

EORA HEALTH MESSENGER

AUTUMN 2023



Cracks in the Ice
resource released for
health workers

**Kurranulla EORA
Elders Olympics**

**Brett Hugo -
Corporate Fighter
raising funds**

**Palliative Care
Program**

Close the Gap Day

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phn
CENTRAL AND
EASTERN SYDNEY
An Australian Government Initiative

Welcome to the autumn edition of the Eora Health Messenger. I am pleased to be sharing with you an update from CESPHN.



Mariam Faraj
General Manager of Clinical Services

Impressions from Yabun festival

On January 26 some of our staff attended Yabun festival standing in solidarity with Aboriginal and Torres Strait Islander Australians. It was a very powerful and emotional day listening to stories First Nations people



Canterbury Head to Health Service Opens

We're very pleased to announce that Canterbury Head to Health opened on Monday 30 January, offering free and immediate support for anyone in Canterbury and the surrounding regions experiencing distress or mental health concerns.

Trained professionals will provide short to medium term mental health support and work with individuals to find the best services to meet their needs. To access the service phone 1800 595 212 between 8:30 am and 5:00 pm on weekdays or visit the new centre which is located at 1205 Canterbury Road at Roselands. The service is in a 'health hub' with other services, including general practice, pharmacy, radiology, skin care, audiology, eye care, dentistry, and a café.

Canterbury
HEAD TO HEALTH

Connecting you
to mental health support
that's best for you

Review of sector funding arrangements for Aboriginal and Torres Strait Islander mental health and suicide prevention services and Integrated Team Care 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.

CESPHN staff attended a consultation session in late January. The importance of service continuity and people having a choice of services are important considerations CESPHN have raised. The ongoing role of CESPHN to support improvement of cultural competency in mainstream services and to promote service integration were also identified as important aspects to retain. Consultations with current service providers and community will be held over the next few months. We will share this information once available and encourage you to participate.

Aged Care Network Established

Over the last six months we have been developing a community based aged care network. We have successfully established the CESPHN Care Finder Network with a number of new Care Finder services funded in our region. This information is available on our website.

We have also successfully established two Healthy Ageing Hubs at the GyMEA Community Aid Information Service and the Newtown Neighbourhood Service. These hubs are funded for two years and will provide:

- community development and engagement,
- general health education and advice in one-on-one settings to empower older people to look after their health and wellbeing.
- assistance connecting older people to local services and healthy ageing programs based on individual needs.
- services to general practice and allied health with support around referral pathways for their older patients requiring additional social support.



SEAN WILLCOX

Into CRC Pathways



My name is Sean Willcox. I'm a Dunghutti man with my family originally living in Kempsey before moving to Doonside. I grew up in Penrith and currently raise my two beautiful daughters there.

I have had the pleasure of working in a few different careers & industries, from customer service to becoming a NSW Police Officer before opening my own real estate agency. But the roles I have felt most at home with have been working with community housing and mental health services. I have personally battled mental health issues from 15 years old and feel that I shine when I am able to support others through their own journeys.

I was offered the chance to take on the role as Aboriginal Identified Youth Transition Worker with CESPHN and the whole team at CRC have been nothing short of amazing. I am excited to see what impact I can have in this team in helping mob transition to community.

Content Provided by Sean Willcox - CRC Pathways Transition Worker.



Corporate Fighter Challenge

My name is Brett Hugo and I'm the Aboriginal Health and Wellbeing Programs Officer at Central and Eastern Sydney Primary Health Network (CESPHN). I decided to take on the challenge of training for 10 weeks and had my very first Amateur Boxing fight for charity on Friday 17 March 2023 at Randwick Racecourse.

I raised money for Rizeup, whose mission is to drive awareness of domestic and family violence within society by generating life-changing, practical support for the families affected, giving them the hope and empowerment to move on to a life free from violence.

The below link is where people can donate to a great cause.

<https://corporatefighter.raisely.com/brett-hugo>

For further information on how to take up the challenge or watch live at <https://corporatefighter.com.au/livestream-sydney/sydney/>

Content provided by Brett Hugo, CESPHN Aboriginal Health and Wellbeing Programs Officer



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Positive Choices: resources developed with Aboriginal and Torres Strait Islander peoples

Positive Choices is a culturally safe website that aims to help schools, families, and students get drug education resources and prevention programs based on the latest research.

