

Eora Health

M E S S E N G E R

SPRING 2021

RAP 2021-23 progress report

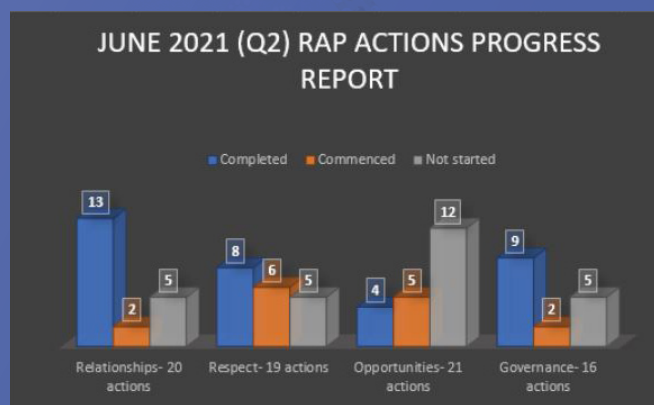
We launched our second Innovate Reconciliation Action Plan February this year.

In the first six months we already have made many great achievements. Below are a few highlights to June 30 2021:

- Activities related to National Reconciliation Week
- Develop and implement Cultural learning and development policy and procedure
- Internal review of staff cultural learning needs
- Develop and implement community NAIDOC award and guidelines
- Promotional activities related to RAP launch, progress on achievements and promote to others the benefits of having a RAP

[Click here for more information on our Reconciliation Action Plan](#)

Below are graphs on the achievements and variance between Q1 and Q2 on actions from year 1 in our plan:



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CENTRAL AND EASTERN SYDNEY

An Australian Government Initiative

Direct from the GM

Welcome to the Spring edition of the Eora Health Messenger. I am pleased to be sharing with you an update on some of the latest CESPHN initiatives.

Supporting the COVID-19 vaccine rollout

As of 8 August 394 out of 607 practices or 65% of all practices within the CESPHN region are participating in the COVID-19 vaccination rollout, together with 5 GP respiratory clinics and the Aboriginal Medical Service (AMS) Redfern.

The Pfizer vaccine is now being delivered via general practice and GP respiratory clinics. Currently 126 general practices in our region have been approved by the Commonwealth to administer the Pfizer vaccine. As supplies of Pfizer increase, we expect the number of practices approved to administer the Pfizer vaccine to increase soon.



Item 715

CESPHN is currently planning the development of a suite of educational videos for general practices so they are supported to deliver culturally appropriate annual health assessments for community members. Due to recent stay at home orders we have delayed the production but are aiming to have them completed and circulating by the end of 2021. In the interim we are actively contacting practices to encourage and provide support to them to increase the access and availability of health assessments across the CESPHN region. Please follow up with your individual GP to determine your eligibility to have a 715 completed.

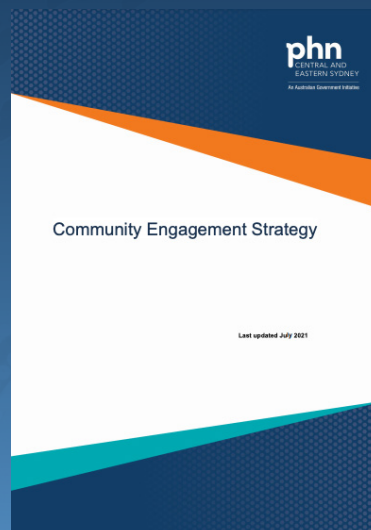


Mariam Faraj
General Manager of Clinical Services

New community engagement strategy

CESPHN has developed a **community engagement strategy** which includes the following goals:

- Increase awareness of CESPHN's work and relevant health information among community stakeholders
- Build the knowledge and skills of CESPHN staff around meaningful and inclusive engagement with community stakeholders
- Increase community stakeholder feedback on local health needs, experiences, and priorities
- Increase occasions of working with community stakeholders on relevant projects and strategies
- Increase partnerships with community stakeholders relating to service delivery, advisory committees and governance structure.



Mental Health and Suicide Prevention Regional Plan

After one year of implementation of the Regional Plan, we prepared a report and summary of progress. To communicate some of our key achievements with stakeholders, we produced a [video](#) and [infographic](#).



