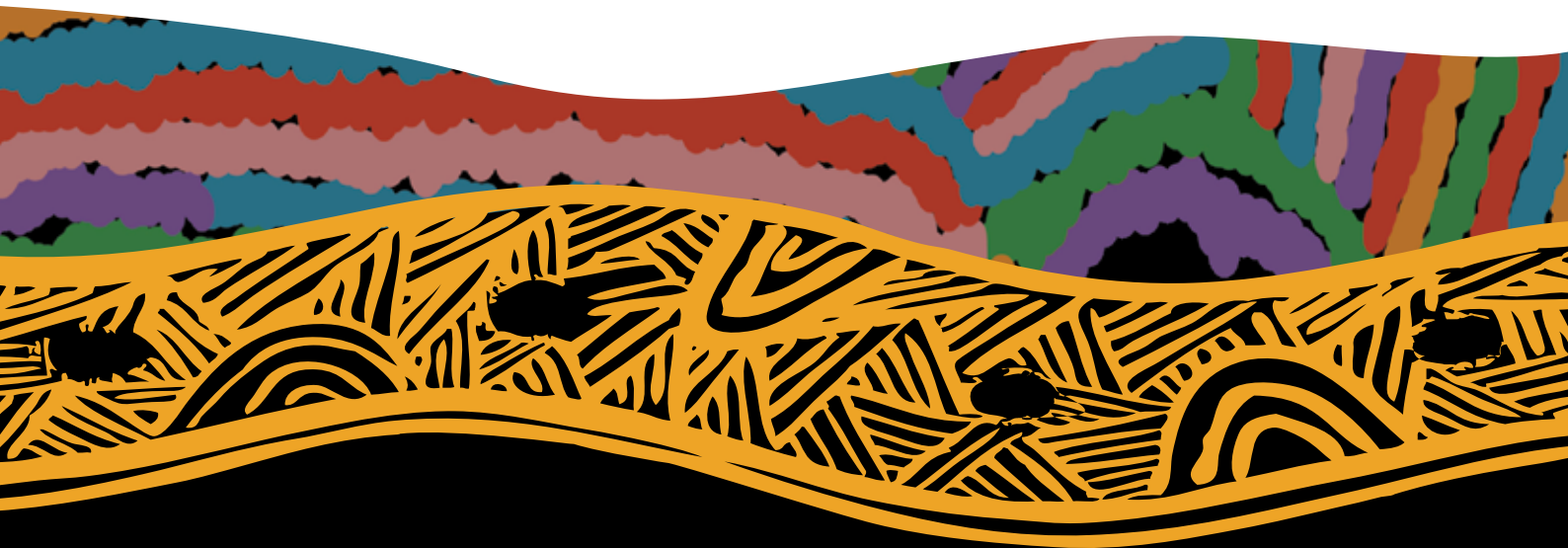




YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years



JOIN US
to celebrate
NAIDOC Week

Thursday 12 November

See page 5 for details.

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Team Update

Yaama to our newest team members

Tamikah Izzard - Admin Support Officer

Yerin Eleanor Duncan Programs

Stephen Morris - Caseworker

Family Preservation Team

Lyiona Spiteri - Caseworker

Buridjga Youth Team

Tanya Cannings - Drug & Alcohol & Mental Health Worker

Yadhaba Team

Kylie Mitchell - Caseworker

Family Preservation Team



Introducing Ma-guwag

Announcing our new Suicide prevention program, Ma-guwag, meaning “hey, take care” in Darkinjung language.

Our Ma-guwag team is made up of two Aboriginal mental health workers focusing on suicide prevention and mental wellness.

The program is supported by our experienced Aboriginal Health Practitioners, GP’s, Mental Health Nurse and psychologists, as well as working closely with acute mental health care providers.

The program aims to provide targeted and culturally responsive community awareness programs and supports to individuals within the Aboriginal community living on Darkinjung country, with specific focus on suicide prevention, and to develop help seeking strategies.

You can access support from Yerin’s Mental Health workers by calling 02 4351 1040 or 1800 493 746 between the hours of 9:00am and 5:00pm.

Out & About



Visit from NSW Ministry of Health State Director for Mental Health, David Pearce, and Kerry Smith, the Aboriginal CAMHS Priority Advisor Mental Health Branch.



Visit from Aboriginal Affairs NSW A/Regional Manager, Jodi Shannon, and Akazee, Project Officer for Hunter Central Coast.



Gamble Aware Week Community Day held in partnership with Warruwi – Safe Gambling.



Our Buridjga team and the local youth community came together to complete maintenance work at Wyong Neighbourhood Centre.

