

EORA HEALTH MESSENGER

SPRING 2023

WALK ON COUNTRY

A walk that invites staff to get out in nature, learn about Aboriginal Culture and learn about the link to land, water and community.

YOUR COACH PLUS

WORKSHOP WITH AMY LEA HILL-TRINDALL

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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.



MARIAM FARAJ
General Manager of Clinical Services

Review of sector funding arrangements for Aboriginal and Torres Strait Islander mental health and suicide prevention services and Integrated Team Care (ITC) program

The Department of Health and Aged Care has engaged Ninti One and First Nations Co to undertake a Review of Sector Funding Arrangements and Service Provider Capability for Aboriginal and Torres Strait Islander Mental Health and Suicide Prevention (MH/SP) and the Integrated Team Care (ITC) Program.

As part of this review, Co-design yarns were held in Sydney on 24 - 25 July 2023. Participants reflected and contributed to the [online version of the paper](#) throughout several facilitated sessions. This paper will form part of the evaluation response. Further reflections and feedback were sought via the online [consultation platform](#) or by email to review@nintione.com.au.

Co-design of aftercare suicide prevention services

CESPHN has engaged a consultant to undertake a consultation and co design process throughout August and September in relation to aftercare suicide prevention services and specific regional initiatives. The consultations will involve Aboriginal and Torres Strait Islander communities, key stakeholders and those with lived experience of suicide prevention and will inform future service enhancements of The Way Back Support Service and priorities in the CESP HN region including an analysis of service gaps. A final report should be completed by early to mid-October 2023.

Strategy Day 2023

CESPHN's Strategy workshop will be held on **Saturday October 21**, 9.30am – 1.00pm at our Mascot office. Mick Reid will facilitate the workshop and will provide a keynote speech.

The purpose of the workshop is to:

- Inform our stakeholders of the progress made in the previous 12 months against the current Strategic Plan 2022-2024;
- Involve and seek input from our stakeholders;
- Inform participants around health reform challenges and opportunities.

The three topics of focus for the day are:

- Potential impact of urgent care services;
- Addressing service gaps and access for multicultural populations;
- Supporting mental health and wellbeing in children (5-14 years).

Maroubra Medicare Urgent Care Clinic (UCC) is now open

The Maroubra UCC is focused on urgent but minor injuries/minor illnesses and delivers on the Australian Government's commitment to make it easier for people to get the urgent treatment they need from highly qualified doctors and nurses while taking pressure off local hospital emergency departments.

The [Maroubra Medicare UCC](#) will be open 8.00am-8.00pm, seven days a week, and offer walk-in care or by an appointment that is fully bulk-billed.



RICKY LYONS INTRODUCTION

We speak to Ricky Lyons.
He is a proud Wiradjuri man from Narrandera NSW. He now lives in Enfield NSW, where he has lived for over 25 years.

I have lived and worked on Gadigal, Wangal and Bediagal land in Sydney for over 40 years. I'm married with three children, 10 grandchildren and two great grandchildren.

For more than 40 years, I have been involved with Aboriginal health. I began as a trainee Aboriginal Health Worker with the Aboriginal Medical Service in 1987.

I have an excellent understanding of issues affecting Aboriginal people. This can be demonstrated through my experience as the Aboriginal Project Officer with the Office of Sport, also as Aboriginal Health Worker with the Aboriginal Medical Service, Aboriginal Liaison Officer with SESLHD, Aboriginal Employment and Liaison Officer NSW Ambulance Service, and currently Deputy Director, Aboriginal Health Service, Sydney Local Health District where I have worked for the past 5 years.



I have knowledge of and maintained partnerships with other Aboriginal Officers with all major Aboriginal networks. These include Aboriginal Medical Services, Local Aboriginal Lands Councils, Local Government Networks, Aboriginal Health Workers Network and Local Health Districts.

Community roles I have had include:

- Director of the Aboriginal Medical Service Redfern- 30 years
- Former Chair and Director, Metropolitan Local Aboriginal Lands Council and many other community committees across Sydney- 10 years
- Member of many sport and community committees and working groups in Sydney over the past 35 years.

TAFE NSW & St Vincent's Health Network Sydney
Aboriginal and Torres Strait Islander

AUNTY FAY CARROLL HEALTH & NURSING PROGRAM

Launch your career in health with St Vincent's through the Aunty Fay Carroll Program. With courses delivered by TAFE NSW, this fee-free program will give you the building blocks to add skills, capabilities and networks to start your career.

