

EORA HEALTH MESSENGER

WINTER 2026

RELAUNCH OF HEADSPACE ASHFIELD



TAYLOR AND
THE SHARKS MAKING
DEADLY CHOICES

MEETING OF
TWO CULTURES:
COMMUNITY AND
HEALTH CONNECTION

IN THIS ISSUE

NAIDOC
week
2026
PAGE 10

The Ironbark
Falls
Prevention
Program
PAGE 21

Adolescent
Vaccinations
PAGE 26

phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative



Influenza isn't as scary if you're vaccinated.

Protect you and your mob this winter.

**Book your flu vaccine today at your
Aboriginal Medical Service, GP or pharmacy**

healthdirect.gov.au/nswfluvaccine





Tidda, have you screened?

Cervical Screening Test

Human Papillomavirus (HPV) is a common virus that causes most cervical cancers

- The cervical screening test can find HPV before it leads to cervical cancer
- You can choose to do the test yourself in private at your health service
- It's just 1 test every 5 years from age 25–74



To find out more scan the QR code or search

Cancer Institute NSW



Welcome to
the Winter 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

HEADSPACE ASHFIELD: RELOCATION AND GRAND OPENING



Assistant Minister for Mental Health and Suicide Prevention, the Honorary Emma McBride, launched the re-location of **headspace Ashfield** on **Thursday, 9 April 2026**. The new centre is located at **Level 2, 320 Liverpool Road, Ashfield**.

The launch provided everyone with time to reflect on the journey of **headspace Ashfield** and the service's future.

Opened in 2015, **headspace Ashfield** has been servicing one of Sydney's most diverse and densely populated communities for 11 years. headspace Ashfield supported over 700 young people in 2024-25 including 4.8% who identify as Aboriginal and Torres Strate Islanders.



headspace offers support to young people aged 12-25 years and their families and friends. headspace centres can provide support with:

- general health
- alcohol and other drugs
- mental health
- work, school and study

Services at a headspace centre are usually **free**, and some services require a Medicare card. Young people can call to make an appointment themselves, or they can be referred by family, friends or by service providers.

Phone: **9193 8000**

MEDICARE MENTAL HEALTH CHECK IN

The **Medicare Mental Health Check In** is a new **free** digital mental health service that has recently been launched.

The service is designed to help you build skills to support your mental health, social and emotional wellbeing. The therapy is provided by trained practitioners who have worked in mental health care or have experience in helping people overcome mental health challenges.

It's completely free for anyone in Australia, with no referral or diagnosis needed.

To access the service, call **Medicare Mental Health** on **1800 595 212** (between 8.30 am and 5.00 pm weekdays, except public holidays). The phone service will check whether **Medicare Mental Health Check In** is right for you.

Read the consumer fact sheet [here](#).

(<http://www.cesphn.org.au/wp-content/uploads/2026/04/Medicare-Mental-Health-Check-In-Fact-Sheet-Consumers.pdf>)



Glebe Mens connection

Free social program for men in St Helen's community centre



A relaxed, welcoming space to connect with other men, try new activities, and support your wellbeing

Weekly activities include:

- Health & fitness / walking and fishing
- Hands on creative and tinkering projects
- Supportive group session with a men's counsellor
- Gardening & sustainability

Thursdays 10:30-12pm 7th May 2026-
11th June 2026

Practical, social activities to help you build community connections and build local friendships

Free to attend and all equipment and resources are provided!

We aim to deliver inclusive and accessible events and activities. If you have any particular access or communication needs, don't hesitate to get in touch with our team at youthservices@cityofsydney.nsw.gov.au or phone 9265 9333

CITY OF SYDNEY 

MEETING OF TWO CULTURES: COMMUNITY AND HEALTH CONNECTION

An event that brought families together for a day of reflection, learning and connection.



On Wednesday 29 April, community members gathered at Kamay to commemorate the Meeting of Two Cultures, recognising the first contact between Lieutenant James Cook and the crew of the HMB

Endeavour and the Gweagal community, the Traditional Custodians of the area in 1770.

The event brought families together for a day of reflection, learning and connection, featuring official proceedings, free educational workshops, and free national park entry.



The CESP HN Aboriginal Health team attended the event, supporting Jada Taylor and the Cronulla Sharks community team to promote 715 health assessments and healthy lifestyle messages. Community members had the opportunity to yarn with health staff and learn more about preventive health care in a culturally safe and welcoming setting.

CE SP HN thanks the organisers and partners for creating a meaningful event that strengthened community connections and supported Aboriginal health and wellbeing.

Article provided by CESP HN's Aboriginal Health Team.

