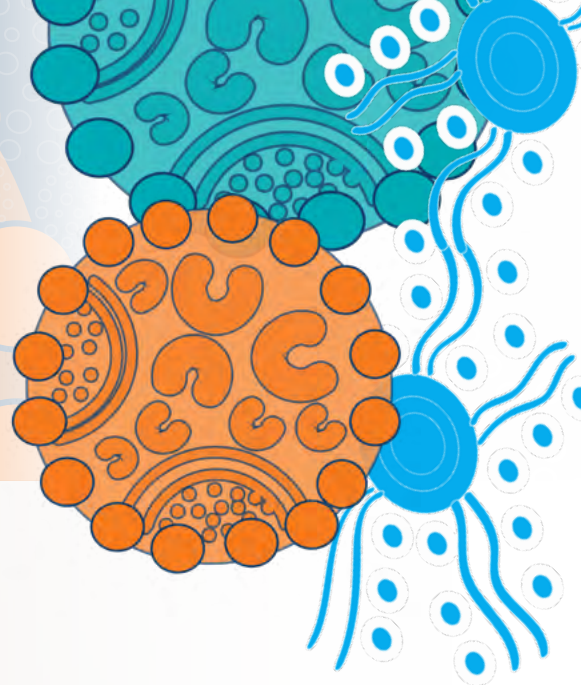


EORA HEALTH MESSENGER

SUMMER 2023



INTRODUCING UNCLE WILLIAM (BILL) RAMAGE

*CESPHN Aboriginal Advisory
Committee Member*

TREENA CUTMORE FEMALE COORDINATOR TRIBAL WARRIOR

LOUISE HAMILTON FROM APPROVED BY FRANKIE

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phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative

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

Greetings and welcome to the summer edition of the **Eora Health Messenger**. I'm delighted to offer an update on CESPHN's ongoing efforts.



MARIAM FARAJ
General Manager of Clinical Services

With the referendum's outcome, **CESPHN** remains committed to supporting initiatives that advance the wellbeing of Aboriginal and Torres Strait Islander communities. We firmly believe that the health and wellbeing of First Nations Australians will improve through continued engagement with the community.

We recognise that this may be a challenging time for many and we extend our care and support to Aboriginal and Torres Strait Islander people who may be experiencing distress.

Review of sector funding arrangements for Aboriginal and Torres Strait Islander services

The review report on sector funding arrangements for Aboriginal and Torres Strait Islander Mental Health and Suicide Prevention services and the Integrated Team Care program is due to be released in November. PHNs have raised concerns about the timeline for co-designing options for implementation of the review recommendations with the Department of Health. The Department has indicated that their priority is to ensure the continued provision of quality care to First Nations clients through both programs, and the smooth transition to new arrangements which may differ across communities and regions. The Department is considering an extension to existing funding arrangements for this program.

La Perouse GP clinic

For some time we have been advocating with the Commonwealth for approval to utilise unspent funding to establish a part-time GP clinic at La Perouse. We recently received approval to progress this work. Over the coming months, further plans will be put in place with a view to having the service operational by mid February 2024.

Maroubra Medicare Urgent Care Clinic (UCC) is now open

The Maroubra UCC is focused on urgent but minor injuries/illnesses and delivers on the Australian Government's commitment to make it easier for people to get the urgent treatment they need from highly qualified doctors and nurses while taking pressure off local hospital emergency departments.

The [Maroubra Medicare UCC](#) is open 8.00 am - 8.00 pm, 7 days a week, and offers walk-in care or by an appointment that is fully bulk billed. The clinic is located at 806 Anzac Pde Maroubra. Ph: 9349 9001.



Your Coach Plus launch

CESPHN and PCCS recently launched a low-intensity mental health coaching service that is free and confidential. The program helps clients develop skills to manage everyday stresses. The six-week program is designed to help clients break negative thought patterns (based on low-intensity CBT principles) and feel more in control. Unique to the model of care is the role of social prescribing. By linking clients with non-medical supports in the community, in addition to addressing their care needs, the Your Coach Plus program aims to meet client's social needs and address health gaps those with mental ill health may experience.

Connect and Thrive

The Connect and Thrive program has been extended to 30 June 2025. Flourish, together with Neami National, will deliver an expanded integrated service model that has been co-designed. The Connect and Thrive program provides psychosocial supports to address the complex needs of people experiencing severe mental illness. People can access individual support that involves one-on-one psychosocial support with a mental health or peer worker. Additionally, regular group support programs and social activities are available. The service also assists people to test their eligibility for psychosocial supports under the NDIS where it is identified they would benefit from longer-term supports.



