

# YERIN

Eleanor Duncan  
Aboriginal Health Services

# July Newsletter

Artwork: Care For Country by Maggie-Jean Douglas (Gubbi Gubbi)

When creating 'Care for Country' I kept in mind that this meant spiritually, physically, emotionally, socially and culturally – I chose to create a bright and vibrant artwork that included the different colours of the land but showed how they come together in our beautiful country and to make people feel hopeful for the future. I've included communities/people, animals and bush medicines spread over different landscapes of red dirt, green grass, bush land and coastal areas to tell the story of the many ways country can and has healed us throughout our lives and journeys.



**HEAL  
COUNTRY!**

[facebook.com/NAIDOC](https://www.facebook.com/NAIDOC) [@naidocweek](https://www.instagram.com/naidocweek) [@naidocweek](https://www.twitter.com/naidocweek)

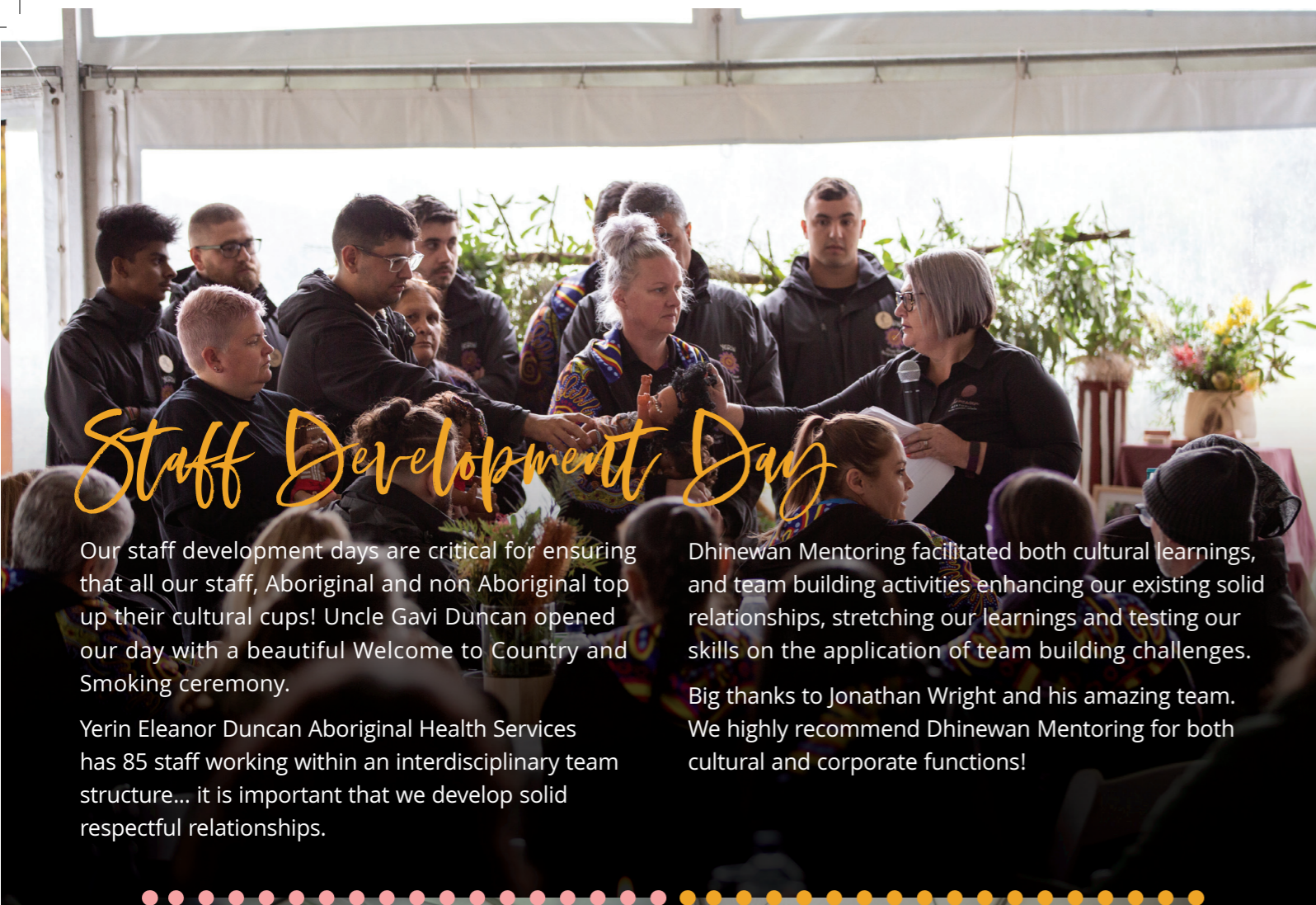
# NAIDOC Week

4-11 JULY 2021



#NAIDOC2021 #HealCountry

Acknowledging the 50th Anniversary of the Aboriginal Flag. Reproduced with kind permission and copyright of Harold Thomas. Torres Strait Islander flag reproduced by kind permission of the Torres Strait Island Regional Council. Designed by Mr Bernard Hancock.



# Staff Development Day

Our staff development days are critical for ensuring that all our staff, Aboriginal and non Aboriginal top up their cultural cups! Uncle Gavi Duncan opened our day with a beautiful Welcome to Country and Smoking ceremony.

Yerin Eleanor Duncan Aboriginal Health Services has 85 staff working within an interdisciplinary team structure... it is important that we develop solid respectful relationships.

