

EORA HEALTH MESSENGER

SUMMER 2025

WRAPPED IN CARE

**A Blanket of Comfort for
Aboriginal & Torres Strait
Islander Cancer Patients**

**TRIBAL WARRIOR
MEN'S GROUP**

**PRIMARY HEALTH
AWARDS 2025**

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phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative

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

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



MARIAM FARAJ
General Manager of Clinical Services

Urgent Care Services

Urgent Care Service is a health service that provides short-term, one-off care for urgent health care needs that are not life-threatening. Medical care is provided for an illness or injury that can be managed without visiting a hospital emergency department but cannot wait for a regular appointment with a GP.

Urgent care services are free for Medicare card holders and support the community to access local, appropriate urgent care and avoid waiting at the emergency department.

Patients should be encouraged to access urgent care when they need fast medical attention for a health issue that is not life-threatening, or if they are unable to get an appointment at their local GP for a health issue which should not be left untreated.

Centres are open **7 days a week,
8.00 am – 8.00 pm**

**Urgent care services in central
and eastern Sydney:**

- Maroubra Urgent Care Clinic
- Belmore Urgent Care Service
- Caringbah Urgent Care Service
- Carlton Urgent Care Clinic
- Green Square Urgent Care Service
- virtualKIDS Urgent Care Service
- Burwood Urgent Care Clinic
- Marrickville Urgent Care Clinic



For more information visit: www.cesphn.org.au/general-practice/help-my-patients-with/urgent-care-services

Integrated Team Care (ITC) funding transition

In September 2022, the Department of Health, Disability and Aging engaged Ninti One Limited, in partnership with First Nations Co., to review current funding arrangements and service provider capability for:

- First Nations mental health and suicide prevention services.
- the **Integrated Team Care program**.

These services are currently delivered nationally through **Primary Health Networks** (PHNs) and other health organisations. The review looked at how to deliver these services in line with the **National Agreement on Closing the Gap** and determine whether any adjustments to funding arrangements were necessary. In October, the Department of Health held a webinar focused on the ITC program's future funding direction and proposed transition arrangements.

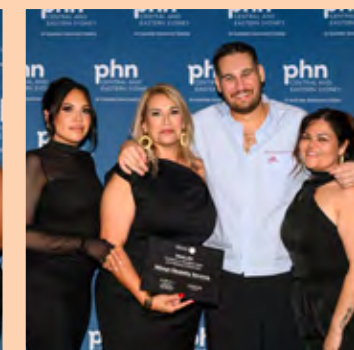
It has been decided that PHNs will be retaining a role in the short to medium term, supported by an additional year of funding. Central to the future transition will be embedding First Nations leadership in program design and delivery, aiming to empower communities while ensuring continuity, equity, and cultural safety.

Four possible models for transition have been proposed, with regions able to choose the most suitable. The preferred lead organisations are Aboriginal Community Controlled Health Organisations (ACCHOs) or Aboriginal Community Controlled Organisations (ACCOs). At minimum, First Nations organisations will be involved in governance and decision-making, even if PHNs remain commissioners in some regions.

An Expression of Interest process will begin soon. Not all regions will be ready to transition immediately, and the full rollout may take 4 – 5 years depending on local readiness. The next step is to work with ACCHOs and ACCOs in our region to make sure everyone has a chance to contribute to the transition process.

Primary Health Awards: finalists and winner

Congratulations to all finalists and winner! Read full article on [page 20](#)





New Counsellor at La Perouse

Meet Muaz Counsellor at La Perouse

Supporting the Aboriginal community with care, respect, and evidence-based practice. Available at La Perouse on Wednesdays.

- **Culturally sensitive, trauma-informed, person-centered care**
- **Trained in:** Somatic Therapy, Acceptance Commitment Therapy (ACT), Schema Therapy, Internal Family Systems (IFS)
- **Cultural awareness in lived experience** across UK, USA, Turkey, Germany and now here in the Land of the Kamaygal and Gadigal peoples of the Eora Nation
- **Guided by connection** – healing through human-to-human relationships



“Real healing happens when we connect with others not as experts, but as fellow human beings.”

– Carl Rogers

“With just a twist of fate, our roles could be reversed — your pain could have been mine. We’re not separate; we’re made of the same cloth, learning and healing together. Therapy is not expert vs. client — it’s two people growing side by side.”

– Steven Hayes

What is PSS?