TAFE Courses include:

- HLT33115 Certificate III in Health Services Assistance
- HLT37215 Certificate III in Pathology
- HLT47315 Certificate IV in Health Administration
- HLT54155 Diploma of Nursing
- 10650NAT Certificate III in Mentoring Aboriginal and/or Torres Strait Islander People
- HLT33015 Certificate III in Allied Health

Training & Assessment:

Location : TAFE NSW Ultimo Campus
Duration : 18 weeks
Study Type: Full-time on campus

Start dates:
2023 Semester 2 - from 17 July
2024 Semester 1 - from early February

Register your
interest



or click here:
[Program Registration Form](#)

Ready to be deadly?

Contact: Pauline Ferkula, Senior Manager,
Aboriginal Education & Engagement
P: 0409483831
E: pauline.ferkula4@tafensw.edu.au
TAFE NSW RTO number 90003

Contact: Shane Kim, Aboriginal & Torres Strait
Islander Programs and Recruitment Business
Partner, People & Culture
P: 0418387948
E: shane.kim@svha.org.au





AMY LEA HILL-TRINDALL

Kamilaroi woman Amy Lea Hill-Trindall owns Dewrang Art and was recently a special guest at CESP HN where she shared her artistic knowledge during a series of inspiring art classes. She contributed to our FIVE QUESTIONS section on our website about how she stays healthy!

1. What did you eat yesterday?

Chicken and vegetable soup.

2. What exercise did you do yesterday?

A lot of walking.

3. When did you last see a primary health professional?

Two weeks ago.

4. What are your health goals for the next month?

Eat healthier foods.

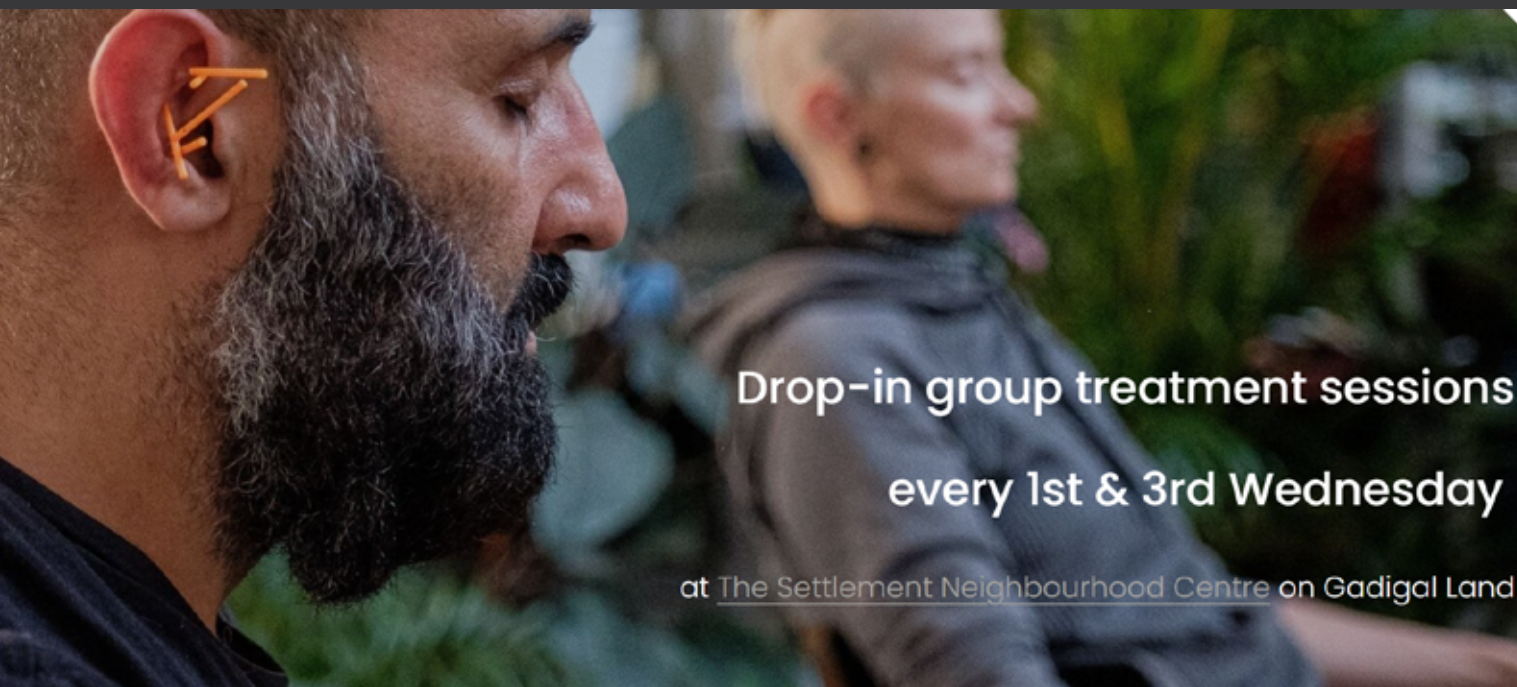
5. What do you do to improve your mental health?

