

# YERIN

Eleanor Duncan  
Aboriginal Health Centre



**Yerin Eleanor Duncan Aboriginal Health Centre is committed to providing effective health services to Aboriginal and Torres Strait Islander people that is culturally responsive.**

### OUR SERVICES

Social, Spiritual and Emotional Wellbeing

### World Immunisation Week

24 - 30 April

Yerin is committed to creating awareness amongst people in our community about the importance of getting timely vaccinations against vaccine preventable diseases.

Chat with one of our Nurses or GPs if you have any questions or would like to make an appointment

### Patient Survey Week

23 - 29 April

We want to provide the best possible experience for our patients.

Please fill out our short survey in our waiting room & tell us about your experience with Yerin!

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# TEAM UPDATE

Yerin Eleanor Duncan Aboriginal Health Centre would like to say Yaama to the following people who have joined Team Yerin recently!



**Rikki Smith**  
Primary Health  
Care Nurse



**Fay Kennedy**  
Transport  
Outreach  
Worker



**Lynette Shaw**  
ITC Nurse  
Co-Ordinator



**Kassie Bonner-  
Waia**  
Primary Health  
Care Nurse



**Rubi Bourke**  
Family Health  
Worker

## STAFF YOGA NIDRA AT YERIN

Thank you to Liz from the Yadhaba Wellbeing Team for supporting the social & emotional wellbeing of our staff at Yerin.

Each Wednesday staff are invited to spend 20 minutes in a deep and gentle meditation practice.

### Benefits of regular Yoga Nidra

- Rebalance excess stress in the body
- Soothe the nervous system
- Helps quieten the mind

## MARCH 8 - INTERNATIONAL WOMEN'S DAY

Supporters from around the world press forward for progressing gender equality and celebrating the achievements of women worldwide.

With this year's National NAIDOC Week theme "Because of Her, We Can", 2018 is truly the year of the woman!

At Yerin Eleanor Duncan Aboriginal Health Centre, we are so proud of the women in our local community for their tireless efforts to empower future generations of women.

We host monthly events for the Aboriginal women on the Central Coast, offering activities that strengthen their connection to culture and the community.

For more information about our monthly women's group, contact Bree or Kylie on 0243 511 040.





## TACKLING TOBACCO IN ABORIGINAL COMMUNITIES

.....

Yerin Aboriginal Health Services was proud to receive a recognition from Cancer Council Australia and the Aboriginal Health & Medical Research Council of NSW for our work to reduce the impact of tobacco-related illness within the Central Coast Aboriginal Community.

As a Champion, you will support other community members to reduce or stop smoking.

**If you are interested in becoming a Cessation Community Champion please contact Kylie at [kwheeler@yerin.org.au](mailto:kwheeler@yerin.org.au) or 02 4351 1040, or send a text message to 0412 544 774.**

Yerin is looking for

**SMOKING**



*Cessation Community Champions*

## BECOME A CESSATION COMMUNITY CHAMPION

.....

Do you want to help make a difference? Become a Cessation Community Champion and help us create a brighter future for our families and community!

This program aims to create awareness and support around smoking cessation. Those interested in participating will receive a welcome program and training pack.

Cessation Community Champions will be involved in supporting other community members including family to reduce or stop smoking.

**If you are interested in becoming a Cessation Community Champion please contact Kylie at [kwheeler@yerin.org.au](mailto:kwheeler@yerin.org.au) or 02 4351 1040, or send a text message to 0412 544 774.**

# OUT AND ABOUT

## CLOSE THE GAP MORNING TEA



## COLLABORATIVE GENPAED FORUM



## NSW COALITION OF ABORIGINAL ALLIANCES



## GURI GAMBU MENS GROUP



## YERIN WOMEN'S GROUP



APRIL	MAY	MAY	JUNE
<p><b>DATE:</b> 26 April</p> <p><b>TIME:</b> 10.30am – 12.30pm</p> <p><b>ACTIVITY:</b> Group discussion regarding Cultural Tour &amp; Overnight Stay</p> <p><b>LOCATION:</b> Eleanor Duncan Medical Centre</p>	<p><b>DATE:</b> 3 – 4 May</p> <p><b>TIME:</b> 10:00am – 12:30pm</p> <p><b>ACTIVITY:</b> Cultural Tour</p> <p><b>LOCATION:</b> Scout Camp – Kariong</p>	<p><b>DATE:</b> 31 May</p> <p><b>TIME:</b> 10:30am – 12:30pm</p> <p><b>ACTIVITY:</b> Basket Weaving</p> <p><b>LOCATION:</b> 61 Howarth St Wyong NSW 2259</p>	<p><b>DATE:</b> 28 June</p> <p><b>TIME:</b> 10:30am – 12:30pm</p> <p><b>ACTIVITY:</b> Wellbeing Workshop</p> <p><b>LOCATION:</b> 61 Howarth St Wyong NSW 2259</p>