PSS (Psychological Support Services) funded by CESP HN (Central and Eastern Sydney Primary Health Network). PSS provides psychological services to individuals in the Central and Eastern Sydney region who experience mild to moderate mental health concerns and face financial hardship or are on a low income, and may not be able to access support through Medicare subsidised psychological services.

What are the next steps?

Begin a Mental Health Services Referral Form through Redicase by scanning the QR code to the right, or by going to:
<https://phncesws.redicase.com.au/#!/referral/create>



This service is funded by the Central and Eastern Sydney PHN (CESPHN), Department of Social Services and the National Indigenous Australians Agency. It is co-facilitated by La Perouse Local Aboriginal Land Council and Lilly Pilly Counselling.



ABORIGINAL BUILDING CONNECTIONS

Aboriginal Building Connections is a parenting program developed to support separated Aboriginal parents practice positive ways of co-parenting. The program aims to foster awareness of the importance of giving up entrenched conflict and facilitate parenting arrangements in the best interests of their children.

Improving the ability of parents to reach a workable parenting agreement by re-focusing on the best interests of their children and supporting their ability to co-parent.

Throughout this program, participants will:

- Learn the effects of family separation on children
- Understand the impact of parental conflict on children
- Recognise the importance of self-care
- Develop ways to manage and improve communication with the other parent
- Understand ways of connecting with their children



Please contact the Connect Team
for further information

Bookings essential
call 1300 473 528

ABORIGINAL AND TORRES STRAIT ISLANDER CPAP CLINIC

DID YOU KNOW?

Obstructive Sleep Apnoea (OSA) is a common yet serious chronic sleep disorder.

OSA causes your upper airway to narrow when you sleep which causes pauses in your breathing (apnoeas). These pauses lead to reduced oxygen levels and can cause loud snoring, sleepiness during the day, headaches and other health problems. The good news is it can be managed with CPAP therapy.

HOW DOES CPAP WORK?

CPAP therapy works by keeping the airway open and allowing appropriate air flow, reducing snoring and daytime sleepiness. This helps improve sleep and your wellbeing and reduces other health risks.

ABORIGINAL AND TORRES STRAIT ISLANDER CPAP CLINIC:

An Aboriginal and Torres Strait Islander CPAP clinic is up and running at HealthOne, Green Square. An Aboriginal Outreach Worker is at the clinic to ensure you have a culturally safe and supported experience.

You are also introduced to the Aboriginal Chronic care team and benefit from the expertise of our sleep clinicians, who will set you up with your CPAP equipment to use each night at home.

HOW DO I GET REFERRED TO THE CPAP CLINIC?

Please speak with your resp physician and/or GP for referral to the Aboriginal Chronic Care team and CPAP clinic.

Content provided by Alice Finch Team Leader, Planned Care for Better Health Aged Health, Chronic Care & Rehabilitation (AHCCR) Sydney Local Health District

Free Suicide Prevention Training

for Central and Eastern Sydney Community Members

Central and Eastern Sydney region

If you live or work in the **Central and Eastern Sydney** region, you are invited to attend **free, in-person** suicide prevention training. The trainings are designed for anyone in the community.

The training is funded by **Central and Eastern Sydney Primary Health Network**. A reimbursement payment for attending the training is available to eligible participants.

- Sydney LHD
- South Eastern Sydney LHD



About the workshops

**SafeTALK**
Half-day workshop | Ages 15+

- Learn how to:
- Recognise when someone may be thinking about suicide
 - Start a conversation and connect them with the right support

**Applied Suicide Intervention Skills Training (ASIST)**
2-day workshop | Ages 18+

- Gain in-depth skills to:
- Provide suicide first aid
 - Keep someone safe who is thinking of suicide

For more information

For information and to register for selective training dates **scan the QR code on the right** or access via link below:

<https://shorturl.at/pfULK>





Ways to improve the health of your brain

To reduce risk of dementia, check and treat for:

Concern	I will ask my GP about this	I'm OK on this	Other supports to help on this
Blood pressure			Healthy eating information can be found at Healthy Living NSW 
Cholesterol			
Weight			
Diabetes			
Hearing			Hearing Australia First Nations Support Line 1300 253 655
Vision			
Mental health			Yarn about mental health at 139 276 or 13yarn.org.au

Lifestyle also affects the health of your brain:

