

EORA HEALTH MESSENGER

SUMMER 2022

Chronic Care Service
for St Vincents First
Nations Patients

**Deadly Choices
Health Check**

Reflecting on
3-year Plan

**I-ASIST Workshop
Wrap-Up**

Tribal Warrior Support

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phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative

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



Welcome to the summer edition of the Eora Health Messenger. I am pleased to be sharing with you an update on CESPHN's most recent initiatives.

Mariam Faraj
General Manager of Clinical Services

Inaugural Primary Health Awards

On 10 November we hosted our inaugural CESPHN Primary Health Awards evening, acknowledging those in our community who have contributed positively to significant and innovative changes in the primary health care space.

We were very pleased to honour the work of Linda Boney in recognition of the significant contributions she has made over a long period of time as the Aboriginal Liaison Officer at the Prince of Wales Hospital. Linda was nominated for the Community Aboriginal Excellence Award earlier this year for achieving excellence and positive impacts in service delivery to Aboriginal people.

More details on the evening are included in this edition.

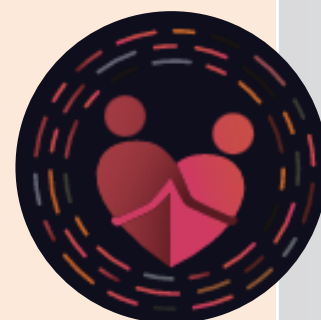
Babana event

On 28 September, four CESPHN staff members attended the large scale (100+) Aboriginal community event held by Babana Aboriginal. It was a great opportunity to demonstrate how the PHN works to support network activities as we presented on current CESPHN initiatives to address the needs of health and wellbeing of Aboriginal and Torres Strait Islander peoples in the CESPHN region and promoted the availability and importance of MBS 715 to attendees. We were also able to introduce the Deadly Choices program officer and the Aboriginal clinical care coordinator from St Vincent's Hospital.

Aboriginal Health workforce development

In early November we offered the I-ASIST course, run by Healing Works for up to 30 participants from community to complete Indigenous – Applied Suicide Intervention Skills Training. The participants were predominantly from the commissioned services in La Perouse and Redfern.

Between 21-25 November six participants from our region were trained to become Aboriginal Mental Health First Aid Instructors. They are now able to deliver Aboriginal Mental Health First Aid training courses across our region to communities and organisations.



Co-design for Mental Health Integrated Hub

A number of codesign workshops were offered in-person and online (via Zoom) for lived experience representatives, including carers, and for stakeholders and service providers. A short survey was also developed for those interested in contributing but unable to attend the workshops. A total of 8 people with lived experience and 25 stakeholders participated in the codesign process, not including survey respondents.

The final codesign report and service model guidelines will inform CESPHN's procurement and commissioning approach for the integrated mental health hub.

Headspace update

On Friday 7 Oct we attended the headspace Hurstville's new premises launch, together with local member, leader of the NSW Opposition, Chris Minns and Aunty Barb Simms Keeley who provide a warm and heartfelt Welcome to Country. The new premises are in a central location close to public transport and provide substantial additional space. This will mean the service can support more young people and offer more services. We were impressed with the design of the new facility, and the new location will be wonderful for both practitioners, young people, and their families. Feedback already is that young people are coming early for their appointments and hanging out in the waiting area where the provider, Stride has activities set up. Parents are also staying and colouring in the mindfulness books.



Kids Xpress

One of the major gaps identified in our region is access to emotional wellbeing services for children. Utilising NSW Government COVID MH funding we have commissioned KidsXpress to deliver an Expressive Therapy program to students, teacher, and carers at Crown Street Public School in Surry Hills.

The program is designed for children up to the age of 12 years with the aim of improving psychological wellbeing and functioning by providing sensory processes within a therapeutic relationship, including art, music, drama, dance/movement and play therapies, which enable children to safely access, express, understand and better manage their emotions and address challenges that may lie beyond verbal expression. Additionally, the program is designed to build capacity in the children's community, by providing education and support to teachers, schools, and families with a trauma-informed approach.



Introduction to Michelle Dickson



My Name is Michelle Dickson, I am currently employed as an Aboriginal AOD (Alcohol and Other Drug) Transition Worker at Community Restorative Centre (CRC) to support my mob with AOD counselling and relapse prevention in an outreach setting with a harm minimisation approach. Ideally, we commence work with clients in custody, in preparation for their release and we support them with the transition and reintegration to community through collaborative AOD care planning.

My Family are from Bundjalung (Ballina/Cabbage Tree Island) and Dunghutti (Kempsey), I am a proud Aboriginal Women, growing up and going to school in the Southwestern Sydney Area of Minto/ Campbelltown.

I have previously worked as the Senior Co-Morbidity Case Worker at Waminda, a specialist Aboriginal Womens' Health Service on the South Coast/Nowra, providing AOD and holistic supports with a focus on health care and family support, for the previous eight years.

Prior to Waminda, I worked with children in out of home care (OOHC) and provided family support at the Aboriginal Medical Service (Nowra) as a Case Worker. I have also worked as an Aboriginal Health Worker within the AMIHS Program (Aboriginal Maternal Infant Health Services) and Binji & Boori (Illawarra/Shoalhaven NSW Health Services) and as the Aboriginal, Senior Client Service Officer – Specialist (Housing NSW).

