

EORA HEALTH MESSENGER

WINTER 2023



INTRO TO JADA TAYLOR

A rising star, Indigenous All Star's representative, and the Shark's newest NRLW recruit

SYDNEY LOCAL HEALTH DISTRICT'S ABORIGINAL CANCER CARE COORDINATORS

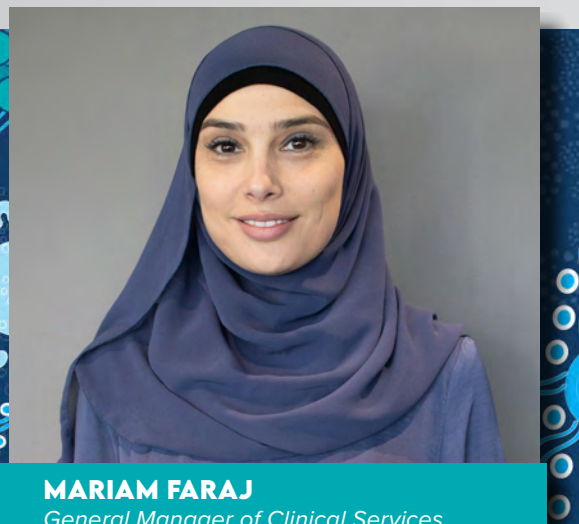
WELL WOMEN'S WORKSHOP

TRIBAL WARRIOR YOUTH BASKETBALL

IN THIS
ISSUE

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.



CESPHN care finders program

The **CESPHN** care finders program aims to support vulnerable older people who are not able to arrange aged care and other services without intensive support. The program consists of a network of care finders who will provide face to face support to help vulnerable older Australians access aged care and other supports. care finders can help someone with:

- Talking to My Aged Care on their behalf and arranging an assessment.
- Finding and short-listing aged care providers in their area.
- Completing forms and understanding aged care service agreements.
- Checking-in once services are up and running to make sure everything is okay.
- Solving other challenges and connecting to support in the community, such as health, mental health, housing and homelessness, drug and alcohol services and community groups.

Referrals can be made to **1800 346 337** or through completing the **CESPHN** care finders Online Referral form. There is a flyer included in this edition.

Primary Health Awards

This year, the awards celebration evening will be held on Thursday, 31 August. There will be four categories of awards related to our key stakeholder groups, namely, general practice, allied health, and community services as well as an award for excellence in Aboriginal health and wellbeing. Entries will open in June.



A link will be available on this page: cesphn.org.au/primary-health-awards

Engage with stakeholders Board and Aboriginal Advisory Committee

On 27 April **CESPHN** held a successful joint board and Aboriginal Advisory workshop. The workshop began seated in a yarning circle and included good discussion about the proposed transfer of Integrated Team Care and Aboriginal and Torres Strait Islander mental health and suicide prevention funding from **PHNs** to the community-controlled sector. The committee emphasised their desire to be consulted on these changes and the importance of choice in where to obtain services.

Board directors and Advisory Committee members then reviewed the actions we are taking to address Closing the Gap measures and provided suggestions for further work/improvement.

The workshop concluded with a discussion of the Aboriginal and Torres Strait Islander Voice to Parliament. The Board and Aboriginal Advisory want to see **CESPHN** ensure access to accurate information on all sides of the Voice debate is provided to allow people to make an informed choice. We have drafted a statement to this effect that the Aboriginal Advisory has reviewed.

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.

Following **CESPHN's** consultation meeting in late January, an invitation was sent via the consultants to all current commissioned providers of **CESPHN's** ITC and mental health and wellbeing services to provide their input on the consultation during focus groups held in March. We understand the next step will be a broader consultation with community. We will advise when we have the access link available to the survey and encourage your participation to have your say. As reported previously we have emphasised the ongoing role of **CESPHN** to support improvement of cultural competency in mainstream services, and to promote service integration.

voices4health

CESPHN is developing a list of community members who are interested in having a say about local health needs and health services.

This is called **voices4health**. We encourage you to add your voice to **voices4health**. If you register you will be contacted when there is an opportunity for you to contribute perhaps to the design of a new health service or to speak about the health needs of the community.

Please encourage family, friends and members of your community to apply. Most consultations are paid and it might lead to training and further skills development.

To register go to: cesphn.org.au/voices4health

There is more information on **voices4health** included in this edition.



WELCOME TO THE TEAM, LEVII GRIFFITH!

