

# EORA HEALTH MESSENGER

**SPRING 2024**



## **INTRODUCING AUNTY BARB**

## **NAIDOC WEEK 2024**

## **EMPOWERING ABORIGINAL WOMEN'S HEALTH**

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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.*



**MARIAM FARAJ**  
General Manager of Clinical Services

## La Perouse GP Clinic

Central and Eastern Sydney PHN is working with the La Perouse Land Council to establish a GP Clinic. There have been issues with the IT infrastructure to the clinic which have created a delay to the opening of the clinic. Once established the clinic will provide comprehensive health care to community members.

## Urgent Care

Central and Eastern Sydney PHN has supported the establishing of five Urgent Care Services in our region. Urgent Care is a health service that provides short-term, one-off care for urgent health care needs that are not life-threatening. Medical care is provided for an illness or injury that can be managed without visiting a hospital emergency department but cannot wait for a regular appointment with a GP. These clinics are located at:

### ● Maroubra

The clinic is open 7 days a week, from 7.00 am – 10.00 pm every day of the week.

**Address:** 806/812 Anzac Parade, Maroubra

### ● Caringbah

The clinic is open 7 days a week, from 8.00 am - 8.00 pm every day of the week

**Address:** 42 President Ave, Caringbah NSW 2229

### ● Carlton

The clinic is open 7 days a week, from 8.00 am - 8.00 pm every day of the week

**Address:** 354 Railway Parade, Carlton

### ● Belmore

The clinic is open 7 days a week, from 8.00 am - 8.00 pm every day of the week

**Address:** 479 Burwood Rd, Belmore

### ● Green Square

The clinic is open 7 days a week, from 8.00 am - 8.00 pm every day of the week

**Address:** 4/965 Bourke St, Waterloo

## TheMHS Conference

TheMHS Conference 2024 is an annual mental health conference which was held in Canberra from 27-30 August this year. Lisa Merrison, CESPHN's Aboriginal Health Manager and Jeremy Heathcote from Babana presented on 'Acknowledging our Cultural Differences and finding Common Ground.' It incorporated information on the processes we have undertaken to develop the youth health and wellbeing programs, suicide prevention connector service and suicide prevention safe yarns which are delivered across our region in partnership with local Aboriginal organisations.

## Mental Health Forum

Central and Eastern Sydney PHN hosted a Mental Health Forum, *"Thrive Together"*, on Wednesday 11 September, 1.00 - 5.00 pm at our office in Mascot to unite individuals and organisations working in and who are passionate about mental health and suicide prevention in our region. This event facilitated the exchange of valuable insights, expertise, and information about the various programs and initiatives available through central and eastern Sydney. By bringing together diverse perspectives, we aim to foster a comprehensive understanding of the mental health sector to promote closer working relationships and ultimately better care for our communities.





## INTRODUCING

# AUNTY BARB

I had the pleasure of speaking with Aunty Barb Simms.

Aunty Barb is a highly respected elder from the La Perouse Community and a dedicated member of the Central and Eastern Sydney PHN Aboriginal Advisory Committee since its inception.

Born in 1948 on Gadigal land in the suburb of La Perouse, Sydney, Aunty Barb grew up with her family of nine siblings - five boys and five girls - on the La Perouse Mission and Reserve, managed by the NSW Welfare and NSW Government. In 1956, she, along with three brothers and an elder sister, was removed from her family. She was sent to Bidura, while her brothers were placed at Royleston on Glebe Point Road. They were reunited months later. Her mother passed away at 97, and her father, who was also taken away as a child after his mother died, passed at 57.

At 15, Aunty Barb worked at Bligh's Steel Factory with an exemption letter confirming she was disease-free but she still faced segregation in the workplace.

Sports have been a significant part of her life; she was a representative wicket keeper in cricket and Vigoro.

After marrying, she moved to Liverpool and raised five children - four girls and one boy. She is now a proud grandmother of 19, and great-grandmother of 8. She was actively involved in their education through canteen duties, PNC committees, and mothers' clubs.

At 40, she pursued a degree in Aboriginal Education and spent over 24 years as an Aboriginal Educator at Ashcroft High School, James Meehan High School, and Nowra High School.

Aunty Barb currently conducts cultural talks at Randwick City Council, UNSW, and the Navy and is involved in several Aboriginal advisories, including Georges River Council, Randwick City Council, Waverley Council, and Central and Eastern Sydney PHN. She supported the establishment of the Bayside Council Women's Shelter and played a key role in raising over \$90,000 through ten years of holding morning teas for breast cancer awareness. The funds were donated to research and treatment, which included funding a biopsy chair for the Breast Cancer Centre at Prince of Wales Hospital.

