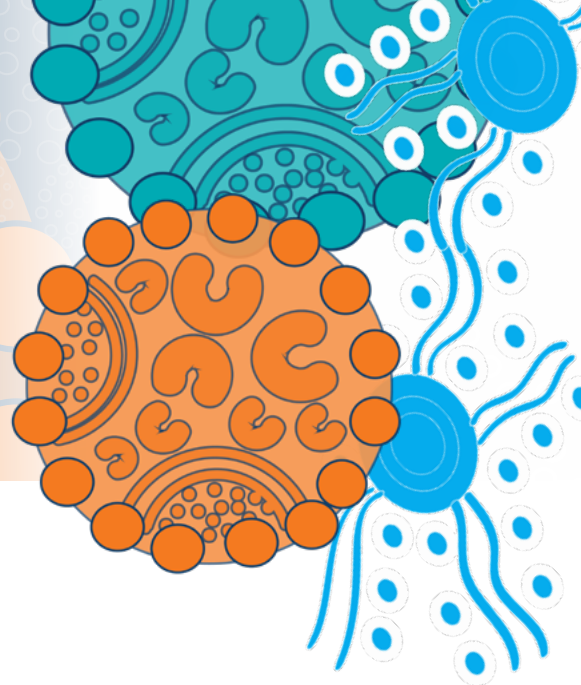


# EORA HEALTH MESSENGER

AUTUMN 2025



## INTRODUCING KEVIN HEATH

NATIONAL  
RECONCILIATION  
WEEK 2025

FREE ABORIGINAL  
ADULT VACCINATION  
CLINIC COMING TO  
JANNALI

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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.

Hello and welcome to the Autumn edition of the **Eora Health Messenger**. I am pleased to be sharing an updated on **CESPHN's** work.



**MARIAM FARAJ**  
General Manager of Clinical Services

## CESPHN Strategic Plan

CESPHN has outlined its vision for healthy and thriving communities in the **Strategic Plan 2025-2027**. CESPHN's purpose is to enable high quality, accessible healthcare following four strategic goals:

- Address community health and wellbeing needs
- Facilitate connected and quality care
- Demonstrate leadership for the Central and Eastern Sydney region
- Achieve organisational excellence

Read the Strategic Plan to understand more about CESPHN's work over the next few years.

Central and Eastern Sydney  
Primary Health Network

## Strategic Plan 2025 - 2027



[Click here to read](#)

## La Perouse GP Clinic

The La Perouse GP Clinic is now open to community. The clinic has been a much anticipated service that is providing comprehensive health care to community members. It is operating from the Community Health Centre building at **1 Elaroo Avenue, La Perouse** on **Wednesdays from 8am – 4pm**.

## PSS program

The *PSS program* is open to referrals for people wanting access to free psychological therapies. The program provides up to 18 free psychological therapy sessions with trained and credentialled mental health professionals.

The *PSS program* also includes *Project54*, an initiative to reduce barriers in accessing psychological support for Aboriginal and Torres Strait Islander peoples. *Project54* provides outreach-based, culturally appropriate, and sensitive support in locations across the region.

Community members can be referred to the program through their GP, Aboriginal Medical Service (AMS), Aboriginal health workers, care coordinators, outreach workers, or managers of Aboriginal Community Controlled Health Services (ACCHS).

Referrals can be made via the [PSS website](#).



[Click here to read the brochure](#)

## Head to Health phone line

The *Head to Health Initial Assessment Intake Line* supports service navigation and access to both *Medicare Mental Health Centres* 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**

24 hrs a day, 7 days a week



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# INTRODUCING KEVIN HEATH

**Kevin Heath, or Kev for those who know me best.**

K’Gari (Fraser Island, Queensland, Australia) amongst the Butchulla people is where I am from, but I now call Sydney’s Eastern Suburbs home. I’m a Project Coordinator for my Local Health District running holistic health programs in schools and the community, specialising in Sexual Health and Blood Borne Viruses, but my true passion is helping the community. I pride myself on the fact that I am able to spread the messages of the charity, *R U OK?*.