Positive Choices was developed in consultation with Aboriginal and Torres Strait Islander community members and houses a wide range of resources around drug and alcohol prevention, including factsheets, interactive videos, games, webinars, and recommended programs, all of which are freely available.

All the culturally relevant resources available

on Positive Choices are narrated by Aboriginal and Torres Strait Islander people and we also have several [factsheets](#) available in Arrernte, Warlpiri, and Torres Strait Islander Creole.

In addition, you can find personal stories from Aboriginal and Torres Strait Islander students highlighting how their culture keeps them strong. Their stories cover topics such as:

- who inspires them,
- why they love to live in their community,
- reasons why they don't drink or smoke and
- what they say when someone tries to make them do something they don't want to do.

POSITIVE CHOICES: RESOURCES DEVELOPED WITH ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES



[www.positivechoices.org.au/
aboriginal-and-torres-strait-islander-peoples](http://www.positivechoices.org.au/aboriginal-and-torres-strait-islander-peoples)



Below, we introduce three of our most popular resources among school staff and health workers supporting Aboriginal and/or Torres Strait Islander young people.

Why do Aboriginal and/or Torres Strait Islander young people use drugs?

There are several factors that influence why Aboriginal and/or Torres Strait Islander young people use alcohol and other drugs. Due to the complexity of this subject, this factsheet is a 5-part series examining these factors in the context of the individual, their relationships, community and culture, as well as societal factors.

Talking with Aboriginal and/or Torres Strait Islander youth about alcohol and other drugs

A trusted teacher can be the first person a student talks to about alcohol and other drug use. It is important you are comfortable responding to your students if they come to you and that you can refer them to other

sources of help that are available in your area. This factsheet contains some tips on how to successfully talk to Aboriginal and/or Torres Strait Islander youth about alcohol and other drug use.

Drug prevention for Aboriginal and/or Torres Strait Islander youth: What works?

When choosing drug prevention programs for young people, it is important to use those that research shows will work. It is also important to consider the cultural and personal contexts of the individual. This factsheet explores some evidence-based strategies that are particularly effective for Aboriginal and/or Torres Strait Islander youth.

***Content provided by Robert Garruccio
Research Promotions Officer, The Matilda
Centre for Research in Mental Health and
Substance Use.***



Events for Babana Aboriginal Men's Group



Babana Aboriginal Men's Group has been actively working with our local Aboriginal community to continue the work we have provided with a strong focus on social and emotional wellbeing.

We have held numerous yarning circles and events over the last few months to not only raise awareness of the importance of health, but to build connections and long-term outcomes for our people.

Chris O'Brien Lifehouse has been a strong supporter over this time and senior surgeons and staff members have been involved in yarning circles and healing programs to listen to the needs of the community and be more engaged.

Working collaboratively with non-Aboriginal partners like Chris O'Brien Lifehouse and Central and Eastern Sydney Primary Health Network allows our Aboriginal community



to have a say in what they are facing and increases the choice of service through the wider linkages provided.

We will be holding our **monthly yarning circles** (available for any men who want to make a difference in community) throughout the year and anyone interested is welcome to contact us for more information.

Towards the end of the year, our Deputy Chairman had the opportunity to undertake a research project as a part of the Churchill Trust Fellowship program. He visited First Nations communities in United States of America, Canada and New Zealand to discuss what is being done by the First Nations people on addressing mental health issues and suicide.

This was an informative trip and through his work, Babana Aboriginal Men's Group have gained a lot of information that will help us in our community work.

The Churchill Fellowship applications are opening soon and we encourage anyone who might have a passion or interest to look at applying. Information sessions are [available here](#).

Our first Health event for 2023 will be on Friday 17 March at Cockatoo Island and we will be incorporating a special event raising

money for the Leukemia Foundation where our Deputy Chairman will be shaving his head. If you are interested in sponsoring, please [click here](#).