NAIDOC WEEK

2026

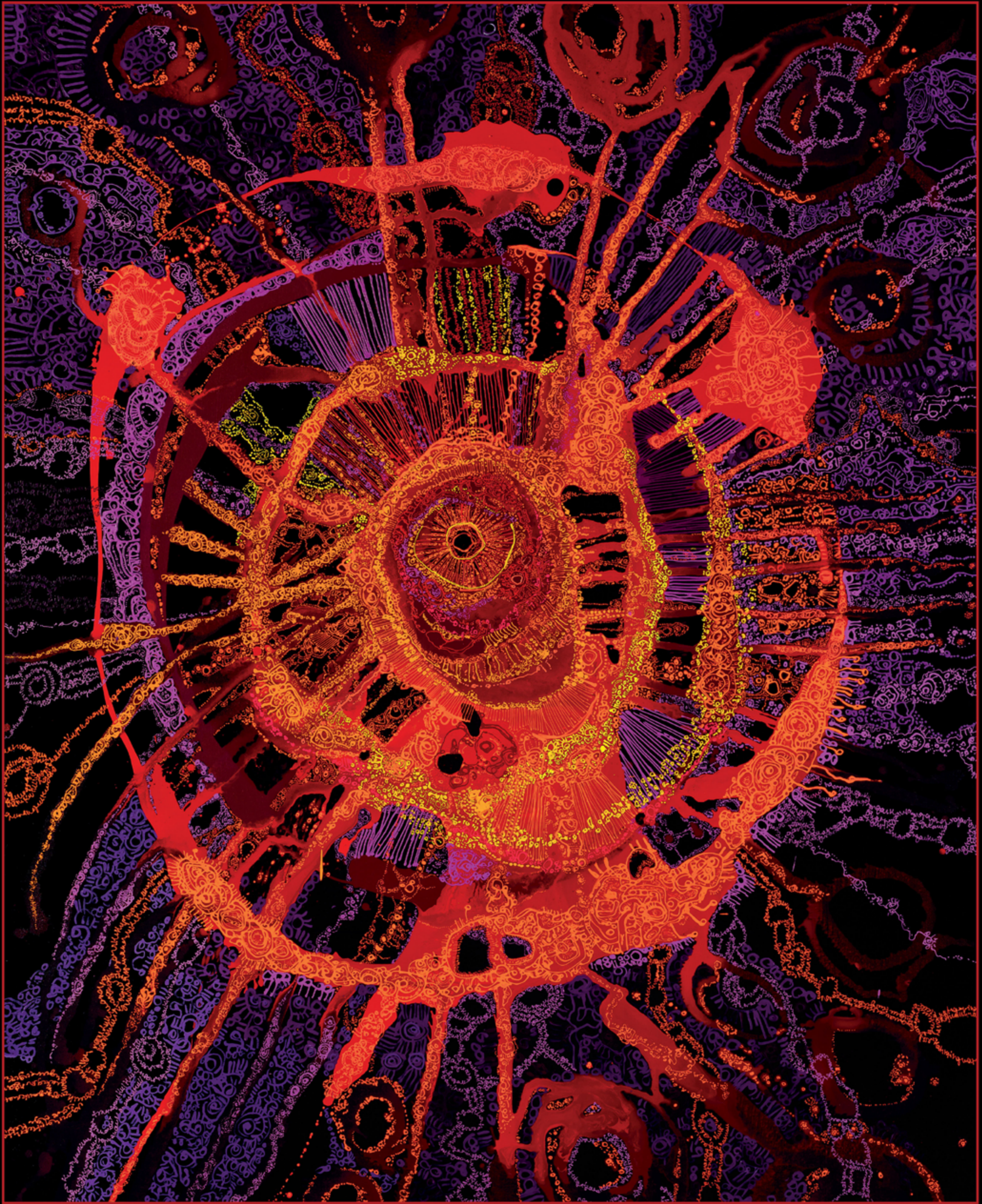
2026's national NAIDOC Week theme is "50 Years of Deadly"

2026's national NAIDOC Week theme is "50 Years of Deadly" and this year will mark five decades of NAIDOC as a powerful platform celebrating Aboriginal and Torres Strait Islander peoples, cultures and achievements.

The theme reflects on the strength, resilience and cultural leadership that have sustained NAIDOC over 50 years, while also looking to the future and the ongoing role of community-led change.

"50 Years of Deadly" honours the Elders, organisers, artists and activists who ensured NAIDOC remained grounded in culture and community and recognises that NAIDOC has always been more than a single week - it is a space for truth-telling, pride and continuity.

Content provided by CESPHN's Aboriginal Health and Wellbeing Team.



NAIDOC WEEK
50 YEARS DEADLY
 5-12 JULY 2026

Paralpi by Zaachariaha Fielding

Paralpi extends Zaachariaha's acclaimed *Inma* series and reflects a deeply cultural and immersive narrative grounded in Country. The artwork depicts the sounds of *Paralpi*, a significant place just outside Mimili on the eastern APY Lands in South Australia. As Zaachariaha describes, *Paralpi* is a place where people come to embrace and celebrate children, where they are taught by Elders to move and mimic their Clan emblem – for Mimili, this being the maku (witchetty grub).

#NAIDOC2026

#FIFTYYEARSDEADLY

#NAIDOCWEEK

facebook.com/NAIDOC @naidocweek @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.



Vaping



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

What are vapes?

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

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

Do many young people vape?

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

Why do people vape?

Young people may start vaping due to:

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

Can vaping cause harm?

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

Vaping effects

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



Key Health messages



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



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



The labels on vapes can be wrong or incomplete.



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



Is vaping legal?