*R U OK?* is a suicide prevention charity in Australia, encouraging all of us to notice the signs of mental health struggles within those around us. As a Community Ambassador for the charity and a advisory member of the “*Stronger Together*” campaign, I am proud to have worked all across the country spreading their great message. While I’m run off my feet balancing work, I am dedicated to upholding my cultural teachings. With these teachings I endeavour to pass on my knowledge to others through any interaction I’m involved in.

With all of this, my true love for life comes through my daughters. Kobi (3) and Kaia (1), my two little Boori’s (babies) are the light of my life.



**Content provided by Kevin Heath, Aboriginal Advisory Committee Member.**



# HARMONY WEEK

CELEBRATES HOW ALL  
OF OUR DIFFERENCES  
MAKE AUSTRALIA A  
GREAT PLACE TO LIVE!

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[HARMONY.GOV.AU](http://HARMONY.GOV.AU)

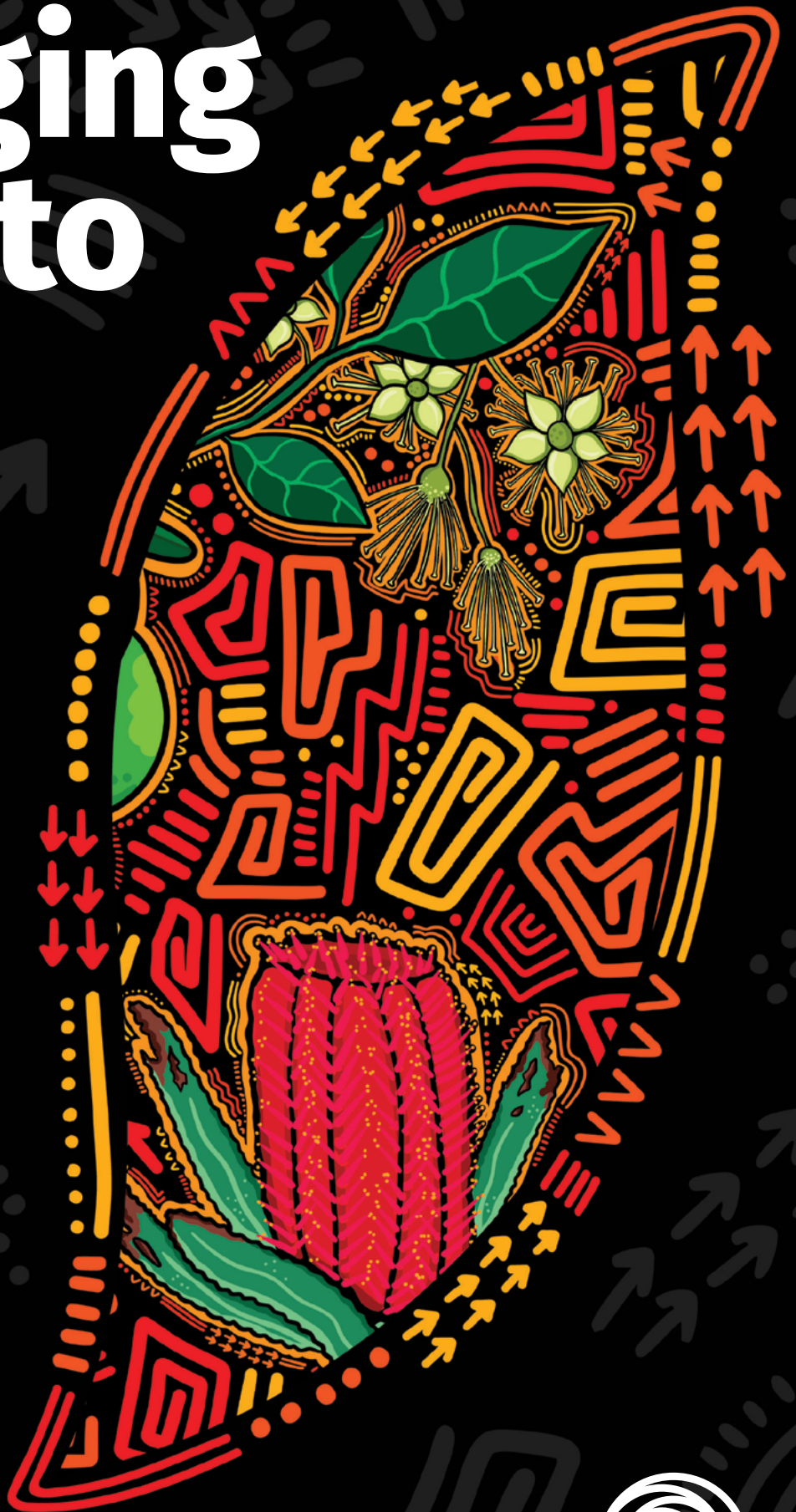


NATIONAL RECONCILIATION WEEK 2025

# Bridging Now to *Next*

27 MAY –  
3 JUNE

#NRW2025



RECONCILIATION.ORG.AU



# NATIONAL RECONCILIATION WEEK 2025

National Reconciliation Week (NRW) is a timely reminder for all Australians to learn about shared histories, culture and achievements and explore how we can contribute to achieving reconciliation in Australia.

**This year's theme is 'Bridging Now to Next'** which reflects the ongoing connection between past, present and future.

The dates for NRW remain the same each year; 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey

- the successful 1967 referendum, and
- the High Court Mabo decision respectively.

Central and Eastern Sydney PHN acknowledges Reconciliation Week by holding events for staff during the week which may include cultural immersion activities, Aboriginal films with discussion groups after the film, and participating in cultural educational talks.

A major activity this year is completing our third Innovate RAP and beginning the process of applying for our first Stretch RAP.

For more information on National Reconciliation Week

