

# Eora Health

## M E S S E N G E R

WINTER 2021

## CESPHN celebrates National Reconciliation Week 2021

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. [Click here](#) to read more about National Reconciliation Week 2021.

Central and Eastern Sydney PHN held cultural immersion activities to celebrate National Reconciliation Week 2021. We had facilitated walk and talk sessions at La Perouse with Glen Timberry and had Felicia Robey in the office showing us the practice of [Wayapa Wuurk](#).



[Click here](#) to watch an interview with Felicia Robey around the practice of Wayapa.

## Are you a graphic designer?

### Expression of Interest CESPHN Aboriginal branding

We are calling out for expressions of interest (EOI) from Aboriginal and/or Torres Strait Islander designers to develop branding for CESPHN promotional material.

### IN THIS ISSUE

Direct from the GM

PAGE 2-3

CESPHN launches RAP

PAGE 4-5

BABANA CLOSE THE GAP DAY

PAGE 12

**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.



# Direct from the GM

Welcome to the Winter edition of the Eora Health Messenger. It's been another busy quarter and I am pleased to be sharing with you an update on current activities at Central and Eastern Sydney Primary Health Network (CESPHN).

## Close the Gap Day

Thursday 18 March was National Close the Gap Day. The aim of the day is to bring people together to share information, and most importantly, to take meaningful action in support of achieving health equality for First Nations Peoples. CESPHN supports the National Close the Gap to achieve health equality for Aboriginal and Torres Strait Islander Australians within 25 years and call on the Australian Government to:

- commit to providing adequate and long-term financial resources to achieve Aboriginal and Torres Strait Islander health equality;
- invest in real partnerships, including increased Aboriginal and Torres Strait Islander participation and control around health service delivery; and
- address critical social issues of housing, education and self-determination that contribute to the health crisis affecting Aboriginal and Torres Strait Islander Peoples.

## Babana volunteering day

CESPHN staff attended this event in a volunteer capacity. There were speakers from a range of organisations looking to employ Aboriginal staff or supporting Aboriginal people to find work.



Mariam Faraj  
General Manager of Clinical Services

## New Aboriginal suicide prevention service

We have a new contract with Babana Aboriginal which commenced 1 Jan 2021. Babana will act as a suicide prevention 'connector service.' This involves providing cultural support in raising awareness of suicide prevention and postvention strategies for those impacted by suicide or attempts, providing locally based yarning groups and suicide awareness campaigns in community and offering direct cultural support and safety for those needing clinical services.

# headstart

## Headstart: finding mental health services in central and eastern Sydney

CESPHN has funded Headstart: a new mental health navigation platform that makes it easy to find mental health services in the central and eastern Sydney region. Anyone experiencing or caring for someone who is experiencing mental health issues can access information on a range of local mental health care services specific to their needs, their age, cultural background, level of need and their location. Headstart filters services based on a person's demographics and mental health needs. The content of the platform was guided by a working group that included people with lived experience, and it is designed to make it easy as possible to find local mental health services and resources. Headstart can be found at [headstart.org.au](https://headstart.org.au).





## CESPHN Services Guide

The CESPHN Services Guide is now live on our website under 'What we do'. This is an easy-to-navigate document that sets out who we are and what we do. This aims to be a valuable promotional and educational resource. A full list of services including Aboriginal Health services we fund can be found within the services guide.



### Supporting the COVID-19 vaccine rollout

Over the past few months we have been heavily involved in supporting the national rollout of the COVID vaccination program.

- We have a dedicated team who are responding to queries from general practice and residential aged care facilities in relation to the vaccine rollout
- We established an authorized nurse immunizer

scholarship program with 130 nurses enrolling in the program.

- We have held three COVID-19 vaccination webinars to help practices prepare for the vaccine rollout.
- 296 general practices in the region have been approved by the Department of Health to participate in phase 1b of the vaccine rollout.

### Support for older people affected by COVID-19 restrictions

Late last year we were funded by the Department to commission support for older people over 65 years, or over 55 years for Aboriginal and Torres Strait Islander peoples, who may have been disproportionately affected and socially isolated by the COVID-19 restrictions. To support older people in our community we commissioned two complementary programs: support and safety for those needing clinical services.

- The Reconnect program, delivered by Relationships Australia, will reduce social isolation and loneliness, improve wellbeing and increase connection to appropriate resources, services, networks and supports. The Reconnect program will offer casework support and low intensity mental health

services. The program will also identify older people who may need a higher intensity of support and arrange appropriate referral.

- An in-reach services program provided by APMHA Health Care. This service will work with older people identified and referred by the Reconnect program. It will provide an assessment of needs, and clinical care and psychological interventions based on the physical and mental health needs of each older person.

We will implement a communication strategy with these two providers to build awareness of these programs in the community. We want to ensure that older people who may be isolated and lonely are recognised and supported, and can be connected to these programs.

### Launch of the Reconciliation Action Plan

We launched our new Reconciliation Action Plan at the Prince Henry Centre, Little Bay on 12 February. We were joined at the launch by members of our Aboriginal Advisory Committee, clinical and community councils.



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.



# CESPHN launches new Reconciliation Action Plan

Central and Eastern Sydney Primary Health Network (CESPHN) held the launch of its Innovate Reconciliation Action Plan (RAP) January 2021 – February 2023 on Friday 12 February at the Prince Henry Centre, Little Bay. Approximately 60 people were in attendance. Due to COVID-19 restrictions, attendance was limited so the event was live streamed to CESPHN staff and was recorded live on Facebook.

The day was opened with Didge playing by local Glen Timberry and a Welcome to Country by Auntie Barb (Simms Keeley). We also had Matthew Doyle and performers do a range of dance performances for us.

We had Matthew Thistlethwaite MP, Auntie Barb and Shane Phillips as guest speakers along with our CEO Michael Moore and Chair of the Board Michael Wright.

We heard about the difference the RAP has made not only internally but the difference we have made to the community.

The launch was held one day before the 13th anniversary of the National Apology by the Hon Kevin Rudd to the Stolen Generations. This was acknowledged with a short video of the National Apology which Auntie Barb, who was present in Canberra 13 years ago, reflected on.

The RAP reinforces our commitment as an organisation to fostering positive relationships with Aboriginal and Torres Strait Islander peoples and communities, and ensuring our practices and programs reflect this vision.

We encourage other organisations to commit to Reconciliation and to contact Reconciliation Australia to start your own plan and for you to also make a difference.