I sing in my car, I dance, and I paint.

I am a contemporary Indigenous artist from the Kamilaroi Mob and a Sutherland Shire local. I am a recognised local Aboriginal Artist within the Sutherland Shire and am a board member of the Kurranulla Aboriginal Corporation and have gained a great deal of knowledge listening to our Elders.

All my life I have lived along the Georges and Woronora rivers on Dharawal Country and have been an active member of the Aboriginal community since I was a child. I have gained my experience working with elders learning about Aboriginal art for many years and love to share my artistic stories.





Drop-in group treatment sessions every 1st & 3rd Wednesday

at The Settlement Neighbourhood Centre on Gadigal Land

Everyone is welcome in their wholeness : We are all healing : We all belong

Community mental health & wellbeing support

Assists with stress relief, PTSD and trauma, mental and behavioural health, experience of hot flashes, sleep disturbance, relaxation, and harm reduction within a dignity of risk approach

- 1st and 3rd Wednesday of every month
- Arrive between 6 – 7.30pm
- Come solo or with friends and family
- Suggested donation (\$10-\$30) : Pay what you can / Pay it forward to sustain these sessions : No-one turned away
- No-needle, acupressure options available using adhesive beads
- No appointment or referral needed : Just drop in
- No judgement : No need to talk about what's going on for you
- No need to expose anything to therapeutic touch expect your ears
- Chemical free, safe and therapeutically effective for all ages



Find us at The Settlement Neighbourhood Centre
17 Edward Street, Redfern



Learn more: www.acupunctureforcommunity.org



voices⁴health
speak up for the community



YOUR SAY ABOUT HEALTH NEEDS AND SERVICES

voices⁴health is the place where people living in central and eastern Sydney can contribute to decision-making about health needs and services in the area where they live. This is a place where you can register to have your say about health needs and health services and find out about other community consultation opportunities.

IF YOU:

- live in the CESPHN area;
- use health services, either for yourself or someone you care for;
- do not work in the health or welfare system;
- are keen to provide useful feedback and insight with the goal to improve healthcare for all.

SCAN QR CODE TO REGISTER



You can register for voices⁴health and we will contact you when a suitable opportunity for participation arises. **Most opportunities will be paid.** We will keep you informed via the cesphn.org.au website and a newsletter.

phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative

For further information

✉ voices4health@cesphn.com.au

☎ 1300 986 991

WALK ON COUNTRY

WITH UNCLE DEAN KELLY

The walk invites staff to get out in nature, learn about Aboriginal Culture, and learn about the link to land, water and community.

On 20 July 2023
CESPHN Aboriginal Health and Wellbeing Team arranged with Uncle Dean Kelly for CESPHN staff, as part of the organisation's Cultural Awareness Learning, to get out of the office, get out in nature, learn firsthand about Aboriginal Culture, and understand the link to land, water and community.

The walk on Country was held at Burnum Burnum Sanctuary, Woronora. Staff got to stand with Uncle Dean and enjoy some bush tea as well as experiencing a smoking ceremony before being led around the local bush area by Uncle Dean. After the walk, staff got to sit down with Uncle Dean and enjoy some lunch whilst listening to Uncle Dean share insights and laughter.



“ IT WAS ALSO A CHANCE TO REALLY REMEMBER WHAT IS IMPORTANT AND WHAT WE OFTEN TAKE FOR GRANTED.