She co-chairs the NSW/ACT Stolen Generations Council, is an Honorary Rotarian and a member of the Randwick Botany Rotary Club and is a life member and the first Treasurer of the NSW Aboriginal Education Consultative Group. Additionally, she is an active member of the Gandangara Local Aboriginal Land Council and works with cultural advisors and architects on design and cultural projects.

In her downtime, Aunty Barb supports children in Bali by donating clothing, stationery, and other necessities while enjoying the cultural aspects of Bali.

Aunty Barb values her work with Central and Eastern Sydney PHN, enjoying the collaborative and respectful environment. She appreciates the opportunity to share ideas and contribute to community advocacy, finding the group's wealth of knowledge both inspiring and refreshing.

Content written by Brett Hugo, Aboriginal Health and Wellbeing Programs Officer, Central and Eastern Sydney PHN.





# NAIDOC WEEK 2024

## Activities that our team engaged this year!



Central and Eastern Sydney PHN is proud to celebrate NAIDOC Week 2024 by actively supporting our staff's participation in events that honour Aboriginal and Torres Strait Islander culture.

This year, our team engaged in multiple meaningful activities, including attending South Cares NAIDOC Festival at Hefron Park, NAIDOC 2024 events hosted by Carriageworks, the SLHD event at Canterbury Hospital, SESLHD event at Prince of Wales Hospital and an event run by Kurranulla and Sutherland shire Council at Gunnamatta Bay. These events provided invaluable opportunities for our staff to immerse themselves in and appreciate the rich cultural heritage and

traditions of Aboriginal and Torres Strait Islander communities.

We believe that such experiences are crucial for fostering understanding, respect, and unity within our organisation and beyond.

One staff member who attended a **NAIDOC** event shared their thoughts, saying, "It was inspiring to hear from them and learn about their experiences with the healthcare system. It reignited a fire in me about where our focus should be and why we are dedicated to working in the Primary Health Network space."

*Article written by Brett Hugo, Aboriginal Health and Wellbeing Programs Officer, Central and Eastern Sydney PHN.*







## INTRODUCING LIAM NAUDI

### My name is Liam Naudi.

I'm a proud Wiradjuri man and I work as an Aboriginal Identified Transition Case Worker with Community Restorative Centre's Alcohol and Other Drug (AOD) Transition team.

I grew up in public housing in Mt Druitt, in communities that a lot of our clients grow up in. I'm passionate about where I'm from, about my people, and about being able to give back to my community.

Before coming to CRC, I spent a few years working with Indigenous communities, doing all kinds of things from intensive case management to community engagement. All this experience helped affirm that what I'm most passionate about is helping people. That's what led me to CRC.

Initially, I was working with CRC's Reintegration Housing Support Program (RHSP), which aims to connect people leaving custody who are at risk of homelessness with accommodation. With RHSP, I was working with a big range of people, a lot who were well into their 50s and older, who had never had a permanent home of their own. It involves supporting someone navigating the housing system, from the moment they've been released into temporary accommodation and then going through the whole journey of putting in a priority application, advocating for an outcome and finally securing a public housing tenancy. That's definitely an "oh, wow" moment, because it's a very tangible, life-changing achievement for someone to secure their first ever tenancy and to finally have a secure housing situation.

On the AOD side of things, we support clients through their substance dependency and related issues in a holistic way. While it can be slow paced, by taking a therapeutic approach you're able to build a really strong rapport and get to know your clients on a deeper personal level. After building a relationship like this, it's pretty significant when they hit a goal, like not using for a year, especially if that's something they've never done before. Those are the big achievements and proudest moments that stick with me.

My goal is just to support as many clients as I can, to help make their life as easy possible and help them in the transition from where they're at to wherever they want to be. Since moving from the crisis intervention work into the more therapeutic side of things, I'm excited about learning more about taking that slower, more relaxed, methodical approach to help clients building long term and sustainable pathways out of the criminal justice system.

Finally, something people would probably be surprised to know about me is that I'm a competitive pool player. I play in an 8-ball pool league called the Vegas League, which has a three-month seasonal tournament that goes on at different pubs around Sydney. I'm usually playing 3-4 times a week and practising whenever else I can!

*Content provided by Liam Naudi, CRC Aboriginal Identified Transition Case Worker.*



## 2024 TAX HELP AT KURRANULLA

### Tax help eligibility

What to  
bring ?

is your income  
\$60,000 or  
less?  
Yes - Book  
appointment

### Clients should bring with them:

- Income statements
- Payment summaries
- Notices of assessments from ato
- Medicare card
- Bank financial statements
- My Gov login

Who do I  
call ?