NAIDOC Week

8-15 November 2020



Always Was, Always Will Be.

'Always Was, Always Will Be' recognises that First Nations people have occupied and cared for this continent for over 65,000 years. We are spiritually and culturally connected to this country. This country was criss-crossed by generations of brilliant Nations.

Aboriginal and Torres Strait Islander people were Australia's first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists.

Australia has the world's oldest oral stories. The First Peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies. We built and engineered structures on Earth, predating well-known sites such as the Egyptian Pyramids and Stonehenge.

Our adaptation and intimate knowledge of Country enabled us to endure climate change, catastrophic droughts and rising sea levels.

'Always Was, Always Will Be' acknowledges that hundreds of Nations and our cultures covered this continent. All were managing the land - the biggest estate on earth - to sustainably provide for their future. Through ingenious land management systems like fire stick farming we transformed the harshest habitable continent into a land of bounty.

NAIDOC Week 2020 acknowledges and celebrates that our nation's story didn't begin with documented European contact whether in 1770 or 1606 - with the arrival of the Dutch on the western coast of the Cape York Peninsula.

The very first footprints on this continent were those belonging to First Nations peoples.

Our coastal Nations watched and interacted with at least 36 contacts made by Europeans prior to 1770. Many of them resulting in the charting of the northern, western and southern coastlines - of our lands and our waters.

For us, this nation's story began at the dawn of time.

NAIDOC 2020 invites all Australians to embrace the true history of this country - a history which dates back thousands of generations.

It's about seeing, hearing and learning the First Nations' 65,000+ year history of this country - which is Australian history. We want all Australians to celebrate that we have the oldest continuing cultures on the planet and to recognise that our sovereignty was never ceded.



NAIDOC Week *Celebration*

- INVITATION -

Come along to celebrate NAIDOC Week with:

- Acknowledgement to Country from Toni Carew
- BJ Duncan speaking about the Uluru Statement from the Heart and the importance of celebrating NAIDOC Week this year
 - Morning or afternoon tea

When: Thursday 12 November 2020

10:30am – 12:30pm

NDIS Building

33B Alison Rd, Wyong


2:30pm – 4:00pm

Dental Car Park

37 Alison Rd, Wyong

**RSVP: Friday 6 November 2020 to Allan Beale on 0412 544 774
or Allison Trindall on (02) 4351 1040**

Please note: In order to look after our mob, numbers are limited to 30 people and standard COVID-19 screening and precautions will apply.



Guri Gambu Men's Group



This painting depicts men's business. The men sharing their knowledge amongst each other. The feet represent dancing after an idea is agreed upon. The small boomerangs represent all the men at the men's business. The weapons represent the knowledge they share amongst each other.

Date: Friday 13 & 27 November

Time: 9:30am – 3:30pm

Location: Yula-Punaal Education & Healing Centre
(bus departs from Yerin's NDIS building)

RSVP: Allan Beale **T: 0412 544 774**

RSVPs are essential as lunch will be provided

Gulgul-ba Women's Group



"I am very Strong"

The circle symbolises women coming together, with the flowers representing growth and to blossom.

Date: Thursday 26 November

Time: 10:00am – 2:00pm

Location: NDIS Building, 33B Allison Road, Wyong

RSVP: Jo Gilmour **T: 0403 645 486 E: jgilmour@yerin.org.au**

RSVPs are essential as lunch will be provided

Please note: In order to look after our mob numbers are limited to 30 people and standard COVID-19 screening and precautions will apply.



White Ribbon Day

Morning Tea

- INVITATION -

Yerin Eleanor Duncan invites you to a morning tea
on Friday 20 November 2020 in recognition
of White Ribbon Day.

Date: Friday 20 November 2020

Time: 10:00am – 12:00pm

Where: Dental Clinic Car Park, 37 Alison Road, Wyong

RSVP: By Monday 16 November 2020. Allan Beale T: 0412 544 774

White Ribbon Day is an opportunity to come together to raise awareness and commit to action to prevent men's violence against women. In workplaces, schools and communities all over Australia, we're asking you to stand up, speak out and act to end gendered violence.

Please note: In order to look after our mob, numbers are limited to 30 people and standard COVID-19 screening and precautions will apply.

14 November is
World Diabetes Day



Diabetes: Food for thought

Healthy eating for diabetes follows the same healthy eating guidelines as recommended for everyone. You and your whole family can eat the same healthy meals.



Eating healthily can reduce the risk of you and your family members getting diabetes.

Your intake of carbohydrate foods and fat is important in the management of diabetes.

