

EORA HEALTH MESSENGER

WINTER 2025



INTRODUCING TAYLOR BEAUMONT

RE-OPENING OF THE SAFE HAVEN AT THE CHILDREN'S HOSPITAL

BULBUWIL ABORIGINAL HEALTHY PROGRAM

IN THIS ISSUE

Introducing
Dr Jenny
Lonergan

PAGE 4

Empowering
Aboriginal and Torres
Strait Islander women

PAGE 16

WellMob:
A digital path
to wellbeing

PAGE 26

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.



Canterbury Medicare Mental Health Centre

On Wednesday 12 March the Hon Emma McBride, Federal Assistant Minister for Mental Health and Suicide Prevention, announced that the federal government will invest a further \$8.3 million over 3 years into the *Canterbury Medicare Mental Health Centre* with further funding provided by the NSW government. This will see the current site expanded into a centre that will increase its capacity to support the community.



My Health Record

My Health Record is a secure online summary of key patient health information. Healthcare providers can access the system to view and add information. Health professionals can interact with the *My Health Record* system via their software or the National Provider Portal.

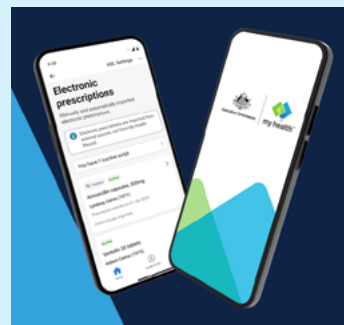
For more information visit the [CESPHN website](#).

More information on [CESPHN - Aboriginal Health](#)

My Health App

My Health is a **secure, convenient** way to access *My Health Record* which allows consumers to view key health information that they, their healthcare providers or representatives have uploaded to *My Health Record*.

For more information visit the [CESPHN website](#).



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 refer to the most appropriate service(s) in our region.

- **Head to Health - 1800 595 212**
24 hrs a day, 7 days a week

La Perouse GP Clinic

The **La Perouse Aboriginal community** now has its own GP service operating from the La Perouse Community Health Centre. Gamay Health is a new service being managed and operated by the La Perouse Local Aboriginal Land Council with PNH funding.

Dr Jennifer Lonergan is providing GP services at Gamay Health. The service will be offering annual health assessments for patients and comprehensive health care services along with routine consultations.

The clinic is operating from the Community Health Centre building at

1 Elaroo Avenue, La Perouse on
Wednesdays from 8am – 4pm.





INTRODUCING DR JENNY LONERGAN

I started working as a GP in the Aboriginal community in 2003 during my GP training at AMS Redfern.

I loved working there and after I was given a purple boomerang by my colleagues at the end of the term, I really had no choice but to return – and I stayed for almost 10 years!

During some of that time, I was lucky enough to be allocated as the GP attending the La Perouse outreach GP clinic once a week and met much of the community over the 3-4 years, including many elders living long and healthy lives. Driving past the cemetery and into La Pa always gave me a sense of peace, like I was leaving the city behind and entering a special place. I still get that feeling today.

It's been a long-term career goal of mine to come back to La Perouse and so it's been fantastic to work with the La Perouse Aboriginal

Land Council team and CESP HN in the set-up of the Gamay Health clinic which has recently opened on Wednesdays. It's been 10 years since I was there last!

My other job – and where I have been working the past 10 years – is in Erskineville where I co-own Erskineville Doctors with Dr Annabel Kain. Our Practice Manager Meg Parker has also been instrumental in helping advise and set up the Gamay clinic. My favourite thing to do as a GP is to help someone stop smoking – that's an average of 10 years more time alive right there.

Outside of work I am a proud mum to two beautiful kids, both born during my time at AMS Redfern and now teenagers. I am also part of the CESP HN Aboriginal Advisory Council.

Article provided by Dr Jenny Lonergan, GP at Erskineville Doctors



Have a yarn with friends and family



Make time for yourself by reading or journaling



Learn a new hobby and have the courage to be imperfect while you're getting the hang of it



Close your eyes and focus on your breath



Connect with the land by spending time outside in nature



Get active by going for a walk or kicking the footy around outside

Deadly Tips to Stress Less



Reach out to Elders for advice



Listen to your favourite music



Get involved in your Community activities that make you proud of who you are and where you're from



Watch funny videos and share them with your friends



Share stories with your friends and family



Aboriginal
Health & Medical
Research Council
of NSW

INTRODUCING TAYLOR BEAUMONT



My name is Taylor Beaumont.

I'm a proud Wiradjuri woman and I work as an Aboriginal-Identified Transition Worker with Community Restorative Centre's Alcohol and Other Drugs (AOD) program.

I was born in Camperdown and raised across Western Sydney, in communities that many of our clients know well. Before joining CRC, I spent six years as a nurse in private mental health care on an addictions unit, working with people through some of their toughest moments. Alongside nursing, I have experience in art, photography and cultural consultancy, using creative expression and cultural knowledge to promote healing and connection in the mental health field.