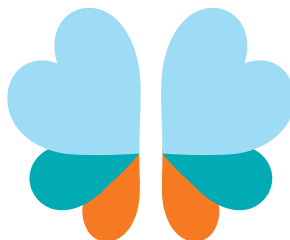
**CLICK HERE**



**Content credited by Reconciliation Australia.**



# Psychological Support Services



## FOR INDIGENOUS MENTAL HEALTH

The ***Psychological Support Service (PSS)*** program is available to all Aboriginal and Torres Strait Islander residents of the Central and Eastern Sydney region.

**PSS offers free, culturally safe mental health and wellbeing care** for those facing mild to moderate mental health challenges. This program provides up to 18 free sessions per individual, allowing clients to choose from a range of mental health professionals, including Aboriginal mental health practitioners, who have completed cultural training through the *Centre of Cultural Competence Australia*, or equivalent.





**Click here  
to read the  
brochure**



Understanding that accessing mental health and wellbeing care can at times be difficult, the program also includes Project 54, an initiative designed to reduce barriers for Aboriginal and Torres Strait Islander peoples. Project 54 offers outreach-based, culturally sensitive psychological and wellbeing support in key locations across the region, including La Perouse, Redfern, and Sutherland LGA. Every mental health professional working within Project 54 has undergone extensive cultural training to ensure that care is delivered with deep respect for cultural identity, traditions, and community values.

By offering flexibility in provider selection and ensuring that all practitioners are culturally competent, the PSS and Project 54 aims to create a safe and welcoming space for those seeking support. Whether individuals need help managing stress, anxiety, depression, or other life challenges, they can access tailored support designed to meet their specific needs.

Mental wellbeing is a key part of our overall health, and the PSS program reflects a commitment to supporting strong, resilience communities. If you or someone you know could benefit from this free service, don't hesitate to reach out. Help is available, and healing is possible.