INTRODUCING
UNCLE WILLIAM (BILL) RAMAGE,
CESPHN ABORIGINAL ADVISORY COMMITTEE MEMBER



Most people call me Bill or Uncle Bill.

I have been involved with Aboriginal communities for the past 50 years and communities I have been involved with cover from one end of the state to the other from north to south and from east to west.

I was born on the South Coast at Berry. My father was a Yuin man from Wreck Bay and my mother was a Gamilaraay woman from Manilla in northwestern NSW.

I was taken from my mother and father at the early age of 11 days old. I was taken to Inverell on Gamilaraay country and grew up on missions at Gunniwigal and Wandera outside of Inverell. My school days were in trying times as we were still on the Flora and Fauna register back then.

I have pushed myself to get where I am. I have been through a lot of traumatic times and those times have been in my personal life as well as positions I have been employed in, which is what got me involved with CESPHN in the first place. It was at a time when I needed help and they really came through for me.

I have worked in a lot of our communities in NSW and my contact with Aboriginal communities has been far and wide. I've worked with the Department of Corrective Services as a Prison Officer, as the Manager of the Aboriginal pre and post release program, as an Aboriginal Investigator working on Aboriginal Deaths In Custody, as an Aboriginal Community Liaison Officer for the NSW Police Service, as an Aboriginal Ranger for the Sydney Harbour Federation Trust and as an Aboriginal Ability Linker for Kurrunulla Aboriginal Corporation.

My time is now involved in being Deputy Chair of CESPHN's Aboriginal Advisory Committee, as a member of Justice Health's Forensic Mental Health Human Research and Ethics Committee, as a member of South East Sydney Local Health District's Community Advisory Group and as a member of the Metropolitan Local Aboriginal Land Council. I also run my own Aboriginal Mental Health First Aid Training business where I take my training to communities in urban, rural and remotes areas where and when I can.

Article provided by Uncle William (Bill) Ramage, CESPHN Aboriginal Advisory Committee Member

**ABORIGINAL MENTAL HEALTH
FIRST AID INSTRUCTOR COURSE**

**Workers attended courses and training to become
Aboriginal Mental Health First Aid instructors.**

In 2022, CESPHN funded 7 Identified workers within the region to become Aboriginal Mental Health First Aid instructors. Identified workers consisted of staff from Tribal Warrior, La Pouse Land Council and other community members who completed a 5 day course held at Tranby National Indigenous Adult Education and Training in Glebe.

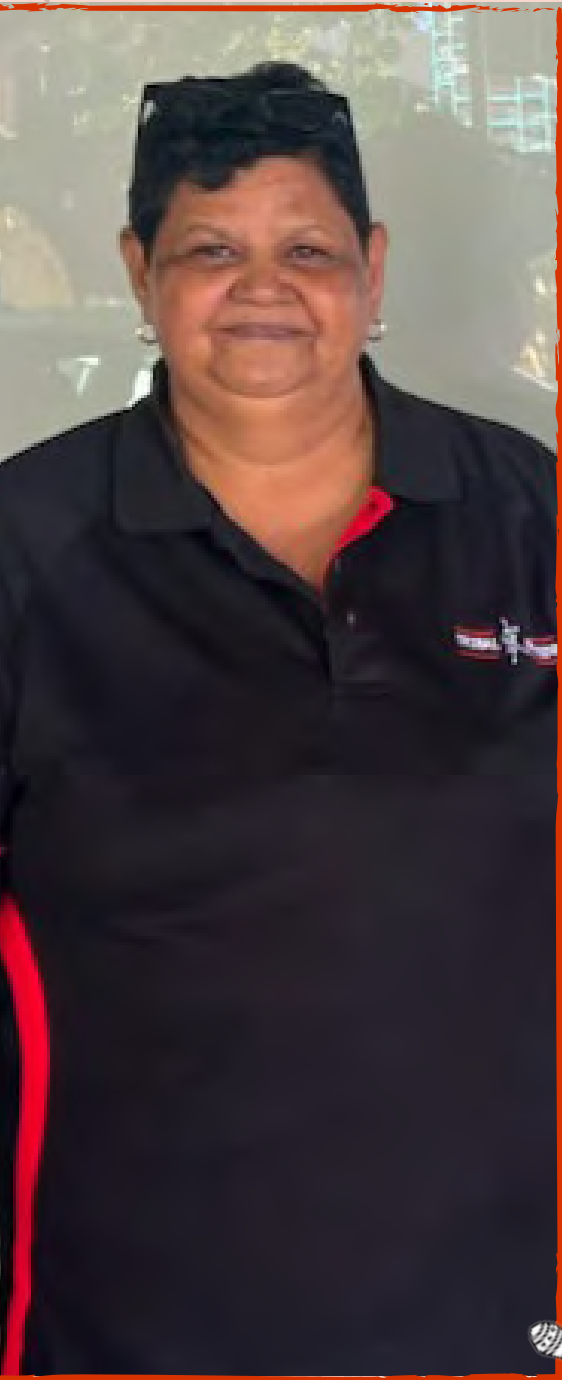
After completing the training, workers were required to run 2 face-to-face sessions with a co-presenter, before being qualified Aboriginal Mental Health First