CESPHN'S ABORIGINAL ADVISORY
COMMITTEE MEMBER



Hi all,

My name is Levii Griffiths and I'm a proud Gamilaraay man from the Gawambaraay clan who was brought up in a small country town in the northwest slopes and plains called Gunnedah where I spent most of my life before relocating to Maitland, then eventually Sydney where I have spent the past six and a half years. Coming from a sporting family where we all grew up around playing footy and touch it became like religion to watch the NRL all weekend. Even though I had played Rugby League most of my life, I am a supporter of the Western Sydney Wanderers. When I'm not working, I like to spend my time practicing self-care on the mats by training in mixed martial arts with multiple disciplines including Brazilian jujitsu, Muay Thai kickboxing, and wrestling.

Throughout my working career I have experiences in all different areas, for example, bartending in my early 20's, apprentice mechanic, environmental field worker and eventually landing a few jobs in the Alcohol and other Drugs (AOD) sector as a detox support worker in a mixed resident rehabilitation service, AOD case manager and now moving onto my newest position as Project Lead for an ACCO. My own personal experiences growing up around high AOD use, and mental health have giving me the guidance to work in the AOD sector and has been a driving factor for

me from a young age to want to get in and make a difference to help break the chain of AOD use within Aboriginal Communities.

In September 2020 right in the middle of the world pandemic I was offered the opportunity to work as an AOD Case Manager in a men's post rehabilitation program which has excelled my career in multiple ways and paved the way for my newest job role which I begin in May 2023 and the opportunity to work in the youth sector working with not only indigenous youth but all youth from all backgrounds, which has been a passion of mine since I was growing up. My career in the AOD sector spans over six years where I have obtained multiple degrees from TAFE, and I am now studying a post graduate degree at university.

It has been an honour and pleasure to be a part of the **CESPHN** Aboriginal Advisory Board to use my voice to help make a change within the **Primary Health Network (PHN)** and hopefully make a difference at a national level in the future. I'm looking forward to doing more work and meeting new people in the future.

Article provided by Levii Griffiths Member of the CESPHN Aboriginal Advisory Committee.



CASE STUDY

Pathways Home has been successfully supporting young people in the suburbs of Western Sydney since 2020 before extending to the central and eastern suburbs in July 2022. Here is the journey of one of the incredible young people we work alongside.

The Pathways Home program supports young people aged 10-24 who have been involved in the criminal justice system. Pathways Home throughcare model provides support in custody and post-release, with transitional workers offering pre-release support, planning and long-term holistic case management in the community.

James* is a 19-year-old proud Aboriginal young person who spent his formative years living away from his family in foster care. James was exposed to drug use early in his life, and after several traumatic events, he began using illicit substances— he was just 13 years of age. This milestone in James' young life set him down a path that led to a life in and around the criminal justice system. James was referred to the Pathways Home (PH) program in the lead up to his parole hearing. James had no stable accommodation to return to upon release and no family or people he identified as supportive in Sydney. James attended weekly AVL meetings with his PH worker, he shared being eager for support, and a trusting relationship was established over time. James not only displayed insight into his circumstances but a strong desire to remedy areas of his life that he felt were holding him back. James discussed a wide range of his goals to improve his life, including addressing his areas of concern around mental health, securing stable accommodation, and AOD support.

The correctional centre arranged three nights of temporary accommodation (TA) upon release through Housing NSW; access to this accommodation requires being able to get from the correctional centre to the TA location, and further TA requires frequent attendance to the Housing NSW office with identification, an income statement, bank statement, plus completed rental diary; documentation young people are frequently without and challenging to obtain a few days out of prison. On the day James was released from custody, PH was there to meet him, provided new clothes and shoes to change from his prison greens (and other essential items), took James for a feed then transported him to his TA.

After several stressful and long days spent ensuring James had daily accommodation, PH secured James with three-month transitional accommodation, providing some relief and allowing the focus to shift towards his mental health and wellbeing and long-term housing.

James was supported to access a local GP for a mental health support plan, medication, and registering for CTG. James was also connected with AOD support and cultural connection and mentoring. James and PH worked to complete his Housing NSW application for permanent housing, and continued to pursue Housing NSW, upgrading his circumstances and advocating for his case to be escalated so that housing could be found before his transitional accommodation expired.

Shortly before his accommodation period ended, James was offered his very own permanent property through Housing NSW, which he accepted. PH accessed brokerage and sought donations to assist James in establishing his tenancy by furnishing his property with essential household items and grocery vouchers. James signed his first lease and moved into his own place. While this is a massive accomplishment for James, it presented new challenges regarding the company James kept, an unexpected deterioration in James' mental health, and an increase in AOD use.