*Author: Karina Crutch, Central and Eastern Sydney PHN Aboriginal Health and Wellbeing Programs Officer*







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.



# 'Hep Can't Wait' - Hepatitis Awareness Week 2021

In the Central and Eastern Sydney PHN (CESPHN) region, Aboriginal and Torres Strait Islanders are one community at risk of Hepatitis C (HCV) and Hepatitis B (HBV).

During Hepatitis Awareness Week (26 July - 1 August 2021) and with World Hepatitis Day on 28 July 2021, NSW Health are encouraging all people across the state who are living with hepatitis C (including Aboriginal people), to take advantage of new, easy-to-take and highly effective medications.

In the CESPHN region, Aboriginal and Torres Strait Islanders are one community at risk of Hepatitis C (HCV) and Hepatitis B (HBV).

Furthermore, Aboriginal people are eligible for free HBV vaccination from a general practitioner immuniser and are encouraged to undertake testing and vaccination.

## Resources for community:

- [Hep C and You](#)
- [Hepatitis B Testing](#)
- [Hepatitis B Prevention and Vaccination](#)
- Hep Infoline - 1800803990

Updated HCV and HBV treatment information for primary care providers is available through HealthPathways. Please [click here](#) to gain access.

Once access details obtained information can be found at below links:

- [Sydney HealthPathways \(HCV\)](#)
- [Sydney HealthPathways \(HBV\)](#)
- [South Eastern Sydney HealthPathways \(HCV\)](#)
- [South Eastern Sydney HealthPathways \(HBV\)](#)

Author: Zoe Richards, Central and Eastern Sydney PHN Population Health Program & Research Officer





# Italian Meatball Soup



30 minutes (15 minutes)

Serves 4 (as a main meal)

## Ingredients

- 400g lean beef mince
- 2 tablespoons breadcrumbs
- 1 onion, finely diced
- 2 potatoes, finely diced
- 4 cups water
- 1 tablespoon no added salt tomato paste
- 3 tablespoons parsley, roughly chopped
- 2 tablespoons parmesan cheese, shaved, to serve
- 4 ripe tomatoes, roughly chopped
- 1/2 cup risoni pasta
- 2 large carrots, finely diced
- 1 egg
- 2 teaspoons dried oregano
- 1/2 teaspoon dried rosemary
- 2 tablespoons olive oil
- 3 stalks celery, finely diced
- 2 cups salt reduced beef stock

Cooking up a storm

Healthy recipes for all to enjoy!



## Method

Combine beef mince, dried oregano, dried rosemary, breadcrumbs and egg in a bowl and mix well to combine. Roll level tablespoon of mixture into balls.

1. Heat oil in a large saucepan over medium-high heat. Cook meatballs, in batches, turning, for 4-5 minutes or until browned. Transfer to a plate.
2. Using the same saucepan, add onion, carrot, celery and potatoes, cook stirring regularly, for 6-8 minutes or until onion has softened. Stir in risoni pasta, stock, water, tomatoes and tomato paste, bring to the boil then reduce heat to low. Simmer for 10 minutes, or until vegetables are tender and risoni is cooked.
3. Add parsley and meatballs to the saucepan, and simmer for a further 10 minutes or until meatballs are heated through. Divide soup between 4 bowls and sprinkle with parmesan cheese before serving.

Recipe courtesy of: <https://www.heartfoundation.org.au/Recipes/Italian-meatball-soup>



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.



# Mixed Berry Muffins



Makes 10 muffins

## Ingredients

Cereal - All Bran | 35g

Baking powder | 2 teaspoons

Blueberries | 150g

Honey | 2 tbs

Milk | 125ml

Vanilla - essence | 0.5 teaspoon

Raspberries | 150g

Cinnamon | 0.5 teaspoon

Egg | 1

Oat bran | 75g

Flour - self-raising | 60g

## Nutritional Information

Per serving	Protein: 4g
Energy: 420kJ	Dietary Fiber: 3g
Carbohydrates: 19g	Sodium: 145mg
	Total fat: 1g



Cooking up a storm

Healthy recipes for all to enjoy!



## Method

1. Preheat the oven to 180°C. Line a 12-hole standard muffin tin with paper cases.
2. Put the bran cereal in a bowl, pour over the milk and soak for 10 minutes.
3. Sift the flour, baking powder and cinnamon into a large bowl. Stir in the oat bran, then fold in the blueberries and raspberries.
4. Combine the lightly beaten egg, honey and vanilla in a small bowl.
5. Add the egg mixture and bran cereal mixture to the dry ingredients and stir gently with a wooden spoon until just combined; do not over-mix.
6. Spoon the mixture into the prepared muffin holes and bake for about 15 minutes, or until lightly browned and a skewer inserted into the centre of a muffin comes out clean.
7. Cool for 5 minutes in the tin before transferring to a wire rack.

Recipe courtesy of: <https://www.diabetesaustralia.com.au/recipe/mixed-berry-muffins/>





# Tuna and Lemon Pasta



Serves 4

## Ingredients

250g pasta

425g tuna in springwater (canned)

1 tablespoon olive oil

1 small lemon

2 cups green beans

freshly ground black pepper

## Nutritional Information

Per serving

Energy: 1436kJ

Sodium: 64mg

Saturated fat: 1.5g

Carbohydrates: 43.2g

Dietary Fiber: 5.1g

Sugars: 1.3g

Protein: 23.9g

Total fat: 6.9g

## Method

1. Add pasta to a pan of boiling water. Cook according to packet instructions (10-15 minutes) until almost cooked through. Add the green beans to the boiling water and cook for another 2 minutes. Drain pasta and beans.
2. Put pasta and green beans back into saucepan over low heat and add the drained tuna and the lemon juice and zest. Stir until ingredients are mixed well and heated through.
3. Add pepper to taste and serve.

## Dietitian's Note

- Try to eat oily fish (such as tuna, salmon, sardines, herring) at least twice a week to ensure you are getting enough omega-3 fatty acids required for good health.
- Frozen green beans can be used instead of fresh, or you could substitute the beans for other fresh or frozen vegetables.

Recipe courtesy of: <https://www.diabetesaustralia.com.au/recipe/tuna-and-lemon-pasta/>



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.



# Deadly choices close the gap day

In continuing to promote healthy lifestyles for Aboriginal and Torres Strait Islander peoples through education and health initiatives, the Sharks and Vitalis Family Medical Service, in line with the Club's partnership with Indigenous health organisation Deadly Choices, hosted a special community event at PointsBet Stadium to coincide with Close the Gap Day.