Aid Trainers. The majority of attendees have now completed their sessions and are now fully qualified Aboriginal Mental Health Instructors. They are now delivering sessions to other Identified workers within the CESPHN region.

Pictured below: Uncle William (Bill) Ramage delivered Aboriginal Mental Health First Aid to staff from SLHD.

Article provided by Brett Hugo, CESPHN Aboriginal Health and Wellbeing Program Officer.





INTRODUCING **TREENA CUTMORE,** FEMALE COORDINATOR TRIBAL WARRIOR

**My name is Treena Cutmore. I am a proud
Gomeri and Wiradjuri woman, from Moree.**

I have worked in the early childhood sector for 36 years, in various locations.

My previous employment was at the Aboriginal Medical Service in Redfern, where I was the Health Promotions Officer. I was employed there for 4 ½ years, promoting Health Awareness Days, to give Aboriginal people a better understanding of health and chronic health diseases.

I have been given this opportunity to become a member of the Tribal Warrior Aboriginal Corporation family. My journey so far has been awesome. I have always had a passion for health and wellbeing for our community and Aboriginal people.

**Content provided by Treena Cutmore, Female Coordinator
Tribal Warrior.**

HEAD TO HEALTH

headtohealth.gov.au



Hey Mob, we know how it feels
when those days are long.

Now there's a place that's here
for you with help and support
for your mental health.

The service is free and no
appointment is needed

Visit headtohealth.gov.au

1800 595 212

8.30am to 5pm weekdays





INTRODUCING LOUISE HAMILTON FROM APPROVED BY FRANKIE

If it's approved by Frankie, it is approved by you. Frankie is the symbol of a person living with a disability who is firmly in the driving seat and taking advantage of all this revolutionary scheme, the NDIS, has to offer.

If you are a Frankie you are all over the NDIS, you are ready to do things a little bit differently! A Frankie is anyone who shares a vision of a world where people living with a disability are accommodated on a human rights basis.

Approved by Frankie provides Support Coordination services by supporting people of all backgrounds, sexuality, cultures, bodies and abilities to access and utilise the NDIS scheme in the most equitable manner.

Approved by Frankie is pleased to introduce their new Support Coordinator/Specialist Support Coordinator Louise Hamilton.

Louise is a Wiradjuri woman from the Narrungdera people in NSW (meaning place of lizards), (Narrandera, English spelling). The totem animal belonging to the Wiradjuri people is the Frilled Neck Lizard.

Louise's Grandfather is a Bundjalung man. The Bundjalung Country extends across Northern NSW to Southeast Queensland with the Logan River as the northern boundary and the southern boundary is the Lower Clarence River.

Wiradjuri connections stem back to one of the first Missions established on the Wiradjuri lands, Waragdesda. The Mission was shut down in 1908. Wiradjuri are also connected to family who lived at the Erambie Mission.

Wiradjuri is one of the biggest Aboriginal Countries of Australia also known as the land of many rivers. Louise's ancestors roamed the land and rivers, the Lachlan, Macquarie and Murrumbidgee, hunting and gathering through the seasons.

Louise's family, with many other Wiradjuri people, moved to Sydney when she was 3 years old in 1971, with the thought of obtaining more educational and employment opportunities for themselves and their children.

