



YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years

October is Breast Cancer Awareness Month

Our famous Booby Bus has been renamed!

Now known as the Ngnamus Bus - just in time for Breast Cancer Awareness Month - turn to page 8 for upcoming Ngnamus Bus dates to visit BreastScreen Erina.



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Team Update

Yaama to our newest team members

Jindara McGee – Aboriginal Health Worker
Dhangan Gudjagang Team

Matthew Quinn – Casual Support Worker
Muru Bara Ability Team

Natalie Daniels – Therapeutic Care Coordinator
Ngaliya Permanency Support Program

Kirra Osborne – Family Time/Casework Support
Ngaliya Permanency Support Program

Natasha Lardner – Casual Support Worker
Muru Bara Ability Team

Terri Bell – Dental/Allied Health Receptionist
Gulgul Yirra Dental Team

Phillip Ward – Full-time Psychologist
Yerin Eleanor Duncan Programs

Teck Wai Mah - Part-time Psychologist
Yerin Eleanor Duncan Programs

Ryan Field – Suicide Prevention Worker
Yadhaba Team

Yaama!

Dr Elly's "Everesting Challenge"

A massive shout out to the very inspiring Dr Elly Warren who has recently completed her "Everesting Challenge" for Tour de Cure Australia. Dr Elly cycled the equivalent of Mt Everest to raise much needed funding for cancer prevention and to raise awareness about the gap in cancer outcomes for Aboriginal and Torres Strait Islander people. Over \$7000 was raised for Tour de Cure Australia, well done Dr Elly!

If you would like to donate, go to tourdecure.com.au to find Elly Warren's profile.



Yaama, Optometrist Patrizia Ranieri

Yerin Eleanor Duncan is pleased to welcome Optometrist, Patrizia Ranieri. Patrizia will be available to Yerin Eleanor Duncan patients every second Friday.

For an appointment and to see if you are eligible, please call Terri on 02 4350 0222.



Cultural Tour with Uncle Gavi Duncan

Both Aboriginal and non-Aboriginal staff at Yerin Eleanor Duncan have been fortunate to participate in a cultural tour and spend the day with Uncle Gavi Duncan in different locations on Darkinjung Country.

Uncle Gavi shared his knowledge and passion of local history, traditional uses for many plants, as well as providing a guided walk through beautiful Darkinjung Country. Thanks to Uncle Gavi and Darkinjung Local Aboriginal Land Council.



Dhangan Gudjagang Baby Wrap and Shirt Launch Event



The Dhangan Gudjagang team recently hosted a launch event to celebrate their new Yerin Eleanor Duncan baby wraps. Featuring beautiful Aboriginal artwork, the baby wraps reflect the care our team 'wraps' around the mothers and families we work with.

The baby wraps were gifted to five clients at the event and will be given as gifts to mums who engage Yerin Eleanor Duncan Aboriginal Health Centre for their pregnancy care during their motherhood journey.

Our Dhangan Gudjagang team is committed to providing our Gudjagangs with holistic care that links our traditional practices with the modern world. The team consists of:

- two Aboriginal Health Workers who ensure families receive culturally responsive and safe care
- a Midwife and Early Childhood Nurse who cater for all mother and baby medical needs from pregnancy until the child is eight years of age
- Family Violence Prevention Health Worker.

At the event the team also released their 2020 Mums and Bubs Group participant shirt for the community, to tie in with Mums and Bubs Group recommencing in September.

Mums and Bubs Group offers mothers, carers and gudjagangs a place to sit together, share yarns, worries, wins and all things parenthood - helping to give parents confidence in their relationship with their Gudjagangs. Dads and carers are also welcome.



Save The Date

Tuesday 17 November

Family Christmas Photos

Mental Health Week

5 – 11 October

Everyone has ups and downs.
Everyone feels sad, angry, or
hopeless at times.

If you or someone you know has been feeling this way for more than two weeks, this could be a sign of a mental illness such as depression or anxiety, which can be addressed.

Things that can affect mental health and make it difficult to stay strong include:

- Grief and loss
- Trauma
- Problems with families and relationships
- Feeling separated from your culture and identity
- Feeling like you are being discriminated against
- Feeling unsafe because of violence around you
- Troubles with work or with finding work
- Having a long-term health problem
- Having an insufficient income
- Lacking access to transport
- Having a drug or alcohol problem

For Aboriginal and Torres Strait Islander people, events in the past can also affect social and emotional wellbeing. These can include, the impact of the Stolen Generations, separation from culture and identity, and the general level of disadvantage experienced by Aboriginal and Torres Strait Islander communities.