This current role is important to me as I want to help break the cycle of incarceration with our Mob, close the Gap on Aboriginal Health and culturally connect in collaboration with my work colleagues - bringing my years of experience, skills, and knowledge to CRC and the AOD Transition Team.

Article written and provided by Michelle Dickson from CRC

Introduction to Michele Stewart

Where is your mob from?

I am a proud Dharawal Bidjgal woman from La Perouse, and also have family from down the south coast of NSW.

How long have you been working in Aboriginal Health?

I have been working in Aboriginal Health with the Speech Pathology department at Sydney Children's Hospital (Randwick) since January 2022. I am based at La Perouse Aboriginal Community Health Centre. I took on this role to better support community and help Indigenous kids get the best start to life through their speech journey. Even though I have only been in my current role for nearly a year I have over twenty years' experience in health.

Briefly describe what you do in your role?

I am employed as an Aboriginal Health Worker, as part of the Speech Pathology department, for SCHN. I provide support for Aboriginal families. My role includes organising appointments and linking community with other services such as ENT and audiology. Another part of my role is I run a program every Tuesday morning at La Perouse called Tiny Talkers. Tiny Talkers is an early language group, based in the community, where children and families come together to support each other, learn skills, and interact and engage with fun activities to support the children's language development. I also support families in the Ngala Nanga Mai Parent Group and Paediatric clinic which is on a Thursday morning led by a fellow Aboriginal Health worker.

What does your role mean to you, your family and community?

Being in this role means a lot to myself, I love giving support and guidance to the families in our community. I ensure our kids get the best support when starting out with our Speech Pathologist.

What are some of your achievements in your role so far?

I have gained a lot of trust in the community over the year and really enjoy working with our families and want to continue using our Tiny Talkers group seeing our kid's speech skills grow and knowing we are providing a great service which is assessable for mob.



What are some of the challenges?

We have a lack of cultural training and understanding of our people and would like to see this change in the near future for us to continue to move forward and we need more AHW's to strengthen our collaboration with

SCHN staff and community.

What does NAIDOC week mean to you?

NAIDOC week is so important for my family and I as we take the opportunity to reflect and acknowledge how far our people have come, to look back at history and remember who we are, why we are here and teach others about our culture and the ongoing struggle throughout our people.

How do you think health services can improve experiences for Aboriginal and Torres Strait Islander people?

Education! We need more education all over the network to help people understand the barriers that Aboriginal and Torres Strait Islanders feel daily, adjusting services to people's needs, to make a difference.

Michele Stewart is an Aboriginal Health Worker (AHW), working as part of Sydney Children's Hospital (Randwick) Speech Pathology service for Aboriginal Children. The AHW plays a key role in facilitating relationships between Aboriginal families and other health professionals. The speech pathology team offers assessment, intervention, advocacy, and support for Aboriginal and Torres Strait Islander children (0-16 years) living in the local area with speech, language, and communication difficulties. Our service is flexible, accessible, culturally safe, confidential, and free. Please contact us on 0407403271 if you would like to make a referral.

Written by Michele Stewart Aboriginal Health Worker (AHW) Sydney Children's Hospital



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New Chronic Care service for St Vincent's First Nations patients

St Vincent's has recently commenced a new service, aimed at reducing the rate of non-planned readmissions for Aboriginal and/or Torres Strait Islander patients.

Following an analysis of the disproportionately high readmission rate, common themes were revealed around factors leading to unplanned readmissions. The new service aims to address these factors with tailored care and coordination, empowering patients' to better manage their chronic or complex health conditions in the community, keeping them healthy and out of hospital.

The St Vincent's Aboriginal and/or Torres Strait Islander Chronic Care Coordination Service is the only NSW hospital-based Chronic Care role targeted towards Aboriginal and/or Torres Strait Islander peoples. One of the key objectives of this service is to facilitate comprehensive, personalised and culturally appropriate discharge planning for our Aboriginal and/or Torres Strait Islander in-patients living with chronic disease, and ensuring they have ongoing support once they leave the hospital.

Aboriginal Chronic Care Coordinator, Damien Davis Frank leads the service working closely with the Aboriginal Health team. In this role Damien supports Aboriginal and/or Torres Strait Islander patients living with chronic health issues including cardiac disease, cancer, renal disease, diabetes, and lung disease. Additionally, he works alongside patients with other complex conditions affecting their health including mental ill health, substance use and homelessness.

"Mainly I'm dealing with admitted patients, but I also see patients in Emergency, especially if they have chronic illness and they're going to be discharged. If someone is recognised as being a frequent presenter which could be the



result of complex health issues, then we need to explore that as well".

And by making clinicians and treating teams aware of some of the factors they might not have been considered in their initial assessments, Damien can ensure that every service that needs to be involved in the patients' care is actively included.

"As an advocacy role, I can think about the best interests for the individual without being influenced by external hospital pressures.