Louise joins Team Frankie with experience as a school teacher for 10 years, as well as experience in nursing, mental health and homelessness and a passion to walk with people on their healing journeys and to assist people with a disability to achieve their goals.

Article provided by Louise Hamilton Support Coordinator Approved by Frankie.

Contact **Louise Hamilton**,
Aboriginal Specialist Support
Coordinator on **0437 646 409**



INDIGIGROW

IndigiGrow native plant initiative is a social enterprise from First Hand Solutions Aboriginal Corporation. It sustains people, land and culture through the propagation and growing of native plants, including bush foods and the critically endangered Eastern Suburbs Banksia Scrub.

IndigiGrow employs 10 local Aboriginal staff, including 7 Aboriginal apprentices. It operates an online shop and has retail and wholesale outlets. The retail nursery is at La Perouse Public School and the wholesale nursery is at Matraville Sports High School opening 21 January 2023.

IndigiGrow is underpinned by Culture, Connection to Country and Caring for Country. Native plants are used to pass down traditional knowledge and stories from elders to young apprentices that instil a strong cultural foundation and connection to country, while building resilience and identity.

The Blak Markets and IndigiGrow is a small business incubator for Aboriginal people in the arts, craft and horticulture space and provides culturally sensitive and in-built services to help people overcome barriers to inclusion and participation. Their aim is to give indigenous people and unemployed youth-at-risk access to industry experience and for them to feel included in the community.

In partnership with Long Bay Correctional Facility, IndigiGrow has opened a community garden for inmates which has had positive outcomes and is a great success.



Article provided by Gloria Boyle, CESPAN Mental Health Program Officer.

Stronger relationships to help kids, now and in the future

Proven, positive strategies to help every family

Now free in Australia

WHY TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

You want to support your child's development, grow closer and solve problems – positively. Now you can do the parenting program developed here in Australia, now used around the world. It's backed by research, proven by parents. And it's free!

- Boost children's emotional wellbeing and maintain a good relationship – now, and in the years to come.
- Make family life less stressful and more enjoyable – even in tough times.
- Practical, simple strategies you can start using straight away – backed by 35+ years of research studies.
- Set good habits early and nip problems in the bud – you tailor the program to suit your child.
- Raise happier, more capable kids who can meet life's challenges.
- Join a million+ parents and carers in Australia who've been helped by the Triple P – Positive Parenting Program®.

Free support for your positive parenting journey

Your complete positive parenting toolkit, now yours at no cost. Choose what works for you, to help give your kids key life skills and help the whole family stay calm and positive. Partners and other family members can do the program free too, so everyone's on the same page and there's less conflict.

- Interactive, easy-to-use online program, including videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace!

Help give your child the life skills they need with Triple P Online – for parents/carers of children under 12.



START YOUR FREE PROGRAM TODAY!

triplep-parenting.net.au

Funded by the Australian Government Department of Health and Aged Care



Triple P International acknowledges the Traditional Custodians of the lands on which we live and work. We respectfully acknowledge Elders, past and present who continue to guide us with their wisdom on our journey to support and build strong healthy families.



INFORMATION FOR PATIENTS

MyMedicare is voluntary and aims to strengthen the relationship between patients and their GP to achieve better health outcomes.

By registering as a patient of your chosen general practice and selecting a preferred GP, additional funding will be available from the Commonwealth government to assist the practice to deliver care.

It is voluntary and free to register, and registration is open to all Australians with a Medicare card or Department of Veterans' Affairs (DVA) Veteran Card.

To find out if you are eligible for MyMedicare read the Registering in MyMedicare factsheet (below).

MyMedicare is a registration system and will not hold any of your clinical health information. Your clinical health information will continue to be stored in your My Health Record, if you have one.

All personal information recorded in MyMedicare, including your chosen healthcare providers, will be kept secure and your privacy will be maintained. Read the MyMedicare Privacy Notice at www.health.gov.au/mymedicare-privacy for further information.

Talk to your regular general practice or GP about registering in MyMedicare, or find out more at health.gov.au/mymedicare

Here are some links to factsheets for patients to answer all your questions:

- [Introducing MyMedicare for patients - Factsheet](#)
- [Registering for MyMedicare for patients - Factsheet](#)
- [Frequently Asked Questions for patients - Factsheet](#)

Content provided by **Brendan Goodger, CESPHN General Manager Primary Care Improvement.**



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.