NewAccess

NewAccess is a free and confidential mental health program, developed by Beyond Blue and delivered by PCCS. It is designed to support people 16 years and over who may be feeling stressed or overwhelmed about the challenges in life. Challenges can range from work or relationship issues to the distress associated with emergencies and disasters such as bushfire, drought or flood. [Click here](#) for more information.

PCCS is reaching out to local community organisations to introduce the NewAccess program and to find new venues to co-locate their NewAccess coaches. If your organisation would like to find out more about hosting a NewAccess coach, please contact (02) 9477 8700 or email gctx@pccs.org.au.



DBT group program tender

Sydney Clinical Psychology (SCP) has successfully been awarded the tender to deliver DBT groups across the CESPHN region. Eight groups will be delivered annually across the two years of the contract in two locations (Newtown and Sutherland) including a pilot of an ROBDT group in the Sutherland region. SCP will also be running four groups per year for families, friends and carers. Service delivery is expected to commence from 1 July 2021 until June 2023. Additional funding for DBT groups is still available with the possibility of using these funds to target specific underserved groups in the delivery of DBT groups such as youth or perinatal.

For group information, please visit the [CESPHN website](#).

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:

- The **Reconnect Wellbeing Support 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, with a mental health nurse workforce.

Referrers can also access a Services Guide on our website [here](#).



AOD Pathways program

CESPHN have commissioned The Salvation Army to open a new Pathways program in Miranda commencing in July 2021. This will operate in line with their Pathways Maroubra program, providing care coordination, counselling, drug and alcohol support, and therapeutic group programs:

- Drug and alcohol education
- Relapse prevention and management
- Developing a healthy and positive lifestyle
- Values and goals identification
- Harm reduction strategies

Pathways Miranda is located at 23 Kiora Road, Miranda and contactable at 02 9540 4460 or pathwaysmiranda@salvationarmy.org.au



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Aboriginal Children's Day: 4 August 2021

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

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

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

The theme for Children's Day 2021 is: **Proud in culture, Strong in spirit.**

[Click here](#) for more information and resources.



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Zucchini slice

Recipe obtained from [Live Lighter](#)



Ingredients

5 eggs

pepper

1 large zucchini, grated

400 g carrot, sweet potato or pumpkin, peeled and grated

1 1/2 cups canned corn kernels or frozen peas, drained

1 medium brown onion, peeled and diced

2 tsp dried mixed herbs

3/4 cup wholemeal self-raising flour

1 cup reduced-fat cheddar cheese, grated

olive or canola oil spray

3 large tomatoes, sliced, optional

green side salad, to serve

Nutritional Information

Per serving

Sodium: 450mg

Energy: 1220kJ

Carbohydrates: 29g

Saturated fat: 4g

Sugars: 10g

Dietary Fiber: 7g

Total fat: 9g

Protein: 19g



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Method

1. Preheat oven to 200°C (180°C fan forced).
2. Whisk eggs in a medium jug, season with black pepper and set aside.
3. Squeeze grated vegetables to remove some of the excess moisture.
4. In a large bowl combine all ingredients except tomato. Add eggs and stir mixture until well combined.
5. Spray a large baking dish with oil. Pour in zucchini mix and flatten with a spoon. Cover with tomato slices arranged in a single layer.
6. Bake for 40-45 minutes or until firm and golden brown.
7. Rest in the pan for 10 minutes before dividing into 6 pieces and cutting into slices. Serve with a green side salad.

Serving suggestion: Serve hot or cold, as a healthy favourite for toddlers, children and adults alike. Great to take on a picnic, served as a finger food cut into small squares.

Variation: Substitute other vegetables including baby spinach, cherry tomatoes, broccoli florets, chopped asparagus or mushrooms, grated parsnip or potato and add fresh parsley, basil or dill.

Lemon and garlic roast

Recipe obtained from [Heart Foundation](#)



25 - 30 minutes

Serves 4

Ingredients

1 tablespoon olive oil

1 large lemon, juiced

3 large garlic cloves, crushed

1 teaspoon honey

Cracked black pepper, to season

4 (about 125g each) skinless chicken breast fillets, trimmed of fat

4 desiree potatoes, unpeeled

2 tablespoons flat leaf parsley, roughly chopped

Salad leaves or steamed vegetables, to serve



Cooking up a storm

Healthy recipes for all to enjoy!