The Health and Wellbeing of our community is one of the key focus areas of our organisation and we look forward to working alongside Central and Eastern Sydney PHN over the coming year to achieve outcomes for our people.

Written by Jeremy Heathcote, Deputy Chairman, Babana Aboriginal Men's Group





Cracks in the Ice:

resources
developed
with Aboriginal
and Torres
Strait Islander
peoples

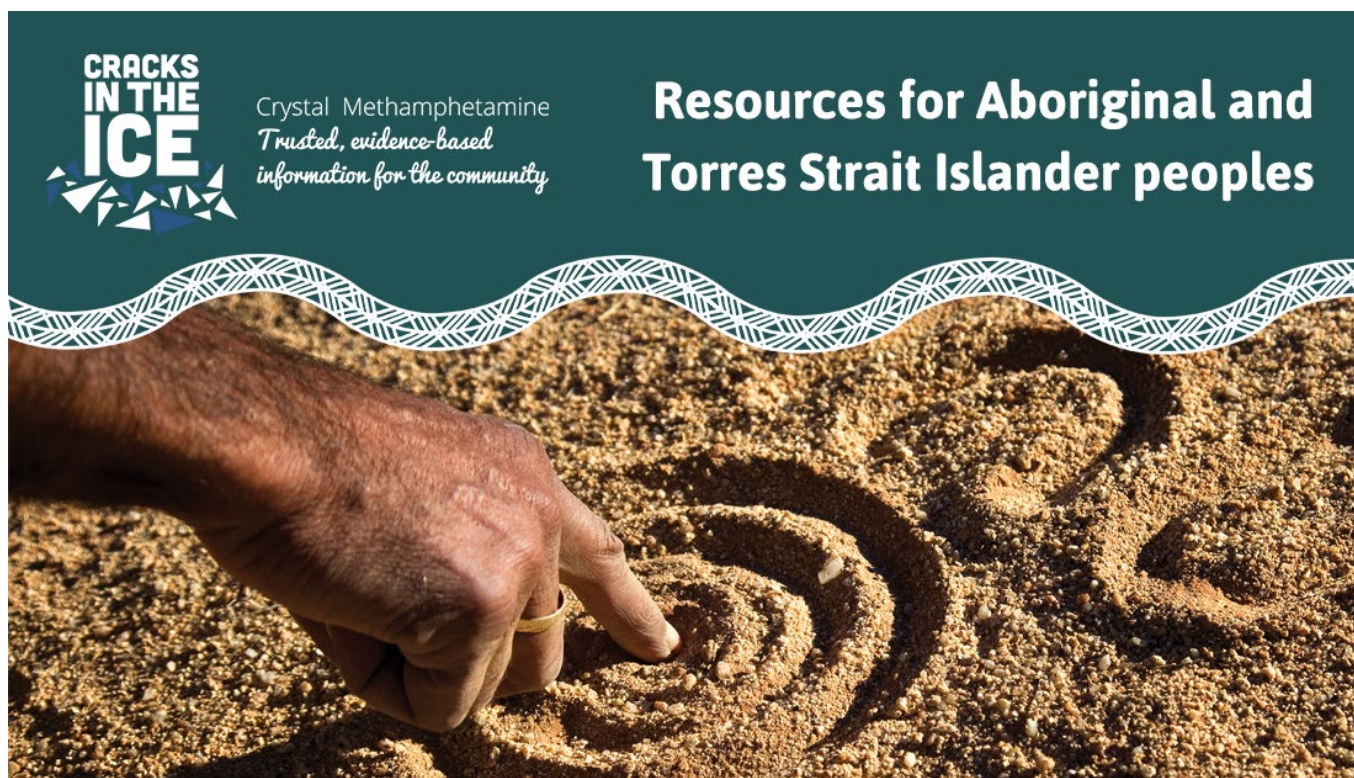
In July last year, Cracks in the Ice launched the first national website providing trusted, evidence-based, and up-to-date resources about crystal methamphetamine ('ice') for Aboriginal and Torres Strait Islander peoples.

The development of the website was led by an expert advisory group including Aboriginal elders, researchers, and health workers together with input from Aboriginal and Torres Strait Islander community members from across Australia.

