



YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years

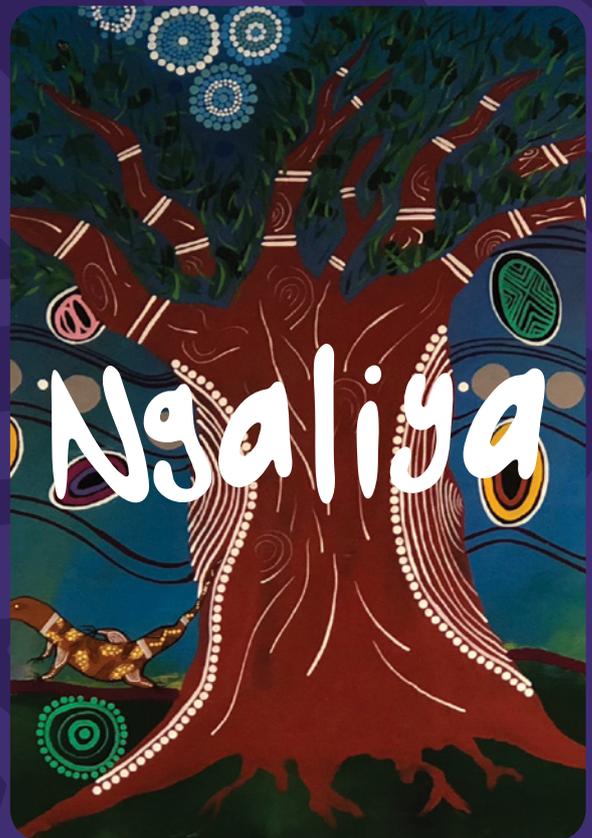
September is National Foster Care Month

Foster Care Month is an opportunity to focus on the ongoing need for appropriate foster care families within our community, with the aim of increasing foster carer recruitment.

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.



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Team Update

Yaama to our newest team members

Cassie Wheeler – Aboriginal Outreach Worker

Integrated Team Care (ITC)

Dr Derek Fleming – General Practitioner

Eleanor Duncan Aboriginal Health Centre

Nancy Wozheli – Triage Nurse

Yadhaba Wellbeing Team



Rough4anight Sleepout

A shout out to our Yerin Eleanor Duncan staff members who supported **Coast Shelter's Rough4anight event.**

Rough4anight is a sleepout with a difference, helping to raise funds to **#EndHomelessness.**



Yerin Yarns Podcast

Yerin Eleanor Duncan recently launched the Yerin Yarns podcast! Hosted by Brett Field and Luke Grant, the podcast features interesting interviews with our Program Leaders to give you all the latest information on what is happening at Yerin.



Check out episodes one and two, out now on Spotify and Apple.

National Child Protection Week

6-12 September

National Child Protection Week invites all Australians to consider how they can prioritise children in their lives by engaging in National Child Protection Week as individuals, and as part of families, organisations, communities and society. Putting children first means prioritising the safety and wellbeing of children.

Children and young people have the right to:

- Be safe and protected from harm
- Receive an education
- Live a full life and develop healthily
- Receive quality health care
- Participate in decisions that affect them
- Maintain relationships with family and people of significance
- Healthy living environments
- Information about issues that concern them
- Engage in leisure activities and spend time with their friends
- Maintain connections to community, culture, language and spirituality
- Services that assist them to achieve their full potential
- Privacy.

Aboriginal children in out of home care are in need of more Aboriginal Foster Carers.

Through our Yerin Eleanor Duncan Permanency Support Program (Ngaliya), Yerin is committed to supporting Aboriginal children and young people who are unable to live with their parents. This program aims to support families as well as provide support and healing for those who have been adversely affected. Our practices are informed by an understanding of personal and intergenerational trauma and seek to holistically address individual and community needs from a culturally responsive framework.

Yerin strives to keep families together and preserve culture. We believe that community and cultural connection are essential parts of remediating past and current struggles and for building strong and positive futures for Aboriginal children, young people and their families.

