

Adding up the benefits of healthy eating

It's easy to eat the right foods for good health using a free and online calculator. The Healthy Eating Active Living calculator is a handy tool to help you enjoy a variety of food from the five food groups and discover how many serves you should eat every day. You can also find healthy recipes for the family using ingredients from the five food groups.



To use the free calculator, [click here](#).

Simple frittata

Try this healthy recipe this spring.

Ingredients:

- 2 tablespoons olive oil.
- 1 brown onion, diced.
- 3 slices reduced fat ham, sliced.
- 200g white mushrooms, sliced.
- 1 punnet cherry tomatoes, halved.
- 120g spinach.
- 8 eggs.
- 1/2 cup reduced fat cheese, grated.

Method:

Heat oil in ovenproof frypan. Cook onion and ham until browned. Add mushrooms and cook. Add tomatoes and spinach. Whisk eggs and cheese and add to pan. Cook for 10 minutes until almost set, then grill until golden.



Flip into Go4Fun in Term Four



Children and their families can flip out and join Go4Fun in Term Four, which starts on Monday 14 October.

By popular demand, we have added indoor trampolining to our healthy lifestyle program, which supports children aged 7 to 13 and their families.

The Term Four program at both Flip Out Mittagong and Mt Annan Leisure Centre are booked out but families can add their names to the waiting list for Term One 2025. Families can still join our other Go4Fun locations in Term Four, including at:

- Prairiewood Youth and Community Centre.
- Eagle Vale Central.
- Whitlam Leisure Centre.
- Aboriginal Go4Fun at Tharawal Aboriginal Corporation and the KARI Centre, Liverpool.



Healthy Family Bulletin

Mental Health Month - Let's talk about it!

'Let's talk about it' is the theme of Mental Health Month, which runs in October.

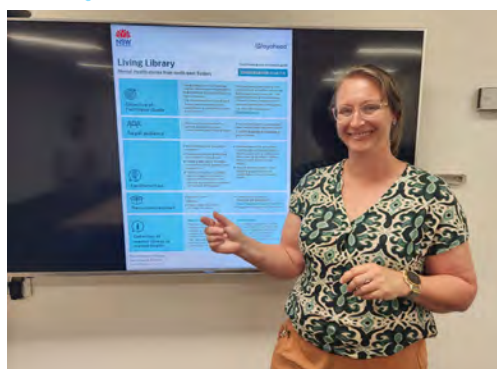
It's the perfect time to talk to each other about our mental health and wellbeing. This helps to normalise these talks and the importance of getting the right professional help as soon as someone becomes unwell.

There are five actions you can do each day to benefit your mental health and wellbeing:

- **Stay connected** with your loved ones including family, friends and workmates.
- **Keep active** and enjoy physical activity to improve your mood and mental health.
- **Give your time** to help others and feel good in return.
- **Take notice** of your surroundings and nature, and be aware of your feelings and emotions.
- **Keep learning** and stay curious about the world. Never stop learning!



[LEARN MORE](#)



To use the Living Library Conversation Starter, [click here](#).

Starting conversations to support you

The Health Promotion Service, from South Western Sydney Local Health District, has created a free tool to help people talk about mental health and recovery. The Living Library Conversation Starter can be used in group discussions to reduce the stigma and increase understanding in the community.

It uses the Living Library videos and resources to get people talking. The stories of more than 20 people are available in the Living Library series.

Free walks, talks and fun for everyone

Families across the region are invited to celebrate Mental Health Month at a variety of exciting events.

The fun includes a youth scavenger hunt at Bargo Sports Ground on 10 October, and a Men's Health Week walk and barbecue at Bankstown's Lambeth Reserve on 26 October.



For Mental Health Month events, [click here](#).



Healthy Family Bulletin

B is for brain development - First 2000 Days of Life series

Did you know that 90 per cent of your child's brain develops before age 5? This is why the first 2000 days of your baby's life are so important. These early life experiences and who they are close to can shape their development and their future.

The four areas of a child's development are physical, language and communication, social and emotional and cognitive.

Cognitive development affects how your child thinks, explores and solves problems. The best way to support your child's brain and cognitive development is to actively engage with them every day. Here are some tips:

- Build a strong bond with your child.
- Enjoy a variety of social experiences with your child.
- Give them age-appropriate toys that promote coordination, creativity and problem-solving skills.
- Make time to read and play with your child every day.
- Limit their screen time.

[LEARN MORE](#)



Building brains and bodies
Mother and baby skin-to-skin contact can benefit your child's growth and development. Watch a [video](#) to learn more.

Series: Next month - C is for positive childhood experiences.

Breast screening is quick, easy and free

1 in 7 women in NSW will develop breast cancer.

For bookings, [click here](#) or phone 13 20 50.

Women aged over 50 are reminded to book their free breast screen as October is Breast Cancer Awareness Month. Having a breast screen is part of healthy living. The test is quick and only takes 20 minutes. Early detection can save lives and help women return to their daily activities sooner. All BreastScreen NSW radiographers and counsellors are female.

Book your appointment at the following sites:

- **Permanent clinics:** Bankstown, Bowral, Campbelltown and Liverpool.
- **Mobile clinics:** Fairfield until 15 November and Tahmoor from 28 November to 13 December.

To book an interpreter, phone 13 14 50.





Healthy Family Bulletin

Lather up and be a soapy hero

Wash your hands and be a soapy hero to protect yourself and your family from gastroenteritis! The gut infection is highly contagious and can spread quickly in families, childcare centres and aged care homes. Always wash your hands thoroughly with soap and water including:

- After going to the toilet, changing a nappy, blowing your nose or touching animals.
- Before preparing food, eating and after touching raw chicken.

Other tips include:

- Use disposable towels to dry your hands.
- Keep kitchen surfaces and equipment clean.
- Don't use the same kitchenware or chopping boards for raw and cooked foods unless they are thoroughly washed between uses.
- Keep cold food below 5C and hot food above 60C to discourage germs.



Go away Gerry!

Watch this fun video to help your child become a Soapy Hero and get rid of Gerry the Germ! [Click here.](#)



For tips in languages including Arabic, Chinese Traditional, Macedonian and vietnamese,



What's on



Celebrate the children in your life



World Smile Day: 6 October. [Join in.](#)

Anti-Poverty Week: 13-19 October. [Read more.](#)

National Ride2Work Day: 16 October. [Take part.](#)

National Water Week: 21 to 27 October. [Learn more.](#)



LEARN MORE >

Pack a picnic, plan a treasure hunt, or bake cupcakes to share. These are some fun ways your family can celebrate Children's Week, which runs from 19 to 27 October.

Children's Week highlights the the right of every child to enjoy childhood.

This year's theme is children have the right to a clean and safe environment.

Parents, grandparents, aunts, uncles, neighbours, teachers and friends can get involved.