Today, the website features a range of culturally appropriate resources and information for people who use ice, their families and friends, community groups and health workers.

Resources for Health Workers

Cracks in the Ice provides access to evidence-based resources for those working with Aboriginal and Torres Strait Islander peoples who may be affected by crystal methamphetamine ('ice') either through their own drug use or loved ones. These resources





are designed to support individuals working across a variety of sectors, including:

- General Practitioners
- Frontline workers in hospital settings and emergency departments
- Frontline workers in alcohol and other drug settings
- Mental health practitioners (e.g. psychologists, social workers and counsellors)
- Paramedics
- Police Services

Visit <https://cracksintheice.org.au/aboriginal-and-torres-strait-islander-peoples/health-workers> to access a range of factsheets,

guidelines, quick tips and online training packages.

Cracks in the Ice Webinar Series

The Cracks in the Ice webinar series provides in-depth information about a range of topics related to crystal methamphetamine, including topics relevant to those working with Aboriginal and Torres Strait Islander communities.

The webinars are presented by expert speakers such as researchers, clinicians, and individuals with lived experience of using methamphetamines and other drugs.

Visit <https://cracksintheice.org.au/community-toolkit/webinars/> to access our past webinars available to watch on-demand, or check our most recent webinar below:

First Nations Australians' right to self-determination in AOD policy

This webinar explores the key elements – as identified by expert opinion – on what is needed for First Nations Australians' self-determination in the development of health and alcohol-related policy, as well as the potential for using the framework in the development of AOD-related policy and services.

Content provided by Robert Garruccio, Research Promotions Officer,

The Matilda Centre for Research in Mental Health and Substance Use.



Headspace Ashfield is here to help

The Yarn Project

Who we are

We are Aboriginal Outreach Workers who want to see our mob flourish and feel supported

We aim to:

Support young people, when they might need some guidance, advice or support

What we offer:

- We create a safe space for our mob to have a yarn
- Provide 1:1 cultural support and mentoring
- We listen and place young people's needs first
- Face to face, phone or online support
- Ongoing and transitional support and referral where needed

Contact Natasha at headspace to have a yarn

Yarn Email: Yarn@newhorizons.org.au

Natasha Janif

0417 346 599

njanif@newhorizons.org.au

Kirawahn Fernando

0459 240 121

kfernando@newhorizon.org.au

If you need immediate support or medical assistance please contact:

- Emergency Services 000
- Lifeline 13 11 14
- Kids helpline 1800 55 1800

Artwork by: Riki Salam – WeAre27Creative

Yaama, I am pleased to be sharing with Eora Health Messenger.

My name is Kirawahn Fernando, I am a proud Gamilaraay Aboriginal Woman, I am currently employed part-time and work alongside my colleague Natasha Janif who is full-time. We are Aboriginal & Torres Strait Islander outreach workers at headspace Ashfield.

Aboriginal Outreach workers provide culturally safe support for local Aboriginal and Torres Strait Islander young people 12 - 25 years that live, work, study, or access services in the area around headspace Ashfield, in particular those connected to the former local government area of Marrickville. We aim to work in partnership to encourage and support access to headspace Ashfield clinical services and relevant services for Aboriginal & Torres Strait Islander young people at Headspace.

What we offer:

- creating a safe space for our mob to have a yarn
- Provide 1:1 cultural support and mentoring
- strive to put young people's needs first
- face-to-face/phone or online support
- Ongoing and transitional support and referral were needed through The Yarn Project.

Yarn Project

The Yarn project is an initiative created to support Aboriginal and Torres Strait Islander youth simply by having a yarn. We are open to referrals by caseworkers, family, or by the young person themselves. Our project mirrors a person-centered approach in which we can make our young person feel heard and supported. Through our yarns, we are hoping to let young people express their views and thoughts, whilst doing so to support, empower and link them to services that can allow them to flourish socially, physically, and mentally. The YARN provides a culturally safe opportunity for the team to build relationships with our client's family and carers and hope to continue strengthening our relationships with our community and other services moving forward. The YARN project will seek to improve health literacy among the participants in the program.

A key focus for us in the next 12 months is to further develop our relationship with the local High Schools and other youth resource services within the Inner West community to promote and deliver workshops that focus on mental health and well-being.