With the important investment in building a genuine, trusting relationship, the PH worker was able to maintain regular contact with James, navigating this bump in the journey together. James was supported to access a new GP in his area, completed his first ever Aboriginal Health check, has re-commenced his medication, and shows enthusiasm towards AOD treatment such as detox and rehabilitation. These challenges are new and evolving; however, PH is working very closely with James, and both are confident that he now has the suitable supports and safety nets to continue moving forward and for any other bumps in the road.

Although it has been some months since James left custody, it is relatively early days for James in the community. Strong and positive steps have been achieved so far and James plans to continue engaging in the Pathways Home program to ensure he is supported in the community, meets the requirements of his parole conditions, and continues building his future outside of the criminal justice system.

*Name changed for privacy

Content provided by Lisa Collins Manager Transition Programs.

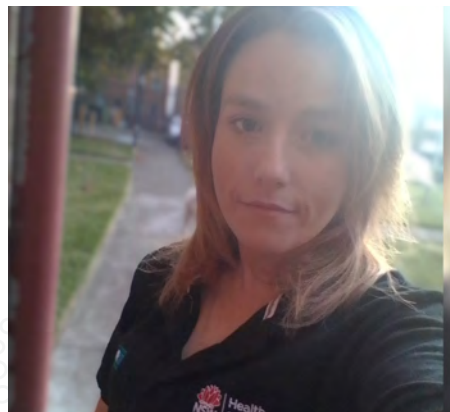
MEET THE TEAM AT SLHD

INTEGRATED TEAM CARE (ITC) PROGRAM



DEBRA HARDY

My names Debra Hardy, I'm a Yidinji woman worked in Health for 11 years, I work for Health NSW in Aboriginal Chronic Care as an Aboriginal Outreach worker I love working in my community and connecting clients and their families to the care they need.



RIANA ELY

My name is Riana Ely I'm a young Wiradjuri woman from Wellington, I'm new to NSW Health but excited to work in my local community Redfern as the Aboriginal Outreach Worker for Aboriginal Chronic care.



LOUISE BROWN

I love the opportunity to provide integrated, holistic care to our First Nations community within SLHD. I continue to learn from them every day and find it a privilege to be working with them as they strive to overcome very challenging and complex care needs.



AMY TRAEGER

I have worked in Aboriginal and Torres Strait Islander health for 12 years, and have a special interest in diabetes and chronic disease management. I love working in the community with Aboriginal and Torres Strait Islander clients and their families, and working with them towards achieving greater health and wellbeing.

Information provided by Nicola Swann, A/Program Manager, Planned Care Team Leader, Planned Care Aged Health, Chronic Care and Rehabilitation SLHD.



WELL WOMEN'S WORKSHOP

During April, CESPHN has delivered two Aboriginal community health promotion events.

The 'Well Women's Workshops' were funded through a grant we were successful in receiving last year from Cancer Institute NSW. The workshops predominantly focused on promoting and explaining cervical screening tests, however there were gateways to other conversations about other cancer screenings, other vaccination programs and an opportunity to discuss the comprehensive annual MBS 715 health assessments that are available to Aboriginal and Torres Strait Islander peoples.

For the first workshop held in Gympie, a female GP, Dr Kate Steinweg from local Vitalis Family Medical practice supported the event delivering the educational workshop to a group of ladies from Kurranulla Aboriginal Corporation.

As it was a women's business event there were no males present so understandably, our **CESPHN** Aboriginal Health and Wellbeing Program Officer, Brett, had to miss the workshops.

The next workshop was delivered to group of ladies from the La Perouse community (and surrounding areas) with the talk being led this time by Dr Lonergan, an Erskineville GP who is also a member of the **CESPHN** Aboriginal Advisory and well known within the community.

The Deadly Choices team also joined us on both days to promote their work rolling out through the schools and local community health check days.

The talks were followed on both days by a jewellery making workshop led by Caitlin Trindall of Miriart using natural materials such as emu feathers, quandong and sandalwood seeds.

It was important the participants were given time and space to digest the newfound education and ask further questions whilst crafting their earrings and necklaces, before finishing off with a lunch.

Feedback was all highly positive and enthusiastic about the event and their enjoyment of it. Many women expressed their personal gratitude and confirmed how much they had learnt and would share with other females in community.

Perhaps the greatest appetite from the workshops wasn't for the lunch, but for more information, education and community forums of this nature, which we will plan to run in the future.

Article provided by Lisa Merrison, CESPHN Manager for Aboriginal Health and Wellbeing Programs.





CORPORATE FIGHTER 68

On Friday 17 March 2023,

After 10 week of training I completed my challenge by competing inside the ring for an amateur boxing fight. Whilst I did not come away with the win, I raised \$2000 for [RizeUp Australia](#) which helps families impacted by Domestic Violence as well as raising \$6000 in seats totalling \$8000 for the night. It was a once in a lifetime experience. I am super proud that I completed the challenge and thank my family, friends and **CESPHN** for all their support over the 10 weeks.