## For more information

on how to access support, eligibility, and provider options please contact our Mental Health Intake team:



**1300 170 554**



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



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





*Allegra Spender and Group*

# BABANA

## MENTAL HEALTH AND WELLBEING EVENT

**On Friday 21 February the Babana Mental Health and Wellbeing Event** was held at Paddington Uniting Church. The event was their first large scale community event for the year and a change of venue from the usual location on Cockatoo Island. Several staff from CESPHN attended the event along with many other service providers including *Wesley Mission, Wayside Chapel, St Vincent's Hospital, Standby, City Indigenous, Tribal Warrior, Annecto, Service NSW, Services Australia, Department of Human Services, Way Ahead and Reach Out.*

The Honourable Tayna Plibersek, Member for Sydney and Minister for the Environment and Water and Allegra Spender MP, Federal Member for Wentworth attended the event to lend their support and both reinforced the key messages about the importance of these events in raising awareness and creating a safe space to support community to talk about mental health and learn about what help is available to them.

The event was a great success with concurrent workshops being held prior to lunch.



*Allegra Spender and Nathalie*

## Workshop 1

**Title:** Barriers and Opportunities Facing Aboriginal Leaders in Business

**Facilitators:** Blake Allen (CEO, BRC), Joe Tighe (Psychologist)

## Workshop 2:

**Title:** Barriers and Enablers to Accessing Health Services

**Facilitators:** Lisa Merrison (CESPHN), Aunty Bronwyn Penrith

## Workshop 3:

**Title:** Healing and Hope

**Facilitator:** Uncle Colin Wotego OAM

## Workshop 4:

**Title:** Creating Space for Mob in Crisis

**Facilitator:** Aaron Dargin (Wayside)

## Workshop 5:

**Title:** Suicide Prevention and Mental Health in the Aboriginal Community

**Facilitators:** Shaun Hart and Bethany Farley (Wesley Mission)

The event was well attended and our CESPHN staff were kept busy on an information stall, promoting 715 health assessments and access to mental health services.

Mark Spinks also used the event to launch their inaugural annual award for Aboriginal Health and Wellbeing. The award is named in honour of Dr Mick Asher, an inspirational GP who fled Europe whilst it was under Nazi rule and built a new life in Australia. He graduated as a doctor in Sydney in 1968, was a founding GP of AMS Redfern who also founded the first Aboriginal Medical Service in Devonport, South Australia. He was acknowledged in the naming of the award for his significant and positively impactful contributions to the health and wellbeing of Aboriginal people in Sydney. The recipient of this year's award was Lisa Merrison of CESPHN.

If you would like to receive a copy of the workshop report when available, please contact Mark at [success@babana.org.au](mailto:success@babana.org.au)

**Article provided by Lisa Merrison, CESPHN Manager for Aboriginal Health and Wellbeing and Suicide Prevention**



From the top to bottom - Enablers and Barriers to Healthcare Workshop (Top); Stall holder at the event (Middle); Natahalie, Lisa, Dr Mick Asher Tanya Plibersek Jeremy Heathcote (Bottom)



# DEADLY CHOICES

## HEALTH CHECK SHIRTS

**CESPHN maintains a strong focus on improving the health outcomes of Aboriginal and /or Torres Strait Islander community members by providing information and support for access to yearly *715 Health Assessments*.**

***715 Health Assessment* is an annual health assessment** for Aboriginal and Torres Strait Islander peoples which is designed to support the physical, social and emotional wellbeing. This health check is conducted by a GP and is aimed to improve overall health outcomes, wellbeing and increase life expectancy for community by matching primary health care to individual needs.

The *Deadly Choices Program* plays a vital role in supporting the health of Aboriginal communities by offering exciting incentives for completing the *715 Health Assessment*.

Through our partnership with the *Institute of Urban Indigenous Health* who own the *Deadly Choices Program*, we are able to offer access to the initiative of a *Deadly Choices* shirt. Once your health assessment is completed, your GP can fill out a form on our website and a free *Deadly Choices* shirt will be sent out to you.

*Deadly Choices* have released some of their 2025 designs just in time for the 2025 Harvey Norman All Stars game and the kick-off of the NRL 2025 season.

