



YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years

YERIN NEWS | Edition 35 | December 2020

Merry CHRISTMAS

Best wishes to you all for a safe,
happy holiday and a prosperous New Year.

From the Board, Management and Staff of Yerin Eleanor Duncan

Christmas Closure

Yerin Eleanor Duncan will be closed from Friday
25 December 2020, reopening Monday 11 January 2021.

If you have a medical emergency during this time,
please call 000 or attend your local hospital:

Wyong Hospital (02) 4394 8000
Gosford Hospital (02) 4320 2111

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Team Update

Nicole Rowe - Family Worker
Dhanggan Gudjagang Team

Theeran Pearson - Suicide Prevention Worker
Yadhaba Team

Amyee Karpowicz - Customer Service
Yerin Eleanor Duncan

Jodie Green - Support Coordinator
Muru Bara Ability Team

Caitlin Grosse - Executive Assistant to CEO
Corporate Services Team

Tess Hitch - Dietician
Eleanor Duncan Aboriginal Health Centre

Yaama!

to our newest
team members



Which Way Project

We had the pleasure of meeting with the Which Way? team recently to discuss their smoking survey which aims to inform the research team on what Aboriginal women require to successfully stop smoking.

Out & About

Staff Development Day

All staff of Yerin Eleanor Duncan participated in our annual Staff Development Day at Toukley over two days. Thank you to Girra Girra Aboriginal Experiences and staff of Camp Toukley.



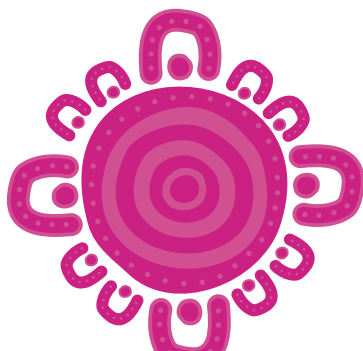
NAIDOC Week Celebrations

To celebrate NAIDOC, staff of Yerin Eleanor Duncan shared stories with the Gudjagangs at Kooloorra Preschool. Thank you to Director, Tanika Harris and Creative Director Trent Brailey for inviting us to be a part of their NAIDOC celebrations.



White Ribbon Day 2020

We came together to acknowledge White Ribbon Day 2020. Frances Ralph, Yerin's Domestic Violence and Sexual Assault Health Worker, reiterated the importance of 'speaking up against violence' and our Aboriginal men made a pledge to stand up, speak out and act to end violence.



Guri Gambu



Guri Gambu

Men's Group

Please note:
New meeting
location

Uncles and Brothers are invited to a

Christmas BBQ Lunch at Memorial Park

Come along for lunch, a yarn and wear your favourite Christmas shirt.

Friday 11 December

Bus departs 9:30am sharp from Yerin's NDIS Building,
33B Alison Road Wyong, returning 2:00pm.

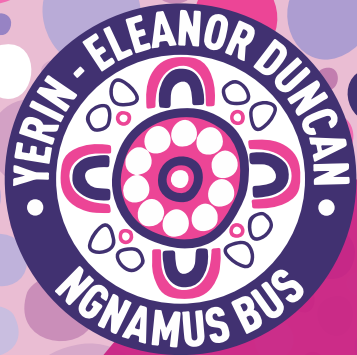
Alternatively, please meet at 10:00am at Lions Park, Mackenzie Reserve,
Weemala Street, Budgewoi.

RSVP: By Wednesday 9 December to Allan Beale 0412 544 774

Please note: In order to look after our mob numbers are limited to 50 people, RSVPs are essential, and standard COVID-19 screening and precautions will apply.

Last Men's Group for 2020

We hope to see you there!



Yerin Ngnamus Bus *Morning Tea*

- INVITATION -

Yerin invites community to come along for morning tea
to celebrate the launch of the Ngnamus Bus
(previously known as the Boobie Bus)

Women who have attended a breast screen
with us this year will receive a special
Ngnamus Bus t-shirt as a thank you

When: Tuesday 8 December 2020, 10:00am - 12:00pm

Where: NDIS Car Park, 33b Alison Road, Wyong

RSVP: To Cassie or Moira on 02 4351 1040

Please note: In order to look after our mob numbers are limited to 50 people
and standard COVID-19 screening and precautions will apply

Santa Photos

The Dhanggan Gudjangan team invites you to have family Christmas photos with Santa!