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 a sense of belonging
- Connection to land, culture, spirituality and ancestry
- Living on or near traditional lands
- Self-determination
- Passing on of cultural practices



Yadhaba Wellbeing & Buridjga Youth Programs

With a holistic approach to care, our Yadhaba Wellbeing and Buridjga Youth programs empower people 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 team on 02 4351 1040.

National Nutrition Week

11 – 17 October

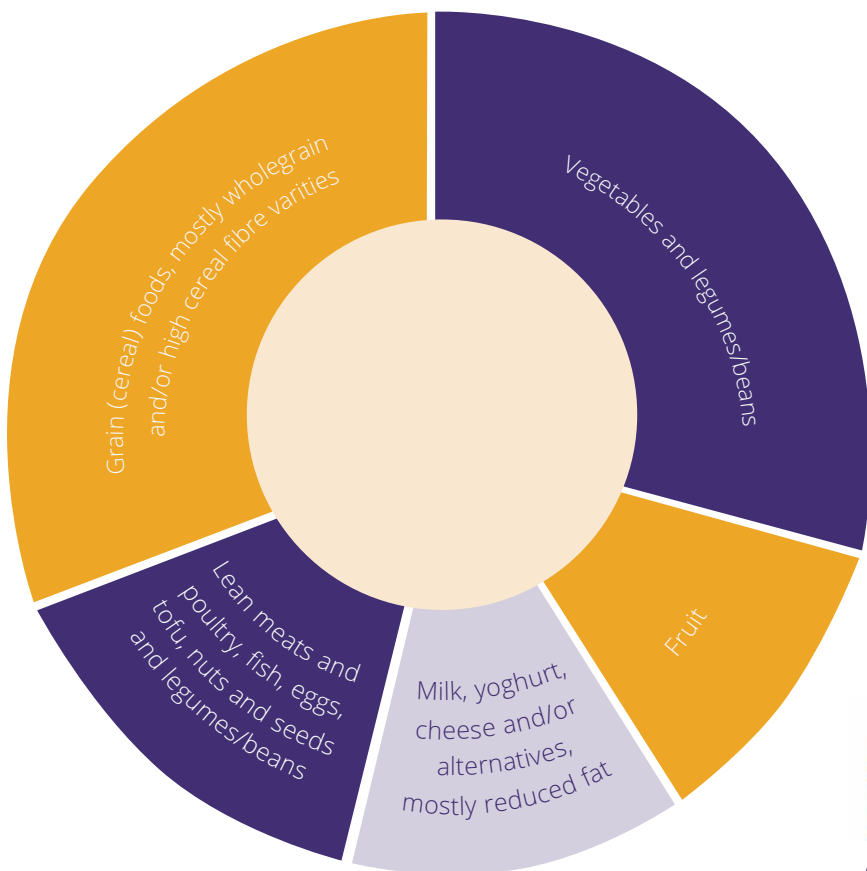
Healthy eating throughout your life will help reduce the risks of health problems later in life such as heart disease, diabetes and obesity.

Check out the Healthy Eating Guide below for the different types of foods in each of the five food groups.

It is important to choose a balanced and varied diet.

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



Use small amounts



Only sometimes and in small amounts

Source: Australian Government National Health & Medical Research Council Department of Health

Make informed food choices for good health and nutrition.

National Foot Health Week

15 - 21 October

Diabetes and foot health

Proper care is essential for foot health, especially for people with Diabetes.

How does Diabetes affect your feet?

- Reduction in sensation to the feet
- Poor circulation
- Increased risk of infection
- Poor healing
- Ulcerations (non-healing wounds)
- Amputation risk

Diabetes can cause damage to your blood vessels, in particular the small blood vessels that supply the skin and the nerves that are associated with sensation. Poor sensation and circulation in the feet can have a serious impact on an individual's foot health, causing ulcerations to occur. Ulceration of the foot is a serious matter, creating the potential for serious infection and tissue death, all leading to the possible amputation of the affected area. If you notice any signs of foot ulceration, blistering, redness, heat, or inflammation you must see a Podiatrist or seek medical attention urgently.

What can you do to maintain good foot health?

