

EORA HEALTH MESSENGER

SUMMER 2024



BY MOB, FOR MOB, WITH MOB

HEADSPACE HURSTVILLE'S 10TH BIRTHDAY

BULBUWIL HEALTHY LIFESTYLE PROGRAM

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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.

Welcome to the Summer edition of the Eora Health Messenger. I am pleased to be sharing an update on CESP HN's work.



MARIAM FARAJ
General Manager of Clinical Services

Mental Health Forum

On Wednesday 11 September, CESP HN hosted a Mental Health Forum, **"Thrive Together"**, bringing together individuals and organisations working in the mental health, alcohol and other drugs, and suicide prevention sectors. The Forum was designed to facilitate the exchange of valuable insights, expertise, and information about the various programs and initiatives available through Central and Eastern Sydney and provide an opportunity for service providers to network and connect.

The event was attended by around 90 guests and was MC'd by the passionate and insightful Chairperson of Babana Men's Group, Mark Spinks. The Forum commenced with a moving Welcome to Country by Aunty Barb Simms-Keeley followed by presentations and a panel discussion including Evelyne Tadros (CEO, MHCC), Dr Louise Shepherd (Climate advocate and Psychologist), Mark and myself. Throughout the afternoon there were many opportunities for networking, with icebreaker and art activities, and live music which made for a relaxed and welcoming energy. Attendees provided positive feedback on the event, saying it was "great to meet with colleagues and contacts and make some new ones, have some fun", "presentations were engaging" and "it helped to understand what is happening both within the region and at a sector level".



Headspace Hurstville's 10th Birthday

headspace Hurstville recently marked a significant milestone, celebrating its 10th birthday providing youth mental health services in the Georges River. The event was held at Hurstville Plaza and included cultural performances by local groups, live music from young artists, and various activities and games for the community. Sharlene McKenzie, CESP HN Board Member, delivered an Acknowledgment of Country reflecting on the importance of collaboration which is at the heart of the headspace model of care. This anniversary was a great reminder of headspace's ongoing commitment to promoting a community where mental health is prioritised, destigmatised, and accessible to everyone.



Head to Health phone line

The Head to Health Initial Assessment Intake Line supports service navigation and access to both Medicare Mental Health Centres (Head to Health) and other mental health services in our region.

A team of trained mental health professionals answer all calls to the Head to Health Phone Line and will ask a range of questions to ensure individual needs are appropriately identified. The team will then provide service information or directs referred to the most appropriate service(s) in our region.

Head to Health – **1800 595 212**

Hours of Operation – 24 hours a day, 7 days a week



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INTRODUCING SHAYLEE MATTHEWS

Shaylee is the Chair of CESP HN's Aboriginal Advisory Committee and has served on the committee since its inception as an active member. She brings a lived experience perspective to the PHN across several areas of physical health and social and emotional wellbeing to improve the betterment of local communities.

As the eldest of six children and a descendant from the Anawain and Gomeroi Nations, Shaylee grew up in Wonnaurua nation and relocated to Sydney in 2015.

Shaylee commenced with Youth Justice, NSW in October 2017 as the Identified caseworker at Fairfield (Parramatta) Community Office. Currently she is the Senior Cultural Advisor for the Whole of Government Initiatives team in Youth Justice.

Shaylee views her role as the trusted person that walks alongside the young people and their families and her peers to help reduce the risk of offending, as they are the main character in their stories.

She is passionate about her community and works tirelessly to make a positive difference, but also recognises that 'balance' must be a priority. Therefore, she makes the time to go back to country to feel that sense of belonging and connectedness. This helps her remain focused, grounded, and strong, enabling her to continue to be an effective influencer within the department and for her community.

***Content provided by Shaylee Mathews,
Chair of the CESP HN Aboriginal Advisory.***

Be deadly in
your career

NSW Health Aboriginal Nursing and Midwifery Cadetship 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 financial 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 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.



Want to find out more?

Scan the QR code for more information about Nursing and Midwifery scholarships and cadetship, or contact the NSW Nursing & Midwifery Office

Phone: 1800 155 325

Email: MOH-AboriginalNursing@health.nsw.gov.au



How to apply?

- Visit our website by scanning the QR code below
- Learn about the cadetship and scholarships on offer
- Check you're eligible and start preparing your application
- Applications open 16 December 2024 and close 23 February 2025.

What Scholarships are on offer?

