

EORA HEALTH MESSENGER

WINTER 2024

**INTRODUCING
GEORGIA SHAW**

**NAIDOC
WEEK 2024**

**NOMINATE
FOR THE PRIMARY
HEALTH AWARDS**

IN THIS ISSUE

**Aboriginal
Workers Circle**

PAGE 9

**Deadly
Choices**

PAGE 10

**Telehealth
Psychiatry Service**

PAGE 18

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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 Winter edition of the Eora Health Messenger. I am pleased to be sharing an update on the latest CESPHN news.



MARIAM FARAJ
General Manager of Clinical Services

Aboriginal and Torres Strait Islander Mental Health and Suicide Prevention and the Integrated Team Care (ITC) Program funding

In response to the Department's commitment to a one-year extension of current funding arrangements for the ITC program and Mental Health Services for First Nations people, we will be extending contracts with current providers to 30 June 2025. These include:

- **Integrated Team Care (ITC) provided by:**
 - South Eastern Sydney Local Health District
 - Sydney Local Health District
 - Sydney Children's Hospital Network
- **Youth Health and Wellbeing Coordination Programs provided by:**
 - La Perouse Local Aboriginal Land Council 'Strengthening Our Mob' team
 - Tribal Warrior
- **715 Deadly Choices Health Check Initiative provided by:**
 - The Institute for Urban Indigenous Health

La Perouse GP Clinic

CESPHN is excited to be working with the La Perouse Land Council to establish a GP Clinic. The clinic is aiming to open to the community from 3 July 2024 and will provide comprehensive health care. It will be particularly beneficial to community members needing ongoing care and coordination for chronic conditions, including GP Management Plans, 715 Health Assessments, as well as regular screenings for preventative health initiatives.

Support available to people affected by the Bondi Junction tragedy

We continue to think about all those across our region and beyond who have been affected by the tragedy that occurred in Bondi Junction on Saturday 13 April. We offer our sincere condolences to the loved ones of those who lost their lives, and our thoughts are with them.

CESPHN funds a number of services that people can access by calling the Head to Health phone line **1800 595 212**. These services include:

- **Head to Health Canterbury**
- **Headspace services in Bondi Junction, Miranda, Hurstville, Ashfield, and Camperdown**
- **Facilitated access to Psychological Support Services (PSS) for those impacted requiring focused psychological therapies. A GP referral will not be required.**
- **Your Coach Plus**
- **Connect and Thrive**
- **Primary Integrated Care Supports**
- **The Way Back Support Service**
- **13 Yarn**



INTRODUCING GEORGIA SHAW

**Allied Health Care Coordinator – Aboriginal Chronic Care Team
at Sydney Children’s Hospital Network - Randwick**

I am Georgia Shaw.

I was born and raised on Gadigal Country, in the Upper North Shore of Sydney. Growing up, I followed my family’s passion for sport and I spent most of my childhood training and competing as a platform diver. This love of sport greatly enhanced my understanding of the value of sport in building cultural fluency and accepting diversity. Sport fosters a sense of camaraderie that transcends cultural boundaries and encourages mutual respect among individuals from all walks of life.

After completing my education, where I qualified as both a paramedic and an orthoptist, I embarked on a journey into healthcare, driven by a passion for making positive impact on the lives of others. My career path led me to Westmead Children’s Hospital, where I spent five fulfilling years as an orthoptist. My work there allowed me to gain valuable experience in paediatric care, specialising in the diagnosis and treatment of eye disorders in children. I continue to dedicate one day a week at Westmead Children’s Hospital, ensuring I stay connected to clinical practice.

My exposure to working with children from diverse backgrounds at Westmead, coupled with my mother’s role in indigenous education, influenced my decision to join the Community Child Health Team at Sydney Children’s Hospital as the Allied Health Care Coordinator supporting local Aboriginal children. Motivated by the dedication of those around me to foster inclusivity and cultural awareness, I was drawn to contribute

to the health and wellbeing of indigenous communities.

As a non-Aboriginal member of our team, I embrace the opportunity to learn from my colleagues and the community we support. I work closely alongside Nellie Bell, our team’s Aboriginal Health Worker, who generously shares her knowledge and perspective. Each day brings new insights and connections, deepening my understanding of the unique challenges faced by indigenous populations in accessing healthcare.