For more information  
please visit ato  
website: [ato.gov.au](https://ato.gov.au)  
ato info line: 13 28 61

CONTACT US

Call 9528 0287 or email  
[ann-maree@kurranulla.org.au](mailto:ann-maree@kurranulla.org.au)



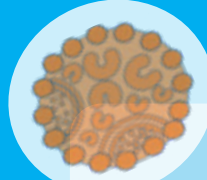
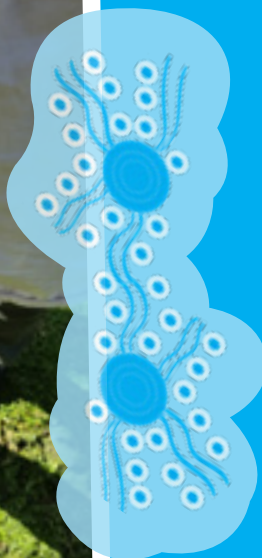




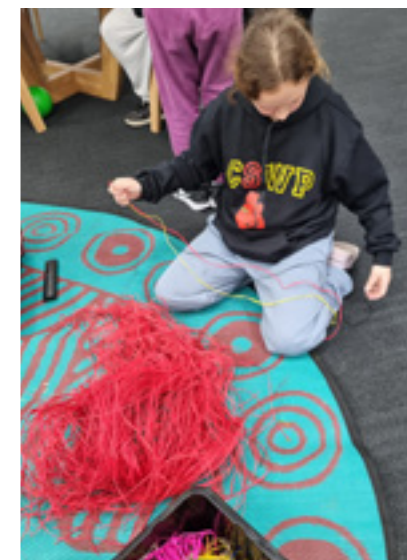
## TRIBAL WARRIOR GIRLS CULTURAL CAMP

**A successful Girls Camp where the girls could share knowledge and cultural experiences with the community.**

Organized by Aunty Treena and Tribal Warrior, the camp began with a visit to the Land Councils in Goondiwindi and Toomelah mission, where several girls had family connections. The visit was well-received and positively impacted the participants.



Due to wet weather, the Women's Site visit was cancelled, but the group visited Terry Hie Hie instead. Lorilie shared insights about family connections and encouraged pride in heritage. The day ended with a fun and educational activity at the Abcare office, where the girls made grass skirts for performance.



During the camp the girls got to swim in the hot springs pool, followed by a bush walk and rock painting at Cranky Rock Reserve. The girls enjoyed collecting rocks, painting them, and placing them in the garden, finding the day both enjoyable and uplifting.



The girls also participated in the Yinarr-Ma Bush Tucker Walk, guided by Kerrie. The girls learned about native plants, their uses, and Aboriginal names. This tour was a highlight, offering valuable cultural and practical knowledge.

The Girls Cultural Camp to Moree was a success, filled with local knowledge and cultural experiences. The girls were warmly welcomed by the community, and they returned to Sydney with a positive attitude, having formed new friendships and enjoyed new experiences. They even became fans of Lillyman's drinks, making the camp a memorable and enriching experience for all involved.

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







## Do you work with young people who have chronic conditions or disability?



The ACI Transition Care Network together with the Chronic Care for Aboriginal People team are looking for services and groups who work with Aboriginal young people with chronic conditions or disability.

We are gathering the experiences of Aboriginal young people, their families and carers about moving from children's to adult health services.



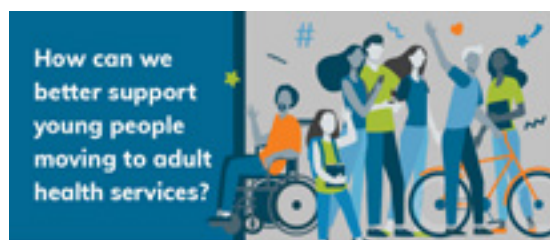
We are organising yarning sessions either online or in person and use Photovoice to share transition experiences. Participants will receive payment for their time and make valuable contributions.



We appreciate community members sharing their experiences to help ACI form our future plans and priorities and how to work with consumers on improving transition processes for young people with a chronic condition or disability.

If your service or group is interested in hosting a yarning session or can promote the project, please share your details via the QR code below.

