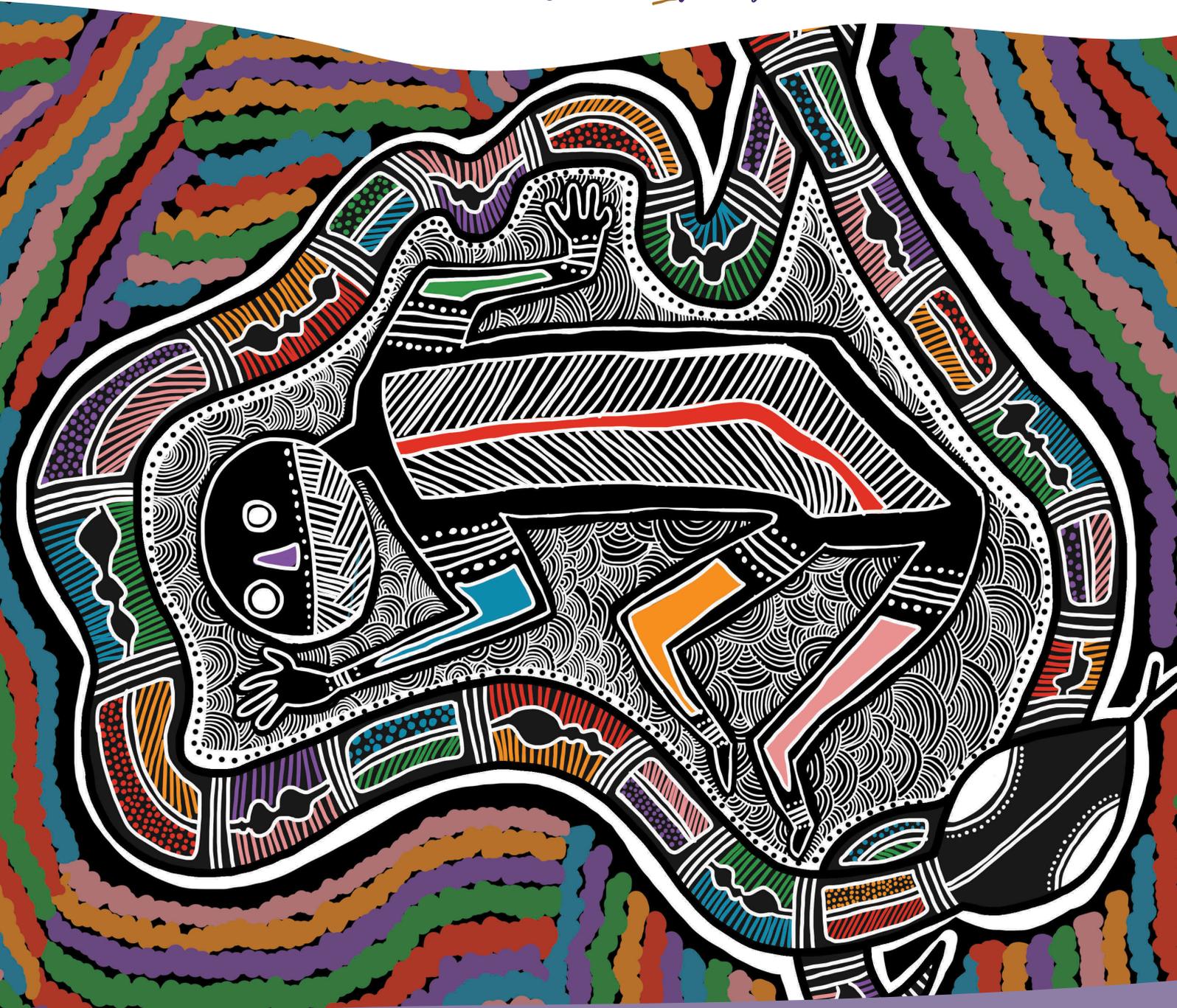




YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years



NAIDOC WEEK 2020

- see page 4 for more information

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Team Update

Yaama to our newest team members

Alex Christian

Permanency Support Program, Team Leader

Alex joined our growing Family Preservation team in February as a Family Preservation Case Worker and has since moved into the Permanency Support Program as Team Leader. Alex is a Wiradjuri man who grew up on Darug Land in Western Sydney. Alex has been on Darkinjung Country for the last seven years and has worked in various roles relating to youth work and child protection with both Government and non-Government organisations.