My hopes are to strengthen our Aboriginal and Torres Strait Islander

Young People when taking the first step to seek help.

Content provided by Kirawhan Fernando, Aboriginal and Torres Strait Islander Outreach Worker, headspace Ashfield



headspace
National Youth Mental Health Foundation

headspace is here to help

headspace is a free or low-cost youth mental health service for 12–25 year olds.

headspace provides information and support to young people and their family and friends in four key areas:

- mental health
- physical and sexual health
- work, school and study
- alcohol and other drugs.



Mental health issues affect 1 in 4 young people. It can be hard to know if a young person needs help with their mental health, but there are some warning signs that might suggest they are having problems, such as:

- avoiding activities that they would normally enjoy
- changing their appetite or sleeping patterns
- becoming easily irritated or angry
- seeming unusually stressed, worried or sad for no reason
- having difficulties with concentration or motivation
- having negative, distressing or unusual thoughts
- finding their performance at school, TAFE, university or work is not as good as it was or should be
- involving themselves in risky behaviour that they would usually avoid, such as taking drugs or drinking too much alcohol.

The right support can help get a young person back on track at school, work and in their personal and family relationships.





BEEF BURGERS

10 minutes (15 minutes) - Serves 2

Ingredients

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

Tips

- Packaged fresh cooked beetroot is available from the fruit and vegetable section in major supermarkets.
- Hamburger patties can be made one day ahead. Keep covered in fridge, or up to 2 months in freezer. Thaw overnight in the fridge before cooking.

Method

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

Recipe courtesy heartfoundation.org.au



COLIN FASSNIDGE'S BARBECUED KANGAROO WITH CHARRED CORN AND AVOCADO

Serves 4

Ingredients

- 1/4 cup (60ml) extra virgin olive oil, plus extra to drizzle
- 1 tsp sweet smoked paprika (pimenton)
- 2 garlic cloves, crushed.
- 2 thyme sprigs, leaves picked.
- 2 x 220g kangaroo loins
- 4 corn cobs, husks removed.
- 2 avocados, cut into large wedges.
- 1 bunch coriander, leaves picked

CHARRED LIME DRESSING

- 1 lime, halved.
- 1/2 cup (125ml) buttermilk
- 2 tbs extra virgin olive oil
- olive oil
- chilli flakes

Method

- To make the marinade, combine the oil, paprika, garlic and thyme in a bowl. Add kangaroo and turn to coat. Set aside for 15 minutes to marinate.
- Preheat a barbecue or chargrill pan to high heat. Drizzle corn with oil, then chargrill, turning, for 25 minutes or until kernels are blackened and tender.
- For the dressing, place the limes, cut-side down, on the barbecue and chargrill for 5-7 minutes until charred and caramelised. Set aside to cool. Squeeze lime juice into a bowl with remaining ingredients, season and whisk to combine. Set aside.
- Drain kangaroo, then chargrill for 2-3 minutes each side until rare. Rest, loosely covered with foil, for 5 minutes. Slice kangaroo into thick strips.
- Place corn, avocado and coriander on a serving platter and drizzle with dressing. Serve with sliced kangaroo.

Recipe credited to www.delicious.com.au



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EASTER BRUNCH TARTS

Ingredients

- 8 slices wholemeal bread, crusts removed.
- 1 tablespoon olive oil
- 75g baby spinach leaves
- 150g drained roasted capsicum, chopped.
- 2 green shallots thinly sliced.
- 8 eggs
- 1/3 cup grated tasty cheese.
- 3 vine-ripened tomatoes, cut into wedges.
- 1 medium avocado, peeled and chopped.
- 2 tablespoons tomato chutney, to serve

Tip

- Metal pie tins are available from specialty kitchen stores and department stores. Tarts are also delicious when served cold. Refrigerate any leftovers and add to lunchboxes for a healthy school or office lunch

Method

- Using a rolling pin, firmly roll each bread slice until thin. Lightly brush both sides of bread with oil. Press slices into 8 round, non-stick metal pie tins (1-cup capacity, 11cm in diameter, 4cm deep). Place tins on a large baking tray.
- Reserve half the spinach leaves to serve. Coarsely shred remaining spinach leaves. Divide shredded spinach, capsicum, and shallots evenly among bread cases. Make a slight hollow in centre. Carefully crack an egg into each one. Sprinkle with cheese. Season with freshly ground pepper.
- Bake in 200c oven (fan-forced) for about 15 minutes, or until egg is set and edges are lightly browned. Stand in tins for 2 minutes. Gently toss reserved spinach leaves with tomato and avocado.
- To serve, transfer tarts to plates. Top with chutney. Serve with spinach, tomato, and avocado mix.