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

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



True or false

It's just water vapour

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

I can be sure my vape is nicotine-free

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

Vaping nicotine-free vapes is safe

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

Once I'm hooked, I'm hooked forever

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

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

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

Where can I get help to quit?



Have a yarn with your doctor or Aboriginal Health Worker.



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



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



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

Where can I find more information?



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

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



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

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



Resources for young people about vapes and vaping.

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

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



The Aboriginal flag was designed by Luritja artist Harold Thomas.



The Torres Strait Islander flag was designed by Bernard Namok.



August 2024 © NSW Health. SHPN (CPH) 240412.





HEADSPACE ASHFIELD RELAUNCH

The newly expanded and purpose-built headspace Ashfield centre opened last week!

Delivered by New Horizons in partnership with Central and Eastern Sydney Primary Health Network and headspace, the launch shines a spotlight on the importance of youth voice, leadership, and community connection. The new centre was officially opened by The Honorary Emma McBride MP, Assistant Minister for Mental Health and Suicide Prevention.

headspace Ashfield provides free, confidential support for young people aged 12-25, covering mental health,



physical and sexual health, alcohol and other drug concerns, and work and study support.

Located at Level 2, 320 Liverpool Rd, Ashfield NSW, the upgraded centre offers a larger, fit-for-purpose and more welcoming space designed with young people to help meet growing demand. With additional consult rooms, GP consult rooms, and sensory rooms, the centre is better equipped to support young people across the region.

In the 2024-2025 financial year, **headspace Ashfield** provided over 4,000 services for young people aged 12-25. Of these, 89% of services were delivered in person, reflecting the value of face-to-face connection in safe, inclusive environments. 96% of young people accessing the service during this period reported being satisfied with the service received. The centre also continues to prioritise accessibility and inclusivity, with 5% of young people accessing the service identifying as Aboriginal or Torres Strait Islander.