“ (...) IT WAS INCREDIBLE TO UNDERSTAND MORE ABOUT WHAT THE LAND OFFERS, FROM THE ROCKS TO THE TREES, THE WIND, AND THE WATER.





Lauren Walker CESP HN Cancer Management Screening and Prevention / Priority Populations said:

"I feel so lucky and so grateful to have had the opportunity through the Aboriginal Health and Wellbeing's Team, Uncle Dean and CESP HN to experience a cultural walk on country at Burnum Burnum Sanctuary.

"Thank you to Uncle Dean, Richie and Matt for allowing us to learn more about the incredible culture and learning so much from such a respected elder in the community. It was incredible to understand more about what the land offers, from the rocks to the trees, the wind, and the water.



“THANK YOU TO UNCLE DEAN, RICHIE AND MATT FOR ALLOWING US TO LEARN MORE ABOUT THE INCREDIBLE CULTURE.”



"The 'bush signs' that Uncle Dean taught us about were amazing symbols of how important the bush is really is, and how crucial it is that we respect and appreciate all it offers to us. It is incredible that we had the opportunity to pass by such sacred land and also, experience such a special ceremony to begin our day.

"It was also a chance to really remember what is important and what we often take for granted. There was such an incredible feeling throughout the group on the day and I think this is an experience and an insight that everyone would truly benefit from."



CULTURAL EXPERIENCE FOR YOUNG PEOPLE AT THE YARRAWARRA CULTURAL CENTRE



During the recent school holidays, the Tribal Warrior team organised a six-day camp for eighteen young people from the local community.

Thirteen boys and five girls, aged between twelve and sixteen were accompanied and supported by three male mentors and one female mentor.

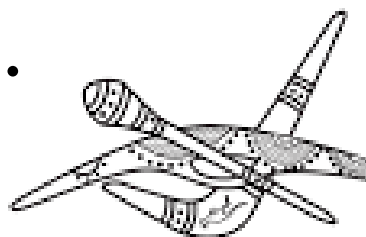
After a six-hour bus trip, the group reached Yarrawarra Cultural Centre at Corindi Beach, near Coffs Harbour where they stayed. Everyone was understandably tired after such a long bus trip but ready to explore their accommodation and hear about the activities planned over the next six days.

The mentors had arranged for two cultural activities each day including dance, Gumbaynggir language lessons, damper making, weaving and painting as well as sampling bush tucker. There was also a visit to the Arrawarra Fish Traps which is a site of much significance for Aboriginal people as well as being of great interest to marine scientists. The campers also attended a NAIDOC Week event.

Yarrawarra means "happy meeting place" and is an Aboriginal cultural, conference and accommodation centre, owned and operated on a not-for-profit basis by Aboriginal people, predominantly from the Gumbaynggir language group. Our young people were made to feel very welcome, and they loved the experience, had lots of fun and developed a much greater understanding and appreciation of their culture.

We have continued with the Men's Walking Group each week which is a great opportunity for men who are marginalised or disadvantaged to get together for a nice leisurely walk, get some exercise and have an opportunity to communicate with each other. Afterwards, they return to the office where we put on a lunch for them and where they are welcome to stay to continue chatting amongst themselves.

Content provided by Rick Rossiter from Tribal Warrior.



YOUR COACH PLUS

Coach Mark explains how YourCoachPlus can help tackle your stress.



From time to time, our emotions and mental state start to affect our daily life, including sleep, work, and relationships. Dealing with stress can be tough, but you don't have to do it alone!

YourCoachPlus is a free, low-intensity mental health coaching program delivered in Central and Eastern Sydney for people who require support around specific situational challenges.

Mark, one of the Mental Health and Wellbeing Coaches, explains: "If you're looking for a free short-term support, our service is a great option. It is a confidential one-on-one tailored program that helps you develop the skills and connections you need to manage the stress you are experiencing. The best part? Accessing YourCoachPlus is free, easy and there's little to no wait time. You can attend sessions via phone or video call at your convenience and we will be starting in-person sessions soon too!"

Using a guided, self-help approach, YourCoachPlus enables you to feel more in control of your thoughts and feelings as well as feel more connected to community services and resources. If you need more support than the program offers, the team will be able to link you to a service that meets your needs. YourCoachPlus is not a crisis service - if you or anyone you know is in immediate danger, please phone 000.