When: 21 December 2020, 10:00AM – 4:00PM

Where: NDIS Building - 33b Alison Road, Wyong

BOOKINGS ESSENTIAL

Please contact Jindara on **02 4351 1040** to book your time.



• 715 HEALTH CHECK COMPETITION •

Win a Jersey

Yerin Eleanor Duncan is offering you the chance to win an Indigenous sports jersey of your choice!

Simply have your **715 Health Check** completed at Yerin, between 1 and 24 December 2020 to go in the draw for your chance to win.



CALL 02 4351 1040 TO BOOK YOUR APPOINTMENT TODAY

YOUNG, BLACK & READY FOR SCHOOL

**DO YOU HAVE ABORIGINAL CHILDREN?
ARE THEY STARTING SCHOOL IN 2021?**

YOU'RE INVITED TO THE



**YOUNG, BLACK & READY FOR SCHOOL
LOCAL SUPPORT SERVICES EXPO**



AT

GUDJAGANG NGARA LI - DHI ABORIGINAL CORPORATION

4 CHURCH ST, WYONG 2259

TUESDAY 8TH DECEMBER 2020

10AM - 2PM

REGISTER YOUR INTEREST:

GNL 43 058807

OR

CASSA HINTON

ABORIGINAL CHILD & FAMILY PRACTITIONER

PH. 0439 274 589



PLEASE JOIN US FOR A GREAT LUNCH, AND CULTURAL FUN ACTIVITIES.

CHILDREN WILL RECEIVE A FREE SCHOOL PACK AND PARENTS WILL TAKE HOME AN INFORMATIVE KIT.



Beat the Heat

Heat waves or long periods of extreme heat can have serious impacts on people's health. It's important to plan ahead and be prepared this summer.

Heat and health

During extremely hot weather, it is easy to become dehydrated or for your body to overheat.

Exposure to high temperatures can lead to life-threatening heat-related illness such as heat stroke and heat exhaustion. More commonly, heat can make existing chronic illness worse. This can have equally serious consequences such as inducing a heart attack in someone who has a heart condition.

Who is at greater risk from heat?

Everyone needs to take care in hot weather but some people are at higher risk of heat illness, including:

- Older adults, because they are more likely to have chronic disease
- Pregnant women, because they may be more sensitive to the effects of heat
- Infants and young children, because they spend more time outdoors engaged in physical activity
- People who have a chronic or acute illness, like heart disease, high blood pressure, kidney disease or gastroenteritis (diarrhoea and/or vomiting)
- People who take certain medications, which can make it more difficult to keep cool during hot weather
- People working in a hot environment, for example labourers, gardeners, fire fighters
- People who live alone or are socially isolated

Steps to reduce risk

- Keep yourself cool
- Wear loose fitting clothing
- Stay out of the sun
- Try to be indoors during the hottest part of the day
- Close windows and doors to keep the heat out. Curtains with light-coloured lining can help to reflect heat
- Use air conditioning if you have it. Fans can also be effective
- Stay hydrated by drinking water
- Avoid alcoholic, hot or sugary drinks including tea and coffee (they can make dehydration worse)
- If you go outside, carry a bottle of water with you
- Look out for each other
- Keep in contact with elderly friends, neighbours and relatives during a heat wave in case you or they need any help
- Plan ahead for the heat
- Keep an eye on the weather forecast
- Prepare yourself, house or apartment before the heat arrives
- Know who to call if you need help
- Follow your doctor's advice if you have any have any medical conditions

Source: Health.nsw.gov.au

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.



New Hearing Australia Clinic

We're pleased to announce a hearing clinic at EDAHC on Fridays from 9:00am - 2:30pm. Available to Aboriginal/Torres Strait Islander children up to 6 years, or primary school students with hearing concerns.

Call 02 4351 1040 to book.



COVID-Safe Christmas

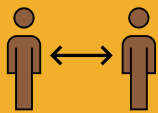


Although restrictions have eased, it's still important we all do our bit to stay COVID-safe over Christmas.

As of 1 December in NSW:

- Up to 50 people can visit a residence if an outdoor space is being used
- It's recommended only 30 people gather in residences where there is no outdoor space
- Up to 50 people can gather outdoors in a public space

Remember to stay COVID-safe at all times by:



Maintaining 1.5m distance between yourself and others



Getting a COVID-19 test and self-isolating if you have cold or flu-like symptoms



Avoiding physical contact (e.g. handshakes)



Washing your hands regularly with soap or using hand sanitiser

Hours of Business

Monday - Friday 9am - 5pm

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

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