In my role, I strive to foster an environment of respect, empathy, and collaboration. I listen intently to the stories shared by community, drawing knowledge from their experiences and traditions. Through open dialogue and building trust, we work together to develop culturally sensitive approaches to healthcare delivery, taking steps to ensure that every child receives the support they need to thrive.





NAIDOC WEEK

KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD

7-14 JULY 2024

#NAIDOC2024
#BLAKLOUDPROUD

 [@naidocweek](https://www.instagram.com/naidocweek)

 [@naidocweek](https://twitter.com/naidocweek)

 [facebook.com/NAIDOC](https://www.facebook.com/NAIDOC)

Urapun Muy by Deb Belyea

SAMUAWGADHALGAL, TORRES STRAIT

'Urapun Muy', from the Kalaw Kawaw Ya dialect of the Top Western Islands of the Torres Strait, means 'One Fire'. The title of this work pays homage to Torres Strait Islanders and Aboriginal people everywhere, as we all have that one fire: our passion for our culture. In this work, I have depicted the hands of our ancestors that have carefully dropped a burning ember on to a fire. This ember burns hot with intensity, stoking the flames, as it combines with the new fire. The linear detail shows the energy and power as cultural knowledge is transferred from our ancestors to us today. Culture is the fire that gives us knowledge, wisdom and purpose. It is our responsibility to maintain, practice, and pass on our fire to our future generations. Afterall, Culture keeps us Blak, Loud and Proud.

*Aboriginal Flag designed by Mr Harold Thomas.
Torres Strait Islander Flag reproduced by kind
permission of the Torres Strait Island Regional
Council, designed by the late Mr Bernard Namok*



naidoc.org.au



PROTECT YOURSELF FROM THE FLU

The flu shot
stops you
from getting
really crook.

**Yarn to your nurse or GP
to get your flu shot today.**



Scan here for
more information.

*Deadly
Choices*

ABORIGINAL WORKERS CIRCLE

Supporting workers to connect and share experiences.
Understand more about this initiative!

The Aboriginal Health and Wellbeing Team at CESP HN began an initiative to support identified workers within the CESP HN region by starting a quarterly gathering called the Aboriginal Workers Circle.

The Aboriginal Workers Circle provides a culturally safe environment for workers to connect and share ideas, experiences and work. It also provides an opportunity to celebrate successes and learn from one another in a nurturing environment.

Thanks to Beverly Moreton and the team at St Vincent's Hospital for hosting the Aboriginal Workers Circle in May with an amazing turnout.



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Deadly Choices®



Deadly Choices is an empowering health initiative that has made significant strides in improving the wellbeing of indigenous communities across Australia.

The Cronulla Sharks have a strong partnership with both CESPHN and Deadly Choices to ensure programs promoting 'Healthy Lifestyles' can be delivered to our First Nations youth. Deadly Choices is an empowering health initiative that has made significant strides in improving the wellbeing of indigenous communities across Australia. With roots embedded in cultural pride and community engagement, their programs tackle pressing health issues such as chronic diseases, tobacco use, poor nutrition, and lack of physical activity among indigenous Australians.

At its core, Deadly Choices promotes healthy lifestyle choices by fostering a sense of ownership and responsibility on individuals. It encourages these individuals to take control of their health through education, awareness, and receiving their yearly 715 health assessment. By empowering these individuals to make informed decisions about their health, Deadly Choices aims to reduce the burden of preventable diseases and improve overall quality of life.

Healthy Lifestyle programs

'Healthy Lifestyles' programs are tailored to all school aged children and the content is altered to ensure both primary and high school students can comprehend and engage with the topics. These programs generally run over an 8-week time period but can be altered to suit the needs of both the students and the school. Each session takes roughly one hour to complete, and the students are always looking forward to attending and engaging with the content and fun activities.

Healthy Lifestyles sessions:

- Week 1: Introduction and Leadership**
- Week 2: Chronic Diseases**
- Week 3: Tobacco Smoking and E-cigarettes**
- Week 4: Nutrition**
- Week 5: Physical Activity**
- Week 6: Harmful Substances**
- Week 7: Healthy Relationships**
- Week 8: Access and Awareness to Health Services**

Good Quick Tukka program

The 'Good Quick Tukka' program is offered to high school students. This program expresses the importance of eating nutritious foods and benefits of eating a balanced diet. The team provide the food and the students make the meals themselves, gaining experience and confidence in being in a kitchen. These lessons take an hour per session, and they are run over a 6-week time period.

