

Small steps can help you reach your goals

If your New Year's Resolution is to focus on your wellbeing in 2025, don't forget that getting healthy starts with small steps. You can get started by making one small change in your day to help you and your family feel better and healthier. Changing the way you eat can help you feel more energetic, reduce your risk of diseases like diabetes and cancer and improve your mood.

Here are some tips to help you get started:

- Drink more water and less sugary drinks.
- Choose fruit instead of high sugar foods.
- Make your meals more vibrant by using different coloured vegetables.
- Cook more meals at home and limit takeaways.
- Reduce or have a break from alcohol.
- Move more every day.



➔ For health tips about alcohol, [click here](#).

✨ For free coaching to make lifestyle changes, contact the [Get Healthy Service](#).

Kick start the new year with Go4Fun



Children and their families can splash and bounce into a healthy new year with our free Go4Fun program.

The after-school healthy lifestyle program is coming to a location near you in Term One, from Monday 4 February. Go4Fun helps families spend time together and learn about healthy eating and getting active each day. Trained health and community professionals run the classes and share tips that families can use for life.


Go4Fun will be held at Camden, Campbelltown, Fairfield and Liverpool. Indigenous families can join Aboriginal Go4Fun at Liverpool or Tharawal Aboriginal Corporation in Airds.



Healthy Family Bulletin

Know the signs and keep cool in summer

Heat exhaustion

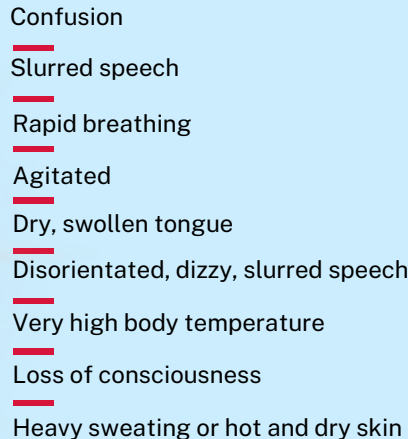


Headaches
Nausea and vomiting
Dizziness and fainting
Thirsty
Pale skin
Irritable
Muscle cramps
Sweating heavily
Raised body temperature

What to do:

- Get out of the heat and go indoors or to a shaded area.
- Drink water.
- Use a cold-water spray.
- Have a cool shower or bath.

Heat stroke



Confusion
Slurred speech
Rapid breathing
Agitated
Dry, swollen tongue
Disorientated, dizzy, slurred speech
Very high body temperature
Loss of consciousness
Heavy sweating or hot and dry skin

What to do:

- Call 000 immediately.
- Reduce the person's body temperature until the ambulance arrives.

Stay out of the sun and drink plenty of water on hot summer days. Never leave children, babies or pets alone in a car. Check in with the elderly and your at-risk friends, relatives and neighbours to make sure they are okay. You can also help your loved ones prepare for a heat wave.

Ask if they can keep their home cool and have enough food and medications so they don't have to go out on hot days.

MORE INFO

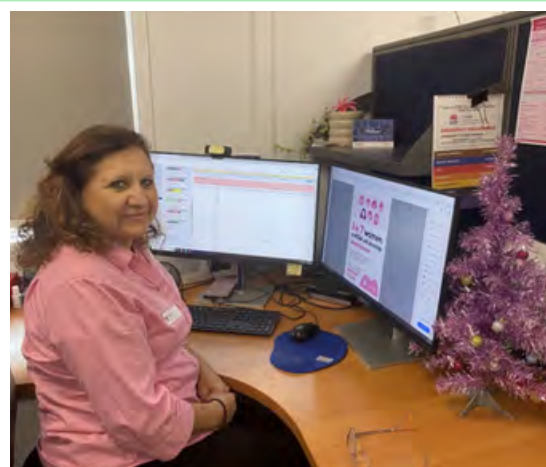
Mobile breast screen checks near you

It's easy for women to have a mammogram every two years because BreastScreen's mobile vans are travelling around the region to bring the important health check closer to people's homes.

Women aged 50 to 74 can book an appointment with BreastScreen NSW by phoning 132 050 or visiting book.breastscreen.nsw.gov.au

In coming months, the mobile vans will visit:

- **Camden:** Onslow carpark, opposite Camden Sports Club. From 20 January to 14 February.
- **Green Valley:** Valley Plaza Shopping Centre carpark. From 20 January to 7 March.
- **Miller Central carpark.** From 17 February to 7 March.
- **Minto Mall,** near post office. From 10 March to 11 April.



BreastScreen NSW also has permanent sites at Bankstown, Bowral, Campbelltown and two at Liverpool.

→ LEARN MORE





Healthy Family Bulletin

Starting big school



Is your child starting school this year? Starting school can be an exciting time for children. They can make new friends, learn more skills and build connections with their teachers. You can help your child prepare for school by following some tips:

The night before school starts

- Lay out your child's clothes, shoes and socks.
- Make their morning tea and lunch and put it in the fridge.
- Help your child pack their school bag.

On the day

- Let your child dress themselves.
- Apply sunscreen and get your child to wear their hat on their way to school.
- Remember to take lots of photos!
- Make sure you pick your child up on time.



To read more about getting ready for primary school, [click here](#).

You can also find information on the Growing Healthy Kids website, [here](#).

Short survey



Thanks to everyone in the community who has told us what they love about the Healthy Family Bulletin. Your feedback will

help us make sure this newsletter gives you and your family the information you need. If you haven't taken the survey, you still have time to tell us what you think. You can add your feedback by scanning the QR Code (above). It only takes a few minutes to complete the survey.



What's on in January

All-ability holiday program: 22 and 29 January. Free fun at Lurnea Community Hub. [Book here](#).

Open Days, Campbelltown Bicycle Education Centre: On weekdays during school holidays and every Sunday during term. [Read more](#).

Share our Space: Play sports including cricket and netball during the school holidays. [Join in](#).

Lunar New Year: 29 January. Welcome the Year of the Snake. [Learn more](#).

Australia Day: 26 January. For events near you, visit your local council's website.