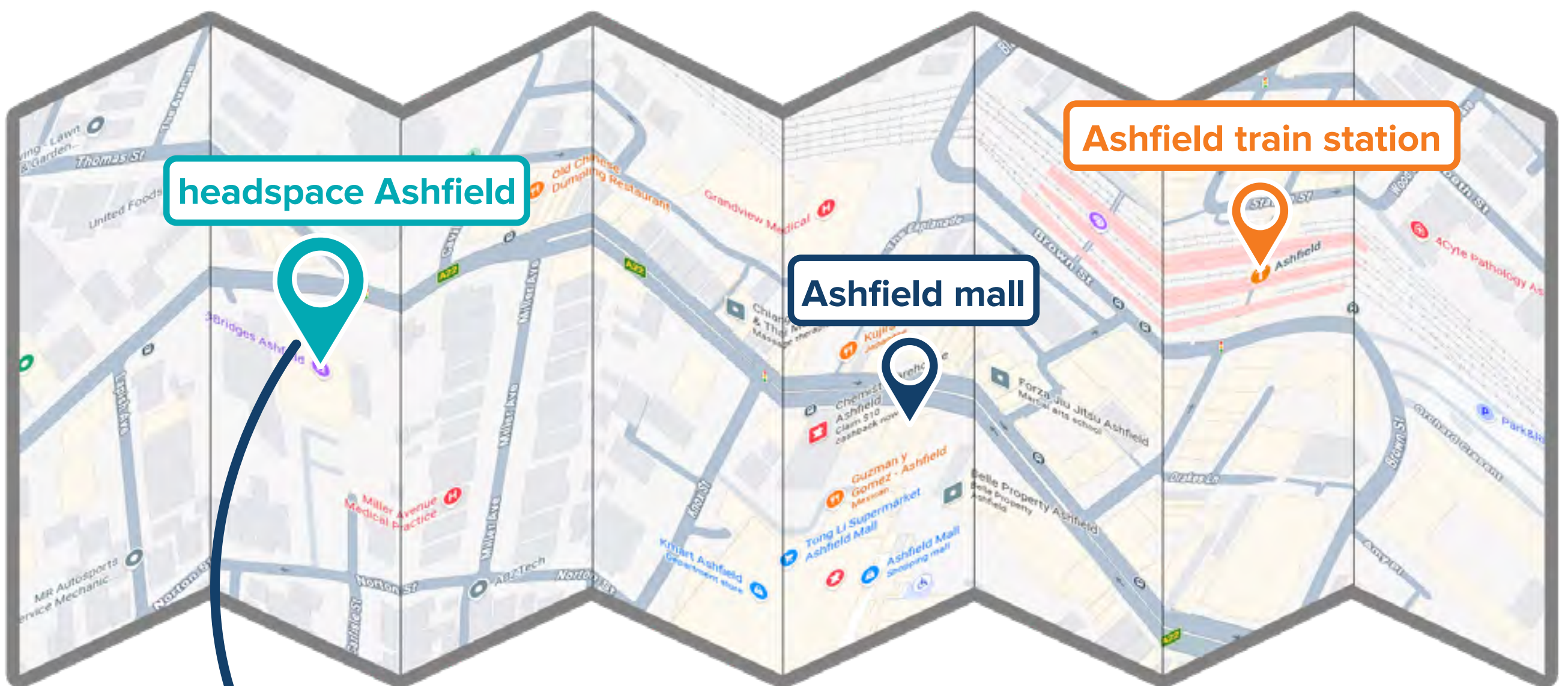


A key focus of **headspace Ashfield** is culturally safe and inclusive care for Aboriginal young people. The centre includes Aboriginal staff who play a vital role in providing culturally appropriate support and creating a space where Aboriginal young people feel respected, understood and connected to their community. Through the Work and Study program, First Nations young people can receive support with their career goals, including connections to Aboriginal Employment Services and support to attend Aboriginal Career Expos. The service also offers access to GPs, mental health clinicians and peer support workers who can assist with practical needs. Aboriginal young people can also get involved in the Youth Reference Group, which provides a safe space to share stories, exchange ideas, provide direct feedback to the service and connect through shared experiences with other young people.





To get in touch with **headspace Ashfield** drop into the centre or reach out to them:



📍 Level 2, 320 Liverpool Road,
Ashfield, New South Wales 2131
 📞 (02) 9193 8000

Article provided by **Wilhelmina Brown, CESPHN Mental Health Team Lead.**



It's a journey.

Hard days come back.

But there **will be a time when**

you feel **better again.**



*Scan for culturally safe
and responsive support
and services in Victoria.*

**Connection
is prevention.**
Just have the yarn,
help prevent suicide.

We would like to express our gratitude to the Garrka yap-u burrundyata Knowledge Holders Group for their valuable guidance and contributions.



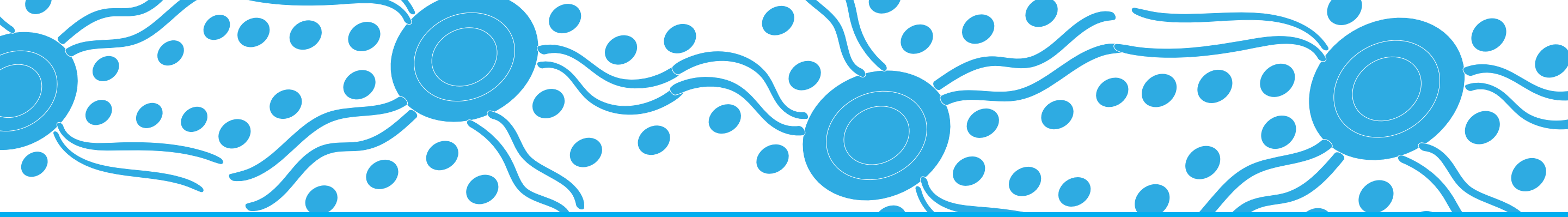
The Balit
Durn Durn
Centre

The Balit Durn Durn Centre
17-23 Sackville Street, PO Box 1328, Collingwood VIC 3066

T: 03 9411 9411
E: enquiries@vaccho.org.au

Victorian Aboriginal Community Controlled Health Organisation Inc.
www.vaccho.org.au

www.balitdurndurncentre.org.au



TAYLOR AND THE SHARKS MAKING

Deadly Choices[®]

Together, they are helping drive positive health outcomes for First Nations communities in the Sutherland Shire.

Jada Taylor, Cronulla Sharks NRLW fullback and Indigenous Programs Coordinator, is helping drive positive health outcomes for First Nations communities in the Sutherland Shire through the Deadly Choices program.



By delivering the program in local schools and community settings - with support from Indigenous Sharks players and partners - Taylor empowers young people to make healthy lifestyle choices and encourages Indigenous community members to complete 715 Health Checks.

The growing presence of Sharks branded Deadly Choices shirts reflects increased engagement, with thousands of health checks and education shirts distributed, highlighting the program's real impact on youth confidence, community wellbeing and long term health.



Content provided by Brett Hugo, CESPHE Aboriginal Health and Wellbeing Programs Officer, full article written by Troy Whittaker, Sharks Media.

THE IRONBARK FALLS PREVENTION PROGRAM


Supporting the community to improve their strength, balance, mobility, and overall wellbeing.

The Ironbark Falls Prevention Program

is a culturally safe, community-based initiative designed for Aboriginal and Torres Strait Islander men and women aged 45 years and over. The program supports participants to improve their strength, balance, mobility, and overall wellbeing, helping to reduce the risk of falls and maintain independence.

Delivered in a welcoming group setting, Ironbark combines evidence-based exercise with yarning and health education, creating a space that supports both physical health and cultural connection.

Participants are encouraged to bring along family members and/or carers, who are welcome to attend and participate in the program, regardless of whether they identify as Aboriginal or Torres Strait Islander. This inclusive approach



helps strengthen support networks and enhances engagement.

The program runs over 10 weeks with a flexible, rolling intake and is currently delivered at:

- **Miranda Community Centre**
- **Lexington Hub – Maroubra**
- **War Memorial Hospital – Waverley**

Referrals are welcomed from a variety of pathways, including GPs, hospitals, community services, or through self-referral, making the program accessible to those who may benefit most.

Facilitated by a multidisciplinary team, including clinicians, Aboriginal Health staff, and Allied Health Assistants, Ironbark ensures care is both clinically effective and culturally appropriate.