RECONCILIATION ACTION PLAN

DECEMBER 2022 – DECEMBER 2024



CRC community
restorative
centre



THE COMMUNITY RESTORATIVE CENTRE'S RECONCILIATION ACTION PLAN

Our RAP Working Group,

including First Nations staff members, was central to creating the Innovate RAP. They consistently met to discuss and agree upon the content for the final document. We were given permission from Richard Edwards (Aboriginal artist with living experience of incarceration) to feature his powerful artwork 'Dancing Brolgas' throughout the RAP.

Following endorsement, Karen Mundine (Chief Executive Officer, Reconciliation Australia) stated that:

"Implementing an Innovate RAP signals Community Restorative Centre's readiness to develop and strengthen relationships,

engage staff and stakeholders in reconciliation, and pilot innovative strategies to ensure effective outcomes.

Getting these steps right will ensure the sustainability of future RAPs and reconciliation initiatives and provide meaningful impact toward Australia's reconciliation journey. Congratulations Community Restorative Centre on your Innovate RAP and I look forward to following your ongoing reconciliation journey."

We are hugely proud of the document as it provides an accessible and robust framework

for us to strategically take meaningful action to advance reconciliation. Of course, action is key, and this is a starting point on a long journey for CRC.

A full copy of the RAP is available online:

CRC RAP

Article provided by David Chivers, Manager, AOD Transition Programs, CRC.

OUR RAP

"The Community Restorative Centre's (CRC) vision for reconciliation is for a society in which all people are treated fairly and equitably, and all Australians acknowledge our nation's history of invasion, dispossession, and inequity. CRC's core business is to support people as they move out of the criminal justice system and transition back into the community. In our work, we witness how First Nations peoples are over-represented in the criminal justice system and incarcerated at a disproportionate rate and understand that the roots of this over-representation lie in the genocidal policies of the past and the intergenerational trauma arising from them, as well as the racism and inequality of opportunity First Nations peoples continue to experience. Our goal is to contribute to a significant reduction in the number of First Nations peoples incarcerated in this country.

We see that the historical oppression of First Nations peoples is ongoing and that many lands, rivers, lakes and seas are still stolen. Our hope is for a society that recognises that First Nations peoples remain the Custodians of Country and that this connection has not been broken, despite a multitude of historical and more recent attempts.

We believe that acknowledging this history of invasion and dispossession will ultimately strengthen the relationship between non-Indigenous and First Nations peoples, and that truth-telling and education are essential to achieving genuine reconciliation. We see a need to bring people together in a way that fosters understanding and mutual respect while ensuring that First Nations peoples and cultures

are valued as part of our shared national identity. We attest to the importance of community, belonging, dignity and freedom for all people, and want to see First Nations voices heard, included and empowered, not only at CRC but across all organisations and levels of government, so that First Nations peoples, families and communities are afforded every opportunity for equality, justice and inclusion in mainstream society."

(Innovate Reconciliation Action Plan, December 2022 – December 2024, p. 5).



Acknowledgement

The Community Restorative Centre (CRC) supports people interacting with the criminal justice system and aims to bring about positive change in our clients' lives. We affirm that First Nations peoples deserve the same life opportunities other people in this country enjoy and seek to provide services that effect practical and beneficial change within First Nations families and communities. We recognise that First Nations peoples have distinct identities, lores, cultures and languages, as well as totemic and kinship systems. First Nations peoples occupy a unique position in Australian society and as such the Community Restorative Centre supports self-determination and the right to work towards the establishment of treaties with state and federal governments. We celebrate the strength, resilience, and knowledge of First Nations peoples, and believe we can learn a lot by listening to and incorporating First Nations voices and perspectives into CRC's practice.



Be deadly in your career



NSW Health Aboriginal Nursing and Midwifery Cadetships and Scholarships

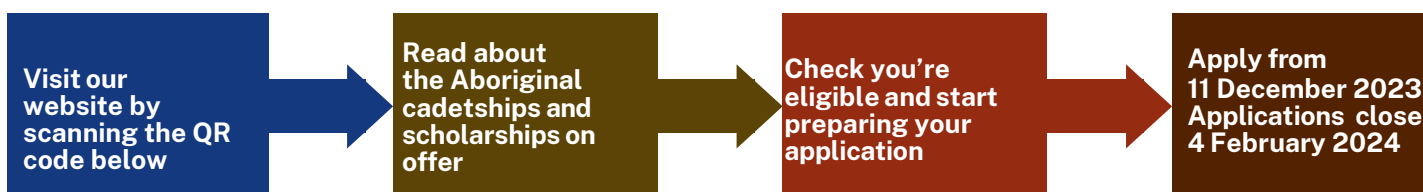
If you're studying, or interested in studying Nursing and Midwifery in NSW, financial and career support is available.