Building on what is already a strong relationship between Sharks Have Heart and Deadly Choices, local indigenous children were invited to a Sharks NRL training session, with the aim for them to also complete the 715-Health Check on the day.

In all 17 Aboriginal and Torres Strait Islander Health Checks were conducted, the participants received Deadly Choices shirts and those in attendance were able to meet the players, have photographs taken and have their shirts signed.

Sharks Have Heart Indigenous programs coordinator Rachal Allan was thrilled with the response, the interaction with the players and the fact that 17 youngsters were able to undertake the crucial health checks.

"The players were generous with their time, with some kids lucky enough to receive player-worn shirts and shoes after training had finished," Allan said. "But more importantly, the doctors and medical professionals we had on site were able to conduct the health checks which are extremely important for the Indigenous community.

"The event also helped to build relationships with other service providers and community stakeholders

In relation to Deadly Choices, their aim is to empower Aboriginal and Torres Strait Islander peoples to make healthy choices for themselves and their families by not smoking, eating good food and exercising daily, while connecting the community with the appropriate health services and implementing safeguards against the development of chronic disease.

to hopefully hold more events and get more health checks completed within our community," Ms Allan added.

Also in attendance on the day were the team from the National Centre for Indigenous Excellence's 'Talking About Tobacco Use', headspace, the Bulbuwil Aboriginal Lifestyle Support Program and the Central Eastern Sydney Primary Health Network.

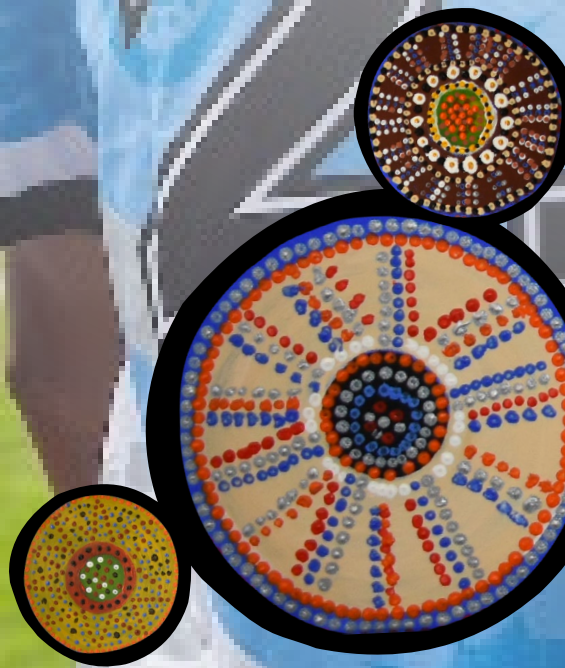
The National Close the Gap Day (NCTGD) is a national day of action to pledge support for Aboriginal and Torres Strait Islander Peoples in their efforts to achieve Indigenous health equality by the year 2030.

Each year the support for NCTDG continues to grow, with people all over the country taking part in various events, similar to the Sharks Deadly Choices health check initiative, to create awareness of the Close the Gap Campaign.

NCTGD aims to bring people together, to share information - and most importantly - to take meaningful action in support of Indigenous health goals.







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.



# Babana Close the Gap event

With mental health being a major focus area for Babana Aboriginal Men's Group, a recent event to mark National Close the Gap day was held at Sub Base Platypus. This year the event brought together experts in the field and was supported by Central and Eastern Sydney Primary Health Network (CESPHN), University of Sydney (Faculty of Medicine and Health), Asuria and City Indigenous.

This was the second in a series of mental health events that will be run by Babana in 2021 and again, due to COVID-19 restrictions, the event could only accommodate a smaller number of attendees and over 120 community and service providers attended the event.

Chairman and Founder of Babana, Mark Spinks, led the discussions and acknowledged the importance of bringing Aboriginal and non-Indigenous people and organisations together to make real change. Mark was quoted as saying "without the assistance of our non-Indigenous community we cannot make the lives of our local community better". This is one of the key reasons that Babana places so much importance in having events open to both Aboriginal and non-Indigenous community and targets both men and women to ensure that they are inclusive and meaningful for supporting our community.

The event included a range of activities including key stakeholders from Asuria, University of Sydney and CESPHN speaking of the work being undertaken. The community and organisations came together to discuss what is needed in our community and the key areas of mental health that should be the focus of future events.

Professor Ramon Shaban and Jeremy Heathcote from University of Sydney's Faculty of Medicine and Health discussed the importance of working together to engage the community in health related activities and Professor Shaban who is an expert in the field discussed COVID-19 and what has happened within our community over the last year. He also explained the vaccines that have been approved and how these can be accessed by the Aboriginal community. The Faculty is keen to continue the engagement with Babana across health and employment related activities.

CESPHN's Aboriginal Health and Wellbeing Manager, Lisa Merrison, discussed the work that is being undertaken on mental health for the Aboriginal people in our local area and the importance of working with Aboriginal community controlled organisations like Babana. Lisa also provided the community with information on a new program that is being funded with Babana. Babana are now working on a Connector program to assist those in our community suffering from mental health issues and will provide a mentoring and connection service aimed at improving the lives of our local Aboriginal community and addressing the number of suicides that we have seen. Anyone who is interested can contact Babana via [info@babana.org.au](mailto:info@babana.org.au) for more information.

Babana would also like to thank CESPHN for once again providing volunteers to assist as COVID-19 Marshalls. This assistance has helped to not only provide a safe event, but also build stronger connections with the community and CESPHN.

*Author: Jeremy Heathcote, Deputy Chairman, Babana Aboriginal Men's Group*





# Bowel Cancer Awareness Month

June is Bowel Cancer Awareness Month, Bowel Cancer Australia's initiative to raise awareness of Australia's second deadliest cancer.

Bowel cancer claims the lives of 103 Australians every week (5,336 people a year), but it's one of the most treatable types of cancer if found early. While the risk of bowel cancer increases significantly with age, the disease doesn't discriminate, affecting men and women, young and old.

296 Australians will be diagnosed with bowel cancer this week (15,352 people a year). Aboriginal and Torres Strait Islander people are less likely to get bowel cancer than other Australians, but have a lower chance of surviving five years.

The participation rate of Indigenous people in the National Bowel Cancer Screening Program is estimated at 19.5 per cent, compared to 42.7 per cent of non-Indigenous Australians.