How does YourCoachPlus work?

"Residents of CESP HN region can self-refer to the service. By accessing YourCoachPlus, you will receive a brief assessment and up to seven solution-focused sessions with one of our Mental Health and Wellbeing Coaches. You will also be offered two post-coaching follow-up check-ins. Your Coach will support you to develop goals and an action plan to reach them. Our team will be able to work with you to find other local services or resources that may be of benefit to you at the same time."

"(...) AS A COACH, I WILL ALWAYS WORK WITH YOU TO UNDERSTAND YOUR CIRCUMSTANCES, INCLUDING ANY SENSITIVITIES AROUND WHAT YOU ARE EXPERIENCING, BEFORE SETTING GOALS OR PUTTING TOGETHER A PLAN."

How does YourCoachPlus differ from other services?

"YourCoachPlus is not therapy, psychology or counselling as some people might think. The program is an opportunity to work with a mental health coach to manage negative thoughts or behaviours and identify positive steps forward to improve wellbeing. Your Coach will also try to link you with services or resources that can improve your quality of life and wellbeing. This may include things like finding group-based activities to boost your social connection."

Have you worked with anyone identifying as First-Nation's people?

"Yes, people identifying as being of Aboriginal or Torres Strait Islander descent have participated in YourCoachPlus. As a Coach, I will always work with you to understand your circumstances, including any sensitivities around what you are experiencing, before setting goals or putting together a plan."

Have people ever come back to re-join the program?

"Absolutely! Our Coaches will offer up to two follow-up calls in the months following the coaching sessions to check how you are doing after the coaching sessions finish. After this, you can reach out to our friendly team, through the regular pathways, who would be happy to discuss ongoing options as needed."

When can someone call YourCoachPlus?

"The service is available to CESP HN residents aged 16+ who are not currently seeing a mental health professional. Any person who fits that criteria and feels they would benefit from receiving one-on-one support for their emerging mental health concern is encouraged to enquire! You can contact YourCoachPlus by phone, email or through our website."

The YourCoachPlus program is delivered in Central and Eastern Sydney by Primary & Community Care Services (PCCS).
Phone **9477 8700** or
email enquiries@pccs.org.au.
For more information, and to register visit [YourCoachPlus](#).

Content provided by Wilhelmina Brown CESP HN Mental Health and Regional Planning Program Officer.



STATEMENT ON THE VOICE TO PARLIAMENT

A statement on behalf of the Central and Eastern Sydney Primary Health Network on the proposed referendum on the Aboriginal and Torres Strait Islander Voice to Parliament.

Central and Eastern Sydney Primary Health Network seeks to achieve better health and wellbeing for all in our community. We commit to providing ongoing support to Aboriginal and Torres Strait Islander peoples to achieve equality and end the health disparities they continue to experience throughout their lives.

We recognise the continuing rich culture and resilience of Aboriginal and Torres Strait Islander peoples, despite the trauma of colonisation, dispossession, and discrimination. The impacts of this trauma have led to unacceptable inequalities and health disparities that must be addressed.

We walk beside the Aboriginal and Torres Strait Islander peoples of our region in advocating for social change that achieves equity and better health and wellbeing. We acknowledge the need for Aboriginal and Torres Strait Islander peoples to have greater involvement in decision making which directly impacts their lives.

Central and Eastern Sydney Primary Health Network commits to supporting our community to access reliable information, which will empower them to make their own, informed decision for the referendum on the Aboriginal and Torres Strait Islander Voice to Parliament.

Further information and support

We encourage you to visit the voice.gov.au to find comprehensive information including a Voice Information Booklet and a Community Toolkit.

We know that debate about the referendum may cause distress and we recommend contacting the following services for support.

- Head to Health phone line for free mental health advice and support: **1800 595 212**
- Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander people are available at: wellmob.org.au
- For local service providers and health professionals based on your eligibility: headstart.org.au

DID YOU KNOW CESPHN HOSTS CULTURAL AWARENESS TRAINING FOR GENERAL PRACTICE WORKSHOPS?



Held every 3 months in various locations throughout the region, this Cultural Awareness Training is designed to not only give attendees a better understanding of Aboriginal history, culture, people, and places of significance, but also develop skills to engage and communicate with Aboriginal and Torres Strait Islander patients.