The role also allows space to help educate colleagues about factors affecting Aboriginal and Torres Strait Islander patients' health and wellbeing, such as intergenerational trauma and institutionalised racism to help provide culturally safe and tailored care. Also taking into consideration more strategic factors, such as patient flow, and being there to support and partner with that person to better understand their health goals so we can push for the best health outcome".

Damien ensures that patients know their medical team and what they are seeing them for, when and where their community appointments are, and that they can access bulking billing for GP appointments and scripts.

"It's about ensuring that the discharge plan is tailored to them, that patients are properly connected back into community, and that the patient is confident with their health plan and goals."

In addition, Damien provides specific health coaching and education, ensures patients are able to look after themselves when they leave the hospital, or that they have a carer at home, and finds robust supports for those who don't.

While this new service commenced just a few months ago, already it's proving to be invaluable.

"One of the patients I've been working with has had over 90 presentations to Emergency over the past year from August 2021-August 2022. I started care coordinating with him in mid-August and in the 6 weeks since we've started working together, his presentations to Emergency had halved and he is enjoying a better connection with his GP and community supports".



For more information:

New Chronic Care service for St Vincent's First Nations patients - St Vincent's Hospital Sydney

<https://www.svhs.org.au/newsroom/news/new-chronic-care-service-for-st-vincent's-first-nations-patients>

Aboriginal and/or Torres Strait Islander Chronic Care Service - St Vincent's Hospital Sydney

<https://www.svhs.org.au/our-services/list-of-services/aboriginal-and/or-torres-strait-chronic-care-service/aboriginal-torres-strait-chronic-care-service>



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Deadly Choices 715 Health Checks Program

The Cronulla Sharks Deadly Choices program are encouraging Aboriginal and Torres Strait Islander families with children starting school in 2023 to complete their annual Aboriginal and Torres Strait Islander health assessment (MBS item 715).

Having a free health check every 12 months is important for all members of the family to help prevent or manage chronic disease and remain healthy and is a great way to ensure your little one is ready for school. Health checks provide an opportunity to thoroughly review children's growth and developmental milestones, as well as their physical, psychological, and social wellbeing.

Cronulla Sharks Deadly Choices program are working in partnership with Central Eastern Sydney PHN and Vitalis Family Medical Practice to complete health checks for children starting school in 2023 to ensure they are up to date with immunisations, provide hearing and ear checks, eye health screening and review developmental milestones. If any issues are picked up during the health check, Deadly Choices Program Officer and Aboriginal Health Practitioner, Rachal Allan, can work with children's parents and carers to develop catch up immunisation schedules, referrals to Brien Holden Vision Institute Foundation for free or low-cost glasses, or assist in arranging reviews with paediatricians and GP.



"While we are focussing on getting our young ones ready for school, we are more than happy to complete health checks for the whole family, including other children and parents", Rachal states. "We know some people in the region already have a GP who they know and trust, and we are more than happy for them to complete their health check with them and fill out a health assessment confirmation to receive a shirt."

All Aboriginal and Torres Strait Islander people in the CESPHN region who complete their annual health check are eligible to receive a Cronulla Sharks or NSW Blues Deadly Choices shirt. Health check confirmation forms can be found [here on the CESPHN website](#).

For more information around school ready health checks and incentives, feel free to contact Rachal Allan at rallan@sharks.com.au

Well Women's Workshops

Late last year CESP HN applied for funding to host some Well Women's Workshops. The funding grants were available from the Cancer Institute NSW under their NSW Cervical Screening Program to their network members.

The Program aims to reduce the impact of cervical cancer by increasing the number of women having regular Cervical Screening Tests.

The NSW Cervical Screening Program provided funding to undertake evidence-based projects that have the potential to be provided at a local level and to be sustainable past the funding period.

A Cervical Screening Test prevents cervical cancer by detecting the human papillomavirus (HPV).

HPV is the cause of almost all cervical cancers.

CESP HN plans to facilitate a series of health promotion and educational sessions in community and in partnership with local Aboriginal organisations. The sessions will take place across CESP HN locations, covering Sutherland/St George, La Perouse and the CBD/inner west/Redfern areas.

The educational events will be conducted in well ventilated and wherever possible outdoor settings to maximise COVID safety for participants. The ladies will be able to actively take part in yarning in small groups and individually one on one with care providers. There will be qualified health staff to facilitate health promotion, education, and pampering and/or activities sessions with lunch included.

Participants will also be encouraged to book in to see either their own GP/Women's health nurse or invited to attend follow up screening sessions in community.

Who is eligible for cervical screening?

If you're aged between 25 and 74 and have ever been sexually active, you need to have a Cervical Screening Test every 5 years. Your first Cervical Screening Test is due two years after your last Pap test.

Most women who are diagnosed with cervical cancer in Australia have not had regular Cervical Screening Tests (or the Pap test prior to December 2017).

Please join us to hear some more important facts and information about screening services and how to keep yourself well. The workshops will be rolled out In February 2023.

Contact Lisa Merrison if you would like any further information or to express your interest in attending lmerrison@cesphn.com.au or call or text 0409 549 263.