If you have any questions, please contact Cathy Kostovski, Chronic Care for Aboriginal People team on 0475 960 286 or Rachael Havrlant, Transition Care Network on 0437 883 941 or [Rachael.havrlant@health.nsw.gov.au](mailto:Rachael.havrlant@health.nsw.gov.au)



Scan the QR code to register your interest

This project has been approved by the AH&MRC Ethics Committee 2206/23

Artworks by Jasmine Sarin and Belinda Coe



Does your service see young people between the ages of 14 to 24 years?

If yes – the ACI Transition Care Network is keen to hear from you!



We are trying to understand if health staff (clinicians, managers, admin) are aware of the Key Principles for Transition Care and how these are being used or not.

There are 3 easy ways to share your thoughts:

1. Complete the online survey via [QARS](#).
2. Join a [virtual focus group session](#) being held throughout June, July and August.
3. Contact Rachael Havrlant, Transition Care Network Manager to organise a local discussion.

The findings will be used to help the Network develop additional resources to embed the key principles into clinical practice and to share local examples of transition care.

Please contact Rachael via [Rachael.havrlant@health.nsw.gov.au](mailto:Rachael.havrlant@health.nsw.gov.au) or 0437 883 941.



Survey



Focus groups

## POSTNATAL CONTRACEPTION FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE



We made these videos with community, for community.



These videos explain why it is important to leave some time between each pregnancy and how you can use birth control (contraception) after having your baby. They show the different types of contraception. You can also learn where to find support and information to help you make the decisions that are right for you.

Content provided by Ana Romero, Program Manager - Women's Health SLHD



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# EMPOWERING ABORIGINAL WOMEN'S HEALTH:

## SPOTLIGHT ON CANCER SCREENING EVENT

Information and services offered, what to expect in the event and much more!

On 1 May 2024, a cancer screening event was held at Redfern Park, providing a crucial service to local Aboriginal women. This collaborative effort of services, part of a wider three-week program in the Redfern area, aimed to increase cancer screening rates among Aboriginal women.

Breast cancer remains the most common cancer among Aboriginal women, with significantly lower participation rates in breast cancer screening programs compared to non-Aboriginal women. This disparity leads to late-stage diagnoses and poorer health outcomes. The event was a proactive response to this, aiming to educate and encourage Aboriginal women to undergo regular screenings.

The event offered services to participants, including:

- **Free mammograms** at the BreastScreen NSW Mobile Van
- **Free bra fitting and bras:** Women who participated in screening received a complimentary bra fitting and take-home bras from the charity 'Support the Girls'
- **Cervical screenings and health consultations** at the SLHD Mobile Health Clinic Van: Nurses from the Leichhardt Women's Community Health Centre conducted consultations and offered self-collected cervical screening tests
- **Educational resources and refreshments:** The Sydney Local Health District Priority Populations

Programs team provided health education, and participants enjoyed refreshments and other giveaways.

The event also featured an 'Acknowledgement to Country', which enhanced the cultural significance and community engagement. Other health resources and services were made available, ensuring a holistic approach.

The impact of the promotion was notable, resulting in 56 Aboriginal women being screened during the three-week visit in Redfern. This marked a significant increase from previous years, where 14 and 17 Aboriginal women were screened in 2022 and 2023, respectively. Eight health consultations and 4 self-collected cervical screening tests were also conducted on the day.

The event received positive feedback from both participants and affiliated organisations. Participants appreciated the welcoming atmosphere and the comprehensive services provided. One attendee expressed her gratitude, saying, "Thank you for taking care of Mum on the day. She said she had a lovely time and loved all her goodies and free bras! She said she'd never been fitted in her life!"

Another participant highlighted the event's friendly environment, "The Deadly girls in the van were awesome and friendly. That's what you need to make it an awesome day – women feeling welcomed and having friendly workers in the breast screening vans to make it comfortable."



### KEY MESSAGES

- BreastScreen NSW recommends Aboriginal and Torres Strait Islander women aged 40 to 74 years have a breast screen every two years. Early detection through regular screenings significantly increases treatment options and survival rates.
- A medical referral is not required to attend the BreastScreen NSW program.
- Book a breast screen online at [book.breastscreen.nsw.gov.au](https://book.breastscreen.nsw.gov.au) or call **13 20 50**
- A cervical screening test is recommended for women aged 25-74 years, every 5 years, which can prevent cervical cancer.
- There are two ways to have a cervical screening test. You can choose to screen by:
  - collecting your own sample (this is also called self-collection); or
  - having a doctor, nurse or midwife collect your sample.
  - Self-collection is a simple and easy process and is as accurate as having a healthcare provider collect your sample.