Supporting people almost feels like part of my DNA. I come from a family of health and welfare professionals such as nurses, psychologists, and first responders whose dedication to caring for people has inspired me every step of the way.

My maternal family's legacy in healthcare stands alongside my father's remarkable journey. His mother, my nan, Carol Smith, was born on Nanimia Mission near Wellington, and after her early passing, dad became a ward of the state at a young age. Born on The Block in Redfern,

he worked through a difficult start in life to become the incredible leader and mentor he is today in our community. He's spent the past 20 years in Indigenous leadership and engagement roles, and I often meet mob out and about who recognise our name and tell me how much he's impacted their lives.

At CRC, I've found an organisation that genuinely embodies its values by prioritising lived experience not just in principle, but in practice. By embracing staff with real-world insight, CRC creates a culture of care grounded in empathy, respect and authenticity. This is what drives meaningful outcomes: people supporting people, walking alongside clients wherever they are in their journey. Whether witnessing someone celebrate six months of not using a substance, or seeing a client confidently use strategies they've learned in our sessions, these moments remind me why this work chose me.

When I'm not at CRC, you'll find me making loud noises into a microphone or throwing myself at the pavement for the love of skateboarding. I never thought I'd care so much about concrete, but here we are. Creative chaos keeps me grounded and reminds me to have fun while I'm at it.

Article provided by Taylor Beaumont, CRC Aboriginal-Identified Transition Worker



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Deadly Choices

IT'S TIME
TO QUIT



Deadly Choices









WHAT YOU THINK HAPPENS WHEN YOU STOP SMOKING

 Cough less



WHAT ACTUALLY HAPPENS

-  Heart rate and blood pressure stabilise
-  Sense of taste & smell improve
-  Immune system strengthens
-  You feel fitter and healthier
-  Your blood flow improves
-  You're less at risk from serious disease



THE NEXT GENERATION: STRENGTH, VISION & LEGACY

6-13 JULY 2025

01
JULY

**Aboriginal cultural talks:
Sky, Land & Waters**

11.00 am – 1.30 pm

184 Glebe Point Road, Glebe NSW

04
JULY

**NAIDOC Week 2025
Yarn with Red Dust**

11.00 am – 1.30 pm

Online



05
JULY

NAIDOC Family Fun Day

10.00 am – 3.00 pm

Paul Keating Park, Bankstown

National Indigenous Fair

10.00 am – 4.00 pm

Circular Quay, The Rocks NSW 2000

06
JULY

**National
Indigenous Fair**

10.00 am – 4.00 pm

Circular Quay, The Rocks NSW 2000

08
JULY

**Aboriginal cultural talks:
Sky, Land & Waters**

11.00 am – 1.30 pm

184 Glebe Point Road, Glebe NSW

09
JULY

AbSec's 2025 NAIDOC Family Fun Day

10.00 am – 2.00 pm

PCYC Marrickville

531 Illawarra Rd, Marrickville NSW

**3Bridges NAIDOC
Community**

10.00 am – 3.00 pm

Carss Park Flats

10
JULY

Kurranulla NAIDOC 2025

10.00 am

Gunnamatta Park, Cronulla

EORA NAIDOC Inner City Family Fun Day

10.00 am – 3.00 pm

Carriageworks – 245 Wilson St, Eveleigh NSW 2015

12
JULY

**2025 NAIDOC Deadly Little
Ballers Basketball Clinic**

1.00 pm – 5.00 pm

7 Hugo Street, Redfern NSW 2016

15
JULY

**Aboriginal cultural talks:
Sky, Land & Waters**

11.00 am – 1.30 pm

184 Glebe Point Road, Glebe NSW





THE GIFT BOX:

GROUP SUPPORT FOR PEOPLE LIVING WITH MENTAL ILLNESS

The PICS program is now offering a group support pathway teaching resilience and emotional regulation skills.

Primary Integrated Care Supports (PICS) provides support to people who are living with severe and persistent mental illness in the central and eastern Sydney area. A new group has recently been introduced within PICS as a support pathway, specifically focused on teaching resilience and emotional regulation skills.

There has been a noticeable decline in community-based services that are accessible, timely, and affordable or free for clients who have a history of trauma and experience emotional dysregulation that can be, at times, significant, harmful, and risky.

In response to the lack of timely psychological interventions addressing trauma and enduring mental health conditions, One Door Mental Health has added a group support stream within the PICS program.

Titled *'The Gift Box'*, this pathway is a 16-week group program that supports participants to develop the skills to express themselves through emotional regulation, identifying unhelpful patterns, and recognising and articulating thoughts and feelings. The group utilises Open Dialogue and a narrative and strengths-based approach, teaching core skills such as mindfulness, mood mapping, and identifying supports.

The Gift Box acknowledges that feelings are important and a guide for what people are experiencing. It encourages the focus it takes to notice unhelpful cycles and begin to change thoughts and actions so feelings can also change and become victorious cycles.