Aboriginal Undergraduate Scholarships

Scholarships of \$1,000 per subject are available for Aboriginal students undertaking a Bachelor of Nursing or Bachelor of Midwifery.

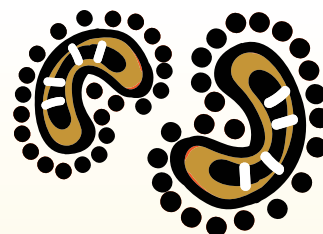
Aboriginal Enrolled Nurse to Registered Nurse Scholarships

Scholarships of up to \$15,000 are available for Aboriginal students with a Diploma of Nursing qualification undertaking a Bachelor of Nursing.

Aboriginal Postgraduate Scholarships

If you're an Aboriginal person currently working as a registered nurse or registered midwife in the NSW public health system, a postgraduate scholarship of up to \$10,000 is available to support your postgraduate study and help with educational expenses.

20 TIPS FOR STAYING HEALTHY AND LOOKING AFTER YOURSELF OUR WAY.



1

BE INFORMED THE RIGHT WAY

To feel your best, it is important to stay informed, but limit the amount of news you choose to consume.

2

BE PRACTICAL

Think ahead, plan, and make sure you have phone numbers, contacts and support in place to take care of yourself.

3

IT'S OK TO FEEL STRESSED & WORRIED

Self-care involves talking to others about how you feel. It helps you stay strong.

4

STAY POSITIVE

A positive outlook is key. Keep hope in mind and go easy on yourself.

5

OUR CULTURE KEEPS US STRONG

Do what you can to keep culture strong and let culture keep you strong. Connect to elders, stories, learn languages, paint or dance.

6

TAKE TIME AWAY FROM THE NEWS & SOCIAL MEDIA

Take a break and focus on self-care instead of spending too much time on social media.

7

KEEP IN TOUCH WITH YOUR FRIENDS & FAMILY

Stay connected in any way you can.

8

GET FRESH AIR & EXERCISE OFTEN

Remember to breathe some fresh air and exercise as much as you can. This will alleviate stress and is a great form of self-care.

9

EAT WELL

Eat good food for the mind, body and spirit

10

BE CREATIVE, OR LEARN SOMETHING NEW

Play music, dance, sing, draw, create and innovate. All are great forms of self-care and wellbeing.

11

CHILL OUT

Learn relaxation, yoga, meditation or deep listening. If you're too wound up, be active then power down.

12

KEEP THE KIDS HAPPY

Check in with children. Listen, support and reassure. Give them space but also keep them close.

13

KEEP THE ELDERLY HAPPY

Check in with elders regularly, connect with them, and make sure they are taking care of themselves.

14

KEEP YOURSELF HAPPY

If you are going to help others, make sure you are looking after yourself so you can stay strong too.

15

BE KIND TO OTHERS

Be kind to others and yourself. Don't let things get out of hand, or worry too much.

16

FIND SPACE & RESPECT

At home, make a space where you can chill out. Take the time to be respectful of others. You will feel good for doing so.

17

CREATE A STAY STRONG PLAN

Know your strengths and plan for the future.

18

DON'T LET MONEY WORRIES GET ON TOP OF YOU

It's OK to get help, lots of us will need financial assistance.

19

KEEP YOUR LUNGS HEALTHY

Cut back or quit smoking now. You will feel better in the long run.

20

THINK BEFORE YOU DRINK

Try some new ways to cope with stress for yourself and your family.

IF YOU NEED TO TALK TO SOMEONE

NACCHO Online list of Indigenous health services and contact details Google 'NACCHO'	YARNING SAFENSTRONG 24/7 free and confidential Victorian Aboriginal-operated counselling support 1800 959 563	BEYOND BLUE Free confidential chat with a mental health professional 1300 224 636	LIFELINE Free, confidential 24-hour crisis support telephone service 13 11 14	KIDS HELPLINE Free, confidential support line for young people aged 5 to 25 1800 55 1800	E-HEADSPACE Free, confidential online support for young people Google 'e-headspace'	1800 RESPECT Free, confidential 24/7 support for assault family violence and abuse 1800 737 732
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If you need to talk to someone call 13YARN

gayaadhuwi.org.au



Gayaa Dhuwi (Proud Spirit) Australia

Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention



Ask your mob, your way,

R U OK?


because we are...