Article provided by Lisa Merrison, Manager for Aboriginal Health and Wellbeing Programs, CESP HN





Pathways Home Program

**DO YOU
OR A LOVED ONE
NEED HELP
ON THE OUTSIDE?**

Are you in jail or juvie and want help on the outside?

Between us we can make a difference.

We can help with

- Health and wellbeing
- Drug and alcohol concerns
- Finding a safe place to live
- Centrelink
- ID (Personal Identification)
- Court support
- School or TAFE
- Finding a job
- Connecting with family and culture

Join the program by speaking to your parole officer, SAPO, juvie worker, a family member, your lawyer, court support officer, community Elders, or someone you know and trust.

You can also self-refer to the program, by calling CRC directly, and asking to speak to a Pathways Home staff member.



We can help if you

- Are 10 to 24 years old
- Are leaving jail or a juvie centre
- Have ever been locked up
- Want support with drug and/or alcohol use
- Live in or returning to the following areas:

AREA 1

Blacktown, Cumberland,
The Hills Shire or Parramatta

OR

AREA 2 **

Bayside, Burwood, Canada Bay,
Canterbury - Bankstown (part), Georges River,
Inner West, Strathfield, City of Sydney,
Woollahra, Waverly Randwick,
or Sutherland Shire.

** Please note, for Area 2, you must identify as Aboriginal and/or Torres Strait Islander, to be eligible.



Community Restorative Centre

251 Canterbury Rd
Canterbury NSW 2193
(02) 9288 8700
pathwayshome@crcnsw.org.au
www.crcnsw.org.au



facebook.com/CommunityRestorativeCentre



twitter.com/CRCNSW



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Aboriginal Mental Health First Aid (AMHFA) Training

During the last week of November, 7 members from the CESP HN communities were enrolled to undertake Aboriginal Mental Health First Aid Instructor Training. Their selection to participate in the course was through an Expression of Interest process.

The 7 individuals will become accredited Mental Health First Aid trainers and will be able to deliver training workshops across the CESP HN region to support communities to identify, support and act on any mental health and wellbeing concerns and connect people to appropriate services to support their needs.

The training was run over 5 days at Tranby College by Mental Health First Aid (MHFA) Australia. MHFA Australia is a national not-for-profit organisation that trains and accredits skilled Instructors with a passion for improving the mental health of their communities.



AMHFA courses are specifically designed to be a basis from which Aboriginal and Torres Strait Islander Instructors can culturally tailor the delivery

to be appropriate for course participants and the community, and where the instructor is in a position to choose to share their own cultural knowledge to ensure culturally safe and relevant delivery requirements.

Following their initial training each newly trained instructor has a requirement to deliver two, 2 day training sessions in the CESP HN region in the 12 months following their accreditation. We look forward to supporting the roll out of these training sessions throughout 2023.

Keep a look out for more information in your local areas.

To express interest in booking a 2 day participant course in 2023, please contact Lisa at CESP HN by emailing l.merrison@cesphn.com.au or call 04099 549 263 and we can assist to link you up with the closest instructor.



Client Information

Aboriginal and Torres Strait Islander Integrated Team Care

What do we do? Our program is to help mob tackle chronic health conditions.

What are some chronic conditions?

Cancer, Diabetes,
Heart, Kidney or Lung disease



- ⇒ Provide holistic, client-centred and culturally appropriate health care
- ⇒ Support Aboriginal and Torres Strait Islander people to self manage their health needs
- ⇒ Work with your GP to better manage your care
- ⇒ Bring together people and services that help manage chronic conditions

Phone 9540 8181 Secure Fax 9540 8165

Email SESLHD-SEAHC@health.nsw.gov.au

SEAHC location: HealthOne Sutherland

126 Kareena Road Miranda NSW 2228



SMART Recovery Group

The Haymarket Foundation

Come with a purpose leave with a plan

What is SMART Recovery?

- » SMART (Self Management and Recovery Training) Recovery is a free
- » Group program assisting any problematic behaviours, including drugs,
- » Alcohol, cigarettes, gambling, food, shopping, Internet and others.
- » Guided by trained peers and professionals, participants come to help
- » Themselves and help each other using a variety of cognitive behaviour
- » Therapy (CBT) and motivational tools and techniques.

What to expect:

- Weekly meetings
- 90minute duration
- Run by trained facilitator
- Focus is on the addictive behaviour and not on the substance itself
- Goal setting: Set your own achievable plan for the week ahead
- Concentrate on present an future, not on the past (no life stories!)
- Evidence-based tools and techniques - cognitive behaviour therapy (CBT), Motivational Interviewing

the
haymarket
foundation

Tuesdays

12:00PM - 1:30PM

In Person: 140 Cathedral St,
Woolloomooloo

Online: call or email to receive the link

Direct: (02) 9197 9731

Main line: (freecall) 1300 029 202

Email: aodss@haymarket.org.au



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Reflecting on 'the Plan'

Improving mental and physical health



Reflecting on the implementation of the Central and Eastern Sydney Mental Health and Suicide Prevention Regional Plan (the Plan), we are proud of our ongoing commitment to improving the mental health, physical health, and well-being of people living and working in our region.