Article provided by Brett Hugo CESPHN Aboriginal Health and Wellbeing Programs Officer.





HAVE YOUR SAY ON LOCAL HEALTH SERVICES

Central and Eastern Sydney Primary Health Network (CESPHN) is a not-for profit organisation funded by the Australian government to respond to health needs and health service gaps in the area. **voices4health** is where people living in central and eastern Sydney can contribute to decision-making about health needs and services.

Visit to find out more and register

cesphn.org.au/voices4health

SCAN QR CODE TO REGISTER



We will contact you when there is a suitable opportunity for participation. Most opportunities will be paid.

INTRO TO JADA TAYLOR

A rising star, Indigenous All Star's representative, and the Shark's newest NRLW recruit, Jada Taylor is making an impact beyond her impressive on-field performances, promoting the importance of making 'deadly choices' by receiving her flu shot in May.

As a proud Gamilaroi woman, Jada belongs to a demographic that is more susceptible to illness and chronic disease and is committed to using her platform to inspire the Aboriginal and Torres Strait community to make healthy choices, which includes staying up-to-date with vaccinations.

"I want to be a role model for people on and off the field," Taylor said.

"I feel like having them look up to me, if I'm getting my health check hopefully it inspires other little kids who want to play Rugby League and are Indigenous to get their health checks too."

"Health is really important to my family. My granny's a nurse, my brother is a health worker and through them I see the importance of getting health checks and staying healthy, particularly being part of the Aboriginal and Torres Strait Islander community, as we are more at risk."

As the Sharks Indigenous Programs Coordinator, Jada delivers the Deadly Choices Healthy Lifestyle and Wellbeing program to Aboriginal and Torres Strait Islander students and community groups within the Sutherland Shire and will undertake studies to become a qualified Aboriginal Health Worker to further support local First Nation's people in accessing health assessments.

"Delivering the Deadly Choices program, I help promote healthy lifestyle and wellbeing for all students of all ages, from primary school all the way through to high school and it's really rewarding. I feel like this is my strength, making them feel like they are in a safe environment and encouraging them to live healthy lives and get health checks."



**“ I WANT
TO BE A ROLE
MODEL FOR
PEOPLE ON AND
OFF THE FIELD.**

“I think it’s important for everyone, but especially our Indigenous community as we have higher rates of chronic disease and mortality.”

A program successfully run by the Cronulla Sharks since 2020, Deadly Choices is a health promotion initiative of the Institute for Urban Indigenous Health (IUIH) delivered in the Shire in collaboration with the Central Eastern Sydney Primary Health Network (CESPHN). Their partnership with the Sharks harnesses the power of sport and Indigenous NRL idols to initiate important conversations around health and wellbeing in order to inspire ‘deadly’ decisions.

In Indigenous culture, if something is ‘deadly’ it is good or cool, therefore making a deadly choice means making a good choice.

Aiming to empower First Nations people to make healthy choices for themselves and their families, the initiative encourages proactive healthcare by urging individuals to schedule their annual Aboriginal and Torres Strait Islander Health Assessment with their doctor, in order to assist in early detection, management and prevention of chronic diseases, such as diabetes and heart disease.

With no specific Aboriginal Medical Service in the Shire, the Sharks have partnered with Vitalis Family Medical Practice in Kirrawee, working with GPs and nurses who have

undertaken cultural awareness training to deliver health assessments and follow up services as required.

After completing their health check, participants receive an exclusive Sharks Deadly Choices training shirt, often replicating the Indigenous jersey from the previous year.

To book your health check, contact Vitalis Family Medical Practice on (02) 8123 1133.

Article provided by Deadly Choices.

“ **DELIVERING THE DEADLY CHOICES PROGRAM, I HELP PROMOTE HEALTHY LIFESTYLE AND WELLBEING FOR ALL STUDENTS OF ALL AGES, (...) I FEEL LIKE THIS IS MY STRENGTH (...)** ”



**BE A VOICE
FOR
GENERATIONS**

**NATIONAL
RECONCILIATION
WEEK 2023**

27 MAY — 3 JUNE

ACT TODAY FOR A RECONCILED TOMORROW

#NRW2023

NRW.RECONCILIATION.ORG.AU





SONGBIRDS 3 PRESS RELEASE



Following the critical success of the Songbirds 2 album, Community Restorative Centre are proud to announce the release of Songbirds 3.