Ironbark is more than a falls prevention program - it is a holistic approach to supporting safe, active, and connected communities.

Content provided by Skye Parsons, Director Aboriginal Health SELHD.

Ironbark

STANDING TALL AND STRONG

ABORIGINAL FALLS PREVENTION PROGRAM

MEN AND WOMEN AGED 45+

BALANCE AND STRENGTHENING EXERCISES

HEALTH EDUCATION

CONNECT AND HAVE A YARN WITH MOB



**SCAN THE QR CODE FOR
MORE INFORMATION**



**South Eastern Sydney
Local Health District**





Get Healthy Service

Keeping mob healthy

Our free program supports Aboriginal and Torres Strait Islander people who want to make a change to improve their health and wellbeing.

Our Aboriginal health coaches will help you to:

- eat healthily
- stay active
- improve your wellbeing
- manage or lower your risk of disease
- drink less alcohol
- access support to quit smoking



SHPN (CPH) 240024
SKU GHSP0SA23
February 2024
© NSW Health

Call 1300 806 258
Monday to Friday 8am to 8pm
Saturday 9am to 5pm
Register online at gethealthynsw.com.au





ALL

IN

NATIONAL
RECONCILIATION
WEEK 2026

27 MAY – 3 JUNE

FOR RECONCILIATION

MAKE CHANGE

#NRW2026

RECONCILIATION.ORG.AU



25 YEARS OF
RECONCILIATION
AUSTRALIA



Adolescent Vaccinations

Information about free vaccines to
protect against harmful diseases.



DT0004273-0326



Australian Government
**Department of Health,
Disability and Ageing**



**National
Immunisation
Program**

A joint Australian, State and Territory Government Initiative

Routine vaccination for adolescents

The National Immunisation Schedule outlines recommended vaccines that are available free under the National Immunisation Program.

Adolescents can receive **free** vaccines as long as they have a Medicare card or are eligible for one.

Adolescent vaccines are most often delivered through school-based vaccination programs or from a health professional through a range of health services including pharmacies.

Missed vaccinations

It is important to vaccinate on time and in line with the National Immunisation Schedule for the best protection against harmful diseases.

Adolescents who missed vaccines at school may be able to catch up at extra school clinics. If this is not possible, they can catch up for free through their health professional up until they turn 20 years of age, or up until age 26 for the HPV vaccine. While the vaccine is free, the health professional may charge a consultation or administration fee.

Consent

Students in the eligible year level will receive a consent form from their school. This must be completed by a parent or guardian and returned to school before vaccinations are given.

A mild illness such as a runny nose or slight cold is usually not a reason to miss your vaccination.

During the visit, you will be asked some questions to check there is no concern in vaccinating you on the day.



Adolescents with specified medical conditions

Adolescents with specified medical conditions may also be eligible for additional vaccines for free such as pneumococcal and influenza.

Talk to your vaccination provider to see if you are recommended for these vaccines.

Vaccination records

Routine vaccinations given at school or through another health professional will be recorded on the Australian Immunisation Register. You may also be given a take home record of vaccinations given at school.

For children aged under 14, parents can get their child's Immunisation History Statement from the AIR by using their own Medicare online account through myGov or the myGov mobile app.

Young people aged 14 years or older can get their Immunisation History Statement from the AIR by:

- going to **my.gov.au** and signing in to access their Medicare online account or using the myGov mobile app
- calling Services Australia on **1800 653 809** to request a copy
- asking their health professional to print a copy for them.

Young people aged 14 years or older can give Services Australia permission for their parents to get their Immunisation History Statement.

Human papillomavirus (HPV)

HPV is a common sexually transmitted virus that can cause cancers and diseases in both men and women. The HPV vaccine prevents the main types of HPV infection that cause cancers (such as cervical, anal, throat, penile) and genital warts.

Only one dose is needed and works best when given at a younger age and before exposure to HPV.

Females should also participate in cervical screening for best protection against cervical cancer.

Diphtheria, tetanus and pertussis (whooping cough)

Diphtheria, tetanus, and pertussis (whooping cough) are serious diseases that can be prevented with vaccination.

Adolescents are likely to have received vaccination against diphtheria-tetanus-pertussis at their last childhood immunisation, around the age of four. The adolescent dose of the vaccine is an additional booster dose to maintain effective immunity into early adulthood.

Meningococcal ACWY

Meningococcal disease is rare but very serious and can quickly become life-threatening. Meningococcal bacteria can cause serious complications including permanent disabilities through loss of limbs, deafness and blindness, scarring and kidney or liver failure. Older teenagers and young adults are most likely to carry the bacteria and spread it to others.

A single dose of meningococcal ACWY vaccine is very effective in providing protection against four types of meningococcal disease.

Side effects

You may experience mild side effects following vaccination. Most side effects last no more than a couple of days and are part of the immune system's natural response to the vaccine.