Please RSVP prior to each group activity

Organisers: Bree & Kylie | 02 4351 1040 | 0413 973 229

## YERIN MEN'S GROUP



APRIL	MAY	JUNE
<p><b>DATE:</b> 20 April</p> <p><b>TIME:</b> 12.00pm–3.00pm</p> <p><b>ACTIVITY:</b> Discuss Risky Drinking &amp; Reducing Smoking</p> <p><b>LOCATION:</b> Nunyara Gosford</p>	<p><b>DATE:</b> 18 May</p> <p><b>TIME:</b> 12.00pm–3.00pm</p> <p><b>ACTIVITY:</b> Oral Hygiene</p> <p><b>LOCATION:</b> Yerin MPB Wyong</p>	<p><b>DATE:</b> 15 June</p> <p><b>TIME:</b> 12.00pm– 3.00pm</p> <p><b>ACTIVITY:</b> Lawn Bowles Topic Prostate Cancer</p>

Please RSVP prior to each group activity

Organisers: Brett, Denver & Ryan | 02 4351 1040 | 0412 729 708 | 0400 511 174 | 0421 978 906



This painting depicts men's business. The men sharing their knowledge amongst each other. The feet represent dancing after an idea is agreed upon. The small boomerangs represent all the men at the men's business. The weapons represent the knowledge they share amongst each other.

# NOTICEBOARD



## DID YOU KNOW?



Yerin is now a registered NDIS Provider!

Our Disability Linking Worker provides links with community and organises direct participant support. Linking with our mainstream supports, services and therapies to meet individual needs of participants to assist them to achieve their goals.

For more information on eligibility, and if you have any questions about NDIS, please phone Ashleigh Stevens – Disability Linking Worker on **02 4351 1040** option #2.



Registered  
Provider



## ASK US ABOUT WORK DEVELOPMENT ORDERS

If you have outstanding fines you may be eligible to apply for a Work Development Order.

Call **02 4351 1040** today.



## SPEECH THERAPIST

Brooke Crawford is available every Thursday.

Speak to our friendly reception staff about an appointment.

## PREGNANCY YOGA

9 April

Lakelands Community Centre, 3 Literary Close, Kanwal

Cost: Free

Contact Liz or Jamie on 02 4351 1040 to book.

Connect with your baby at Pregnancy Yoga. These gentle, relaxing and safe classes will support your preparation for birth.

No previous experience needed. Just bring yourself and wear comfy clothes. (mats supplied)



## Gudjagang Pregnancy Group



## Gudjagang Baby and Child Group

Contact Jamie or Bree on **02 4351 1040** for more information

## ARE YOU EXPECTING?

A midwife is available at Eleanor Duncan Aboriginal Health Clinic to provide you with professional support and guidance throughout your pregnancy and birth.

For more information or to book an appointment contact Kim Raveneau

**P 02 4351 1040 | M 0434 100 656**

## INTEGRATED TEAM CARE - CHRONIC DISEASE SUPPORT

.....

Yerin Aboriginal Health Service provides nursing and transport support to help Aboriginal and Torres Strait Islander people to manage their chronic health issues.

The ITC program offers:

- Nursing support - tips to manage your condition, help explain treatment options and set your own goals
- Transport assistance to and from health appointments
- Provides financial support for health appointments and access to medical aids
- Supports you in maintaining your independence

If you are interested in accessing this program, please speak to your GP or Practice Nurse about a referral to the ITC program. An active or current care plan document is all you need to access the program. If you don't have a current GP, please ring Yerin on 02 4351 1040 or go to the Yerin website (for self-referral) [www.yerin.org.au](http://www.yerin.org.au)

Do you have a  
Chronic Disease?  
Do you live on  
the Central Coast?  
Do you identify as Aboriginal  
or Torres Strait Islander?  
If so you may be eligible to  
become an Integrated Team  
Care (ITC) client.



# Early detection can save your life.

Book your BreastScreening today at Yerin.  
Phone 02 4351 1040 to make your appointment

SAVE THE DATE!

## NAIDOC WEEK – 8–15 JULY 2018

The theme for NAIDOC Week 2018 is 'Because of her, we can!'



Darkinjung Local  
Aboriginal Land Council

### Family Fun Day

Wednesday 11 July 2018

Darkinjung Local  
Aboriginal Land Council

### NAIDOC Week Golf Day

Friday 13 July 2018

Nunyarra Aboriginal  
Health

### Central Coast NAIDOC Community Day

Thursday 12 July 2018

Make sure you save the date for these community events and join us as we celebrate NAIDOC Week!



## YERIN

Eleanor Duncan  
Aboriginal Health Centre

### HOURS OF BUSINESS

**MONDAY - FRIDAY** 9am-5pm

Suites 8 & 9, 36 Alison Rd cnr Margaret St, Wyong NSW 2259  
PO Box 466, Wyong NSW 2259

**P** 02 4351 1040      **F** 02 4351 1037

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

 @yerinedahc

**Operations Manager**  
Paul Hussein

**Chief Executive  
Officer**  
Belinda Field

**Acting Practice  
Manager**  
Jessica Wheeler

**Clinic Lead**  
Carisa Cook