

EORA HEALTH MESSENGER

SPRING 2026

CESPHN LAUNCHES FIRST STRETCH RECONCILIATION ACTION PLAN

5 WAYS TO STRENGTHEN
SOCIAL AND EMOTIONAL
WELLBEING THIS SPRING

phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative

Healthy and thriving
communities

cesphn.org.au

**TRIBAL WARRIOR
CONNECTOR SERVICE**

**INTERNATIONAL
MENS DAY**

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phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative

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**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
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



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Unmet needs of First Nations stroke survivors in Australia

We are looking for Aboriginal and/or Torres Strait Islander people who have had a stroke to tell us about their experience

What does it involve?

- A short survey (10 minutes)
- An in-person or online interview (45 minutes)
- A \$50 gift card for completing both the survey and interview



To find out more, contact Lauren on 02 8382 2403.

To check if you are eligible and to access the survey, scan the QR code.



This study has been approved by the St Vincent's Hospital Human Research Ethics Committee [2024/ETH01885]

2024/ETH01885 First Nations Study Advertisement MASTER Version 2 29.07.2026
St Vincent's Hospital STE 2024/STE03186 Version 2 06.08.2026



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Over the past three months, CESP HN has continued to work alongside Aboriginal communities, Aboriginal Community Controlled Organisations, health services and community partners to improve mental health, social and emotional wellbeing, and overall health outcomes for Aboriginal people across central and eastern Sydney.



MARIAM FARAJ

General Manager of Clinical Services

HELP AHEAD

A NEW INTEGRATED MENTAL HEALTH SERVICE



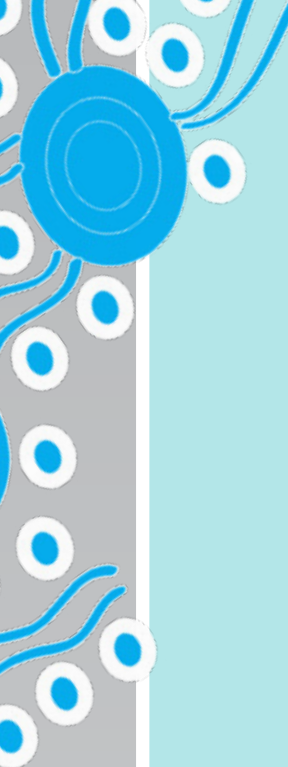
Supporting your mental health and wellbeing

We are pleased to announce the launch of **Help aHead**, a new service designed to make it easier for adults to access mental health support.

Help aHead brings together a range of services in one place, including mental health care, social and emotional wellbeing support, alcohol and other drug services, and physical health and wellbeing support.



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Help aHead Caringbah, located at **383-385 Port Hacking Road, Caringbah**, offers support from an Aboriginal Wellbeing Worker with more than 20 years' experience working in Aboriginal Community Controlled Organisations.

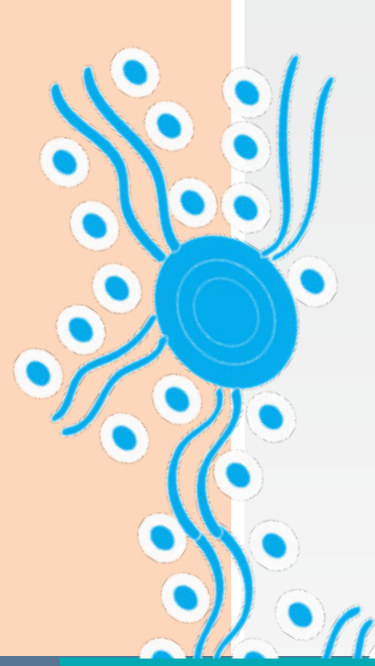
While the Inner South hub is still being established, support is currently available from several locations across the region, including through a First Nations Mental Health Practitioner.

Help aHead has started service delivery and is actively welcoming referrals, marking an important step towards more connected and person-centred care in our region. Referrals can be made via the **Medicare Mental Health phone line (1800 595 212)** or via the [**e-Referral**](#) form (also accessible in GP software).

COMMUNITY CONSULTATIONS

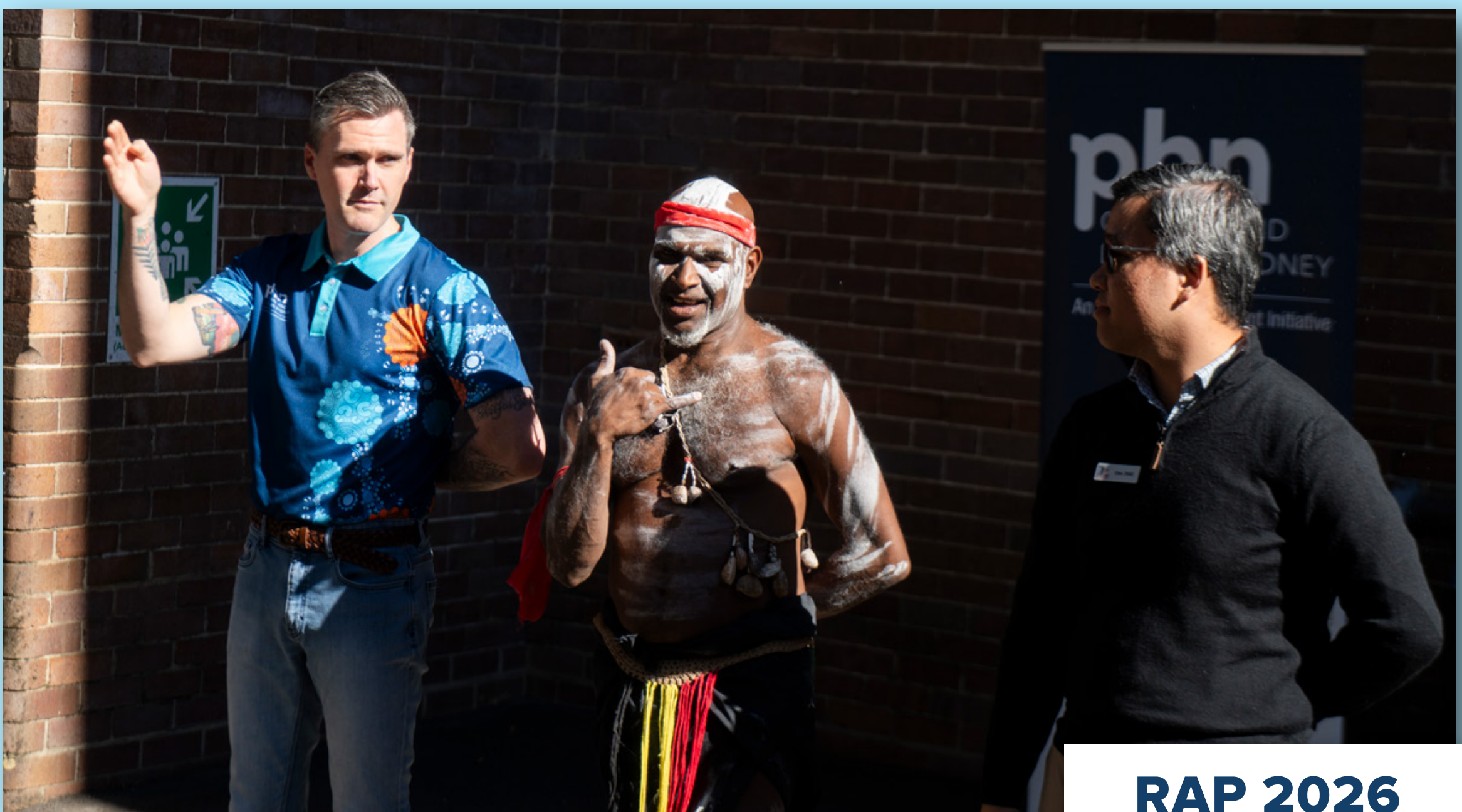
The Australian Government is continuing to plan the future of the Indigenous Team Care (ITC) program. As this work is more complex than expected, additional time is needed to develop the best long-term approach.

The Department is working with **NACCHO**, its Affiliates and other stakeholders to ensure the future model builds on the strengths of the program, supports continuity of care, and continues to improve health outcomes for Aboriginal and Torres Strait Islander people.



Over the next 12 months, planning and consultation will continue, with regular updates provided to support communities, services and clients. **CESPHN** recently held local consultation sessions with community, current service providers and clients and other community-controlled organisations to help inform the local area preference in Little Bay, Sutherland and Redfern.

CESPHN'S THIRD RECONCILIATION ACTION PLAN LAUNCHED



I am proud to share that **CESPHN's third Reconciliation Action Plan (RAP)** has been formally approved and launched, marking an important milestone in our ongoing commitment to reconciliation.