Concern	I will work on this	I'm OK on this	Other supports to help on this
Quit smoking			Yarn about quitting by phoning 137 848
Minimise how much alcohol you drink			The Get Healthy service can help with health coaching 
Follow a balanced diet of healthy foods			
Keep physically active 3 times a week			Local programs can be found at Active and Healthy NSW 
Keep socially connected every week			
Challenge your brain with new or varied activities every week			

Sydney Local Health District acknowledges Facing Dementia Together, whose work has been adapted for this resource. Information on dementia supports can be found at slhd.health.nsw.gov.au/dementia

TRIBAL WARRIOR MEN'S GROUP



The Tribal Warrior Men's Groups are for the men around the greater inner west community who are wanting to better themselves by implementing healthy habits, surround themselves with likeminded people and build a strong sense of connection and community.

We have two main groups for men in Community: **the Men's Walk** and **The Men's CrossFit**. Through these groups we utilise self-empowerment, peer support, sense of community and community drive as key aspects to push these programs.



These programs run every **Thursday and Friday from 10.00 am to 12.30 pm**. If you're wanting to join or refer these programs to someone you may know and may benefit from it, please call **Tribal Warrior** or email

blake@tribalwarrior.org



Content provided by Blake Roberts, Tribal Warrior Suicide Prevention Coordinator



Let's yarn about ageing well

What is aged care?



What is aged care?

Aged care supports older people who need help at home or more care than they can get at home. It can help you stay at home longer and live a better life as you get older.

Aged care helps you stay healthy and safe, stay connected to your community, be more independent, and meet your cultural and social needs.

Services at home can include support for cleaning, cooking, bathing, social and cultural activities, nursing, and transport for shopping and appointments.

If you need more care and support, and you want to stay living at home, you can get extra services like help with walking and physio. You may also be eligible to live in an aged care home, if that is the best option for you.

Aboriginal and Torres Strait Islander people aged 50 years and over can access aged care.

What types of aged care are available?

Aged care can come in different forms. These include:

Culturally safe aged care services

There are culturally safe services offered through the National Aboriginal and Torres Strait Islander Flexible Aged Care Program. This program offers a range of different, flexible types of aged care depending on community needs.

How do I access aged care?

It's important that your aged care service meets your individual needs, while also respecting your culture.

To access aged care services, you need to register with My Aged Care, and get an aged care assessment. There may be an Aboriginal and Torres Strait Islander assessment organisation in your area.

They will yarn with you about what services and support will best suit your needs.

Wherever you live, you have the right to culturally safe aged care that meets your needs.

You can lodge a complaint about any aged care services that are not providing quality care or treating you with respect.





Help at home: support to help you stay living at home longer

Getting some extra help in your home can help you live life to the fullest as you age.

Help at home looks different for different people.

It could be:

- getting help with shopping or cooking
- help with dressing and getting out of your bed
- getting a wound dressed by a nurse
- transport to different places and getting you to appointments.

Restorative care: short-term care to help you improve your health and mobility

This can look different for different needs.

You will be linked up with health workers who can help fix a temporary issue to help you live safely at home.

Respite care: temporary care to allow your carer to have a break

This break could be for a few hours, days, or weeks.

It can be provided in your home, community or your aged care home.

It will usually be planned in advance but can be arranged in an emergency if needed.

Assistive technology and home modifications: products or changes to your home that support you to live at home

Products can help you with:

- walking
- cooking
- getting dressed.

Changes to your home could include:

- grab rails or seats in the shower
- handrails or ramps
- non-slip surfaces on the floors or stairs.

End-of-life care: this can help you stay at home in your last months of life

This is extra funding to get the care you need to be at home if you have 3 months or less to live.

It can help you avoid having to go into hospital or into an aged care home if you don't want to.

You can also get cultural support and help from Aboriginal and Torres Strait Islander health workers.

Residential aged care: living in an aged care home

This is for older people who can no longer live at home and need ongoing help with everyday tasks or health care.

When you live in an aged care home, you will get:

- your own room or an area in a shared room with amenities like a shower or toilet
- services that meet your day-to-day needs, such as meals, laundry and social activities
- help with bathing, eating and taking medications, as you need or want it
- clinical care, such as nursing and other health care.

For more information:

- 📄 Go to myagedcare.gov.au
- ☎ Call My Aged Care on 1800 200 422
- 👤 Visit your local Services Australia office



WRAPPED IN CARE:

**A Blanket of Comfort
for Aboriginal &
Torres Strait Islander
Cancer Patients**



In the quiet moments of healing, when words fall short and presence means everything, a simple blanket can speak volumes.