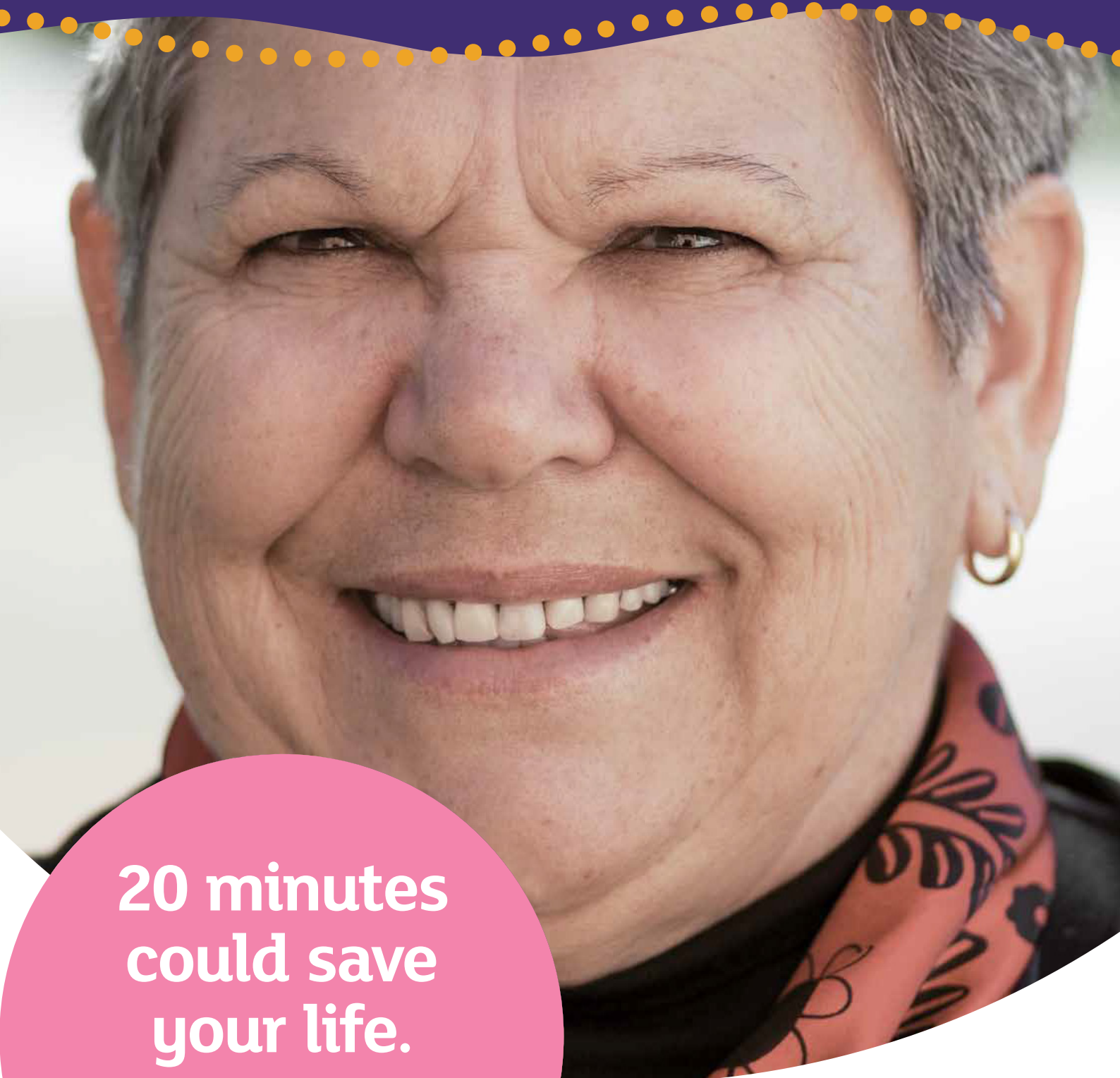
- Maintain good control of your diabetic blood glucose levels (sugar level)
- Check your feet daily
- Apply an emollient such as CCS cream on your feet daily, but not between the toes
- Wear sensible supportive shoes
- Cut your nails straight across
- Have your feet assessed every year with your Podiatrist or Diabetic Nurse



Do you need to see a Podiatrist?

Contact Terri Bell about our Podiatry Services on 02 4350 0222.

October is Breast Cancer Awareness Month



**20 minutes
could save
your life.**

**Book a
breast screen
today.**

For bookings and information call **13 20 50**
or visit **breastscreen.nsw.gov.au**
It's free. It's important.