To refer into this group program, please make a referral [**HERE**](#)



Article provided by Jennifer Aboki, CESP HN Mental Health Program Officer, on behalf of One Door.



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2025

FIRST NATIONS COMMUNITY DAY

PLEASE JOIN US FOR OUR INDIGENOUS COMMUNITY DAY
AND GET YOUR ANNUAL 715 HEALTH ASSESSMENT!

SHARKS STADIUM
461 CAPTAIN COOK DRIVE, WOOLLOOWARE

FRIDAY AUGUST 15, 2025
10AM-1PM



Deadly Choices

2025

FIRST NATIONS COMMUNITY DAY

We're proud to invite you to the **2nd Annual Deadly Choices x Cronulla Sharks – First Nations Community Day** – a celebration for mob, focused on culture, community, and good health.

Join us for a deadly day featuring:

- A live look at the Cronulla Sharks NRL Captain's Run
- Meet and yarn with Deadly Choices ambassadors
- Get your FREE 715 Health Check – the most important part of the day
- Community stalls, entertainment, and plenty of fun for everyone

Date: **15 of August, 2025**

Time: **10.00 am – 1.00 pm**

Location: **Sharks Stadium**

461 Captain Cook Drive, Woollooware, NSW, 2230

Please click here to RSVP



**It's all about looking after our health, connecting with culture,
and coming together as a community.**

We'd love to see you there!



Deadly Choices

RE-OPENING OF THE SAFE HAVEN AT SYDNEY CHILDREN'S HOSPITAL

Safe Haven is an alternative to emergency departments for young people experiencing distress or suicidal thoughts.

Safe Haven, located within Sydney Children's Hospital, Randwick, is an alternative to emergency departments for young people, aged 16 and under, experiencing distress or suicidal thoughts. *Safe Haven* is a peer-led service that aims to provide compassionate, personal-centred and trauma-informed care and support. The *Safe Haven* team includes Peer Workers, who have lived experience of suicide, and Mental Health clinicians. Young people can access **Safe Haven without a referral or appointment**.

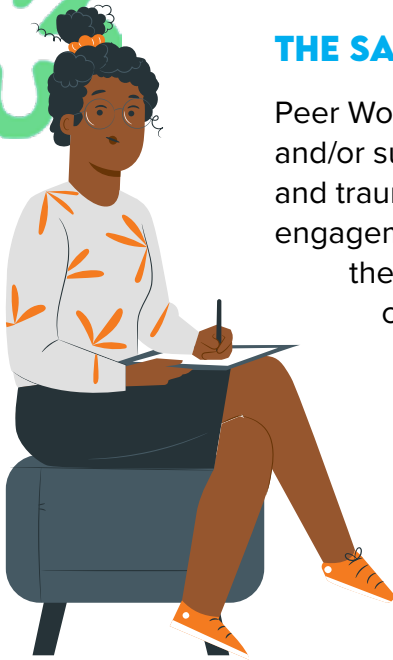
When young people enter *Safe Haven*, **a menu of services is offered**. This menu aligns with person-led principles, giving young people choice and autonomy about how they want to spend their time in *Safe Haven*. This collaborative process also gives the *Safe Haven* Peer Workers an indication of how they can best provide support to the young person during their visit.





THE SAFE HAVEN WORKFORCE

Peer Workers use their lived experience of mental health and/or suicidality and recovery, to offer authentic, non-clinical, and trauma-informed support through purposeful storytelling, empathetic engagement, and recovery-oriented practices. This work complements the step-up/step-down model by helping young people access clinical services if required or connecting with community-based services for ongoing support. The *Safe Haven* Clinicians offer clinical expertise alongside evidence-based therapeutic frameworks and interventions. This integrated model ensures young people can access both peer-led and clinical support during their visit to *Safe Haven*.



SAFE HAVEN SPACE DESIGN

The space was co-designed with young people and is set up to look casual and non-clinical, with couches, artworks, board games, puzzles and a sensory room. The sensory room is a quiet space that is equipped with a rocking chair, bean bags, tactile toys, interactive lighting, and noise cancelling headphones. These features aim to assist young people self-regulate, feel safe and stay grounded. *Safe Haven* also includes a poster wall which displays “About me” posters for each staff member with things they do to stay well. Young people are invited to participate in safety planning, using the interactive safety planning board. In collaboration with the Peer Workers, young people can use this board to explore various strategies and ideas to keep them safe.

Article provided by Tanaya Narbey, Manager Mental Health Service Reform and Design and Emily Carpenter, Safe Haven Team Leader at Sydney Children’s Hospital.