#StrongerTogether

**STRONGER
TOGETHER**

R U OK?™

A conversation could change a life.





headspace HURSTVILLE 10TH BIRTHDAY

A fun and educational day featuring speeches on mental health, multicultural dances and family entertainment... Congratulations on this important milestone!

During Mental Health Month, October 2024, headspace Hurstville celebrated a significant milestone, celebrating its 10th birthday providing youth mental health services in the Georges River. The event was held at Hurstville Plaza and included speeches, cultural performances by local groups, live music from young artists, and various activities and games for the community.

Sharlene McKenzie, CESP HN Board Member, delivered an Acknowledgment of Country reflecting on the importance of collaboration which is at the heart of the headspace model of care.



**COLLABORATION TO ME
MEANS THAT WE WORK
TOGETHER RESPECTFULLY.
THERE'S NO TIME LIMIT. WE
WALK BESIDE EACH OTHER
FOR THE PURPOSE OF
HELPING OUR YOUNG PEOPLE.**

*Sharlene delivers her
Acknowledgement of Country.*





CESPHN and headspace staff gather at the photo wall to celebrate 10 years of collaboration. Photographed (Left to Right) - Ed Lewin (Clinical Manager, headspace Hurstville), Ali Rahman (National Clinical Manager, Multicultural Practice, headspace National), Sharlene Mckenzie (CESPHN Board Member), Kate Snars (Regional Manager, Stride), Wilhelmina Brown (Mental Health Team Leader, CESPHN) and Mariam Faraj (General Manager, Clinical Services, CESPHN), Fiona (Youth Advisory Group Member, Headspace Hurstville), Seema Patel (Centre Manager, headspace Hurstville & Miranda), Belinda Ivanovski (Mental Health Manager, CESPHN).

Sharlene reflected on recent work that Allawaw Aboriginal Corporation, has been undertaking in partnership with headspace Hurstville allowing both services to walk alongside young people on their recovery journey.

Sharlene was joined by CESPHN staff, including Mariam Faraj, who also delivered a speech on behalf of CESPHN. Mariam focused on the growth of the headspace service and their ongoing commitment to promoting a community where mental health is prioritised, destigmatised, and accessible to everyone.

Content provided by Wilhelmina Brown, Mental Health Team Lead, CESPHN.



Members of the public receiving information on services available at headspace Hurstville.

BY MOB, FOR MOB, WITH MOB

***Healthy Mob, Strong Community* plan was launched last month in a beautiful event where staff and community got together to listen and support the local Aboriginal Communities.**

South Eastern Sydney Local Health District (SESLHD) is proud to launch ***Healthy Mob, Strong Community***: SESLHD Aboriginal Health Plan 2024-2026: a vision to improve health outcomes and provide culturally-safe healthcare to Aboriginal and Torres Strait Islander People across South Eastern Sydney.

The Plan has been co-designed with Community voices at its core. For SESLHD, it's essential that Aboriginal people have a say in the healthcare that they receive and that decisions made about Mob are made with Mob.

Healthy Mob, Strong Community puts these words into action and commits the District to six strategic directions.



1 COMMUNITY INFORMED DECISION-MAKING

Improve community connection and engagement.

2 EQUITY AND ACCESS

Improve community connection and engagement.

3 WORKING IN PARTNERSHIP

Integrating care with partner organisations.

4 ABORIGINAL WORKFORCE

Increase Aboriginal workforce across our sites and services, provide opportunities for growth, support Aboriginal people to become leaders in healthcare.

5 CULTURAL SAFETY

Improve community connection and engagement.

6 DATA SOVEREIGNTY AND GOVERNANCE

Ensure Aboriginal people have ownership over their own data.



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“ THIS PLAN WAS DEVELOPED WITH COMMUNITY, FOR COMMUNITY VIA CONSULTATION AND YARNING TO UNDERSTAND WHERE OUR OPPORTUNITIES FOR IMPROVEMENT MAY BE, AS DETERMINED BY LOCAL PEOPLE ACCESSING OUR SERVICES.

Skye Parsons, **SESLHD** Director of Aboriginal Health, says this Plan is an important step in the right direction.

“This Plan was developed with community, for community via consultation and yarning to understand where our opportunities for improvement may be, as determined by local people accessing our services.”

“In a system that for many is full of fear and mistrust, this plan enables all staff to support improving health outcomes for Aboriginal people.”

