a lived experience video where Aboriginal Elders and families share their personal and familial experiences with bowel cancer.

These videos will be used online and during a series of workshops for local Aboriginal and Torres Strait Islander communities.

South Eastern Sydney Local Health District employs Aboriginal support officers to provide COVID support

The role of an Aboriginal Support Officer (ASO) is to support the needs of an identified case or close contact throughout the COVID case or contact interview, isolation period and follow up process. The ASO will be responsible for providing culturally appropriate support to identified individuals and support them with any additional needs they or their families might have. This includes supporting and assisting through any further processes they need during their care. The ASO will also support the workers within the Public Health Unit in responding to individual cases.



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Mental Health & Suicide Prevention

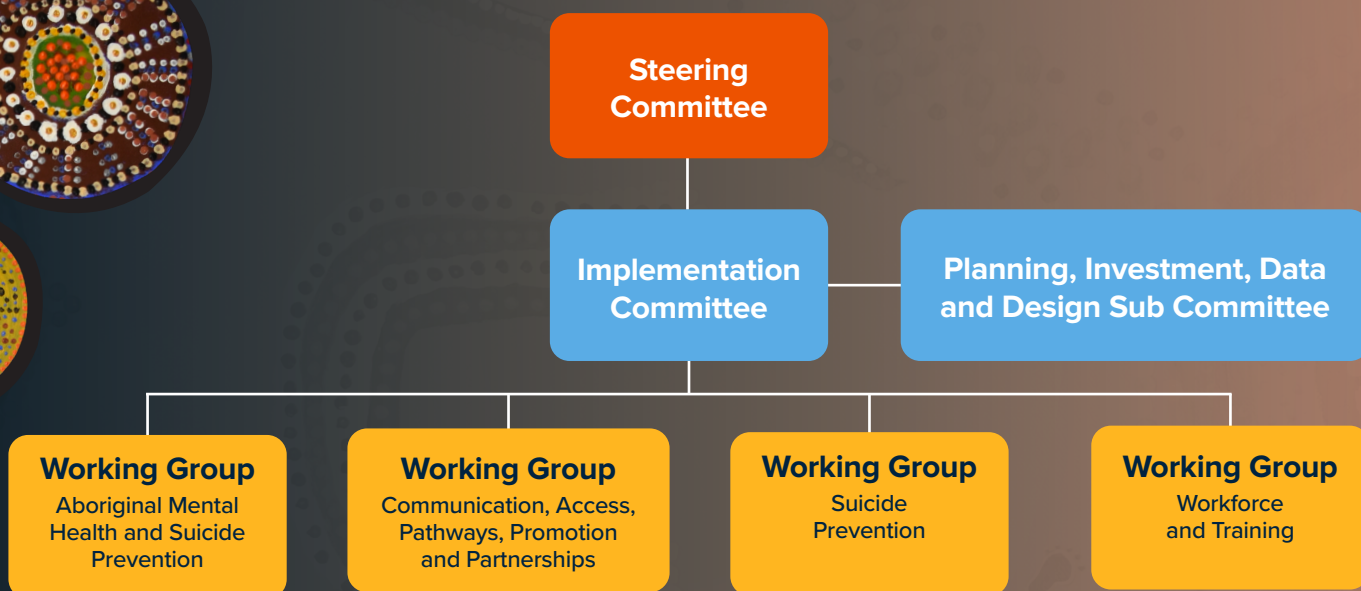
Central and Eastern Sydney Mental Health and Suicide Prevention Regional Plan Update Article

In our Winter 2020 edition of Eora Messenger, we provided an update on the Aboriginal Mental Health and Suicide Prevention Working Group and we are excited to share our progress.

The Central and Eastern Sydney Mental Health and Suicide Prevention Regional Plan is an agreement about what needs to change, by when, how and who will be responsible for making the change happen. The plan has a 3-year focus (2019-2021) and will inform high-quality decision making ensuring that resources are targeted to best respond to local mental health and suicide prevention needs.

The Aboriginal Mental Health and Suicide Prevention Working Group is part of a dynamic group of committees and working groups engaged to implement the Regional Plan.