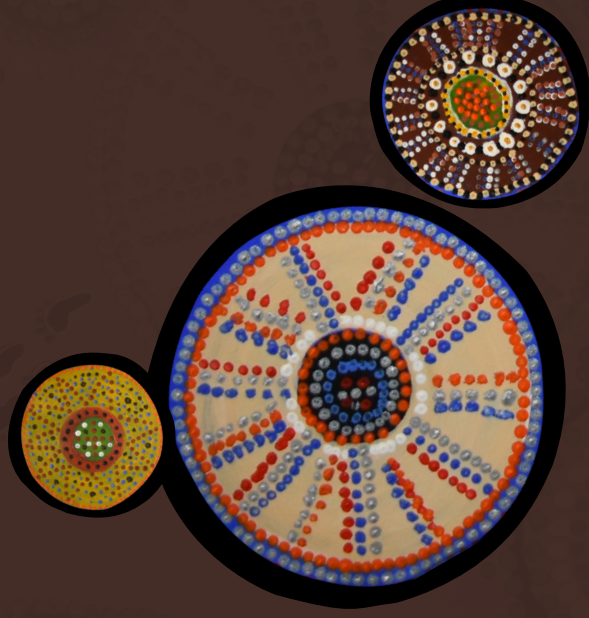
Method

1. Combine the oil, lemon juice, garlic and honey in a bowl. Season with pepper and whisk to combine. Place the chicken on a large plate. Pour over half the lemon mixture and turn to coat. Cover and place in the fridge for 10 minutes.
2. Pierce potatoes with a fork four times. Microwave for five minutes on High/100%, they will still be firm. Remove from the microwave and wrap together in foil. Set aside for 10 minutes.
3. Preheat oven 220°C (200°C fan-forced). Cut potatoes into chunks and place into large roasting pan lined with baking paper. Drizzle with the remaining lemon mixture. Roast for 20 minutes.
4. Meanwhile, heat a large non-stick frying pan over high heat until hot. Add two chicken fillets and cook for 2 minutes each side until golden. Repeat with remaining chicken.
5. Place chicken into the roasting pan with potatoes and roast together further 5-8 minutes, turning the potatoes occasionally until chicken is cooked through and potatoes golden and crisp.
6. Sprinkle over the parsley and serve with salad or vegetables.



Hummingbird muffins

Recipe obtained from [Live Lighter](#)



Serves 4

Ingredients

- 2 eggs
- 1/4 cup caster sugar
- 200 mL low-fat vanilla yoghurt
- 1 tsp vanilla extract
- 3 large ripe banana, mashed
- 440 g crushed pineapple in natural juice
- 3 cups self-raising flour
- 2 tsp ground cinnamon
- 3/4 cup walnut halves
- olive or canola oil spray

Nutritional Information

Per serving	Sodium: 178.7mg
Energy: 691kJ	Carbohydrates: 28.6g
Saturated fat: 3.1g	Sugars: 10.9g
Dietary Fiber: 2g	Total fat: 3.1g
Protein: 4.8g	

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Spray muffin tins with oil.
3. In a large bowl, beat eggs and sugar together with an electric mixer on high speed for 2 minutes until light and creamy.
4. Gently mix in yoghurt, vanilla, bananas and pineapple with juice.
5. Sift flour and cinnamon onto the batter then stir to combine but do not over mix.
6. Spoon mixture into prepared muffin tins (3/4 full) and top with a walnut half. Bake mini-muffin tins for 20 minutes and larger muffins for 25 minutes or until a skewer inserted in centre comes out clean.
7. Cool in tins for 5 minutes then turn onto a wire rack to cool completely.

Variation: For a denser muffin, substitute 3 cups of plain self-raising flour for 1½ cup wholemeal self-raising flour and 1½ cup plain self-raising flour.