A simple bowel screening test can pick up tiny amounts of blood in the bowel motion (poo) which may be a sign that a cancer is developing in the bowel.

The screening test is sent in the mail and is available to all eligible Australians aged 50 to 74 by the National Bowel Cancer Screening Program.

You can talk to your GP, nurse or health worker for more information on doing the test.

For more information on Bowel Cancer Month follow this [link](#).

For more information on bowel cancer screening follow this [link](#).

Information supplied by Karina Crutch, Central and Eastern Sydney PHN Aboriginal Health and Wellbeing Programs Officer. Information obtained from [Bowel Cancer Australia](#) website.



**DON'T DELAY**  
**do a bowel test today**

Bowel cancer can develop without any symptoms.

The good news is, there is a simple test that can help find bowel changes early.

Australians between the ages of 50 and 74 are sent a free kit in the mail.

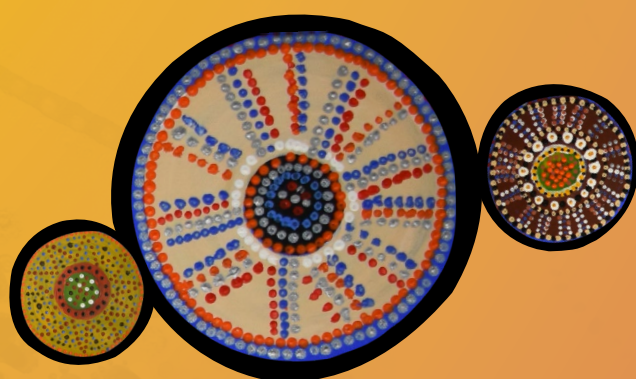
If you receive a bowel screening kit in the mail, do it, even if you feel well. It could save your life!

If found early, bowel cancer can be successfully treated.

**INDIGENOUSBOWELSCREEN.COM.AU**  
Call the Program Info Line on 1800 118 868 to check your eligibility for a free kit, if you are eligible a kit will be sent to you.

Australian Government  
**NATIONAL BOWEL CANCER SCREENING PROGRAM**  
menzies  
Centre for Health Research

Illustration of a health worker in a purple uniform talking to an Indigenous man in an orange shirt. A mailbox with a '72' on it is shown with a bowel screening kit inside. The background features colorful Indigenous dot patterns.



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.



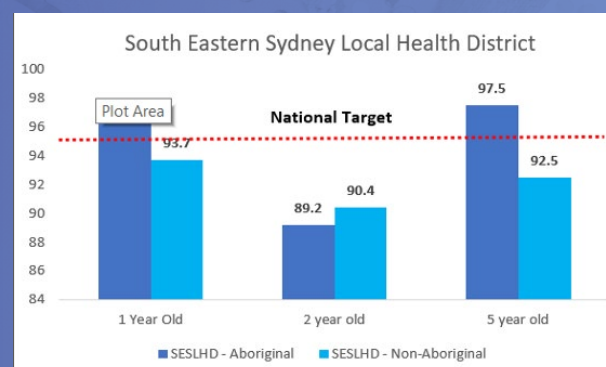
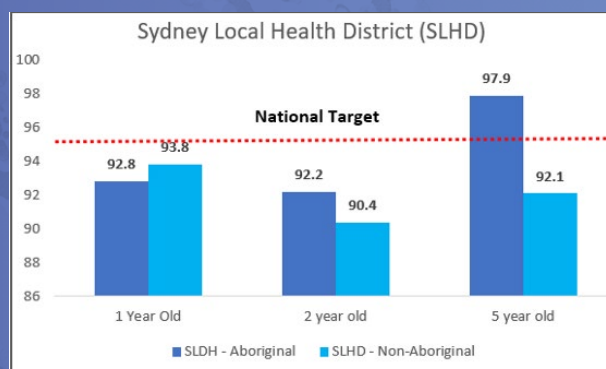
# Improving health outcomes for vaccine preventable diseases in our Aboriginal and Torres Strait Islander communities

Health disparities between Aboriginal and Torres Strait Islander people and non-Indigenous Australians continue to be a priority for the Australian national and state/territory governments. Aboriginal and Torres Strait Islander people are significantly more affected by low birth weight, chronic diseases, trauma resulting in early deaths, and poor social and emotional health.

On-time vaccination is important to protect individuals as early as possible from serious diseases like measles, whooping cough and meningococcal B. Historically, Aboriginal and Torres Strait Islander children in Australia have been vaccinated at lower rates and experienced higher rates of disease than non-Aboriginal children. More information about vaccination and disease rates for Aboriginal and non-Aboriginal children are included in the [Vaccination for Our Mob report](#).

The NSW Health's Aboriginal Immunisation Health Worker Program, funded by NSW Health since 2012 and other initiatives have helped to improve vaccination rates for Aboriginal and Torres Strait Islander children. More information about the program is available in the [Medical Journal of Australia](#) while data on vaccination rates in NSW are available in [HealthStats NSW](#).

In some regions, the immunisation coverage rates for Aboriginal children in specific age cohorts have met and even exceeded the national target of 95 per cent, there are still many areas and age groups that are below target. The graphs below demonstrate the immunisation coverage rates for Aboriginal and non-Aboriginal children over the two Local Health Districts (LHD) in the Central and Eastern Sydney Primary Health Network region, Sydney LHD (SLHD) and South Eastern Sydney LHD (SESLHD) for 2019.



Data source: data compiled from HealthStats NSW Immunisation in Children by LHD, Aboriginality, age and year 2019. [http://www.healthstats.nsw.gov.au/Indicator/com\\_immukid\\_age/com\\_immukid\\_atst\\_lhn\\_snap](http://www.healthstats.nsw.gov.au/Indicator/com_immukid_age/com_immukid_atst_lhn_snap)

[The National Immunisation Program \(NIP\)](#) recognises the higher risk faced by Aboriginal and Torres Strait Islander people by providing extra doses of some vaccines and one additional vaccine for Indigenous Australians under the age of 2. Adults can also get access to extra vaccines funded under the NIP.

The [NSW Immunisation Schedule](#) lists all the vaccinations that are free for NSW residents at each age and additional vaccines for Aboriginal people.