TRAINING COVERS:

- Become upskilled in ways to implement appropriate services to improve the quality and appropriateness of health care for Aboriginal and Torres Strait Islander patients.
- Identify actions that will allow improvements in culturally safe service delivery for Aboriginal and Torres Strait Islander patients.
- Identify and meet the requirements for the Indigenous Health PIP Incentive.

RACGP CPD Approved Activity		
Educational Activities	Measuring Outcomes	Reviewing Performance
2.5 hours	0.5 hours	1 hours

RACGP Accredited Activity hours:

Allocated 2.5 Educational Activity, 1.0 Reviewing Performance, and 0.5 Measuring outcomes CPD hours.

OUR FINAL WORKSHOP FOR 2023 WILL BE HELD



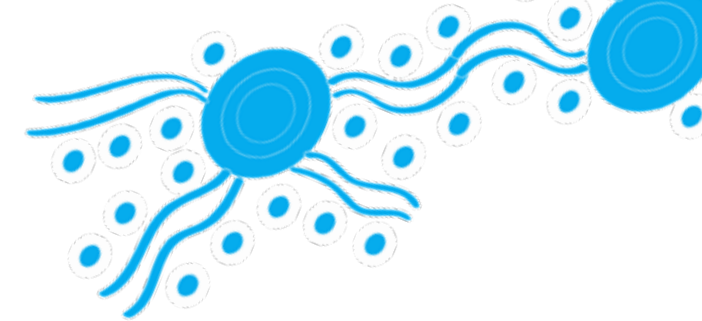
Wednesday 18 October 2023,
6.00pm – 9.00pm

Tradies Caringbah, 28-30 Banksia
Road CARINGBAH, NSW 2229

Registrations taken through | <https://shorturl.at/iNS78>
For more information email | events@cesphn.com.au



ABORIGINAL CANCER CARE INFORMATION FOR PATIENTS AND CLINICIANS



SLHD ABORIGINAL CANCER CARE COORDINATORS

Aboriginal Cancer Care is a service provided by Sydney Local Health District. It operates across Royal Prince Alfred Hospital, Concord Hospital and the Chris O'Brien Lifehouse, supporting patients in the community. Our District is in the boundaries of the Gadigal, Wangal and Bediagal clans, collectively called the Eora Nation. The roles of our two Aboriginal Cancer Care coordinators have been co-designed with extensive community consultation. Therefore, a male and a female role have been created to support the community.

We understand that care coordination is vital to support Aboriginal patients during diagnosis, treatment planning, and delivery of cancer care. Our coordinators are here to support you in getting better access to healthcare and improved health outcomes, and ensure you receive culturally safe cancer care from the right people, at the right time and in the right place for you.

COORDINATORS CAN



Help patients talk to health professionals



Attend appointments with patients



Help patients understand medical language



Provide linkages to support services



Participate in decisions about care



Connect patients with local community services



Assist with any barriers to patients accessing cancer services



Ensure patients are better informed and prepared for cancer treatments

If you or a family member identify as Aboriginal and/or Torres Strait Islander, have a cancer diagnosis and receive care at Royal Prince Alfred Hospital, Concord Hospital or the Chris O'Brien Lifehouse, this service is here to support you.

Feel free to call **Kylie** or **Jiv** for a yarn.

Kylie Smith: 0499 879 840

Jiv Muthunesan: 0499 938 947

IF YOU ARE A CLINICIAN/GP PLEASE SEE FURTHER INFORMATION BELOW (RE: REFERRALS INTO THIS SERVICE.)

SLHD ABORIGINAL CANCER CARE COORDINATORS

REFERRAL OPTIONS

Phone 0499 879 840 (Women's Business)

0499 938 947 (Men's Business)

Email SLHD.AboriginalCancerCareCoordinator@health.nsw.gov.au
(not secure, patient consent required for referral)

MULTIPLE LOCATIONS, SYDNEY

SERVICE-SPECIFIC CRITERIA

All Aboriginal and/or Torres Strait Islander patients with a cancer diagnosis and who are receiving care (or require care) at any of the following facilities:

- Royal Prince Alfred Hospital
- Concord Hospital
- Chris O'Brien Lifehouse

INFORMATION FOR REFERRER

- The following minimum referral information is required:
 - Date of referral
 - Client name, MRN (if applicable), DOB
 - If they have a preference for a male or female Coordinator
 - Diagnosis, reason for referral, any other concerns/issues