Written and recorded during songwriting workshops in NSW prisons from Long Bay to Broken Hill, the tracks were produced by five times ARIA winning producer Paul McKercher (Iggy Pop, Hoodoo Gurus, Midnight Oil, Cruel Sea, You Am I) at the state-of-the-art Free Energy Device studio.

The album features cameos from a stellar cast of musicians, including Jim Moginie (Midnight Oil), Scott Johnston (Rose Tattoo), Abby Dobson (Leonardo's Bride, Baby et Lulu) and Bow Campbell (Front End Loader, Dead Marines) and was mastered by Steve Smart at EMI 301.

This set is a bit more representative of the many talented rappers in the system, but also features heartfelt and gritty country, hard rock, punk and pop tracks. It also features the debuts on pedal steel guitar of Jim, and the punk vocal stylings of Abby.

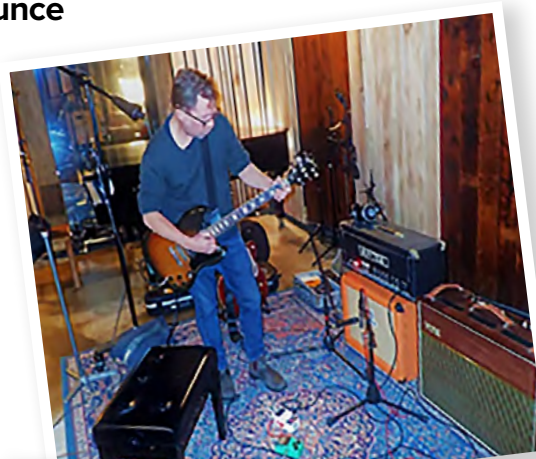
The sound quality and mixes are superb, due to a larger budget made possible by an arts grant from Randwick City Council, and again, the magnificent cover painting is from one of our Songbirds Arts workshops indigenous artists, Tiny from Long Bay.

**Article provided by David Chivers Manager
AOD Transition Programs.**

AVAILABLE NOW ON **BANDCAMP** AND AS A
CD AT THE **BOOM GATE GALLERY, MALABAR.**

GET IT!

- songbirds.bandcamp.com/album/songbirds-3
- crcnsw.org.au/services/post-release-music-arts/