BreastScreen
NSW

 **NSW**
GOVERNMENT | Health



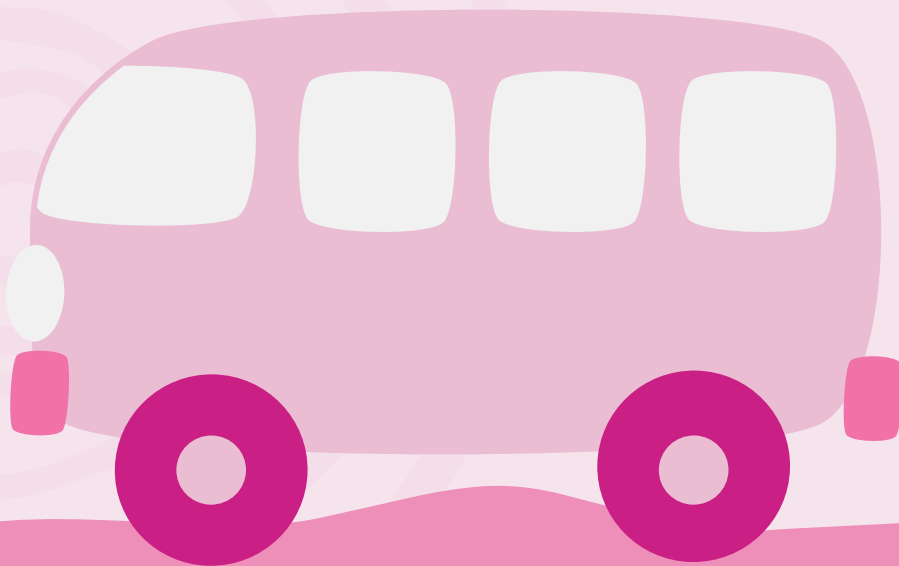
Book your seat on the *Ngnamus Bus*

All aboard the
Ngnamus Bus to visit
BreastScreen Erina to
get tested together.

2020 Ngnamus
Bus Dates

20 October

17 November



You don't have to do this alone!

To book your spot on the next
bus, contact Cassie Wheeler
on 02 4351 1040.



YERIN

Eleanor Duncan
Aboriginal Health Centre

Which Way Survey

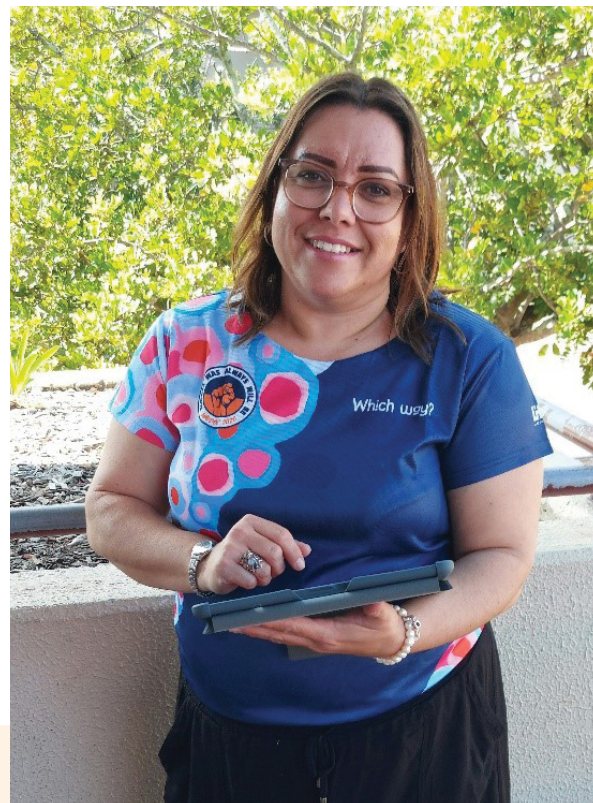
By the University of Newcastle

Yerin Eleanor Duncan and our community have been invited to participate in the Which Way survey.

Organised by the University of Newcastle in partnership with Aboriginal communities, the survey explores the needs and interests of Aboriginal and Torres Strait Islander women to support them to quit smoking during pregnancy.

It is an opportunity for women in our community to have a say on what you see as the best tools and supports in quitting smoking. Plus, each participant goes into the draw to win an iPad.

Aboriginal and Torres Strait Islander women aged between 16 and 40 years who are smokers or ex-smokers are invited to take part.



Visit
bit.ly/WhichWaySurvey
to have your say.



Any time is a good time to yarn about improving your health.

The Dhanggan Gudjagang team are here to support you. Give us a call on 02 4351 1040

Noticeboard



Guri Gambu Men's Group

Our next Men's Group meetings are
October 16, 30
November 13, 27
December 11

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



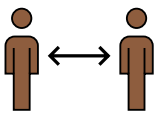
Gulgul-ba Women's Group

"I am very Strong"

Our next Women's Group meetings are
October 29
November 26

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

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

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