Register interest

If you are interested in registering your school, please reach out to:

jtaylor@sharks.com.au.

Education changes lives!



NOMINATE FOR EXCELLENCE IN ABORIGINAL HEALTH AND WELLBEING

As a part of our ongoing commitment to honour and uplift the efforts in Aboriginal health, Central and Eastern Sydney Primary Health Network (CESPHN) invites nominations for the Excellence in Aboriginal Health and Wellbeing Achievement award, which recognises outstanding contributions to enhancing health outcomes in Aboriginal communities in the Central and Eastern Sydney region.

This year, we are calling on health professionals, community leaders, and all stakeholders who have demonstrated exceptional dedication to Aboriginal health and wellbeing to step forward or nominate a deserving colleague or organisation. The awards provide a platform not only to celebrate achievements amongst Aboriginal residents and organisations who work with the community, but also to share successful practices and inspire others in the health sector.

The “Excellence in Aboriginal Health and Wellbeing Achievement” award focuses on innovative health solutions, effective community engagement, and sustainable health benefits for Aboriginal peoples. It is an opportunity to showcase programs that have made a significant impact, whether through direct health services, advocacy, policy development, or community partnerships.

Nominations will close on June 30, 2024. The nomination process is straightforward, and we hope to hear about program initiatives, the impact, and personal stories that highlight the transformative power of the work.

For further details on how to nominate and the criteria for this award, please [visit our website](#) or email engagement@cesphn.com.au.

[FIND THE NOMINATION FORM HERE!](#)

LAST YEAR'S WINNER: LA PEROUSE LOCAL ABORIGINAL LAND COUNCIL

The La Perouse Local Aboriginal Land Council won last year's Excellence in Aboriginal Health and Wellbeing Achievement award. The La Perouse Local Aboriginal Land Council developed a Strengthening Our Mob program, which is a place-based social and emotional wellbeing program that provides holistic care and case management support to members of the La Perouse Aboriginal community who are experiencing or suffering challenging times.

The team, locally known as SOM, provide support for community members who need help with things such as housing, navigating the justice system, as well as accessing health and education and employment.

They work to address the social determinants of health as well as provide early intervention and facilitation of access to culturally appropriate clinical services if needed whilst also offering cultural safety and support to clients.





COLLABORATE & CONNECT PROJECT AND ADVISORY GROUP

Health Consumers NSW & the Association for the Wellbeing of Children in Healthcare are convening an Advisory Group to help guide the next phases of our youth engagement project, 'Collaborate & Connect: Designing Health Engagement with First Nations Young People'.

They are seeking those with relevant professional and/or lived experience, including **First Nations** young people (aged 14-25).
Remuneration is available for young people (>25).

See the EOI for more information next page, or download the PDF [here](#).

See the project work so far including a Scoping Report [here](#).

Please complete the [online form](#) and the team will be in contact.
Alternatively, you can email Bella at projects@awch.com.au.

Collaborate & Connect:

Designing Health Engagement
with First Nations Young People



HEALTH
CONSUMERS
NSW

AWCH
Association for the Wellbeing
of Children in Healthcare



EXPRESSION OF INTEREST: ADVISORY GROUP

Our Vision

To collaborate with young Aboriginal and Torres Strait Islander people to envision & develop a foundation for mainstream healthcare organisations & services to better engage with young First Nations people.

The Project

- Engage with a group of up to 30 First Nations young people (aged 14-25)
- Facilitate discussion & sharing of lived experience with regard to engagement with healthcare services & organisations (Both engagement as a user, and engagement in design/research)
- Co-conceptualise processes, materials and resources for mainstream healthcare organisations and services to improve their engagement with First Nations young people

Role of the Advisory Group

- Members will be those with experience in relevant areas **AND** First Nations young people (14-25)
- Members will provide insight, expertise, and feedback in order to guide project activities & decisions
- Members will assist with recruitment via dissemination of materials to contacts & networks

Commitment

- Attend 2x 1 hour online meetings in May-June
- Remuneration available for First Nations young people (Under 25s)

Interested? Let us know!

Please complete the online form and we will be in contact. Alternatively, you can email Bella at projects@awch.com.au

Scan or [click here!](#)



OUR VISION

To collaborate with young Aboriginal and Torres Strait Islander people to envision & develop a foundation for healthcare organisations & services to better engage with young Indigenous people.

WHY?