Common reactions include:

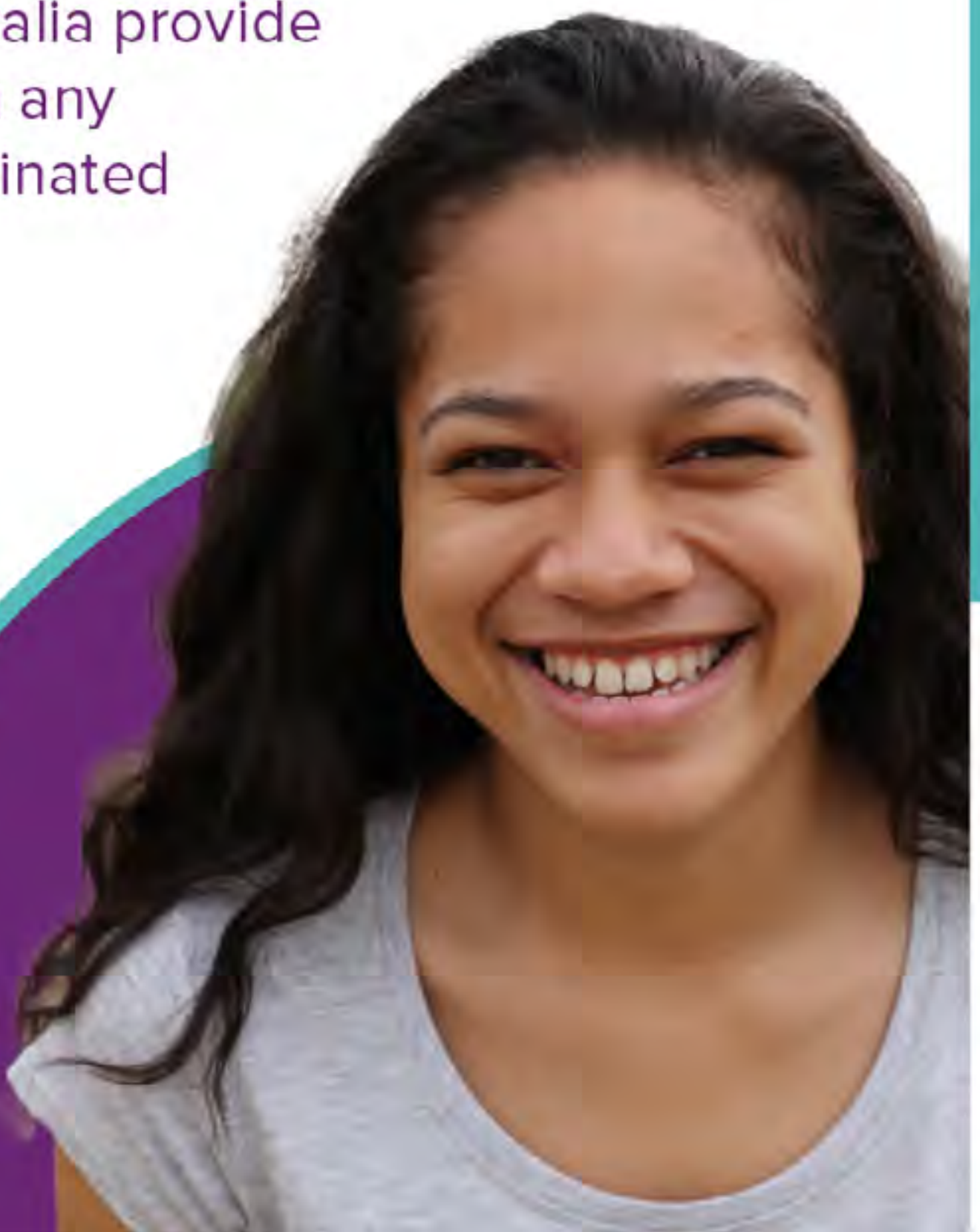
- pain, swelling or redness at the injection site
- headaches, fatigue
- mild fever
- decreased appetite
- feeling faint and fainting
- muscle / body aches.

Serious reactions to vaccines are rare. If you have a reaction you think is severe or unexpected, seek medical advice straight away.

Vaccines are safe

All vaccines available in Australia have been assessed by the Therapeutic Goods Administration to ensure they are safe and effective before they are approved for use. Their safety continues to be monitored once in use.

All vaccines used in Australia provide benefits that far outweigh any risks. It is safer to be vaccinated than get the disease.



National Immunisation Schedule (Adolescent)

Age/risk condition	Disease
12–13 years (Year 7 or age equivalent)	<ul style="list-style-type: none">● Human papillomavirus (HPV)● Diphtheria, tetanus, pertussis (whooping cough)
14–16 years (Year 10 or age equivalent)	<ul style="list-style-type: none">● Meningococcal ACWY
Aboriginal and Torres Strait Islander people	<ul style="list-style-type: none">● Influenza annually (through your health professional)
People with specified medical conditions	<ul style="list-style-type: none">● Influenza annually (through your health professional)● Pneumococcal

Extra vaccines may be available free under State and Territory Government programs.

MORE INFORMATION

If you have questions you can:

- talk to your health professional
- visit [health.gov.au/immunisation](https://www.health.gov.au/immunisation)
- contact your state or territory health department.