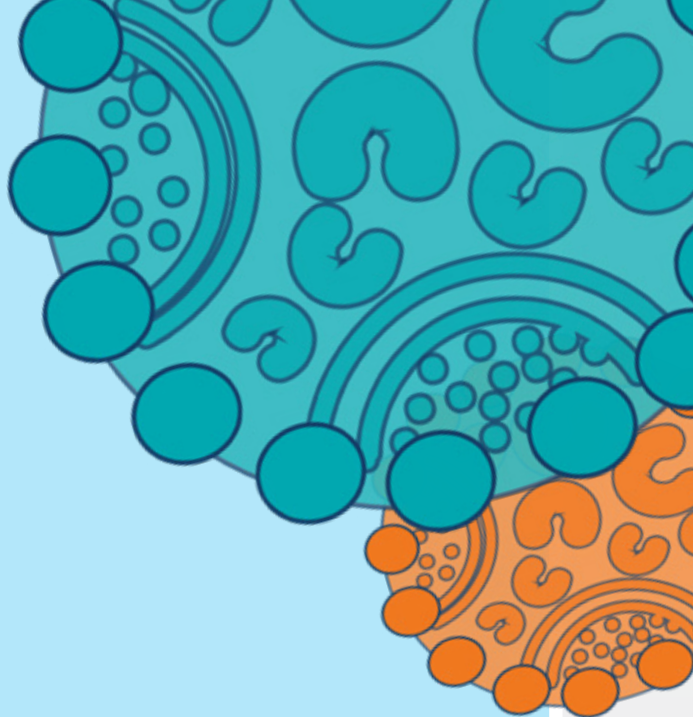
RAP 2026



https://cesphn.org.au/wp-content/uploads/2026/09/RAP-2026_v10_web.pdf



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The RAP was launched on 28 July, bringing together Aboriginal Elders, community representatives, partner organisations, **CESPHN** Board members and staff to celebrate this achievement. The event recognised the strong partnerships that have helped shape our reconciliation journey and highlighted our shared commitment to creating positive change for Aboriginal and Torres Strait Islander peoples.

Our new RAP sets out practical actions to strengthen relationships, increase understanding and respect, and create more opportunities for Aboriginal and Torres Strait Islander peoples. It also outlines how **CESPHN** will continue to improve cultural safety, support Aboriginal leadership and employment, and ensure Aboriginal perspectives are reflected across our work.



SUTHERLAND & ST GEORGE

KOORI COMMUNITY GAMES

10.30am-2pm

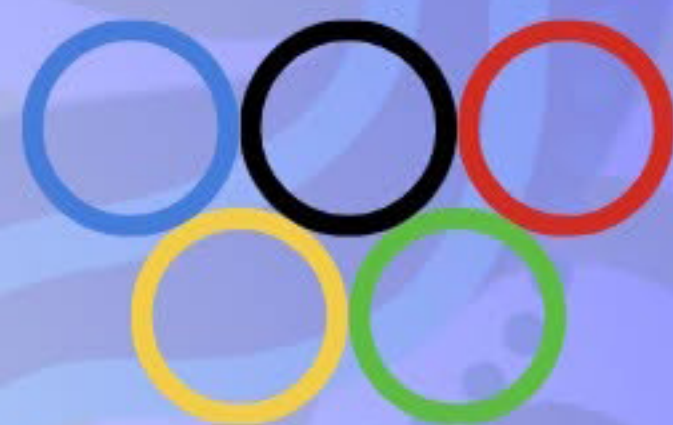
Competition starts at 11am

Gunnamatta Pavilion

Lunch provided

Thursday

**8 | OCTOBER
2026**



- Register a team of 4 to attend games
- Online 10 week training plan sent out weekly from august 10
- Just attend exercises groups and online workouts
- Face to face group exercise sessions or at your own pace at home
- Online health messaging
- Option to yarn with Dietitian, Nurse and Exercise Physiologist



Challenge
to Change



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TRIBAL

WARRIOR

CONNECTOR SERVICE

The Connector Service is an Aboriginal-specific culturally sensitive care coordination service for Aboriginal people affected by suicide in any way. Both male and female coordinators are available to provide support.

ELIGIBILITY

The service is for Aboriginal or Torres Strait Islander people residing in the CESP HN region who have:

- Been bereaved by suicide
- Had a recent experience of suicidality or suicidal crisis or attempt
- Been impacted by or supported someone through a suicidal crisis or attempt.

REFERRALS

To find out more, visit the Tribal Warrior website:

www.tribalwarrior.org/health_wellbeing

To make a referral:

Access the form

SERVICE PROVIDER



27 Cope Street,
Redfern NSW 2016

PHONE

(02) 9699 3491

EMAIL

hello@tribalwarrior.org



Content provided by Alex Carson, CESPHN Suicide Prevention Regional Lead.



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Your Room

The place for
drug + alcohol
information

A – Z
of drugs



Resources



Games &
Tools



FAQ's



Getting
help



Information
for Aboriginal
People

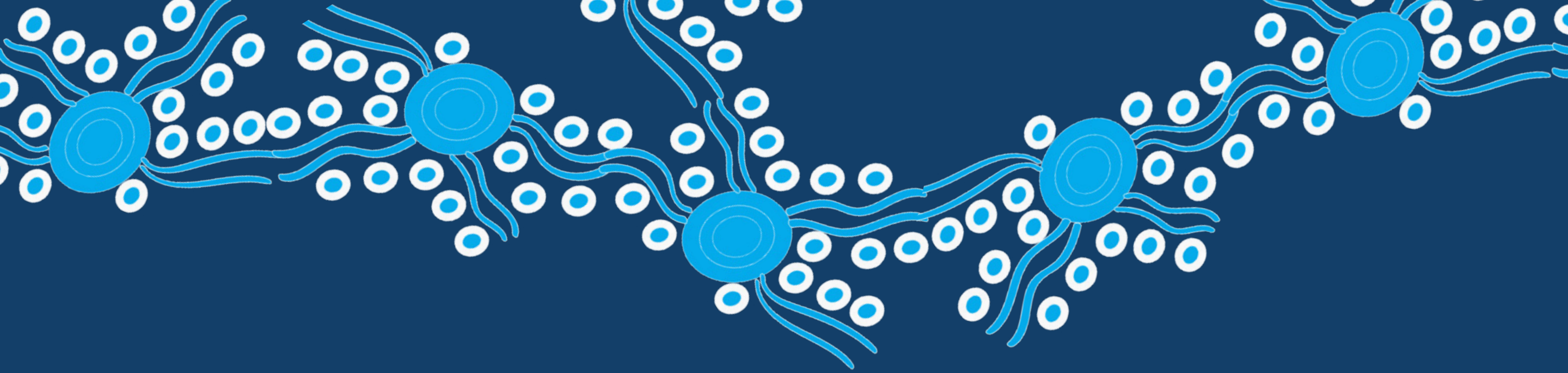


yourroom.health.nsw.gov.au

To talk to someone call the free 24 hour, 7 days a week
Alcohol & Drug Information Service on **1800 250 015**



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LOOKING AFTER YOUR HEALTH:

The importance of an Aboriginal and Torres Strait Islander 715 Health Assessment

Regular health checks are an important step towards staying healthy, strong, and connected to the care and support you need. An Aboriginal and Torres Strait Islander Health Assessment, commonly known as a **715 Health Check, is available every 12 months for people of all ages who identify as Aboriginal and/or Torres Strait Islander.**

The 715 Health Check is designed to support better health outcomes through early detection, diagnosis, treatment, and ongoing care. By identifying potential health concerns early, health assessments can help prevent illness, improve quality of life, and contribute to longer, healthier lives.

What happens during a 715 Health Check?

Your health assessment is carried out by your usual GP and provides an opportunity to talk about your overall health and wellbeing. The assessment may include:



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- 
- A review of your medical history
 - Physical health checks, such as blood pressure and weight
 - Screening tests, including checks for blood sugar levels and kidney function
 - Discussions about your physical, emotional, psychological, and social wellbeing
 - Personalised health advice and recommendations

Your doctor will explain the assessment process and ensure you understand what is involved before proceeding.

Why have a 715 Health Check?

A 715 Health Check can open the door to additional support and services that help you stay healthy.

Depending on your health needs, you may be eligible for:

- **Up to 10 follow-up services** with a Practice Nurse or Aboriginal Health Worker
- **Up to 5 allied health visits** each calendar year, such as physiotherapy, podiatry, dietetics, or other services
- **Additional allied health services** if your GP develops a GP Management Plan and/or Team Care Arrangement
- **Access to Closing the Gap (CTG) PBS medications**, which can reduce the cost of prescribed medicines for eligible patients

These supports are designed to ensure you receive the right care, at the right time, from the right healthcare professionals.



