



YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years

Keeping Our Elders Safe

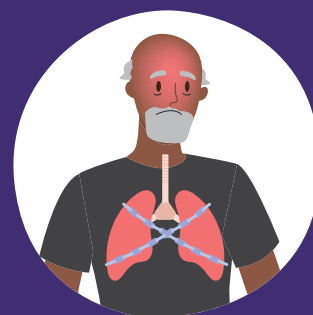
Elders and anyone with existing health conditions such as diabetes, heart and lung problems are at high risk of getting sick and needing hospitalisation if they get COVID-19. To protect those at risk, stay at home if you experience any COVID-19 symptoms.



Fever



Dry cough



Shortness of breath



Sore throat



Runny nose

June is Bowel Cancer Awareness Month
– see page 5 for more information

What's Inside?

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Team Update

Yaama to our newest team members

Sarah Thornton – Medical Receptionist

Kylie Le Strande – Registered Nurse

Yaama!

Sorry Business

We would like to express our deep sadness on hearing of the loss of Optometrist, Dr Vincent Ang. Sincere condolences to his family.

We acknowledge his hard work, commitment and dedication to the Central Coast Aboriginal community as well as many other Aboriginal communities and Health Services across NSW.

Vincent attended our service monthly for many years. He will be fondly remembered, but sadly missed by our community and all of us at Yerin Eleanor Duncan.

Important COVID-19 Updates

Our Aboriginal and Torres Strait Islander community is at greater risk of COVID-19.

Yerin has been advised to take precautionary measures in response to COVID-19 to slow the spread of the disease and keep our staff and clients well for as long as possible.

The following meetings and events have been cancelled until further notice. Please keep an eye out on our Facebook page for further updates:

Antenatal Group - Thursday mornings

Guri Gambu Men's Group Meetings

Breast Screening Bus

Gulgul-ba Women's Group Meeting

Aboriginal Cancer Support Group

These changes will help Yerin, as a health service provider, ensure we are able to meet demand on our services and protect the wellbeing of all.



Are you dedicated to supporting children?

Become a foster carer for Yerin Eleanor Duncan's Ngaliya Permanency Support Program, and provide care to a child who needs it the most.

Email yerinoohc@yerin.org.au to request an EOI Form.

Men's Health Week – 15 to 21 June

Men and families – Working together to help improve Men's Health

You are important and your health is important. Caring about your family means caring about your own health too.

One in eight men will experience depression and one in five will experience anxiety at some stage of their lives.

Men's Health Week is a good reminder to all Aboriginal and Torres Strait Islander men to have their annual 715 Health Check.

If you are feeling anxious or worried and need a yarn give us a call.

Freecall 1800 4 YERIN (1800 4 93746).

Our health services and community programs address the physical, spiritual, emotional, social, economical, and cultural needs of our clients.

Call us today to make your appointment **on 02 4351 1040.**

If you are experiencing any signs of anxiety and/or depression, contact our Yadhaba Wellbeing Team.



Our Guri Gambu Men's Group will be up and running again as soon as further COVID-19 restrictions have eased.



Buridjga

Yerin Aboriginal Youth AOD & Mental Health Program

Youth aged 12 to 24 years are invited to join our Buridjga Youth Program and Facebook page where we will be sharing live every Monday and Friday (times TBA).

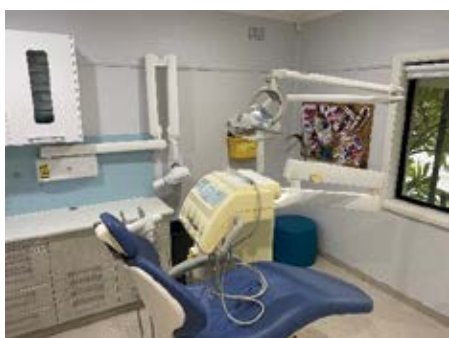
Gulgul Yira Dental Services Update

Yerin's Dental Services team would like to say thank you for your patience and understanding through these current circumstances.

We can't wait to see your smiling faces again, we miss our mob! Flossy and the Dental team will be reopening as soon as we can.

Until then, make sure you continue your good oral health routine and remember your 715 Health Checks for when we reopen our dental doors.

We are all in this together!



DON'T DELAY

do a bowel test today

Bowel cancer can develop without any symptoms.



The good news is, there is a simple test that can help find bowel changes early.

Australians between the ages of 50 and 74 are sent a free kit in the mail.



If you receive a bowel screening kit in the mail, do it, even if you feel well. It could save your life!

If found early, bowel cancer can be successfully treated.

INDIGENOUSBOWELSCREEN.COM.AU

Call the Program Info Line on 1800 118 868 to check your eligibility for a free kit, if you are eligible a kit will be sent to you.