**Meningococcal disease** is a rare but serious condition with young children more at risk. Aboriginal and Torres Strait Islander children aged under 2 are at even greater risk — about 4 times higher compared with non-Indigenous children. For this reason, the meningococcal B vaccine is now covered under the National Immunisation

**The influenza season** is just starting in Australia and all Australians are urged to get vaccinated with the flu vaccine again this year. The influenza vaccine is free for all Aboriginal and Torres Strait Islander people aged 6 months and over through the NIP in recognition of the higher risk experienced by Aboriginal people of getting very sick from flu and needing treatment in hospital.

**NSW Health** have released new resources to support the promotion of the influenza vaccine for Aboriginal communities. Additional information can also be found on the NSW Health Influenza page and the influenza immunisation service webpage.

## COVID-19 vaccinations

Aboriginal and Torres Strait Islander adults have been identified as a priority group for the COVID-19 vaccination roll-out program. This is because of the higher risk of getting and developing serious illness from COVID-19 due to a number of factors. This may include a higher rate of chronic health conditions and in some cases crowded-living conditions,

which increases the risk of spreading the infection. Aboriginal and Torres Strait Islander people aged 55 and over are eligible to receive the COVID vaccine as part of Phase 1B. For patients under 55 with underlying medical conditions may be eligible under Phase 1B. Patients are encouraged to check their eligibility using the online COVID-19 Vaccine Eligibility Checker.

### Additional resources

- [Australian Department of Health: Immunisation for Aboriginal and Torres Strait Islander people](#)
- [Information for Aboriginal and Torres Strait Islander peoples about COVID-19 vaccines](#)
- [COVID-19 vaccines common questions](#)
- [Community engagement kit](#)
- [SESLHD Immunisation information for Aboriginal and Torres Strait Islander people](#)
- [SLHD Immunisation programs Aboriginal and Torres Strait Islander People](#)

*Author: Brooke Willoughby-Thomas, Central and Eastern Sydney PHN Immunisation Program Officer*



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.



# Haymarket Foundation fresh focus on cultural inclusion

The Haymarket Foundation's renowned Bourke Street residential rehabilitation program has a fresh focus on cultural inclusion and safety for Aboriginal and Torres Strait Islanders.

Two Aboriginal consultants have carried out an assessment of the [Bourke Street Program](#), which has been operating for 30 years.

The work carried out by the consultants included a two-day workshop to ensure Aboriginal and Torres Strait Islanders are job ready and cultural awareness training was held for staff.

Recommendations were also made about how to improve referrals to the service and to make the environment and materials more welcoming for this cohort. Artwork is being designed especially for the service.

Since the start of this grant, the proportion of Aboriginal clients accessing the Bourke Street Program has almost tripled. These clients will also have a direct voice to management through the creation of a client working group.

Bourke Street Program staff Wil Briggs and Levii Griffiths (at right).



Additionally, two Aboriginal staff members were employed to work as case managers in the service.

The gold standard would be a stand-alone service for Aboriginal and Torres Strait Islanders, according to the consultants, Felicity Ryan and Robert Monaghan.

"We welcome the findings of this report and are committed to making the Program as inclusive as possible," says the CEO of the Haymarket Foundation, Peter Valpiani.

"Aboriginal and Torres Strait Islander clients are disproportionately represented in the program: and now we have asked for feedback and will make changes to make sure their voices are heard."

The NGO Sector Development Grants were open to AOD service providers funded by the NSW Ministry of Health to improve access and equity for specific populations and the safety of

clients while in treatment. The grant was administered by the [Network of Alcohol and other Drugs Agencies \(NADA\)](#).

Read a story about the impact of the Bourke Street Program [here](#).

*Provided by the Haymarket Foundation*





# Alcohol and Other Drugs Treatment Guidelines for Working with Aboriginal and Torres Strait Islander people – in a non-Aboriginal setting

This project seeks to provide guidance about ways non-Aboriginal agencies can enhance the culturally appropriate practice of Alcohol and Other Drug (AOD) services and therefore improve the experiences of Aboriginal and Torres Strait Islander people when attending these services. It is delivered by NADA (Network of Alcohol and other Drug Agencies) and was funded by Central and Eastern Sydney Primary Health Network (CESPHN) and five other NSW PHNs. The project was recently extended for a further year to October 2021 to capture the longer-term impacts of the project.

CESPHN recently spoke with NADA Aboriginal Program Manager and Project Lead Raechel Wallace to hear about some of the impacts she has witnessed from participating organisations. Connecting to community and knowing how to go about this has been a big change. It has also led to things like running joint events in the community, setting up regular mentoring for staff, and employing Aboriginal staff. Organisations also looked at their physical space and how to make it more welcoming. One service worked with their Local Land Council to put together a book of local knowledge to support local Aboriginal clients who were wanting to know more about their country.

Through the project, Raechel engaged with organisations to undertake an audit of their practices and establish a baseline on which to measure change in cultural competence. She explained that moving away from the term 'audit' and using the audit tool to have a yarn around the different parts of a service was helpful for engaging the workforce. Discussing the client's journey through the service, how they are supported, how staff are trained, relationships with community, employing Aboriginal staff and providing supports, have all led to organisations identifying goals for making change. An implementation workshop following this allows organisations to work through their audit and the guidelines and develop an action plan. Follow up audits completed some months later also looked at routinely collected data and showed



an increase in the proportion of episodes of care provided to Aboriginal people, for all the services who provided this data.

When asked about how the Guidelines have been received, Raechel explained that the real beauty of the resource is that it sits alongside an experiential process of undertaking a baseline audit and an implementation day with Raechel or one of a group of Aboriginal auditors who have been trained as a result of the project. This allows for conversations about how to bring the knowledge in the guidelines to life in their service. Twelve organisations took part in this project, however any service wanting to look at their cultural competence can use the guidelines working with an Aboriginal Community Controlled Health Organisation or create relationships within the community and work with local Elders or community members for mentoring and support through this process.

For further information, email [Raechel Wallace](#) at NADA.

Author: Chris Keyes, Central and Eastern Sydney PHN Drug Health Manager



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.



# NAIDOC Week 2021 – Heal Country!

NAIDOC Week 2021 will be held from Sunday 4 July to Sunday 11 July.

The NAIDOC 2021 theme – Heal Country! – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction.

Country that is more than a place and inherent to our identity.

Country that we speak about like a person, sustaining our lives in every aspect - spiritually, physically, emotionally, socially, and culturally.

NAIDOC 2021 invites the nation to embrace First Nations' cultural knowledge and understanding of Country as part of Australia's national heritage and equally respect the culture and values of Aboriginal peoples and Torres Strait Islanders as they do the cultures and values of all Australians.