The Plan had a three-year focus, with implementation concluding on 30 June 2022. The Plan was developed in partnership by:

- Central and Eastern Sydney PHN (CESPHN)
- Sydney Local Health District (SLHD)
- South Eastern Sydney Local Health District (SESLHD)
- St Vincent's Health Network (SVHN)
- Sydney Children's Hospital Network (SCHN)
- Being Mental Health Consumers NSW
- NSW Mental Health Carers
- Mental Health Coordinating Council (MHCC)

Despite the difficulties caused by the COVID-19 pandemic, substantial progress was made against the 97 actions in the Plan. 84 per cent of these actions have been completed or substantially progressed.

Through this implementation process, we have seen successful developments in providing mental healthcare resources, tools, and services. Importantly, regional planning partners have formed solid and outcome-driven relationships.

Implementation Highlights



Oct 2019 - Jun 2022

We are particularly grateful to the members of the Aboriginal Mental Health and Suicide Prevention Working Group who have led several innovative projects including:

- The development of the Commissioning for Cultural Safety Protocol. The protocol included amendments to all stages of the commissioning cycle to ensure Aboriginal representation, the inclusion of key performance indicators and mechanisms for ongoing monitoring.
- Providing feedback on the renewal of Gayaa Dhuwi - Proud Spirit Declaration.
- Undertaking service mapping work to

assist Aboriginal community members access appropriate mental health supports

- Organising Mental Health First Aid facilitator training. Our new instructors will now play an essential role in educating the community.

We look forward to continuing to work with community into the future during the next phase of regional planning.

Lesley Pullen - Mental Health Manager, CESPHN

Wilhelmina Brown - Mental Health and Regional Planning Program Officer, CESPHN



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Coming Soon: Improved Care and Health Outcomes for Aboriginal People with Cancer across NSW

Did you know:

- Early detection of cancers significantly improves cancer outcomes
- At least one third of all cancers can be prevented by living a healthier lifestyle
- Many people survive cancer
- Treatment can help cancer to go away

Our Health services in Sydney Local Health District (SLHD) cover the centre and inner west of Sydney, and are built on the lands of the Eora Nation, Gadigal, Wangal and Bidjigal Country. Rich in a diverse culture, the traditional custodians of the land embrace community harmony and empowerment for all.

There are three main hospitals providing cancer care services within the boundaries of the District and Eora Nation which are; Royal Prince Alfred Hospital (Gadigal Country), Chris O'Brien Life House (Gadigal Country) and Concord Hospital (Wangal Country).

Sydney Local Health District promotes Aboriginal Health's Logo, which translates to 'Ngurang Dali Mana Burudi': a place to get better. The District's Chief Executive views Aboriginal Health as a high priority and is committed to working towards having the healthiest Aboriginal community across the Nation.

Sydney Local Health District is excited to announce that we are one of four NSW pilot sites (a 12-month project funded by Cancer Institute NSW) to introduce the 'Coordination of Care' service model for Aboriginal People in Cancer Services. It is known that coordination of care is critical in supporting an Aboriginal person during diagnosis, treatment planning, and delivery of cancer care. This service model has an ongoing focus on closing the gap for Aboriginal people, and elevating the human experience through personalised, simplified and culturally safe care.

This new initiative involves the creation and employment of two Mawa Yana (to take hold and walk) Aboriginal Cancer Care Coordinator positions within Sydney Local Health District to better support Aboriginal people to receive the right cancer care, from the right people, in the right time and place, and in a culturally safe way.

Introducing these Aboriginal-led Cancer Care Coordinator positions within SLHD aims to reduce

the challenges that Aboriginal people experience in accessing and engaging with cancer treatment and services. Other expected benefits of this new service for Aboriginal people include:

- Improved cancer outcomes (and increased survival rates) for Aboriginal people
- Better cultural safety within the district's cancer services for Aboriginal people
- Assistance in navigating the healthcare system, ensuring people and their families are better informed and prepared for cancer treatments
- Access to Aboriginal Cancer care workers who will guide you through every step of the health journey; to improve cultural sensitivity, health literacy and provide people the best individualised care
- Improve Aboriginal peoples' confidence and trust in cancer services and the District's Cancer care team
- Increased Aboriginal cultural awareness, knowledge, and competence of District Cancer Services staff

Some useful links:

Aboriginal cancer information:

www.ourmobandcancer.gov.au/

Cancer screening: www.cancersa.org.au/support/aboriginal-communities/healthy-lifestyles/aboriginal-cancer-screening-project/

Bowel cancer screening: www.youtube.com/watch?v=9ouMKI8UTOA

Importance of identifying: slhd-intranet.sswahs.nsw.gov.au/SLHD/Mhealth/video/emm_videolb/video/SLHD-MH-Asking-The-Question.mp4

Assistance to make you healthier: www.gethealthynsw.com.au/program/aboriginal-program/

****To apply for the upcoming 'Aboriginal Care Coordinator, Cancer Services' positions within SLHD:** <https://iworkfor.nsw.gov.au/>

For more information about this new service and upcoming employment opportunities contact:

- Traci Cook (Cancer Systems Innovation Manager, SLHD) 0499745268 and/or traci.cook@health.nsw.gov.au
- Anna McGowan (Aboriginal Workforce, SLHD) 0476495168 and/or anna.mcgowan@health.nsw.gov.au



I-ASIST Training Workshops

On 10 and 11 November I-ASIST training was held in Redfern, provided by Healing Works Australia. I-ASIST is Indigenous (specific) Applied Suicide Intervention Skills Training.

