



# YERIN

Eleanor Duncan  
Aboriginal Health Centre

## YERIN GP OUTREACH CLINIC

Yerin Eleanor Duncan Aboriginal Health Centre runs a GP Outreach Clinic on Tuesdays and Thursdays at the Nunyara Aboriginal Health Unit at Gosford Hospital.

Services provided include primary medical care, chronic disease care, hospital liaison, pregnancy, child and family health.

The GP in attendance is Dr Druce with leave relief being covered by Dr Palmqvist.

**For more information about our Outreach Clinic or to make an appointment, please contact Yerin EDAHC on (02) 4351 1040.**

## INTEGRATED TEAM CARE CHANGES

Our Integrated Team Care (ITC) Program is now known as

**Gurayi-Biyn Yadha**  
*"You Mob are well"*

Keep an eye out for our new logo design coming soon.

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## TEAM UPDATE

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As Yerin Eleanor Duncan Aboriginal Health Centre continues to grow and expand, so do our Team's responsibilities. Please join us in congratulating Paul & Georgee!



**Paul Hussein**  
Moved to  
Business Manager



**Georgee Moore**  
Moved to  
Programs Manager

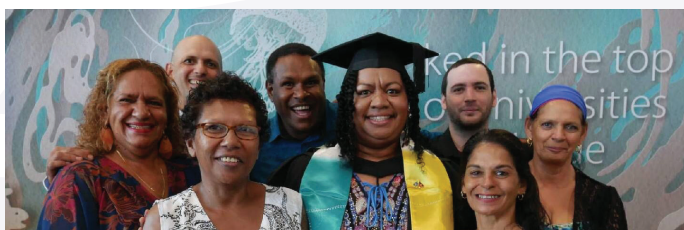


## INTERNATIONAL DAY OF NURSES

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Our Midwife and Nurses were presented with flowers and a Certificate of Appreciation at an afternoon tea to show our appreciation for all the work they do.

We can't thank you enough for all the hard work you do.



## WELL DONE KASSIE!

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Congratulations to Kassie Waia who has graduated with a Bachelor of Nursing from Charles Darwin University.

Kassie is one of our clinic Nurses, and we are very proud of her achievement.

Well done Kassie from all of us at Yerin.



## NATIONAL SORRY DAY

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A number of non-Aboriginal staff coordinated a wonderful morning tea to say sorry and acknowledge past atrocities, but also acknowledging our strengths and resilience as First Nations people.



## CASTLE PERSONNEL SERVICES CAR WASH

.....

In collaboration with Castle Personnel Services, Yerin has engaged with their team to provide car washing for our cars.

Thank you to all the young people providing this service, and a shout out to Greg Fraser for organising.

# YAMURRAH CULTURAL SUPERVISION

As part of the Strategic Plan and direction, Yerin provides regular clinical and cultural supervision to all its staff to help them with reflective practice, connecting with cultural frameworks and enhancing worker wellbeing and sustainability in the workplace. The supervision is provided by Yamurrah, an Aboriginal owned service, that provides supervision, counselling, training, project management and conducts research. All practitioners who provide supervision are Aboriginal clinicians who specialise in culturally safe trauma informed practise and Aboriginal healing frameworks, as well as clinical codes, such as social work and psychology. Testimonials from some of the Yerin staff about their experience are noted below:

*"I look forward to attending supervision monthly, I've never experienced anything like this in prior employment. Its personal, makes me feel supported, grounded and able to let things out I can't normally do with anyone, in a safe environment. I can always put guidance into practise after walking away from my sessions and put them into practise both in work and home environment. I appreciate all your help, guidance and just having someone to listen to me...thanks"*

**- Jo**

*"Supervision is a very enriching experience for me and helps re-motivate me and refocus. It meets my needs and is beneficial and helps me think more about challenges, how to work through these and think about how to address and improve practise. It reminds me to practise self-care and helps me connect culturally and feel grounded."*

**- Frances**

*"Supervision is a must for me, giving me the advice and view on what I'm doing both professionally and personally. Knowing that everything I speak about during my supervision is confidential and I can speak confidently about things that may or may not be going to plan in life for me at this time, giving me a chance to reflect on my actions and give me a clear vision*