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Cronulla sharks Deadly Choices community health check days

On Tuesday 22 June and Wednesday 23 June, the Cronulla Sharks hosted community health check days at Pointsbet Stadium. The health checks were for Aboriginal and Torres Strait Islander community members to attend and have their annual health check done with the friendly GPs and nurses from Vitalis Family Medical Practice. Also present on the day were staff and members of Kurranulla Aboriginal Corporation, Gumbul Djaadjaa (strong brothers) Aboriginal Men's Group, Bulbuwil Healthy Lifestyles Program, and the National Centre for Indigenous Excellence Talking About Tobacco Use team to provide education and advice about smoking and vaping and useful resources for anyone looking to cut down or quit.

GyMEA TAFE kindly reached out and had their hairdressing and barbering students attend and provide free haircuts and beard tidy ups to participants on both days.

Twenty health checks were completed over the two days with participants receiving a Deadly Choices shirt and a visit from Deadly Blues Ambassadors and NSW Rugby League greats, Willie Mason, Jeff Hardy and Rod Silver.

The day also provided an opportunity for community to ask questions about the COVID vaccine and ensure they had all the information they needed to make an informed decision about their health.

While the current COVID lockdown has greatly impacted the opportunity for more health check days and events, we would like to remind all Aboriginal and Torres Strait Islander Peoples in the CESP HN region that they can still complete a health check via telehealth with their GP.

The Sharks, through their partnership with Deadly Choices and the PHN, are still offering health check shirts as well as opportunities such as virtual meet and greets, or video messages from Cronulla Sharks players as an incentive for anyone living in the CESP HN region who completes their 715 health check and provides confirmation to Indigenous Programs Officer Rachal Allan at rallen@sharks.com.au

For Aboriginal community members in the CESP HN region who have had a 715 health check in the last 6 months, you can get your GP to fill in this [form](#) and send it in and a shirt will be posted out.





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**HEAL
COUNTRY!**
4-11 JULY 2021

NAIDOC Week 2021 - Heal Country

NAIDOC Week 2021 was held from Sunday 4 July to Sunday 11 July.

Whilst we in Greater Sydney were in lockdown and events were cancelled and to be rescheduled for later dates, I hope you were able to enjoy some of the online events and TV/movies screenings that were available. Many of these can be found on ABC iView, SBS on demand and Netflix.

The NAIDOC 2021 theme was Heal Country! This 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.

While this was the theme for NAIDOC week 2021, this is something we should all do every day.

Heal Country, heal our nation.

For further information on the NAIDOC 2021 theme please visit: [2021 theme](#).

Written by Karina Crutch, Aboriginal Health and Wellbeing Program Officer, CESPNN



CESPHN community NAIDOC award

One of our Reconciliation Action Plan actions is that in NAIDOC week we recognise an organisation or individual living and/or working within our region for their contribution to creating opportunities for Aboriginal and/or Torres Strait Islander communities or individuals and making a difference to Aboriginal health and wellbeing.

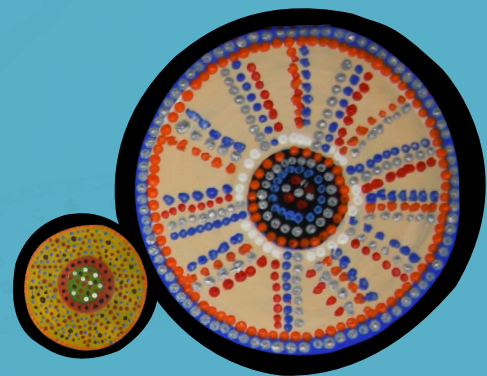
In our first year, we are happy to announce Keenan Mundine from Deadly Connections was the winning nomination.

Nominations were reviewed and decided upon by our external Aboriginal Advisory Committee members.

Keenan established and facilitated Deadly Brothers, a weekly drop-in group for Aboriginal men in Redfern/Waterloo that provides suicide prevention and mental health support, cultural and healing activities and reduces harmful AOD use. You can find out more about the work of Deadly Connections [here](#). We encourage you to listen to Keenan talk about his life on [TEDx](#) – a very inspiring story. He was also featured on ABC radio program [Conversations](#) in March.