CONTACT SAFE HAVEN

LOCATION:

C1East, Sydney Children’s Hospital, Randwick

HOURS OF OPERATION:

Monday-Friday

PHONE NUMBER:

0439 387 939

EMAIL:

SCHN-SCH-MHSafeHaven@health.nsw.gov.au



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COMMUNITY, CULTURE AND CONNECTION: EMPOWERING ABORIGINAL AND TORRES STRAIT ISLANDER WOMEN IN REDFERN

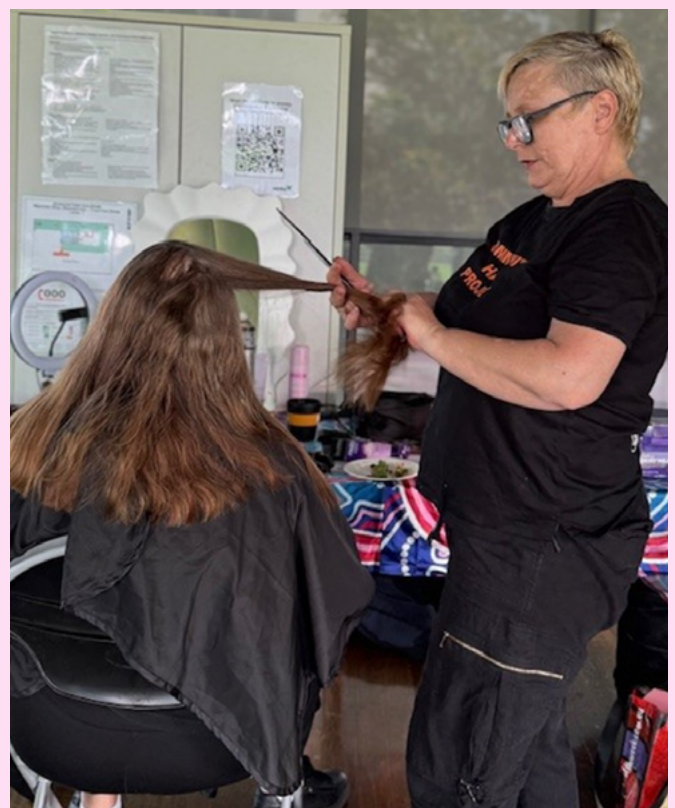
On 26 March 2025, Redfern Park once again became a hub of community health, culture and connection as local Aboriginal and Torres Strait Islander women gathered for a cancer screening event. After the success of last year's program, services returned to offer free, accessible health checks as part of a wider three-week health initiative in the Redfern area, designed to make screenings more accessible, more welcoming, and more community driven.

Breast cancer is still the most common cancer affecting Aboriginal and Torres Strait Islander women - sadly, screening rates are much lower compared to non-Aboriginal women. That means many women are diagnosed later, when cancer is harder to treat. This event was all about changing that story, making it easier for women to get checked and stay on top of their health.

There was plenty on offer throughout the day, including:

- **Free mammograms** at the BreastScreen NSW Mobile Van
- **Health consultations and cervical screenings** at the SLHD Mobile Health Clinic, with the nurse from the Leichhardt Women's Community Health Centre supporting women through self-collected cervical screening tests
- **Health advice and resources** from the Sydney Local Health District (SLHD) Priority Populations Programs team (plus all the delicious refreshments)

- **Free haircuts and styling** thanks to Community Hair Project
- **A weaving workshop run by EORA TAFE**, adding a beautiful cultural activity to the day
- **Gift bags and designer accessories** kindly donated by 'Thread Together'





“ WE NEED MORE DAYS LIKE THIS FOCUSED ON WOMEN’S HEALTH.”

The event featured a Welcome to Country, reminding everyone of the cultural connection that underpinned the day. It was more than just health checks - it was a chance to come together, share stories, and make space for women to look after themselves.

And it really worked. Across the three-week Redfern visit, 34 Aboriginal women received breast screens. On the event day itself, 10 health consultations and 6 self-collected cervical screening tests were completed. A fantastic result!

But beyond the numbers, it was the atmosphere that made it special. Women shared how much they appreciated having everything in one place - no need to book ahead, just friendly faces and real support.

Here’s what some of the women had to say:

“Such a positive day. As a grandmother, life gets busy and it’s hard to stay on top of health appointments. This was so convenient and made it so much easier.”

“I had never had a breast screen before and didn’t know what to expect. I’m so glad I came today.”

“We need more days like this focused on women’s health.”

Beyond the screenings, the day also helped build stronger ties between local health services and Aboriginal organisations - a vital part of creating lasting, trusted support networks.

The Redfern Aboriginal and Torres Strait Islander Women’s Cancer Screening Event showed just how powerful culturally safe, community-driven healthcare can be. By working together and meeting women where they are, we can make a real difference - closing the health gap and building a stronger, healthier future for Aboriginal and Torres Strait Islander women.

BreastScreen NSW SLHD would like to thank SLHD Priority Populations Program for funding the event and acknowledge the contribution of AMS Redfern, SLHD Cancer Services and Palliative Care, Leichhardt Women’s Community Health Centre, Eora Tafe, Community Hair Project and Thread Together.



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“ SUCH A POSITIVE DAY. AS A GRANDMOTHER, LIFE GETS BUSY AND IT’S HARD TO STAY ON TOP OF HEALTH APPOINTMENTS. THIS WAS SO CONVENIENT AND MADE IT SO MUCH EASIER.