Dhinewan Mentoring facilitated both cultural learnings, and team building activities enhancing our existing solid relationships, stretching our learnings and testing our skills on the application of team building challenges.

Big thanks to Jonathan Wright and his amazing team. We highly recommend Dhinewan Mentoring for both cultural and corporate functions!



## SENDING BEDS TO FIJI

Wyong Lions Club contacted Yerin Eleanor Duncan after they heard we were looking to donate some hospital beds to the community. They in fact organised for a shipping container and loaded up over 40 beds to be taken to Fiji to be used in their hospitals over there!

Some of our staff and Wyong Lions Club volunteers loaded the beds in the container for their voyage into the pacific.



## WE ARE YERIN Brett Field

YADHABA WELLBEING WORKER

**What gets you up in the morning?** My motivation to want more out of life.

**Something you live by?** "Your perception is your reality." And "How you do anything is how you do everything."

**If you were an animal what would you be and why?** An Eagle so I could see the world from another point of view and be able to fly.

**What do you love about your role at Yerin?** Helping my mob to become a better version of themselves.

**Have you always lived here?** Lived away for a few years but the Central Coast is my home.

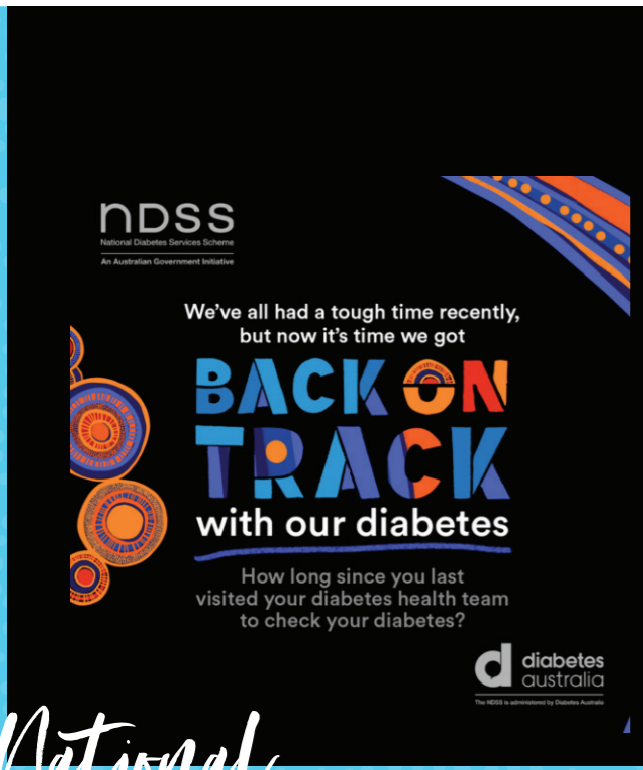
**What's your big dream?** Start up a gym and or supplement/ food store. (Businessman) Having a positive influence on the people to look up to me. I have many dreams but career wise that would be up there.