We have invited Keenan to speak to us at CESPHN about his work with Deadly Connections and will be presenting his award in person, once the Sydney lockdown ends.

Written by Nathalie Hansen, General Manager Planning and Engagement, CESPHN



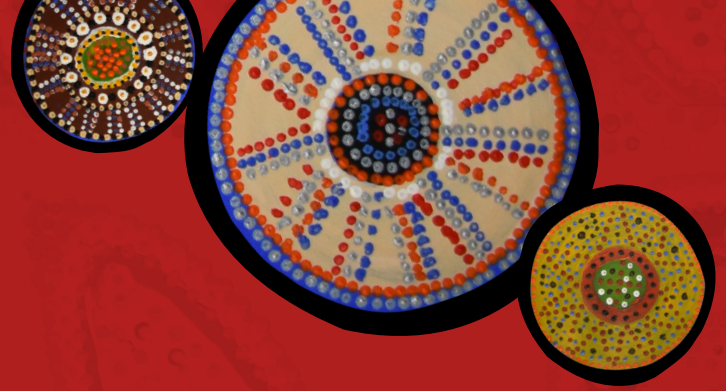
HEAL COUNTRY!

4-11 JULY 2021



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HealthPathways teams expand Aboriginal and/or Torres Strait Islander Health content



HealthPathways is a free online web portal to support local GPs and health professionals at the point of care. It utilises a clinical decision support framework to help GPs assess, manage and refer their patients to local services and specialists. More information on the HealthPathways program can be found [here](#).

Recently the teams at HealthPathways Sydney and HealthPathways South Eastern Sydney have undertaken a review of their Aboriginal and/or Torres Strait Islander health content in consultation with CESP HN and local providers. This has resulted in the release of an improved “Aboriginal and/or Torres Strait Islander Specific Services” pathway showcasing a range of local health and community services to support patients across a range of areas – including child and family health, accommodation and housing, chronic disease and many more.

GPs and other health professionals can request access via the respective region’s site:

- **South Eastern Sydney** (covers inner city, eastern and southern suburbs including St George and Sutherland Shire)
- **Sydney** (covers central and inner west Sydney)

If you know of any other relevant programs and services for Aboriginal and/or Torres Strait Islander people, please also contact:

Sydney team tammy.shapiro@health.nsw.gov.au or 9304 8741

South Eastern Sydney team – Sue.Baker@health.nsw.gov.au or 0414 411 581

Written by: Tammy Shapiro, HealthPathways Sydney and Sue Baker, HealthPathways South Eastern Sydney





Commit to Quit

On 27 May at Sydney Eye Hospital a group of SESLHD staff learned and performed the 'Commit to Quit' dance to show their commitment to work towards a smoke free community.

Kaleb, a Gamilaroi man, taught staff the dance. The event was attended by a range of staff members, including members of the SESLHD executive team;

- Dr Marianne Gale, Director of Population and Community Health,
- Jennie Barry, General Manager, Prince of Wales Hospital and Sydney/ Sydney Eye Hospital and
- Dr Pauline Rumma, Director of Clinical Services, SSEH.

The Aboriginal Health & Medical Research Council (AH&MRC) and Cancer Institute NSW have partnered with Wagana Dancers to create a 'Commit to Quit' campaign. The campaign includes a dance that can be performed and shared on social media to show support of everyone in the community working towards being smoke free.

[Click here](#) to view the 'Commit to Quit' video.

Written by Susan Griffiths, Aboriginal Healthy Lifestyle Coordinator |Health Promotion Service- SESLHD



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The TATU team tackle vaping

Over the past three months the Talking About Tobacco Use (TATU) team have been working with youth groups, health partners and schools to produce and deliver anti-vaping workshops to our young people in community.

The team have been hosting a weekly 'Deadly Brekky' with schools and youth clubs. Hanging out and sharing a meal has allowed the TATU team to further strengthen their relationships with these young people to effectively discuss the risks of vaping in a safe and trusted space.

We have found an alarming number of young people are smoking vapes, the flavored vapes being the most popular. We collected 10 used/partially used vapes, which were popular among the young people we are working with, to investigate the minimum amount of nicotine (mg) that was in each of those used/partially used vapes. The testing was kindly conducted by NSW Forensic & Analytical Science Service, Lidcombe, samples tested May 26, 2021.