What does a Cadetship Offer?

The NSW Aboriginal Nursing and Midwifery Cadetship Program provides support and assistance to Aboriginal people studying an undergraduate nursing or midwifery degree at university. Benefits include:

- a study allowance of \$600 per fortnight while studying for 40 weeks
- \$500 per semester support allowance
- 12 weeks paid employment in a local public hospital or Justice Health facility
- support from an Aboriginal mentor, cadet coordinator and additional clinical support
- ongoing employment when you successfully complete your undergraduate degree.

How to apply?



Want to find out more?

Scan the QR code for more information about Nursing and Midwifery scholarships and financial assistance, or contact the NSW Nursing & Midwifery Office
Phone: **1800 155 325** Email: **MOH-AboriginalNursing@health.nsw.gov.au**



GOOD YARN GUIDELINES:

MEDIA GUIDELINES ON THE REPORTING OF FIRST NATIONS ISSUES IN AUSTRALIA

Advocates for Aboriginal mental health have launched the Good Yarn Guidelines.

A new national guideline that aims to improve the safety and accuracy of media reporting on Aboriginal issues and reduce harm to Aboriginals' social and emotional wellbeing and mental health, which can occur due to inaccurate, offensive or insensitive reporting.

These Guidelines provide a set of best practice on how to report on Aboriginal issues, peoples and communities, in a way that is culturally sensitive, psychologically safe, historically accurate and supports social and emotional wellbeing. It aims to avoid harm that can be caused by the media through reporting that, deliberately or unintentionally, causes offence, distress or prejudice.

*Article provided by Gloria Boyle,
CESPHN Mental Health Program Officer.*

READ GUIDELINES HERE:

[Good Yarn Guidelines](#)



Scan QR code
to open in
WellMob.org.au

Anxiety Resources for Aboriginal & Torres Strait Islander peoples

We can all worry about something or somebody, and it is important to get help if we become swamped with too much worry, stress or anxiety.

Check out the resources on WellMob for people who have difficulty with anxiety.

There are some deadly apps, videos and factsheets to help people manage anxiety.

Understanding Anxiety

These resources may assist clients and their families to better understand anxiety



Videos

MENTAL HEALTH ANIMATIONS: DEPRESSION, ANXIETY, PSYCHOSIS, STAYING STRONG.

These videos explain what happens for people suffering these specific conditions and how to stay strong.



Videos

WORRY BOSS

A video that explains anxiety and how to get help through an informal yarn.



Videos

YARNING ABOUT MENTAL HEALTH

A video talking about the importance of connection to family and culture and what happens with depression, psychosis, and anxiety. It also shares tips on how to become stronger.



We recommend providing these crisis numbers

13YARN: 13 92 76
Kids Help Line: 1800 55 1800
Suicide Call Back Service: 1300 659 467
Lifeline: 13 11 14
Beyond Blue: 1300 224 636

Coping with Anxiety and Getting Stronger



Videos

TAKE A STEP RESOURCES

The Stronger You Wheel is a tool to help plan how to stay or become stronger. The 30 second videos are: Strong Body; Strong Culture; Strong Identity; Strong Mind; and Strong Purpose.



Documents

WELLBEING TOPIC TIP SHEETS

The Tip Sheets provide tips on many wellbeing topics including coping with anxiety, depression or other worries.



Websites

YARN SAFE - GOT A LOT GOING ON

A set of resources on: mental health and wellbeing, stress and pressure, relationships, and alcohol and drugs. Music video and videos of people talking about talking it out.



Apps

AIMHI STAY STRONG APP

This app helps you to assess the areas in your life where you feel strong and not so strong so you can set some healthy goals.



Apps

SMILING MIND

A free app with guided meditations to teach people how to calm the mind.



Documents

MINDFUL COLOURING IN BOOK

A colouring-in book for all-ages as a mindfulness activity to reduce stress and anxiety.