**What do you like to do outside of work?** Anything outdoors, family time, gym and relaxing.

**One thing you have learnt from your time at Yerin that you take into the outside world?** Communication skills and stepping outside of my comfort zone.

**What would your co-workers say about you?** Approachable and easy going, carries self well, and knowledgeable.

**If we met you for the first time, what would we notice most about you?** Open body language, a joker, hard question to do, so come meet me and let me know haha.



# National Diabetes Week.

**JULY 14 – 20  
GET BACK ON TRACK**

COVID-19 has been incredibly difficult, and it has had a major impact on the lives of all Australians, including Aboriginal and Torres Strait Islanders living with type 2 diabetes who are at a much higher risk of developing severe complications from the virus.

This has been magnified by the significant disruption many people experienced to the way they usually visit their GP's, Nurses, Aboriginal Medical Centres and other places that they access healthcare.

This meant some people living with type 2 diabetes might not have been managing the condition as well as they normally would.

**Chris Lee, Diabetes Australia**

### IMPORTANT REMINDERS

- ✓ Check in with your diabetes health team
- ✓ Check blood sugar and take medications
- ✓ Check you are eating healthy food and exercising everyday
- ✓ Check you are look after yourselves and each other

**Call 1800 493 746 to speak with our friendly reception staff to make an appointment and get diabetes health back on track!**



715 Men's Wellness Day got cooking in the kitchen today using recipes from the Quick Meals for Kooris recipe booklet. Wisdom and knowledge was shared over three meals. Family mince, tuna mornay followed by a delicious fruit crumble. The men shared stories of their favourite home cooked meal as well as some of the traditional therapies used to help with healing and good health. Food helps to connect us; spiritually, culturally and emotionally.

We also had Dr Tim Scriver and Jordan Fitzgibbon, Clinical Nurse Team Lead, there to discuss the importance of skin checks annually from the age of 40 years.



# Child, Youth, Family and Homelessness

We are excited to announce all of the services under the "Child, Youth, Family and Homelessness" are now in the one building.

The teams that are now at the 'Child, Youth, Family and Homelessness' building at 33b Alison Rd, Wyong are;

- Family Preservation Program
- Ngaylia Permanency Support Program
- Buridjga Youth Services
- Aboriginal Together Homes Program - Homelessness
- Dhanggan Gudjagang (Mums and bubs)
- Mura Bura NDIS Services

Providing services in early intervention, support and preservation that are essential for our community. Having all these services under one roof provides strength for our service delivery and gives options to people who are needing support to navigate challenges and set backs that they face.



Getting the COVID-19 vaccine helps protect you and others in our communities from severe COVID-19 sick. To find out when it's your turn, yarn with us here at Yerin or visit [australia.gov.au](http://australia.gov.au).

**Please contact Eleanor Duncan Aboriginal Health Centre on 4351 1040 for more information.**



# GULGUL-BA WOMEN'S GROUP

## Women's Group

Aunties and Sisters are invited to join us at our **2021 GULGUL-BA WOMEN'S BUSINESS.**

## I am Very Strong!

### 2021 DATES

- 30th July
- 27th August
- 17th September
- 15th October
- 19th November
- December- Community Christmas

Enquiries please call **Jo Gilmour on 0403 645 486.**



# 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!

### 2021 DATES

- July:** Friday 16th, Friday 30th
- August:** Friday 13th, Friday 27th
- September:** Friday 10th,
- October:** Friday 8th, Friday 22nd
- November:** Friday 5th

**Time:** 10am - 2pm

## We hope to see you there!

For enquiries please call **Allan Beale 0412 544 774** or **Dean Murray 0426 395 735**



# EXPRESSION OF INTEREST COMMUNITY EMPOWERMENT STEERING COMMITTEE

We are seeking expressions of interest from the local community to be a part of the Community Empowerment Steering Committee (CESC). This committee has been established to oversee the prioritisation of Yerin EDAHS's health promotions and community initiatives which places our Darkinjung Aboriginal community at the core of any discussions. We as the Committee also yarn about ideas that Yerin EDAHS may consider and make recommendations to the Board for a final decision.