We were shocked to learn just how much nicotine is in some of the vapes our young people were smoking. Most young people are unaware of how much nicotine is in the vapes they consume, and what nicotine does to the body.

Nicotine adversely impacts the development of the brain especially young developing brains, the extremely high amounts of nicotine in the vapes can lead to nicotine poisoning. Nicotine also raises blood pressure and vape ingredients can induce inflammation in the lungs.

We have spoken with our community of young



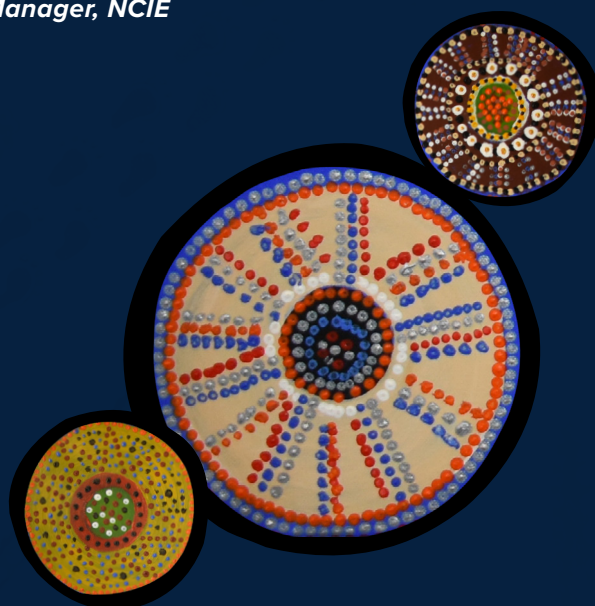
Brand	Flavour	Mg of nicotine
Iget	XXL Energy Drink	49.50
Iget	Mixed Fruit	46.00
Iget	BlueRazz	61.60
HQD	Cuvie Tangerine Ice	8.90
Iget	Pineapple Ice	39.60
Iget	Grape	52.30
HQD	Cuvie +Apple Peach	96.90
Iget	Cola Ice	8.30
Iget	Grape	57.20
Iget	Grape	40.20

people and are currently developing an anti-vaping campaign. From our small focus group, we know positive messaging around healthy brains, hearts and lungs resonated more with this group, followed by images of the harms of vaping and how Caring for Country plays a role. Every time a vape is discarded, a battery, nicotine, plastic and heavy metals ends up in our environment.

We are continuing to engage and consult with this group and learn more about how to best address this increasingly worrying trend.

In the next issue of the Eora Newsletter, we hope to showcase our anti-vape campaign.

Written by: Steven Davis, Talking About Tobacco Use Manager, NCIE



Aboriginal Bowel Screening Project

The Sydney Local Health District partnered with Cancer Institute NSW to develop two videos that encourage Aboriginal Elders and Aboriginal healthcare workers to promote the importance of bowel screening to their communities.

Voiced by Aboriginal staff who work throughout Sydney Local Health District (SLHD), the first is an animated video that explains who is at risk of bowel cancer, what bowel screening is and why it's important. The call to action is: Get a bowel screening today.

It is to be used by healthcare staff to encourage their patients aged over 50 to have a bowel screening as soon as they are eligible or if they have any symptoms of bowel cancer.

The second video is a Q&A style video where Aboriginal Elders tell three different, yet compelling stories about bowel screening and the impact bowel cancer has had on their lives.

“The message is the same: Bowel screening saves lives.”

Both videos will be used in future education programs and community events throughout SLHD.

Over the next 12 months a short, call to action version of the animated video will be featured on My Doctor TV and Aboriginal TV in priority areas including the AMS Redfern and selected medical and dental centres throughout SLHD.

SLHD is also developing a new video about preparing for a colonoscopy to complement the two videos already developed.

Links to videos:

- Video 1 - Bowel screening overview animated can be found [here](#) (Password: punchy):
- Video 2 - featuring community Elders with a lived experience of bowel cancer or screening Can be found [here](#) (Password: punchy):
- Video 3 - 30 second “call to action” advertisement can be found [here](#).