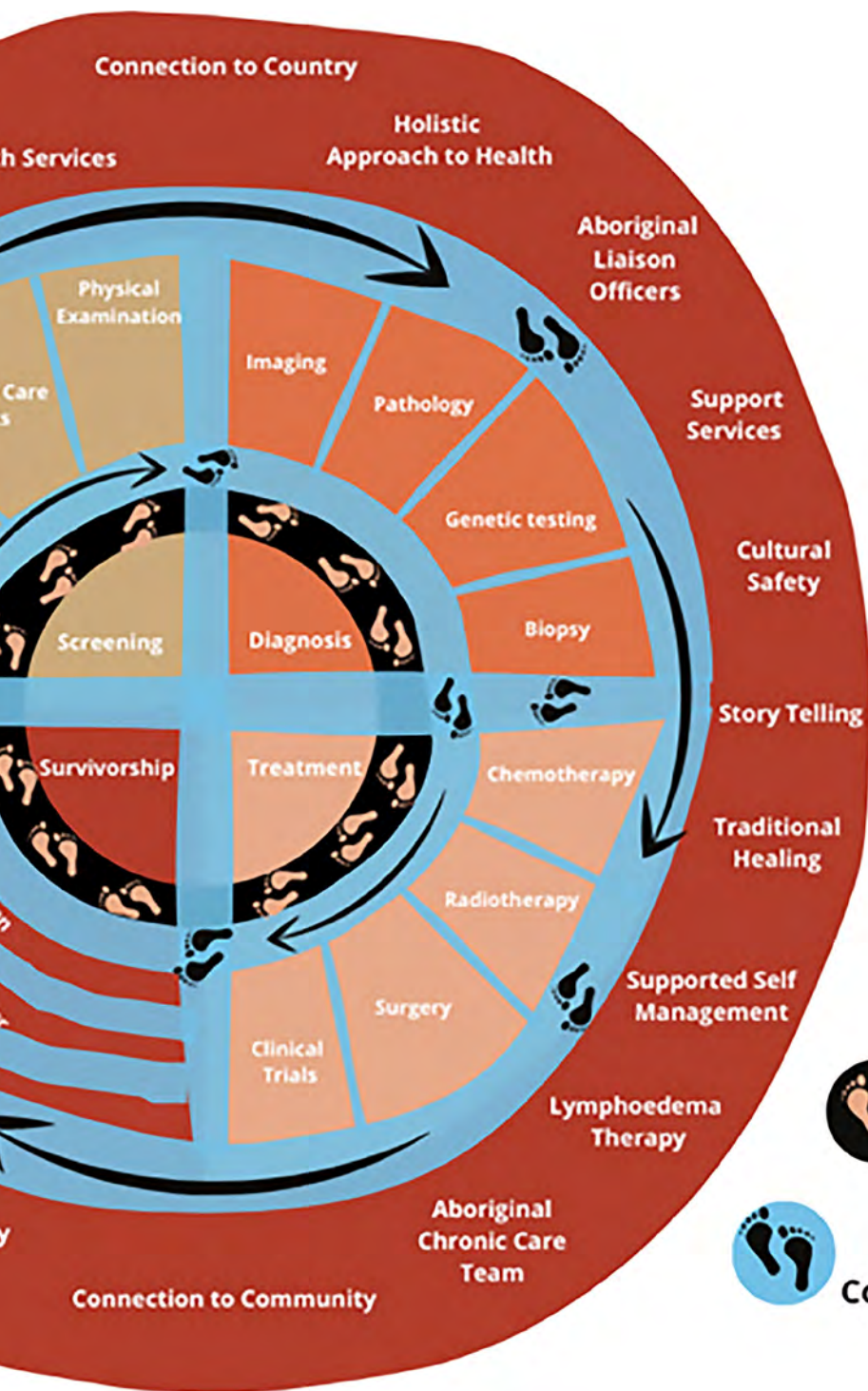


INTRODUCING SYDNEY LOCAL HEALTH DISTRICT'S ABORIGINAL CANCER CARE COORDINATORS

Our new Aboriginal Cancer Care Coordinators commenced within Sydney Local Health District on 8 May 2023. These positions are working across Concord hospital, Royal Prince Alfred hospital, Chris O'Brien Lifehouse, and will also have a significant presence within the local community.

It is known that coordination of care is critical in supporting an Aboriginal and/or Torres Strait Islander person during diagnosis, treatment planning, and delivery of cancer care. With extensive community consultation, we were able to co-design these Aboriginal Cancer Care Coordinator roles, ensuring local opinions and needs were captured. Through these community yarns some gaps in the current client pathways were revealed and the vital need for someone to guide a client on their journey by walking beside them was identified. The unanimous suggestion to have two positions, one for Men's business and one for Women's business, was also included in the development of these roles. These positions aim to improve access and outcomes for Aboriginal and Torres Strait Islander peoples with cancer; better supporting them to receive culturally safe cancer care, from the right people, at the right time and place for them.





ABORIGINAL CANCER CARE COORDINATION ACROSS SYDNEY LOCAL HEALTH DISTRICT

The Aboriginal Cancer Care Coordinators (1 Male and 1 Female) strength is that they flow between worlds whilst walking side-by-side with the patient. They are like a river, assisting the patient and their families to stay on the optimal care pathway and navigate the complex landscape that is the cancer care continuum. They are also a source of sustenance in the form of hope, support and referrals as needed.



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*Rajiv and Kylie, our new
District Aboriginal Cancer
Care Coordinators.*

It is with great excitement that we introduce Kylie and Rajiv who are our new District Aboriginal Cancer Care Coordinators. Kylie is a proud Ngemba woman who was born and bred on Gadigal land, here on Eora Country, and has tight connections to her home Country in Brewarrina. Kylie has previous affiliations with Redfern Aboriginal Medical Services and the Metropolitan Local Aboriginal Land Council. Rajiv is a proud Pitta Pitta man belonging to the Community of Boulia, Queensland. Rajiv has a background in nursing and has worked as an Indigenous Youth Mentor at Western Sydney University. Rajiv is very passionate about working together with Aboriginal and Torres Strait Islander peoples and their families to support them on their health journey.

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 and/or Chris O'Brien Lifehouse are able to be linked into this service.

For more information on the **Sydney Local Health District Aboriginal Cancer Care Coordinator Service** or to refer patients to this new service please email details to:

slhd-aboriginalcancercarecoordinator@health.nsw.gov.au

Alternatively, feel free to call either of our **District Aboriginal Cancer Care Coordinators** to have a yarn:

Kylie Smith on **0499 879 840** and/or

Rajiv Muthunesan on **0499 938 947**.

*Written by Traci Cook, Cancer Systems Innovation Manager,
Sydney Local Health District.*

CARING@HOME ART COMPETITION

As part of our commitment to improving quality of life and health outcomes for Aboriginal and Torres Strait Islander people, caring@home held an Indigenous Art Competition to raise awareness about palliative care.



