

## Come and join the NAIDOC Week celebrations



**THE NEXT GENERATION:  
STRENGTH, VISION & LEGACY**  
6-13 JULY 2025

Bring the family and celebrate Aboriginal and Torres Strait Islander culture, heritage and history at NAIDOC Week events across the region. The fun includes music, dance, workshops and information stalls. Our Health Promotion teams will be at some events. Come and say Hi. We'd love to see you!

### Family fun, stories and entertainment

- **Bankstown:** Family fun day at Paul Keating Park on Saturday 5 July, 10am-3pm.
- **Campbelltown:** March from Queen St on Monday 7 July at 10.30am, to Billabong Parklands for a community connection day.
- **Camden:** Family fun day at 70 Central Ave, Oran Park, on Tuesday 8 July at 10am.
- **Fairfield:** Family fun day at Fairfield Showground on Tuesday 8 July, 11am-3pm.
- **Minto:** Touch football competition at Sarah Redfern Oval on Wednesday 9 July, 9am-3pm.
- **Liverpool:** Family fun day at Edwin Wheeler Reserve, Sadlier, on Wednesday 9 July, 11am-3pm.
- **Tharawal Aboriginal Corporation:** NAIDOC family fun day at Campbelltown Sports Stadium on Thursday 17 July, 10am-2pm.

## Are you wasting more food than you think?



The Great Unwaste aims to help people make small changes at home so they use the food they buy. This helps to save money and is good for the planet and the community.

**LEARN MORE**

### Tips to reduce your food waste:

- Pack it, stack it, chill it: Store food in containers in the fridge or freezer to keep it fresher for longer.
- Plan meals for the week ahead.
- Turn leftovers into another meal.
- First in, first out: Eat older items first.
- Stick to your shopping list.
- Cook the right amount.
- User smaller servings. You can go back for seconds or eat the rest for lunch tomorrow.



# Healthy Family Bulletin

## Have fun and play games with MultiMoves

Our free physical activity program is coming to Camden and Campbelltown in Term 3, in July.

MultiMoves is a fun way for children and families to try new sports and decide if they want to keep participating beyond the six-week program. Sports, dates and venues are being finalised by our team.

To register your interest for MultiMoves, [CLICK HERE](#)



## Entries open for art prize that celebrates wellbeing



**Two winners from 2024**



**7-9 years: Winner -**  
Brody Seabrook, Picton Public School.



**Highly commended -**  
Archibald Mason, Tahmoor Public School.

Students in south west Sydney can pull out their art materials and create an amazing artwork that celebrates wellbeing. We are calling on their schools to register for the Five Ways to Wellbeing Schools Creative Project for the chance to win prizes. The competition teaches children about the five ways to wellbeing - the five simple things we can all do to support our mental health. It's a fun way to celebrate October's Mental Health Month. Registered schools receive teacher guides and lesson plans to support their students. Our Health Promotion team will collect entries from schools from 8 to 19 September. Winning artworks will be displayed online. [REGISTER NOW](#)





# Healthy Family Bulletin

## Stay strong with the free Get Healthy Service

Seniors and anyone over age 16 can get free coaching to help them reach their goals with the Get Healthy Service. The program has many benefits for people over age 65.

It can help them make simple changes to stay independent, reduce their risk of a fall and enjoy healthy eating habits.

Seniors can work with their health coach to:

- Be more active.
- Manage or lower the risk of chronic conditions like heart disease and diabetes.
- Improve their strength and balance.
- Follow healthy eating habits.
- Drink less alcohol.

To learn more, phone 1300 806 258 or



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

## Hey mate, your health is important!



To find a GP near you, checklists and myth-busting facts about men's health, [click here](#).

'See your GP' was the theme of Men's Health Week but it's an important message to keep following throughout the year. We want to remind men to keep caring for their health and have regular check-ups with their doctor. These checks and seeing your GP when you notice a change in your health can lead to early detection, better outcomes and help men stay well. Men's health is a priority for South Western Sydney Local Health District, which produces this newsletter. Our clinical staff give our patients the latest and best care. We also work in preventative health. We give people the tools to make good choices to keep themselves and their families healthy. Our Health Promotion Service is also working with Western Sydney University on the Tackling the Challenge research project. The work supports men's mental health, recovery and resilience.





## What's on



**World Youth Skills Day:** 15 July. [Join in.](#)

**World Drowning Prevention Day:** 25 July. [Read more.](#)

**Schools Tree Day:** 25 July. [Get involved.](#)

**National Tree Day:** 27 July. [Learn more.](#)

**Donate Life Week:** 27 July to 3 August. [Find out more.](#)

## Look after your liver - World Hepatitis Day

**ARE YOU LIVING WITH HEPATITIS B?**  
FIND OUT. GET TESTED.



[www.mhahs.org.au](http://www.mhahs.org.au)

Many people living with chronic Hepatitis B don't know they have it. A simple test can help you find out early and prevent serious liver issues.

For more information in English and a variety of community languages, [click here.](#)

## Myth-busting: the three-second rule



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The next time you drop food on the floor – even if it's your favourite dessert – put it in the bin.

The three-second rule suggests it's safe to eat food dropped on the floor if you pick it up within three seconds. However, this is a myth and not supported by science.

Once you drop food, especially if it is moist, sticky or has a high water content, it is best to avoid eating it. This includes fruit and vegetables, raw meat and chicken, sandwiches, cream and ice cream. Dirt, bacteria and viruses can transfer as soon as food meets a contaminated surface. Wooden, tiled or carpeted floors can trap dust and bacteria and increase the risk of contamination.