*of what it is I want out of the things I am doing in the present time. It also gives me a chance to debrief and talk about problems I may be facing at this point in time to avoid work overload and burnout"*

**- Brett**

*"I have had supervision previously, but I really like the way (Yamurrah supervision), gets to know you personally, culturally and sees beyond just the worker role...it's a holistic framework... connecting the personal with work and personal reflective practise...I always feel acknowledged and the whole story is understood...I feel valued in a work and cultural context, which means I have more awareness and insight into responses, ways to improve work practise and has positive impacts on both work and home. Supervision allows for my cultural history to be shared in a culturally safe environment. Thank you"*

**- Georgee**

*"Supervision gives me renewed energy and strength. At times being the CEO and having to make tough decisions can be exhausting! Given my own lived experience compounded by sharing my team and community's experiences, find myself culturally fatigued! Supervision with Yamurrah ensures this fatigue doesn't stay with me for too long.*

*The Yamurrah team provide such a unique space for healing, growth and cultural safety"*

**- Belinda F**



# YERIN WOMEN'S GROUP

Please RSVP to Bree & Kylie prior to each group activity

Phone: 02 4351 1040 | 0413 973 229

JUNE	JULY
<p><b>DATE:</b> 28 June</p> <p><b>TIME:</b> 10.30am – 12.30pm</p> <p><b>ACTIVITY:</b> Healing Discussion</p> <p><b>LOCATION:</b> Yerin EDAHC – 36 Alison Rd, Wyong</p>	<p><b>DATE:</b> 26 July</p> <p><b>TIME:</b> 10.30am – 12.30pm</p> <p><b>ACTIVITY:</b> To be announced</p> <p><b>LOCATION:</b> Yerin EDAHC – 36 Alison Rd, Wyong</p>

# YERIN MEN'S GROUP

Please RSVP to Brett, Denver & Ryan prior to each group activity

Phone: 02 4351 1040 | 0412 729 708 | 0400 511 174 | 0421 978 906

Fridays 11am – 4pm

20 July

31 August

28 September

30 November

December meeting TBA  
(Combined Christmas Gathering)

**VENUE:**

Mangrove Mountain Shops  
Waratah Road, Mangrove Mountain

**PICK UP POINTS:**

Bara Barang Corporation, 3 Mann Street, Gosford  
Yerin EDAHC, 36 Alison Rd, Wyong



**Gulgul-ba Women's Group**  
"I am very Strong"

The circle symbolises women coming together with the flowers, representing growth and to blossom.

**Guri Gambu Men's Group**

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



**YERIN**

Eleanor Duncan  
Aboriginal Health Centre

## BECOME A YERIN MEMBER

Want to have a say in how Yerin is run?

Want to participate in Yerin's Board election?

Want to connect more with the local Aboriginal and Torres Strait Islander community?

If YES, then become a Yerin member!

Jump on our website at [www.yerin.org.au](http://www.yerin.org.au) to download a form and email it back to [feedback@yerin.org.au](mailto:feedback@yerin.org.au) or ring for an application to be mailed to you.



## Gudjagang Pregnancy Group

## Gudjagang Baby and Child Group

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



## PHYSIOTHERAPIST

Ricky available each week.  
Speak to our friendly reception  
staff for further information.



## DROP-IN CLINICS FOR FLU VACCINATIONS

We are offering free flu  
vaccines from the age of  
six months.

For more information about  
the vaccine and clinic times and  
dates, please contact Reception  
on 02 4351 1040.



## 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.




# Yerin Fit

## Join the FREE Health & Wellbeing Program with Coastal Performance Training

This program will be run in a small group setting, providing a structure and format for maximum results, within a supportive and unique team environment.

For more information, contact Yerin Aboriginal Health Services on 02 4351 1040.