What happens after the assessment?

Following your health check, your GP may work with you to develop a care plan tailored to your needs. This plan can help coordinate treatment, referrals, follow-up appointments, and support services.

If you have a chronic condition which for example affects your heart, lungs, kidneys, if you have diabetes or cancer, your doctor may also connect you with a Care Coordinator or Aboriginal Outreach Worker who can assist you in accessing medical aids, specialist services and ongoing care.

For the best health outcomes, it's important to attend any recommended follow-up appointments and work with your healthcare team to achieve your health goals.

Who can get a 715 Health Check?

Any person who identifies as **Aboriginal and/or Torres Strait Islander** is eligible to receive a 715 Health Assessment every 12 months.

Most general practices bulk bill this service, although it is always a good idea to check with your GP clinic when booking your appointment.

Book your annual health check

Having a regular **715 Health Check** is one of the most effective ways to stay on top of your health and wellbeing. We encourage community members of all ages to make their annual health assessment part of their health routine.

Your health matters. A 715 Health Check today can help support a healthier tomorrow.

Article provided by CESPHN's Aboriginal Health Team



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Think of things you like to do to make physical activity more enjoyable.

Physical activity and diabetes

Regular physical activity is good for you for many reasons. It can help you to lower blood glucose levels, lower stress, lose weight, lower blood pressure and blood fats and is good for your heart.

What kinds of activities are good for me?

- Activities that get your large muscles moving are the best. Aerobic activities such as walking, bike riding, swimming, dancing, sports and active games are especially good.
- Activities that make your muscles work against a weight (lifting weights or other objects) or against gravity (using bodyweight) are also important and good for you. Resistance activities such as lifting cans of food, squats and wall push ups are great examples.
- Most importantly, think of things you like to do to make physical activity more enjoyable. Grab a friend and have a yarn and a walk, play with the kids or walk the dog.
- You can divide this into smaller bouts of activity, for example three 10-minute sessions or two 15-minute sessions.
- You should be puffing a little bit and may be a bit sweaty, but you should still be able to talk pretty normally.
- If you want to lose weight, doing activity for longer than 30 minutes in a day is better.
- Try to also do some resistance/strength exercises:
 - Aim for at least 2–3 times per week.
 - Choose 8–10 different exercises that use your large muscles (legs, tummy, back, chest and arms).
 - Use your body weight or choose a weight you can lift 8–10 times for each exercise.
 - Then repeat this 2–3 times for each exercise, making sure to rest one minute between each turn.
- It is important to remember that if you are not already active, you can work up to these levels gradually. For example, start with 2–3 days of activity and then add an extra day in each week until you reach the recommended levels.

What should I be aiming for?

- Aerobic activities such as those listed above:
 - Aim to do at least 30 minutes every day. This should be on top of your normal day to day activities.

diabetesaustralia.com.au



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Physical activity and diabetes



Where do things like mowing the lawn, vacuuming the house and gardening fit?

These things are known as “incidental activities”, which means the active things you do as part of everyday life.

- Increasing your time spent on daily activities, can help to improve your overall level of physical activity, but doesn't replace the need to carry out the aerobic and resistance activities that were described above.
- Some examples of how to increase your incidental activity are:
 - Parking the car further away or getting off the train a stop early so that you increase the amount of walking you do
 - Taking the stairs instead of the lift or escalators

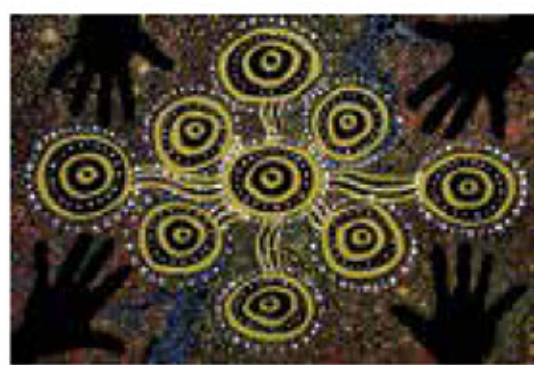
Do I need to worry about my diabetes when exercising?

- People with diabetes can have heart problems. Check with your doctor before doing something new.
- If you are taking certain diabetes tablets or insulin, carry jelly beans or a sweet drink with you during activity in case you have a hypo.
- If you have a blood glucose meter, it is a good idea to check your blood glucose (sugar) level before and after activity to see the effect it has on your body.

- Sometimes you might need something to eat before activity. Good choices are fruit or a piece of wholegrain bread.
- Wear proper fitting, closed in shoes.
- Check your feet after your workout, looking for redness, blisters or other signs of wear and tear. If your feet sweat, change your socks.
- Drink plenty of water.

Are there times when I shouldn't exercise?

- If you are sick or unwell, it is a good idea to rest and wait until you are feeling better before doing any physical activity.
- If you have medical conditions other than your diabetes make sure to check with your doctor before beginning physical activity and get the ok from them.
- If you're not sure how to perform an activity safely, seek advice from a professional before you have a go at it.
- You might feel tired and not want to go for a walk, but often a walk is just what you need. Being tired is an excuse, not a reason.
- If it is very hot, go out during a cooler part of the day.



“Hands on Country”

This painting was created for Australian Diabetes Council by artist Chris Tobin, a Dharug man, and a traditional custodian in the Blue Mountains region. In the artist's words: “The central part of this painting represents the relationship of the clan – it's a unity of people looking out for each other while living independent lives.”

202303 ATSI Physical_Activity_and_Diabetes

diabetesaustralia.com.au



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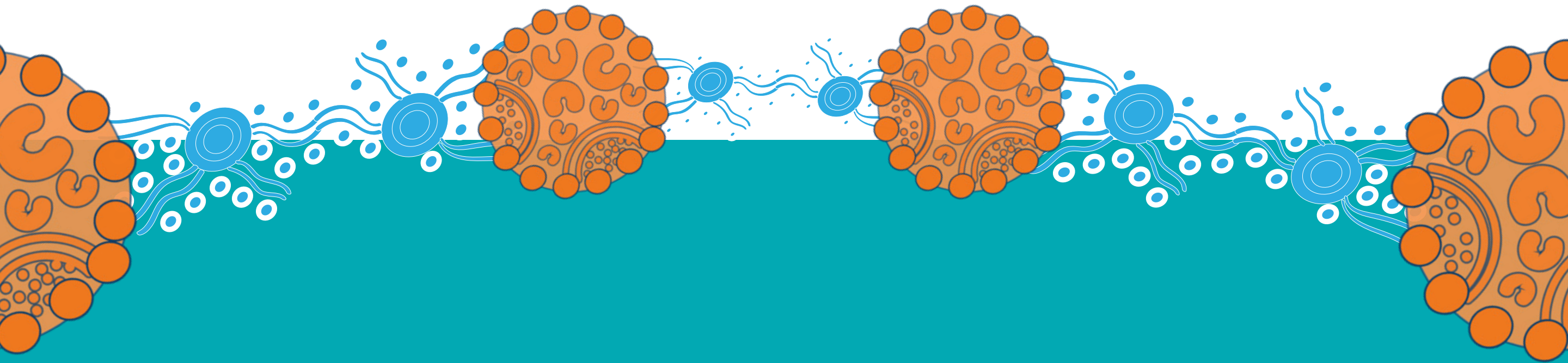
WHAT MATTERS 2 ADULTS

A project that connects family, community, culture, identity, belonging, and Country.

The Aboriginal Chronic Care team in Sydney Local Health District aims to assist with managing chronic conditions for community members through close collaboration with the person's GP and access to care coordination, cultural support, specialist services and provision of supplementary services.

The team is working together with researchers from the Poche Centre for Indigenous Health at The University of Sydney on the What Matters 2 Adults (WM2Adults) project. The WM2Adults measure has been co-designed in partnership with community voices. It recognises that wellbeing is about much more than physical health. It includes connection to family, community, culture, identity, belonging, and Country. By focusing on what matters most to people, the measure aims to support a more holistic understanding of health and wellbeing.

The first stage of the project involves Aboriginal and/or Torres Strait Islander community members in Community Yarning Circles. These yarning circles will help co-design how this measure could be implemented into services. Your voice and experience are essential to shaping a future where health care truly reflects what matters to community.