Recipe courtesy of Heart Foundation.



FRUITY HOT CROSS SCONES

20 minutes (25 minutes) Serves 16 (1 scone per serve)

Ingredients

- ¾ cup mashed Kent (Jap) pumpkin
- ½ cup fat-reduced milk
- 1 egg
- 2 tablespoons olive oil
- 2 teaspoons honey
- 2 cups wholemeal self-raising flour
- 1 cup self-raising flour
- 2 teaspoons mixed spice
- ¾ cup dates, chopped
- 1/3 cup sultanas
- ¼ cup currants
- 100g ricotta and ¼ cup honey, to serve

Cross Topping

- ¼ cup plain flour
- 2 tablespoon cold water

Glaze

- 2 teaspoons honey

Tip

These scones can be frozen for up to 1 month. Separate into individual scones and seal in a freezer bag. To serve, warm individual frozen scones in a microwave oven for about 20 seconds or wrap a batch of scones in foil and heat in a 160C oven for 10-15 minutes.

Method

- Place pumpkin, milk, egg, oil, and honey in a large jug. Whisk to combine.
- Sift flours and spice into a large bowl, returning any husks remaining in sieve to the bowl. Stir in dates, sultanas, and currants. Make well in centre. Add pumpkin mixture. Stir with a round-bladed knife to form a dough.
- Turn dough onto a lightly floured surface. Gently knead until mixture comes together. Using lightly floured hands, pat out dough to a 2½cm thickness. Cut into rounds with a 5.5 cm round cutter. Repeat step with dough trimmings, until all the dough is used, making 16 rounds altogether. Place rounds, side by side, on a lightly greased baking tray.
- To make cross topping, place flour in a small bowl. Stir in about 2 tablespoons water to form a thick paste. Spoon into a snap lock sandwich bag. Squeeze mixture towards one corner of bag. Snip tip. Pipe over rounds to form crosses.

Recipe courtesy of Heart Foundation.



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KURRANULLA EORA ELDERS OLYMPICS

The EORA Elders Olympics provides Elders with an opportunity to enjoy and participate in sport and recreational activities that promote good health and an active lifestyle. The event recognises the significant contribution Elders make to their communities and promotes the benefits of exercise for both the body and mind.

Five teams compete in the Olympics: Kurranulla Aboriginal Corporation, Wyanga Aboriginal Aged Care, Australian Unity, Redfern Aboriginal Medical Service and Guriwal Aboriginal Corporation.

The teams compete in a day of competition with events as varied as Gorri, Pass the Footy, Quoits, Kee'an, Egg & Spoon, and more, with the day culminating in a 100-metre team relay race.

The event has been held since 2015 and aims to raise awareness of the Aboriginal and Torres Strait Islander culture within south-eastern Sydney.

It also promotes healthy lifestyles and wellbeing,



provides opportunities for engagement in social activities and encourages participants to develop ongoing networks.

Information stalls at the event also provide attendees with advice on disability services, health checks, nutrition, and healthy lifestyle.

Content provided by Wendy French, Manager for Kurranulla Aboriginal Corporation

- For people of Aboriginal & Torres Strait Islander descent ONLY
- Performs all general oral health treatments
- Provides mouth guards





Aboriginal Mental Health and AOD Support Services

Kurranulla Aboriginal Corporation now has two Aboriginal Mental Health and Alcohol and Other Drugs Workers to support our community.

We provide culturally safe Aboriginal mental health and drug and alcohol support/engagement to people who identify as Aboriginal and their families, primarily residing within the Sutherland and St George Local Government areas.