Talk to a Women's Health Nurse

Phone: 0408 901 378 or 0457 881 350
for an appointment or further information.
(you can also talk to your doctor)

Your next appointment

Date: _____

Time: _____

Address: _____

Women's Health Nurse:

Free Women's Health Checks are available at:

Rockdale Community
Health Centre

La Perouse Aboriginal
Community Health Centre

Wolli Creek Hub

Menai Community
Health Centre

HealthOne
Sutherland Hospital



If you need an interpreter, please call
Translating and Interpreter Service
(TIS) on **131 450**.

South Eastern Sydney Local Health District

A Women's Health Check could involve:

- Cervical screening
- How to check your breasts
- Contraception advice
- Pregnancy planning
- 6 week post-natal check
- Menopause advice
- Pelvic floor advice



FREE VACCINATION CLINICS

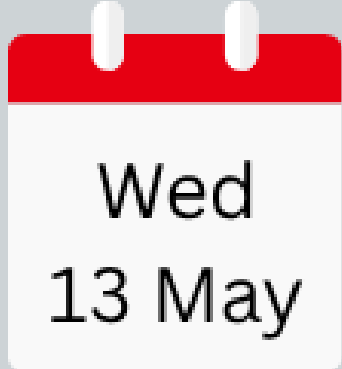
For teens to Elders!



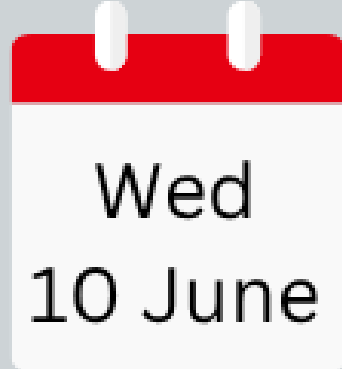
Walk-ins
welcome

126 Kareena Rd, Miranda NSW 2228
HealthOne Building, The Sutherland Hospital

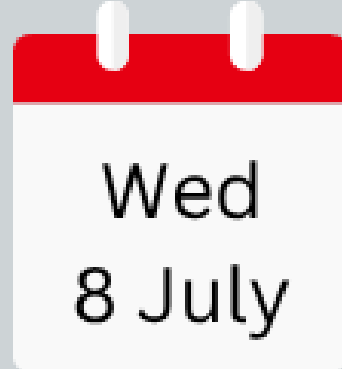
9am-2pm



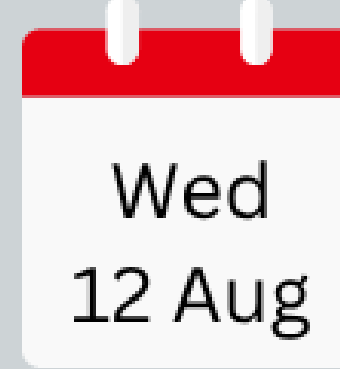
Wed
13 May



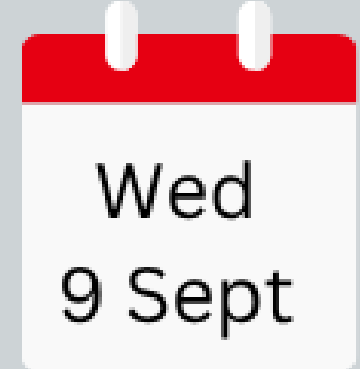
Wed
10 June



Wed
8 July



Wed
12 Aug



Wed
9 Sept

All Aboriginal families are welcome to attend the clinic for
their flu and COVID vaccines.

No medicare needed!



Also offering:

- Adolescents catch-up
- Vaccines for pregnant women

- Pneumococcal
- Shingles
- RSV (available from 15 May)

Got questions? Call the Public Health Unit on 02 9382 8333



DOUBLE EGG AND VEGETABLE MUFFINS



**Preparation
time: 15 mins**



**Cooking
time: 10 mins**



Serves: 4



INGREDIENTS

- Margarine, light, 2 tablespoon(s)
- Onion, any type, 1 medium, thinly sliced into rings
- Red capsicum, 1 capsicum(s), seeded and sliced
- Baby spinach, 50 g
- Barbecue sauce, 1 tablespoon(s), salt-reduced
- Olive oil spray, 1 spray(s)
- Eggs, raw, 8 extra large egg(s)
- English muffin, wholemeal, 4 muffin(s), split
- Cheddar cheese, tasty, 160 g, coarsely grated

METHOD

- 1. Melt the margarine in a medium saucepan over medium heat. Add the onion and capsicum and cook, stirring occasionally, for 5 minutes or until cooked and golden. Add the spinach, barbecue sauce and 2 tablespoons water and cook, tossing, for 2 minutes or until the spinach has wilted. Season with freshly ground black pepper.**
- 2. Meanwhile, lightly spray a large non-stick frying pan with olive oil and heat over medium-high heat. Crack the eggs into the pan and cook for 2-3 minutes or until the whites are set and crisp around the edges and the yolks are still runny. (Use two frying pans if you don't have one large enough to hold eight eggs.)**
- 3. Divide the toasted muffins among serving plates. Top one half with cheese, the hot vegetable mixture and the fried eggs, then top with the other muffin half. Serve hot.**