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- WHERE** Coastal Performance Training,  
5-9 Apprentice Drive, Berkeley Vale
- COST** Free for current patients of Yerin Eleanor Duncan  
Aboriginal Health Centre
- RSVP** To join this free program, contact Kylie Wheeler  
on 0412 544 774

**Tuesday and Thursday**

**7:00am - 8:00am**

**8:30am - 9:30am**

# OUT AND ABOUT

## KOOLORA PRESCHOOL – TEACHING GUDJAGANGS ABOUT ORAL HEALTH



## GOSFORD HOSPITAL – MATERNITY SERVICES WELCOMING CEREMONY





# BECAUSE OF HER, WE CAN!

8-15 JULY 2018

**NAIDOC WEEK 2018 will celebrate the invaluable contributions that Aboriginal & Torres Strait Islander women have made – and continue to make – to our communities, our families, our rich history and to our nation. We have asked some of our local community members what this year’s theme “Because of Her, We Can” means to them.**

“Because of her, we can, is a tribute to all Indigenous women who have played and continue to play a crucial role in the lives of us all. This year’s NAIDOC theme is a massive milestone in history.



*Gender inequality is still a prevalent issue among us, but this year’s theme recognises the important roles women have always played in every aspect of life. We are the glue in our family and the healers of the hurt. Our elder women nurture and grow our young. Women are a solid foundation to keep us grounded.*

*Because of her, we can. We can have opportunities, we can voice our opinions and we can continue to build stronger communities. My life, my journey and my experience as an Indigenous woman has been guided by such strong, resilient and passionate women that because of her – Mothers, Sisters, Aunties, Elders – I CAN. – Maddie*

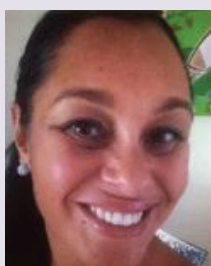


Maria Toomey was born in Gilgandra Hospital in 1956 to Vera “Pinky” Toomey. Her Grandmother is Brighty Goolagong. Maria celebrates these two women this NAIDOC.



*This year’s NAIDOC theme brings a lot of memories back to me personally of my Mother and Grandmothers. Growing up in one of the most racist country towns in Australia and learning and listening to my Mother and Grandmother’s stories of not only themselves but our people and how they survived grouping up on a Mission and on the land against racial inequality. The Women are our Matriarchs. They keep the family strong and together with their resilience and love, no matter what. My Grandmother Josephine was a leader in our community, respected for her humility and wisdom. My mother Coral Joy learned from her Mother and Grandmother. She*

*had the same qualities of strength, courage and wisdom. My mother could go to school to the year 5/6 equivalent. But she went back to school to complete her Year 12 through TAFE after raising 8 children... to prove she could do it! The National ABC Television made a documentary about my mum and dad as one of the first Aboriginal families to build their own home, which still stands today and that’s why “Because of her, I can” do the things I am doing. – Kevin*



*All creation comes from women, every step I make or have made come from the strength of women. Women like my mother, my nan, my aunties and women’s circle of solidarity. Women who have inspired and supported me. Some I don’t know. I carry the legacy and responsibility to do my bit now, because I have already been paid for by my ancestors and women who fought for me. Because of them, I can and I will pay it forward for someone I may never know, a great-grandchild perhaps or a young woman somewhere. I will plant seeds the same way seeds have been planted by women in my life. Because of her, we can! - Rowena*



# NAIDOC WEEK 2018 FAMILY FUN DAY



## WEDNESDAY 11 JULY

9am - 3pm

Barker Park | Ithome Street & Warner Avenue Wyong

Rides | BBQ Lunch | Raffles | Entertainment from Snowy Robinson  
Kids Activities | Netball | Elders Activities | Plus much more

To register for the NAIDOC Week netball competition, go to:

[www.trybooking.com/book/event?eid=388160](http://www.trybooking.com/book/event?eid=388160)

Registration closes 4 July 2018. Mixed teams only.

No registrations taken on the day of the event.

**REGISTER FOR OUR  
ANNUAL NETBALL COMP  
BY 4 JULY**

# NAIDOC WEEK 2018 GOLF DAY



### TICKETS

\$50.00 adult

\$40.00 child (16 & under)

Booking fee:  
\$0.30 per ticket

Join us on the green for our  
annual NAIDOC Golf Day!