In I-ASIST, people learn to apply a suicide intervention model in a culturally appropriate, relevant and respectful way. It helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help.

I-ASIST is a two-day suicide intervention workshop that has been developed by LivingWorks through consultation with Indigenous communities across Australia.

It is an evidence-based program that has been robustly evaluated in partnership with the University of Queensland. The program is based on LivingWorks' ASIST workshop – the world's leading course in suicide intervention. I-ASIST is suitable for community leaders and service providers who would like to learn how to identify someone who may be thinking of suicide, and how to work with that person to support their immediate safety. The in-depth skills taught in I-ASIST provide a high level of understanding of the needs a person with thoughts of suicide has, and how these needs can be met through effective caregiving that empowers and supports the person in a suicidal crisis.



I-ASIST recognises the existing skills and knowledge that community already has, and provides a framework so that these skills can be effectively utilised.

We congratulate the participants of the recent training course and their commitment to helping others in community who may be at risk or in crisis.



Healing Works
AUSTRALIA



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3 INGREDIENT PANCAKES

Prep 5 minutes / 4 Servings

Ingredients

- 2 cups self-raising flour
- 2 cups milk
- 2 eggs beaten

Equipment:

- 1 x electric beater

Method

- Beat the eggs and flour together using an electric mixer.
- Gradually pour in the milk.
- Cook pancakes over medium heat, flipping when bubbles have appeared over the whole pancake or until golden brown.
- Spread with toppings of choice.

Recipe courtesy of www.bestrecipes.com.au



BAKED CHRISTMAS PUDDING

1 hour, 10 minutes (25 minutes) / Serves 12

Ingredients

- 410g can pear slices in juice
- 1 cup pitted dates, chopped
- ½ cup raisins, chopped
- ½ cup currants
- 1 tablespoon caster sugar
- ½ teaspoon bicarbonate of soda
- 2 eggs, lightly beaten
- 2 teaspoons vanilla
- 1 cup wholemeal self-raising flour
- 1 cup fresh wholemeal breadcrumbs
- 1½ teaspoons mixed spice
- 1 teaspoon ground cinnamon
- ½ teaspoon icing sugar

Custard

- 1½ tablespoons custard powder
- 1 tablespoon caster sugar
- 1½ cups milk

Recipe courtesy Heart Foundation

Method

- Spray a 21cm non-stick bundt pan with oil.
- Drain pear slices and reserve juice. Process pears in a food processor or blender to form a smooth puree. Set aside.
- Combine reserved pear juice, dates, raisins, currants and sugar in a medium saucepan. Bring to the boil. Gently boil for 5 minutes. Transfer mixture to a large bowl. Stir in bicarb soda. Cool 30 minutes.
- Stir in pear puree, eggs and vanilla. Add flour, breadcrumbs and spices. Stir until well combined. Spoon mixture into prepared pan. Smooth over top. Cover cake pan securely with foil.
- Bake in a 160C oven (fan-forced) for 50 minutes or until a skewer inserted into pudding comes out clean. Stand pudding in pan, covered with foil for 10 minutes, then uncover and turn onto a serving plate.
- Meanwhile, to make custard, place custard powder and sugar in a small saucepan. Stir in ¼ cup milk to form a smooth paste. Stir in remaining milk. Cook, stirring constantly over a medium heat until custard boils and thickens.
- Dust pudding with icing sugar. Serve sliced with warm custard.



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SEAFOOD PLATTER

Ingredients

- Crushed ice, to serve
- 1 Cooked WA Rock Lobster Thawed
- 1kg Coles Australian Cooked Black Tiger Prawns Thawed
- 24 fresh oysters
- 2 x 250g pkts Coles Thinly Sliced Smoked Salmon
- 1 tbs drained baby capers

Sweet & Sour Red Onion

- 1 red onion, very thinly sliced
- 1/4 cup (60ml) red wine vinegar
- 2 tbs caster sugar
- 2 tsp salt

To make the sweet and sour red onion, place the onion in a small bowl. Combine the vinegar, sugar and salt in a jug

or bowl and stir until the sugar and salt dissolve. Pour over the onion. Set aside for 1 hour to soak. Drain onion and place in a serving bowl.

Seafood Sauce

- 1 cup (300g) whole-egg mayonnaise
- 2 tbs tomato sauce
- 1 tbs lemon juice
- 2 tsp Worcestershire sauce
- 1/4 tsp Tabasco sauce
- Harissa paste, to serve

To make the seafood sauce, combine the mayonnaise, tomato sauce, lemon juice, Worcestershire sauce and Tabasco sauce in a small bowl. Transfer to a serving bowl. Top with a little harissa paste and use a round-bladed knife to gently swirl. Season with pepper.