If you would like to learn more about the project or are interested in participating in a Yarning Circle, please contact Senior Research Fellow Dr. Claudia Alarcon Espinoza at claudia.alarconespinoza@sydney.edu.au

Content provided by Helen Hislop, A/Operations Manager Aged Health, Rehabilitation, Endocrinology and Andrology SLHD



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Ask your mob, your way, RU OK?

“ I often like
to **text or call** and
with my inner circle
of friends, who I
feel comfortable
with and who feel
comfortable with
me, I like to **reach
out in person.** ”

Kevin

Wakka Wakka, South Sea Islander

**STRONGER
TOGETHER**

ruok.org.au/strongertogether

RU OK?TM

A conversation could change a life.



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CESPHN LAUNCHES FIRST

STRETCH RECONCILIATION ACTION PLAN



Strengthening commitment to reconciliation, cultural safety and health equity

Central and Eastern Sydney Primary Health Network has launched its first Stretch Reconciliation Action Plan (RAP), marking a significant step forward in the organisation's commitment to reconciliation and improving health outcomes for Aboriginal and Torres Strait Islander peoples.



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From left to right: Kevin Heath, Skye Parsons, Shaylee Matthews, William (Bill) Ramage, Christie Longinidis, Brett Hugo

The launch event, held at the National Centre of Indigenous Excellence (NCIE), brought together community representatives, Elders, health sector partners, CESP HN staff and Board members to celebrate this important milestone and reaffirm a shared commitment to advancing reconciliation through meaningful action.



*From left to right (back): Brett Hugo, Bertha Harvey, Lidia Konik, Belinda Ivanovski
From left to right (front): Lisa Merrison, Nathalie Hansen, Kat Dabich, Marcelle McGrath*



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Smoking Ceremony began led by Jack Cook.



Uncle Shane Phillips at the Smoking Ceremony.

The event commenced with an Acknowledgement of Country, followed by a Smoking Ceremony led by Shane Phillips and Jack Cook. A traditional dance performance further highlighted the importance of culture, connection and community as foundations for reconciliation.

Guests heard from a range of speakers who reflected on the role of reconciliation, cultural respect and genuine partnership in achieving better health and wellbeing outcomes for Aboriginal and Torres Strait Islander peoples. Speakers included the Hon. Matt Thistlethwaite MP, CESP HN Board Chair Rene Pennock, CESP HN First Nations Council Chair Shaylee Matthews, RAP Working Group Co-Chair Brett Hugo and CESP HN Chief Executive Officer Nathalie Hansen.



Hon. Matt Thistlethwaite MP.



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As CESP HN’s fourth Reconciliation Action Plan, and its first at the Stretch level, the RAP demonstrates a strengthened commitment to embedding reconciliation throughout every aspect of the organisation’s work. The plan outlines ambitious actions aimed at strengthening relationships, fostering respect and creating meaningful opportunities for Aboriginal and Torres Strait Islander peoples.

More importantly, the Stretch RAP reflects a commitment to ensuring Aboriginal and Torres Strait Islander voices inform decision-making and guide the design and delivery of health initiatives across the region.

CESP HN Chief Executive Officer Nathalie Hansen described the Stretch RAP as an important step in the organisation’s ongoing reconciliation journey.



Nathalie Hansen, CESP HN Chief Executive Officer

“This Stretch RAP reflects our ongoing commitment to reconciliation and our determination to turn that commitment into meaningful action. It challenges us to deepen our relationships, strengthen cultural understanding and work alongside Aboriginal and Torres Strait Islander communities to support better health outcomes.”



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Shaylee Matthews, Chair of the CESP HN First Nations Council, emphasised the importance of community-led approaches and genuine partnership.



Shaylee Matthews, Chair of the CESP HN First Nations Council

“Meaningful improvements in Aboriginal and Torres Strait Islander health outcomes require trust, relationships and genuine partnership with community. This RAP is about ensuring Aboriginal voices help shape the decisions that affect our people and creating a future where communities feel respected, empowered, heard and healthy.”

The Stretch RAP was developed through extensive consultation with Aboriginal and Torres Strait Islander stakeholders, community representatives, CESP HN staff and partners. This collaborative approach has helped ensure the plan reflects community priorities and supports the development of a healthcare system that is culturally safe, responsive and equitable.

While the launch celebrated the progress achieved to date, it also highlighted the responsibility that comes with implementing meaningful change. The success of the Stretch RAP will be measured not by the



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commitments it contains, but by the outcomes it delivers for Aboriginal and Torres Strait Islander communities.

As CESP HN begins implementing the actions outlined in the RAP, the organisation remains committed to listening, learning and working in partnership with Aboriginal and Torres Strait Islander peoples to help close the gap in health outcomes and create lasting positive change.



The launch served as a powerful reminder that reconciliation is an ongoing journey, one that requires sustained commitment, accountability and collaboration. Through its Stretch RAP, CESP HN has reaffirmed its commitment to walking alongside Aboriginal and Torres Strait Islander communities and contributing to a future where culture is respected, voices are heard and health equity is achieved.

Article provided by CESP HN Aboriginal Health Team



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FREE Hearing checks!

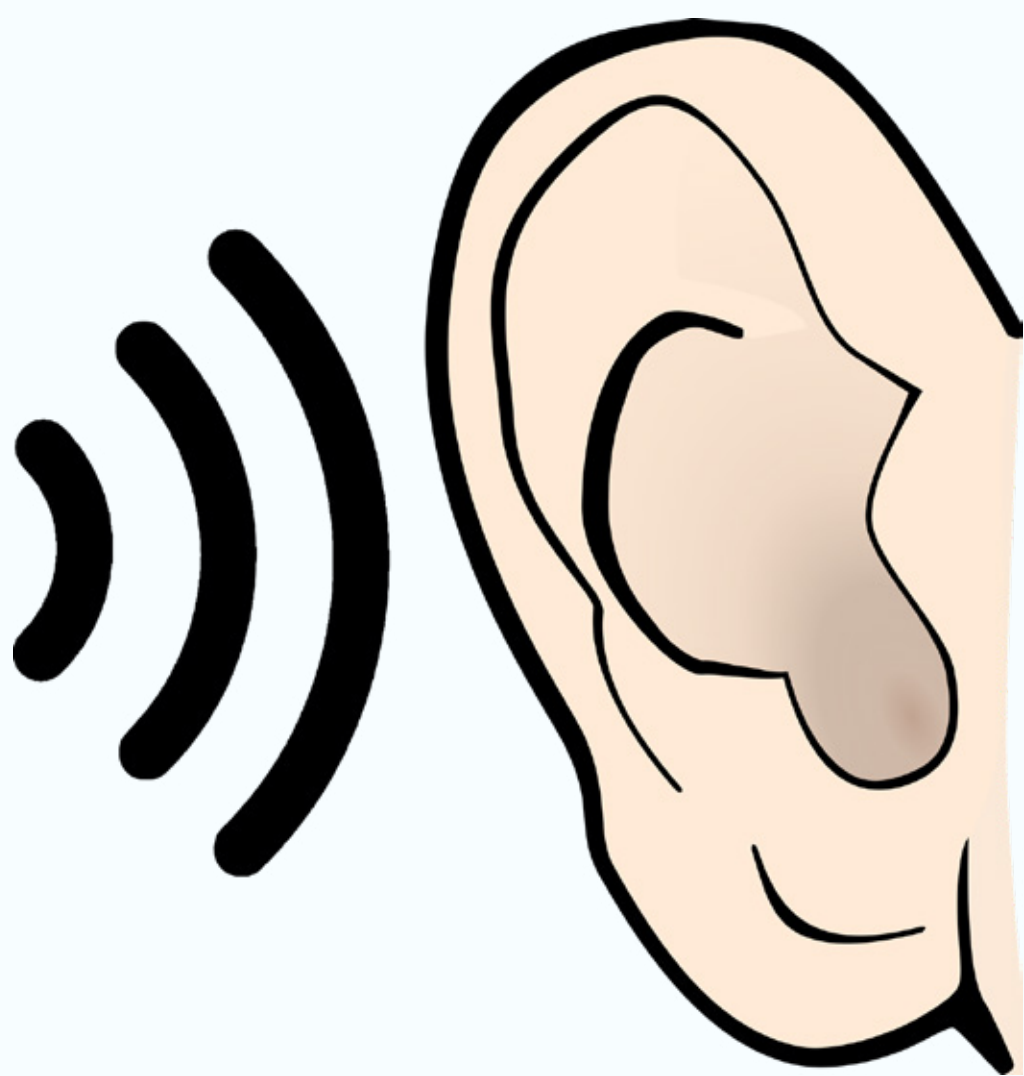
Hearing clinics open to
Aboriginal & Torres Strait Islander peoples
(including children)

We can see anyone who

Has hearing
difficulties

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

Is currently wearing
hearing aids
provided by another
provider



9am-4pm

HealthOne

126 Kareena rd, Caringbah

Tuesday 14th July

Tuesday 15th September

Tuesday 10th November

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



Health
South Eastern Sydney
Local Health District



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5 WAYS

TO STRENGTHEN SOCIAL AND
EMOTIONAL WELLBEING THIS

SPRING

This spring, consider these five simple ways to support your wellbeing and that of those around you.