Written and prepared by Dr Lisa Simone, Director, Health Promotion Unit SLHD and Karen Bedford, Program Manager, Health Promotion, SLHD



New AOD Transition Worker at CRC

Christine Barber has commenced her new role as AOD Transition Worker at CRC.

This offers outreach AOD counselling support (pre and post-release from custody).

While Christine is still settling into her new role, she hopes to support people on their journey, to connect with what keeps them strong and to support people to stay out of custody.

She hopes to bring to the role: her skills, knowledge, and experience from her background in mental health, child protection and drug and alcohol care coordination.

“What’s good about working at CRC is that they’re a small organisation with a real family feel to it. Everyone is supportive of each other and helps each other out. CRC are culturally aware and respectful of their First Nations staff .”

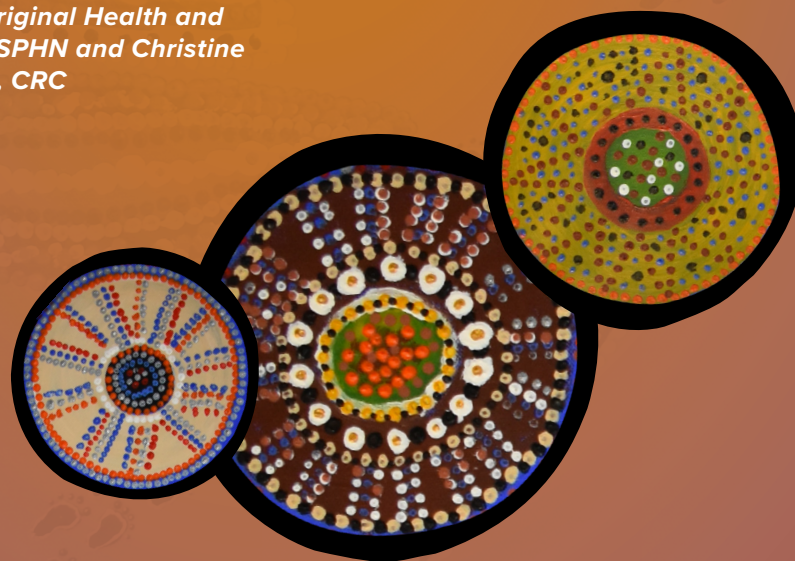
Christine has strong cultural connections to the Blacktown region and the Dharug people.

Christine has spent much of her time in the Western Sydney area and looks forward to working in a new space in a new region.

Welcome Christine and we wish you all the best in your new role.

More information on CRC can be found [here](#).

Written by Karina Crutch, Aboriginal Health and Wellbeing Program officer, CESPHN and Christine Barber, AOD transition worker, CRC



NewAccess - coaching you through the tough



Are you ready to make changes in your life?

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

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

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

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

People can access support by calling 1800 010 630 or by visiting the [Beyond Blue website](#).

“My coach was extremely understanding and easy to talk to. I always looked forward to our meetings and am very glad I stuck with it. The best thing is I feel 100 times more confident in myself than I did a few months ago and I’m excited about the future rather than nervous about it.” - NewAccess participant.

Written by: Leah Kirsner, Mental Health Program Officer, CESP HN



Don't downplay what's playing on your mind.

Free and confidential mental health support.  **NewAccess**
Developed by Beyond Blue



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Have you seen more older Australians who are feeling increasingly lost, anxious, scared or alone lately?



COVID-19-related restrictions have resulted in many older Australians feeling a loss of connection to family, friends, and communities. Many have also struggled to access health services and support networks as they normally would.

If you see older people who have been negatively impacted by the pandemic, Relationships Australia NSW's new Reconnect service can work with them to reduce feelings of social isolation and loneliness, improve wellbeing, and help them increase positive connections with those around them. Reconnect is also able to provide some limited financial support to clients to promote connection to their community and improve general health and wellbeing.

The Reconnect Wellbeing Program embraces reconciliation and self-determination, working towards equality of outcomes and ensuring an equitable voice. We are committed to creating a culturally safe environment for Aboriginal and Torres Strait Islander people through deep listening, and respecting and acknowledging the importance of kinship, spiritual heritage, and connection to land.