Through our **Aboriginal Cancer Care Coordination program**, patients facing end-of-life journeys or enduring long hospital stays are being wrapped in something more than warmth.

They're wrapped in love, culture, and community. Thanks to the generosity of Knitters for Charity, we've received a stunning collection of hand-knitted and crafted blankets, each one a labour of care and compassion.





These blankets are more than fabric and thread. They carry stories. They honour culture. They offer comfort in times of vulnerability. For many Aboriginal patients, the textures, colours, and patterns evoke a sense of home, connection, and spiritual grounding, a gentle reminder that they are not alone.

Every stitch is a silent companion.
Every blanket, a gift of dignity.


As one patient shared, *"It's like being held by someone who understands."*

We are deeply grateful to the knitters whose hands and hearts have made this possible. Your kindness is felt in every fold. ❤️



Content provided by Kylie Smith, Aboriginal Cancer Care Coordinator, Sydney Local Health District





VACCINATION CLINICS

Free for the whole family!
Bubs to Elders, all welcome

126 Kareena Rd, Miranda NSW 2228
HealthOne Building, The Sutherland Hospital
9am-2pm

Wed
10 Dec

Wed
14 Jan

Wed
11 Feb

Wed
11 Mar

Wed
8 Apr

Offering:

☒ All childhood vaccines

☒ Flu

☒ Adolescents catch-up

☒ Boostrix (for pregnant women)


☒ Pneumococcal

☒ Shingles

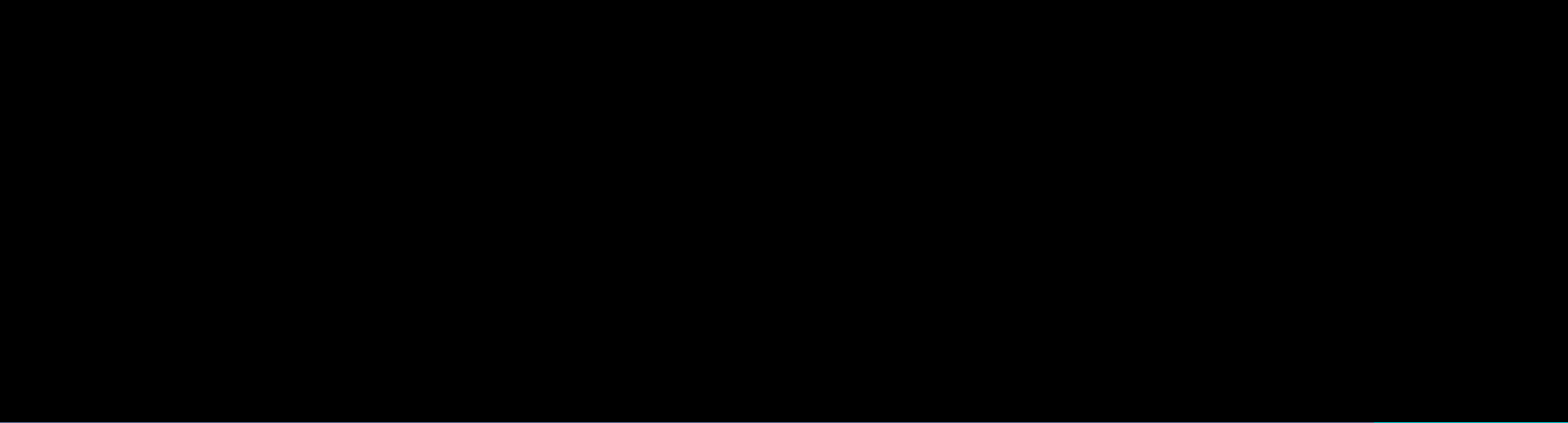
☒ COVID-19

No Medicare needed!

Got questions? Call or text Public Health on 0439 413 094



Walk-ins welcome



PRIMARY HEALTH AWARDS 2025

Excellence in primary healthcare



Central and Eastern Sydney Primary Health Network is proud to announce the winners of the **2025 Primary Health Awards**, recognising excellence, innovation and quality improvement in primary health care across the region.

The annual awards recognise primary health care professionals and organisations' that provide an exceptional service, an outstanding contribution or a quality improvement to primary health care in the central and eastern region of Sydney. This year, the awards night also celebrated CESP HN's 10-year anniversary.