If you are interested in sitting on this subcommittee, please answer the following questions and email your responses to [cgrosse@yerin.org.au](mailto:cgrosse@yerin.org.au). You must be available to attend between 4 and 6 meetings per year during working hours.

- 1) Please outline why you believe you would be an asset to this steering committee.
- 2) Please briefly outline your experience with community empowerment and health promotions.

Please note that completion of this EOI does not guarantee a place on the subcommittee.

Priority will be given to individuals with relevant skills. Yerin EDAHS Board will determine acceptance onto the Committee and applicants will be notified accordingly.

If you have any questions please email [cgrosse@yerin.org.au](mailto:cgrosse@yerin.org.au) or call (02) 4351 1040.



Mr Hill is a part of our Yerin Muru Bara NDIS team, and after many years he has finally been able to receive his new mobility aids, with the support from Yerin's Muru Bara support coordinator Kim Brennan, we teamed up with the amazing Better Rehab organisation who work in partnership with Yerin providing occupational therapy and Physiotherapy to a number of our clients.

Madeleine Carrier and Kelci Wilson provided extensive therapy reports and worked closely with Mr Hill and Kim Brennan to make his goal a reality even within the latest COVID 19 safety precautions.



Thanks to everyone that came out for our Men's Health Morning Tea. Special thanks goes to Mick Pittman for opening the morning tea and highlighting the importance of regular men's health checks like our 715's! And to speak up if you're not well.

Also thanks to Jordan, Yerin Clinical Nurse Lead, for speaking about important Mens Health Issues like Prostate Cancer, Mental Health, Cardiovascular Disease and Diabetes.



**FOLLOW US ON FACEBOOK FOR MORE INFORMATION AND TO RSVP TO EACH MEN'S AND WOMEN'S GROUP EVENTS**  
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.

Look after  
those deadly  
smiles :)



Gulgul Yira  
Dental Clinic

Yerin Eleanor Duncan Aboriginal Dental Services alongside with our partners at CCLHD Oral Health Services Wyong is focused on providing access to dental care that is welcoming and culturally responsive for eligible individuals. We operate within a fully renovated, purpose-built dental practice, located within our old Medical Centre at 37 Alison Road, Wyong and a new Outreach Dental Clinic also operates in Woy Woy Public Hospital.

Our services include all general dentistry, extractions, some root canal therapy on Anterior teeth, some wisdom teeth extractions, restorations, fillings, mouthguards, dentures (based on a waiting list) and dental services for those under 18 years of age.

**YERIN ELEANOR DUNCAN ABORIGINAL  
DENTAL SERVICES – WYONG**

Monday – Friday | 8.00am – 4pm  
Located at 37 Alison Road, Wyong.

**Yerin Eleanor Duncan Aboriginal  
Dental Services – Woy Woy Outreach Clinic**  
Operates every second Friday  
Located at 7 Kathleen Street, Woy Woy.

**Call (02) 4350 0222 or email [dental@yerin.org.au](mailto:dental@yerin.org.au)  
to make an appointment today.**

CENTRAL COAST

MENTAL  
HEALTH  
ART  
WORKS!  
EXHIBITION



9 - 17 OCTOBER 2021

Gosford Regional Art Gallery  
36 Webb Street, East Gosford  
9:30am - 4:00pm daily  
Gold coin donation

#MHAW

BRINGING IT INTO THE LIGHT, A CELEBRATION OF  
CREATIVITY AND MENTAL HEALTH



Coast & Country  
**PRIMARYCARE**  
Better Health – Better Life

Media Partner  
**STAR104.5**  
Central Coast

Come on all you creatives in our mob, enter and showcase your talents and stories in the Mental Health Art Works! Exhibition 2021. Help shine a light on mental health with this celebration on creativity from the 9 - 17 October at the Gosford Regional Art Gallery.

**Enter online at <https://bit.ly/3h1NZsN>**

**Download entry pack here <https://bit.ly/3gZZFMD>**



**YERIN**

Eleanor Duncan  
Aboriginal Health Services

**HOURS OF BUSINESS**

**MONDAY – FRIDAY 9am – 5pm**

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

PO Box 466, Wyong NSW 2259

P 02 4351 1040 F 02 4351 1037