Carbohydrate foods

- Carbohydrate foods are a great source of energy for the body.
- Carbohydrate foods are broken down into glucose.
- Choose healthy carbohydrate foods to have at each meal and snack.
- Too many carbohydrates at one time may cause high blood glucose levels.
- Not enough carbohydrates at a meal, or over the whole day, may:
 - Make you feel tired.
 - Make you miss out on important vitamins and

minerals.

- Cause a low blood glucose level (or hypo).

Healthy carbohydrate foods include:

- Bread and breakfast cereals – choose wholegrain options
- Rice and pasta (choose wholemeal pasta)
- Potato, sweet potato, taro and corn
- Legumes such as baked beans, lentils, kidney beans and split peas
- Fruit
- Milk and yoghurt – choose low fat (preferably unsweetened)

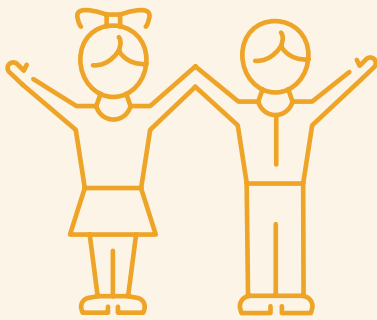
The traditional diets of both Aboriginal and Torres Strait Islander people is very healthy. It is low in fat, especially unhealthy fat, and based on lean meat and fish, plenty of vegetables, fruit and unprocessed foods. Trying to choose foods that match this will help manage your diabetes.

Noticeboard

Respite Carer

Are you dedicated to supporting children and young people's connection to Country, community, family and culture.

Become a respite carer today.



Financial Counselling

Yerin Eleanor Duncan offers a financial counselling service.

Appointments with a financial counsellor are available on the second and fourth Monday of each month.

Call Yerin Eleanor Duncan on 02 4351 1040 to book an appointment.



Speech Pathologist

Lucy Owen

Available every week at Yerin Eleanor Duncan Aboriginal Health Centre.

Call Reception on 02 4351 1040 for further information.



Yerin Eleanor Duncan Dental Services

We're pleased to advise Yerin Eleanor Duncan Dental Services have resumed.

The service is open Monday to Friday from 8:00am to 4:00pm. **Call 02 4350 0222 to book an appointment.**



International Day of People with Disability *Morning Tea*

Yerin's NDIS team invites community to come along to a morning tea to celebrate International Day of People with Disability (IDPwD). Celebrated annually across Australia, IDPwD acknowledges the incredible contribution people of all abilities make to the community.

Date:

Thursday 3 December 2020

Time:

10:00am – 12:00pm

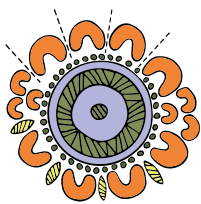
Location:

NDIS Building, 33B Alison Road, Wyong

RSVP:

By 26 November

Brooke Harb **T: 0416 875 166**



MURU BARA

'Making Pathways'

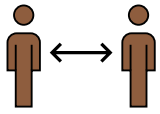
Yerin Aboriginal Ability Services



**International Day of
People with Disability**

Please note: In order to look after our mob, numbers are limited to 30 people and standard COVID-19 screening and precautions will apply.

COVID-19 Safety Tips



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.

New Contact Details

We've made some changes to our contact details to make it easier to get in touch with specific teams at Yerin Eleanor Duncan.

Call 02 4350 0270

for the Ngaliya Permanency Support & Family Preservation Team

Call 02 4350 0278

for the Muru Bara Ability Team

Call 02 4350 0209

for the Corporate Services team

And continue to call 02 4351 1040 for:

Eleanor Duncan Health Centre

Dhangan Gudjagang Team

Yadhaba Wellbeing Team

Integrated Team Care

Health Promotions Team

Buridjga Youth Team

Acknowledgement

Yerin Aboriginal Health Services acknowledges that we work on the lands of the Darkinyung people.

We pay our respect to these lands that provide for us.

We acknowledge and pay respect to the ancestors that walked these lands for many generations before us.

We acknowledge and recognise all Aboriginal people who have come from their own country and who now call this country their home.

We acknowledge our Elders who are our knowledge holders, teachers and pioneers.

We acknowledge our youth who are our hope for a brighter and stronger future and who will be our future leaders.

We acknowledge and pay our respect to our members who have gone before us and recognise their contribution to our people and community.

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

Permanency Support Program Manager

Breannon Field

Operations Manager

Vicki Field

Dental Manager

Kylie Nichols

NDIS Manager

Kelly Gavine