



YERIN

Eleanor Duncan
Aboriginal Health Centre

Thursday 12 September

RU OK?™

A conversation could change a life.



WHAT'S INSIDE?



Team Yerin Update **2** | Asthma Week **3** | South Cares With Yerin **4**
World Suicide Prevention Day **5** | Foster Care Month **6**
Dhangan Gudjagang Social Events **7** | Prostate Cancer Awareness Month **8**
National Aboriginal and Torres Strait Islander Children's Day **9** | Go For Fun **9**
Dental Services Launch **10** | Noticeboard **11**

WELCOME NEW TEAM MEMBERS

Yaama, Jamie Wheeler and Cassa Hinton

Jamie Wheeler is leading our Family Preservation team. Along with the coordination and expertise that Cassa brings, we are very fortunate to have both individuals with extensive child protection experience. Our Family Preservation team will work with our families to keep our kids safely at home.

For further information please contact Jamie Wheeler (Team Leader) Family Preservation on (02) 4351 1040.



Welcome Stuart Gillian – Jawun Secondee

Hi, I'm Stuart Gillian. Dad of two, Spencer and Emerson. I am also super coach to my daughters under 9's soccer team - great fun and they teach me as much as I teach them. Career wise I am currently an Assistant Director for the NDIS. I have worked in State and Federal Government for the last nine years. Prior to that I worked in private sector roles ranging from insurance and hospitality to cruise ships.

Throughout my career I have developed a strong service orientation for delivery

to customers, clients and participants. In my role as a leader, I love to build relationships with people I work with and help them reach their full potential.

I was born and bred in New Zealand, moving to Melbourne in 1997 and have now lived in Australia for more years than in New Zealand. Having grown up in New Zealand, I have always lived a more laid-back lifestyle which lead me to move to the Bellarine Peninsula in Victoria about seven years ago. In my spare time I also like a bit of photography.



I am very excited by the opportunity of being a Jawun secondee, meeting some great people and sharing and learning along the way.

To learn more about Jawun visit jawun.org.au

ASTHMA WEEK



1 – 9 September 2019

Asthma is a chronic respiratory condition where a person's airways are irritated, causing them to become inflamed, narrowed, swollen, and sometimes blocked by mucus, making it hard to breathe.

Triggers for asthma symptoms are different for different people but commonly include cold and flu allergies and cigarette smoke.

Symptoms often occur at night, early in the morning or during/just after activity. They are caused by the narrowing of the airways.

Asthma is the most common chronic respiratory condition and it is almost twice as common for Aboriginal and Torres Strait Islander people as it is for non-Indigenous people. In addition to this, the number of people affected is increasing among Aboriginal and Torres Strait Islander communities.

Symptoms

A person's asthma symptoms can vary over time – sometimes they will have no symptoms, especially when the condition is well-controlled. Symptoms often vary from person to person, but they are most commonly:

Breathlessness – Wheezing – Tight feeling in the chest – Continuing cough

If your asthma is well controlled, you should only have occasional asthma symptoms.



Causes

The causes of asthma are not fully understood, although people with asthma often have a family history of asthma, eczema and hay fever.

Research has shown that exposure to tobacco smoke (especially as a baby or young child), obesity and some workplace chemicals can increase the risk of developing asthma.

Compared to the whole Australian population, Aboriginal and Torres Strait Islander people have higher rates of some risk factors for developing asthma or for poor asthma control.



If you have symptoms regularly, or you are not sure if you have asthma, see your doctor.



Don't let asthma control your life!



SOUTHS CARES WITH YERIN ELEANOR DUNCAN

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Recently, Yerin Eleanor Duncan, which included our Dhanggan Gudjagang, Dental and Health Promotions teams, joined Souths Cares for two amazing days to deliver the Colgate Oral Health program to hundreds of students across the Central Coast.

Along with the NRL Community and Deadly Choices teams, we visited Woongarra Public School, Chertsey Primary School, Wyong Public School, Budgewoi Public School, Kanwal Public School and Darkinjung Barker School, a school for Indigenous students from Kindergarten to Year 6 located at Yarramalong.

Thank you to all the schools for having us and to the Souths Cares team for the opportunity to be involved in such an important project – spreading the word about preventing diseases such as tooth decay, diabetes and obesity through oral health, nutrition and physical activity.



WORLD SUICIDE PREVENTION DAY – 10 SEPTEMBER 2019

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“Working together to Prevent Suicide”

The World Health Organisation estimates that over 800,000 people die by suicide each year – that’s one person every 40 seconds. 2017 saw an increase in the number of deaths by suicide in Australia, with 3,128 people taking their own lives that year - people who were our loved ones, colleagues and peers. In addition to these deaths, there is a much larger number of people each year who attempt suicide, many of whom go unreported. Each death, and every attempt, has a devastating impact within families, our communities, workplaces and beyond.

“Working together to Prevent Suicide” is the theme of the 2019 World Suicide Prevention day.

Suicide is a whole-of-community issue, we all have a role to play in collectively addressing the challenges presented by suicidal behaviour in society today.

This year’s theme also compliments the efforts of R U OK? Day. Take the time to notice what’s going on with your family, friends and colleagues – and yourself. It is about taking time to have those conversations when you notice something has changed and equipping yourself to help yourself and others.

The suicide rates of Aboriginal and Torres Strait Islander peoples for the period 2001-2010 were twice that of non-Indigenous Australians. The high rates of suicide among Aboriginal and Torres Strait Islander people are commonly attributed to a complex set of factors. This includes disadvantage and risk factors shared by the non-Indigenous populations, as well as a broader set of social, economic and historic determinations that impact on Aboriginal and Torres Strait Islander social and emotional wellbeing and mental health.

Aboriginal and Torres Strait Islander people aged 18 years or older are twice as likely as non-Indigenous people to feel high or very high levels of psychological distress. Hospital admission for intentional self-harm are 2-3 times more common for Aboriginal and Torres Strait Islander people than for non-Indigenous people.

If you or somebody you know is having difficulty coping or having thoughts of hurting themselves call our Yadhaba Team on (02) 4351 1040. Alternatively, you can call Lifeline on 13 11 14 or the 24hr 7 days a week Mental Health Line on 1800 011 511.



September is National Foster Care Month

What is Foster Care?

All different types of people make great carers! Foster care is not a one size fits all responsibility. The decision to become a foster carer requires lots of thought and most of all, commitment. The day-to-day requirements of Dimension of Care is as follows;

- Identity
- Family & social relationships
- Connection to Country
- Emotional & behavioural development
- Health
- Self-care skills
- Education

Major decisions remain the responsibility of the person designated with the legal 'Parental Responsibility'

Aboriginal children and young people enter into care for a wide range of reasons.

At times, it could be due to their parents needing some time to get their lives on track.

Other times, it may be because the environment that a child/young person has been living in is no longer suitable or in their best interest.



At Yerin, we aim to ensure that children and young people who need to enter foster care will be placed in a culturally appropriate care arrangement.

Who can become a foster carer?

We are looking for carers who are open to a journey that is both challenging and rewarding; carers that believe they can make a positive difference in a child or young person's life! Our carers are:

- Single, married, de facto or in a same-sex relationship
- Renting or own their own home
- Working full-time, part-time or staying at home
- Dedicated to maintaining and supporting children's connection with their Aboriginal family, community and culture
- Committed to meeting the needs of the children and young people they care for

- Committed to attending ongoing therapeutic and other training
- Committed to ongoing contact between the child and their birth families and significant others and a willingness to facilitate such contact.

Why we need Aboriginal carers!

Disturbingly, the number of Aboriginal children entering into care continues to rise. Aboriginal children and young people continue to be over represented in the NSW care system. On the NSW Central Coast, we have approximately 500+ Aboriginal children and young people in statutory care. When we don't

have enough suitable Aboriginal carers, our children are placed with carers from other backgrounds.

In NSW, Family and Community Services (FACS) must abide by legislation; *Children & Young Persons (Care & Protection) Act 1998;6.*

Section 13 – Aboriginal Placement Principle. The aim of the principle is to ensure that Aboriginal children and young people who are entering into care have every opportunity to maintain their identity, connections to country and culture.



Dhangan Gudjagang Group

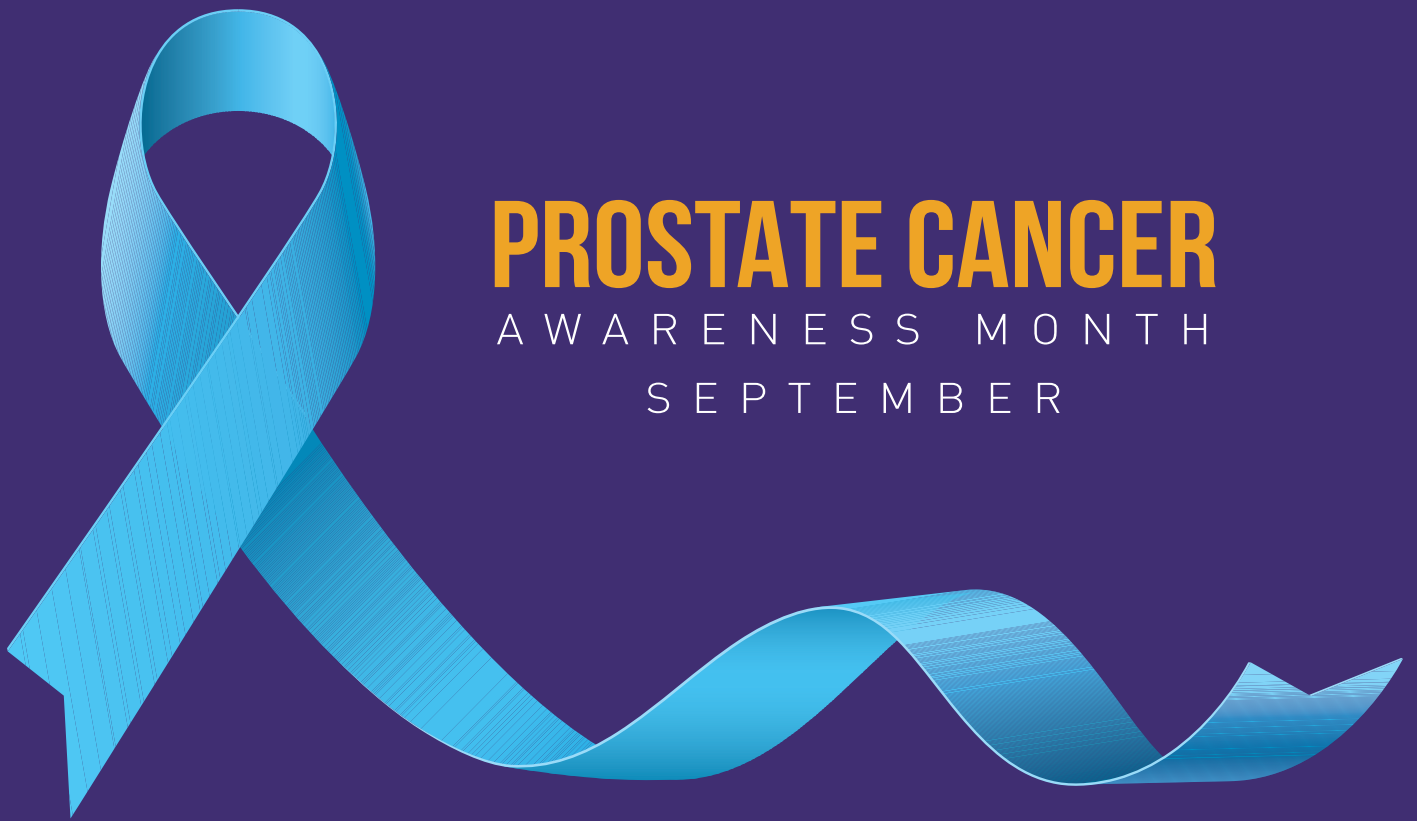
Yerin's Dhangan Gudjagang team invites parents/carers and their children to the following events.

Everyone is welcome.

Date	Activity	Time	Location	RSVP
3rd September	Swimming Lesson*	11am – 11:30am	YMCA Tuggerah	23rd August
1st October	Swimming Lesson*	11am – 11.30am	YMCA Tuggerah	20th September
14th November	Christmas Photos	10.30am – 12:30pm	TBA	Call Rubi to book a time
12th December	Christmas Card Making	10.30am – 11:30am	Yerin Community Room	Not required

* Each child needs to be accompanied by an adult in the swimming pool.

RSVP: Rubi Bourke E: RBourke@yerin.org.au M: 0403 645 486



PROSTATE CANCER

A W A R E N E S S M O N T H
S E P T E M B E R

Prostate cancer is the most commonly diagnosed cancer in Australian men and the second most common cause of cancer-related death for Australian men.

Previous studies have shown that Aboriginal men have a poorer survival rate than non-Aboriginal men.

Cancer Council results have shown that Aboriginal men in New South Wales are 50% more likely to die from prostate cancer than non-Aboriginal men.

Although spread of disease and age at diagnosis were found to be similar for both Aboriginal and non-Aboriginal men, the risk of death five years after diagnosis was found to be higher for Aboriginal men.

You can have prostate cancer without noticing anything is wrong.

Warning signs may include:

- Feeling the frequent or sudden need to urinate
- Finding it difficult to urinate (for example, trouble starting or not able to urinate when the feeling is there or poor urine flow)
- Discomfort when urinating
- Finding blood in the urine or semen
- Pain in the lower back, upper thighs or hips

These symptoms may not mean you have prostate cancer but if you experience any of them, go and see your doctor.

If prostate cancer is found and treated early, you have a good chance of getting better.

Free after school program for kids aged 7 to 13 years to encourage long-lasting healthy lifestyles.

- Fun games and group activities
- Deadly giveaways
- Demonstrations and tips about healthy foods
- Try delicious and healthy new foods

Contact Yerin Eleanor Duncan on 02 4351 1040 to find out if this program is suitable for your family. To register call 1800 780 900

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY

Yerin Eleanor Duncan recently celebrated National Aboriginal and Torres Strait Islander Children's day at Barker Park in Wyong.

This years' theme was "We play on our land, we learn on our land and we belong in our Communities."

A big shout out to everyone from Yerin who assisted and supported the day which was a great success with four local school's attending and Support Services providing cultural activities.



YERIN ELEANOR DUNCAN ABORIGINAL DENTAL SERVICES LAUNCH

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The 1st of August 2019 was a milestone for our community as we officially launched Yerin Eleanor Duncan Aboriginal Dental Services. We would like to thank everyone who made today possible, including:

Belinda Field, Paul Hussein, Kylie Nichols and Alek Sawicki

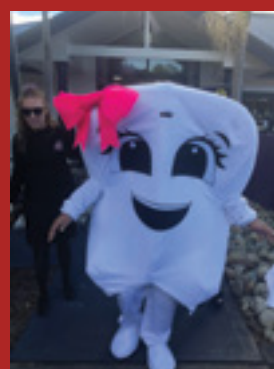
Aunty Madeline McGrady for her Acknowledgement to Country

Uncle Gavi Duncan for the Smoking Ceremony

MC BJ Duncan

Chairperson Vickie Parry and Executive Director, Graeme Liston

Didge Brothers Dance Group, Meat Brothers and Corroboree Catering & Malek Afuamua



NOTICEBOARD

- GUDJA GARAWAN
SMOKING CESSATION CLINIC -

**NOW ON
FRIDAYS**
9am-5pm



Come in and have a yarn about starting your
journey to a healthier you

Call Malek or Megan on (02) 4351 1040 today for
more information



FREE LEGAL HELP

Have you lost your licence?

Want to see your kids?

Someone chasing you for money?

Have FaC's/DOC's been to see you?

You can get FREE legal help at Yerin
every second Tuesday between 9 am
and 12 pm.

Ask staff about an appointment for you.

This service is provided by



Care for community. Fight for justice.

YERIN WOMEN'S GROUP

Yerin Women's Group meets on the last Thursday of each month.

26 September 31 October 28 November

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

YERIN MEN'S GROUP

Our Men's Group is held either on Thursday or Friday once a month.

20 September 18 October 15 November

If you are interested in joining our Men's Group or would like further details
about upcoming dates, please contact us on

02 4351 1040 or call: Dean Murray – 0426 395 735 | Allan Beale – 0412 544 774

MEET THE MOB

SINEAD WRIGHT Medical Receptionist

- Favourite Food:** Fried rice and honey mustard chicken
Favourite Music: Folk music
Favourite Animal: Cats
Favourite Sport: None. LOL
Where I grew up: Blue Mountains and the Central Coast
Biggest Achievement: Becoming a part of team Yerin



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

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