A Lack of Authentic Engagement

Currently, many mainstream healthcare services & organisations do not possess the information, skills or trust necessary to effectively & meaningfully engage with Indigenous young people¹. A lack of authentic engagement within the design and delivery of mainstream services leads to ineffective services, thus negatively affecting health outcomes².

Impacted Access, Contact & Literacy

When services are designed for, rather than with, there may be barriers to both access and contact with the service. This is exhibited in current data with young Indigenous Australians accessing healthcare at a lower rate than young non-Indigenous Australians³.

Impacted Health Outcomes

Current data shows stark differences in the health outcomes of Indigenous and non-Indigenous young people. Compared to non-Indigenous young people of the same age range, Indigenous Australians under the age of 25 experience higher rates of hospitalisation, disability, mental health concerns, and mortality³.

¹ NSW Ministry of Health. (2020). NSW Aboriginal Mental Health and Wellbeing Strategy 2020-2025. NSW Government.

² Sunkel, C., & Sartor, C. (2022). Perspectives: involving persons with lived experience of mental health conditions in service delivery, development and leadership. BJPsych bulletin, 46(3), 160-164.

³ Australian Institute of Health and Welfare. (2018). Aboriginal and Torres Strait Islander adolescent and youth health and wellbeing 2018.

APPROACH



Partnership & Collaboration

- We will:
- Connect with First Nations stakeholders & organisations throughout
 - Partner with First Nations facilitators to co-design & facilitate Workshops
 - Maintain a strong focus on collaboration with young people, sharing power & decision making throughout



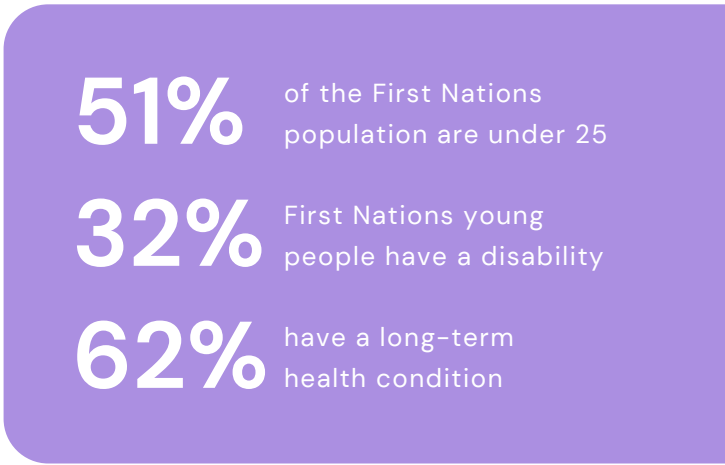
Strengths-Based Approach

- We will:
- Utilise a strengths-base approach to engagement
 - Avoid deficit-based language and framing
 - Focus on building a positive setting for discussion & collaboration