**Content provided by CESPHN Aboriginal Health and Wellbeing team.**



Below are just some of the designs for 2025



**For more information regarding Health Assessments click the link below**

**[Aboriginal and Torres Strait Islander health assessments information](#)**



**Brien Holden  
FOUNDATION**



**HealthOne**  
SUTHERLAND

# **FREE EYE TESTS**



**For Aboriginal and Torres Strait Islander people**

Having trouble reading or watching TV?

Getting headaches or tired eyes?

Have sore or watery eyes?

Due for your yearly eye test?



*Aunty Annette Webb and Gonzalo Jacome*

**Monday 10th February**  
**Monday 7th April**  
**Monday 16th June**

**TO BOOK A SPOT  
GIVE US A CALL  
p: 9540 8181**

**\*Free Glasses  
Available**

**\*Single lens and  
bifocals only**

**HealthOne Sutherland  
126 Kareena Road  
Miranda**

# FREE ABORIGINAL ADULT VACCINATION CLINIC COMING TO JANNALI

**A new Aboriginal health and immunisation clinic has opened at Jannali to provide free vaccinations for Aboriginal adults living in the Sutherland Shire.**

The new clinic located at Kurranulla Aboriginal Community Centre is a partnership between South Eastern Sydney Local Health District's (SESLHD) Public Health Unit and the Kurranulla Aboriginal Corporation.

South Eastern Sydney Local Health District Public Health Unit Director, Dr Vicky Sheppard said vaccination is an important step to help keep mob healthy.

"Vaccines help strengthen immunity, preventing serious illness and infections," Dr Sheppard said.

**“ IF YOU DON'T HAVE A MEDICARE CARD, NO PROBLEM – EVERYONE IS WELCOME. LET'S STAY STRONG, STAY HEALTHY, AND PROTECT OUR MOB AND LOVED ONES.**

"People should stay up to date with their vaccinations each year to help protect themselves from infectious diseases and prevent their spread, which can cause serious health issues."

Kurranulla Community Health Centre Manager, Bernadet Brown said the clinic will welcome all Aboriginal adults, including pregnant women.

"The clinic will offer free vaccinations to protect mob against shingles, COVID-19, pneumonia, and vaccinations for pregnant women to protect both mothers and babies," Ms Brown said.

"The flu vaccine will also be available at the clinic starting in April."

Kurranulla Team Leader of Aged Care Support, Simone Simms said the clinic is a place that will help connect the community.

"All Aboriginal adults are invited to visit the new clinic, enjoy a cuppa, and have a yarn with the staff and nurses. You can also check your vaccination history, see which vaccines you might be due for, and ask any questions you may have," Ms Simms said.

"If you don't have a *Medicare* card, no problem – everyone is welcome. Let's stay strong, stay healthy, and protect our mob and loved ones."



Ms Bernadet Brown and Ms Simone Simms at the Kurranulla Centre in Jannali

**Free childhood vaccinations** (for children aged six months to five years) are also available, however an appointment is required. Please call **1300 244 288** (select option two) to book a time at our local childhood clinics.

**For more information**, call the **Aboriginal Health Support team** at **9382 8333** (select option seven), or **visit our website**.

*Content provided by Matt Hodges (SESLHD Media and Communications Officer)*

## KURRANULLA ABORIGINAL COMMUNITY CENTRE

### Location

15 Jannali Avenue,  
Jannali NSW 2226

### Aboriginal vaccination clinic dates

3 February, 3 March,  
7 April and 5 May 2025

### Clinic times

10:00am to 2:00pm



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# DID YA KNOW?

**The *National Lung Cancer Screening Program* is an Australian Government initiative being implemented in partnership with the *National Aboriginal Community Controlled Health Organisation (NACCHO)*.**

From July 2025, high-risk people aged between 50 and 70 years with a history of cigarette smoking of at least 30 pack-years are able to get a free low-dose CT scan using fixed and mobile screening infrastructure every two years unless a screen detected abnormality is found which may require an interval scan or other follow-up.