1

CONNECT WITH FAMILY AND COMMUNITY

Spending time with family, friends, Elders and community members can strengthen relationships, reduce feelings of isolation and foster a sense of belonging. Even a simple phone call, shared meal or community gathering can make a positive difference.



2 SPEND TIME ON COUNTRY

Connecting with Country can support healing, reflection and cultural identity. Whether it is visiting a significant place, participating in cultural activities or simply spending time outdoors, being on Country can promote a sense of calm and wellbeing.



3 GET ACTIVE AND ENJOY THE OUTDOORS

Spring is a great time to enjoy physical activity. Walking, gardening, community sports or spending time outdoors can improve physical health, boost mood and increase energy levels.





PRIORITISE REST AND SELF-CARE

Looking after yourself is an important part of maintaining wellbeing. Take time to rest, establish healthy routines, enjoy activities you love and recognise when you may need support.



REACH OUT AND CHECK IN

A simple conversation can make a meaningful difference. Check in with family, friends, neighbours or colleagues and ask how they are going. Listening without judgement and showing genuine care can help build stronger connections and support networks.



A HEALTHY SPRING STARTS WITH SMALL STEPS

Wellbeing is strengthened through the everyday choices we make. By staying connected, spending time on Country, being active, practising self-care and supporting one another, we can build stronger, healthier and more resilient communities.

This spring let's take time to nurture our social and emotional wellbeing and encourage those around us to do the same. Together, we can create communities where everyone feels connected, valued and supported.



Content provided by CESP HN's Aboriginal Health Team



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● INTERNATIONAL MENS DAY November 19

The 2026 theme: “*The Future Is Everyone*”

International Men’s Day is celebrated annually on 19 November and recognises the positive contributions that men and boys make to families, workplaces, communities and society. The 2026 theme, “***The Future Is Everyone***”, promotes inclusion, collaboration and shared responsibility in creating healthier and stronger communities for all.

International Men’s Day provides an opportunity to acknowledge positive male role models, raise awareness of men’s health and wellbeing, and encourage conversations about the challenges that many men face. The day also



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highlights the importance of positive relationships, gender equality and supporting men and boys to thrive in all aspects of life.

For Aboriginal and Torres Strait Islander men, connections to culture, Country, family and community are important sources of strength, identity and resilience. Strong cultural connections support social and emotional wellbeing and can play a vital role in promoting healthy lifestyles, leadership and healing.

This year's theme reminds us that strong communities are built when everyone feels valued, respected and supported. By working together, we can create opportunities for men and boys to achieve positive health and wellbeing outcomes while strengthening families and communities.

PRACTICE TIPS FOR HEALTH PROFESSIONALS

Health professionals can support men's wellbeing by:

- Creating culturally safe environments where men feel comfortable discussing their health and wellbeing.



- Encouraging regular health checks and preventative screening.
- Asking about family, cultural and community supports.
- Recognising strengths, leadership and resilience alongside challenges.
- Promoting Aboriginal-led services and community-based supports where appropriate.



COMMUNITY WELLBEING TIPS

Men can support their wellbeing by:

- Spending time with family, Elders, respected people and community.
- Connecting with culture and participating in community activities.
- Checking in with mates and encouraging open conversations.
- Seeking support early when facing health or wellbeing concerns.
- Making time for physical activity, rest and self-care.

LOOKING AFTER MEN'S HEALTH

Men are often encouraged to be strong for others, but strength also includes reaching out for support when needed. Taking care of physical, social, emotional and cultural wellbeing helps build healthier families and stronger communities.

This International Men's Day, let's celebrate the positive contributions of men and boys, recognise the importance of connection and wellbeing, and work together because ***“The Future Is Everyone.”***

Content provided by CESP HN Aboriginal Health Team, sourced from International Mens Day



Heart health - Key facts

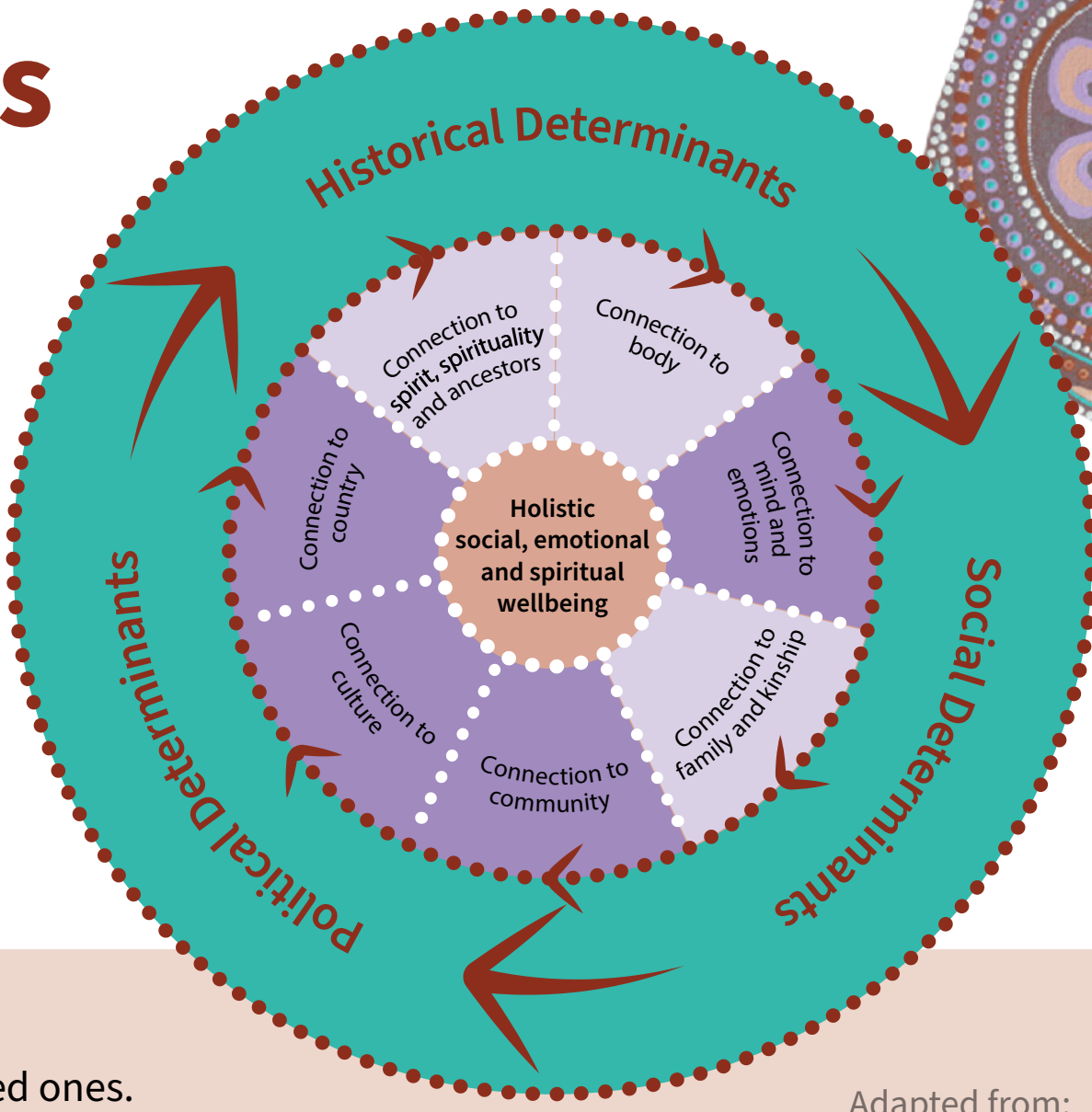
Women



Signs that her heart is strong:

- Being an Aboriginal woman¹
- Love, connectedness and belonging¹
- A healthy body¹
- A healthy life¹
- Health knowledge and understanding¹
- Having a relationship with health services¹

Our heart is one of the places we feel spirit and connection. Keeping our heart strong and healthy helps us keep strong in our body and makes sure we are fit and healthy to support ourselves and our loved ones.