REGIONAL PLAN GOVERNANCE STRUCTURE



Chaired by Lisa Merrison, CESPHN Aboriginal Health & Wellbeing Programs Manager, with representatives from the local community, community managed organisations and the local health districts the working group has met throughout 2020 and explored:

- Commissioning for cultural safety – exploring how mental health services are commissioned in central and eastern Sydney and opportunities to embed cultural safety into this process
- Developing the Aboriginal health workforce - exploring innovative ways to help increase and develop Aboriginal health workers on the ground
- Communities of practice and support – ensuring that Aboriginal health workers have access to support.

The success of the working group to date is due to the commitment of the members who share their unique perspectives as community members, health professionals and leaders. These different opinions help to shape a holistic approach to mental wellbeing for Aboriginal community members living and working in Central and Eastern Sydney.

'Sorry' apology to Stolen Generations

On 13 February 2008, the Prime Minister of Australia, Kevin Rudd, finally apologised to the Stolen Generations who suffered as a result of past government policies of forced child removal and assimilation.

The National Apology was an historic acknowledgement of the wrongs done to the Stolen Generations. It was a significant step towards building a respectful new relationship between Indigenous and non-Indigenous Australians. The impact of the Apology is evidence of the importance of historical acceptance, which is one of the five dimensions we use to describe and measure reconciliation. Historical acceptance is not just about accepting and understanding our shared history and its ongoing impacts – it's about making sure that Australia does what is necessary to ensure past wrongs are never repeated. The Bringing Them Home report found that forced removal has had life-long and profoundly destructive consequences for those taken. These policies continued right up until the 1970s and many of those affected by the trauma are still alive today. Stolen children lost connection to family, land, culture and language and were taken to homes and institutions where they were often abused, neglected and unloved. The mothers, fathers and family who were left behind also suffered from the loss.

It is important, that as a nation, we commemorate this significant milestone, acknowledging the wrongs of the past, while reflecting on the work that still needs to be done to address the impacts of unresolved trauma.


The first step in healing trauma is often the acknowledgment of truth and the delivery of an apology. The release of the Bringing Them Home report was followed by a wave of apologies to the Stolen Generations by state parliaments, judges, churches, civic associations, trade unions and ethnic groups. However, it remained the responsibility of the Australian Government, on behalf of previous Australian Governments who administered this wrongful policy, to acknowledge what was done.

To watch the video of the national Apology click [here](#).

Manuscript can be found [here](#).

Apology to Australia's Indigenous Peoples House of Representatives Parliament House, Canberra

I move:
That today we honour the Indigenous peoples of this land, the oldest continuing cultures in human history.
We reflect on their past mistreatment.
We reflect in particular on the mistreatment of those who were Stolen Generations – this blemished chapter in our nation's history.
The time has now come for the nation to turn a new page in Australia's history by righting the wrongs of the past and so moving forward with confidence to the future.
We apologise for the laws and policies of successive Parliaments and governments that have inflicted profound grief, suffering and loss on these our fellow Australians.
We apologise especially for the removal of Aboriginal and Torres Strait Islander children from their families, their communities and their country.
For the pain, suffering and hurt of these Stolen Generations, their descendants and for their families left behind, we say sorry.
To the mothers and the fathers, the brothers and the sisters, for the breaking up of families and communities we say sorry.
And for the indignity and degradation thus inflicted on a proud people and a proud culture, we say sorry.
We the Parliament of Australia respectfully request that this apology be received in the spirit in which it is offered as part of the healing of the nation.
For the future we take heart; resolving that this new page in the history of our great continent can now be written.
We today take this first step by acknowledging the past and laying claim to a future that embraces all Australians.
A future where this Parliament resolves that the injustices of the past must never, never happen again.
A future where we harness the determination of all Australians, Indigenous and non-Indigenous, to close the gap that lies between us in life expectancy, educational achievement and economic opportunity.
A future where we embrace the possibility of new solutions to enduring problems where old approaches have failed.
A future based on mutual respect, mutual resolve and mutual responsibility.
A future where all Australians, whatever their origins, are truly equal partners, with equal opportunities and with an equal stake in shaping the next chapter in the history of this great country, Australia.


The Hon Kevin Rudd MP
Prime Minister
February 13th, 2008

Information retrieved from [here](#).



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



Australian Government

phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative