

Your very own health coach



How to eat better, get active and stay at a healthy weight are some of the free support you can get from the Get Healthy Service.

The confidential coaching service is available to anyone over age 16. The university qualified health coaches can help you set and work towards your health goals. A free Get Healthy in Pregnancy Service is also available. [LEARN MORE](#)




Test your habits

You can spring clean your lifestyle by taking a healthy habits [quiz](#).

The quick quiz is part of the [Healthy Eating and Active Living program](#).

It helps you look at your current food and exercise habits and think about your goals and the changes you might like to make.

The quiz can help you get started but remember to also talk to your doctor or contact the Get Healthy Service.

 To join the free **Get Healthy Service** or **Get Healthy in Pregnancy Service**, [click here](#).

Get active with your family



New families and residents in south west Sydney can have lots of fun being active each day. Choose from activities like [parkrun](#) at Casula, Chipping Norton or Campbelltown. If you like bike riding, join the [Western Sydney Cycling Network](#) or visit the [Campbelltown Bicycle Education Centre](#). Families can also pack a picnic and explore [Casula Parklands](#) and [Western Sydney Parklands](#).

A range of fun activities are also available for the over-55s. Key in your suburb, put on your joggers and get started.

- In **Campbelltown**, the fun includes pilates, gentle exercise for seniors and the Steady Steps program.
- In **Liverpool**, join the Liverpool Seniors Wellbeing and Social Group or Living Longer Living Stronger.
- In **Bankstown**, try dance fitness, easy linedancing, cardio-core flex and more. [CLICK HERE](#)



Healthy Family Bulletin

C is for childhood experiences - First 2000 Days of Life series

The way we're treated when we're little plays a big role in our whole lives, not just when we're kids. The early years can influence our health and wellbeing far beyond childhood.

Positive experiences in the early years of life can help children do well at school and grow up to be as healthy as possible as teenagers and adults. A safe and caring childhood can reduce a person's risk of obesity, depression and diseases like diabetes and heart disease in later life.

Even brain function in later years can be impacted, with links between early experiences, memory loss and premature ageing. The good news is that everyone can help kids have a happy start to life. Good role models and relationships in the first 2000 days of life can help babies grow up healthy and strong! [Click here](#) to learn more.

Next month: Series final. Support from your village.



Maternity Service Open Days

You're invited to our Maternity Service Open Days at Liverpool Hospital on 9 November and Bowral & District Hospital on 30 November from 10.30am-1.30pm. [Click here](#) to learn more.

Students win art prize that celebrates mental wellbeing



8-9 years winner:

Brody Seabrook,
Picton Public School.

A big congratulations to the winners of the 2024 Five Ways to Wellbeing Schools Creative Project.

More than 220 entries were received this year, making it one of the most successful years of the competition. The annual art prize celebrates Mental Health Month. It invites school children to create an artwork based on one or more of the Five Ways to Wellbeing - Connect, Be Active, Take Notice, Keep Learning and Give. School students learn about the five ways so they can use these actions throughout their lives.

- To see the winning artworks, [click here](#).
- [Register here](#) for the 2025 competition.



16-18 years winner:

Kiera Suon, Cecil Hills High School.





Healthy Family Bulletin

In the swim for pool safety

As the weather warms up, more of us will go swimming in pools at home, friends' places or public pools. These are fun places but they can also be where illness spreads.

Some germs are not easily killed by chlorine. Swallowing even a small amount of contaminated pool water can cause diarrhoea and vomiting.

Here are some tips to help your family stay healthy when swimming in pools:

- Anyone who has been sick with diarrhoea in the past two weeks should avoid pools.
- Wash young children thoroughly (especially around the bottom) with soap and water before they swim.
- Older children and adults should be clean before swimming. Have a shower, if you can.
- Change nappies away from the poolside.



- Take young children for regular toilet breaks to avoid accidents.
- Use disposable 'swimming' nappies, or add tight-fitting swimmers.
- Wash hands with soap and water after changing nappies, using the toilet and before eating.

[LEARN MORE](#) Click [here](#) and [here](#) to read more.

What's on



Sun smart app at your finger tips

November: 1-30
November. [Grow a Mo.](#)

National Recycling Week: 11-17
November. [Join in.](#)

World Kindness Day: 13 November.
[Learn more.](#)

World Diabetes Day: 14 November.
[Read more.](#)



Sid the seagull's message

Don't forget the five easy steps to protect your skin from the sun's rays: Slip, slop, slap, seek and slide. [CLICK HERE](#)

Families can have fun in the outdoors over summer and protect their skin from sun damage at the click of a button.

The [SunSmart app](#) helps people check the UV levels at any location so they can use the right protection. You can set up daily alerts to tell you the times when sun protection is needed.

- The app is available in eight languages including English, Chinese, Spanish and Italian.
- It can be used in Australia and around the world.