Adapted from:
Gee, Dudgeon, Schultz, Hart and Kelly, 2013
Artist: Tristan Schultz, RelativeCreative

Aboriginal women choosing a good path for heart health



73.2%
Drinks alcohol responsibly²



41.0%
Never smokes²



13.7%
Do enough physical activity²



37.5%
Eat enough fruit each day²



8.0%
Eat enough vegetables each day²



23.3%
Have a healthy body mass^{2,3}



Seeing your doctor is a good way to understand your signs and keep your heart healthy and strong.

26.2% of women saw their doctor for a health check in 2020-21⁴



Signs that her heart needs help:

- Family history of a bad heart¹
- An unhealthy life¹
- Hereditary disease and genes¹
- Stress and grief¹

Things Aboriginal women can change for better heart health



25.2%
Smoking (urban residents)²



49.0%
Smoking (rural residents)²



7.9%
Diabetes⁵



23.0%
High blood pressure²



73.7%
Overweight or obese²

1. McBride et. al. (2021) Heart, Lung and Circulation
2. 2022-2023 Aboriginal and Torres Strait Islander Health Survey, adults. Alcohol consumption recommended to be less than 10 standard drinks per week and avoid bingeing.
3. Body Mass Index (BMI) of over 18.5 and under 25
4. AIHW (2024) Better Cardiac Care measures for Aboriginal and Torres Strait Islander people: 8th National Report
5. 2022-2023 Aboriginal and Torres Strait Islander Health Survey, adults. Up to 29% when measured in primary care data, White et. al. (2024) Journal of the Australian Indigenous HealthInfoNet.

Artwork by: Jessica Wade



Heart health - Key facts

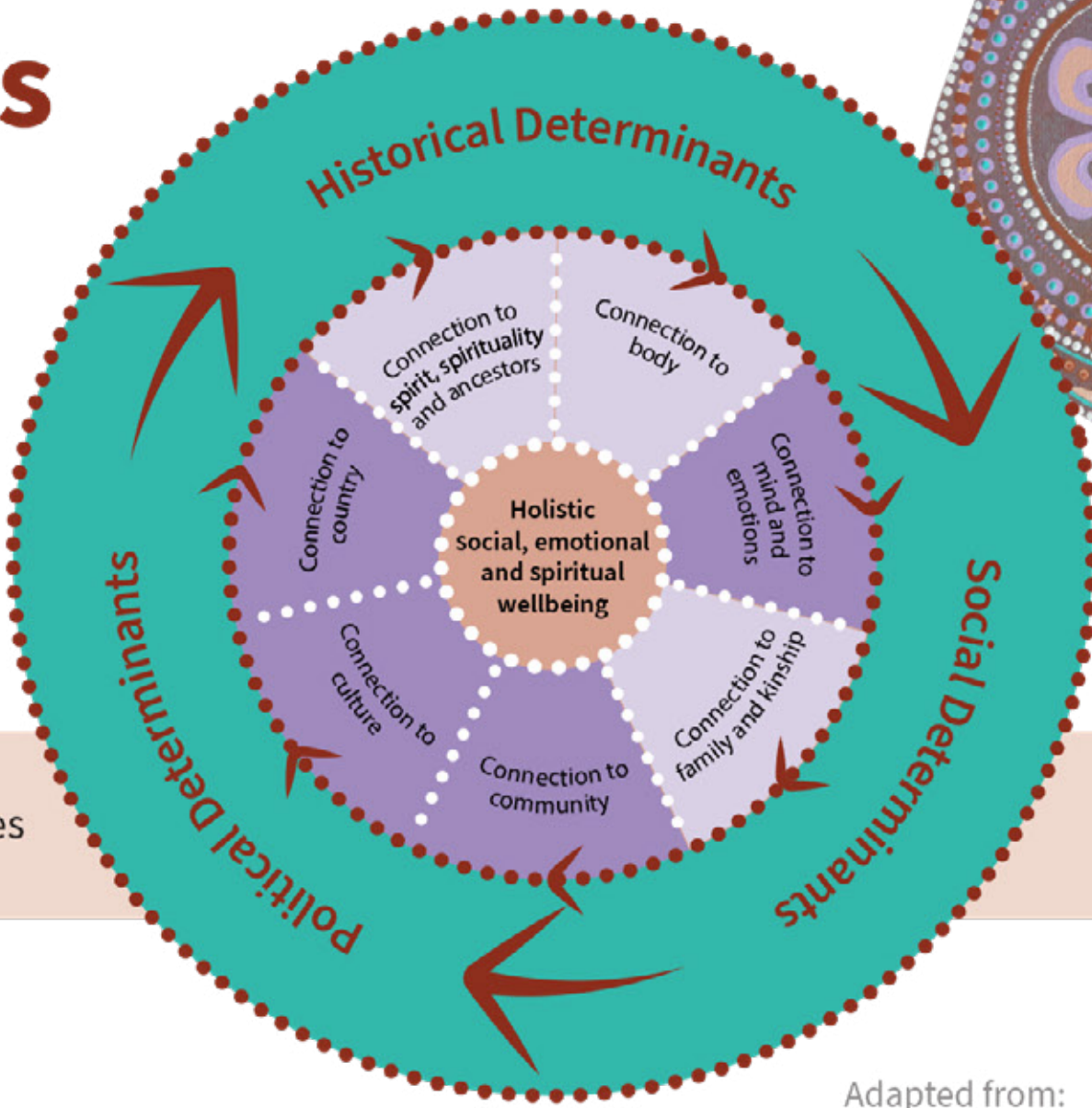
Men and Women



Keeping your heart strong:

- Social & emotional wellbeing¹
- Connection to land, culture, spirituality, ancestry, family & community¹

Our heart is one of the places we feel spirit and connection. Keeping our heart strong and healthy helps us keep strong in our body and makes sure we are fit and healthy to support ourselves and our loved ones.



Adapted from:
Gee, Dudgeon, Schultz, Hart and Kelly, 2013
Artist: Tristan Schultz, RelativeCreative

Aboriginal adults choosing a good path for heart health



62.4%
Drinks alcohol responsibly²



38.0%
Never smokes²



17.7%
Do enough physical activity²



25.0%
Have a healthy body mass^{2,3}



34.3%
Eat enough fruit each day²



5.5%
Eat enough vegetables each day²



Seeing your doctor is a good way to understand your signs and keep your heart healthy and strong.
24.2% of adults saw their doctor for a health check in 2020-21⁴



Signs that our heart needs help:

- Stress & intergenerational trauma¹
- Experiencing discrimination¹



27.3%
Smoking
(urban residents)²



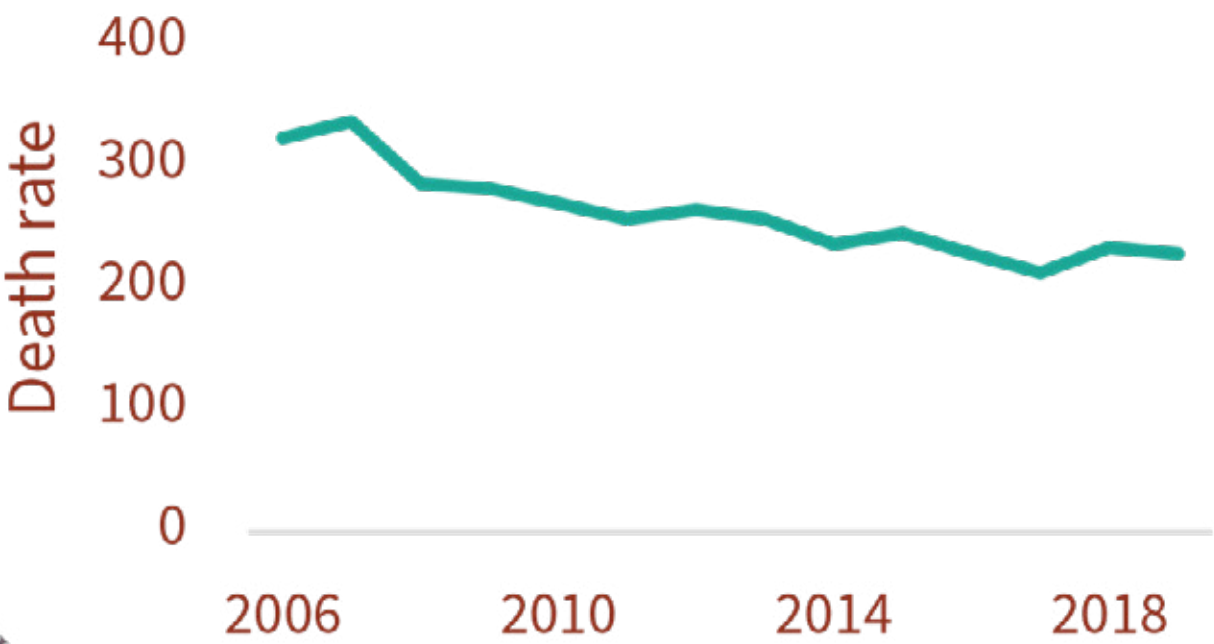
53.4%
Smoking
(rural residents)²



24.6%
High blood pressure²



71.5%
Overweight or obese²



Less people are dying from heart disease than before.

