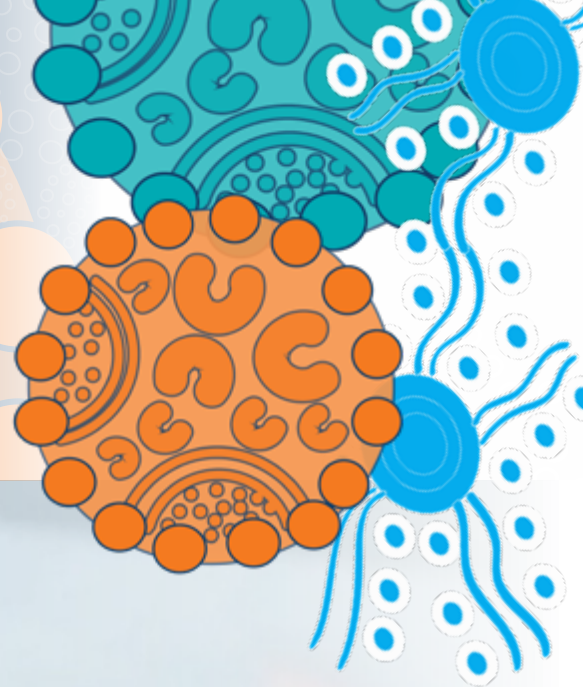


# EORA HEALTH MESSENGER

**SPRING 2025**



## **INTRODUCING JEREMY HEATHCOTE**

## **NAIDOC WEEK 2025**

## **INTRODUCING KY RYAN**

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Save the  
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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 **Spring edition** of the **Eora Health Messenger**.  
I am pleased to be sharing an update on CESPHN's work.



**MARIAM FARAJ**  
General Manager of Clinical Services

## Free Mental Health Coaching - *Your Coach Plus*

**Your Coach Plus** offers free mental health coaching to assist with ups and downs. No referral required - for anyone aged 16+ living, working, or studying in central and eastern Sydney. Sessions are available by phone or video, and there's little to no wait time to get started. For further information call **02 9477 8700**.

## Medicare Mental Health Phone Line

The Medicare Mental Health Phone 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 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 referrals to the most appropriate service(s) in our region.

Medicare Mental Health Phone Line - **1800 595 212**

Hours of operation - **24 hrs a day, 7 days a week**

## **Gamay Health - La Perouse GP Clinic**

**Gamay Health** is a newly established GP clinic led by Dr Jennifer Lonergan, offering comprehensive healthcare services, including annual health assessments and ongoing patient care. The clinic is operating from the La Perouse Community Health Centre- 1 Elaroo Avenue, La Perouse.

**Gamay Health** phone line - **0492 252 652**

Hours of operation - **Wednesdays, 8am - 4pm**

## Access to Psychological Therapies

**Lilly Pilly Counselling** is providing access to trauma-informed and culturally sensitive psychological therapy services to Aboriginal and Torres Strait Islander people at La Perouse.

The model aims to address service gaps and improve mental health outcomes for the Aboriginal and Torres Strait Islander community at La Perouse whilst also developing and expanding networks to raise awareness and build community trust.

Muaz Sozen, a mental health professional working for **Lilly Pilly Counselling**, operates from the **La Perouse Community Health Centre**:

