

Winter warmers using seasonal fruit and vegetables

Sweet potatoes, beetroot, leeks, celery, pears and citrus fruits are all in season over winter and are at their best at this time of year. Seasonal fruit and vegetables are also cheaper and last longer.

- The [Love Food, Hate Waste](#) website has a pocket guide of seasonal fruit and vegetables to help you shop wisely or find healthy recipes.
- [Sydney Markets](#) also has some great guides for what's in season. The guides include recipes and tips such as how to use your vegetable trimmings to make a delicious stock.
- [Healthy Eating Active Living](#) has a range of seasonal recipes to try including baked potato with baked beans and vegies.



Use leftover vegetables to make stock.



Potato and leek soup.



Vegetable minestrone.



Winter fruit tray bake.

Find these recipes [here](#).

Tip of the month: Stay active over winter



Free zumba classes for families

Come down to Fairfield Youth and Community Centre for free zumba classes every Wednesday from 6.30pm to 7.30pm until 28 August. Walk-ins welcome.

Keeping physically active as a family in winter is important for good health but it's also a fun way to bond and spend time together.

Here are some activities to try:

- Involve the family in gardening with winter planting or maintaining the vegie patch. Salad greens, radishes, carrots and peas are all things you can plant now.
- Create obstacle courses indoors or outdoors.
- Put on some music and dance in your lounge room.
- Visit an indoor play or sports facility like indoor trampolining, climbing or ice skating.
- Check to see the activities running at local leisure or community centres. [LEARN MORE](#)



Healthy Family Bulletin

New “RSV” vaccination program to help young children

We know colds and flu are more common in winter but so is the infection caused by the virus known as RSV (Respiratory Syncytial Virus).

Symptoms of RSV include a runny nose, cough, sneezing and shortness of breath. Most people only get mild symptoms, and in most cases, parents can care for their sick child at home.

However, some babies are at higher risk of severe illness from RSV. This includes babies less than 12 months old, those with severe medical conditions, and babies who were born early (before 37 weeks) or with low birth weight.

These children can get very sick and may have to go to hospital. Infants at risk of severe illness from RSV can get vaccinated for free until September 2024. The hospital may contact you to say your infant is eligible to get this vaccine. To find out more, talk to your doctor or call the free 24-hour service Healthdirect on 1800 022 222.



[LEARN MORE](#)

Tackling the Challenge of men’s mental health



Topics of mental health and suicide are discussed

A collection of stories from men who have overcome many of life’s challenges is travelling around the region to get males talking about their mental health and to reach out and seek help, when they need it. Tackling the Challenge aims to remove the stigma of men’s mental health. It is a story of hope and recovery and features the portraits and personal journeys of 15 men. With Men’s Health Week coming up on 10-16 June, people can visit the exhibition at Lidcombe TAFE, at 73 East St, until 28 June. Other dates in 2024 include:

- Bankstown Library from 1-26 July.
- Narellan Library from 5-30 August.
- Wollondilly Library from 2-27 September.
- Ingleburn Library from 1-31 October.

To have the exhibition visit your area, email our [Mental Wellbeing team](#).





Healthy Family Bulletin

Free and fast breast screening service near you

It's easier for women over 40 to access a free and important health check with the Breast Screen NSW mobile clinics coming to Camden from 3 to 28 June and Wetherill Park until 19 July. Permanent breast screening clinics are also located at Bankstown Civic Tower, Bowral Specialist Centre, Campbelltown's Mawson Centre and at George St, Liverpool. A breast screen can save your life through the early detection of breast cancer, and before you or your doctor notice any changes. The friendly, female staff are ready to welcome you. Simply book online or phone 13 20 50. To learn more about breast screening and breast awareness in a variety of languages including Arabic, English and Vietnamese click here.



Watch the inspirational video: [Following in the Footsteps of My Sistas](#).

No butts about it, early detection saves lives

It's time to get to the bottom of Bowel Cancer Awareness Month in June. If detected early, bowel cancer can be treated successfully in most cases so people can continue to enjoy healthy lives. Bowel cancer can often develop without symptoms. This is why people aged 50 to 74 are encouraged to take a quick and easy test in the privacy of their homes every two years to protect themselves from bowel cancer. The test kit is available through the [National Cancer Screening Register](#).



What's on in June

World Environment Day
5 June. Join generation restoration [here](#).

World Blood Donor Day
14 June. Give a life-saving gift. [Read more](#).

World Elder Abuse Awareness Day
15 June. Protect your loved ones. [Learn more](#).

World Refugee Day
20 June. [Get involved](#).