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 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 Sydney Local Health District.

Talking about diabetes

video series

A series of short videos, developed in response to 10 years of Aboriginal and Torres Strait Islander program participants feedback.

Designed to support the delivery of basic diabetes education by Aboriginal and Torres Strait Islander health workforce, to community living with or at risk of diabetes.

Videos covers:

- **Before Time** considerations
- **How the Body Works without Diabetes**
- **Types of diabetes:** Type 1, Type 2 and Gestational diabetes
- **Diabetes Symptoms**
- **Preventing and Reducing Diabetes Complications**
- **Diabetes Management:**
 - » healthy eating and staying active
 - » medications and blood glucose level monitoring
 - » social and emotional health and wellbeing

Learn more

Scan the QR code or visit ndss.com.au/talking-about-diabetes to find out more and see the videos.



Acknowledgment

Diabetes Australia acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Owners and Custodians of this Country. We recognise their connection to land, waters, winds and culture. We pay the upmost respect to them, their cultures and to their Elders, past and present. We are committed to improving health outcomes for all Aboriginal and Torres Strait Islander people affected by diabetes and those at risk.



TRIBAL  WARRIOR

MEN'S & WOMEN'S WALKING GROUP

“Just a quick update on how our men’s and women’s groups have been going – and it’s been really good to see! Our walking men’s group runs every **Friday at 9.30 am** and is open to all.

Lately, we’ve had more blokes turning up, enjoying each other’s company, having a yarn, and creating a space where everyone feels safe to open up and just be themselves. It’s been solid.



**TOGETHER,
IMPROVING
MENTAL
HEALTH AND
WELLBEING**

Culture

Health & Wellbeing

Supportive Environment

10am - 12pm

Commencing every
Friday

MENS WALKING GROUP

CONTACT

Phone: 02 9699 3491

Email: hello@tribalwarrior.org

27 Cope Street Redfern, NSW

www.tribalwarrior.org



MEN'S & WOMEN'S WALKING GROUP



The women's group also runs every **Friday at 9.30 am** (time might shift a little depending on the week), and they've kicked off some CrossFit training sessions that have been a massive hit. The turnout's been awesome, and the energy has been even better. Anyone is welcome to get involved – it's a supportive space where everyone's encouraged to give it a go, lift each other up, and just have fun with it."

FROM HELPING YOU LOSE WEIGHT AND REDUCING YOUR RISK OF CHRONIC DISEASES TO IMPROVING OVERALL WELLBEING ... THE BENEFITS OF WALKING HAVE MANY PERKS.

CSWP Women's Walking Group

**WEDNESDAYS AND FRIDAYS
MEET AT 27 COPE STREET
10AM**

ENQUIRE TODAY!

REBECCA.HILL@TRIBALWARRIOR.ORG



Article provided by Josh Togo, Tribal Warrior Coordinator.

BULBUWIL SUPPORTS HEALTH AND WELLBEING

Bulbuwil Aboriginal healthy lifestyle program at SESLHD and Kurranulla Aboriginal Corporation partner annually to support Aboriginal men in the Sutherland and St George regions to come together and complete health screening.



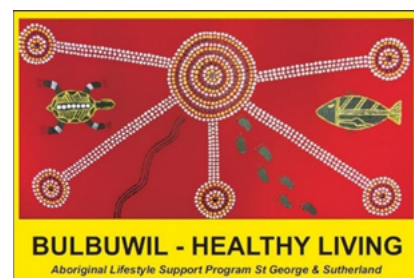
We were able to host a male optometrist this year to complete eye checks. The *Bulbuwil* dietitian supported the men to cook a healthy lunch. The Bulbuwil nurse was on hand to have a yarn on diabetes and other health conditions, along with checking blood pressure and blood sugar levels.

This year we also saw participants referred to another internal program that will better support them to access health services and to look after their health needs.

Overall, 8 men participated. It's a great day allowing the men time to yarn with any health concerns with our staff.

Bulbuwil partnered with Kurranulla Aboriginal corporation to support The Eora Elders Olympics.

The Eora Elders Olympics consists of 5 Aboriginal





organisations in South Eastern Sydney delivering aged care and disability services to their communities (Wyanga Aboriginal Aged Care Program Inc., Guriwal Aboriginal Corporation, Kurrunulla Aboriginal Corporation, Aboriginal Medical Service, Kinchela boys home Aboriginal Corporation).

The *Bulbuwil* team supported health checks for participants with Vitalis family medical practice in Kirrawee prior to the event, and then also facilitated health screening of blood pressures and blood sugars at the event.

The Elder's Olympics is a special event for the community and contributing

partners and Aboriginal Elders take great pride in participating and contributing to community events such as this.

The Eora Elders Olympics is included in each Aboriginal organisation's service provision calendar promoting healthy lifestyle changes and promoting social interaction, wellness and reablement. The outcome from this event increases the Elders' knowledge of their own health and wellbeing encouraging and assisting future healthy choices.

We are very proud of the Elders who participated and thank all staff and volunteers for such an amazing event.