**1 Elaroo Avenue, La Perouse, every Wednesday.**

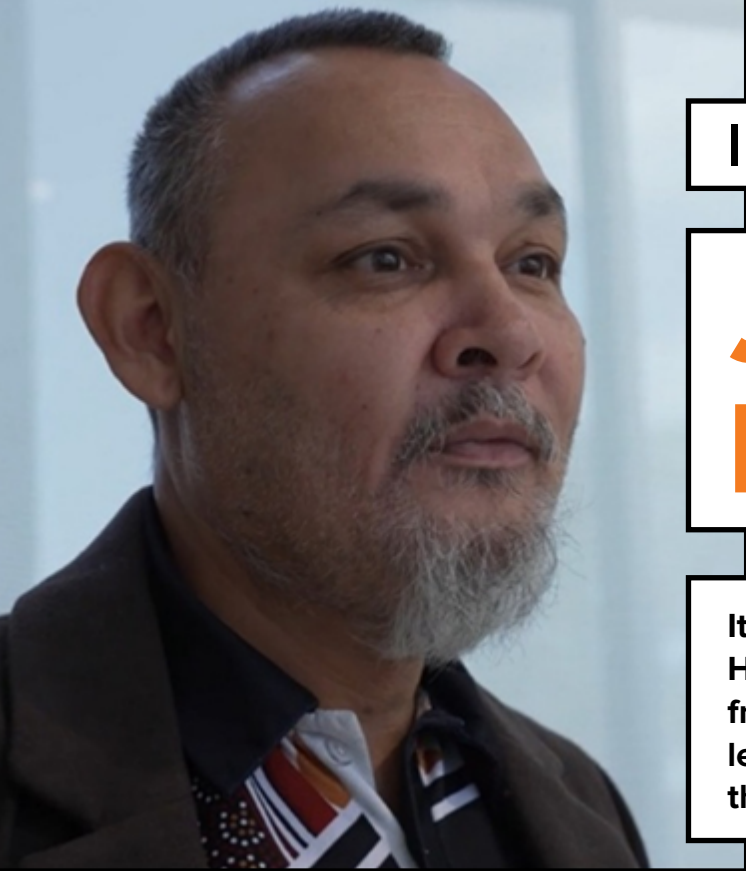
### Contact details

**Lilly Pilly Counselling** phone line: **0403 127 525**

Email: [m.sozen@lilypillycounselling.com.au](mailto:m.sozen@lilypillycounselling.com.au)







## INTRODUCING

# JEREMY HEATHCOTE

It is a privilege to introduce Jeremy Heathcote OAM, a proud Aboriginal man from the Awabakal Nation and a dedicated leader in the local Aboriginal community to the Aboriginal Advisory committee.

Jeremy's recent recognition with the Order of Australia Medal (OAM) on the King's Birthday honours his outstanding service to First Nations community health - an area central to his life's work.

As a founding member and Deputy Chairman of Babana Aboriginal Men's Group (operating for 21 years), Jeremy has been instrumental in fostering strong partnerships with Central and Eastern Sydney Primary Health Network (CESPHN). His leadership extends across multiple organisations, including his roles as Deputy Chair of the Redfern Aboriginal Community Alliance, Director of Inner Sydney Empowered Communities, and Board member of WayAhead Mental Health. These positions reflect his deep commitment to improving health, wellbeing, and empowerment for First Nations people.

Currently Jeremy is employed as the First Nations Engagement Lead at the University of Sydney's Faculty of Medicine and Health

where he works across the Greater Sydney Region, Dubbo, Orange, Broken Hill and Lismore on the First Nations Agenda. This work focuses on ensuring Aboriginal and Torres Strait Islander people can live their healthiest lives. His appointment to the CESPHN Aboriginal Advisory Group allows him to provide advice on matters that directly benefit the local First Nations community.

Jeremy also acknowledges CESPHN for their support, including enabling him to obtain ASSIST trainer qualifications. He looks forward to delivering ASSIST training to the community through CESPHN multiple times each year, equipping individuals with vital skills in suicide intervention.

With a career dedicated to unity and health equity, Jeremy's message is clear: "We are stronger together." His leadership continues to inspire and drive meaningful change for First Nations communities across Sydney.

*Content provided by Jeremy Heathcote, First Nations Engagement Lead at the University of Sydney's Faculty of Medicine and Health*

# Let's all have less sugar together

TEA ROOM

Scan to watch  
the sugar story



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# NAIDOC WEEK 2025

**This year's theme:**  
**"The Next Generation:  
 Strength, Vision & Legacy"**



**NAIDOC 2025** marks **50 years** of celebrating Aboriginal and Torres Strait Islander cultures, resilience, and leadership. This year's theme, "The Next Generation: Strength, Vision & Legacy," honours the wisdom of Elders and ancestors while empowering young Indigenous leaders to shape the future with strength, vision, and cultural pride.

Key highlights:

- Reflects the journey from activism to national recognition.
- Emphasizes youth leadership and self-determination.
- Reinforces NAIDOC as a community-led movement rooted in unity and respect.

