

AUGUST 2026

BULBUWIL NEWS



Monthly Newsletter of Bulbuwil Healthy Lifestyle Program

Welcome!

By: Karina Crutch

Clinical Services Manager- Aboriginal Programs- SESLHD

Dear clients and community members,

Hello!!

Have you joined us in person or online for our 10 week challenge? How are you finding it? Its not too late- reach out to the team and we can give you access to our private facebook group and hit you up with some starting info.

We are also excited to be facilitating a Sutherland and St George Koori community games Thursday 8th October so register yourself with 3 others as this is a team event. Sign up [HERE](#). This is also in the school holidays!

In the lead up, our 10 week training plan will help you feel fitter and stronger for the community games- 7 weeks to go!

Check out the calendar within for our clinics coming up.

Some of the team headed to the Cronulla Sharks community health day and some have also been and supported the Equity and Prevention Aboriginal programs Diabetes community day at Matraville.

We are also gearing up for the Steptember walking/steps challenge- please let Rikkii know if you want to join. It is always fun and we have some good banter - staff V's clients- the clients have given it a good nudge the last few years but staff have still come out on top- but, with different activities has bought new clients- so is 2026 the year the clients can beat us?

I hope you enjoy this months edition following up on some of our past works and letting you know what's coming up.

Karina :)



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WALKING & OUTDOOR CIRCUIT GROUP

By: Rikkii Dargan & Prudence Wilson
Bulbuwil Coordinator & Exercise Physiologist

Thursday's 10am, at Dolls point. This is now until 11am

The weather is warming up and winter is almost over!

Don't forget sunscreen, hat and a water bottle.



**OUR NEXT WALK AWAY IS ALSO GOING TO
BE THURSDAY 1ST OCTOBER**



GYM GROUP

By: Prudence Wilson
Bulbuwil Exercise Physiologist

Gym group
Wednesday's 1pm
Killara rehab gym at the hospital

Everyone has an individualized exercise program designed specifically for your health needs and your personal goals.

If you want to join the gym group or are returning after some time off be sure to book in with Pru for an assessment before turning up to the gym group to ensure the exercise program is right for you now.

If you have been coming for a while, an assessment review is also beneficial to see what progress you have achieved and to make adjustments to your program.

You can book in with Pru on Wednesday's and Thursday's for these assessments.



QUICK TIP

Regular aerobic exercise such as walking or running may help to prevent and manage mild to moderate depression. Aim for 30 minutes on most days of the week.



IRONBARK FALLS PREVENTION AND EDUCATION GROUP

By: Prudence Wilson
Bulbuwil Exercise Physiologist

Recommencing Wednesday 30th September 9am

Miranda Youth Centre

To register click [HERE](#).

Ironbark falls prevention and education group is a 10 week program that consists of 45mins yarning and 45mins of exercises.

The Ironbark Falls prevention program is an evidence-based program which aims to reduce risk of falls and improve strength, balance, social connectedness and knowledge.

Check out [this link](#) to see what some of our deadly participants had to say.

QUICK TIP

The best way to improve your balance is to challenge it.

Balance and strength exercises are also important to help protect our bones.



WATER GROUP

By: Rikkii Dargan
Bulbuwil Coordinator

Water group
Tuesdays 2pm- Sutherland pool

If you haven't been yet and would like to know more or want to come, reach out and we can explain the group and some of the movements you might go through in the water.

PM water group for those working and/or studying will re-commence on Wednesday 16th September.



QUICK TIP

Exercising in the water can be an excellent modality especially if you have peripheral neuropathy, the warm water stimulates blood flow and numbs pain signals.



PILATES

By: Prudence Wilson
Bulbuwil Exercise Physiologist

Pilates is on Wednesday evenings to get us through the cooler months until Wednesday 9th September.

Wednesdays 6pm- Sutherland Multipurpose Centre (123 Flora Street Sutherland)

There will be mat based and chair based options, please bring a mat if you have one.

Pilates is a great way to focus on core strength, mobility, posture and balance.



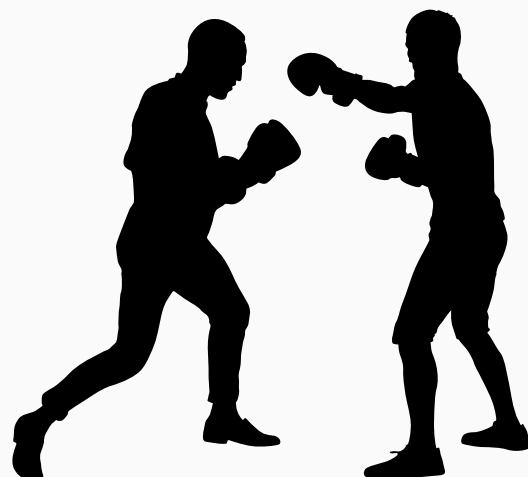
BOXING

By: Rikki Dargan - Bulbuwil Coordinator

Boxing is on Monday evenings as part of our Challenge to Change until the 12th October.

Mondays 6pm- Miranda Community Centre (97 Karimbla Rd, Miranda)

Boxing is a full-body workout that combines cardio, interval training and resistance work for cardiovascular endurance and building muscle strength.



DIETETICS AND COOKING GROUP

By: Erica Li- Bulbuwil Dietitian

Cooking with Good Tucker

Our August cooking group came together to make a beef stir fry with warrigal greens found at the Sutherland Shire Council Bushcare nursery.

A colourful, nourishing meal packed with goodness! Lean beef is a great source of iron, while colourful vegetables and native warrigal greens add fibre, antioxidants and plenty of vitamins and minerals. This is a simple, delicious heart-healthy meal that is suitable for busy families.

If you want to learn more about healthy eating, or if you have any nutrition concerns, speak to our Bulbuwil dietitian Erica by calling or texting 0409731923



BULBUWIL SEPTEMBER CALENDAR



September 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	1	2	3
	Women's health clinic 10am Water group 1.45pm	Gym 1pm Pilates 6pm	Walk & Circuit 10am Ironbark falls program 1.30pm
7	8	9	10
Boxing group 6pm	Water group 1.45pm	Vaccination clinic 9am Gym 1pm Pilates 6pm	Walk & Circuit 10am Ironbark falls program 1.30pm
14	15	16	17
Boxing group 6pm	Hearing clinic 9am Women's health morning tea Women's health clinic 10am Water group 1.45pm	Gym 1pm Water group 6pm	Walk & Circuit 10am Ironbark falls program 1.30pm
21	22	23	24
Cooking group 1030am Boxing group 6pm	Water group 1.45pm	Gym 1pm Water group 6pm	Walk & Circuit 10am Ironbark falls program 1.30pm
28	29	30	
Boxing group 6pm	Water group 1.45pm	Gym 1pm Water group 6pm	



September 2026



Venues			
Cooking group Eye clinic Aboriginal women's clinic Vaccination clinic Hearing clinic	Health One 126 Kareena Road, Caringbah	Water group	Sutherland Leisure Centre 1 Rawson Ave, Sutherland
Walking & outdoor circuit group	Depena Reserve 190 Russell Ave, Dolls Point	Ironbark	Miranda Community Centre 97 Karimbla rd, Miranda
Gym group	Killara Rehab Gym The Sutherland Hospital	Pilates	Sutherland Multipurpose Centre 123 Flora Street, Sutherland
Boxing group	Miranda Community Centre 97 Karimbla rd, Miranda		

UPCOMING EVENTS

By: Rikkii Dargan- Bulbuwil Coordinator





FREE EYE TESTS

For Aboriginal and Torres Strait Islander people

- Having trouble reading or watching TV?
- Getting headaches or tired eyes?
- Have sore or watery eyes?
- Due for your yearly eye test?



MONDAY 24TH AUGUST
MONDAY 19TH OCTOBER
MONDAY 7TH DECEMBER

HealthOne Sutherland
126 Kareena Road
Miranda

***Free Glasses Available**
 *Single lens and bifocals only

TO BOOK A SPOT GIVE US A CALL
p: 9540 8181

South Eastern Sydney Local Health District






FREE Hearing checks!

Hearing clinics open to
Aboriginal & Torres Strait Islander peoples
 (including children)

We can see anyone who

Has hearing difficulties	Hasn't had a hearing check in the last 12 months	Is currently wearing hearing aids provided by another provider
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9am-4pm
HealthOne
126 Kareena rd, Caringbah

Tuesday 14th July
Tuesday 15th September
Tuesday 10th November

Please call 9540 8175 to book your spot!




Health
 South Eastern Sydney Local Health District




FREE VACCINATION CLINICS

For teens to Elders!

126 Kareena Rd, Miranda NSW 2228
HealthOne Building, The Sutherland Hospital
9am-2pm

Wed 15 July	Wed 12 Aug	Wed 9 Sept	Wed 14 Oct	Wed 11 Nov
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All Aboriginal families are welcome to attend the clinic for their flu and COVID vaccines.

No medicare needed!



Also offering:

- ✓ Adolescents catch-up
- ✓ Vaccines for pregnant women
- ✓ Pneumococcal
- ✓ Shingles
- ✓ RSV (available from 15 May)

Got questions? Call the Public Health Unit on 02 9382 8333




Women's Health Checks

1ST AND 3RD TUESDAY OF THE MONTH.
10AM - 2PM

UPCOMING EVENTS

By: Rikkii Dargan- Bulbuwil Coordinator

SUTHERLAND AND ST GEORGE KOORI COMMUNITY GAMES

**THURSDAY 8TH OCTOBER
GUNNAMATTA PAVILLION**

SIGN UP A TEAM- [HERE](#)

JUST WANT TO DO EXERCISES AND NOT ATTEND GAMES?

STARTING MONDAY AUGUST 10

10 WEEKS ONLINE TRAINING OR
JOIN US FACE TO FACE
LET US KNOW [HERE](#)

BOXING, PILATES, GYM, WATER GROUP, OUTDOOR WALK AND CIRCUIT!



SUTHERLAND & ST GEORGE
KOORI COMMUNITY GAMES
10.30am-2pm
Competition starts at 11am
Gunnamatta Pavilion

Thursday
8 | OCTOBER
2026

- Register a team of 4 to attend games
- Online 10 week training plan sent out weekly from august 10
- Just attend exercises groups and online workouts
- Face to face group exercise sessions or at your own pace at home
- Online health messaging
- Option to yarn with Dietitian, Nurse and Exercise Physiologist

**** Living and/or working in Sutherland and St George regions, team captain 18yrs+, 50% team to be Aboriginal/Torres Strait Islander, 12yrs+ to participate****

BULBUWIL - HEALTHY LIVING
KURRANULLA
ABORIGINAL CORPORATION

Challenge to Change

NSW

UPCOMING EVENTS

By: Rikkii Dargan- Bulbuwil Coordinator

WOMEN'S HEALTH WEEK MORNING TEA

South Eastern Sydney Local Health District



Celebrate Women's Health Week

Join us for morning tea at one of our Aboriginal women's health clinics

Gamay Health Hub Monday 14 September 10:00am-12:00pm 1 Elaroo Avenue La Perouse	HealthOne Sutherland Tuesday 15 September 10:00am-12:00pm Sutherland Hospital 126 Karina Road Miranda
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Register to attend using the QR code.
For information, contact Sharon Brown: 0447 097 395



Women's Health nurses will be running clinics on the day.
To make a booking, call

- HealthOne- 0408 901 378
- Gamay- 0457 881 330

Woman's Rebirth - Artist: Annette Web



GAMAY
HEALTH



BULBUWIL HEALTH CENTRE



AM JOOMBLAY
Leading Indigenous Learning

**TO RSVP WITH
DIETARY
REQUIREMENTS
PLEASE CLICK
[HERE.](#)**

HEALTH MESSAGES AND CAMPAIGNS

By: Rikkii Dargan- Bulbuwil Coordinator

Prostate Awareness Month

Prostate Cancer Awareness Month runs across Australia from 1–30 September 2026, led by the Prostate Cancer Foundation of Australia's "Turning Australia Blue" campaign. More information found [HERE](#)

Steptember

Step up for a month-long mood boost with Australia's favourite workplace challenge made possible by Cerebral Palsy Alliance.

Take 10K steps a day, your way, and raise funds for early detection and therapy for babies with cerebral palsy. More information found [HERE](#)

Gynaecological Cancer Awareness Month

September is Gynaecological Cancer Awareness Month. At the AGCF, we want to encourage everyone (not just women!) to learn more about gynaecological cancers, the signs and symptoms, where to get support and how you can help us fund research that will save lives. More information found [HERE](#)

Womens health week 7-11th Sep

This year's theme, do it anyway, is about taking small steps towards your health.

Across the week, we'll be exploring different health topics each day, and providing practical information designed to help women care for their health in ways that feel realistic and achievable. More information found [HERE](#)

World Suicide Prevention Day 10th Sep

World Suicide Prevention Day (WSPD) is organized by the International Association for Suicide Prevention (IASP). WHO has been co-sponsor of the day. The purpose of this day is to raise awareness around the globe that suicide can be prevented.

R U OK day 10th Sep

R U OK? inspire and empower everyone to meaningfully connect with the people around them and start a conversation with those in their world who may be struggling with life. More information found [HERE](#)

World Heart Day 29th Sep

Each year on World Heart Day (29 September), the World Heart Federation brings together its global network of members to unite and raise awareness of cardiovascular disease (CVD). More information found [HERE](#)

RECIPE

By: Erica Li
Bulbuwil Dietitian

Beef stir fry with warrigal greens

Makes: 8-10

Time: 30 minutes

Cost: \$5.5/serve

Ingredients

800g rump steak or beef fillet
1 tsp ground pepper
1/2tsp salt
2 tablespoon olive oil
1 medium capsicum, julienned
1 bunch broccolini, roughly chopped
1 medium red onion, thinly sliced
1 medium carrot, julienned
1 small bunch warrigal greens,
washed thoroughly
2 long red chilli, roughly chopped
5 garlic cloves, roughly chopped
1/2 bunch spring onion

Brown rice or long grain rice to serve

Stir fry sauce

120ml salt reduced soy sauce
100ml oyster sauce
juice of 1 lime
1 tsp cornflour
2 tablespoon water



RECIPE

By: Erica Li
Bulbuwil Dietitian

Beef stir fry with warrigal greens

Method:

1. Thinly slice the beef against the grain, then place in a bowl with black pepper, salt and 2 tablespoon olive oil. Set aside.
2. Bring a saucepan of water to the boil over medium heat. Also prepare a bowl of cold water on the side. Blanch the warrigal greens for 10 seconds in the pan, then transfer them straight to the bowl of cold water. Allow to cool for a minute, then drain.
3. Use a mortar and pestle to pound garlic and chilli into a paste.
4. Heat the wok over high heat, then add 1 tablespoon oil and garlic chilli paste, tossing quickly for 30 seconds. Add beef, stir constantly, until meat is seared but not cooked through, Transfer the beef to a bowl and set aside.
5. Prepare stir fry sauce, Combine soy sauce, oyster sauce and lime juice in a small bowl. Add 1 tablespoon oil, along with capsicum, carrot, broccolini and red onion, stir fry for 3-5 minutes or until tender, Add the warrigal greens and spring onion. Toss, then pour in the stir fry sauce and mix through, Return the beef to the wok and toss.
6. Mix the cornflour with small amount of water in a small bowl, mix well, then add to the wok and cook until thickened slightly.
7. Serve with basmati or brown rice. Enjoy 😊

FOR ANYONE INTERESTED IN ANY OF OUR GROUPS-
PLEASE REACH OUT TO THE TEAM ON

MOBILE: 0409 731 923 OR **THE OFFICE:** 9540 8181

WE CAN WORK WITH YOU TO GAIN GP CONSENT FOR ANY
OF OUR GROUPS AND ACTIVITIES.

SESLHD-BULBUWIL@HEALTH.NSW.GOV.AU