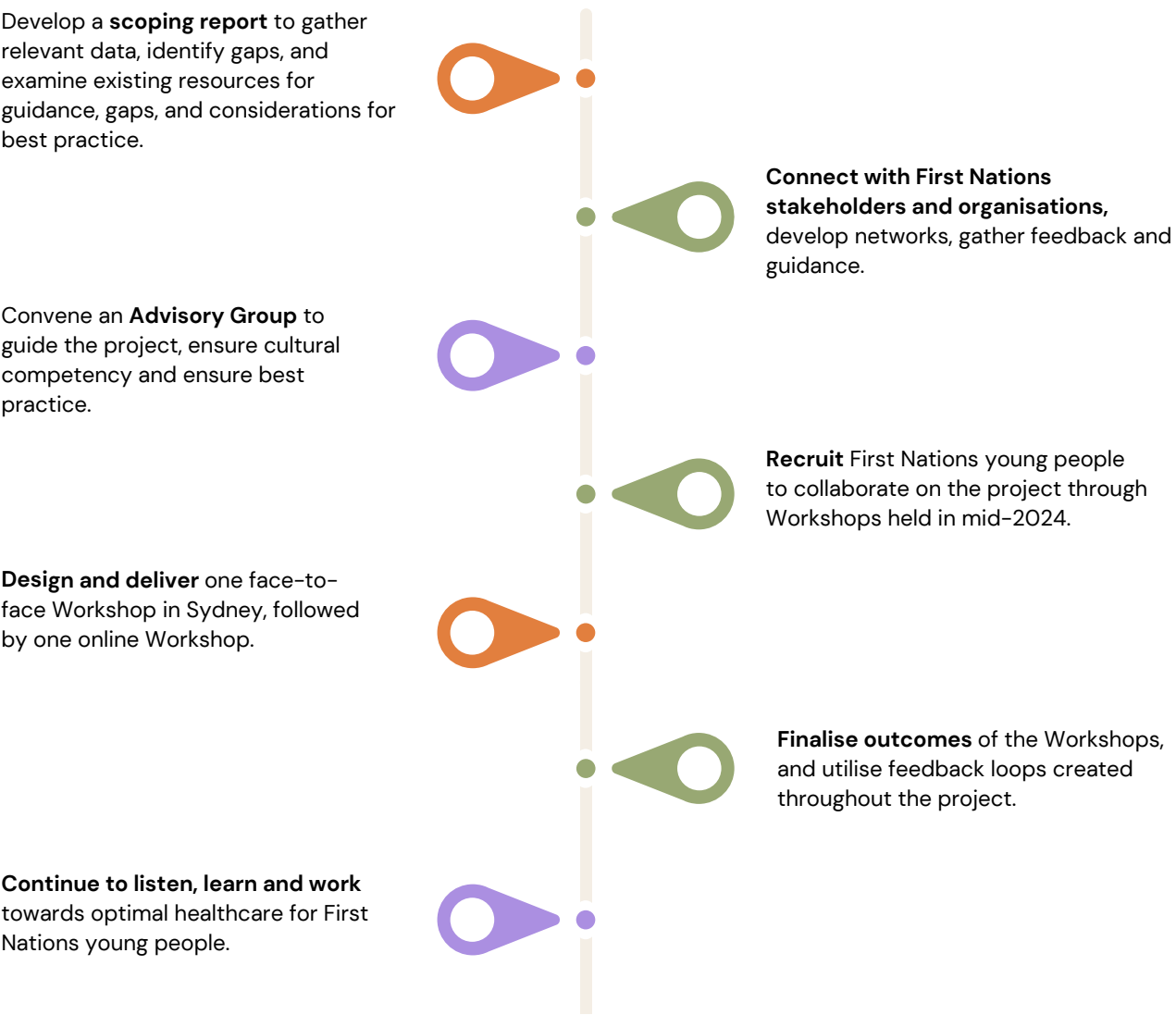


A Focus on Intersectionality

- We will:
- Ensure all project processes and activities are as accessible as possible
 - Physical, visual, audio, environmental, sensory, communication
 - Financial, transport, culture
 - Ensure that an intersectional lens is applied to all aspects of the project



TIMELINE



CONTACT

Project Officer

Bella Spongberg-Ross
(they/them)
projects@awch.com.au
www.awch.org.au
Ph: 0434 785 422

Project Manager

Dr Anthony Brown (he/him)
Health Consumers NSW
abrown@hcnsw.org.au
www.hcnsw.org.au
Ph: 0468 927 709

Project Manager

Lizzy Harnett (she/her)
Association for the Wellbeing of Children in Healthcare
lizzy@awch.com.au
www.awch.org.au
Ph: 0414 911 369



TELEHEALTH PSYCHIATRY SERVICE

The Telehealth Psychiatry Service, delivered by Dokotela, provides free consultations with a psychiatrist to people who are living with severe and complex mental illness in the Central and Eastern Sydney region who, due to barriers such as financial cost and other social factors, would not otherwise be able to access a private psychiatrist.

The service works with a person's GP and/or other mental health support providers to build their capacity and confidence to provide ongoing patient treatment plans.

Consultations are offered via secure video conferencing either from a person's own or a support person's home, or from their service provider or GP's office or via a Telehealth Hub at Head to Health Canterbury.

THE SERVICE ALSO PROVIDES SUPPORT FROM A CLINICAL CARE COORDINATOR WHO WILL:

- Engage with the person before and after their psychiatry sessions, helping to prepare for and follow up after the psychiatrist session.
- Act as a point of contact between the person, their psychiatrist, and GP.
- Support with making referrals on behalf of the person and psychiatrist.

ELIGIBILITY

- Experiencing severe and complex mental illness
- Over 18 years of age
- Living, working, or studying in the Central and Eastern Sydney region
- Experiencing barriers to accessing private psychiatry consultations
- Hold a valid Health Care Card or be experiencing severe financial distress for general psychiatry services
- Hold a valid Health Care Card and not have previously accessed psychiatry treatment for ADHD psychiatry services (prior treatment through this funded program does not limit eligibility)
- Not currently engaged with public psychiatry services.