Central and Eastern Sydney Primary Health Network (CESPHN) proudly celebrated NAIDOC Week by supporting staff participation in culturally significant events.

Some of our team attended:

- South Cares NAIDOC Festival at Hefron Park
- Kurranulla NAIDOC 2025 Event at Gunnamatta Bay Park

At the Kurranulla event, CESPHN staff supported Deadly Choices and Jada Taylor from the WNRL Cronulla Sharks in promoting 715 health assessments at their first community stall.

These experiences deepened our staff's appreciation of Aboriginal and Torres Strait Islander heritage and strengthened our commitment to fostering understanding, respect, and unity within CESPHN and the broader community.


*Content provided by Brett Hugo, CESPHN Aboriginal Health and Wellbeing Programs Officer*



**THE NEXT  
 GENERATION:  
 STRENGTH,  
 VISION &  
 LEGACY**  
**6-13 JULY 2025**

#NAIDOC2025

#BLAKLOUDPROUD

 @naidocweek

 facebook.com/NAIDOC

 @naidocweek



Aboriginal Flag designed by Mr Harold Thomas. Torres Strait Islander Flag reproduced by kind permission of the Torres Strait Island Regional Council, designed by the late Mr Bernard Namok





Give yourself peace of mind — book your free breast screen today! Call 13 20 50 or talk to your local health worker. It's an important step towards staying healthy for you and your mob.

[health.gov.au/breast-screen](https://health.gov.au/breast-screen)



STAY  
HEALTHY,  
START  
SCREENING



Artwork by proud Gomeri woman Caitlin Trindall.



NOW'S<sup>the</sup> TIME



## RSV Protection Begins Before Birth

RSV can cause serious illness in newborns.

A free and safe RSV vaccine at 28 - 36 weeks of pregnancy helps mum build antibodies.

Mum's antibodies pass to baby—giving bubs protection from the moment they're born.



AH&MRC  
Aboriginal Health & Medical  
Research Council of NSW

Book your **free** vaccinations with your local AMS, midwife, GP or pharmacist.



## INTRODUCING KY RYAN

WHOS programs at Lilyfield WHOS (We Help Ourselves) would like to welcome Ky Ryan as the new, CESPAN-funded Aboriginal and Torres Strait Islander Engagement Worker at our Lilyfield campus.

Ky has taken up the role left vacant when Allan Anderson, our previous worker, relocated to the Hunter New England area where he still works for WHOS.

Ky comes to us from Western Australia, is a proud Nhandu man from Guthaarguda (Shark Bay) with qualifications and extensive experience in Aboriginal mental health, alcohol and other drugs (AOD), and youth wellbeing. Ky is passionate about delivering culturally secure programs that uplift and empower mob.

Ky's professional journey has taken him from frontline roles supporting young Aboriginal clients at Child Adolescent Mental Health Service (CAMHS) in WA, to strategic program development at the WA Mental Health Commission's Strong Spirit Strong Mind Aboriginal Programs. In his previous role as Senior Project Officer, Ky led and co-developed culturally secure public education campaigns such as "Stronger You, Stronger Mob" and "Stay Strong Look After You and Your Mob", which promote

social and emotional wellbeing and AOD harm reduction among Aboriginal and Torres Strait Islander youth. Ky has also developed and delivered cultural awareness training for AOD and mental health professionals, coordinated community grants, and consulted extensively with internal and external stakeholders to ensure culturally safe and effective service delivery.

Ky is deeply committed to improving health outcomes for Aboriginal and Torres Strait Islander people and is excited as we are at WHOS about the opportunity to contribute his skills and cultural knowledge to WHOS Lilyfield services.

### FOR MORE INFORMATION:

[www.whos.com.au](http://www.whos.com.au)

Content provided by Ky Ryan, Aboriginal and Torres Strait Islander Engagement Worker WHOS Lilyfield Day Program and Enhancement Services



## 5 TIPS TO BE ACTIVE



DAMPAA Brain Health Program

1

WALK, YARN & LAUGH  
WITH A FRIEND OR  
FAMILY



2

ENJOY WATERING THE  
GARDEN & WALKING  
OUTSIDE IN NATURE



3

GET INVOLVED WITH  
THE COMMUNITY &  
PRACTICE LANGUAGE



4

HANG OUT WITH  
FAMILY & THE  
GRANNIES



5

PRACTICE STRENGTH &  
BALANCE ACTIVITIES  
& GO TO COMMUNITY  
PROGRAMS



Sources: Livingston et al. Dementia prevention, intervention and care, *The Lancet* 2017.  
Smith K, Flicker L, Dwyer A, et al. Factors associated with dementia in Aboriginal Australians, *Aust N Z J Psychiatry* 2010.