Healthy Mob, Strong Community is a direct result of community consultation and engagement with SESLHD's newly-established Aboriginal Community Council. The Council, made up of Community members and Elders, advises the District how they can best support Aboriginal and Torres Strait Islander people through its services and strategic direction.

Community have welcomed the dedication of SESLHD's Aboriginal workforce, and the introduction of services such as the Bulbuwil Aboriginal Support Lifestyle Program and look forward to seeing their voices translated into action.

To launch **Healthy Mob, Strong Community**, staff and Community came together on beautiful Bidjigal Country.

Those in attendance had the privilege of hearing from Aunty Barb Simms and Uncle Dean Kelly.

Uncle Dean acknowledged that children are the future, and nothing is more important than their health and prosperity. In that spirit, it was only fitting that the next generation were part of the day's events; the Saltwater dancers of Chifley Public School showcased their culture so proudly.

SESLHD Chief Executive, Tobi Wilson, paid tribute to the wisdom of Uncle Dean and Aunty Barb, and the Aboriginal voices who are at the heart of **Healthy Mob, Strong Community**.

“This plan, and its implementation, will be key in ensuring the local Aboriginal Community and staff feel safe, respected and empowered, and trust SESLHD as a partner on their journey to healing.”

Healthy Mob, Strong Community aligns with the NSW Aboriginal Health Plan 2024-2034, which has recently been released.

Content provided by Matt Hodges, SESLHD Media and Communications Officer.

MEET & GREET KING CHARLES

A surprising chance to meet King Charles and showcase the efforts of local Aboriginal organisations and community members for the community.

On Monday 21 October, Lisa Merrison (Manager, Aboriginal Health and Wellbeing Programs and Suicide Prevention) received a late notice and top-secret invitation to attend an event being held in Redfern.

The event was an opportunity for King Charles to meet representatives from local Aboriginal organisations and community members to learn about the work they are doing to influence positive change in community.

Lisa was included on the Babana guest list, which was a great honour and an acknowledgement of the strong relationship we have through our ongoing work with them.

Lisa reported back that it was quite the experience, from witnessing all the pre-security police checks and the mass media in attendance. Whilst she didn't have the time to go into too much detail about the PHN's work, she did share a quick laugh and joke with the King when she confessed her English (Scouse) heritage, and he congratulated her on the work and partnership with Babana.

***Content provided by Nathalie Hanson,
CESPHN CEO.***



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Vaping



Vapes can harm our health in many ways.
You can quickly become addicted to vaping.

What are vapes?

Vapes (also called e-cigarettes, vape pens and pods) can vary in shape, size and colour, but they all work the same way. Vapes contain a liquid (also known as e-liquid or e-juice) that is heated to become an aerosol, which the person then inhales.

When someone uses a vape, they can inhale over 200 harmful chemicals. Vape labels may be wrong or incomplete. Even when nicotine is not listed as an ingredient on the label many vapes contain high levels of nicotine, which is addictive. Some vapes have been found to contain toxic chemicals that are known to harm health.

Do many young people vape?

While most young people don't vape, the use of vapes is quickly increasing in Australia among all age groups, especially among young people. Recent research in NSW found that 16% of 14-17 year olds had vaped in the last month, and 32% had ever tried a vape. Health experts are worried vaping is becoming more common among young people, which is increasing the risk of nicotine addiction and harm from other chemicals found in vapes.

Key Health messages



Vapes have many chemicals in them that can harm your health, including some that have been linked to cancer, heart disease and lung damage.



Vapes can make you more likely to take up cigarette smoking.



The labels on vapes can be wrong or incomplete.



Using vapes can cause nicotine addiction, breathing problems, nausea. Long term, they may cause other illnesses, we just don't know yet.

Why do people vape?

Young people may start vaping due to:

- Curiosity
- To fit in or look cool
- The taste and flavours
- To quit smoking

Can vaping cause harm?

Yes. Vapes can harm our health in many ways. Most vapes contain nicotine, which is one of the most addictive drugs in the world. When young people use nicotine, it can lead to changes to brain development, memory and attention problems, mood changes and the potential to worsen stress and increase depression and anxiety. Those who vape but don't smoke are also three times more likely to start smoking compared to those who have never vaped. Importantly, as vaping is relatively new, we don't know the long-term health effects.

Vaping effects

- Coughing and breathing problems
- Headaches
- Dizziness
- Sore throat
- Nausea
- Vomiting
- Burns and injury from the vape overheating or exploding
- Nicotine poisoning
- Nicotine addiction (dependence)
- Nicotine withdrawal (anxiety, irritability, low mood, stress when not able to vape)
- Severe lung damage, that can be life-threatening.