For generations we have been calling for stronger measures to recognise, protect, and maintain all aspects of our culture and heritage.

This year's theme also seeks substantive institutional, structural, and collaborative reform – something generations of our Elders and communities have been advocating, marching and fighting for.

Healing Country means finally resolving many of the outstanding injustices which impact on the lives of our people.

It is about hearing and actioning the aspirations of Aboriginal and Torres Strait Islander peoples which are the culmination of generations of consultation



and discussions among our nations on a range of issues and grievances.

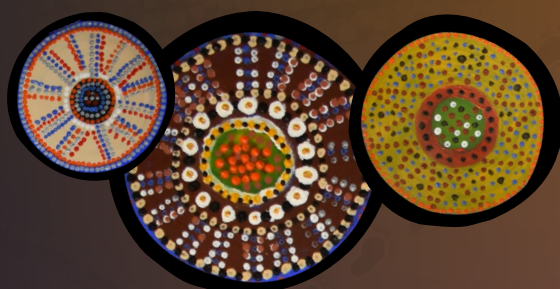
We cannot afford to let pass the very real opportunity that now presents itself for reform based on a fundamental change in the relationship Australia has with Aboriginal and Torres Strait Islander peoples.

Heal Country, heal our nation.

Is an opportunity for all Australians to come together to celebrate the rich history, diverse cultures and achievements of Aboriginal and Torres Strait Islander peoples as the oldest continuing cultures on the planet.

For further information on the NAIDOC 2021 theme please visit: [2021 theme](#). Resources can be found [HERE](#).

*Provided by Karina Crutch, Central and Eastern Sydney PHN Aboriginal Health and Wellbeing Programs Officer. Information obtained from <https://www.naidoc.org.au/>*





# How can our mental health system work better for everyone?

The Central and Eastern Sydney Mental Health and Suicide Prevention Regional Plan is an initiative that is beginning to address this very question.

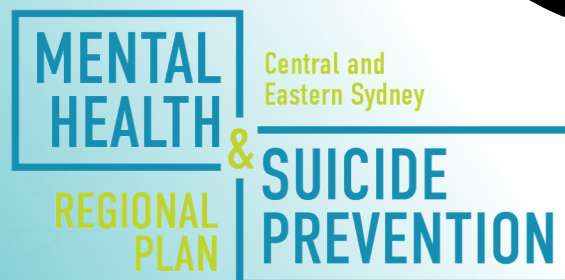
The Regional Plan is a regional platform that addresses the many challenges that people with lived experience of mental illness or suicide, as well as their families and carers, currently face when they need support.

This is a joint project between Central and Eastern Sydney PHN, Sydney Local Health District, South Eastern Sydney Local Health District, St Vincent's Health Network, and the Sydney Children's Hospital. Joining this consortium in implementing the Regional Plan are the peak bodies Being - Mental Health Consumers, NSW Mental Health Carers, and the Mental Health Coordinating Council. Through a consultation process, eighty-eight actions were identified as priorities for our region.

After one year of implementation, the Regional Plan partners are proud to share their progress. We've summarised our results in the infographic on the next page, and also talk about the process in our video report on YouTube. Watch the video at the following link: <https://www.youtube.com/watch?v=OcelQAmcTPM>

The success of implementation to date has been due to the commitment of the stakeholders and community representatives involved in the regional plan. The Aboriginal Mental Health and Suicide Prevention Working Group is co-chaired by Lisa Merrison, Aboriginal Health and Wellbeing Manager CESP HN, and Daryl Gardiner, Coordinator Aboriginal Mental Health SESLHD.

The group meets monthly and has started making progress on actions relating to Aboriginal and Torres Strait Islander Mental Health and Suicide Prevention, which is one of the seven priority areas in the Regional Plan.



## So far the Working Group has 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 that we can help grow both quality and quantity of Aboriginal health workers on the ground.
- Communities of practice and support - ensuring that Aboriginal health workers have access to support.

We look forward to providing you with ongoing updates as the implementation of the Regional Plan continues.

*Author: Cat McPherson, Mental Health and Regional Plan Manager at CESP HN and Co-Chair of the Implementation Committee of the Regional Plan*



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.



# Dates of significance



## JUNE

**Mabo Day is held every year on 3 June**

**What is the Mabo Case?**

Short for *Mabo and others v Queensland (No 2)* (1992), the Mabo Case, led by Eddie Kioiki Mabo, an activist for the 1967 Referendum, fought the legal concept that Australia and the Torres Strait Islands were not owned by Indigenous peoples because they did not 'use' the land in ways Europeans believed constituted some kind of legal possession.

Despite the fact that Aboriginal and Torres Strait Islander peoples occupied the land, spoke their own languages and had their own laws and customs before the British arrived in 1788, 'Terra nullis' was an attempt to give 'legitimacy' for the British and Australian governments to allow the dispossession of all Indigenous peoples of their land.

Aboriginal and Torres Strait Islander people also had – and continue to have – a strong connection to 'Country' – the Australian land.

**Why is it significant?**

The Mabo Case was heard over ten years, starting in the Queensland Supreme Court and progressed through to the High Court of Australia. Following the Mabo decision, Australia's Federal Parliament passed the Native Title Act 1993 which established a legal framework for native title claims throughout Australia by Aboriginal and Torres Strait Islander peoples.

*Provided by Karina Crutch, Central and Eastern Sydney PHN Aboriginal Health and Wellbeing Programs Officer. Information obtained from <https://www.reconciliation.org.au/national-reconciliation-week/>*

## AUGUST

**World's Indigenous People Day - 9 August**

International Day of the World's Indigenous Peoples is commemorated annually on 9 August to raise awareness of the needs of indigenous peoples globally.

By resolution 49/214 of 23 December 1994, the UN General Assembly decided that the Day would be observed on 9 August every year. The date marks the day of the first meeting, in 1982, of the UN Working Group on Indigenous Populations of the Sub-Commission on the Promotion and Protection of Human Rights.

More information can be found here: <https://www.un.org/en/observances/indigenous-day>

*Author: Karina Crutch, Central and Eastern Sydney PHN Aboriginal Health and Wellbeing Programs Officer*

## AUGUST

**Aboriginal Children's Day - 4 August**

The theme for National Aboriginal and Torres Strait Islander Children's Day 2021 is:

*Proud in culture, strong in spirit*

Aboriginal and Torres Strait Islander families and communities have provided love and care for their children, growing them up strong and safe in their cultural traditions, for thousands of generations.