**Article provided by Melanie Ireland, Health Promotion Manager, BreastScreen NSW SLHD**





# SAFE HAVENS & SAFE SPACE



## SAFE HAVENS

A Safe Haven is a calm and non-clinical alternative to hospital emergency departments for people experiencing emotional distress or suicidal thoughts.

It is a safe space where people can talk openly about what they are feeling and what they are going through. Guests can talk to peer support workers or be connected to a mental health professional.

Safe Havens provide immediate, personalised, and compassionate care and connect people to support services to address the underlying factors in their distress.

It is free and no Medicare card is required. No referrals or appointments are needed.

Staff at SafeHavens have undertaken Aboriginal and Torres Strait Islander cultural awareness training.

### DARLINGHURST SAFE HAVEN – ST VINCENT'S HEALTH NETWORK

**Address:** St Vincent's O'Brien Centre (Community Mental Health), 390 Victoria Street, Darlinghurst NSW 2010

**Open:** Saturday and Sunday 12.00 pm - 4.00 pm

**Contact:** [SafeHavenCafe@svha.org.au](mailto:SafeHavenCafe@svha.org.au)

**Eligibility:** Anyone over the age of 16 years

### KOGARAH SAFE HAVEN – SOUTH EASTERN SYDNEY LHD

**Address:** Kirk Place, Unit 1-2, Ground Floor, 15 Kensington Street, Kogarah NSW 2217

**Open:** Thursday to Tuesday 5.00 pm – 9.00 pm

**Contact:** [SESLHD-safehaven@health.nsw.gov.au](mailto:SESLHD-safehaven@health.nsw.gov.au) or (02) 9113 2981

**Eligibility:** Anyone over the age of 16 years

### NEWTOWN – SYDNEY LHD

**Address:** 168 Missenden Road, Newtown NSW 2047

**Open:** Monday 10.00 am – 4.00 pm,  
Wednesday to Friday 2.00 pm – 8.00 pm

**Contact:** [SLHD-SafeHaven@health.nsw.gov.au](mailto:SLHD-SafeHaven@health.nsw.gov.au) or (02) 9562 5830

**Eligibility:** Anyone over the age of 18 years.



## SAFE SPACE

Summer Hill Safe Space is a non-clinical, lived experience and peer-led service that provides support to anyone in suicidal distress, mental distress or chronic loneliness.

Summer Hill Safe Space is guided by the guest in how they wish to be supported, as the guest is considered the expert in their life.

Volunteers with lived experience will hold space for guests and if appropriate, support people with Safety Planning and warm referrals to other services.

Staff employed at the Safe Space have undertaken Aboriginal and Torres Strait Islander cultural awareness training.

**Address:** The Little BIG House, 16 Flourmill Way, Summer Hill NSW 2130

**Open:** Friday and Saturday 5.30 pm – 9.00 pm

**Contact:** [contact@safespacesummerhill.net.au](mailto:contact@safespacesummerhill.net.au)

**Eligibility:** Anyone is welcome to attend.



# Free online support groups for expectant and new parents.



\* Safe, confidential, connecting.

\* Facilitated by experienced perinatal mental health clinicians.

\* **No GP referral required.**

\* **Read the Fact Sheet [here](#).**



Scan the QR code for dates and further information.



All enquiries [contact@gidgetvillage.org.au](mailto:contact@gidgetvillage.org.au)



# IMMUNISATION REMINDERS

Having your recommended vaccinations is important to ensure the safety of our mob, especially older people and those who are immunocompromised.



Keep yourself and your mob strong this winter.  
Get your free flu vaccine.



## INFLUENZA VACCINATION

The best way to avoid flu this winter is to get a flu shot. Free flu shots are available for all Aboriginal people aged 6 months and over. This is because Aboriginal people are at greater risk of severe illness from influenza.

Flu shots are especially important for **pregnant women** and can help protect the baby for the first few months of life.

Book an appointment for a free flu shot today with your doctor, pharmacist or Aboriginal Medical Service. Pharmacists can administer the flu shot to children aged 5 and over. Parents with children aged under 5 years should see their doctor.

## Do you need a COVID-19 booster?

Age	Time since last vaccination	
75+	6 months	Recommended
65-74	12 months	Recommended
	6 months	Consider
18-64 <small>with severe immunocompromise</small>	6 months	Consider

If you know an older person who may benefit from this information, please share it with them. There is no longer a requirement to wait a minimum time between your last COVID-19 infection and having a COVID vaccination.

## COVID-19 VACCINATION

Older age continues to be the biggest risk factor for severe COVID-19 disease. Regular vaccination is the best protection from severe illness, hospitalisation or death from COVID-19.