Keeping an eye out for signs your heart needs help will keep this trend going down.

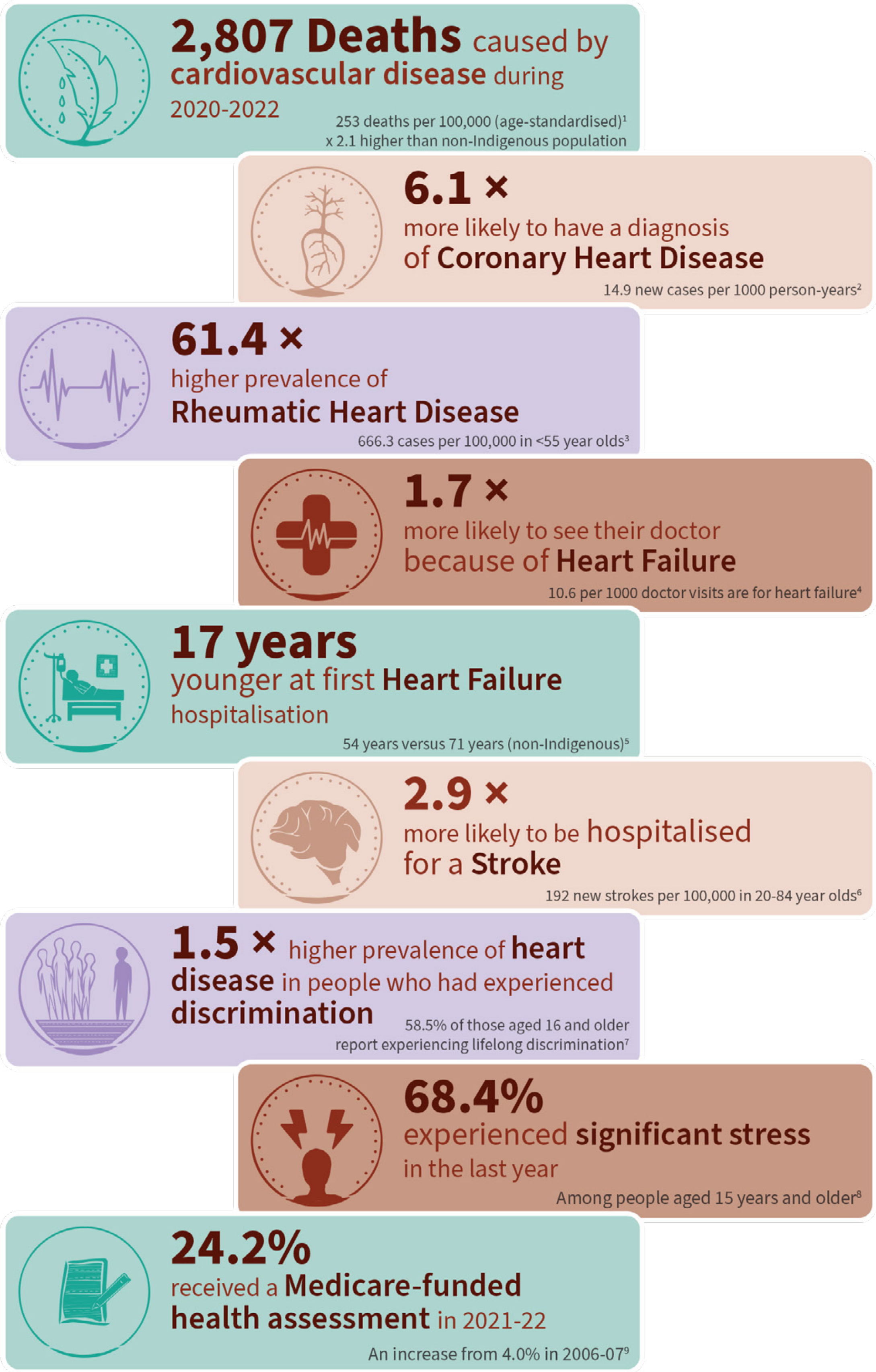
1. Le Grande et. al. (2019) Ch 10: Depression, CVD & Indigenous Australians
2. 2022-2023 Aboriginal and Torres Strait Islander Health Survey, adults. Alcohol consumption recommended to be less than 10 standard drinks per week and avoid bingeing
3. Body Mass Index (BMI) of over 18.5 and under 25
4. During 2020-2021, Better Cardiac Care Report (8th Ed. 2023)

Artwork by: Jessica Wade



Heart health - Key facts

The Aboriginal and Torres Strait Islander heart health gaps:



Artwork by: Jessica Wade

1. AIHW (2024) Heart, stroke and vascular disease: Australian Facts [https://www.aihw.gov.au/reports/heart-stroke-vascular-diseases/hsvd-facts/contents/about]

2. Bradshaw et. al. (2011) J Epidemiol Community Health

3. Katzenellenbogen et. al. (2020) J Am Heart Assoc

4. AIHW (2024) Aboriginal and Torres Strait Islander Health Performance Framework [https://www.indigenoushpf.gov.au]
5. Teng et. al. (2014) Int J Cardiol

6. Balabanski et. al. (2024) Stroke

7. Thurber et. al. (2021) Int J Environ Res Public Health

8. Australian Bureau of Statistics (2017) National Aboriginal and Torres Strait Islander Social Survey

9. AIHW (2024) Better Cardiac Care measures for Aboriginal and Torres Strait Islander people: 8th National Report



MENTAL HEALTH MONTH

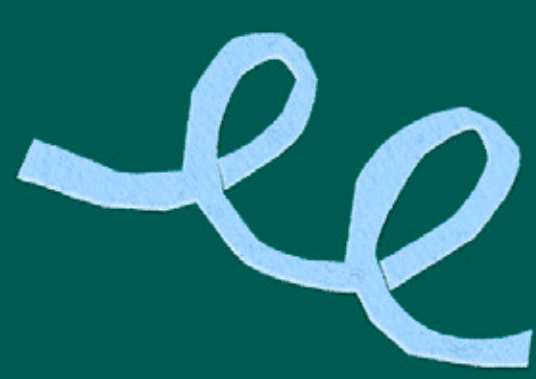
TOGETHER WE THRIVE!

October 2026

MENTAL HEALTH MONTH & WORLD MENTAL HEALTH DAY

Mental Health Month is celebrated throughout October, the 2026 national theme, “*Together We Thrive*”, reinforces the importance of connection, kindness and community in supporting positive mental health and wellbeing.





Mental Health Month is celebrated throughout October, with World Mental Health Day recognised each year on 10 October. The 2026 national theme, ***“Together We Thrive”***, highlights the importance of connection, kindness and community in supporting positive mental health and wellbeing.

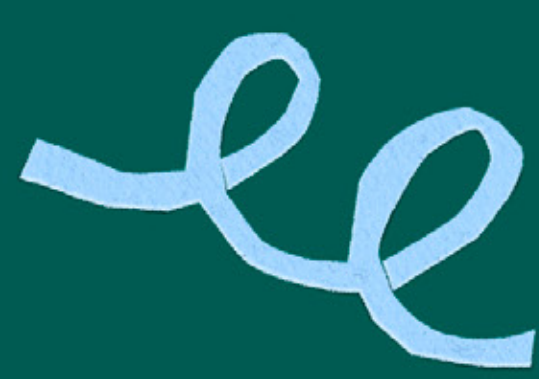
In a time when many people are experiencing stress, uncertainty and increasing pressures, maintaining strong connections with family, friends, colleagues and community has never been more important. The theme reminds us that while challenges may affect us all differently, feeling connected, valued and supported can help us build resilience and thrive.

For Aboriginal and Torres Strait Islander peoples, social and emotional wellbeing is strengthened through connection to culture, Country, family, community and spirituality. These connections are important protective factors that support wellbeing, healing and resilience.

Mental Health Month is an opportunity to start conversations, challenge stigma and encourage help-seeking. By creating supportive environments where people feel safe to talk openly about their experiences, we can promote stronger, healthier and more connected communities.