SLHD ABORIGINAL CANCER CARE COORDINATORS

- RPA, Concord Hospital, Chris O'Brien Lifehouse
- SLHD Aboriginal Cancer Care Coordinators
- Multiple locations, Sydney
- NSW

MULTIPLE LOCATIONS, SYDNEY

ADMIN CONTACT INFO

Appointment needed? **YES**

SERVICE DESCRIPTION

Dedicated Aboriginal Cancer Care Coordinators - one for Men's business, one for Women's business - offering support and care navigation for Aboriginal and/or Torres Strait Islander patients and their families at any point in their cancer journey.

The position aims to improve access and outcomes for Aboriginal and/or Torres Strait Islander peoples with cancer, better supporting them to receive culturally safe cancer care, from the right people, in the right time and place for them.





TOMATO AND CHEESE DAMPER

Preparation time: 10 min

Cooking time: 30 min

Serves: 8

Ingredients

- 2 cups wholemeal flour
- 1 cup plain flour
- 1 tsp baking powder
- 1 pinch salt
- 5 tbsp olive oil
- 1/3 cup reduced-fat tasty cheese, grated
- 1 tbsp rosemary, finely chopped
- 8 cherry tomatoes
- 1/2 cup reduced-fat milk
- 1/2 cup water

Method

- Preheat the oven to 220°C. Line a baking tray with baking paper.
- Sift the flours, baking powder and salt into a bowl. Add the olive oil and combine with a wooden spoon until it resembles breadcrumbs. Add the cheese and rosemary and mix through.
- Make a well in the centre and add the milk and water. Use a knife and work the dough until it leaves the sides of the bowl. Gently knead the dough on a lightly floured board and split into 8 even pieces. Shape pieces into balls and arrange close together on the tray. Sprinkle with a little extra cheese, press a cherry tomato into the centre of each roll and sprinkle with more rosemary.
- Bake for 25-30 minutes until golden and the bases sound hollow when tapped.

Recipe provided by

<https://healthylunchbox.com.au/>



VEGETARIAN SHEPHERD'S PIE WITH CHEESY MASH

Preparation time: 15 min

Cooking time: 40 min

Serves: 6

Ingredients

- 1 tbsp extra virgin olive oil
- 1 brown onion, chopped
- 2 celery stalks, trimmed, thickly sliced
- 1 carrot, chopped
- 2 zucchini, chopped
- 500g Kent pumpkin, peeled, chopped
- 1 tbsp chopped fresh rosemary leaves
- 2 x 400g cans Mutti Polpa Finely Chopped Tomatoes
- 1 3/4 cups Massel vegetable liquid stock
- 1/2 cup red lentils, rinsed
- 1 tbsp apple cider vinegar
- 1 tbsp soy sauce
- 400g can brown lentils, drained, rinsed
- 1.3kg white potatoes, peeled, chopped
- 2 garlic cloves, chopped
- 1/2 cup milk
- 80g Coles Australian Salted Butter, chopped, softened
- 1/2 cup grated Coles Tasty Cheese Block
- Fresh thyme leaves, to serve

Method

- Preheat oven to 220C/200C fan forced. Grease 2.2L baking dish.
- Heat oil in a large saucepan over medium-high heat. Add onion, celery, and carrot. Cook, stirring occasionally, for 5 minutes or until onion is softened. Add zucchini, pumpkin, and rosemary. Stir to combine. Add tomatoes, stock, red lentils, apple cider vinegar and soy sauce. Bring to a simmer. Reduce heat to medium. Simmer, uncovered, for 10 minutes or until vegetables are tender. Stir in brown lentils. Season with salt and pepper.
- Meanwhile, place potato and garlic in a medium saucepan. Cover with cold water. Bring to the boil. Boil for 10 to 12 minutes or until tender. Drain. Return to saucepan. Add milk and 60g butter. Mash until smooth. Add cheese. Stir until melted. Season with salt and pepper.
- Transfer lentil mixture to prepared dish. Top with mash. Dot with remaining 20g butter. Bake for 20 minutes or until mash is golden. Serve sprinkled with thyme.