Click here to connect to WellMob
for other resources
www.wellmob.org.au



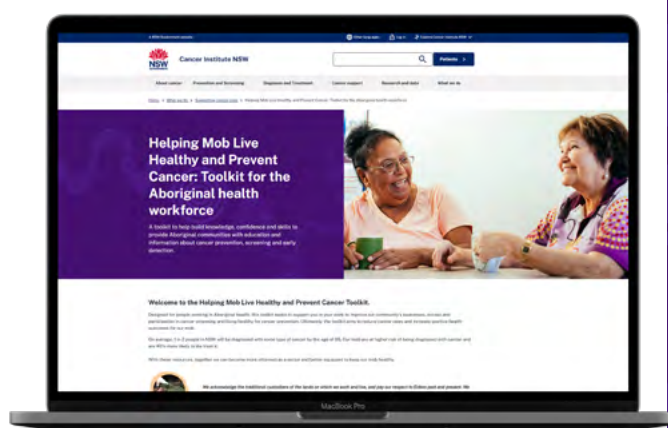


Helping Mob Live Healthy and Prevent Cancer toolkit for the Aboriginal health workforce.

The **Cancer Institute NSW**'s new Helping Mob Live Healthy and Prevent Cancer toolkit is a free online resource that provides culturally tailored, strengths-based information on cancer screening and prevention for the Aboriginal health workforce.

The toolkit features:

- **cancer screening information** – breast, cervical and bowel cancer screening and tips on testing for other cancers.
- **cancer prevention tips** about healthy living and being smoke and vape-free.
- **social and emotional wellbeing information** and links to trusted resources and support services.
- **a resource directory** featuring links to a range of tailored cancer screening and healthy living resources from trusted Australian health and cancer organisations.
- **downloadable resources** which can be used to support yarns with your clients about the benefits of taking part in cancer screening and healthy living. They include tailored checklists for men's and women's business and templates to support local promotion of screening and prevention programs.



All resources have been developed in consultation with Aboriginal health organisations, workers and community members.

Please explore the toolkit clicking [here](#) or scanning the **QR code** and help spread the word by sharing it with your networks.

For more information, please contact:
CINSW-BowelScreening@health.nsw.gov.au

Content provided by **Traci Cook Cancer Systems Innovation Manager**
| **Cancer Services & Palliative Care at Sydney Local Health District.**

Artwork by **D.Golding 2016**.



Personalised training to keep you 'mind-fit' in tough times

Better together



What is YourCoachPlus?

YourCoachPlus is a supportive, low-intensity mental health service to help people living in Central and Eastern Sydney manage those situational challenges that can impact our daily lives. The service is delivered by dedicated Mental Health Coaches and Link Workers who are committed to helping people manage their stress levels and achieve their goals.

YourCoachPlus incorporates a social prescribing approach linking people to sources of support within the community and voluntary sector to enhance health and wellbeing.

How can it help?

Your Coach will work with you to teach you strategies and skills to manage life's ups and downs and the challenges of particularly stressful moments, as well as identifying your specific needs to connect you with a variety of supportive local services to help you meet your goals. With **YourCoachPlus**, you'll get the guidance and support to improve your mental and physical health, relationships, and social wellbeing.

How does it work?

You can benefit from up to seven solution-focussed sessions, plus a brief assessment and post-coaching follow-ups, with our friendly coaches and link workers. Our service is primarily offered online via video or phone, with the option of face-to-face services.

At the first session with your coach you will:

- talk through your challenges – choosing one or two issues to focus on

- develop a problem statement – defining exactly what the issues are
- create a plan based on your needs – including practical actions to tackle the issues.

Who is eligible?

YourCoachPlus is free of charge and no GP referral is required. We are able to help almost anyone aged 16+ if they live, study or work in Central & Eastern Sydney.

You can reach out to our friendly team during business hours to discuss your access to the program or to get more information. You'll be able to set the most convenient available time on weekdays between 9am and 8pm for your coaching sessions.

You will not be able to access this program if you are currently seeing a mental health professional, if you're under 16 years of age, or don't live/work/study in an eligible postcode. If that's you, phone the national **Head to Health** service (1800 595 212) for more support options.

Please note that **YourCoachPlus** is not a crisis or emergency service. If you or others are in any immediate risk of harm, please phone 000.

Contact PCCS

(02) 9477 8700
enquiries@pccs.org.au
pccs.org.au/your-coach-plus



This service is supported by funding from Central and Eastern Sydney PHN through the Australian Government's PHN Program.





