

Haven at the heart of community care and support

If the rising cost of living is putting pressure on your food budget, there are services across south west Sydney that can support you.

One service in Ambarvale is providing a meal and community support with dignity and care. Haven Church of Christ serves a two-course hot lunch and dessert every Tuesday from 11.30am to 12.30pm and is open to everyone.

Haven Church of Christ also offers a low-cost food pantry and op-shop on Tuesdays and Thursdays from 9am to 1pm. You can visit the service at 65 Woodhouse Drive, in Ambarvale.



Low Cost and Free Food Directory

SUBSCRIBE

Haven Church of Christ is one of 156 services listed in Health Promotion's Low Cost and Free Food Directory. The free tool lists the services that provide low-cost pantries, free meals, food vouchers, financial assistance and support in south west Sydney. To visit the directory, [click here](#).

Warm up with one pot wonders



One pot winter warmers are a healthy and affordable way to keep the chills away. You can find a range of recipes on the [No Money, No Time website](#). Recipes show the cost per person and number of ingredients.

Red lentil minestrone soup

Cooking time: 35 minutes **Cost per person:** \$1.35

Ingredients: 10

- 2 tsp olive oil
- 2 medium carrots
- 1 brown onion
- 1 medium celery stalk
- 1 garlic clove (optional)
- 800g diced tomatoes
- 750ml vegetable stock
- 1 extra cup of water
- 1/2 cup red split lentils
- 1 cup pasta

Method:

Dice the onion, carrots and celery into small cubes. Heat oil in a large saucepan. Add garlic and chopped vegetables and cook until they soften. Add tomatoes, stock, water, lentils and pasta. Bring to the boil then reduce heat and simmer for 15-20 minutes.

CLICK HERE



Healthy Family Bulletin

Stay safe in the winter flu season

Respiratory illnesses like the flu, COVID-19 and RSV are common in winter.

These illnesses can make you feel unwell with symptoms such as a cough, sore throat, fever and runny nose. They spread easily in the community, especially when people cough or sneeze. Young children, seniors, pregnant women, Aboriginal people and anyone with long-term health problems like asthma, lung or heart disease, can get very sick.

How to protect yourself and others

- Get vaccinated. The flu vaccine is free for young children aged six months to five years and the above at-risk groups.
- Stay at home if you are sick.
- Wash your hands often.
- Use a tissue or your elbow when you sneeze.
- Wear a mask if you are sick and need to go out.



To read more in languages including English, Arabic, Chinese, Farsi and Vietnamese, [click here](#).

Take control of your journey - Get Healthy Service series



Our series about the Get Healthy Service continues this month with tips to win your journey to better health. The service offers free health coaching to help you feel great in 2025. Next month's topic: What you get when you sign up.

You can take control of your journey when you join the free Get Healthy Service.

People who join the service can journal their health goals, food diary, exercise plan, wins and challenges. It's a great way to stay on track and work towards their goals. People can also talk about their progress with their health coach.

The free journal covers topics including:

- Get Healthy in Pregnancy.
- Physical hunger and emotional hunger.
- Reading food labels.
- Healthy eating when you're out.
- How to sit less and move more.

A journal for Aboriginal and Torres Strait Islander people includes culturally appropriate information.





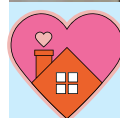
Thank you for helping refugees build a new life

Based at Liverpool, the NSW Refugee Health Service (RHS) provides clinical and community health services to refugees and asylum seekers around the state.

Refugees are referred to the service in a number of ways but usually by settlement services. RHS trained Bicultural Community Educators run classes to help newly arrived refugees understand the health system.

RHS nurses visit Intensive English Centres in schools to do hearing, eyesight and health checks. RHS volunteers help new arrivals get to their health appointments.

The service also runs “For A Good Life” in Arabic in Fairfield and Dari in Merrylands. The program supports refugees with a disability and their families. To learn more, [CLICK HERE](#)



Get ready to celebrate Refugee Week from 15 to 21 June. To get involved, plan an event or learn about the refugee experience, [click here](#).

What's on



World Environment

Day: 5 June. [Get involved.](#)

Men's Health Week:

9 to 15 June. [Find out more.](#)

World Elder Abuse Awareness Day: 15

June. Protect your loved ones. [Click here.](#)

Red Apple Day: 18 June. [Learn more.](#)

Let's get physical in winter



For more fitness and exercise ideas to try over winter, [CLICK HERE](#)

Staying active in winter is good for your physical and mental health.

Pull on a jacket and beanie and try these fun activities with the family:

- Go on a bike ride. Cycling can reduce your risk of heart disease and lower stress and anxiety levels.
- Join a group exercise class. A group activity is a fun way to stay motivated over winter.
- Get active with the children. Walk with them to school, or part of the way. Visit a local park or playground. Get them to help around the house or in the garden.
- Try yoga or pilates. They can prevent back pain and reduce stress.