For our children, safety, wellbeing and development are closely linked to the strengths of their connections with family, community, culture, language, and Country.

Aboriginal and Torres Strait Islander children have the right to experience and be proud of their history, cultural beliefs and practices.

Our Children's Day 2021 theme highlights the importance of supporting strong family and community connections to help our children achieve strong spiritual and cultural wellbeing and to form proud cultural identities.

Children's Day is a time to for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children. It is an opportunity for all Australians to show their support for Aboriginal and Torres Strait Islander children, as well as learn about the crucial impact that culture, family and community play in the life of every child.

[Click here](#) for more information and to register for the event.

*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.*







# Talking About Tobacco Use (TATU)

The Talking About Tobacco Use (TATU) team is part of the Tackling Indigenous Smoking (TIS) program and is based at the National Centre of Indigenous Excellence in Redfern, Sydney.

We run workshops with schools, youth groups, workplaces and many other organisations to yarn with them about the benefits of a smoke-free lifestyle. We use culturally appropriate messaging when speaking with students, Elders, sporting and youth clubs across Redfern and the wider Sydney area.

TATU have also sponsored large events like the Twilight Blak Markets at NCIE, where we helped community understand their own knowledge of smoking and discuss ways in which people can reduce their nicotine intake and live a smoke-free life.

During these events we have had great success in engaging with community through surveys which allows us to gather information on participants' knowledge of tobacco. This information further helps us understand our community and allows us to better deliver our message.

We are able to get out to all these excellent community events thanks to our recently revamped van! Proud Warumungu/Wombaya woman Jessica Johnson from Nungala Creative created the amazing artwork (and our branding) that represents the respiratory system, and the positive contribution tobacco education has on our community and future generations.

Our partnership with Koori Radio has also helped us get the message out even further to community as we regularly work on public health announcements that focus on the benefits of living a smoke-free lifestyle

and the impacts smoking can have on our community.

Our knowledge and understanding of tobacco use and vaping has grown significantly over the past few years thanks to attending training and workshops, where we've heard from leading experts and medical professionals.

Earlier this year, TATU were a part of a deadly Nicotine Addiction and Smoking Cessation course for TIS teams right across the country. We learnt about the behavioural aspects of smoking, how medication may help people on their quitting journey, addiction and much more. Attending these information sessions has been a great opportunity to further enhance our own skills and knowledge which we've then taken back out into community.

Just recently TATU completed training with the team at Mirri Mirri, who worked with us to help make our workshops extra engaging, culturally safe and impactful. Thanks to the training, we've enhanced our presentation skills and gained more confidence.

We've got some great things coming up in 2021 and we're excited to continue to learn from community and share our knowledge on the benefits of living a smoke-free lifestyle.

To see more of what we do visit our website [ncie.org.au/tatu](https://ncie.org.au/tatu) or send us an email [tatu@ncie.org.au](mailto:tatu@ncie.org.au) to find out how we can help you! You can also follow us on Instagram @tatu\_ncie.

*Author: Steven Davis*



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.



# Domestic and family violence and Aboriginal and Torres Strait Islander communities

Domestic and Family Violence (DFV) is a hidden pandemic affecting all communities. It constitutes an ongoing pattern of behaviours aimed at controlling a partner or family member through fear and can include physical or sexual assault, financial abuse, spiritual abuse, social isolation and threats. DFV can have lasting effects on victims and their families including death, illness, injury, disability, psychological harm, homelessness, and substance abuse.

**Indigenous communities are disproportionately affected by domestic and family violence.**

- Intimate partner violence contributed 1.6 per cent to the total burden of disease for Indigenous Australians which is 5 times the disease burden rate for non-Indigenous Australians.\*
- From 2012–13 to 2013–14, 2 in 5 Indigenous homicide victims (41 per cent) were killed by a current or previous partner, twice the rate of non-Indigenous victims (22 per cent)
- In 2014–15, Indigenous women were 32 times as likely to be hospitalised due to family violence as non-Indigenous women, while Indigenous men were 23 times as likely to be hospitalised as non-Indigenous men^

**Within Indigenous communities, domestic and family violence is a cause and effect of social disadvantage and intergenerational trauma\*, stemming from “removal from Country, disconnection from culture, separation of families (including through the Stolen Generations, incarceration and child removals), exposure to racism, and witnessing and experiencing violence”.**



Support services available 24 hours a day, seven days a week	Other support services
Call 000 if you are in danger	Aboriginal Family Domestic Violence Hotline Information on rights, counselling, and financial assistance 1800 019 123
Lifeline 13 11 14 W: <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	Mudgin-Gal 'Women's Place' Support service for Aboriginal women 9689 1173
Suicide Call Back Service 1300 659 467 W: <a href="http://www.suicidecallbackservice.org.au/">www.suicidecallbackservice.org.au/</a>	Women and Children's Centre – WEAVE Waterloo  9699 9036
Domestic Violence Line 1800 656 463	Wirringa Baiya Aboriginal Women's Legal Centre 9569 3847
1800 Respect 1800 737 732 W: <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>	Women and Girls' Emergency Centre (WAGEC) 9319 4088
Kids Helpline Young people 5–25 years 1800 551 800 W: <a href="http://www.kidshelpline.com.au">www.kidshelpline.com.au</a>	Mob Strong Debt Help  1800 808 488
Men's Referral Service For men who want help to address their use of violence 1300 766 891 W: <a href="http://www.ntv.org.au">www.ntv.org.au</a>	Safe Relationship Project  Same Sex, Transgender, Intersex  9332 1966 or 1800 244 481
Mens Line Australia For men of any age who want support 1300 78 99 78 W: <a href="http://www.mensline.org.au">www.mensline.org.au</a>	
Link2Home 1800 152 152	





# DFV Assist - enhancing primary care responses to domestic and family violence

GPs and allied health professionals have an important role to play in addressing domestic and family violence in our community as they are often the first point of contact for victim survivors due to physical injuries and mental health issues resulting from the violence. It is estimated that full time GPs see up to five women per week who have experienced some form of intimate partner abuse. Only one in 10 women experiencing domestic and family violence are asked about it.

To build the capacity of GPs and allied health professionals to support patients experiencing DFV, Central and Eastern Sydney Primary Health Network is launching DFV Assist, a new support service for health professionals in the South East Sydney Local Health District (SESLHD). The service is funded by the Australian Government Department of Health.