We welcome the opportunity for you to refer any Aboriginal community members to us.



**OFFICE 9528 0287
OR
DAVE 0481 796 914
OR
RIKKII 0449 675 303**

National Close the Gap Day 2023

Australia will observe national Close the Gap Day on the third Thursday of March which falls on 16 March this year.

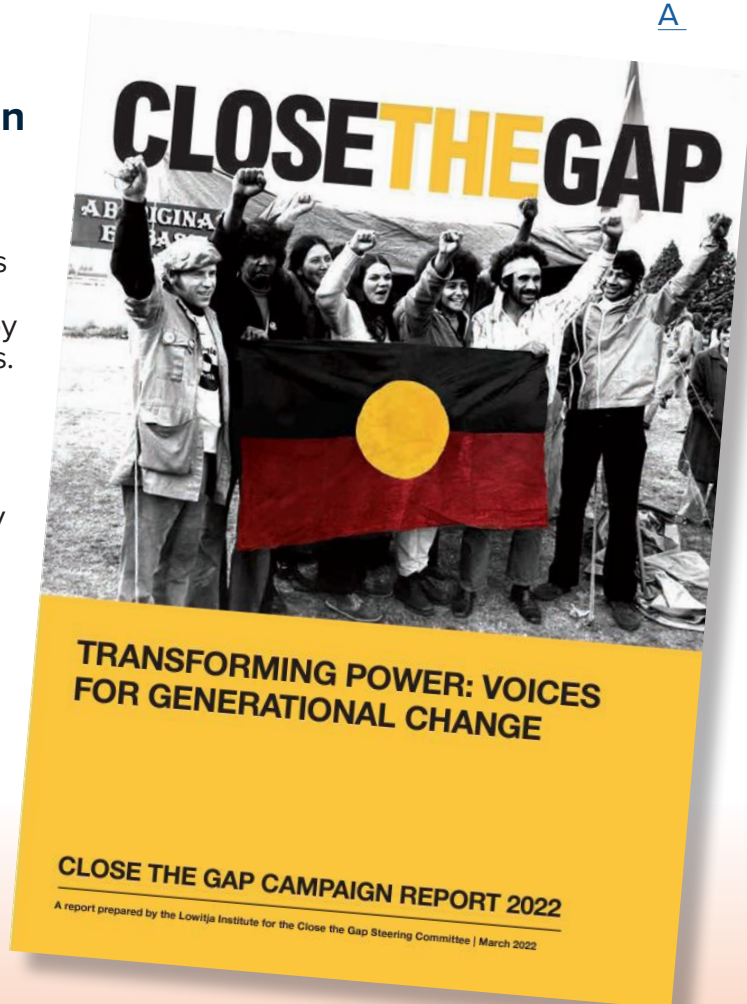
The day advocates for health equity of Aboriginal and Torres Strait Islander peoples and educating the Australian public about the health issues and barriers being faced by Aboriginal and Torres Strait Islander peoples.

Since 2007, National Close the Gap Day raises awareness for the poor health suffered by many Aboriginal and Torres Strait Islander people whose life expectancy is 10-17 years lower than non-Aboriginal and Torres Strait Islander people as well as other factors such as poverty, education and employment.

The 13th annual Close the Gap Campaign calls on Australian governments to embrace genuine partnership with Aboriginal and Torres Strait Islander peoples to collectively close the gap in health outcomes for the next generation. The Close the Gap Campaign Report 2022: Transforming Power: Voices for Generational Change is a blueprint for that transformation.

The report highlights how Aboriginal and Torres Strait Islander peoples are leading the way in transforming health and community services, policies and programs, with foundations of culture and Country at the centre, despite unprecedented health challenges from the ongoing COVID-19 pandemic.

Key recommendations include calling for action on gender and climate justice, a national housing framework and full implementation of the Uluru Statement from the Heart.



[copy of the report can be found Here](#)

The awareness campaign encourages people and organisations to plan events that draw attention to the health issues of Australia's indigenous people and to support legislation and programs for the improvement of their conditions.