Mental Health Month
October 2026
#TogetherWeThrive

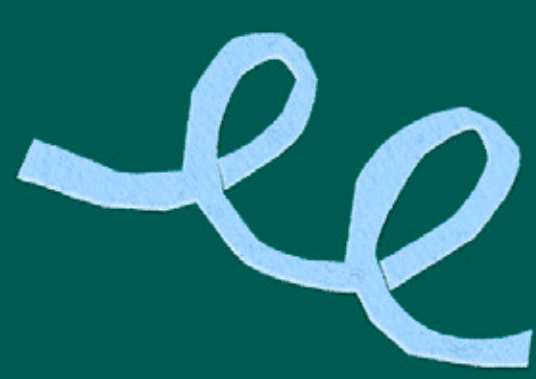


PRACTICE TIPS FOR HEALTH PROFESSIONALS

Health professionals can support mental wellbeing by:

- ★ Creating culturally safe spaces for conversations about mental health and wellbeing.
- ★ Asking about strengths, cultural identity and community connections.
- ★ Encouraging connection to family, community and cultural activities.
- ★ Supporting early intervention and access to appropriate services.
- ★ Promoting a holistic approach to social and emotional wellbeing.





COMMUNITY WELLBEING TIPS

Everyone can support their mental health by:

- ★ Staying connected with family, friends and community.
- ★ Spending time on Country and participating in cultural activities.
- ★ Checking in with someone who may be doing it tough.
- ★ Taking time for activities that support wellbeing and relaxation.
- ★ Seeking support when challenges become difficult to manage alone.

This Mental Health Month, let's recognise the power of connection and remember that ***Together We Thrive***. Through kindness, understanding and community support, we can help create stronger and healthier communities where everyone feels valued, connected and supported.

For more information:

www.mentalhealthaustralia.org.au



Mental Health Month
October 2026
#TogetherWeThrive

Content Provided by
CESPHN's Aboriginal
Health Team

CHANGE THE NARRATIVE



World Suicide Prevention Day

#StartTheConversation



Roses in the Ocean
stemming the tide of suicide



WORLD SUICIDE PREVENTION DAY

10 SEPTEMBER

The international theme for 2024 to 2026, “*Changing the Narrative on Suicide*”

World Suicide Prevention Day highlights the importance of hope, connection and community-led approaches to suicide prevention. The international theme for 2024 to 2026, “Changing the Narrative on Suicide”, encourages open conversations, reduces stigma and promotes understanding and support for those experiencing distress.

For Aboriginal and Torres Strait Islander peoples, strong cultural identity, connection to Country, family, community and culture are recognised protective factors that contribute to social and emotional wellbeing, resilience



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and healing. By strengthening these connections, we can help create environments where people feel supported, valued and able to seek help when needed.

Suicide prevention is everyone's business. Whether in our workplaces, homes or communities, small actions such as checking in with one another, listening without judgement and fostering a sense of belonging can make a meaningful difference.

PRACTICE TIPS FOR HEALTH PROFESSIONALS

Health professionals play an important role in supporting social and emotional wellbeing. Consider the following approaches:

- Create safe spaces for conversations about wellbeing and distress.
- Focus on strengths, resilience and protective factors as well as challenges.
- Ask about family, community and cultural supports.
- Promote culturally appropriate support services, including Aboriginal-led services.



COMMUNITY WELLBEING TIPS

Everyone can contribute to stronger, healthier and more connected communities by:

- Reaching out to someone you have not spoken to in a while.
- Spending time with family, Elders, Respected People and community members.
- Participating in cultural activities that strengthen connection, identity and belonging.
- Checking in with friends, colleagues and loved ones and encouraging help-seeking when needed.

SUPPORT IS AVAILABLE

If you or someone you know is struggling, support is available:



- **13YARN: 13 92 76** (24/7 crisis support for Aboriginal and Torres Strait Islander peoples)
- **Lifeline: 13 11 14**
- **Beyond Blue: 1300 22 4636**
- **In an emergency, call 000**



THIRRILI

Thirrili is Australia's national Aboriginal and Torres Strait Islander postvention service, providing culturally safe support to individuals, families and communities affected by suicide or other unexpected traumatic deaths. The service supports healing through connection to culture,



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Country, family and community, while respecting local protocols and Sorry Business practices.

Thirrili offers free emotional and practical support, care coordination and referrals, recognising that suicide postvention is prevention. Support is available 24 hours a day, 7 days a week across Australia.

Thirrili Support Line: 1800 805 801

This World Suicide Prevention Day, let’s come together to strengthen connection, foster hope and support one another. By changing the narrative and encouraging open, respectful conversations, we can help build stronger, healthier communities where everyone feels seen, heard and valued.



Content provided by Aboriginal Health Team, sourced by the International Association for Suicide Prevention and thirrili.com.au



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Walk-ins
welcome

FREE VACCINATION CLINICS

For teens to Elders!



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

Wed
15 July

Wed
12 Aug

Wed
9 Sept

Wed
14 Oct

Wed
11 Nov

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



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HEALTHY BANANA SPLIT POTS



**Preparation
time: 5 mins**



**Cooking
time: 0 mins**



Serves: 4



INGREDIENTS

- 2 bananas, sliced
- ½ lemon, juiced
- 1 cup reduced-fat natural yoghurt
- ½ cup toasted muesli
- 1½ cups mixed berries, fresh or frozen
- 1 tbsp honey

METHOD

- 1. Lightly brush the sliced banana with lemon juice.**
- 2. In 4 mason jars or plastic containers, layer the banana, yoghurt, muesli and berries and drizzle with a little honey.**

*Recipe taken from Cancer Council.
www.healthymadetasty.com.au/recipes/healthy-banana-split-pots/*



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BEEF BURGERS (FOR TWO)



**Preparation
time: 10 mins**



**Cooking
time: 15 mins**



Serves: 2



INGREDIENTS

- 1 onion
- 200 g lean beef mince
- 50 g mushrooms, finely chopped
- 1 teaspoon dried mixed herbs
- 2 teaspoons olive oil
- ½ avocado, coarsely mashed
- 2 iceberg lettuce leaves, shredded
- 1 small tomato, thinly sliced
- 60 g fresh cooked beetroot, drained, sliced
- 1 tablespoon tomato chutney
- 2 wholegrain bread rolls

METHOD

- 1.** Thinly slice half the onion and set aside. Finely chopped the remaining onion half and place in large bowl with mince, mushrooms and herbs. Season with pepper. Mix with clean hands until well combined. Divide into 2 even portions. Shape portions into 1 cm-thick patties.
- 2.** Heat oil in a medium, deep non-stick frying pan over medium heat. Add sliced onion. Cook, stirring, until light golden. Transfer to a plate. Cover with foil to keep warm.
- 3.** Add patties to same pan. Cook for 4-5 minutes on each side over medium-high heat, until evenly browned and cooked through.
- 4.** Split rolls in half and toast lightly. Spread avocado over cut-sides of rolls. Top bases with lettuce, patties, tomato, beetroot, onion and chutney. Cover with roll tops to serve.

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



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TURKEY MEATBALLS WITH ROASTED BROCCOLI & MASHED PUMPKIN



Preparation
time: 15 mins



Cooking
time: 30 mins



Serves: 4



INGREDIENTS

- Onion, any type, 1 small, minced or finely chopped
- Garlic, minced or crushed, 2 teaspoon(s)
- Basil, ¼ cup(s), chopped
- Egg yolk, raw, 1 x 60g egg(s)
- Pepper, any type, ground, 0.13 teaspoon(s), (1/8 tsp)
- Turkey mince, 880 g
- Broccoli, 400 g, cut into florets
- Extra virgin olive oil, 1½ tablespoon(s)
- Pumpkin, any type, 3 cup(s) diced

METHOD

- 1. Preheat oven to 200°C fan-forced.**
- 2. Heat a non-stick frying pan to medium heat. Sauté the onions and garlic until tender, about 5 to 7 minutes. Remove from heat.**
- 3. In a medium bowl, combine the onions, garlic, basil, egg yolk and pepper and mix well. Add the turkey; gently mix with clean damp hands until just combined. Form the mixture into 24 x 2.5 cm meatballs — about 1 heaping tablespoon each.**
- 4. Place on a baking tray and bake for 10 to 15 minutes, or until meatballs are cooked through.**
- 5. While the onion and garlic are sautéing for the meatballs, place the broccoli onto a lined baking tray, drizzle with olive oil and place into the preheated oven. Roast for 20 to 25 minutes. With 15 minutes remaining, add the meatballs to the baking tray with the broccoli and place into the oven.**

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



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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*



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Regular dental visits are important for your child’s health



Find out if your child is eligible for free dental care through the Child Dental Benefits Schedule (CDBS), which can be used at both private and public dental clinics.

Find out more

Ask our staff or visit health.nsw.gov.au/cdbs



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 CESP HN 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