The program aims to reduce illness and deaths from lung cancer by encouraging

people at high-risk to participate in targeted routine lung cancer screening.

The program has been designed based on the *Medical Services Advisory Committees (MSAC's)* advice outlined in the Public Summary Document Application No. 1699 – *National Lung Cancer Screening Program*.

## FOR MORE INFORMATION ABOUT THE PROGRAM:

### ■ Visit:

[National Lung Cancer Screening Program | Australian Government Department of Health and Aged Care](#); or

### ■ Contact:

Cancer Australia  
[lungcancerscreening@canceraustralia.gov.au](mailto:lungcancerscreening@canceraustralia.gov.au)

**Information sourced from Australian Government Department of Health and Aged Care website.**



# FIRST NATIONS MENTAL HEALTH AND WELLBEING



**Welcome to the First Nations Mental Health and Wellbeing event!**

**Join us at the Paddington Uniting Church** for a day dedicated to promoting mental health and wellbeing within the First Nations community. This event will feature speakers, workshops, and resources to support mental wellness. Come together with like-minded individuals to learn, share, and grow.

**Let's prioritize our mental health and wellbeing together!**



**21 Friday, 21 March 2025**

**11.00 am - 3.00 pm AEDT**

**Paddington Uniting Church**  
**395 Oxford Street Paddington, NSW 2021**



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# CESPHN

## ABORIGINAL ADVISORY COMMITTEE

**At Central and Eastern Sydney PHN, we are committed to supporting robust, effective, patient-centred, culturally appropriate primary health care for Aboriginal and Torres Strait Islander communities in the central and eastern Sydney region.**

**The Central and Eastern Sydney PHN Aboriginal Advisory Committee** has been established to provide expert, considered advice and strategic direction for CESPHN Aboriginal health and wellbeing programs and services (including the *Reconciliation Action Plan* activities). The Committee brings together subject matter and cultural expertise to provide oversight and advice.

At the end of last year an expression of interest was sent out for members of the community to join the Advisory Committee. We would like to welcome both new and returning members to the CESPHN Aboriginal Advisory Committee for 2025:

■ **Chair:** Shaylee Mathews

■ **Community Representatives:**

- Aunty Barb Keeley Simms
- Uncle Bill Ramage
- Kevin Heath
- Amy-Lea Trindall
- Jeremy Heathcote
- Levii Griffiths

■ Frankie Merritt  
(**Psychologist**)

■ Dr. Jenny Lonergan  
(**General Practitioner**)

■ Ricky Lyons  
(**SLHD Director of Aboriginal Health**)

■ Skye Parsons  
(**SESLHD Director of Aboriginal Health**)

■ Karen Beetson  
(**SCHN Director of Aboriginal Health**)

■ Pauline Deweerd  
(**SVHN Director of Aboriginal Health**)

■ Grantley Crieghton  
(**Director of Aboriginal Health NSW  
Forensic and Mental Health**)

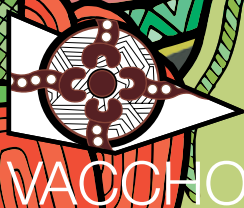
***Content provided by CESPHN Aboriginal Health and Wellbeing Team.***