Ponzu Dressing

- 2 tbs light soy sauce
- 1 tbs lemon juice
- 2 tsp caster sugar
- 1 tsp sesame oil
- Finely chopped chives, to serve
- Lemon zest, to serve

To make the ponzu dressing, combine the soy sauce, lemon juice, sugar, and oil in a serving bowl. Add the chives and lemon zest and whisk to combine.

Method

- Arrange ice on a serving platter. Top with lobster, prawns, and oysters. Arrange the salmon on a serving plate and top with baby capers and a little onion mixture. Spoon ponzu sauce over oysters. Serve immediately with seafood sauce.

Recipe courtesy of www.coles.com.au



TRADITIONAL BAKED LAMB DINNER

Prep: 2h 10m / Cook: 1h 25m / Serves: 6

Ingredients

- 2kg leg of lamb
- 1 tbsp chopped fresh rosemary leaves, 1 large garlic clove, crushed
- 2 tbsp olive oil
- 700g chat potatoes, halved
- 1kg butternut pumpkin, peeled, cut into wedges
- 2 tbsp plain flour
- 1/2 cup dry white wine
- 2 cups Massel chicken style liquid stock
- Steamed green peas, to serve

Mint sauce

- 1/2 cup white wine vinegar
- 1/3 cup boiling water
- 2 tsp brown sugar
- 1 cup fresh mint leaves, finely chopped

Recipe courtesy of www.taste.com.au

Method

- Make mint sauce Combine vinegar, boiling water, sugar and mint in a jug. Set aside for 2 hours for flavours to develop.
- Preheat oven to 180°C/160°C fan-forced. Place lamb in a large flameproof roasting pan. Combine rosemary, garlic and half the oil in a bowl. Spoon over lamb. Season with salt and pepper. Place lamb on top shelf of oven. Bake for 1 hour 15 min.
- Place potato and pumpkin on a roasting tray. Drizzle with remaining oil. Season with salt and pepper. Transfer lamb to bottom shelf of oven. Place vegetables on top shelf. Bake for 45 minutes to 1 hour or until vegetables are browned and tender and lamb is cooked to your liking.
- Transfer lamb to a plate. Cover loosely with foil. Cover vegetables with foil to keep warm. Drain roasting pan, reserving 2 tablespoons pan juices. Place pan over medium-high heat. Add flour. Cook, stirring, for 1 minute or until mixture bubbles. Add wine and juices from resting meat. Simmer for 2 minutes or until wine has reduced by half. Gradually stir in stock. Simmer for 5 minutes or until gravy has thickened. Season with salt and pepper. Serve lamb with baked vegetables, mint sauce, gravy and peas.



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TRIBAL WARRIOR OFFERS SUPPORT

We received a cry for help from a suicidal member of the local Community who rang our office.

A coordinator and two mentors immediately responded and were able to successfully intervene by arranging for his admission to hospital, where he remained for several days. During this time the coordinator and mentors took turns in visiting and assuring him of their continuing support once he was discharged.

They arranged for his accommodation in a halfway house so he had somewhere secure to go following his discharge from hospital. They collected him from the hospital and brought him to the halfway house and took turns to stay in close touch with him to make sure he didn't relapse. He displayed rapid improvement and with our help, was able to obtain a job which he is enjoying and attending regularly.



He would like to move out of the halfway house and find his own accommodation so he is looking for somewhere in Woolloomooloo. He is also attending the Babana Men's Group meetings and receiving support from the other attendees. Our coordinator and the two mentors continue to keep in regular contact with him to provide support and show that he is a valued member of the Tribal Warrior family.

Our compassionate staff members are always available to offer support and assistance to Community members who come to us with a variety of problems and it's extremely satisfying when we are able to have a positive outcome like the one described above.

Feeling overwhelmed?

If you are experiencing suicidal thoughts or emotional distress, come to the **Safe Haven** and have a chat with people who understand.



Where: 168 Missenden Road, Newtown 2042
Opening Hours: Wednesday, Thursday & Friday,
10:00am – 4:00pm

No referral or appointment required – You can just walk in

Speak to a Peer Worker

Service Information

Distracting Activities

Light Refreshments

Wellbeing Planning

Wheelchair accessible | On Gadigal land of the Eora Nation | We recognise and celebrate diversity



Contact: (02) 9562 5830

Safe Haven is a NSW Health
Towards Zero Suicides Initiative



ABORIGINAL MENTAL HEALTH FIRST AID

WHO IS THE COURSE FOR?

This 2 day training will be open to anyone working with Aboriginal people around Mental Health and Suicide Prevention

WHAT IS COVERED IN THE COURSE?

Learn about Aboriginal and Torres Strait Islander social and emotional wellbeing, mental health problems in communities, how to provide initial help, where and how to get professional help, and how to provide first aid in a crisis situation.