SMASHED AVOCADO WITH EGGS ON MULTIGRAIN

Preparation time: 5 - 10 minutes

Serves: 8

Ingredients

- 2 avocados, halved, stoned and roughly chopped
- 1 tablespoon fresh mint roughly chopped
- 1 teaspoon lemon juice
- 1/2 teaspoon freshly ground pepper
- 60g feta cheese
- 250g cherry tomatoes, halved
- 1/2 red onion finely chopped
- 8 eggs, soft boiled
- 4 thick slices multigrain/grainy bread, to serve
- Cracked pepper, to serve

Method

- Place avocado, mint, lemon juice and pepper in a small bowl and roughly mash with a fork.
- Add feta, cherry tomatoes and red onion and toss lightly. Set aside.
- To soft boil an egg: Fill a medium-size saucepan with water and bring to the boil. Gently place eggs in boiling water and boil for 6-7 minutes. Gently remove from pot and when cool to the touch, shell the egg, slice in half.
- While eggs are boiling, toast bread.
- Divide the avocado smash and multigrain toast between the 4 plates. Top each with 2 eggs and finish with cracked pepper.

Recipe provided by
<https://www.heartfoundation.org.au>



SIMPLE ROAST CHICKEN

Preparation time: 2 hours

Cooking time: 20 min

Ingredients

- 1 small onion peeled and quartered
- 3 cloves garlic peeled and quartered
- 3 sprigs fresh tarragon
- 3 sprigs fresh thyme
- 1 5-pound chicken, giblets removed
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper

Method

- Preheat oven to 190°C.
- Place onion, garlic, tarragon and thyme into the cavity of the chicken. Tie the legs together with kitchen string, mostly closing the cavity opening. Pull the wings so the tips overlap on top of the breast; tie them in place, wrapping string around the wings and body.
- Rub the chicken with oil, salt and pepper. Set in a roasting pan, breast-side down.
- Roast the chicken for 25 minutes. Turn breast-side up and continue roasting, basting occasionally with pan juices, until an instant-read thermometer inserted into the thickest part of the thigh, without touching bone, registers 75°C, 1 1/4 to 1 1/2 hours.
- Transfer to a cutting board; let rest for 10 minutes. Remove the string before carving.

Recipe provided by <https://www.eatingwell.com/>





ZUCCHINI SLICE

Preparation time: 30 min

Cooking time: 45 min

Serves: 6

Ingredients

- 5 eggs
- freshly ground or cracked black pepper
- 1 large zucchini, grated
- 400g peeled and grated carrot, sweet potato or pumpkin
- 1½ cups drained canned corn kernels or frozen peas
- 1 medium brown onion peeled and diced
- 2 teaspoons dried mixed herbs
- ¾ cup wholemeal self-raising flour
- 1 cup reduced-fat grated cheddar cheese
- olive or canola oil spray
- 3 large tomatoes, thinly sliced (optional)
- green side salad, to serve.

Method

- Preheat oven to 200°C (180°C fan forced).
- Whisk eggs in a medium jug, season with black pepper and set aside.
- In a large bowl combine remaining ingredients except tomato.
- Add eggs and stir mixture until well combined.
- 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.
- Bake for 40-45 minutes or until firm and golden brown.
- Rest in the pan for 10 minutes before cutting into 6 slices.

Recipe provided by
<https://www.healthier.qld.gov.au/>



CUSTARD PUDDING

Preparation time: 5 minutes

Cooking time: 20 min

Serves: 12

Ingredients

- ½ cup reduced-fat milk
- 375ml tin light evaporated milk
- 2 tbsp custard powder*
- ¼ cup caster sugar
- 1 tsp vanilla bean paste*
- 1 1/3 cups frozen mixed berries, defrosted
- 1/3 cup reduced-fat Greek yoghurt*

Method

- Whisk together the milk, evaporated milk, custard powder, sugar and vanilla paste in a bowl.
- Pour into a saucepan and heat over a medium heat, stirring until thickened. Leave to cool, then gently stir through the yoghurt.
- Divide three-quarters of the berries between the 6 glasses or containers. Evenly pour half the custard over each portion. Add the remaining berries and top with the rest of the custard.
- Chill for at least an hour.
- Add raspberries, blueberries or sultanas for an extra fruity zip.



Gluten free when using
gluten free custard powder,
vanilla and yoghurt.

Recipe provided by <https://healthylunchbox.com.au/>



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

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



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