Dokotela's current focus lies in actively engaging with community and psychosocial service providers to fortify support for Aboriginal and Torres Strait Islander clients. They hope to engage in education initiatives to enhance their processes and refine engagement strategies and cultivate partnerships that will allow them to provide support for Aboriginal clients that extends beyond psychiatry involvement. Dokotela encourages providers to initiate contact if they are interested in collaborating.

For more information including referral pathways, please visit the [CESPHN website](#).

NEW PSYCHOSOCIAL SUPPORT PROGRAMS

CESPHN has recently funded six new psychosocial support programs for people experiencing severe mental illness who are not receiving psychosocial support through the NDIS.

The new programs focus on a wide range of supports such as physical health and wellbeing, hoarding and squalor, social and cultural connection, and mental health supports for older people.

PROGRAM NAME	PROVIDER	BRIEF SUMMARY	REFERRALS AND MORE INFO
OLDER PERSONS WELLBEING NETWORK	Anglicare	Voluntary peer workforce model supporting older people living in retirement villages and the general community. Peer workers are supported by mental health workers.	Website including referral information
GROWING RESILIENCE	GROW	6-week peer-facilitated program which helps participants improve their mental health and build resilience.	Referral form Website
CONNECT WITH HEALTHY MINDS AND BODIES	Lilly Pilly Counselling	Assortment of programs contributing to increased mental and physical health as well as social connection and life skills for people with severe and persistent mental illness: <ul style="list-style-type: none">• Circle of Security, including a group supporting Aboriginal and Torres Strait Islander peoples<ul style="list-style-type: none">• Cantonese Mindfulness-Based CBT• Social Cognition and Social Interaction (SCIT) Group• Outdoor Therapy for Disadvantaged Youth<ul style="list-style-type: none">• Art Therapy Group• Trauma-Informed Pilates• Trauma-Sensitive Yoga• Walk and Talk Outdoors with a Therapist	Referral form Website
MAKING SPACE	Mission Australia	Support for people with moderate hoarding disorder.	Referral form Website
ACTIVE8 HEALTH COACHING AND WORKWELL EMPLOYMENT SUPPORT	Neami National	Active8 has three components: Coaching for physical health, Eat Plant Learn, and Kick the Habit Tobacco Management. WorkWell supports recovery by enabling individuals to benefit from finding employment opportunities that meet their needs, interests, and future goals.	Referral form Website
SOCIAL RX ®	Primary & Community Care Services (PCCS)	Social Rx®, Well Together®, and Skillness® are three components of this program focusing on building the capacity and capability of people with severe mental illness to thrive, re-connect with, meaningfully participate in, and contribute to their community.	Website including referral information



SHARKS INDIGENOUS ROUND DEADLY CHOICES

An event that empowers Aboriginal and Torres Strait Islander people and promotes sports and health choices.

On 24 May 2024, Cronulla Sharks reaffirmed their commitment to the health of First Nations communities by training in the 2024 range of Sharks-Deadly Choices health check shirts leading into their Indigenous Round game against the Panthers.

Aboriginal and Torres Strait Islander culture was celebrated as part of the NRL Indigenous Round, with the Sharks hosting a community day at their captain's run at PointsBet Stadium to engage with the local community, facilitate health check bookings and launch their renewed partnership with preventative health program Deadly Choices.

The Deadly Choices program aims to empower Aboriginal and Torres Strait Islander people to eat nutritious food, be physically active, quit smoking or vaping and follow up with a GP for a 715 Health Check.

At the event Preston Campbell, a Gamilaroi, Dunghutti and Gumbaynggirr man who is also a former Sharks fan favourite and current Deadly Choices Ambassador led the announcement.

"Through supporting the Deadly Choices program, the Sharks have the opportunity to deliver some important messages to Mob around living a healthy lifestyle," confirmed Campbell.

"By talking about their own journeys, Sharks players can also inspire, motivate and empower younger community members.

"At the end of the day, it's all about community."

The Deadly Choices and Sharks partnership is unique in that it enables a program officer

to be based at the Sharks and deliver Deadly Choices education programs to the Shire community.

Jada Taylor, a proud Gamilaroi woman and Sharks NRLW player, has been delivering the Deadly Choices education program to local First Nations students for over two years. The program has seen high rates of engagement and positive outcomes across a number of schools.