Advice for **COVID-19 vaccines**:

- Everyone aged 75 years and over are recommended to get a COVID-19 vaccine booster every 6 months.
- For those aged 65 to 74, a COVID-19 vaccination is recommended at least every 12 months.
- You don't have to wait 6 months anymore between your last infection and having a COVID-19 vaccination.
- The COVID-19 vaccines can be administered at the same time as the annual flu vaccine.
- COVID-19 vaccines are free, safe and effective. The vaccine will protect our older community and you, from serious illness.

Find a COVID-19 vaccination provider using the [health direct service finder](#).

## OTHER RECOMMENDED ADULT VACCINATIONS

- Shingles vaccination** is recommended and free for Aboriginal and Torres Strait Islander adults aged 50 years and over, and immunocompromised people aged 18 years and over with risk factors: [Fact sheet](#).
- Pneumococcal vaccination** is recommended and free for Aboriginal and Torres Strait Islander adults aged 50 years and over should receive a single dose of 13vPCV, and 2 doses of 23vPPV (the first dose of 23vPPV should be given 12 months after 13vPCV and the second dose at least 5 years later).
- MMR vaccination** is recommended and free in NSW for anyone born after 1966 who does not have two documented doses
- A booster dose of **Diphtheria, Tetanus** and **Whooping cough (Pertussis) vaccination** (all combined in one vaccine) is recommended at age 50, and all adults over 65 years of age require a booster is 10 years have passed since their last dose. A booster is also recommended and free for pregnant women for every pregnancy. Family members and carers who will have close contact with babies in their first weeks of life should also receive a booster if 10 years has passed since their last dose.



## ADOLESCENT VACCINATIONS

Adolescents receive free vaccinations, mainly delivered through school-based immunisation programs. [See here](#) for more information on the vaccines recommended in high school.

## CHILDHOOD VACCINATIONS

In addition to **routine childhood vaccinations**, Aboriginal and Torres Strait Islander infants and children receive extra vaccines to make sure they are protected from disease. [See here](#) for more information on the additional free vaccines Aboriginal children should receive.





# OLDER PERSONS' WELLBEING NETWORK PSYCHOSOCIAL SUPPORT

Anglicare is providing the Older Persons' Wellbeing Network (OPWN) in the Inner West and Central Sydney as part of the Commonwealth Psychosocial Support Program.

The OPWN delivers mental health support to older people experiencing moderate to complex mental health challenges. The program includes a mental health practitioner who will offer 1:1 counselling and referral support and establish support groups (e.g. grief and loss, anxiety and depression).

## EVENTS COMING UP IN SEPTEMBER:

Tuesdays in September – 1.00 pm - 3.00 pm

- **Week 1** – Better With Age, Connect & Belong
- **Week 2** – Better With Age, A Positive Outlook
- **Week 3** – Better With Age, Eat Wisely.
- **Week 4** – Better With Age, Move Naturally.

No bookings required.

You can find more information about the program [on the Central and Eastern Sydney PHN website](#).



## CONTACTS:

- Catherine mobile: **0429 034 483**
- Michelle mobile: **0408 472 663**
- Email: [opwncesphn@anglicare.org.au](mailto:opwncesphn@anglicare.org.au)

Content provided by Gloria Boyle, Mental Health Program Officer, Central and Eastern Sydney PHN



## Older Persons' Wellbeing Network

A wellbeing support program for people aged 65 and over\*

### The program offers:

**1:1 Counselling:** Receive up to four free sessions, either in person or by phone.

**Support Groups:** Join our six-week series on topics like grief and loss, managing change, and maintaining health and wellbeing as we age.

**Workshops:** Participate in sessions on getting a good night's sleep, managing stress and worry, boosting self-esteem, and exploring creative activities.

**Peer Support Training:** Learn how to be a supportive friend or neighbour and help peers navigate their challenges.

**Wellbeing Network Meetings:** Engage in discussions about initiatives and activities designed to boost social engagement, build community, and reduce the isolation often faced by older adults.

For more information, feel free to contact Catherine at 0429 034 483 or Michelle at 0408 472 663. Alternatively, you can email us at [opwncesphn@anglicare.org.au](mailto:opwncesphn@anglicare.org.au). We're here to help!

\*or Aboriginal and Torres Strait Islander people aged 55 years and over





# ACTIVE8 PHYSICAL HEALTH AND WORKWELL EMPLOYMENT SUPPORT PROGRAMS

Central and Eastern Sydney PHN has commissioned Neami National to provide the Active8 Physical Health and WorkWell Employment Support programs as part of the Commonwealth Psychosocial Support program for people experiencing severe mental illness.