WHEN & WHERE - REGISTER

30th - 31st January 2023
<https://www.eventbrite.com.au/e/aboriginal-mental-health-first-aid-tickets-428991433927>

6th - 7th February 2023
<https://www.eventbrite.com.au/e/copy-of-aboriginal-mental-health-first-aid-tickets-429006318447>

8:30am – 4:30pm
Tradies Gympie - 57 Manchester Rd, Gympie



TOPICS COVERED

- Developing Mental Health Problems
- Depression & Anxiety
- Psychosis
- Substance Use Problems
- Mental Health Crisis Situations
- Suicidal Thoughts & Behaviours
- Non-Suicidal Self-Injury (Deliberate Self-Harm)
- Panic Attacks
- Traumatic Events
- Severe Effects Of Drug and Alcohol Abuse
- Severe Psychotic States
- Aggressive Behaviours

FACILITATOR NATHAN FRANK

Nathan Frank is a Tubba-Gah man from the Wiradjuri Nation.



He has a background in public health and social and emotional well-being.

Nathan has a Graduate Diploma in Indigenous Health Promotion and has worked extensively in remote Aboriginal communities across Australia.

'Proudly funded by the St George Community Collaborative'

Proudly funded by



www.kurranulla.org.com.au



headspace

Lifeline



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KIDS AND YOUTH GROUP

- 🌀 SEPTEMBER 29TH: BUSH TUCKER GARDEN
- 🌀 OCTOBER 6TH: DHARAWAL LANGUAGE BOOK
- 🌀 OCTOBER 13TH: GUMARRA ABORIGINAL EXPERIENCE, LANGUAGE WITH GAMES AND SONGS
- 🌀 OCTOBER 20TH: DHARAWAL LANGUAGE PROGRAM
- 🌀 OCTOBER 27TH: POT PAINTING AND ART
- 🌀 NOVEMBER 3RD: GUMARRA ABORIGINAL EXPERIENCE, EMU CALLERS AND ART
- 🌀 NOVEMBER 10TH: DHARAWAL LANGUAGE PROGRAM
- 🌀 NOVEMBER 17TH: GUMARRA ABORIGINAL EXPERIENCE, CLAPSTICKS MAKING
- 🌀 NOVEMBER 24TH: DHARAWAL LANGUAGE PROGRAM

COME ALONG AND HAVE SOME FUN WHILE
LEARNING ABOUT YOUR CULTURE
AGES 5 TO 18

THURSDAYS 4-5:30PM
JANNALI COMMUNITY HALL

TO REGISTER CALL OR EMAIL
PHONE: 02 9528 0287

EMAIL:

SAMUEL@KURRANULLA.ORG.AU
NOAH@KURRANULLA.ORG.AU



Kurranulla kid's Christmas

JANNALI COMMUNITY HALL

4PM-6PM

15TH OF DECEMBER

COME JOIN IN THE CHRISTMAS
FUN! WITH FACE PAINTING,
INDOOR JUNGLE GYM AND LOTS
OF PRESENTS!!!!!!!!!!

BOOK NOW

CALL SAM OR NOAH

02 9258 0287

EMAIL

SAMUEL@KURRANULLA.ORG.AU

NOAH@KURRANULLA.ORG.AU



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PLEASE JOIN US FOR THE

ELDERS CHRISTMAS LUNCH

16TH DECEMBER 2022
12 - 2PM

JANNALI HALL (NEXT TO KURRANULLA)

3-COURSE INDIGENOUS INSPIRED BBQ MENU
FROM INDIGENOUS CHEF, MATT ATKINS FROM
PLATE EVENTS



RSVP to Anne-Maree
anne-maree@kurranulla.org.au

INVITATION ONLY



Useful numbers

PRINCE OF WALES HOSPITAL
02 9382 2022

SYDNEY CHILDREN'S HOSPITAL
02 9382 1111

ROYAL PRINCE ALFRED HOSPITAL
02 9515 6111

ST VINCENT'S HOSPITAL
02 8382 1111

SYDNEY DENTAL HOSPITAL
02 9293 3333

LA PEROUSE HEALTH CENTRE
02 8347 4800

BABANA ABORIGINAL
02 9660 5012

WEAVE YOUTH AND COMMUNITY SERVICES
02 9318 0539

TRIBAL WARRIOR ABORIGINAL CORPORATION
02 9699 3491

GAMARADA
0433 346 645

GURIWAL ABORIGINAL CORPORATION
02 9311 2999

LA PEROUSE LOCAL ABORIGINAL LAND COUNCIL
02 9311 4282

ODYSSEY HOUSE
1800 397 739

LANGTON CENTRE
02 9332 8777

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

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

CANCER COUNCIL NSW
13 11 20

QUITLINE (SMOKING)
13 78 48

LIFELINE 24HR HELPLINE
13 11 14

GAMBLING ANON
02 9564 1574

METROPOLITAN LOCAL ABORIGINAL LAND COUNCIL
02 8394 9666

KIDS HELP LINE
1800 55 18 00

MENSLINE AUSTRALIA
1300 78 99 78

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

MENTAL HEALTH LINE
1800 011 511

DOMESTIC VIOLENCE AND SEXUAL ASSAULT HELPLINE
1800 200 526

ST GEORGE HOSPITAL
02 9113 1111

SUTHERLAND HOSPITAL
02 9540 7111

KURRANULLA ABORIGINAL CORPORATION
02 9528 0287

Contact Central and Eastern Sydney PHN

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Mascot NSW 2020

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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

phn
CENTRAL AND
EASTERN SYDNEY

An Australian Government Initiative