Australian Government

NATIONAL BOWELCANCER
SCREENING PROGRAM





Burridjga

Yerin Aboriginal Youth AOD & Mental Health Program

Youth Group Is Back

Every Thursday

Our Youth Group is back on and we'd love to see you there

What can you expect at Youth Group?

We'll yarn about

- Culture & Identity • Leadership • Health
- Sports • Hunting & Gathering Principles
- Education • Employment • Art, Dance & Storytelling • Relationships & Values
- Close The Gap - Life Expectancy %

For more info please email or text Theeran
E: tpearson@yerin.org.au | M: 0416 844 413



Respiratory Clinic



THE RESPIRATORY SCREENING CLINIC PROVIDES COVID-19 TESTING

If you have respiratory symptoms or a fever, or if you require a COVID-19 test, you can book into the clinic for COVID-19 testing.

Book your **FREE** appointment

CLINIC LOCATION AND HOURS:

Located at the rear of the EV Church,
331 Terrigal Drive Erina

Open everyday 10:30am - 5:30pm

Bookings are essential

Only COVID-19 respiratory tests are performed at this clinic.
For all other health concerns, please contact your regular GP.



BOOK ONLINE
www.ccpc.com.au

Or call 0435 813 865



Noticeboard

NSW COVID-19 restrictions have eased

It is still important to keep following social distancing and hygiene guidelines including:

- Staying home if you are unwell
- Keeping a 1.5 distance from others
- Washing your hands regularly with soap for 20 seconds
- Covering coughs and sneezes with a tissue or your elbow
- Cleaning high use areas, surfaces and items regularly

Remember: stay home and use the phone to help stop the spread



Well done Barang Regional Alliance

The first edition of their monthly newsletter is out! Contact Barang Regional Alliance for further information on **(02) 4351 3225** or visit their Facebook page.



Gulgul-ba Women's Group

Meetings have been cancelled until further notice, please check our Facebook page for any further updates.

If you are feeling anxious or worried and need a yarn give us a call on **1800 4 93746 (freecall)**.





STAY SAFE INDOORS

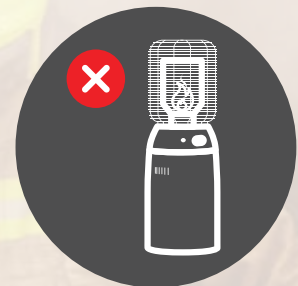
FOLLOW OUR WINTER FIRE SAFETY ADVICE



**ENSURE YOU HAVE
A WORKING SMOKE
ALARM**



**KEEP LOOKING WHEN
COOKING**



**NEVER USE EXTERNAL
HEATING EQUIPMENT
INSIDE YOUR HOME**



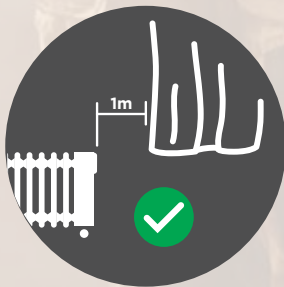
**DON'T OVERLOAD
POWER BOARDS**



NEVER SMOKE IN BED



**NEVER USE WHEAT
BAGS IN BED**



**NOTHING SHOULD
BE CLOSER THAN A
METRE FROM THE
HEATER**



**GET OUT STAY OUT
AND CALL TRIPLE
ZERO (000)**



**KNOW AND PRACTICE
YOUR HOME FIRE
ESCAPE PLAN**

SAFETY VISITS



**COMMUNITY
FIRE SAFETY**
FACT SHEET NO. 30



FACT

Having a home escape plan in conjunction with a working smoke alarm will greatly increase your chances of getting out safely. Every second counts.



FIRE SAFETY TIPS

Test your smoke alarm once a month by pressing the test button until the alarm sounds.

WHAT IS A SAFETY VISIT?



A Safety Visit assists people to reduce their risk of an accidental fire in the home and to safely escape in the event of a fire occurring.

Firefighters will visit your home to install FREE long-life battery-powered smoke alarms and replace existing smoke alarm batteries at no cost. Firefighters also provide safety advice relevant to your home.

HOW CAN I GET A SAFETY VISIT?

Contact your local FRNSW fire station. Find your local fire station's number here: www.fire.nsw.gov.au/contact

Your local fire station number is:

SMOKE ALARM SAFETY TIPS

To keep your smoke alarm in good working order:

- Test your smoke alarm once a month by pressing the test button until the alarm sounds.
- Clean it with your vacuum cleaner every six months to remove dust.
- Change the battery once a year (unless it is a long-life battery-powered alarm).
- Replace the whole unit in accordance with the manufacturer's recommendations, typically after 10 years.

FURTHER INFORMATION

Visit fire.nsw.gov.au or contact your local fire station.



Don't forget your flu shot

The Flu Shot is free for all Aboriginal people aged 6 months and over. Do your bit to keep our mob healthy this winter and get a flu shot.

Call us to make a booking on 02 4351 1040.



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

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