DEVELOPED FOR:



DAMPAA  
Dementia prevention and  
risk Management Program  
for Aboriginal Australians

[WWW.IAWR.COM.AU](http://WWW.IAWR.COM.AU)



IN PARTNERSHIP WITH:







# THE GLEN SAVE THE DATE!

**WEDNESDAY, 8 OCTOBER 2025**  
**THE GLEN, 50 CHURCH ROAD, CHITTAWAY BAY**

**The Glen** is proud to partner with the NRL Sydney Roosters to present the 2025 Arthur Beetson Cup & Family Fun Day!

Join us for an exciting day filled with:

- Touch football competition
- Community BBQ
- Family fun featuring stallholders, a community art stall, and the NRL Skills Clinic!

## SPECIAL LAUNCH EVENT

At 12.30 pm, gather for a Yarning Circle to celebrate the launch of our powerful new collaboration between The Glen and Talk2MeBro - a limited-edition t-shirt designed by Kaiden Powell from Changing the Odds.

Come along, bring your family, and be part of a day that celebrates community, culture, and connection.

## KEEP AN EYE ON OUR SOCIALS FOR MORE INFORMATION



*[Click on the icons to access]*

*Content provided by Natalie Purchase, The Glen Events & Fundraising Coordinator*



# ARTHUR BEETSON FAMILY FUN DAY

**FREE, FAMILY-FRIENDLY EVENT  
OPEN TO ALL!**

JOIN US FOR A DAY TO  
CONNECT & SUPPORT FIRST  
NATIONS BUSINESSES,  
CULTURE, & COMMUNITY  
SERVICES.

ACTIVITIES INCLUDE:  
MENTAL HEALTH YARNS, ART  
STALLS, HEALTH PROVIDERS,  
RUGBY LEAGUE ACTIVITIES  
& MORE!

**WEDNESDAY 8 OCT  
12:30PM – 3:30PM**

**THE GLEN CENTRE,  
50 CHURCH RD,  
CHITTAWAY POINT**

PRESENTED BY

**WARD**



**The Glen**





# CALL IT OUT

## FIRST NATIONS RACISM REGISTER

**"One of the most powerful ways to  
create change is the telling of stories."**

Distinguished Professor Larissa Behrendt AO

### REPORT RACISM AGAINST FIRST NATIONS PEOPLE

- Reports can be made by **ANYONE**,  
about **ANYTHING, ANYWHERE, ANYTIME**
- Your info is **SAFE & CONFIDENTIAL**
- Let's **FIGHT RACISM TOGETHER**

### BE PART OF THE CHANGE

- **DOWNLOAD** the App
- **REPORT** racism
- **FOLLOW** @callitout\_au
- **SHARE**



Jumbunna  
Institute for Indigenous  
Education and Research



Artwork by Kirsten Gray



3BRIDGES

# YOUTH ZONE PENSHURST

**TERM 3 2025**

FREE DROP IN CENTRE & HANG OUT SPACE FOR YOUNG PEOPLE

**TUESDAY**  
3 - 5:30PM  
AGES 9-14

**WEDNESDAY**  
3 - 5:30PM  
AGES 12-18

**THURSDAY**  
3 - 7:30PM  
AGES 12-18

**FRIDAY**  
3 - 6PM  
AGES 12-18

## WHAT'S ON

### TUESDAY

TEACH IT TUESDAYS - RUN BY  
DIVERSITY FOREVER  
22<sup>ND</sup> JULY- 23<sup>RD</sup> SEPTEMBER

COME BY AND LEARN SOME NEW SKILLS  
OR TEACH A SESSION OF YOUR OWN.  
EVERYONE HAS A TALENT, WHAT'S  
YOURS?



