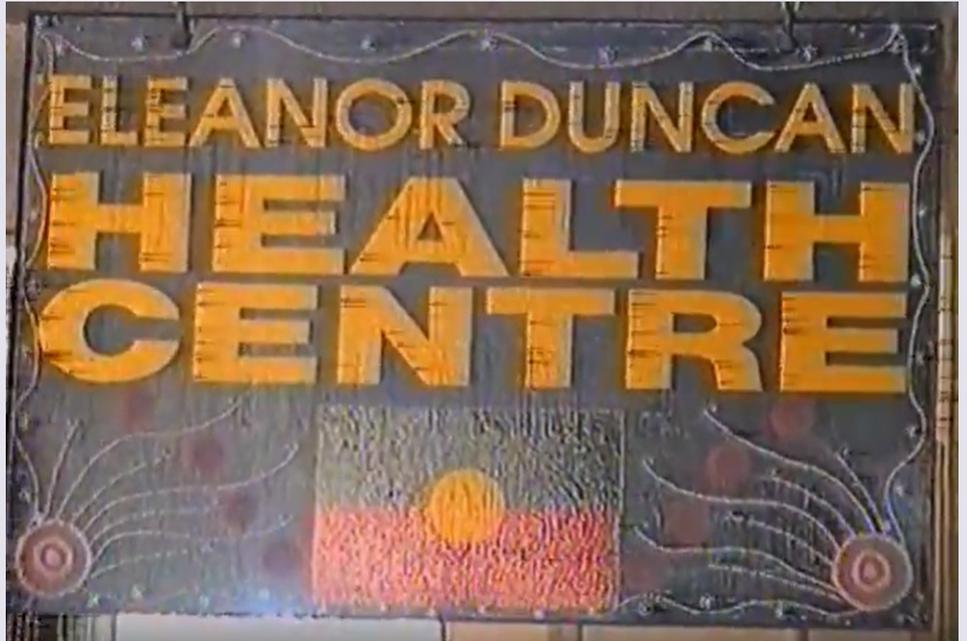




YERIN

Eleanor Duncan
Aboriginal Health Centre



Celebrating 25 years

Of health, wellbeing & care

WHAT'S INSIDE?



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CEO MESSAGE



Yadma, 2020!!

Happy New Year to you all. I hope you all celebrated the start of 2020 in good spirits with family and friends. Now that we are a few days into the new year, it's good to look ahead and think about what this year may bring us.

As we reflect on 2019 and look forward to 2020, there is much we can be thankful for. This includes our community and team Yerin who help us reach our purpose to work towards a healthy future for our communities.

In 2020, we will continue to strive towards meeting our organisational goals; Culture, Care, Collaborate, Grow and Measure. We will reach our goals through trust and working relationships with our community partners.

As we continue to grow it is critical that we provide information that is needed by the community to make the best health and wellbeing choices.

I personally want to invite you to be a part of all that we do and encourage the Aboriginal community to become members of our organisation. We want to have the opportunity to collaborate with you all through our Women's, Youth and Men's groups, Cancer Support Group, Gudjagang (Mum's and Bub's) groups and of course through all our community gatherings during the year.

As an Aboriginal community-controlled organisation, we feel a deep sense of pride and commitment to all those that place their trust in our service. We are grateful for your ongoing support of our organisation and we are looking forward to an exciting year ahead.

Finally, this year marks 25 years since the incorporation (now Company Limited by Guarantee) of Yerin Eleanor Duncan Aboriginal Health Service. We will be celebrating this momentous milestone sometime this year - make sure you look out for the details, this will be a BIG one that you are not going to want to miss!!

Thank you

Belinda Field



OUT AND ABOUT

GO4FUN – GOROKAN PUBLIC SCHOOL



VISIT WITH ROMALIE MOKAK, FIRST INDIGENOUS PRODUCTIVITY COMMISSIONER



CENTRAL COAST MAYOR'S CHRISTMAS PARTY



YERIN ELEANOR DUNCAN ABORIGINAL HEALTH CENTRE COMMUNITY CHRISTMAS PARTY



CENTRAL COAST MAYOR VISIT



JAMBUNNA WEBCAST SERIES

Congratulations to Dr Elly Warren and Maddison Mohan who recently presented at the Jambunna webcast series, a program focused on supporting Aboriginal maternal, child and family health.



TEAM UPDATE



Yaadma Pippa Whyte

Youth Buridjga Drug and Alcohol/Mental Health Worker



Congratulations

Congratulations to Dental Manager, Kylie Nichols and her team for obtaining full dental accreditation!



ABORIGINAL HEALTH AND MEDICAL RESEARCH COUNCIL'S DEADLY DOCTOR FORUM



Sharing knowledge is one of the most important aspects of advancing medical care. Yerin Incorporating Eleanor Duncan Aboriginal Health Centre recently attended the Aboriginal Health and Medical Research Council's Deadly Doctor Forum. Our GP's had the opportunity to network with other doctors working in Aboriginal Community Controlled Health.



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 31st January 2020, 10:00 AM – 12:00 PM

Where: TBA

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

Transport will be provided for those who have cancer or who are in remission.

Please contact Allan on 0412 544 774 to arrange.



YERIN

Eleanor Duncan
Aboriginal Health Centre

YERIN ELEANOR DUNCAN ABORIGINAL DENTAL SERVICES

In partnership with Central Coast Local Health District Oral Health, our dental clinic was opened in October 2018.

The clinic provides a safe and welcoming cultural environment to support the local Aboriginal community in accessing dental treatment.

TO BE ELIGIBLE, YOU MUST:

1. Be an Aboriginal or Torres Strait Islander (living on the Central Coast)
2. Have a current 715 Health Check

NEW DENTURE CLINIC

Operating every Wednesday, starting in January 2020.

CUSTOM MOUTHGUARDS

Get ready for the summer sporting season with custom mouthguards for just \$20.



Our Dental Clinic is located at 37 Alison Road, Wyong

Call (02) 4350 0222 to make an appointment

CLINIC HOURS

Monday to Thursday | 8:00am – 4:00 pm

BUSHFIRE SMOKE SAFETY

With multiple bushfires burning in surrounding areas it is predicted to be a smoky start to the New Year. Here are some tips on what you can do to avoid or reduce the impact of bushfire smoke on your health.

BUSHFIRE SMOKE EXPOSURE AND HEALTH EFFECTS

Fine smoke particles are known to affect the human breathing system. The smaller or finer the particles, the deeper they go into the lungs.

These particles can cause a variety of health problems, such as itchy or burning eyes, throat irritation, runny nose and illnesses such as bronchitis. The smoke particles can also aggravate existing lung conditions, such as chronic bronchitis, emphysema and asthma.

Symptoms can occur for several days after smoke is inhaled, so people with the above conditions need to be vigilant with their treatment programs.

If you have asthma or a lung condition and you develop symptoms such as shortness of breath, coughing or wheezing, follow your asthma or COPD action plan.

If symptoms do not settle, seek medical advice. If you are on home oxygen treatment, continue as prescribed. If breathlessness worsens, contact your doctor.

Healthy adults generally find that any symptoms they have developed during a bushfire event clear after the smoke disappears.

HEALTH PRECAUTIONS

The following precautions can help you minimise adverse effects of bushfire smoke:

- Stay indoors, with windows and doors closed, or stay in air-conditioned premises, if possible.
- Avoid vigorous exercise, especially if you have asthma or a lung condition.

A P2 face mask that is fitted in accordance with the manufacturer's instructions, so there is a good seal around the face, can reduce exposure to fine particles in smoke. However, it can be hard to maintain a good seal and masks become less effective when used for a long time, so they may not offer substantial protection.

If smoke conditions are hazardous, your local Public Health Unit may advise you to postpone outdoor events or seek shelter in air-conditioned premises or a clean-air room, if one is available.

If the bushfire event lasts a long time, say, a few weeks, consider the following precautions to reduce exposure:

- Take advantage of any breaks in smoky conditions to air out your home, but remember to close off the house again when conditions deteriorate.
- Reduce physical activity.
- If you are particularly susceptible to bushfire smoke, consider staying with a friend or relative whose house has clean indoor air, or leaving the area for a cleaner environment.

Hope you all had a very Merry Christmas.

Best wishes to all for 2020!



HOURS OF BUSINESS



MONDAY – FRIDAY 9am - 5pm

Suites 8 & 9, 36 Alison Rd cnr Margaret St, Wyong NSW 2259

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