More information on National Close the Gap Day, or to register your event or donate, go to <https://closethegap.org.au/close-the-gap-day>



Tribal Warrior Association Presents



Men's Walking Group

Let's improve your
mental health and
wellbeing

Culture
Health & Wellbeing
Supportive Environment



1st Friday of the Month
from 1030am - 1pm

New walking Locations
Healthy lunch provided

For Information

Phone: 0296993491

Email: hello@tribalwarrior.org

27 Cope Street Redfern, NSW

www.tribalwarrior.org



Palliative Care Project

Gwandalan Aboriginal and Torres Strait Islander palliative care webinar series

The Gwandalan National Palliative Care Project (Gwandalan) supports the provision of culturally safe and responsive palliative care by upskilling frontline staff to contextualise care for Aboriginal and Torres Strait Islander people and deliver services in a way that supports a good 'finishing up'. Gwandalan does not address clinical palliative care content.

Gwandalan has developed a webinar series that aims to provide information about cultural safety and appropriateness when working with Aboriginal and Torres Strait Islander families in palliative care settings.

The recorded webinars work to provide information on a variety of topics from an expert in the field of palliative care.

[Watch webinars here.](#)

Palliative Care Clinic Box

The 'Caring@Home Palliative Care Clinic Box' was launched to empower the provision of palliative care at home for Aboriginal and Torres Strait Islander people.

The resource draws on 18 months of nationwide consultation with Aboriginal and Torres Strait Islander families, and health professionals in specialist and generalist palliative care services.

It contains a range of tools for families, health professionals and clinical services to support families managing a range of symptoms, including safely giving subcutaneous medicines.

Further information <https://www.caringathomeproject.com.au/tabid/7437/Default.aspx>



Supporting Palliative Care for Aboriginal
and Torres Strait Islander Communities



Supporting Palliative Care for Aboriginal
and Torres Strait Islander Communities



Education and training for frontline staff delivering palliative and end-of-life care for Aboriginal and Torres Strait Islander peoples during the Returning to Spirit Journey.



Gwandalan, from the Darkinjung and Awaba language, meaning rest or peace, is the newly developed National Palliative Care Project from the Australian General Practice Accreditation Limited (AGPAL).

The Gwandalan Project is focused on providing practical education to frontline staff delivering palliative and end-of-life care for Aboriginal and Torres Strait Islander peoples during the returning to Spirit journey.

Education and training aims to support culturally safe and responsive care delivery, ensuring the palliative and end-of-life care journey is one of comfort, dignity and cultural respect.

To learn more about the Gwandalan Project, or register for free training, please visit
www.gwandalanpalliativecare.com.au

For more information, please contact

Gwandalan National Palliative Care Project • AGPAL Group of Companies
Phone: 1300 362 111 **Email:** gwandalan@agpal.com.au



Gwandalan is funded by the Australian Government under the
Public Health and Chronic Disease Grant, National Palliative Care Projects 2020-2023
Proudly partnered by Palliative Care South Australia

PSS-54 Reflections

New years are often a time of setting goals and reflecting on what we want our lives to look at. For me as an Aboriginal woman, this time of the year means more, as January 26th approaches. It is a time for reflecting and celebrating our resilience and survival as First Nations people. Resistance and survival come in so many forms. One of the most important forms of resistance and survival I can do is healing. Healing so I can break the cycle of intergenerational trauma for myself and my family. The PSS-54 programme provides clients with the opportunity to work on their healing journey, alongside Mental Health Social Workers and Psychologists.

The PSS-54 programme allows me to walk alongside First Nation's People in their healing journey. This is a real privilege as I can build relationships, and work with the client from



where they are at. PSS-54 enables me to work from a decolonised lens, recognising that the individual is the expert in their journey and that there are a range of historical and current factors impacting on their lives. And that focus of counselling can change. Weaving in Aboriginal world views and the strengths that First Nations People have, changes the deficit narrative.

For information on PSS 54 please visit: <https://cesphn.org.au/pss>

For information on Lilly Pilly please visit: <https://lilypillycounselling.com.au/>

For information on Jennifer Stephensen please visit: <https://lilypillycounselling.com.au/meet-our-team/jennifer-stephensen/>

Article provided by Jennifer Stephensen PSS Mental Health Professional



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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