### THURSDAY

BASKETBALL COMP: 4-6PM  
14<sup>TH</sup> AUGUST - 18<sup>TH</sup> SEPTEMBER

ALL SKILL LEVELS WELCOME!  
RUN BY REGGAE ROCKERS BASKETBALL

- 12 - 18 YEAR OLDS
- REGISTER VIA QR CODE

+ FREE MEAL SERVED AT 6:30PM



### WEDNESDAY

WINTER WARMER WEDNESDAYS  
AUGUST - 6<sup>TH</sup>/13<sup>TH</sup>/20<sup>TH</sup>/27<sup>TH</sup>

KEEP OUT OF THE COLD WITH A DIY  
HOT CHOCOLATE & TOASTIE  
STATION, EVERY WEDNESDAY IN  
AUGUST.



### SPECIAL EVENTS

**BARBERING WORKSHOP**  
WED 3<sup>RD</sup> SEPTEMBER: 3:30 - 5:30PM  
COME LEARN BARBERING SKILLS  
AND A GET FREE HAIRCUT



**POOL COMP | FRI 8<sup>TH</sup> AUGUST**  
GET YOUR NAME ON THE CHAMPIONSHIP  
SHIELD!



**FREE ONSITE EYE TESTS**  
TUES 19<sup>TH</sup> AUGUST: 3:30 - 5:30PM  
THURS 11<sup>TH</sup> SEPTEMBER: 3:30 - 7:30PM



COURTESY OF PENSHURST EYE CARE  
• 100% MEDICARE COVERED  
• FOR YOUNG PEOPLE AGED 12 - 18  
• REGISTER INTEREST VIA QR CODE

## THURSDAY YZ FAMILY MEAL

Vegetarian and Halal options available

24<sup>TH</sup> JULY • SAUSAGE SIZZLE  
31<sup>ST</sup> JULY • BURGERS  
7<sup>TH</sup> AUG • PIZZAS  
14<sup>TH</sup> AUG • BREAKFAST @ DINNER  
21<sup>ST</sup> AUG • NACHOS

28<sup>TH</sup> AUG • BOLOGNESE  
4<sup>TH</sup> SEP • FRIED RICE  
11<sup>TH</sup> SEP • TACOS  
18<sup>TH</sup> SEP • STIR FRY  
25<sup>TH</sup> SEP • MAC & CHEESE



SCAN ME



YOUTH@3BRIDGES.ORG.AU



1300 327 434



@3BRIDGES\_YOUTH



643A KING GEORGES RD,  
PENSHURST





## WOMEN'S HEALTH & WELLBEING PROGRAMS

### WHY WE RUN THE WOMEN'S PROGRAM

The Women's Program began with a simple yet powerful realisation: women in our community needed more support, access, and safe spaces to grow.

Through early conversations with community members and partners, it became clear that many women - especially those navigating systemic challenges - lacked services that truly spoke to their lived experiences. What started as a few informal workshops and support circles has now grown into a strong, intentional program - built by women, for women.

At its heart, the program was founded on listening: listening to stories, struggles, and the unwavering strength of women who wanted more for themselves and their families.

#### Why we run the Women's Program

We believe in equity, empowerment, and community healing.

Women are often the heart of families and communities, yet continue to face disproportionate barriers around education, employment, safety, and wellness. This program exists to close those gaps - creating a space where women are seen, heard, and supported.

It's not about doing for women, but walking beside them as they take steps toward a stronger, more self-determined future.

### THE IMPORTANCE AND BENEFITS

- Safety and belonging – A culturally safe and non-judgmental space for women to heal and grow.
- Skill development – Life skills, team building, and leadership workshops that build confidence and independence.
- Mental health support – Access to trauma-informed care, peer support, and holistic wellbeing practices.
- Community building – A strong network of women who uplift one another, share resources, and create lasting bonds.

This holistic model helps women set goals, build confidence, and take control of their futures.

### PROGRAM OUTCOMES

- Women securing employment or re-engaging with education and training
- Increased mental wellness and self-confidence among participants
- Women stepping up as peer leaders and positive role models in their communities
- Stronger, more stable families supported by empowered mothers and caregivers.

This is more than a program - it's a movement of strength, sisterhood, and long-term change.

