



YERIN

Eleanor Duncan
Aboriginal Health Centre

KIDNEY HEALTH WEEK 2018

5 - 11 March 2018 is Kidney Health Week, which raises awareness about kidney health across Australia.



One in three people living in Australia is at increased risk of kidney disease, and 90% of kidney function can be lost without experiencing any symptoms.

AUSTRALIANS AT RISK OF DEVELOPING CHRONIC KIDNEY DISEASE (CKD) INCLUDE THOSE WITH:



AND THOSE WHO ARE OF ABORIGINAL AND TORRES STRAIT ISLANDER ORIGIN



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If you have any concerns or questions about your kidney health, speak with our Aboriginal Health Worker, Nurse or GP.

TEAM UPDATE



FAREWELL DR LIVERMORE

Yerin says farewell to Dr Colette Livermore as she enters retirement.

From everyone at Yerin Eleanor Duncan Health Centre, we would like to extend our thanks to Dr Livermore for her passion and commitment to our Community and wish her all the best in her next adventure.

WELCOME MARISSA

Yerin Eleanor Duncan Aboriginal Health Centre would like to say Yaama to Marissa Gibbs.

Marissa joins the Yadhaba Wellbeing Team. Welcome Marissa!

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 or rfield@yerin.org.au

YERIN WOMEN'S GROUP



MARCH	APRIL	MAY	JUNE
<p>DATE: 29 March</p> <p>TIME: 10.30am-12.30pm</p> <p>ACTIVITY: Basket Weaving</p> <p>LOCATION: 61 Howarth St Wyong NSW 2259</p>	<p>DATE: 26 April</p> <p>TIME: 10.30am-12.30pm</p> <p>ACTIVITY: Group discussion regarding Cultural Tour & Overnight Stay</p> <p>LOCATION: Eleanor Duncan Medical Centre</p>	<p>DATE: 31 May</p> <p>TIME: 10:30am-12:30pm</p> <p>ACTIVITY: Basket Weaving</p> <p>LOCATION: 61 Howarth St Wyong NSW 2259</p>	<p>DATE: 28 June</p> <p>TIME: 10:30am-12:30pm</p> <p>ACTIVITY: Pamper Session</p> <p>LOCATION: Ourimbah Tafe</p>

Please RSVP prior to each group activity

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

YERIN MEN'S GROUP



MARCH	APRIL	MAY	JUNE
<p>DATE: 16 March</p> <p>TIME: 12.00pm-3:00pm</p> <p>ACTIVITY: Combined Men's Group</p> <p>LOCATION: Woy Woy Waterfront</p>	<p>DATE: 20 April</p> <p>TIME: 12.00pm-3.00pm</p> <p>ACTIVITY: Discuss Risky Drinking & Reducing Smoking</p> <p>LOCATION: Nunyara Gosford</p>	<p>DATE: 18 May</p> <p>TIME: 12.00pm-3.00pm</p> <p>ACTIVITY: Oral Hygiene</p> <p>LOCATION: Yerin MPB Wyong</p>	<p>DATE: 15 June</p> <p>TIME: 12.00pm- 3.00pm</p> <p>ACTIVITY: 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.

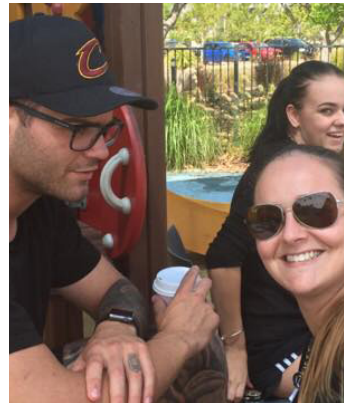
OUT AND ABOUT



JOURNEY OF SURVIVAL



Training for Yerin Eleanor Duncan Teams with NSW Health Education Centre Against Violence



FINANCIAL GOVERNANCE TRAINING WITH OUR WESTPAC PARTNERS



SETTING OUR 2018 LEADERSHIP GOALS WITH THE PEOPLE MECHANIC



YERIN MEN'S GROUP FEBRUARY – FISHING AT THE ENTRANCE



LAUNCH OF YERIN MEN'S & WOMEN'S GROUPS



JANUARY 2018 SNAPSHOT

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Here's a glimpse of what the Yerin Eleanor Duncan Aboriginal Health Centre team achieved in the first month of 2018!



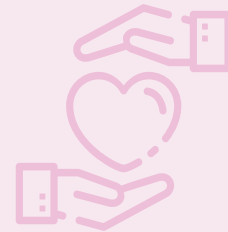
We registered 87 new patients!



EDAHC team completed 45 715 health checks for our mob aged 0-25 and 29 for our mob aged 26-90



Our EDAHC and Yadhaba team conducted 9 Mental Health Treatment Plans for our mob aged 0-25



Our teams conducted 1,297 episodes of care for our Aboriginal and Torres Strait Islander patients



DID YOU KNOW?

.....

You can have your breasts screened at any time of the year? It is important to regularly get your breast screened.

Last year we had had a hugely successful breast screening day where over 40 local Aboriginal women hopped on our Breast Screening Bus to BreastScreen NSW at Erina.

Early detection can save your life!



THANK YOU

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Thank you to Rowena Lawrie and Oomera Edwards for hosting the second Women's Group for 2018.

The topic of the Healing Workshop was "Loneliness"

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.



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**.



QUESTIONS ABOUT DIABETES?

Our Diabetes Educator, Libby, is available the last Tuesday of each month.

Speak to our friendly reception staff about an appointment



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



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

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.



SWIM SCHOOL SUCCESS

Yerin received funding from Swim Australia last year for 40 children to participate in a 12 week learn to swim program.

Starting in October 2017, the lessons were held at the YMCA Swim School Tuggerah and ended in January of this year.

We would like to send a big thank you to the YMCA Swim School team leader Natalee, swim instructors Mel, Jodie and Beck, all the Yerin workers and volunteers and all the partners that were committed to the program.

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

Nunyara 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

 @yerinedahc

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