Sharks CEO Dino Mezzatesta is equally proud of the empowering impact the club has had on Aboriginal and Torres Strait Islander communities across the past six years via the ongoing three-way partnership between Sharks Have Heart, Deadly Choices and the Central and Eastern Sydney Primary Health Network (PHN) with the support of local Vitalis Family Medical Practice for annual 715 health assessments.

"It's such an important partnership with Deadly Choices and it's so critical to what we do. We are very thankful for the partnership and contribution that we have." Mezzatesta said.

"And that's not just one week; that's a full-year, ongoing commitment."

If you would like to more information please contact Brett Hugo or Lisa Merrison at Central and Eastern Sydney PHN or visit www.deadlychoices.com.au.

“THROUGH SUPPORTING THE DEADLY CHOICES PROGRAM, THE SHARKS HAVE THE OPPORTUNITY TO DELIVER SOME IMPORTANT MESSAGES TO MOB AROUND LIVING A HEALTHY LIFESTYLE, BY TALKING ABOUT THEIR OWN JOURNEYS, SHARKS PLAYERS CAN ALSO INSPIRE, MOTIVATE AND EMPOWER YOUNGER COMMUNITY MEMBERS.”

- PRESTON CAMPBELL



What is Supportive & Community Care?

Supportive care assists patients and their families who are facing serious illness and helps those with a life limiting illness.

Many people live with serious illnesses for years, but there comes a time when a person may require additional support.

Supportive & Community Care provides an extra layer of support and care, and is provided along-side your management and treatment plans.

Supportive care complements your medical care. It refers to all aspects of your health and wellbeing, which includes:

Physical

Pain, feeling sick, feeling tired

Psychosocial

Family, housing, finances

Cultural and spiritual needs

Cultural beliefs, practices and customs

Information need

Diagnosis, prognosis, treatment and management

Emotional and psychological need

Fear, sadness, anger

The Supportive & Community Care Coordinator can assist you by

Patient centred Care

Supporting your health and wellbeing

Providing cultural support and culturally safe care

Providing services in the community/home setting

Being the link between Medical, Nursing staff and Allied Health teams

Providing information on Hospital and Community services

Providing Family and Carer support

Contact for Coordinator

Email

SESLHD-AboriginalSupportiveCare@health.nsw.gov.au

Phone

0434 565 833

South Eastern Sydney Local Health District



ABORIGINAL CADET PROGRAM

by **Sonia Robinson**
*Aboriginal and Torres Strait Islander Programs
Nurse Educator at St Vincent's Hospital Network*

We are absolutely thrilled to welcome Phil Combridge as part of the Nursing and Midwifery Office (NaMO) Aboriginal Cadet Program for 2024 on 7 North.

The NSW Health Aboriginal Nursing and Midwifery Cadetship Program, through which Phil has joined us, is a critical initiative aimed at increasing the representation of Aboriginal and Torres Strait Islander people in nursing and midwifery roles across the NSW Public Health Sector. By supporting programs like this, we not only enrich our team but also contribute to improving healthcare access and outcomes for our Aboriginal communities.

Phil brings with him a wealth of experience and dedication to the field of healthcare, particularly in Aboriginal health. His contributions as the previous Aboriginal Manager have been invaluable, and we are genuinely excited to witness him bring his expertise and passion to his new role as an undergraduate RN. Phil will be with us for the next 2 years while he studies for his Masters in Nursing.

Let's extend our warmest welcome to Phil and ensure he feels fully supported as he transitions into his new position.



Yindyamarra



NDIS SUPPORT COORDINATION

We are an independent Support Coordination service for Aboriginal and non Aboriginal people with a disability.

We support you to make your own decision, stay connected to what makes you happy and be safe from fraud.

We can help if you are agency and plan managed with level 2 Support Coordination funding.

DREAMING

Yindyamarra Disability Services was founded by Wiradjuri and Ngunnawal woman, Natalina Cheatham.

With over 15 years experience including at the NSW Ombudsman and Ageing and Disability Commission, we specialise in helping people to stay safe at home and in their community.



MENTORING

Through reflection practice and yarning, we support Non-Aboriginal leaders and practitioner working with Aboriginal communities to strengthen relationships and improve outcomes for Aboriginal people.