### PROGRAM GROWTH – AT A GLANCE

#### J.I.M (JOY IN MOVEMENT)

Launched on 9 April, J.I.M has steadily grown with a regular group of 12 women attending every Wednesday. This movement-based wellness class combines fun, strength, and self-care in a culturally safe space.

Strength and conditioning (Vale Tudo)

Since launching on 7 March, this fitness-based program has grown from 10 women attending fortnightly to now supporting 20–30 women every week. The rising participation highlights the value of both physical strength and supportive, empowering spaces.

### FOR MORE INFORMATION:



[Hello@Tribalwarrior.org](mailto:Hello@Tribalwarrior.org)



[\[Click on the icon to access\]](#)

Content provided by Josh Togo, Tribal Warrior Coordinator





Together, we'll focus on stress relief, physical activity benefits, awareness, and coping strategies to enhance overall wellbeing and hope.



Designed to provide emotional support, reduce isolation, and foster community connection.

**WOMEN'S HEALTH & WELLBEING GROUP**  
**WEDENSdays, 9.30AM-12.30PM**  
**LOCATION TO BE CONFIRMED WEEKLY ON SOCIALS**  
**CONTACT REBECCA ON (02) 9699 3491**



# Everyday tools to help Mob **Guide** Care for yourself and your family



Simple tools can make it easier for you to do tasks on your own and with your family. The tools in this guide will help to strengthen your physical, social, and emotional health.