Luke Grant

Yadhaba Team, Mental Health and AOD Case Worker

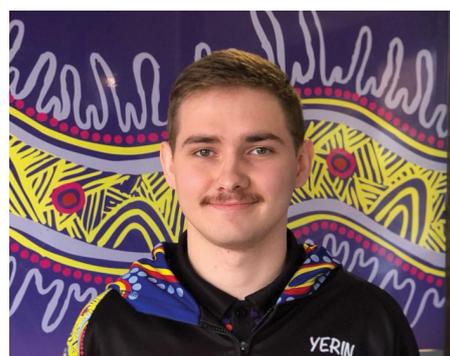
Luke joined our Yadhaba team in March this year. Luke is a proud Wiradjuri man, growing up on Bundjalung Country for the first half of his life and now living on Darkinjung Country. He has a strong passion for helping people and has done this through physical therapy for the past 15 years. He is here with Yerin to work alongside and empower the Aboriginal community and hopes to be here for a very long time!



Clayton Jeffrey

Eleanor Duncan Aboriginal Health Centre, Medical Receptionist

Clayton most recently joined our Eleanor Duncan Health Services team as a Medical Reception team member. Clayton was born in QLD and has been raised on Darkinjung Country from the time he was four. He is a Wiradjuri man who has worked within the public health sector for the past four years and is thankful for the opportunity to work at Yerin Eleanor Duncan Aboriginal Health Services.



Yerin is pleased to announce we've partnered with Oz Harvest so that we can continue to provide much needed food relief for our Community!

Our Health Promotions team is working in collaboration with Oz Harvest to continue to educate and engage our Community on healthy eating.



National Diabetes Week 13 – 20 July

Every year 640 adults and children are admitted to hospital because the early signs of Type 1 Diabetes are missed.

Aboriginal and Torres Strait Islander people are almost four times more likely than non-Aboriginal and Torres Strait Islander people to be diagnosed with Diabetes.

- Remember to have regular check-ups with your GP for your eyes, feet, kidneys, blood pressure, skin and teeth.
- Remember to check your sugar (glucose) levels. See your GP straight away if you feel sick.
- Take your medication when the doctor tells you.
- Check your feet and skin for sores and/or cracks every day.

Type 1 Symptoms

- Excessively thirsty
- Feeling tired & lethargic
- Passing more urine
- Blurred vision
- Feeling dizzy
- Unexplained weight loss

Type 2 Symptoms

- Excessively thirsty
- Feeling tired & lethargic
- Passing more urine
- Feeling hungry
- Having cuts that heal slowly
- Gradually gaining weight

Did you know?

- Diabetes is the leading cause of blindness in working age adults.
- Diabetes is the leading cause of preventable limb amputations.
- A diabetic person is four times more likely to suffer a heart attack or stroke.



National NAIDOC Week 2020

8 – 15 November

The November dates follow the decision by the National NAIDOC Committee (NNC) to postpone NAIDOC Week from the original July dates due to the impacts and uncertainty from the escalating Coronavirus (COVID-19) pandemic across our communities and cities.

The postponement was aimed at protecting our elders and those in our communities with chronic health issues from the disastrous impacts of COVID-19.

As cooler weather approaches the need to protect our most susceptible remains.

Further announcements regarding the National NAIDOC Awards and the reactivation of the 2020 NAIDOC Local Grants Round will be made within coming weeks.

The NNC understands that the July dates for NAIDOC may still be acknowledged by communities and organisations, however we are mindful that those celebrations and physical gatherings will still be impacted by the various State and Territory COVID-19 restrictions and social distancing measures.

We acknowledge the commitment and tireless work of the many State, Territory, regional and local NAIDOC Committees, organisations and individuals whose passion each year makes NAIDOC Week an outstanding success.

We thank you for your understanding and working with us during these uncertain times.

The NNC is continuing to work with our partners and key stakeholders to make NAIDOC Week 2020 a suitable and fitting celebration of **#AlwaysWasAlwaysWillBe**



**Always Was,
Always Will Be.**

8-15 NOV 2020

World Hepatitis Day – 28 July

Hepatitis refers to an inflammatory condition of the liver.