Article provided by Karina Crutch, A/Clinical services manager, Integrated Care Unit, Aboriginal programs SESLHD.



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SESLHD - INTEGRATED CARE - ABORIGINAL PROGRAMS



BULBUWIL- ABORIGINAL HEALTHY LIFESTYLE PROGRAM

Bulbuwil is a free healthy-lifestyle program for Aboriginal and Torres Strait Islander people and their families who are at risk of or have a chronic health condition.

We run a variety of fun healthy lifestyle groups in the community for those aged 15yrs and over in the Sutherland and St George regions. Our health team can provide individual tailored advice on minimising the impact of chronic conditions.

The team consists of Aboriginal Health Worker, Registered Nurse, Dietitian and an Exercise Physiologist.

Some of the groups and services the teams offer; Walking group, Water-based activities, at your own pace fitness (Gym), Healthy cooking class, Dietetic advice, Physical activity advice, Diabetes education, Healthy lifestyle advice and Quit smoking program

A GP clearance is required for exercise groups.

More information can be found [HERE](#).

Please contact us for a GP clearance consent form and/or referral form.

SEAHC- CHRONIC DISEASE PROGRAM



SEAHC is a Central and Eastern Sydney Primary Health Network (CESPHN) funded program that supports Aboriginal and/or Torres Strait Islander people living with a chronic health condition in the South Eastern Sydney Local Health District.

The team consists of care coordinators and Aboriginal outreach workers providing holistic, client-centred and culturally appropriate health care, to supporting Aboriginal and Torres Strait Islander clients to self-manage their health needs.

More information and referral form can be found [HERE](#).

ABORIGINAL SUPPORTIVE AND COMMUNITY CARE



Aboriginal Supportive & Community Care supports Aboriginal and/or Torres Strait Islander people living with life-limiting illnesses in the South Eastern Sydney Local Health District.

The team consists of an Aboriginal Health Practitioner with support from the SESLHD Palliative care team.

The program provides supportive care to patients and their families who are facing life-limiting illnesses and offers an extra layer of support and care which is provided alongside clinical management and treatment plans.

More information and how to refer can be found [HERE](#).

South Eastern Sydney Local Health District



FREE **Hearing checks!**

Stay proactive about your health with our health screening services.

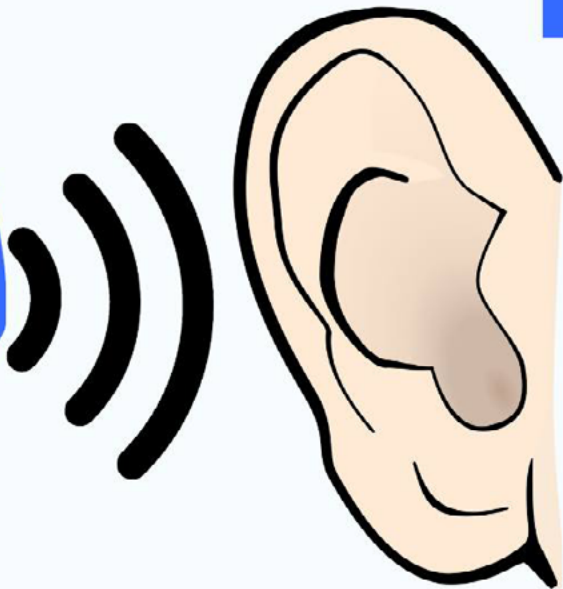
Hearing clinics open to
Aboriginal & Torres Strait Islander peoples
Those aged 26- 80yrs

We can see anyone who

Has hearing
difficulties

Hasn't had a
hearing check
in the last 12
months

Is currently wearing
hearing aids
provided by another
provider



Tuesday 20th May 2025

Tuesday 10th June 2025

10am-3pm

HealthOne

126 Kareena rd, Caringbah

Please call **9540 8175 to book your spot!**



WELLMOB: A DIGITAL GATEWAY TO CULTURAL WELLBEING FOR OUR MOB




In today's fast-paced world, maintaining our mental health and emotional wellbeing is more important than ever. For Aboriginal and Torres Strait Islander communities, wellbeing encompasses not just the mind and body but also our connections to culture, community, and Country. Recognizing this holistic approach, *WellMob* serves as a vital online resource, bringing culturally relevant tools to support our social, emotional, and cultural wellbeing.

WHAT IS WELLMOB?


WellMob is a free, user-friendly website designed specifically for Aboriginal and Torres Strait Islander peoples. It offers a curated collection of digital resources, including videos, podcasts, apps, and websites, that promote mental health and wellbeing. These resources are grounded in our cultural values and practices, ensuring they resonate with our unique experiences and perspectives.


The inspiration for *WellMob* came from our own health workers and community members who identified the need to access culturally appropriate wellbeing resources from all across the internet, in one central place. Developed in collaboration with Aboriginal and Torres Strait Islander health and community workers from across the country, *WellMob* stands as a testament to community-driven innovation in health support.