Recipe provided by <https://www.taste.com.au/>





HEALTHIER APPLE FILO SCROLLS

Preparation time: 10 min

Cooking time: 20 min

Serves: 4

Ingredients

- 2 Royal Gala apples, halved, core removed, cut into 1mm slices
- 1 lemon, juiced
- 3 sheets filo pastry
- 5ml olive oil cooking spray
- 1/2 tsp ground cinnamon
- 2 tsp maple syrup, to serve

Method

- Preheat oven to 220°C/200°C fan-forced. Line a baking tray with baking paper.
- Toss apple and lemon juice in a medium microwave-safe bowl. Cover apple mixture with water. Microwave, covered, on high for 2 minutes or until apple has softened. Drain.
- Stack pastry sheets, spraying with oil in between each sheet. Cut pastry stack into 4 strips lengthways.
- Arrange apples slices, overlapping along top long edge of pastry strips, just slightly overhanging (apples will slide out slightly when you roll the pastry). Sprinkle with cinnamon. Fold pastry in half widthways to cover bottoms of apples. Roll pastry to form a scroll and place on tray. Bake for 15 minutes or until pastry is golden. Drizzle apple roses with maple syrup to serve.

Recipe provided by <https://www.woolworths.com.au/>



CHOCOLATE MUFFINS

Preparation time: 10 min

Cooking time: 20 min

Serves: 12

Ingredients

- 1/2 cup plain flour, plus 2 tablespoons
- 1/2 cup wholemeal flour
- 1/3 cup cocoa powder
- 3/4 tsp baking soda
- 2 large eggs
- 1 ripe banana, mashed
- 1/4 cup reduced fat plain yoghurt
- 1/3 cup honey
- 1/3 cup reduced fat milk
- 1/4 cup olive oil

Method

- Pre-heat the oven to 180°C. Line a muffin tin with paper liners.
- In a large bowl, whisk together the dry ingredients. In a medium bowl, whisk together the rest of the ingredients. Make a well in the centre of the dry ingredients and add the wet ingredients. Gently stir by hand until just combined.
- Fill the muffin cups 2/3 to the top. Bake for 18-20 minutes, or until a toothpick comes out clean.
- Place on a wire rack and allow to cool in the tin for 5 minutes, then remove and place on the rack to cool completely.

TIP! Add raspberries, blueberries or sultanas for an extra fruity zip.

Recipe provided by <https://healthylunchbox.com.au/>



Useful numbers

PRINCE OF WALES HOSPITAL
02 9382 2022

SYDNEY CHILDREN'S HOSPITAL
02 9382 1111

ROYAL PRINCE ALFRED HOSPITAL
02 9515 6111

ST VINCENT'S HOSPITAL
02 8382 1111

SYDNEY DENTAL HOSPITAL
02 9293 3333

LA PEROUSE HEALTH CENTRE
02 8347 4800

BABANA ABORIGINAL
02 9660 5012

WEAVE YOUTH AND COMMUNITY SERVICES
02 9318 0539

TRIBAL WARRIOR ABORIGINAL CORPORATION
02 9699 3491

GAMARADA
0433 346 645

GURIWAL ABORIGINAL CORPORATION
02 9311 2999

LA PEROUSE LOCAL ABORIGINAL LAND COUNCIL
02 9311 4282

ODYSSEY HOUSE
1800 397 739

LANGTON CENTRE
02 9332 8777

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

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

CANCER COUNCIL NSW
13 11 20

QUITLINE (SMOKING)
13 78 48

LIFELINE 24HR HELPLINE
13 11 14

GAMBLING ANON
02 9564 1574

METROPOLITAN LOCAL ABORIGINAL LAND COUNCIL
02 8394 9666

KIDS HELP LINE
1800 55 18 00

MENSLINE AUSTRALIA
1300 78 99 78

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

MENTAL HEALTH LINE
1800 011 511

DOMESTIC VIOLENCE AND SEXUAL ASSAULT HELPLINE
1800 200 526

ST GEORGE HOSPITAL
02 9113 1111

SUTHERLAND HOSPITAL
02 9540 7111

KURRANULLA ABORIGINAL CORPORATION
02 9528 0287

Contact Central and Eastern Sydney PHN

Central and Eastern Sydney PHN is a business unit of EIS Health Ltd
ABN 68 603 815 818

Tower A, Level 5, 201 Coward St
Mascot NSW 2020

Ph: 1300 986 991

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