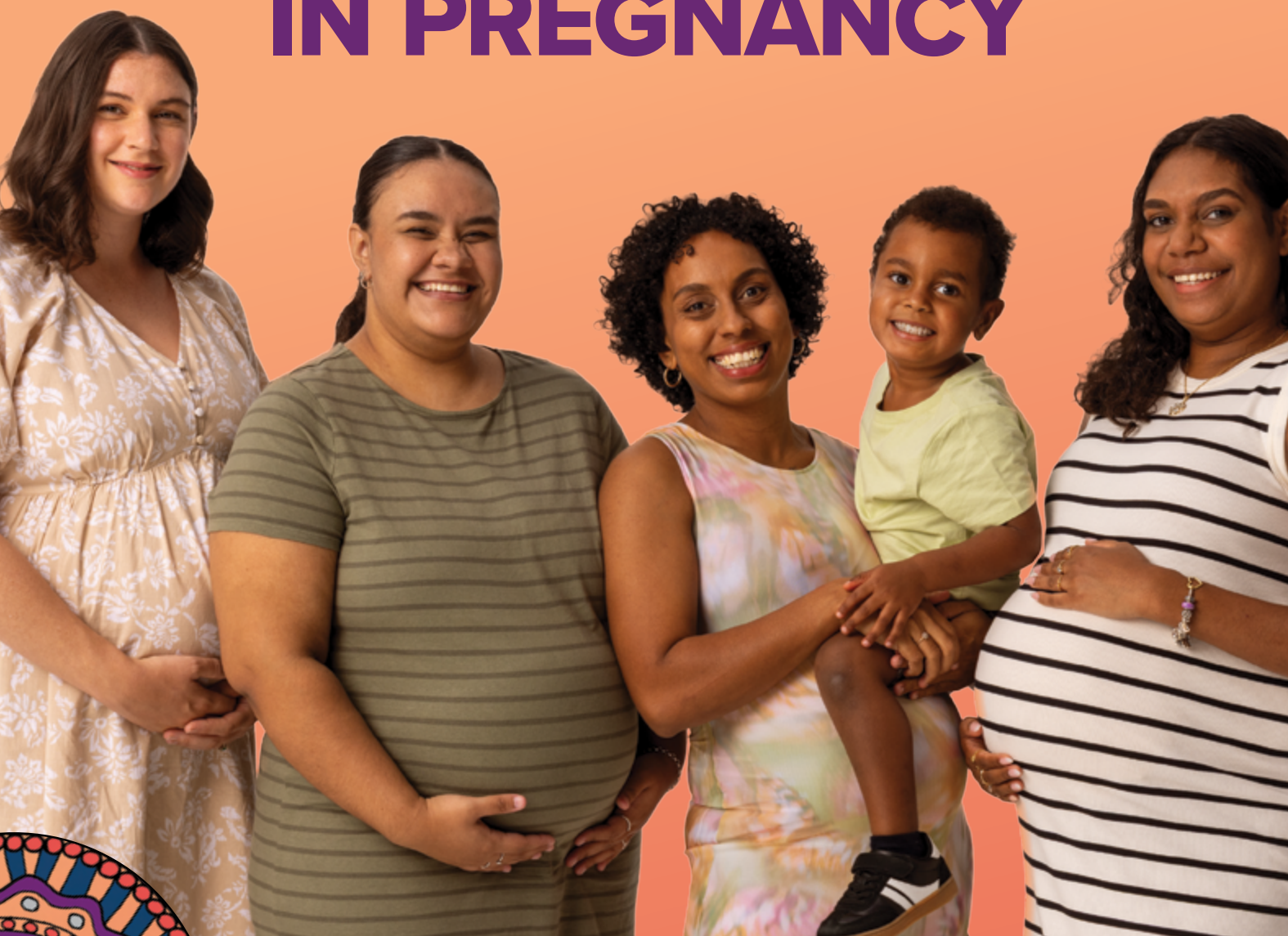


Scan the QR code to download your copy of the guide.

Find out more at [liveup.org.au](https://liveup.org.au) or call for free on 1800 951 971.



# IT'S AS EASY AS 1, 2, 3 TO PROTECT BUB IN PREGNANCY



All Aboriginal and Torres Strait Islander women  
can get **FREE** vaccinations in pregnancy for:

- 1** Flu **2** Whooping cough **3** Respiratory syncytial virus (RSV)

Yarn to your midwife or health worker about getting your free maternal vaccinations.





## FREE Aboriginal Childhood Immunisation Clinic for your bubs & kids

**Menai Community Health Centre**  
**32 Allison Crescent, Menai 2234**

Bookings recommended  
(walk ins welcome)

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  
Friday 8 August  
9 AM - 1 PM**

Can't make it?  
Or want to book  
ahead?  
Next clinic dates:  
**05.09.2025  
03.10.2025**

Artwork by Sharon Brown







# SCRAMBLED EGG MUFFIN SANDWICH

**Preparation time:** 15 mins

**Serves:** 2

## Ingredients

- 1 tomato
- ½ small avocado
- 4 eggs
- Pepper, to taste
- 1 tablespoon oil\*
- 2 slices reduced fat cheddar cheese (optional)
- 2 English muffins\*, halved (wholemeal/ wholegrain if available)

## Method

- Preheat the oven/grill to 180°C.
- Slice tomato and avocado and set aside.
- Crack the eggs into a bowl and sprinkle with pepper. Use a fork to mix the eggs combining egg yolks and whites.
- Heat oil in a large frying pan. Wait until the oil sizzles a little then pour in eggs. Using a

spatula, gently pull the eggs from the edges of the pan into the centre. Remove the pan from the heat before the egg is completely cooked.

- Optional step if using cheese: place cheese slices on top of two of the muffin halves and grill in the oven for 5-8 minutes, or until the cheese has melted.
- Add avocado slices, scrambled eggs and tomato slices to the muffin halves and then cover with the remaining halves to make sandwiches.



**Use any of these cooking oils: olive oil, canola oil, vegetable oil. Option to replace English muffin with any bread (preferably wholemeal or wholegrain). Option to add additional vegetables to the muffin sandwiches (e.g. capsicum, spinach, mushroom). If you're looking for some spice, try serving with a drizzle of hot/chilli sauce.**

**Recipe credited to**  
[www.healthyliving.nsw.gov.au](http://www.healthyliving.nsw.gov.au)



# BOLOGNESE PASTA BAKE

**Preparation time:** 35 mins

**Cooking time:** 25 mins

**Serves:** 6

## Ingredients

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

## Pumpkin salad

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

## Method

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

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







## CURRIED FISH SOUP

**Preparation time:** 10 mins

**Cooking time:** 15 mins

**Serves:** 1

### Ingredients

- 1 whole fish or 2 fillets of Mullet or Bream, scaled, gutted and de-head
- 1 tablespoon of sunflower oil
- 2-4 teaspoons of Keens Curry powder
- 1 large onion, finely diced 2 carrots, sliced
- 2 potatoes, cut into chunks

### Method

- Lightly poach fish in water.
- Drain and save water as stock.
- Fry onion.
- Add curry powder.
- Add carrots and potatoes, cook until coated in oil and curry powder.
- Add stock water.
- Cook vegetables until almost soft.
- Add fish and simmer for around 5 minutes.
- Serve with damper.