EXCELLENCE IN ABORIGINAL HEALTH AND WELLBEING ACHIEVEMENT

WINNER TRIBAL WARRIOR ABORIGINAL CORPORATION



Tribal Warrior Aboriginal Corporation was nominated for its outstanding contribution to the health and wellbeing of Aboriginal and Torres Strait Islander peoples in the Central and Eastern Sydney region. A key initiative is their Women's Health & Wellbeing Program, which provides a culturally safe and supportive space for Aboriginal women through weekly Joy In Movement (J.I.M) and Strength and Conditioning sessions. These activities promote physical health, emotional resilience, and social connection.



FINALISTS

LILLY PILLY COUNSELLING



Lilly Pilly Counselling was nominated for their exceptional contribution to reconciliation and healing with the Aboriginal and Torres Strait Islander community at La Perouse. Through the co-design and delivery of culturally safe, trauma-informed psychological services, LPC demonstrated deep respect and commitment to community wellbeing. Their restructured Psychological Support Services (PSS) model, developed through extensive consultation, prioritised cultural safety, trust, and flexibility, creating a welcoming and empowering environment for Aboriginal clients.

MIBAYN DISABILITY SERVICES



Mibayn Disability Services was nominated for its lasting impact on the health and wellbeing of Aboriginal and Torres Strait Islander people across the CESP HN region. Since its founding in 2021, Mibayn supported over 45 participants – primarily in Sydney – through culturally safe, inclusive, and community-driven disability services. Their work demystified the NDIS system, empowered individuals and families, and fostered healing through respectful, trauma-informed care. By embedding strong values and collaborating with Aboriginal service providers, Mibayn built trust and strengthened community ties, offering a wide range of supports tailored to local needs. Their commitment to Indigenous leadership and long-term relationships has positioned them as a trusted and impactful organisation in the disability space.

SHARON BROWN

Sharon Brown was nominated for her exceptional work within SESLHD, she's known for her unwavering commitment to improving health outcomes for Aboriginal women. Her leadership in women's health programs, especially her work with BreastScreen NSW, showcased her dedication and advocacy. Sharon built trust through culturally safe, empathetic care and used her networks to achieve the best outcomes for her clients. Colleagues consistently praised her positive attitude, calm presence, and willingness to go above and beyond, making her a compassionate leader who left a lasting impact on both the community and the health system.



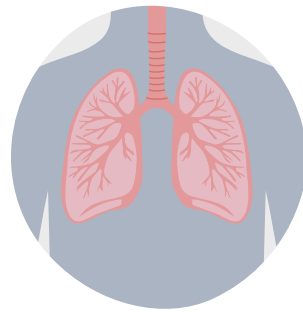
Content provided by Brett Hugo, CESP HN Aboriginal Health and Wellbeing Programs Officer





What is lung screening?

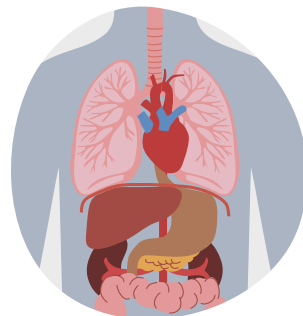
Lung screening uses a chest CT scan to check your lungs.



A specialist doctor, called a radiologist, will look at the scan for early signs of cancer.



The scan can see other parts of the body too, like the neck, chest, heart and upper stomach.



Sometimes the scan might show other things you need to talk to your doctor about.

These could be in your lungs (like emphysema) or outside your lungs.

Lung screening

If you're aged 50–70 and have a smoking history, yarn with your doctor, nurse or health worker about lung screening



Who is lung screening for?

Lung screening is for people who:

-  **Are 50-70 years old**
-  **Currently smoke or have quit smoking in the past 10 years**
-  **Have a tobacco cigarette smoking history of 30 pack-years or more**
-  **Have no signs or symptoms of lung cancer**

Your doctor, nurse or health worker will talk to you about your smoking history to see if you are eligible for lung screening.

Speak to your doctor about any signs of lung sickness you might have, like:

- New or changed cough
- Short of breath (short wind)
- Losing weight without trying
- Tired for no reason
- Coughing up blood
- Chest or shoulder pain



What do I need to do?

Yarn with your doctor, nurse or health worker to learn more about lung screening.

You can bring a **support person** to any of your appointments or scans.

