



# YERIN

Eleanor Duncan  
Aboriginal Health Services

*Celebrating 25 years*

YERIN NEWS | Edition 36 | January 2021



## Introducing *Ma-guwag*

*'Hey, take care'*

Meaning '*hey, take care*' in Darkinjung language, our new Suicide Prevention Program focuses on suicide prevention and mental wellness, and provides targeted and culturally responsive community awareness and help seeking programs.

**Find out more on page 4.**

## What's Inside

CEO Message **2** | 2021 Men's & Women's Groups **3** | Introducing Ma-guwag **4**

Ngaliya PSP & Family Preservation **5** | Yadhaba & Buridjga **6** | EDAHC **7** | Out & About **8**

# CEO Message

## *Yana galuring* *'Come this way'*



Yerin Eleanor Duncan invites you all to yana galuring in 2021 for another year of continued success, growth and new opportunities for everyone in our community and our organisation.

As an organisation, we understand that by embracing our community's vision, objectives, and goals, we will be able to build stronger and longer lasting relationships that will generate long term results.

We believe our community will continue to look at us as their trusted health, social and emotional wellbeing provider, thanks to the continued, trusted services provided across our 31 programs.

We strongly encourage you to become a member of our wonderful organisation in 2021. There are a few ways you can do this:

1. Join as a member of our organisation by applying online and meeting the eligibility under our constitution
2. Join our Community Engagement Committee
3. Join our Women's, Men's, and Youth groups.

Information about how to apply is available on our website [www.yerin.org.au](http://www.yerin.org.au)

Another great way to get involved and give back to our community is to become a respite Foster Carer with our Ngaliya program! Jump on our website to check how to become a deadly carer for our Gudjagangs.

Here's to the beginnings of a wonderful year ahead! Take care and I hope to see you during the year.

**Belinda Field**  
CEO

# Guri Gambu Men's Group



Uncles and Brothers are invited to join us at our 2021 Guri Gambu Men's Group meetings for activities, lunches, yarns and more.

**February:** Friday 12 & Friday 26

**March:** Friday 12 & Friday 26

**April:** Friday 9 & Friday 23

**May:** Friday 14 & Friday 28

**June:** Friday 11 & Friday 25

*We hope to see you  
there in 2021*



Follow us on Facebook for more information and to RSVP to each Men's Group Event.



*Gulgul-ba Womens Group*

# Gulgul-ba Women's Group

Our Gulgul-ba Women's Group will be commencing in February 2021. We look forward to seeing you all for lunches, yarns and cultural activities in the new year.

*We hope to see you in  
February 2021*



Follow us on Facebook for more information and to RSVP to each Women's Group Event.

**Please note:** Due to the constantly evolving COVID-19 situation, precautions will apply to each meeting based on current health advice, including limited numbers and pre-event screening.



## Introducing

# Ma-guwag

*'Hey, take care'*



Phone  
**02 4351 1040**  
to speak with a  
Mental Health  
Worker

**Our Ma-guwag Team focuses on suicide prevention and mental wellness, providing targeted and culturally responsive community awareness and help seeking programs.**

The team is made up of two Mental Health Workers who are supported by an experienced team of Aboriginal Health Practitioners, GPs, a Mental Health Nurse and psychologists.

It is important that we acknowledge the past with programs that work towards building resilience and help seeking behaviours in order to heal from trauma and reduce loss due to suicide in our communities.

### Services

- Support accessing Yerin workers
- Yarning groups
- Support to self-assess mental health
- Access to cultural activities including 'on country'
- Access to wellbeing groups like YERINFIT
- Therapeutic supports
- Group training to better understand mental health and supports available
- Increased access to information and resources, including after hours
- Support activities and group sessions to build resilience and safe networks
- Support in seeking additional health and wellbeing services

# Ngaliya

## Permanency Support & Family Preservation

Yerin Eleanor Duncan is committed to supporting our gudjagangs and families. Our Ngaliya Family Preservation Team works to keep Aboriginal families safely together, and our Ngaliya Permanency Support Team provides kinship and non-related carers with case management and support when children need to be placed in care.

### Ngaliya Permanency Support Services

- Support for kinship carers, children and extended family
- Therapeutic support and education
- Counselling for children
- Family counselling
- Parenting skills
- Carer education and training
- In-home support and respite services
- Identity and connection to Country and family

### Ngaliya Family Preservation Services

- Wrap around supports
- In-house supports
- Parenting routines and practical life skills
- Increasing child safety
- Advocacy
- Family group and counselling



## Become a Foster Carer

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.

If you would like further information, email [yerinoohc@yerin.org.au](mailto:yerinoohc@yerin.org.au) to request an EOI Form

# Buridjga

*'Get up'*



Phone  
**02 4351 1040**  
to speak with a  
Buridjga Youth  
Caseworker

The Buridjga Youth Team provides ongoing, culturally appropriate support including case management and care co-ordination, to high-risk, vulnerable young people aged 12 to 24 years to address mental health and drug and alcohol related issues.

## Services

- Youth Groups and yarning circle
- Juvenile Justice diversion
- Advocacy with school, vocational and career options
- Harm reduction and motivational interviewing
- Support navigating mainstream health system
- Support navigating AOD services



Phone  
**02 4351 1040**  
to speak with a  
Wellbeing  
Officer

# Yadhaba

*'Get better'*

The Yadhaba Wellbeing Team empowers clients to improve their wellbeing, including their mental health. We take a holistic approach when caring for our clients and families, addressing physical, social, emotional and cultural wellbeing.

## Services

- Smoking cessation
- Drug & alcohol therapy intervention
- Mental health services
- Support navigating mainstream health system
- Exercise and wellness program
- Women's and Men's Groups
- Dialect Behaviour Therapy Group
- Specialist counselling: AOD, mental health, psychiatry

# Eleanor Duncan Aboriginal Health Centre



An Aboriginal community-controlled health service, aiming to deliver culturally responsive integrated primary health care services and social and emotional support across a wide variety of different programs to our community on the NSW Central Coast, Darkinjung country.

## Services

- General Practitioners (doctors)
- Aboriginal Health Workers
- Primary Health Care Nurses
- Podiatry
- Dietetics
- Diabetes Education
- Optometry
- Speech Therapy
- Physiotherapy
- Pathology (Douglass Hanly Moir)
- Endocrinology
- Paediatric Care
- Psychiatry
- Psychology
- Treatment of acute illnesses
- Management of chronic conditions
- Social and emotional intervention and referrals
- Smoking cessation
- Visiting Specialists (AOD)



Phone  
**02 4351 1040**  
to make an  
appointment

**Please note:** We currently have a two-week waitlist for GP appointments

# Out & About



Yadhaba Team visit to  
Terrigal High School



Management Team  
visit to The Glen



Celebrating local artists at  
Saltwater Freshwater Arts



Ngnamus Bus Morning -  
Screen them all, big or small



Community Christmas Party

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