WellMob
Healing Our Way


Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people

 **GET HELP**
Find immediate help here









Each 6 main topic tile categories are rich with culturally relevant online resources so that in just three clicks, you can easily access resources that support you in maintaining mental health, healing, building resilience, or strengthening your connection to culture and community. It's all about making it simple and quick to find the help and support you need.

SUPPORTING COMMUNITIES

WellMob isn't just for individuals; it's also a valuable tool for health workers, educators, and community leaders. The platform offers training materials to enhance cultural competency and provides resources to support others effectively. By integrating *WellMob* into community programs and services, we can collectively strengthen our approach to health and wellbeing.

Aboriginal frontline workers can share *WellMob* with their non-Indigenous colleagues to improve cultural understanding and support. [The Resource Sheets](#) and training materials on the platform are great tools to help workers learn about social and emotional wellbeing, trauma, and the impacts of colonisation. By using these resources, non-Indigenous workers can better connect with and support Aboriginal and Torres Strait Islander people in a culturally safe way. Sharing *WellMob* helps create a more informed and respectful workforce, leading to better care for communities.

WellMob is here to support you, your family, and your community on the journey to better social and emotional wellbeing. With easy access to culturally relevant resources, it's never been simpler to find the tools you need for healing, growth, and resilience. Take a moment to check it out for yourself and explore the valuable resources available. Don't forget to share *WellMob* with your family, friends, communities, and networks. Let's help each other stay strong, healthy, and connected.



Explore WellMob today at www.wellmob.org.au and discover the wealth of resources available to support you and your community.



Article provided by Angela Sheridan, Project Officer, Wellmob.



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APPROVED BY FRANKIE LTD

Provider Registration Number: 4050059677

Email: mgt@approvedbyfrankie.com.au

Phone: 1300 481 181

ABN: 79 633 055 615

Hi all,

We are looking for people to join our team as an Aboriginal Support Coordinator. As an Aboriginal Support Coordinator, you will be working predominantly with Aboriginal and Torres Strait Islander participants, their supports, government agencies and families in a culturally safe way. This will help the people you support navigate the National Disability Insurance Scheme (NDIS) and access relevant services and supports and communicate with other agencies involved.

We would be grateful to hear from Aboriginal and Torres Strait Island people who have Support Coordination experience or a firm understanding of the NDIS scheme through their work experience.

Here's a more detailed breakdown of what you might do:

Key Responsibilities and Tasks:

- Support Coordination: Work with individuals to help identify their needs and goals and connect with appropriate informal, mainstream, and specialist services to help them achieve their goals.
- Plan Development: Assist participants in reviewing their NDIS plans.
- Referral and Advocacy: Refer participants to culturally safe advocacy service when required
- Relationship Building: Build strong relationships with clients, families, and other service providers.
- Cultural Sensitivity: Work with a cultural understanding and sensitivity with a central focus on the unique needs and experiences of Aboriginal and Torres Strait Islander people.
- Connect: Act as a connector between Aboriginal communities, health services, and other relevant organizations.
- Great company culture, training, fair remuneration and culturally appropriate leave provision and mentoring.

Approved by Frankie stand by The Uluru Statement from the Heart 2017.

We would love to hear from you if you are interested.

Contact – 1300 481 181

If you would like to chat about position you can also contact Louise Hamilton our current lead Aboriginal Support Coordinator 0473646409



FREE Aboriginal Childhood Immunisation Clinic for your bubs & kids

Bookings recommended
(walk ins welcome)

Menai Community Health Centre
32 Allison Crescent, Menai 2234

Includes all
childhood
vaccinations!

All bubs & kids from **6 weeks** to **5 years** old are welcome to attend the clinic for their vaccinations, **even if they are overdue**

Call **1300 244 288** to book in a time

Your **Aboriginal Health Service** can
also help you **book in!**

Medicare not required

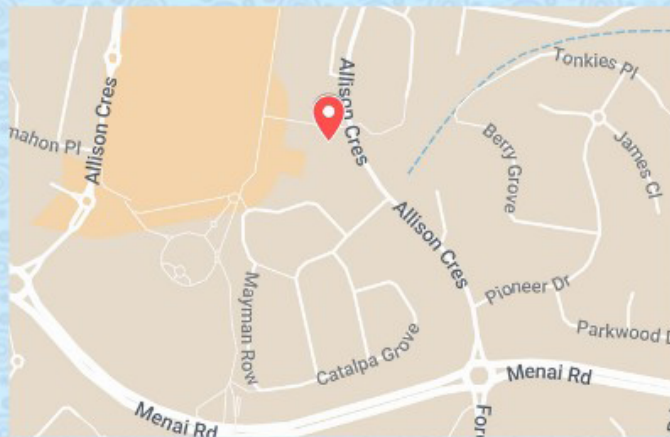
**NEW DATES
ADDED!!**

Friday
21/03/2025
9 AM - 1 PM

Can't make it?
Or want to book
ahead?
Next clinic dates:
16/05/2025
13/06/2025



Artwork by Sharon Brown





HEALTHY BREAKFAST MUFFINS

Serves: 4

Ingredients

- Spray olive oil
- 1 medium zucchini grated
- 1 medium carrot grated
- ¼ cup frozen peas
- ¼ cup frozen corn
- 1 red capsicum finely chopped
- ½ cup reduced fat cheddar cheese, grated
- ½ cup reduced fat milk
- ¼ cup reduced fat Greek yoghurt
- 2 tablespoons olive oil
- 2 eggs
- 2 cups wholemeal plain flour
- 3 teaspoons baking powder