Reconnect Caseworkers typically visit clients in their homes and in the community, which might be a favourite coffee shop or the local library. For now, due to COVID-19 restrictions, the program is being provided by phone and online, and we will resume in-

person service delivery as soon as it is safe to do so.

The Reconnect Support Team is multidisciplinary, and caseworkers are trained in a range of different skills and areas such as social work, mediation, and counselling, and have many years of experience supporting older people to rediscover meaning in their life.

Meet our workers:

Anita Dyakova – Project Lead/Caseworker

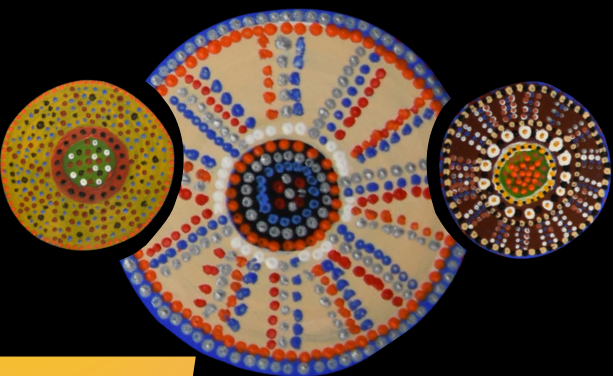
Anita is a Social Worker with background in Community Aged Care and Case Management. A focus of her practice is removing the social and economic barriers that culturally and linguistically diverse communities face every day.

Francis Duffy – Senior Caseworker

Francis has been a Lecturer in Social Work and Policy Studies at the University of Sydney for several years and continues to teach casually. His research areas include ageing, disability and social work practice. Prior to this Francis was a senior social worker and team leader at St Vincent's Hospital for 10 years. He is a professional member with the Guardianship Division of NCAT.

Fiona Tait – Caseworker and Older Persons' Mediator

Fiona's background is in research with vulnerable groups including various projects focussing on person-centred care in residential aged care settings with the Health and Aging Research Unit and UTS Faculty of Nursing. Fiona's personal research to attain a Masters of Criminology by Research through



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the USYD Law school focussed on the experiences of victims of crime in NSW sentencing proceedings, and her recommendations were taken up by the NSW Victims Service.

Amy Lin – Caseworker

Amy is a Social Worker with a history of community mental health. She is passionate about social change and creating inclusive communities. She enjoys working with clients from all ages and backgrounds.

Terry Tomkinson – Intake, Assessment & Triage Officer

Terry's background is in education and counselling and her interests are the areas of Reminiscence and Life Review as treatment modalities.

Reconnect is a free service for over 65s (over 55 for Aboriginal and Torres Strait Islander people) and their carers. Support is available to those living in Central and Eastern Sydney PHN areas of Sydney which includes Inner City, Eastern Suburbs North, Eastern Suburbs South, Canada Bay, Canterbury, Leichhardt, Marrickville-Sydenham-Petersham, Strathfield-Burwood-Ashfield, Botany, Hurstville, Kogarah-Rockdale, Cronulla-Miranda-Caringbah and Sutherland-Menai-Heathcote.

This service is open from 9.00 am to 5.00 pm, Monday to Friday. To make a referral, or utilise the service, you can call 1300 364 277 during these hours or email us at enquiries@ransw.org.au.

Written by: Anita Dyakova, Project Lead Reconnect Program, Relationships Australia



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.

715 health checks and deadly choices shirts

The aim of this MBS health assessment (more commonly known as the 715 health check) is to help ensure that Aboriginal and Torres Strait Islander people receive primary health care that meets their needs, by supporting health and wellbeing, establishing health priorities and a plan for good health and encouraging early detection, diagnosis and intervention for common and treatable conditions that cause morbidity and early mortality.

The Deadly Choices program through the Cronulla Sharks are holding a promotion for Aboriginal and Torres Strait Islander Clients in the CESPHN region.

Clients who have had a 715 health check in the past 6 months may be eligible for a Sharks Deadly Choices shirt. GPs are encouraged to fill in the [form on the CESPHN website](#) with clients and can send it through to the Cronulla Sharks who will contact the client and send the shirt to them.



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