Artist | **LEE HALL**

Name of artwork | **LIFE'S JOURNEY**



Artist's description of the artwork |

This painting embraces spirituality and being with loved ones during the end stage of life before entering the dreamtime. The circles represent community home palliative care which provide cultural, emotional, social, and spiritual support. Within the circle is the individual on the journey to enter the dreaming. Around those circles are family and friends and beyond these are other health care professionals and support workers - the end journey is not a lonely one. The leaf work represents going back to country which brings a sense of peace and acceptance.

Article provided by Rebecca Limbach Palliative Care Program Officer.

Please visit caringathomeproject for all winners.



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care finder services

Support to access aged care services

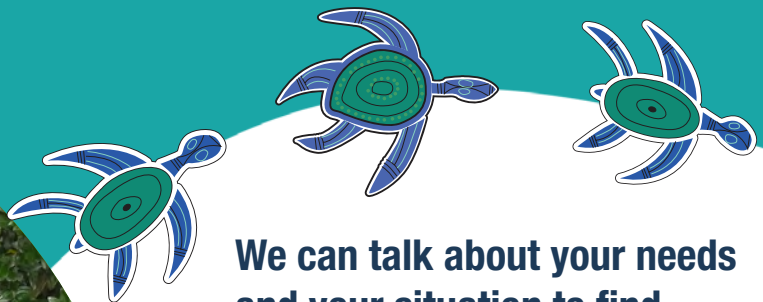
phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative



**Do you or someone
you know need
assistance to
navigate the aged
care system?**

Funded through the Primary Health Networks, care finder services are provided at no cost to the client and are designed to assist vulnerable older people who would not be able to arrange services without intensive support and do not have a family member or friends who can help.

Care Navigators help you understand the aged care system and link you with services that may be available to you.



**We can talk about your needs
and your situation to find
services that can help you stay
healthy, safe and connected to
your community.**

For more information, contact a Care Navigator on:

carefinderservices@kurranulla.org.au

(02) 9528 0287

www.kurranulla.org.au



YOUTH BASKETBALL

At Tribal Warrior, we have local youth participating in a social basketball competition that occurs weekly on a Monday night at the National Centre of Indigenous Excellence.



Our players range between the ages of 13 – 26. The youth participate, play, connect and yarn with each other in a safe and healthy manner, whilst playing in the social basketball competition. Some of our participants are in high school, while others work in local community organizations, full time support workers for family members, young parents, etc.

Between 10-15 young community members regularly attend to play. Whilst playing, the team work together to win, strengthening the relationships and communication skills

between participants, furthering social cohesion whilst actively bettering their health and wellbeing.

Each week we play, we have a new cohort of youth randomly turn up to the facility to play. After playing basketball, we then go to the Tribal Warrior office and sit around the table, having yarns and eating dinner.

Article provided by Josh Togo Team Leader Tribal Warrior.



HEALTHY EASY BEEF HOT POT

Ingredients

- 1 kg chuck or blade steak, cut into chunks
- 2 tbs plain flour
- 2 tsp paprika
- 425 g can no-added-salt diced tomatoes
- 2 medium onions, sliced
- 1 clove garlic, crushed
- 2 sticks celery, sliced
- 2 large carrots thickly sliced
- 1 turnip, cut into chunks
- 3 medium potatoes, cut into chunks
- 1 cup stock

Method

- Preheat oven to 180 °C.
- Toss meat, flour and paprika in a plastic bag, tip into a heavy casserole dish.
- Add all remaining ingredients and stir to combine.
- Press a piece of baking paper over the ingredients and cover closely with a lid.
- Cook for two hours without lifting the lid. Check for seasoning and tenderness, returning to oven if more cooking time is required.

Recipe credited to <https://livelighter.com.au/>



SIMPLE CHICKEN SOUP

Ingredients

- 2 tbs extra virgin olive oil 2 tablespoon extra-virgin olive oil
- 2 celery stalks, thinly sliced 2 celery stalks, thinly sliced
- 2 carrots, thinly sliced 2 carrots, thinly sliced
- 1 brown onion, chopped 1 brown onion, chopped

Method

- Heat oil in a large saucepan over medium heat. Cook celery, carrot and onion, stirring occasionally, for 8 minutes or until softened and lightly browned. Add garlic and cook, stirring, for 1 minute or until fragrant.
- Add stock and bring to the boil over high heat. Reduce heat to medium and simmer, uncovered, for 20 minutes or until soup has reduced slightly.
- Add chicken and cook, covered, for 10 minutes or until chicken is cooked through. Season and serve.

