

Closing the Gap

in Western Sydney

In Western Sydney, Darug land, we are fortunate to have one of the largest populations of First Nations peoples in Australia.

Unfortunately, despite improvements to the life expectancy of First Nations peoples, Aboriginal and Torres Strait Islander children born in NSW between 2020-2022 are expected to live 6.8 years (males) and 5.9 years (females) less than non-Indigenous children¹. We need to take action and close the gap.

First Nations Services in Western Sydney

The Western Sydney Primary Health Network commissions programs that are co-designed and led by First Nations community groups. The aim is to help people access safe environments that promote self-confidence, build community and create connections to health and wellbeing care.

We currently work with the following amazing providers:

- **Aboriginal Counselling** – culturally sensitive therapeutic counselling for people who identify as Aboriginal and Torres Strait Islander. **Phone: 0410 539 905**
- **Baabayn Aboriginal Corporation** – helps families heal from inter-generational trauma, build resilience, and find healthy coping mechanisms. **Phone: 02 8608 6054**
- **Ted Noffs, Deadly Dreaming** – offers cultural activities for Aboriginal and Torres Strait Islander young people across six schools in Western Sydney. **Phone: 1800 151 045**
- **Marrin Weejali** – case management support for those experiencing alcohol and illicit substance misuse to achieve physical, social and emotional wellbeing. **Phone: 02 9628 3031**
- **The Shed** – a safe environment to access physical and wellbeing support and connect to mental health, Centrelink, housing, legal and therapeutic services. **Phone: 1300 550 099**
- **Too Deadly for Diabetes** – a free 10-week exercise, nutrition, education and behavioural change program for Aboriginal and Torres Strait Islander peoples who have, or are at risk of developing, type 2 Diabetes. **Phone: 0447 972 172**
- **Western Sydney Integrated Team Care** – supports Aboriginal and Torres Strait Islander community members with chronic health conditions to access physical, mental health and social care. **Phone: 02 8080 0522**

¹ Australian Government Productivity Commission (2024), Socio-economic outcome area 1: Aboriginal and Torres Strait Islander people enjoy long and healthy lives, Closing the Gap Information Repository, available at: pc.gov.au/closing-the-gap-data/dashboard/se/outcome-area1



Community Story

I was referred to the Western Sydney Integrated Team Care (ITC) program not knowing what support I was going to be able to get from them.

I had workers come and visit me and explain what they do. Although I have a few health problems, my focus was on housing support as I was in a pretty bad situation living in my mate's house which was about to be boarded up. The ITC workers always listened when I called in a frustrated and panicked state and provided advocacy and assistance with the Department of Housing when I felt there was no hope. I was able to secure temporary accommodation when the house got boarded up and now have a Department of Housing unit in the Penrith area. Now that I have my own place, I can focus on my health again. I will always remember the support Western Sydney ITC provided.

To find out more about First Nations health services in Western Sydney, head to wentwest.com.au/aboriginal-health