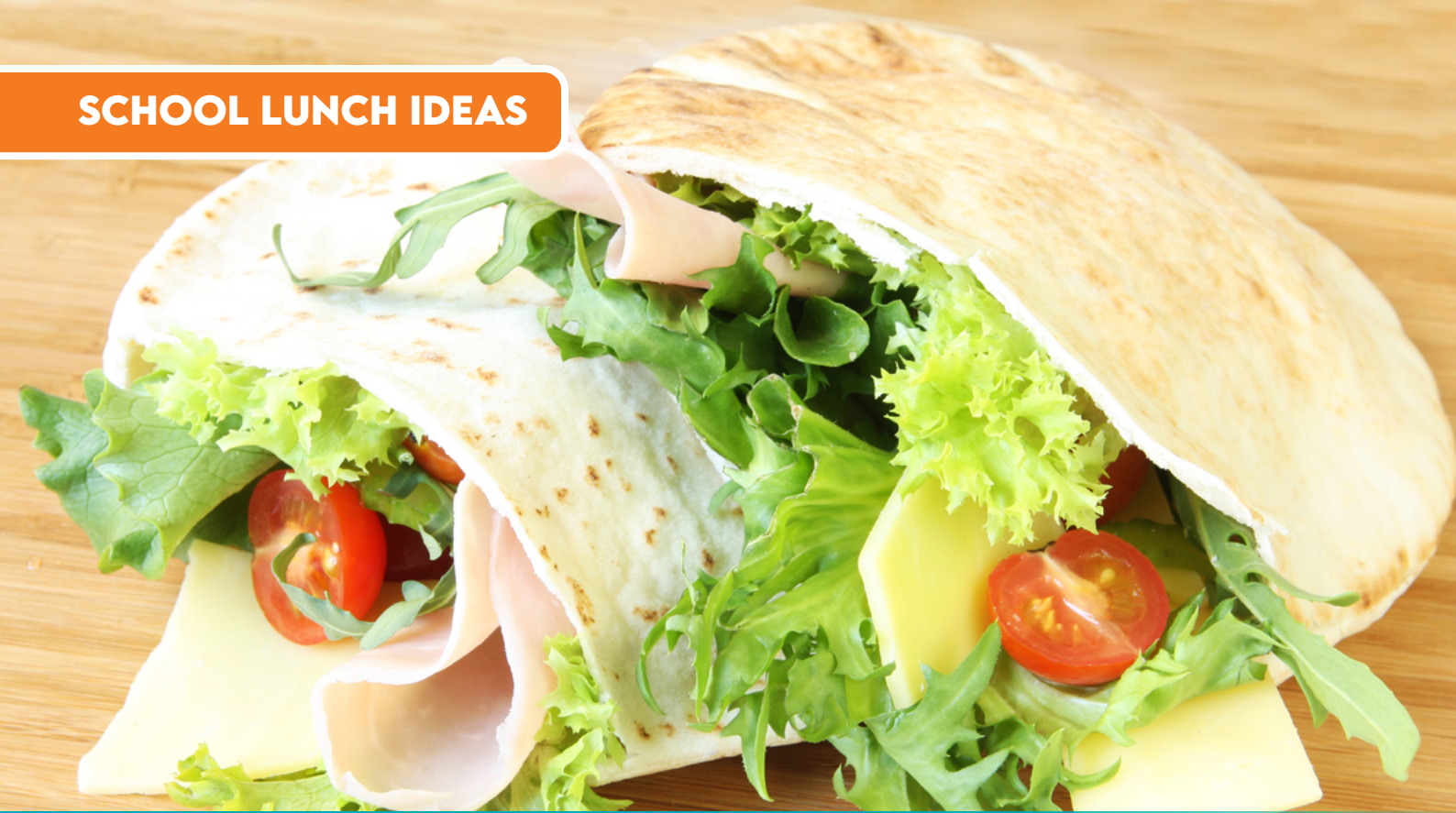
# HEALTHY, DEADLY LUNCH BOXES!

With the school year starting its time to think about healthy lunch options and Nutrition Australia and VACCHO have an amazing information booklet for Mob to make Deadly Healthy Lunches for your young ones it includes healthy menus and tips to save money and much more.

**CLICK HERE FOR  
THE BOOKLET**

Credited to [www.lunchboxweek.org](http://www.lunchboxweek.org) and  
VACCHO Nutrition Team [nutrition@vaccho.org.au](mailto:nutrition@vaccho.org.au)  
and Author Keith Morgan





# HAM & SALAD POCKET

## Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- 1 teaspoon hummus
- 25g lean ham, salt reduced
- 1 cup mixed lettuce leaves
- 2 slices tomato
- ¼ cup reduced fat grated cheese

## Method

- Cut open pita pocket
- Spread hummus inside pita pocket.
- Add ham, lettuce, tomatoes and grated cheese.