CONTACT US

0468 556 652 admin@yindyamarradisability.com **Artwork @Yuluwirribaa**



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BREAKFAST BURRITO

Preparation time: 5 mins

Cooking time: 10 mins

Serves: 4

Ingredients

- 8 eggs
- ¼ cup reduced fat milk
- ¼ cup (30 g) grated reduced fat mozzarella
- Olive oil spray
- 1 small red capsicum (220 g), halved, seeded, thinly sliced lengthways
- 1 green capsicum (220 g), halved, seeded, thinly sliced lengthways
- 2 mushrooms (400 g), thinly sliced
- 150 g can of no added salt corn kernels, drained
- 3 medium tomatoes (450 g), diced
- 8 small corn tortillas (approx. 30 g per tortilla)

Method

- Whisk eggs and milk in a large bowl. Stir in cheese. Set aside.
- Heat a large non-stick frying pan over medium-high heat and lightly spray with olive oil.
- Stir-fry red and green capsicum for 4-5 minutes or until softened.
- Add mushroom and corn, cook, stirring for 2-3 minutes.
- Reduce heat to low and add egg mix. Stir gently with a wooden spoon for 2 minutes or until eggs are just set. Remove pan from heat.
- Heat the tortillas according to packet instructions. Evenly spread each tortilla with egg, and vegetable mix, plus the diced tomato.
- Roll up burrito style and serve.

OPTIONAL!

extras include coarsely chopped coriander, lime wedge, freshly chopped chilli or hot sauce.

Recipe provided by
www.heartfoundation.org.au/



COTTAGE PIE

Preparation time: 30 mins

Cooking time: 45 mins

Serves: 4

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 1 large carrot, peeled and diced
- 2 stalks celery, diced
- 2 tablespoons no added salt tomato paste
- 500 g extra lean beef mince

Potato Mash

- 700 g brushed potatoes, peeled and chopped

Method

- Add all ingredients to a large bowl and mix with hands.
- Shape into 4 patties about 2cm thick. Refrigerate for 20 minutes.
- Cook patties by grilling in a pan or on the BBQ with a little olive oil.
- Serve with your favourite salad and a slice of cheese on a wholemeal bun.

Recipe provided by **Cancer Council**
Healthy Lunchbox
www.heartfoundation.org.au





CHICKEN AND CORN SOUP

Preparation time: 12 mins

Cooking time: 25 mins

Serves: 4

Ingredients

- 2 x 200 g skinless chicken breast fillets, trimmed of fat
- 1 litre water
- 3 corn cobs, husks removed
- 1 tablespoon olive oil
- 6 spring onions, thinly sliced
- 2 garlic cloves, crushed
- pinch dried chilli flakes
- 1 cup reduced salt chicken stock
- 1 cup canned creamed corn
- 2 teaspoons reduced salt soy sauce
- Extra sliced spring onions, to serve, optional

Method

- Place chicken in a large saucepan. Add water and bring to the boil. Reduce heat to low, then cover with a lid and simmer for 8 minutes. Remove pan from heat and set aside for 15 minutes. Drain and reserve liquid in a jug. Shred the chicken into small pieces.
- Cut the corn kernels from cobs.
- Heat the oil in the same large saucepan over a medium heat. Add onions, garlic and chilli. Cook, stirring for 2 minutes until onion is softened slightly. Add the corn kernels and cook, stirring for a further 3 minutes.
- Add stock, creamed corn, soy and 3 cups of the reserved liquid from chicken. Bring to the boil. Reduce to a simmer. Add shredded chicken. Simmer 3-4 minutes until chicken is hot. Serve topped with extra sliced spring onions, if desired.

Recipe provided by Heart Foundation
www.heartfoundation.org.au



CUSTARD PUDDING

Preparation time: 5 mins

Cooking time: 70 mins

Serves: 6

Ingredients

- ½ cup reduced-fat milk
- 375ml tin light evaporated milk
- 2 tbsp custard powder*
- ¼ cup caster sugar
- 1 tsp vanilla bean paste*
- 1 1/3 cups frozen mixed berries, defrosted
- 1/3 cup reduced-fat Greek yoghurt*

Method

- Whisk together the milk, evaporated milk, custard powder, sugar and vanilla paste in a bowl.
- Pour into a saucepan and heat over a medium heat, stirring until thickened. Leave to cool, then gently stir through the yoghurt.
- Divide three-quarters of the berries between the 6 glasses or containers. Evenly pour half the custard over each portion. Add the remaining berries and top with the rest of the custard. Chill for at least an hour.

Recipe provided by Heart Foundation
www.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

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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EASTERN SYDNEY

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