## DFV Assist will provide:

- Online and face-to-face training on identifying and responding to DFV, with emphasis on providing a trauma-informed and an intersectional approach to care.
- In-practice support to develop and/or enhance policies and procedures relating to DFV.
- A referral service exclusively for Health Professionals that will provide support in making appropriate and timely referrals for patients.

For more information, please contact **Lauren Gecuk, Domestic Violence Educator.**

Email: [dfvassist@cesphn.com.au](mailto:dfvassist@cesphn.com.au)

Phone: 02 9304 8754

Author: Lauren Gecuk, Domestic Violence Educator

## References:

^ Australian Institute of Health and Welfare 2018. *Family, domestic and sexual violence in Australia 2018*. Cat. no. FDV 2. Canberra: AIHW.

\*Closing the Gap Clearinghouse (AIHW & AIFS) 2016. *Family violence prevention programs in Indigenous communities*. Resource sheet no. 37. Produced by the Closing the Gap Clearinghouse. Canberra: AIHW & Melbourne: AIFS

~ Jill Guthrie, Katherine Thurber, Raymond Lovett, Matthew Gray, Emily Banks, Anna Olsen, Bianca Calabria, Naomi Priest, Phyll Dance, Joanne Thandrayen, Emily Colonna, Rubijayne Cohen, Makayla-May Brinckley, Shavaun Wells, Minette Salmon, Kate Doery, Naveena Movva, Terry Dunbar, Victoria Hovane: 'The answers were there before white man come in': stories of strength and resilience for responding to violence in Aboriginal and Torres Strait Islander communities – Family and Community Safety for Aboriginal and Torres Strait Islander Peoples Study Report, 2020

^^Hegarty K, Gleeson S, Brown S, Humphreys C, Wheeler J, Hooker L, Tarzia L. *Early Engagement with families in the health sector to address domestic abuse and family violence: Policy directions*. Safer Families Centre, 2020



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.



# Get involved!

## ABORIGINAL YOUTH GROUP AGED 12-18 YEARS OLD



This will be a cultural program to ensure our youth can develop a strong connection to their culture and identity.

Our team bring with them a wealth of cultural knowledge through their own lived experiences.

As Aboriginal people, we know just how important it is to create a connection to one's identity and country, knowing that together they form the foundations of belonging.

EVERY MONDAY  
4 - 6PM

PROJECT YOUTH  
34 ALLISON CRESCENT, MENAI

To register, please contact

Rikkii - rikkii@kurranulla.org.au  
Dean - dean@kurranulla.org.au

or (02) 9528 0287



Yanadi Women's Group

ACTIVITIES VARY EACH WEEK BUT INCLUDE THINGS LIKE:

ART  
WEAVING  
CAKE DECORATING  
JEWELLERY MAKING  
OUTINGS  
and more

**Time:** 9:30AM - 2:30PM | Friday  
**Location:** 15 Jannali Ave, Jannali (next to Kurranulla)  
**Cost:** \$5 contribution & \$5 lunch

SPACES ARE LIMITED.  
PLEASE CALL KURRANULLA  
ON 9528 0287 TO BOOK



NATIONAL  
CLOSE THE GAP  
DAY 2021



LEADERSHIP AND  
LEGACY THROUGH  
CRISES: KEEPING  
OUR MOB SAFE

MARCH 18. GET INVOLVED





# ABORIGINAL MENTAL HEALTH AND ALCOHOL & OTHER DRUG WORKERS



Kurranulla Aboriginal Corporation now has two Aboriginal Mental Health Workers and one Alcohol and Other Drugs Worker to support our community.

We provide culturally safe Aboriginal mental health and drug and alcohol support/engagement to people who identify as Aboriginal and their families, primarily residing within the Sutherland and St George Local Government areas.

We welcome the opportunity for you to refer any Aboriginal community members to us.



**OPEN MON - FRIDAY**  
8:30 AM - 4:30 PM  
(02) 9528 0287

**AOD Worker**  
Dave Birchell - dave@kurranulla.org.au  
**Mental Health Workers**  
Wendy Kerr - wendy@kurranulla.org.au  
Rikkil Dargan - rikkil@kurranulla.org.au

Take part in a range of great activities and events in the Sydney region.

## Gumbul djaadjaa men's group

Are you an Aboriginal or Torres Strait Islander man over 16 wanting to be involved in a cultural men's group?

**WHEN:** Every Tuesday

**TIME:** 9:30am - 2:30pm

**WHERE:** Kurranulla Aboriginal Corporation, 15 Jannali Ave, Jannali 2226



**ACTIVITIES VARY EACH WEEK AND INCLUDE THINGS SUCH AS:**

- Fishing
- Art
- Building artefacts
- Dance
- Mens Health and Wellbeing
- Cultural Excursions on Country

**You can join whenever you like.**

Limited spots available due to COVID-19!  
For more information or to save your spot, contact Dave or Ann-maree at Kurranulla Aboriginal Corporation on 02 9528 0287



Bulbin - Healthy Living Lifestyle Support Programs

For information or referral please call 9540 8181 or 0409 731 923

Activity	Location	Time
Health One Cooking Group	Health One 126 Kareena Road, Miranda	10am - 12pm 2 <sup>nd</sup> Monday of the month
Move and Munch	Centenary Park 66-74 Karimbla Rd, Miranda	10:30 am-12pm 4 <sup>th</sup> Monday of the month
Water Group	Sutherland Leisure Centre 1 Rawson Avenue, Sutherland	11am-12pm Meet at 10:50
Gym	Sutherland Hospital Gym Killara Ward	1:30pm - 3pm
Walking Group	Depena Reserve, Dolls Point 190 Russell Avenue, (near Le Beach Hut)	10am - 12pm

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10 MEXICAN MAY	11	12	13	14
17	18	19	20	21
24	25	26	27 WALK AWAY -	28
Note: Change in time			Gunnamatta Park	

Guest Speakers from the HARP Unit of NSW Health - coming to speak to us about Hep C testing and will provide a BBQ lunch



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

Central and Eastern Sydney PHN is a business unit of EIS Health Ltd  
ABN 68 603 815 818

Tower A, Level 5, 201 Coward St  
Mascot NSW 2020

**Ph:** 1300 986 991

**Fax:** 1300 110 917

**Email:** [info@cesphn.com.au](mailto:info@cesphn.com.au)

**Web:** [www.cesphn.org.au](http://www.cesphn.org.au)

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