Active8 has three components:

## EVENTS COMING UP IN SEPTEMBER:

- Coaching for Physical Health - to achieve overall health and wellbeing goals
- Eat Plant Learn - demonstrating benefits of activities in nature, gardening, and healthy cooking skills
- Kick The Habit - to support people with mental illness to reduce dependence on tobacco products.

WorkWell aims to find employment opportunities that meet an individual's interests, needs, and future goals, and to support mental health recovery through social inclusion in a workplace.

You can find more information about the two programs [on the Central and Eastern Sydney PHN website](#).



## CONTACTS:

- **ACTIVE8** |  
Email Bianca: [Aventbianca.avent@neaminational.org.au](mailto:Aventbianca.avent@neaminational.org.au)
- **WORKWELL** |  
Email Diana: [Kraljevskidiana.kraljevski@neaminational.org.au](mailto:Kraljevskidiana.kraljevski@neaminational.org.au)

Content provided by Gloria Boyle, Mental Health Program Officer, Central and Eastern Sydney PHN

# Active8 WorkWell

Neami National is providing the Active8 Health Coaching and WorkWell Employment Support programs in the CESPHN region as part of the Commonwealth Psychosocial Support (CPS) Program.

Active8 recognizes that physical health change and health literacy are associated with improvements in overall wellbeing and quality of life. The program provides one to one support in health coaching by a Peer Support Worker and options to gain health literacy and social interaction through in-person and online groups.

## Eligibility

The Active8 and WorkWell programs are available to people who:

- Experience a mental health condition (diagnosis not required);
- Have an associated level of reduced psychosocial functional capacity;
- Live, work, or study in the CESPHN region;
- Are not assisted by the NDIS; and
- Are not receiving any other psychosocial support services that duplicate those provided through CPSP.



WorkWell aims to assist with finding employment opportunities that meet your interests, needs, and future goals. The program includes one to one tailored support and emphasises the benefits of social inclusion in the workplace.

## Referrals:

[cesphn.org.au](http://cesphn.org.au)



Active8: Bianca Avent  
[bianca.avent@neaminational.org.au](mailto:bianca.avent@neaminational.org.au)  
WorkWell: Diana Kraljevski  
[diana.kraljevski@neaminational.org.au](mailto:diana.kraljevski@neaminational.org.au)







## LOW GI BANANA BREAD

**Preparation time:** 15 mins

**Cooking time:** 60 mins

**Serves:** 10

### Ingredients

- 1 cup wholemeal plain flour
- 1 teaspoon bicarbonate of soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- 1 cup rolled oats
- ½ cup almond meal
- 3 bananas large, ripe, mashed
- ⅓ cup extra virgin olive oil
- ⅓ cup low GI honey
- 2 eggs lightly beaten
- ¼ cup milk of your choice
- 1 teaspoon vanilla essence
- ½ cup reduced fat Greek yoghurt

### Method

- Preheat oven to 175°C.
- Line a loaf tin with baking paper. Lightly grease over the top with a pastry brush and olive oil.
- In a medium mixing bowl, whisk together the wholemeal flour, almond meal, oats, baking soda, baking powder, cinnamon, and salt.
- In a large, separate bowl, mash the banana then use a whisk to combine the honey, olive oil, milk, yoghurt, vanilla and eggs.
- Add the dry ingredients to the wet mixture. Using a spatula, gently stir the mixture until thoroughly combined. Pour the batter into the prepared loaf pan and spread evenly. Sprinkle the batter with cinnamon or extra oats.
- Bake for approximately 30 minutes then loosely cover with foil (covering with foil will prevent the loaf from over-browning). Bake for a further 30 minutes or until cooked in the middle (use a skewer to test the middle of the bread. If the skewer comes out clean then its cooked).

**Recipe provided by**  
<https://www.diabetesaustralia.com.au/>



## BOLOGNESE PASTA BAKE

**Preparation time:** 25 mins

**Cooking time:** 25 mins

**Serves:** 6

### Ingredients

- 1 teaspoon olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 500 g extra lean beef mince
- 700 g bottle tomato passata
- 1 cup water
- 2 carrots, grated
- 2 zucchini, grated
- Cracked black pepper, to season
- 250 g dried macaroni
- 200 g reduced fat ricotta cheese
- ¾ cup grated reduced fat mozzarella
- 3 wholegrain dinner rolls, halved

