



# YERIN

Eleanor Duncan  
Aboriginal Health Centre

## MESSAGE FROM THE CEO

Happy New Year and Yaama to 2018.

It is a great privilege to thank our community and staff for being such a dynamic mob!

Yerin Eleanor Duncan Aboriginal Health Services will continue to work hard in 2018 with our community and partners to ensure our community is connected to the right people with the right service at the right time with the right provider across whatever services are required.

We will continue to build on the successes of 2017.

Some of the key initiatives and targets for 2018 are;

- Health Care Homes
- NDIS
- Youth (Risky Drinking)
- Women’s Business (Breast & Cervical Screening)
- Men’s Business (Prostate Screening & Health Checks)
- Don’t Quit Quitting (Smoking Cessation)
- Sub Committees - Community Empowerment Committee, Health Care Quality Committee & Audit, Risk and Finance Committee

We strongly encourage our whole community follow us on Instagram and to LIKE and check out our Facebook page and website for community engagement events, forums and general health information so you can actively participate in ‘Our Health Our Way’. Taking care of your own health is important and empowering – make healthy normal!

Have a wonderful year, and I hope to see you when you visit our wonderful Eleanor Duncan Aboriginal Health Centre.

**Belinda Field**  
CEO



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# NEW ADDITIONS TO TEAM YERIN!

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

- Claire Burnett Casual Practice Nurse
- Denise Markham Integrated Team Care Program Team Member
- Georgee Moore Yadhaba Wellbeing Team Leader
- Ashleigh Stevens Disability Linking Worker
- Liz Poole Social Worker
- Pam Simon Yadhaba Wellbeing Worker
- Sarah Collis Integrated Team Care Team Leader



Claire



Sarah



Denise



Liz



Ashleigh

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 Paul or Ryan at Yerin or email [Paul@yerin.org.au](mailto:Paul@yerin.org.au) or [rfield@yerin.org.au](mailto:rfield@yerin.org.au)**

## YERIN WOMEN'S GROUP

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p><b>DATE:</b> 25 January</p> <p><b>TIME:</b> 10.30am- 12.30pm</p> <p><b>ACTIVITY:</b> Smoking Ceremony &amp; Morning tea</p> <p><b>LOCATION:</b> Yerin-Eleanor Duncan Aboriginal Health Centre</p>	<p><b>DATE:</b> 22 February</p> <p><b>TIME:</b> 10.30am- 12.30pm</p> <p><b>ACTIVITY:</b> Healing Workshop - Loneliness with Oomera &amp; RO</p> <p><b>LOCATION:</b> 61 Howarth St Wyong NSW 2259</p>	<p><b>DATE:</b> 29 March</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> 26 &amp; 27 April</p> <p><b>TIME:</b> 10.30am- 12.30pm</p> <p><b>ACTIVITY:</b> Cultural Tour &amp; Overnight stay at Broken Bay</p> <p><b>LOCATION:</b> Central Coast &amp; Broken Bay</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> Pamper Session</p> <p><b>LOCATION:</b> Ourimbah Tafe</p>

**Please RSVP prior to each group activity**

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

## YERIN MEN'S GROUP

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p><b>DATE:</b> 25 January</p> <p><b>TIME:</b> 10.30am- 12.30pm</p> <p><b>ACTIVITY:</b> Smoking Ceremony &amp; Morning tea</p> <p><b>LOCATION:</b> Yerin-Eleanor Duncan Aboriginal Health Centre</p>	<p><b>DATE:</b> 16 February</p> <p><b>TIME:</b> 12.00pm- 3.00pm</p> <p><b>ACTIVITY:</b> Fishing</p> <p><b>LOCATION:</b> The Entrance</p>	<p><b>DATE:</b> 16 March</p> <p><b>TIME:</b> 12.00pm- 3:00pm</p> <p><b>ACTIVITY:</b> Combined Men's Group</p> <p><b>LOCATION:</b> Woy Woy Waterfront</p>	<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.



# OUT AND ABOUT

## YERIN – ELEANOR DUNCAN CHRISTMAS PARTY





# ULURU STATEMENT FROM THE HEART

Community had the opportunity to hear about the Uluru Statement from the Heart. Thank you to Sean Gordon for sharing this great piece with us all.

*We, gathered at the 2017 National Constitutional Convention, coming from all point of the southern sky, make this statement from the heart:*

*Our Aboriginal and Torres Strait Islander tribes were the first sovereign Nations of the Australian continent and its adjacent Islands, and possessed it under our own laws and customs. This our ancestors did, according the reckoning of our culture, from the Creation, according to the common law from 'time immemorial, and according to science more than 60,000 years ago.*

*This sovereignty is a spiritual notion: the ancestral tie between the land, or 'mother nature', and the Aboriginal and Torres Strait Islander people who were born therefrom remain attached thereto, and must one day return thither to be united with our ancestor. This link is the basis of the ownership of the soil, or better, of sovereignty. It has never been ceded or extinguished, and co-exists with the sovereignty of the Crown.*

*How could it otherwise? That peoples possessed a land for sixty millennia and this sacred link disappears from work history in merely the last two hundred years?*

*With substantive constitutional change and structural reform, we believe this ancient sovereignty can shine through as a fuller expression of Australia's nationhood.*

*Proportionally, we are the most incarcerated people on the planet. We are not an innately criminal people.*

*Our children are alienated from their families at unprecedented rates.*

*This cannot be because we have no love for them. And our youth languish in detention in obscene numbers. They should be our hope for the future.*

*These dimensions of our crisis tell plainly the structural nature of our problem. This is the torment of our powerlessness.*



*We seek constitutional reforms to empower our people and take a rightful place in our own country. When we have power over our destiny our children will flourish. They will walk in two worlds and their culture will be a gift to their country.*

*We call for the establishment of a First Nations Voice enshrined in the Constitution.*

*Makarrata is the culmination of our agenda: the coming together after a struggle. It captures our aspiration for a fair and truthful relationship with the people of Australia and a better future for our children based on justice and self-determination.*

*We seek a Makarrata Commission to supervise a process of agreement-making between governments and First nations and truth-telling about our history.*

*In 1967 we were counted, in 2017 we seek to be heard. We leave base camp and start our trek across this vast country. We invite you to walk with us in a movement of the Australian people for a better future.*

# 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



## JOIN OUR KNITTERS BLANKET CLUB

Knitted and crocheted blankets will be donated to families in need. For further information contact Kim or Kylie on **02 4351 1040**.



## FINANCIAL COUNSELLING

Financial counselling with Fiona is available each month. Speak to our friendly reception staff for further information.



## 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.



## Gudjagang Pregnancy Group

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



## Gudjagang Baby and Child Group

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



# BE WATER WISE THIS SUMMER



Kids need constant supervision around water – whether the water is in a bathtub, a wading pool, an ornamental fishpond, a swimming pool, a spa, the beach or a lake.



## WATER SAFETY OUTDOORS



Supervise your child at all times



Ensure pool gates and fences are secure and in working order



Always stay within arm's reach of your child when he or she is in or near water



Gates should be self-closing and self-latching, and the latch should be out of kids' reach



## WATER SAFETY AT THE BEACH



Only take your child to beaches with life-saving patrol



Teach your child what to do if they get into trouble: remain calm, float and raise an arm to signal to lifesaver or lifeguard.



Make sure you and your child swim between the red and yellow flags.

## STAY WELL HYDRATED



Don't forget to drink water to prevent dehydration on those really hot summer days.



# 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 and 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.



## 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