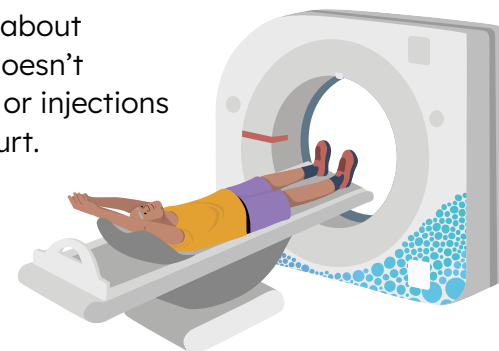


If you and your health team decide that lung screening is right for you, your doctor will give you a referral for a free scan.

Depending on where you live, a nurse practitioner can also give you a referral.



The scan takes about 10 minutes. It doesn't involve needles or injections and does not hurt.



Ask your clinic where you can get your free scan.

You may be able to have your scan at a radiology (x-ray) clinic or hospital. If you live in a rural or remote area, a mobile screening truck may also be available.



Why is lung screening important?

Having lung screening every **two years** is the best way to find lung cancer early.

When lung cancer first starts, it has no symptoms.

That's why it's important to get screened, even if you feel well.

Finding lung cancer early, means doctors have the best chance to treat it and help people get better.



Talk to your doctor, nurse or health worker to see if lung screening is right for you.

You can still be screened even if you still smoke.

Your doctor, nurse and health worker can help you quit if you would like.

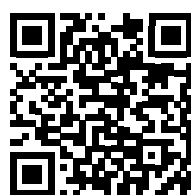
Quitting smoking is the best way to reduce your risk of lung cancer.



The National Lung Cancer Screening Program is an Australian Government program

You need a referral from your doctor to have your scan.

For more information



www.naccho.org.au/lung-cancer



www.lungcancerscreen.org.au

For help to quit smoking, call the Aboriginal & Torres Strait Islander Quitline

Call 13 7848

Visit www.aql.org.au



5 TIPS TO STAY CONNECTED



DAMPAA Brain Health Program

1

STAY CONNECTED WITH YOUR COMMUNITY



2

STAY CONNECTED WITH COUNTRY



3

STAY CONNECTED WITH CULTURE



4

STAY CONNECTED WITH YOUR MOB



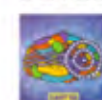
5

STAY CONNECTED WITH SUPPORT PEOPLE LIKE YOUR HEALTH WORKER



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



IN PARTNERSHIP WITH:



Healthy Made Tasty website

There's something for everyone.

Healthy Lunch Box

A one-stop shop for everything you need to know about packing a healthy lunch box.



Interactive lunch box builder

Get kids involved in planning and packing a healthy lunch box.

Cancer prevention

Find out how to reduce your cancer risk by eating well and moving more.

Healthy tips

Practical information and advice on healthy eating, preventing cancer and more.



Free, easy and delicious recipes

Hundreds of recipes that include nutrition tips and cost saving ideas.

Snack ideas

Snack suggestions, swaps and recipes to make healthy snacking easy.



Resources

Videos, fact sheets and printouts for families, schools and health professionals.

Keep up to date

Subscribe to our FREE monthly e-newsletter to get new recipes, practical tips and up to date cancer prevention information.



Visit healthymadetasty.com.au for recipes and information you can trust.



Cancer Council
Healthy Made Tasty



EASY VEGGIE MUG OMELETTE

Preparation time: 8 mins

Cooking time: 2 mins

Serves: 1

Ingredients

- Cooking spray or 1 teaspoon oil*
- 2 tablespoons grated cheddar cheese (reduced fat if available)
- 2 eggs
- 2 tablespoons milk*
- 1 cup vegetables* (e.g., capsicum, tomatoes, mushroom, zucchini, spinach, corn, peas, spring onion)
- Pepper to taste

Method

- Dice the vegetables by chopping them into bite sized pieces, ensuring they are all roughly the same size.
- Use a cheese grater to grate the cheese.
- Lightly oil a mug by either spraying the mug with oil or adding a teaspoon of oil to the mug, swirl it around up the sides of the mug and tip out any excess oil.
- Add the eggs and milk to the mug and mix them together using a fork. Stir in the cheese, diced vegetables and sprinkle with pepper.
- Microwave the mug on high for 2 minutes, removing from the microwave and stirring every 30 seconds with a fork until the egg is fully cooked. (Note: cooking times may vary depending on the power of the microwave).
- Remove mug from the microwave and option to sprinkle with more pepper.