## FRIDAY 13 JULY

Wyong Golf Club | 319 Pacific Hwy Wyong  
Breakfast 6am | Tee-off 7am (shot gun start)

**Includes:** BBQ breakfast, green fees, lunch, NAIDOC shirt and cap

To purchase tickets, go to:

[www.trybooking.com/book/event?eid=385222](http://www.trybooking.com/book/event?eid=385222)

To book your golf cart, please contact Darkinjung at  
[darkinjung@dlalc.org.au](mailto:darkinjung@dlalc.org.au) or call (02) 4351 2930. Costs are additional  
to registration fees. Preference for carts will be given to Elders and  
members.

Send your team name to [megan.wilk@dlalc.org.au](mailto:megan.wilk@dlalc.org.au)  
with a copy of the payment receipt.

NAIDOC Mixed Touch Footy Day 2018



8:30am (9am kick-off)

Woongarrah Oval  
Hakone Rd, Woongarrah

BBQ lunch provided

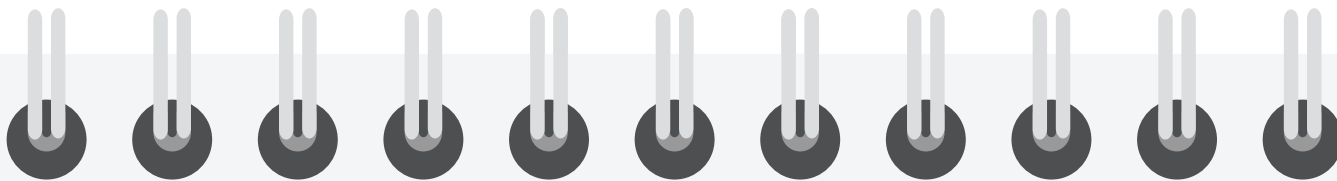


**Come together with family, friends  
and community for a fun filled day**

**Thursday 12th July 2018 | 10am to 3pm  
The Entertainment Grounds, Gosford Racecourse**

Community stalls | Free lunch | Petting zoo  
Face painting | Jumping castles | Entertainment  
+ much more...

# HEALTHY TUCKER FOR DIABETES



There is no special diet for diabetes. The best advice is to eat a healthy balanced diet. The tips below can help you make good choices:

- ✓ Eat a variety of foods each day from the core food groups including: fruit, vegetables and legumes, reduced fat dairy foods, wholegrain breads and cereals, lean meat/chicken/fish/eggs.
- ✓ Have regular meals. This means have breakfast, lunch and dinner every day.
- ✓ Know the foods that contain carbohydrates and include at least one of these foods at each meal- a dietitian can help with this.
- ✓ If you are overweight, take steps to lose weight. Even a small amount of weight loss can help your health and diabetes.
- ✓ Limit food and drinks high in sugar including lollies, chocolate, ice-cream, cakes, biscuits, soft drink and cordials.
- ✓ Reduce fat intake by limiting deep fried and battered foods, pastries, cakes, biscuits and take-away food.
- ✓ Limit your alcohol to 2 standard drinks per day.
- ✓ Exercise daily.

## HEALTHY CARBOHYDRATE FOODS



Wholegrain bread

Starchy vegetables



Legumes



Breakfast cereals



Fruit



Pasta, rice and noodles



Dairy foods

**ABORIGINAL PEOPLE ARE THREE TIMES MORE LIKELY TO HAVE DIABETES THAN NON-ABORIGINAL PEOPLE**

# BECOME A SMOKING 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!

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.**

## SECOND HAND SMOKE IS HARMFUL

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Children exposed to smoke are at a 50 to 100% higher risk of acute respiratory illness

#stoptobacco



.....  
If you're looking for support to quit smoking, please join our Gudja Garawan (Bad Smoke) group on Facebook and come along to one of our upcoming meetings.  
.....



Gudja Garawan  
**DON'T QUIT  
QUITTING**



## OUR LOGO



Yerin's logo was created by local artist Kylie Cassidy.

The three rings symbolize meeting places, and these represent Yerin, the Dhunggan Gudjagang Cottage and the Eleanor Duncan Aboriginal Health Centre. The magenta dot work around the meeting place symbols represent the Yerin staff who work for our community. The yellow wavy line represents how Yerin reaches out into the community and the purple dot work around this line represents our community members. The solid purple line is the river and coast line of the Central Coast.



## 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

@yerinAHS

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Jessica Wheeler

**Clinic  
Lead**

Carisa Cook

**Programs  
Manager**

Georgee Moore