Is vaping legal?

It is illegal to sell vapes, and all other tobacco products to anyone under 18 years old. It is also illegal to sell nicotine vapes in retail shops such as convenience stores and tobacconists. Nicotine vapes are only allowed to be sold by pharmacies, if you have a prescription from a doctor and are over 18 years old.

Vaping is not allowed anywhere smoking is banned. This includes in enclosed public spaces such as on public transport and schools, and some outdoor spaces, such as swimming pools and dining areas. If you vape in these spaces, you can be fined up to \$300, given a warning or formal caution.



True or false

It's just water vapour

False. When heated, vape liquids create an aerosol which contains many chemicals like nicotine (the main addictive ingredient in tobacco) and diacetyl (linked to lung disease) and you breathe in these particles when you vape.

I can be sure my vape is nicotine-free

False. Labels on vapes are often incomplete or incorrect. Many vapes that are labelled as nicotine-free were found to contain nicotine when tested.

Vaping nicotine-free vapes is safe

False. Nicotine-free vapes still contain many harmful chemicals that have been linked to lung damage, heart disease and cancer.

Once I'm hooked, I'm hooked forever

False. It's never too late to quit. Nicotine withdrawal symptoms such as cravings are strongest in the first week. For most people, these will fade over 2-4 weeks. Having support to quit from a doctor or Aboriginal Health Worker will increase the chance of successfully quitting.

Vaping can help me feel more relaxed when I'm feeling tense or stressed

False. Although many young people believe that vaping has positive mental health benefits, there is no evidence that vaping improves your mental health. In fact vaping has been associated with mental health problems anxiety and depression.

Where can I get help to quit?



Have a yarn with your doctor or Aboriginal Health Worker.



Call Quitline on **13 7848** – a free and confidential service (you can ask to speak to an Aboriginal counsellor if you wish).



QuitTxt – visit www.quit.org.au/quittxt, they can send you messages to stay on track.



ICanQuit website – visit www.icanquit.com.au to create your own plan. There is also information and tools to help you quit.

Where can I find more information?



More information from the NSW Government on how you can quit smoking

www.health.nsw.gov.au/Aboriginal-smoking



Easy-to-read information for young people about smoking and nicotine addiction.

www.yourroom.health.nsw.gov.au/tobacco



Resources for young people about vapes and vaping.

www.lungfoundation.com.au/lung-health/protecting-your-lungs/e-cigarettes-and-vaping/vaping-and-young-people/

Illustrations designed by GARUWA, a First Nations creative agency. This factsheet was co-designed with Aboriginal young people and developed in consultation with The Matilda Centre for Research in Mental Health and Substance Use.



The Aboriginal flag was designed by Luritja artist Harold Thomas.



The Torres Strait Islander flag was designed by Bernard Namok.



BULBUWIL HEALTHY LIVES



BULBUWIL BUSHTUCKER GARDEN GROWS

In 2023 the Bulbuwil Program held a community yarn up seeking feedback on the programs we run and how we can potentially expand these based on the needs and wants of our community members.

And we have listened. In August we provided some art sessions at HealthOne at The Sutherland Hospital with Balgarra designs. Clients in the programs have painted pots and plant stands for the shared space at HealthOne.

Our dietitian Erica worked with Indigigrow La Perouse, Bunnings and the Sutherland Community nursery to supply the goods and plants for this space. Your advice, guidance and donations are much appreciated, and we thank you all for your support.

We endeavour to incorporate and use our new bushtucker foods in our monthly cooking group.

Bulbuwil is a free healthy-lifestyle program for Aboriginal and Torres Strait Islander people and their families who live in the St George and Sutherland Shire area, who are at risk of or have a chronic health condition.

We run a variety of fun healthy lifestyle groups in the community. Our health team can provide individual tailored advice on minimising the impact of chronic conditions.

You will need a GP clearance for exercise groups. New referrals welcomed.

More information on the program and how to contact [here](#), or check the [Facebook page](#).



TYPE PROGRAM | SESLHD



“IT WAS A VERY GOOD DAY, AND I LEARNT A LOT ABOUT HEALTH PROBLEMS THAT AFFECT MY PEOPLE.