It is commonly caused by a viral infection, but there are other possible causes of hepatitis.

These include autoimmune hepatitis and hepatitis that occurs as a secondary result of medications, drugs, toxins and alcohol.

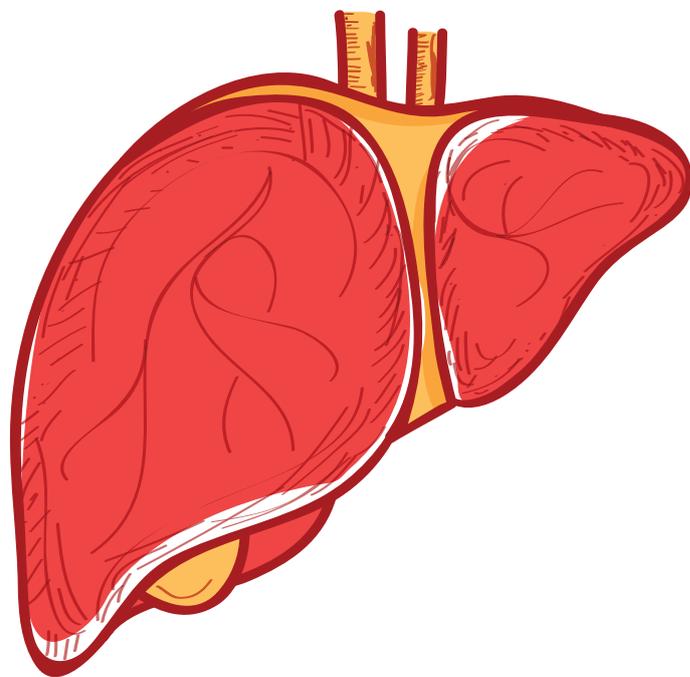
There are five main hepatitis viruses, referred to as **types A, B, C, D and E**.

Some common symptoms of hepatitis include:

- Fatigue
- Loss of appetite
- Flu-like symptoms
- Unexplained weight loss
- Dark urine
- Yellowing skin and eyes
- Pale stool (which may be a sign of jaundice)
- Abdominal pain

Speak to your doctor about:

- Diagnosis
- Treatment
- Prevention



WORLD **hepatitis** DAY

For fact sheets and more information on hepatitis, visit
hepatitisaustralia.com



Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types of foods from the five food groups every day.



Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



Noticeboard

Our Men's and Women's groups are back!

Our next group meetings will be mystery bus trips! Due to COVID-19 restrictions numbers are limited and allocated on a first-in basis.

Men's Group – Friday 24 July

Please contact Allan on 0412 544 774

Women's Group – Thursday 30 July

Please contact Joanne on 0403 645 486



Farm Visit

The Yadhaba Wellbeing Group recently visited local farmer, Edan Fanelli, to help clients connect to Mother Earth by planting, walking through the bush and drinking from a natural spring.

It was an amazing, rewarding experience that was greatly appreciated by all during this testing time. Thanks to the Fanelli family for welcoming us!



Social Distancing Measures – Keep our community safe, strong & protected

With no COVID-19 vaccine available, social distancing is the most effective way of slowing the spread of the virus.



Keep your distance

Try to keep 1.5m between yourself and others



Avoid physical touch

This includes handshakes, hugs, kisses



Public transport safety

Only use seats marked with a green dot



Good hygiene

Cover coughs and sneezes with your elbow and wash your hands regularly



Public gatherings

Practice good hygiene and maintain social distancing at events



Get tested

If you have a fever, dry cough, shortness of breath and/or sore throat, get tested

Meet The Mob

KIANI WARWICK

Executive Assistant to CEO

- Favourite Food:** Anything Pasta
- Favourite Music:** Listen to anything & everything
- Favourite Animal:** Elephants
- Favourite Sport:** If I didn't say soccer, my husband would be disappointed
- Where you grew up:** Darug & Yuin Country – Penrith and Shoalhaven
- Biggest Achievement:** My beautiful daughter



Hours of Business

Monday – Friday 9am - 5pm

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

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NDIS Manager

Kelly Gavine