**Recipe credited to**  
[www.lunchboxweek.org/](http://www.lunchboxweek.org/)



# MINI QUICHES

## Ingredients

- 12 slices wholemeal bread
- 2 spring onions
- 4 eggs
- 65ml reduced-fat evaporated milk
- ¼ cup reduced-fat grated cheese

## Method

- Preheat oven to 180°C and line a mini muffin tray with patty cases.
- Remove crusts from bread and flatten slices with a rolling pin. Press bread into bottom of patty cases.
- Finely chop spring onions.
- Whisk eggs and milk in a jug. Pour egg mixture evenly amongst the bread cases.
- Sprinkle spring onions evenly over quiches and top with a sprinkle of cheese.
- Bake for approximately 15 minutes.

**Recipe credited to**  
[www.lunchboxweek.org/](http://www.lunchboxweek.org/)



# CHOC BALLS

## Ingredients

- 2 cups pitted dates
- 2 cups rolled oats
- 2 cups rice puff cereal
- ⅓ cup cocoa
- ¼ cup honey
- 2 tablespoons monounsaturated margarine
- 1 teaspoon ground cinnamon
- ½ cup desiccated coconut - for rolling
- Water - as needed

## Method

- Roughly chop dates and add to food processor. Pulse dates until they are finely chopped. Add a sprinkle of warm water to soften dates if needed.
- Place remaining ingredients into the food processor, blend until well combined.
- Pour coconut into a shallow bowl. Using clean wet hands roll teaspoons of the mixture into ball shapes.
- Toss in desiccated coconut and serve in a mini patty case.

**Recipe credited to**  
[www.lunchboxweek.org/](http://www.lunchboxweek.org/)

# Useful numbers

**PRINCE OF WALES HOSPITAL**  
02 9382 2022

**SYDNEY CHILDREN'S HOSPITAL**  
02 9382 1111

**ROYAL PRINCE ALFRED HOSPITAL**  
02 9515 6111

**ST VINCENT'S HOSPITAL**  
02 8382 1111

**SYDNEY DENTAL HOSPITAL**  
02 9293 3333

**LA PEROUSE HEALTH CENTRE**  
02 8347 4800

**BABANA ABORIGINAL**  
02 9660 5012

**WEAVE YOUTH AND COMMUNITY SERVICES**  
02 9318 0539

**TRIBAL WARRIOR ABORIGINAL CORPORATION**  
02 9699 3491

**GAMARADA**  
0433 346 645

**GURIWAL ABORIGINAL CORPORATION**  
02 9311 2999

**LA PEROUSE LOCAL ABORIGINAL LAND COUNCIL**  
02 9311 4282

**ODYSSEY HOUSE**  
1800 397 739

**LANGTON CENTRE**  
02 9332 8777

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

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

**CANCER COUNCIL NSW**  
13 11 20

**QUITLINE (SMOKING)**  
13 78 48

**LIFELINE 24HR HELPLINE**  
13 11 14

**GAMBLING ANON**  
02 9564 1574

**METROPOLITAN LOCAL ABORIGINAL LAND COUNCIL**  
02 8394 9666

**KIDS HELP LINE**  
1800 55 18 00

**MENSLINE AUSTRALIA**  
1300 78 99 78

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

**MENTAL HEALTH LINE**  
1800 011 511

**DOMESTIC VIOLENCE AND SEXUAL ASSAULT HELPLINE**  
1800 200 526

**ST GEORGE HOSPITAL**  
02 9113 1111

**SUTHERLAND HOSPITAL**  
02 9540 7111

**KURRANULLA ABORIGINAL CORPORATION**  
02 9528 0287

## Contact Central and Eastern Sydney PHN

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

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

**Ph:** 1300 986 991

**Fax:** 1300 110 917

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

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

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



**Australian Government**

**phn**  
CENTRAL AND  
EASTERN SYDNEY

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