We know that past government and social policies and practices have contributed to an over representation of Aboriginal children, young people and families in welfare and state care-reliant programs. The lived experience of the Stolen Generations is reverberating for us and we strive to not let history be repeated.

Find out how you can make a difference in these children's lives by contacting the Ngaliya Permanency Support Program & Family Preservation Team on (02) 4350 0270.

Keeping Aboriginal kids connected to their family, community and culture.



Let's share, we're stronger together

"When we talk we are sharing. For thousands of years we've shared experiences, shared love. The only way we get out of those tough times is by sharing and talking."

#RUOKstrongertogether
ruok.org.au/strongertogether



RUOK?TM
A conversation could change a life.

10 September is World Suicide Prevention Day and R U OK? Day

R U OK? Day 10 September

R U OK? Day is a national day of action dedicated to reminding people to ask their family, friends and colleagues the question, R U OK?

Connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be suffering.

Let's all make sure we: look out for our families, friends and colleagues and be sure to ask R U OK?



R U OK?™

A conversation could change a life.

High rates of suicide among Aboriginal and Torres Strait Islander people are commonly attributed to a complex set of factors.

These include 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.

Despite risk factors, there are also some positive and protective factors that help Aboriginal and Torres Strait Islander people deal with mental health.

- Social connectedness and sense of belonging
- Connection to land, culture, spirituality and ancestry
- Living on or near traditional lands
- Self-determination
- Strong community governance
- Passing on of cultural practices

Yadhaba Wellbeing & Buridjga Youth

With a holistic approach to care, our Yadhaba Wellbeing and Buridjga Youth teams empower patients to address their physical, social and emotional wellbeing as part of their overall health. If you, or someone you know is struggling with their mental health, **please contact our Yadhaba Wellbeing or Buridjga Youth teams on 02 4351 1040.**

Noticeboard



Guri Gambu Men's Group

Our next Men's Group meeting is
Friday 18 September 2020

For more information please contact
Allan Beale T: 0412 544 774
E: abeale@yerin.org.au or
dmurray@yerin.org.au



Gulgul-ba Women's Group

"I am very Strong"

Our next Women's Group meeting is
Thursday 24 September 2020

For more information please contact
Jo Gilmour T: 0403 645 486
E: jgilmour@yerin.org.au



Antenatal Group

We welcome Aboriginal mums, dads,
carers and families of Aboriginal babies
to attend our Antenatal Group.

When: Thursdays from 9:30am – 11:30am

Term three group meetings conclude 3
September and recommence 15 October.

Bookings: Please call 0434 100 656



COVID-19 Precautions

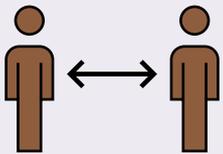
To look after our mob, the following
precautions apply to all group meetings.

- Limited to ten people
- Cold and flu symptom screening (those with symptoms will not be able to take part in the activity)
- Temperature checks (those with irregular temperatures will not be able to take part in the activity)
- Hand sanitiser provided

COVID-19 Update

Although restrictions have recently eased in NSW, as we are seeing in Victoria, the fight against COVID-19 is far from over.

Until there is a vaccine created, it's important to remain vigilant and continue good hygiene and physical distancing.



Try to maintain 1.5m distance between yourself and others.



When you greet mob don't shake hands, just nod.



Avoid crowded spaces and large gatherings.



If you have cold or flu-like symptoms get tested.



Wash your hands regularly with soap and water or alcohol-based hand sanitiser.

Meet The Mob

Sarah Thornton
Medical Receptionist

- Favourite Food:** Dumplings/Pad Thai/Sushi
- Favourite Music:** Anything, except Heavy Metal
- Favourite Animal:** Bentley (my dog)
- Where you grew up:** Born at Gosford Hospital and I've been here ever since.
- Biggest Achievement:** Travelling Europe for two months



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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NDIS Manager

Kelly Gavine