Recipe taken from CSIRO Total Wellbeing Diet.
www.totalwellbeingdiet.com

SMOKEY BEAN AND BEEF BURRITO BOWL



**Preparation
time: 15 mins**



**Cooking
time: 10 mins**



Serves: 4



INGREDIENTS

- 1 teaspoon smoked paprika
- 2 teaspoons cumin
- ½ teaspoon chilli powder
- Olive oil spray
- 1 teaspoon brown sugar
- 400 g lean rump steak, fat trimmed
- ¼ medium white cabbage, trimmed, shredded
- ¼ medium red cabbage, trimmed, shredded
- 2 large carrots, peeled, grated
- 2 tablespoons coarsely chopped coriander leaves
- 400 g can no added salt red kidney beans, drained, rinsed
- 200 g punnet cherry tomatoes, halved
- 1 large continental cucumber, thinly sliced
- 1 medium ripe avocado, sliced
- 2 tablespoons reduced-fat plain yoghurt

METHOD

- 1. Combine paprika, cumin, chilli powder and sugar.**
- 2. Rub the spice mixture evenly over both sides of the rump steak and spray lightly with olive oil.**
- 3. Preheat a chargrill pan or barbeque hot plate to medium-high.**
- 4. Grill steaks for 2-3 minutes each side, or until cooked to your liking.**
- 5. Transfer to a plate and rest for 5 minutes. Thinly slice.**
- 6. Combine the white cabbage, red cabbage, carrots and coriander in a large bowl.**
- 7. Divide the slaw, red kidney beans, cherry tomatoes, cucumber, beef and avocado between the serving bowls. Place a dollop of yoghurt.**

*Recipe developed by the Heart Foundation.
www.heartfoundation.org.au*



CHICKEN NOODLE SOUP



**Preparation
time: 15 mins**



**Cooking
time: 30 mins**



Serves: 4



INGREDIENTS

- Olive oil, 1 tablespoon(s)
- Onion, any type, 1 medium, chopped
- Carrot, 2 medium carrot(s), diced
- Celery, 2 stalk(s), diced
- Potato, any type, 2 medium potato(s), peeled and diced
- Garlic, 3 clove(s), sliced
- Dried thyme, 1 teaspoon(s)
- Chicken liquid stock, salt reduced, 2 litre(s)
- Chicken breast, lean, raw, 800 g, diced
- Noodles, dry, 120 g, or spaghetti
- Sweetcorn, canned, 1 cup(s), drained, (or frozen)
- Italian parsley, 3 tablespoon(s), chopped

METHOD

- 1. Heat the olive oil in a large saucepan. Add the onion, carrot, celery and potato and cook, stirring, for 5 minutes or until the vegetables are starting to soften. Stir in the garlic and thyme. Add the stock and chicken and simmer for 15 minutes or until the vegetables are soft.**
- 2. Add the noodles and corn and cook for 10 minutes or until cooked through. Add 1–2 cups (250–500 ml) water if the soup is too thick. Stir in the parsley and serve immediately.**

Recipe taken from the CSIRO Total Wellbeing Diet.
www.totalwellbeingdiet.com

BANANA PIKELETS



**Preparation
time: 10 mins**



**Cooking
time: 10 mins**



**Serves:
12 pikelets**



INGREDIENTS

- 1 cup wholemeal self-raising flour, sifted
- ½ tsp baking powder
- 1 banana, mashed
- 2 tbsp honey, warmed
- ¾ cup reduced-fat milk
- 1 egg
- Olive oil

METHOD

- 1. Place the flour and baking powder in a large bowl and make a well in the centre.**
- 2. In a separate bowl, mix together the banana, warm honey, milk and egg.**
- 3. Add the wet mixture to the flour a little at a time and mix until smooth.**
- 4. Grease a non-stick frypan with a little olive oil or margarine and heat over a medium heat.**
- 5. Add tablespoons of the batter to the pan and cook in batches for 2 minutes or until bubbles start to appear on the surface. Flip and cook for a further 1-2 minutes or until golden.**

Recipe developed by Healthy Made Tasty.
www.healthymadetasty.com.au



**Being vulnerable creates
space for healing.**

**That's why it's important
for Mob to support Mob.**

**Connection
is prevention.
Just have the yarn,
help prevent suicide.**



*Scan for culturally safe
and responsive support
and services in Victoria.*

We would like to express our gratitude to the Garrka yap-u burrundyata Knowledge Holders Group for their valuable guidance and contributions.



The Balit
Durn Durn
Centre

The Balit Durn Durn Centre
17-23 Sackville Street, PO Box 1328, Collingwood VIC 3066

Victorian Aboriginal Community Controlled Health Organisation Inc.
T: 03 9411 9411 E: enquiries@vaccho.org.au www.vaccho.org.au

www.balitdurndurncentre.org.au





Keep yourself and your mob strong this winter.

Get your free flu vaccine.



Influenza is serious, but your yearly **free** flu vaccine is the best way to stop getting really sick.



Book your free flu vaccine at your doctor, local pharmacy or Aboriginal Medical Service (AMS) today
www.healthdirect.gov.au/nswfluvaccine

SHPN (HP NSW) 240279



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

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

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

Web: www.cesphn.org.au



Australian Government

phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative