



YERIN

Eleanor Duncan
Aboriginal Health Centre

Talking about Cancer

Celebrating two years of the Boobie Bus

Supporting women attending breast screen appointments

Read more on page 8



WHAT'S INSIDE?



Team Yerin Update 2 | Out and About 4 | Men's & Women's Groups 5 | World Diabetes Day 6
Childhood Diabetes 7 | Talking About Cancer 8 | Cancer Support Group 9 | Koori Knockout 10
Noticeboard 11 | Meet the Mob 12

TEAM UPDATE



LISA RAMSAY
NGALIYA AND FAMILY
PRESERVATION



DEAN MURRAY
PROMOTIONS TEAM



MIYA HUDSON-WEBB
MEDICAL RECEPTION TEAM



MADDIE MOHAN
DHANGGAN GUDJAGANG TEAM
- EARLY CHILDHOOD WORKER



THEERAN PEARSON
YADHABA TEAM YOUTH WORKER
- ALCOHOL & OTHER DRUGS



STAFF DEVELOPMENT – HUNTER VALLEY

Team Yerin participated in a two-day Staff Development course in the Hunter Valley. The two days consisted of activities to motivate our team to work together and to develop strengths through a series of planned activities that were fun and motivational, with teams building skills like communication, planning and problem solving.

Thank you to Speaking In Colour for facilitating the Cultural Workshops in weaving and possum skin cloaks and to Pinnacle Team Events – Empowering Teams to Achieve.



TRAUMA INFORMED PARTIAL QUALIFICATION

Yerin Eleanor Duncan are very pleased to be working with TAFE NSW, delivering Trauma Informed partial qualification in-house.



YERIN ELEANOR DUNCAN ABORIGINAL HEALTH SERVICES LIMITED BOARD OF DIRECTORS



Congratulations to re-elected Board member Corinne Hodson and newly elected Directors Stacy Parry and Toni Carew.

Thank you also to Jodi Shannon for her ongoing work on the Board and to our Chairperson, Vickie Parry for her tenacious, strategic guidance and leadership.

We would like to thank Mick Pittman for his outstanding commitment and contribution during his tenure on the Yerin Eleanor Duncan Aboriginal Health Centre Board. Mick has now retired.

Thank you to all our members and community.

OUT AND ABOUT

2019 KOORI KNOCKOUT



WITH THE HON DON HARWIN MLC
MINISTER FOR ABORIGINAL AFFAIRS

SAN REMO NEIGHBOURHOOD CENTRE



LAKE HAVEN RECREATION CENTRE & HEALTH CLUB

GET TO KNOW YOUR COMMUNITY DAY



WORKING TOGETHER WITH OUR LOCAL POLICE



OCEANIA TOBACCO CONTROL CONFERENCE



BRISBANE WATER SECONDARY COLLEGE

ACKNOWLEDGING THE SUCCESS OF THE YEAR
12 ABORIGINAL STUDENTS

.....



CENTRAL COAST TWIST FESTIVAL

.....



YERIN WOMEN'S GROUP

.....

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

28 November

If you are 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.

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

14TH NOVEMBER IS WORLD DIABETES DAY

DID YOU KNOW?

Diabetes is the world's fastest growing Chronic Disease and is a serious health problem for Aboriginal and Torres Strait Islander people. Aboriginal and Torres Strait Islander people are almost four times more likely than non-Indigenous Australians to have diabetes or pre-diabetes.

WHAT IS DIABETES?

Sugar (glucose) gives your body energy. The glucose moves from your blood into your muscles with something called Insulin. With diabetes your insulin isn't working properly, so the glucose doesn't get into your muscles and body easily and there is too much glucose in your blood.

SYMPTOMS

- Feeling tired or weak
- Feeling itchy
- Going to the toilet a lot
- Sores and boils that won't heal
- Feeling thirsty
- Blurry vision
- Leg cramps
- Pins and needles

TYPES OF DIABETES

Type 1 - your body kills the insulin-making part of the pancreas and no insulin is made in your body.

Type 2 - your body stops the insulin working properly.

Pre Diabetes - your glucose level is high, but not high enough to be called diabetes.

Gestational Diabetes - this type occurs when you are pregnant, however not all women get it. It goes away after pregnancy, but you and your baby can get Type 2 diabetes later in life.

MEDICATIONS

Diabetes medicine helps to keep your body strong and well and it helps to keep your glucose levels normal. Your doctor may prescribe tablets to help your insulin work better and to lower the amount of glucose in your blood. When your glucose levels get too high and stay high the doctor might put you on tablets and give you insulin. Having insulin doesn't mean you have type 1 diabetes. You inject the insulin under your skin in different places on your belly.

MANAGEMENT

When there is too much glucose in your blood, it damages your heart, kidneys, feet, eyes and nerves.

You can keep your glucose levels normal by:

- Eating healthy - particularly less fat, sugar and salt
- Maintaining a healthy weight
- Keeping active
- Taking your medication (with or after eating, in the morning, afternoon and dinner time).

CHILDHOOD DIABETES



CHILDHOOD DIABETES

Type 1 - the most common type of diabetes affecting children and teenagers in Australia. Type 1 diabetes is caused by the body not having enough insulin. Without insulin, glucose levels will build up in the blood. Type 1 diabetes is treated by replacing insulin and managing blood glucose levels.

Type 2 - Rarely occurs during childhood and adolescence. Type 2 diabetes is caused by the body being resistant to insulin. Type 2 diabetes is treated with diet, weight loss and oral medications in the majority of cases.

SIGNS AND SYMPTOMS

Your child may have Type 1 diabetes if they show the following symptoms:

- Extreme thirst
- Blurred vision
- Constant hunger
- Nausea and vomiting
- Sudden weight loss
- Lethargy (feeling very tired)
- Frequent urination

You may also notice your child is more prone to infections.

WHEN TO SEE A DOCTOR

If your child has any of the above symptoms and has been unusually thirsty and had increased urination for more than a week, see your GP. If your child shows other symptoms, take them to see the GP so the cause can be investigated.

MANAGING YOUR CHILD'S DIABETES

Managing diabetes involves balancing insulin, food (in particular, glucose-containing foods) and exercise. If your child is hospitalised, they will begin diabetes education which can be finished as an outpatient after they are discharged from hospital. Education sessions will be held with a diabetes educator, dietician and a social worker. You will be taught:

- How to give insulin
- How to do a blood glucose test
- How to keep a blood glucose record book
- What to do for a low blood glucose reading
- What ketones are
- Healthy eating for people with diabetes

DIABETES ACTION AND MANAGEMENT PLANS

You will be given a diabetes Action Plan (for what to do in an emergency) and a Diabetes Management Plan (for daily management and what to do when there is a problem) for your child. Your child's school or childcare should have up-to-date versions of these plans to ensure they know how to care for your child properly. Your child will then need follow-up appointment with an Endocrinologist.

Type 1 diabetes is a life-changing diagnosis. It requires constant, careful management to ensure good control. Poor control can lead to problems with all parts of the body, especially the eyes, kidneys, nerves, heart and brain. With careful management, people can live a healthy, long life, with minimal disruptions and complications.

TALKING ABOUT CANCER



OCTOBER WAS BREAST CANCER AWARENESS MONTH

It's been two years since Yerin Eleanor Duncan introduced the Boobie Bus to women attending breast screening on the Central Coast, Darkinjung country. The initiative came about to support our women who are attending their breast screen and to emphasise that they don't have to do it alone. Some women are reluctant about having a screening mammogram - they may be embarrassed about the nature of the procedure or feel anxious about pain or discomfort. At Yerin Eleanor Duncan, we aim to make a difference in a woman's decision to have a screening mammogram.

You are eligible for the Boobie Bus if you are a patient of Yerin Eleanor Duncan and are Aboriginal and/or Torres Strait Islander aged 40 - 74, or Non-Aboriginal aged 50 - 74.

Whether this is your first screening mammogram or your two-year check-up, book your seat on the Boobie Bus!

Contact Megan on 02 4351 1040



BUNGREE'S 'PINK UP THE BLOCK' PARTY TO RAISE FUNDS FOR THE MCGRATH FOUNDATION

.....



CANCER COUNCIL BOWEL SCREENING, COMMUNITY CANCER CHAMPIONS

.....



INNOVATIONS IN CANCER TREATMENT AND CARE CONFERENCE

.....



Cancer Support Group

Join us at our Cancer Support Group - a culturally appropriate and safe healing place for those within our community who are affected by cancer to meet, yarn and find out useful information. Morning tea will be provided.

When: Friday 29th November 2019, 10:00 AM - 12:00 PM

Where: GNL Community Hub, 3 Church street, Wyong

RSVP: 15th November

Enquiries: Please call Megan or Allan on (02) 4351 1040

2019 KOORI KNOCKOUT



It was a massive October long weekend for the 2019 NSW Aboriginal Rugby League Knockout held at Tuggerah, on Darkinjung Country and hosted by the 2018 winners, the Newcastle All Blacks. As proud sponsors, Yerin Eleanor Duncan would especially like to say thank you to the Central Coast Pelicans Women's and Under 12's teams, coaches and families for a fantastic effort!



A BIG THANK YOU TO EZY STEP CONVEYANCING FOR THEIR SPONSORSHIP



Jamie-Lee Carragher
DIRECTOR /
LICENSED CONVEYANCER



Unit 2/317 Main Rd Toukley NSW 2263
470-472 Pacific Hwy Belmont NSW 2280
P 02 4396 4895 **F** 02 4311 2387
M 0401 023 069
info@ezystepconveyancing.net.au
ezystepconveyancing.net.au



The highest compliment we can receive is your referral

NOTICEBOARD

GO4FUN PROGRAM

Help your family get healthy, active and happy with Go4Fun, a ten-week healthy lifestyle program for kids aged 7 – 13 years who are above a healthy weight.

LOTS OF FREEBIES, GIVEAWAYS AND FUN!



A **FREE** after school healthy lifestyle program for 7-13 year old Aboriginal kids and their families.



GO 4 FUN!

Ask at Yerin **4351 1040** to see if it will suit your family.
To register call **1800 780 900**.



YERIN
Aboriginal Health
Services Limited



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.



ARE YOU EXPECTING?

A Midwife is available at Eleanor Duncan Aboriginal Health Centre to provide you with professional support and guidance throughout your pregnancy and birth.

For more information or to book an appointment contact Reception on (02) 4351 1040



SPEECH PATHOLOGIST

Speech pathologist Lucy Owen is available every week at Eleanor Duncan Aboriginal Health Centre.

For further information please call Reception on (02) 4351 1040.

MEET THE MOB

.....

MEGAN CAIN

Health Promotions, Project Worker

- Favourite Food:** Chips and gravy
Favourite Music: RnB
Favourite Animal: Reggie the rabbit
Favourite Sport: League – South Sydney Rabbitohs
Where you grew up: Redfern & Waterloo, La Perouse
Biggest Achievement: Becoming a Nan for the first time



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

 @yerinedahc yerin.org.au  @yerinAHS

- | | | | | | |
|---|--|---|--------------------------------------|--|---|
| Business Manager
Paul Hussein | Practice Manager
Jessica Wheeler | Chief Executive Officer
Belinda Field | Clinic Lead
Dr Elly Warren | Programs Manager
Georgee Moore | Permanency Support Program Manager
Breannon Field |
|---|--|---|--------------------------------------|--|---|