### Pumpkin salad

- 200 g peeled and diced butternut pumpkin
- Olive oil spray
- 120 g mixed baby salad leaves
- ½ small red onion, finely sliced

### Method

- Heat oil in a large, deep non-stick frying pan or stockpot over a medium heat. Add onion and garlic and cook, stirring occasionally, for 5 minutes or until soft. Increase the heat to high and add mince. Cook, stirring with a wooden spoon to break up mince, for 10 minutes or until browned.
- Stir in the tomato passata and water and bring to the boil. Reduce heat to medium and add carrots and zucchini. Simmer, uncovered, for about 10 minutes, stirring occasionally, until vegetables are softened and sauce thickens. Season with freshly ground black pepper.
- Preheat oven to 180 °C (200 °C fan-forced)
- Meanwhile, cook the macaroni in a large saucepan of unsalted boiling water, following packet directions until al dente.
- Spoon the mixture into one 10-cup capacity ovenproof or six 1½ cup capacity ovenproof dishes.
- Meanwhile, to make pumpkin salad. Spread pumpkin over a baking tray lined with baking paper. Spray lightly with olive oil cooking spray. Bake in same oven 180 °C (200 °C fan-forced) for 20-25 minutes, or until tender. Remove and cool slightly. Place salad leaves, onion and pumpkin in a large bowl. Toss gently.
- Serve Bolognese pasta bake with pumpkin salad and bread rolls.

**Recipe provided by Cancer Council Healthy Lunchbox**  
[www.heartfoundation.org.au](http://www.heartfoundation.org.au)







## CHICKEN AND VEGETABLE SOUP

**Cooking time:** 20 mins

**Serves:** 4

### Ingredients

- 1 tbs grapeseed oil
- 2 onions, finely chopped
- 3 rashers of bacon (optional)
- 3 garlic cloves, chopped
- 1.5 litres chicken stock · 500g raw or cooked chicken (shredded from roast thighs). \*See method.
- 200g grains or rice (barley or risoni)
- 4 sticks celery
- 4 carrots
- 1 bunch silverbeet or kale
- 1 cup green vegetables (peas, zucchini, broccoli etc.)

### Method

- Heat oil in a large saucepan over medium-high heat, add onion, bacon and garlic and sauté until just tender (five to seven minutes).
- Add chicken stock and 500ml hot water, increase heat to high, bring to the simmer. \*Add chicken, if raw. (If cooked, chicken can be shredded and added later) and reduce heat to medium and simmer until cooked through (eight to ten minutes), then remove with a slotted spoon and set aside to cool slightly.
- Add risoni and carrots to stock and cook until almost cooked through (3-5 minutes). Meanwhile, coarsely shred chicken (discard skin and bones) and set aside. Add all other veg to pan and cook until just cooked through (one to two minutes).
- Return chicken to pan, stir through to heat, season to taste, scatter parsley over. Serve with crusty white bread.

**Recipe provided by Heart Foundation**  
<https://www.cancer.org.au/>



## CHOCOLATE ALMOND OLIVE OIL CAKE

**Preparation time:** 20 mins

**Cooking time:** 50 mins

**Serves:** 12

### Ingredients

- ⅓ cup (35 g) cocoa powder
- 2 tablespoons olive oil
- 2 teaspoons vanilla extract
- 3 eggs
- ¾ cup caster sugar
- 150 g almond meal
- ¼ cup wholemeal self-raising flour
- ½ teaspoon bicarbonate of soda
- 1 tablespoon natural sliced almonds
- 1 teaspoon icing sugar, to dust
- ½ cup reduced fat plain Greek yoghurt, to serve
- 250 g strawberries, to serve

### Method

- Lightly spray a 22 cm round springform pan with oil. Line base and side with baking paper. Place pan on a baking tray.

- Place cocoa in a small bowl. Using a wire whisk, whisk in ⅓ cup boiling water to form a smooth paste. Whisk in oil and vanilla. Cool 5 minutes.
- Meanwhile, beat eggs and sugar in a large bowl with electric beaters for 5 minutes or until pale and thickened.
- Whisk cocoa mixture into egg mixture. Add almond meal. Sift flour and soda over the top, returning any husks to the bowl. Gently whisk until combined.
- Pour mixture into prepared pan. Sprinkle with sliced almonds. Bake in a 160 °C preheated oven for about 50 minutes or until just firm in centre when lightly touched with fingertips. Cool in pan.
- Transfer cake to a serving plate. Dust with icing sugar. Serve with yoghurt and strawberries.

**Recipe provided by Heart Foundation**  
<https://www.heartfoundation.org.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

## 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)

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correspondence  
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