Recipe credited to
www.healthyliving.nsw.gov.au



SECRET SPICE CHICKEN AND COLESLAW

Preparation time: 25 mins

Cooking time: 15 mins

Serves: 4

Ingredients

- 4 chicken thighs, fat trimmed
- 2 eggs, lightly beaten
- 1.5 cups almond meal
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- ½ teaspoon salt + black pepper
- 2 tablespoons olive oil

For the coleslaw

- 4 cups shredded cabbage (mix of green + purple if possible)
- 2 medium carrots, grated
- ½ red onion, finely sliced
- ½ cup reduced fat Greek yoghurt
- 1 tablespoon lemon juice
- Salt + pepper to taste

Method

- Preheat oven to 200°C.
- Cut each chicken thigh into 3 pieces (12 pieces in total).
- In a bowl, mix almond meal, paprika, garlic powder, onion powder, oregano, salt, and pepper.
- In another bowl, light beat eggs.
- Dip chicken into egg, then press into the crumb mix until well coated.
- Place on a lined baking tray and spray lightly with olive oil.
- Bake chicken pieces 20–25 minutes, turning halfway. At the halfway mark, spray the other side of the chicken pieces with olive oil. Cook until chicken is golden and cooked through (juices run clear).
- Coleslaw: Mix yoghurt, and lemon juice in a small bowl. Toss through cabbage, carrot, and red onion. Season to taste. Place in refrigerator until chicken is ready.
- When chicken is ready, serve with coleslaw.

Recipe credited to
www.diabetesaustralia.com.au





KANGAROO COTTAGE PIE

Preparation time: 45 mins

Cooking time: 30 mins

Serves: 4

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 tablespoon no added salt tomato paste
- 500g kangaroo meat (mince or diced)
- 1 large can or 2 small cans of no added salt diced tomatoes
- 1 cup mixed frozen veg (corn, peas, carrots)
- 2 teaspoons dried oregano
- 1 salt reduced veg stock cube, crumbled
- 2 cups green veg to serve (beans, broccoli)
- 4 medium potatoes, peeled and chopped
- ¾ cup water
- Pepper, to taste
- ½ cup milk
- 2 teaspoons olive oil

Method

- To make meat sauce, heat oil in a big frying pan. Add onion and cook until soft. Add tomato paste and stir for 2 minutes. Add kangaroo meat and continue cooking. Stir with a wooden spoon until meat has changed colour. Stir in canned tomatoes, frozen vegetables, oregano, stock cube and water. Add pepper and bring to boil. Reduce heat, cover and simmer, stirring occasionally for 20 minutes.
- Remove the lid and simmer uncovered until sauce has thickened.
- For the potato mash, place potatoes in a saucepan, cover with cold water. Cover with lid and bring to the boil for 15 minutes or until tender.
- Drain well then return to the saucepan. Mash with milk and mix until smooth. Season with pepper.
- Assemble and bake: Preheat oven to 220°C (200°C fan-forced). Spoon the meat sauce into ovenproof dish. Top with mashed potato. Brush with olive oil.
- Bake for 20-30 minutes or until the top has browned. Serve with vegetables.

Recipe credited to
Heart Foundation “Cooking in the Pilbara”
[Cooking-in-the-Pilbara-Recipe-Book.pdf](#)



BERRIES WITH HOMEMADE RASPBERRY SORBET

Preparation time: 20 mins

Serves: 6

Ingredients

- 810g of frozen raspberries
- Plus 60g extra of frozen raspberries
- 3 small to medium ripe bananas, peeled and cut into slices and frozen till firm
- 150g punnet of fresh raspberries
- 500g fresh strawberries
- 400g fresh blueberries
- 6-12 fresh mint leaves

Method

One or two hours before serving:

- Allow the 60g of frozen raspberries to defrost and roughly squash them.
- Line a 1.25-1.5L metal or plastic container with baking paper.
- Blend the 810g of frozen raspberries and the frozen banana slices in small batches until well smooth and well combined. Pour into the container.
- Stir through the squashed raspberries. Smooth the top and pop in the freezer until it needs to be served.
- Wash all the fresh berries. Hull the strawberries and slice into halves or quarters if they are large. Mix together gently. Keep in the refrigerator until ready to be served.
- Serve with sorbet and decorate with a washed mint leaf or two.

Recipe credited to
www.diabetesaustralia.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

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



Australian Government

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CENTRAL AND
EASTERN SYDNEY

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