Method

- Preheat oven to 180 °C. Spray 8 large muffin hole tray with olive oil and set aside.
- Place the grated zucchini and carrot into either a sieve or a clean tea towel and squeeze out the juice.
- Place the zucchini, carrot, peas, corn, capsicum, cheese, milk, yoghurt and egg in a large mixing bowl and stir until combined.
- Add flour and baking powder to wet ingredients and fold in gently until just combined.
- Spoon the mixture evenly between 8 muffin holes. Bake for 20-25 minutes or until golden and mixture is set.
- Once cooled, place individual muffins into resealable freezer bags, plastic wrap or airtight containers and place in the freezer.
- Once defrosted, muffins can be enjoyed cold or warmed in the oven.

Recipe by

www.deadlychoices.com.au



GRANDMA'S SLOW COOKED BEEF STEW

Preparation time: 15 mins

Cooking time: 2 hours

Serves: 4

Ingredients

- 2 tablespoons wholemeal plain flour
- 500 g lean beef, diced
- 2 tablespoons olive oil
- 1 clove garlic, crushed
- 1 leek, thinly sliced
- 1 medium onion, diced
- 2 large carrots, peeled, sliced into thin rounds
- 1 small, sweet potato, peeled and diced
- ½ small swede, peeled and diced
- 4 sticks celery, diced
- 400 ml salt reduced beef stock (see tip)
- 200 ml water
- 400 g can no added salt diced tomato
- 3 tablespoons parsley, roughly chopped
- 1 tablespoon Worcestershire sauce
- 2 tablespoons parsley, roughly chopped, to garnish

Method

- Place beef and plain flour into a large bowl and toss to coat.
- Place a large heavy based pan over medium heat and add 1 tablespoon olive oil. Add meat and cook for 2-3 minutes or until meat is brown. Remove meat from the pot and set aside.
- Add remaining olive oil to the pan and cook onions, garlic and leek for 1-2 minutes, or until just softened. Add carrots, sweet potato, swede, celery, beef stock, water, diced tomato, parsley, Worcestershire sauce and beef to the pot and bring to the boil.
- Reduce heat, cover and cook on low heat for approximately 2 hours, stirring approximately every 20 or 25 minutes.
- Garnish fresh parsley on top of beef stew.

Recipe by

www.heartfoundation.org.au/recipes



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CHICKEN AND VEGETABLE NOODLE SOUP

Preparation time: 15 mins

Cooking time: 45 mins

Serves: 4

Ingredients

- 1 tbsp olive oil
- 4 chicken drumsticks
- 1 onion, diced
- 1 clove garlic, crushed
- 2 sticks celery, diced
- 1 large carrot, diced
- 1 small zucchini, diced
- 125g can corn kernels, drained
- 3 tsp reduced-salt chicken stock powder
- 5 cups water
- 100g wholemeal spaghetti, broken into thirds

Method

- Heat oil in a large saucepan over medium heat. Add chicken drumsticks and cook for 2-3 minutes on each side until browned. Transfer to a plate.
- Add onion to pan and cook for 2-3 minutes or until translucent. Add garlic, celery, carrot and zucchini and cook for a further 3-4 minutes or until softened.
- Add chicken back to pan along with the corn, chicken stock, and water. Cover and simmer gently for 30 minutes or until chicken is cooked through and coming away from the bone.
- Using tongs, remove drumsticks from soup and place on a chopping board. Once cool enough to handle, cut away the flesh, discarding the bones and skin.
- Add the chicken pieces back to the soup along with the spaghetti and simmer for 8 minutes or until pasta is just cooked. Add a little more water if soup is too thick.

Recipe by

www.healthymadetasty.com.au



CHOCOLATE FUDGE BALLS

Preparation time: 10 mins

Serves: 12

Ingredients

- 1 cup of fresh dates, pitted (medjool dates are best)
- 1 cup of roasted almonds or walnuts or you could use ½ cup almonds and ½ cup almonds
- ½ cup desiccated coconut
- 1 tablespoon pure cocoa powder, sifted
- 1 teaspoon vanilla essence

Method

- Blend dates, almonds, vanilla essence and cocoa in a food processor.
- Next, use your hands to combine ingredients until they form a ball.
- Roll into small balls and squeeze firmly. Roll in coconut so they are well coated.

Recipe by

www.diabetesaustralia.com.au



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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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Email: info@cesphn.com.au

Web: 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

An Australian Government Initiative