- MATRAVILLE STUDENT



“THANK YOU AGAIN FOR SUCH A GREAT DAY. I REALLY ENJOYED IT AND WOULD LOVE TO BE INVOLVED NEXT YEAR IF POSSIBLE.

- GP PARTICIPATING IN THE DAY

HEALTH AND EDUCATION HEALTH CHECK COLLABORATION

Bulbuwil Healthy Lifestyle Program at **SESLHD** and the Clontarf Foundation join forces to complete 715 health checks for Aboriginal males at Endeavour and Matraville Sports High schools.

Bulbuwil were supported by internal and external programs and services to run the health check day. Some of the collaborations were with mental health, sexual health and oral health along with Brien Holden Foundation, several local GPs and many others, to make the day a success.

“The Clontarf Foundation believes that the continued focus on health and the associated data will greatly improve health outcomes for the young Indigenous men in our Academies. In addition, it allows the Health Providers who collaborate with us to more easily access this very important target group.”

AIM

- To provide access to annual health checks
- Resources for self-management
- Provide a positive connection to health services for Aboriginal and Torres Strait Islander students in SESLHD.

FOCUS

- Wellness, early intervention and prevention
- Enable people to stay well and be equipped to manage periods of ill health
- Improving health outcomes
- Reducing health inequities.

In total 62 young men participated in the health check event at Endeavour Sports High.

Content provided by Karina Crutch, A/Clinical Services Manager, Aboriginal programs.



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LEMON AND HERB ROAST CHICKEN WITH VEGETABLES

Preparation time: 15 mins

Cooking time: 1 hour 30 mins

Serves: 4

Ingredients

- Olive or canola oil spray
- 1 whole chicken
- 2 cloves garlic, crushed
- 2 tablespoons dried mixed herbs
- Freshly ground or cracked black pepper
- 2 lemons
- 4 medium potatoes
- 1/2 pumpkin, cut into chunks
- 4 whole onions, peeled
- 1 tablespoon olive oil

Method

- Preheat the oven to 180°C. Lightly spray a large roasting tray with the oil.
- Pat dry the chicken with paper towel.

- In a small bowl, mix together garlic, mixed herbs and a generous amount of pepper.
- Rub the mix all over the skin of the chicken and inside.
- Pierce the lemons all over with a knife. Put the lemons inside the cavity of the chicken. Place the chicken, breast side up, onto the roasting tray and cook for 45 minutes.
- In a large bowl, mix potato, pumpkin, onions and oil.
- Remove chicken from oven. Carefully turn chicken over to cook breast side down. Add vegetable mix evenly around the chicken.
- Bake for a further 40-45 minutes or until juices run clear when the chicken thigh is pierced with a skewer.
- Remove chicken from oven, cover with foil and set aside to rest for 5-10 minutes before serving.

Recipe provided by

www.diabetesaustralia.com.au



HEALTHY BURGER

Preparation time: 25 mins

Cooking time: 15 mins

Serves: 2

Ingredients

- 200 g lean beef mince
- 1 onion, one quarter finely chopped, the rest thinly sliced
- 1 carrot, grated
- 1 tsp Worcestershire sauce
- 2 tbs breadcrumbs
- to taste pepper, to taste
- spray olive or canola oil spray
- 2 wholemeal or wholegrain rolls
- 2 tbs salt-reduced tomato sauce, optional
- 4 leaves lettuce
- 4 slices canned beetroot slice
- 1 tomato, sliced
- 1/2 avocado, sliced

Method

- In a medium bowl, add the mince, the finely chopped quarter of the onion, half the grated carrot, the Worcestershire sauce, breadcrumbs and a good crack of pepper. Mix, and use hands to shape into two patties about 2 cm thick. Put in the fridge for at least 20 minutes to firm up.
- Meanwhile, heat up a frypan or BBQ and spray with a little oil. Cook the sliced onions on medium heat, stirring often, till golden (at least 5 minutes). Remove onions from the pan.
- Spray the pan with a little more oil and cook the patties on high heat for about 4 minutes each side, until nicely browned and cooked all the way through.
- Slice open the rolls, spread the bottom slice with a small amount of tomato sauce (if using), and stack the lettuce, beetroot, patties, onions, tomato, avocado and leftover carrot on top.

