



YERIN

Eleanor Duncan
Aboriginal Health Centre

YERIN NEWS | Edition 10 | November 2018

YERIN ABORIGINAL HEALTH SERVICES LIMITED

ANNUAL GENERAL MEETING 2018

WHEN

Friday 16 November 2018

WHERE

Tasman Room,
Mingara Recreation Club
12-14 Mingara Drive, Tumbi Umbi

TIME

6:00pm - 8:00 pm

Dinner will be provided

RSVP by Friday 9 November 2018

To RSVP and provide dietary requirements,
please contact Jo Stevens on 02 4351 1040 or
JStevens@yerin.org.au

WHAT'S INSIDE?

.....

Yerin Eleanor Duncan Dental Services Launch	2
Team Update	2
Out and About	3
Permanency Support Program Launch	4
Yerin Eleanor Duncan Aboriginal Dental Services	5
Community Health Expo	6
Pink Day	6
Autism Community Workshop	7
Carers Retreat At Gosford Hospital	7
Noticeboard	8
Women's & Men's Group	9
Annual Community Christmas Party	10
Get Yerinfitt This Summer	10
Healthy Tucker For Diabetes	11
Meet Our Mob	12

EXPRESSION OF INTEREST

Yerin's Community Empowerment Steering Committee

We have openings for two Community Members to join

For more information and/or to obtain an application pack, please contact Jo Stevens on 02 4351 1040 or JStevens@yerin.org.au

YERIN ELEANOR DUNCAN DENTAL SERVICES LAUNCH

We have launched Yerin Eleanor Duncan Dental Services in partnership with Wyong Central Coast Health.

We are so proud of our new Clinic opening to our mob, offering them cultural and holistic care with dental treatments and oral hygiene, servicing the Darkinjung Community.

A special thanks to Uncle Gavi for his beautiful mural within the clinic and for welcoming the new service to the community with a Smoking Ceremony.

Well done to all involved! We will be celebrating with an official launch very soon.



TEAM UPDATE

The following staff have joined the Permanency Support Program Team:

- Emma Stevens**
Administration Support
- Jasmine Ingram**
Family Contact Worker

STAFF TRAINING



Staff of Yerin Eleanor Duncan Aboriginal Health Centre and some community participated in health promotion around HIV prevention and support and LGBTIQ+ health.

OUT AND ABOUT

CULTURAL IMMERSION ON DARKINJUNG COUNTRY



ABORIGINAL HEALTH & MEDICAL RESEARCH COUNCIL OF NSW AGM & MEMBERS MEETING



GURI GAMBU MEN'S GROUP GATHERING



BARUDIR YOUTH WORKSHOP



PERMANENCY SUPPORT PROGRAM LAUNCH

Ngaliya - meaning "We - You and I"



In October, we launched our Permanency Support Program (Out Of Home Care) and welcomed our first carers with an information session hosted by Monak Morris (AbSec Ambassador) and Dr Datta (Yerin Eleanor Duncan Aboriginal Health Centre Paediatrician).

Yerin recognises the need to provide placements for children and young people that give them a sense of safety, stability, security and permanency.

The best and preferred place for children and young people to live is in a safe and nurturing family environment, with their own parents where possible.

We support the principle that for children and young people who cannot live with their parents, long-term foster care may not be in their best interests and that restoration or long-term care with family or kin is a better option.

Yerin will endeavour to include all family members and explore all available options to provide a space in which they feel physically and emotionally safe.

We are the first Aboriginal organisation on the Central Coast to provide Permanency Support for our kids on Darkinjung Country.

For more information about our Permanency Support Program (Ngaliya), please call us on (02) 4351 1040.

YERIN ELEANOR DUNCAN ABORIGINAL DENTAL SERVICES

Gulgul Yira - meaning "Strong Teeth"



Our new Dental Clinic offers all general dentistry including:

- Extractions
- Some root canal therapy on anterior teeth
- Some wisdom teeth extractions
- Restorations fillings
- Mouthguards
- Dentures (based on a waiting list)

**To make an appointment, please call (02) 4350 0222.
Our Dental Clinic is located at 37 Alison Road, Wyong.**

CLINIC HOURS

Monday to Thursday | 8:00am - 4:00 pm

COMMUNITY HEALTH EXPO

Thursday 4 October - Mingara Recreation Club

Last month, Yerin Eleanor Duncan Aboriginal Health Centre were very proud to be hosting this free event for community, service providers and patients to come along and learn about what health care services Yerin offers to the Central Coast Aboriginal community.



PINK DAY

On 23 October, we kicked off our monthly breast screening bus and the launch of our research project.

There will be a bus that will take up to two trips to Erina BreastScreen NSW for women over 40 to have mammograms.

One of our GP's, Dr Elly Warren, has created a research project for this initiative titled:

"Do Culturally Appropriate Group Bookings Increase Breast Screening Participation in Aboriginal and Torres Strait Islander Women?"

If you haven't been contacted by us to participate, don't hesitate to give us a call to secure a spot on the bus.

For more information and dates, please contact Kylie or Lillian in Health Promotions on (02) 4351 1040.



Autism Community Workshop

FREE
for parents
and carers

HELPING CHILDREN WITH AUTISM AGED 0-6 YEARS

During the autism community workshop, you will learn about:

- The characteristics of autism
- Who can help
- How to help people with autism

To cater to everyone, please let us know if you would like to come along.

Wednesday 20 November 9.00am – 11.30am

Location: Yerin EDAHC Boardroom,
Suite 8 & 9 Wyong Plaza Village,
36 Alison Road, Wyong

RSVP: Teresa Pilbeam on 0427 594 694
or teresa.pilbeam@autismqld.com.au
by Friday 16 November



CARERS RETREAT AT GOSFORD HOSPITAL

Located Holden Street, Gosford - across from Gosford Hospital Emergency Department entry.

The Carers Retreat is not only for carers but for anyone that attends the hospital and needs to wait around while their family or friends are being treated.

Visitors have full use of Kitchen, loungeroom and yard if they wish to relax in the sun, There are also three computers for people to use if they wish.

The retreat also offers meditation and Tai Chi once a week and offers free Wi-Fi and tea and coffee in a very comfortable setting.

The retreat is open Monday to Friday except public holidays. It is usually open from 9.30am – 4.00pm. However, please phone 02 4320 5556 to make sure someone is here to welcome you.

NOTICEBOARD

DON'T QUIT QUITTING

If you need support to quit smoking, book in a one-on-one smoking cessation session at our Gudja Garawan Smoking Cessation Clinic

Every Friday from 10.00am – 6.00pm | To book, please call 02 4351 1040



CONTACT OUR DISABILITY WORKER

We provide cultural support for individuals to access the NDIS and link participants to culturally appropriate services.

Call (02) 4351 1040



ARE YOU EXPECTING?

A midwife and Aboriginal Health Worker are 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



CHRISTMAS TOY RAFFLE

Thank to generous donations from Kmart Erina, Yerin are running a Christmas Toy Raffle from now until December! Tickets are \$2 each and are available from reception.

Prizes Drawn: Friday 14 December 2018

For more information, contact Yerin on (02) 4351 1040. Terms and conditions apply.



NUNYARA OUTREACH CLINIC

Even though the books are currently closed at our Wyong clinic, we're still taking patients through our GP Outreach Clinic at the Nunyara Aboriginal Health Unit, located on the grounds of Gosford Hospital.

Nunyara Outreach Clinic is open Tuesdays and Thursday from 8am – 4pm

For appointments, call (02) 4351 1040

**Gudjagang
Pregnancy
Group**

**Gudjagang
Baby and
Child Group**

Contact Jamie or Bree on 02 4351 1040 for more information

YERIN WOMEN'S GROUP

Last Thursday of every month

NOVEMBER

25

If you're interested in joining our Women's Group or would like further details, please contact Kylie Wheeler on 02 4351 1040.

YERIN MEN'S GROUP

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

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

Fridays 11am – 4pm

NOVEMBER

30

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.





ANNUAL COMMUNITY CHRISTMAS PARTY

Join us for lunch and a Christmas gathering with community.

Date: Friday 14 December 2018

Time: 10.00am – 2.00pm

Location: Budgewoi Footbridge (McKenzie Reserve)

RSVP: By 26 November to Kylie Wheeler
Text: 0412 554 774
Phone: 4351 1040
Email: kwheeler@yerin.org.au



Get Yerinfitt This Summer

BEGINS MONDAY 1 OCTOBER 2018

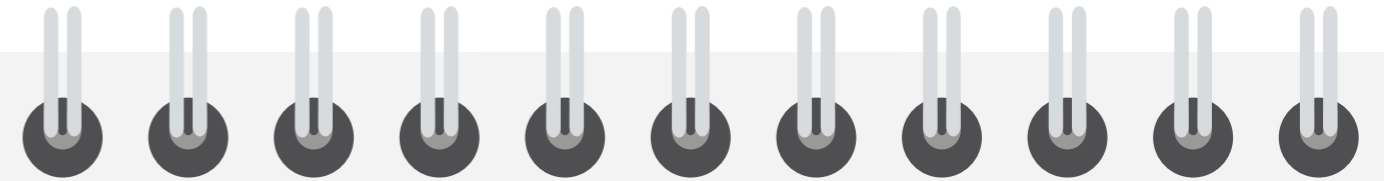
Where: Coast Performance Training
5-9 Apprentice Drive, Berkeley Vale

Cost: \$6 per week for 12 weeks
(includes full gym access)

RSVP: Contact Kylie Wheeler on
0412 554 774

Join our newest 12-week health and wellbeing program with Coastal Performance Training

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

Legumes

Breakfast cereals

Dairy foods

Starchy vegetables

Fruit

Pasta, rice and noodles

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

MEET THE MOB

Cheryl Young
ITC Transport

- Favourite Food:** Seafood
- Favourite Music:** Rock & Roll
- Hobbies:** Bingo, Ten Pin Bowling
- Favourite Animal:** Labrador dog
- Favourite Sport:** Baseball
- Where you grew up:** Eastwood, NSW
- Biggest Achievement:** Becoming an Assistant in Nursing



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  @yerinAHS



YERIN

Eleanor Duncan
Aboriginal Health Centre

**Business
Manager**

Paul Hussein

**Practice
Manager**

Jessica Wheeler

**Chief Executive
Officer**

Belinda Field

**Clinic
Lead**

Carisa Cook

**Programs
Manager**

Georgee Moore