Recipe Credited to
<https://www.woolworths.com.au/>



HEALTHY KANGAROO STEW

Ingredients

- 600 g kangaroo meat, diced
- 3 potatoes, diced
- 1 1/2 large onions, diced
- 3 carrots, diced
- 1/2 pumpkin, diced
- 2 cloves garlic, crushed
- 3 tbs oyster sauce
- 3 tbs salt-reduced tomato sauce
- 3 beef stock cubes
- 3 1/2 cups water
- cornflour, to thicken

Method

- Put beef stock cubes in water and mix well.
- Put the roo pieces in a pot with the lid on, cook in own juices on moderate heat until the meat is soft (about 45 minutes).
- Add potatoes, carrots, onions, and pumpkin. Add tomato sauce, oyster sauce and beef stock. Mix and add enough water to cover the meat. Simmer for 10 – 15 minutes.
- Mix a little cornflour with water to a paste and add to pot. Cook for a further 10 – 15 minutes. Continue cooking until meat and vegies are tender.

Recipe credited to <https://livelighter.com.au/>



HEALTHIER WEET-BIX BAKED CHEESECAKE

Ingredients

- 80ml (1/3 cup) solid coconut oil, melted
- 150g Weet-Bix
- 125g fresh raspberries or thawed frozen raspberries, plus extra, to serve
- 1 tbsp water
- 500g light fresh ricotta
- 250g light cream cheese
- 180ml (2/3 cup) neutral honey (see tip)
- 2 tsp vanilla extract
- 2 eggs

Method

- Preheat oven to 180C/160C fan forced. Release the base of a 20cm (base measurement) springform pan and invert. Spray with oil. Line the base with baking paper, allowing a 4cm overhang. Secure the base, paper side up, back in the pan. Grease the side of the pan.
- Process the Weet-Bix in a food processor until finely crushed. Add the coconut oil.

Process to combine. Use the back of the spoon to press the mixture firmly into the base of the prepared pan. Bake for 10-15 minutes or until light golden. Set aside for 15 minutes to cool. Reduce the oven to 160°C/140°C fan forced.

- Meanwhile, wipe the food processor clean. Process the raspberries and water until smooth. Pour through a fine sieve. Discard seeds. Set aside.
- Wash the food processor. Process the ricotta, cream cheese, honey and vanilla until smooth. Add the eggs and process until smooth.
- Pour the ricotta mixture into the prepared pan. Dollop over the raspberry puree and swirl to create a pattern. Smooth the surface. Bake for 1 hour and 15 minutes or until just set in the centre. Turn off oven. Leave cake in oven, with door ajar, for 2 hours or until cooled completely. Cover and place in the fridge for 4 hours or until chilled and firm. Top with extra raspberries to serve.

Recipe credited to <https://www.taste.com.au/>



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Useful numbers

PRINCE OF WALES HOSPITAL
02 9382 2022

SYDNEY CHILDREN'S HOSPITAL
02 9382 1111

ROYAL PRINCE ALFRED HOSPITAL
02 9515 6111

ST VINCENT'S HOSPITAL
02 8382 1111

SYDNEY DENTAL HOSPITAL
02 9293 3333

LA PEROUSE HEALTH CENTRE
02 8347 4800

BABANA ABORIGINAL
02 9660 5012

WEAVE YOUTH AND COMMUNITY SERVICES
02 9318 0539

TRIBAL WARRIOR ABORIGINAL CORPORATION
02 9699 3491

GAMARADA
0433 346 645

GURIWAL ABORIGINAL CORPORATION
02 9311 2999

LA PEROUSE LOCAL ABORIGINAL LAND COUNCIL
02 9311 4282

ODYSSEY HOUSE
1800 397 739

LANGTON CENTRE
02 9332 8777

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

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

CANCER COUNCIL NSW
13 11 20

QUITLINE (SMOKING)
13 78 48

LIFELINE 24HR HELPLINE
13 11 14

GAMBLING ANON
02 9564 1574

METROPOLITAN LOCAL ABORIGINAL LAND COUNCIL
02 8394 9666

KIDS HELP LINE
1800 55 18 00

MENSLINE AUSTRALIA
1300 78 99 78

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

MENTAL HEALTH LINE
1800 011 511

DOMESTIC VIOLENCE AND SEXUAL ASSAULT HELPLINE
1800 200 526

ST GEORGE HOSPITAL
02 9113 1111

SUTHERLAND HOSPITAL
02 9540 7111

KURRANULLA ABORIGINAL CORPORATION
02 9528 0287

Contact Central and Eastern Sydney PHN

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

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

Ph: 1300 986 991

Fax: 1300 110 917

Email: info@cesphn.com.au

Web: www.cesphn.org.au

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



Australian Government

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CENTRAL AND
EASTERN SYDNEY

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