**Recipe credited to**  
[www.deadlystory.com](http://www.deadlystory.com)



## LOW CARB CHEESECAKE

**Preparation time:** 15 mins

**Cooking time:** 1 hr 5 mins

**Serves:** 16

### Ingredients

#### The crust

- 2 cups almond flour – approximately 200g
- 1/4 cup butter
- 3 Tablespoon natvia sweetener
- 1 teaspoon vanilla extract
- baking paper

#### The filling

- 900 g cream cheese
- 1 cup natvia sweetener
- 3 large eggs
- 1 Tablespoon lemon juice
- 1 teaspoon vanilla extract

### Method

- Preheat the oven to 180C.
- Line the bottom of a 23 cm spring form pan with baking paper and grease the edges of the pan with butter. To do this, use a piece of paper towel to spread the butter on the edges of the pan.
- Heat a small non-stick pan over low-medium heat, add the almond flour and blanch for about 4 minutes, just to get a slight tinge of brown – do not burn.
- Add the almond flour and sweeneter to a bowl. Melt the butter in a bowl in the microwave (or a pot on the stovetop), add the vanilla extract to the butter, then pour the butter and vanilla into the almond flour,

stirring to combine well. It will make a sticky, slightly crumbly dough.

- Press the dough into the bottom of the pan. Place the pan in the oven and bake for 8 minutes. Remove from the oven and leave to cool for at least 10 minutes.
- Add the cream cheese and sweetener to a bowl or food processor. Beat together on a low speed until fluffy (about 2 min). \*If the cream cheese is directly out of the fridge it helps to soften it in the microwave on a 'defrost' cycle, it will make it more manageable. Or leave it at room temperature for about an hour before cooking.
- Beat the eggs into the cream cheese mixture one at a time, then add the lemon juice and vanilla extract. Beat until well combined (2-3 min).
- Pour the cheesecake filling into the pan over the crust. Smooth the top with a spatula.
- Place the pan back in the oven and bake for 55 minutes, until the centre of the cake is almost set. Remove the cheesecake from the oven. Leave to cool, then refrigerate the cake in the pan for 4 hours, until completely set. Or leave overnight for best results.
- Carefully remove the cheesecake from the spring form pan. Serve as is, with fresh strawberries or blueberries on the top.

**Recipe credited to**  
[www.diabetesmealplans.com.au](http://www.diabetesmealplans.com.au)





# Useful numbers

**PRINCE OF WALES HOSPITAL**  
02 9382 2022

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

**ROYAL PRINCE ALFRED HOSPITAL**  
02 9515 6111

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

**SYDNEY DENTAL HOSPITAL**  
02 9293 3333

**LA PEROUSE HEALTH CENTRE**  
02 8347 4800

**BABANA ABORIGINAL**  
02 9660 5012

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

**TRIBAL WARRIOR ABORIGINAL CORPORATION**  
02 9699 3491

**GAMARADA**  
0433 346 645

**GURIWAL ABORIGINAL CORPORATION**  
02 9311 2999

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

**ODYSSEY HOUSE**  
1800 397 739

**LANGTON CENTRE**  
02 9332 8777

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

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

**CANCER COUNCIL NSW**  
13 11 20

**QUITLINE (SMOKING)**  
13 78 48

**LIFELINE 24HR HELPLINE**  
13 11 14

**GAMBLING ANON**  
02 9564 1574

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

**KIDS HELP LINE**  
1800 55 18 00

**MENSLINE AUSTRALIA**  
1300 78 99 78

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

**MENTAL HEALTH LINE**  
1800 011 511

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

**ST GEORGE HOSPITAL**  
02 9113 1111

**SUTHERLAND HOSPITAL**  
02 9540 7111

**KURRANULLA ABORIGINAL CORPORATION**  
02 9528 0287

## 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



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