Recipe provided by
www.livelifter.com.au



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BANANA AND BERRY SWIRL FROZEN YOGHURT

Preparation time: 10 mins

Freezing time: 8 hours

Serves: 4

Ingredients

- 800g chopped frozen banana
- 600g fat-reduced natural yoghurt
- 250g raspberries

Method

- Place the banana and half the yoghurt in a food processor and process until smooth. Transfer to a large bowl.
- Place half the raspberries and the remaining yoghurt in a clean food processor and process until smooth. Add to the banana mixture in the bowl. Use a large metal spoon to gently fold the raspberry and banana mixture to marble.
- Pour the yoghurt mixture into a 6-cup (1.5L), 10cm x 20cm (base measurement) loaf pan. Cover with plastic wrap and freeze for 8 hours or overnight until firm.
- Serve frozen yoghurt with the remaining raspberries.

Recipe provided by
www.heartfoundation.org.au



DOUBLE-CHOC RASPBERRY BROWNIE

Preparation time: 20 mins

Cooking time: 35 mins

Serves: 8

Ingredients

- Margarine, light, ¼ cup(s), melted
- Cocoa powder, ½ cup(s)
- Apple puree, 50 g, unsweetened
- Maple syrup (100%), 2 tablespoon(s)
- Vanilla essence, 2 teaspoon(s)
- Eggs, raw, 4 extra large egg(s)
- Almond meal, 1 cup(s)
- Dark chocolate, 100 g, (70% cocoa solids), broken into pieces
- Raspberries, 125 g

Method

- Preheat the oven to 160°C (140°C fan-forced). Line the base and sides of a 20 cm square cake tin with baking paper.
- Place the melted margarine, cocoa powder, apple puree, maple syrup, vanilla and eggs in a large bowl. Using a hand-held electric

mixer, beat on high speed until smooth and well combined. Stir in the almond meal.

- Pour the almond mixture into the prepared tin and smooth the surface. Gently press the chocolate and raspberries into the batter until partially submerged. Bake for 30-35 minutes or until the brownie is set around the edges and just set in the centre. Cool completely in the tin. Cut into 8 even pieces and serve.



You can swap the fresh raspberries for ¾ cup (95 g) frozen raspberries, if desired.

- The cooled brownies can be stored in an airtight container at room temperature for up to 3 days, in the fridge for up to 1 week, or in the freezer up to 3 months. Thaw overnight in the fridge.

Recipe provided by

<https://www.totalwellbeingdiet.com>



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

Useful numbers

PRINCE OF WALES HOSPITAL
02 9382 2022

SYDNEY CHILDREN'S HOSPITAL
02 9382 1111

ROYAL PRINCE ALFRED HOSPITAL
02 9515 6111

ST VINCENT'S HOSPITAL
02 8382 1111

SYDNEY DENTAL HOSPITAL
02 9293 3333

LA PEROUSE HEALTH CENTRE
02 8347 4800

BABANA ABORIGINAL
02 9660 5012

WEAVE YOUTH AND COMMUNITY SERVICES
02 9318 0539

TRIBAL WARRIOR ABORIGINAL CORPORATION
02 9699 3491

GAMARADA
0433 346 645

GURIWAL ABORIGINAL CORPORATION
02 9311 2999

LA PEROUSE LOCAL ABORIGINAL LAND COUNCIL
02 9311 4282

ODYSSEY HOUSE
1800 397 739

LANGTON CENTRE
02 9332 8777

REDFERN ABORIGINAL MEDICAL & DENTAL SERVICE (AMS)
02 9319 5823

REDFERN AMS AFTER HOURS SERVICE
02 8724 6300
(must be registered patient of AMS)

CANCER COUNCIL NSW
13 11 20

QUITLINE (SMOKING)
13 78 48

LIFELINE 24HR HELPLINE
13 11 14

GAMBLING ANON
02 9564 1574

METROPOLITAN LOCAL ABORIGINAL LAND COUNCIL
02 8394 9666

KIDS HELP LINE
1800 55 18 00

MENSLINE AUSTRALIA
1300 78 99 78

13SICK NATIONAL HOME DOCTOR SERVICE
(after hours support)
13 74 75

MENTAL HEALTH LINE
1800 011 511

DOMESTIC VIOLENCE AND SEXUAL ASSAULT HELPLINE
1800 200 526

ST GEORGE HOSPITAL
02 9113 1111

SUTHERLAND HOSPITAL
02 9540 7111

KURRANULLA ABORIGINAL CORPORATION
02 9528 0287

Contact Central and Eastern Sydney PHN

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Australian Government

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CENTRAL AND
EASTERN SYDNEY

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