



YERIN
ELEANOR DUNCAN
Aboriginal Health Services

September Newsletter

**Ask your mob,
your way,
RUOK?**

“

We pull up a
chair or even sit
on the ground
with them and talk
about anything and
everything that
comes up for us.”

Dawn

Jagera, Turrbal



**STRONGER
TOGETHER**

ruok.org.au/strongertogether

RUOK?[™]

A conversation could change a life.

RUOK? Today and Everyday.
With a holistic approach to care, our Yadhaba Wellbeing, Buridjga Youth and Ma-Guwag Teams empower patients 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, Buridjga or Ma-Guwag teams on 4351 1040 or FREECALL 1800 493 746 today.

Team Update

**CALL US TODAY ON
1800 4 YERIN – 1800 493 746**

Yerin Eleanor Duncan team members have been taking extra precautions during this pandemic and have made necessary changes to how we are doing things.

As COVID-19 is rapidly evolving on the Central Coast. In order to maintain a 1.5m distance, and ensure a safe working environment, along with Stay at Home Orders, Yerin Eleanor Duncan have minimal team members on site at this time.

All teams are still available via telephone and zoom. One on one safe contact with community members are addressed when needed.

Teams have also been providing online Zoom sessions for the Men's and Women's Groups, fitness classes and community engagement.

If you have access to social media sites, such as Facebook we strongly encourage you to go to our page and like. We provide regular updates on our programs, including the Medical Centre, Men's and Women's Groups, Dental Clinic, Yadhaba Wellbeing and NDIS and other programs.

Our Eleanor Duncan Aboriginal Health Centre team provide regular COVID Vaccine Clinic information to our community.

Also the welcomed return of Jamie Wheeler to the Family Preservation Team and new addition to the Yadhaba Team Steve Morris.





Covid-19 Vaccination Clinic

#KeepOurMobSafe



The Eleanor Duncan Aboriginal Health Centre team have been working tirelessly to keep our Mob safe.

We have completed over 1000 vaccinations to date, with more in the coming weeks.

If you are nervous and hesitant about getting the vaccine, have a yarn with your Aboriginal Health Worker, Doctor or Nurse.

Get the answers you need to feel safe.

Due to the current COVID-19 outbreaks, we are encouraging everyone to get vaccinated as soon as possible.

Collect your face mask from our Reception team after your first vaccination. Shirts will be available soon after you have received your second shot.

Please call our clinic on 4351 1040 or 1800 493 746 (free call) to book your vaccination appointment.





GULGUL-BA WOMEN'S GROUP

Women's Group

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

2021 DATES

- 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

- 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
Dean Murray 0426 395 735



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.



**Gulgul Yira
Dental Clinic**

Dental Clinic Closed

Yerin Eleanor Duncan Dental Service is now closed due to the increased number of positive Covid-19 cases in our Aboriginal Community here on the Central Coast. Our aim is to keep you safe and due to the fast evolving nature of these recent outbreaks we all need to stay at home to protect ourselves and each other.

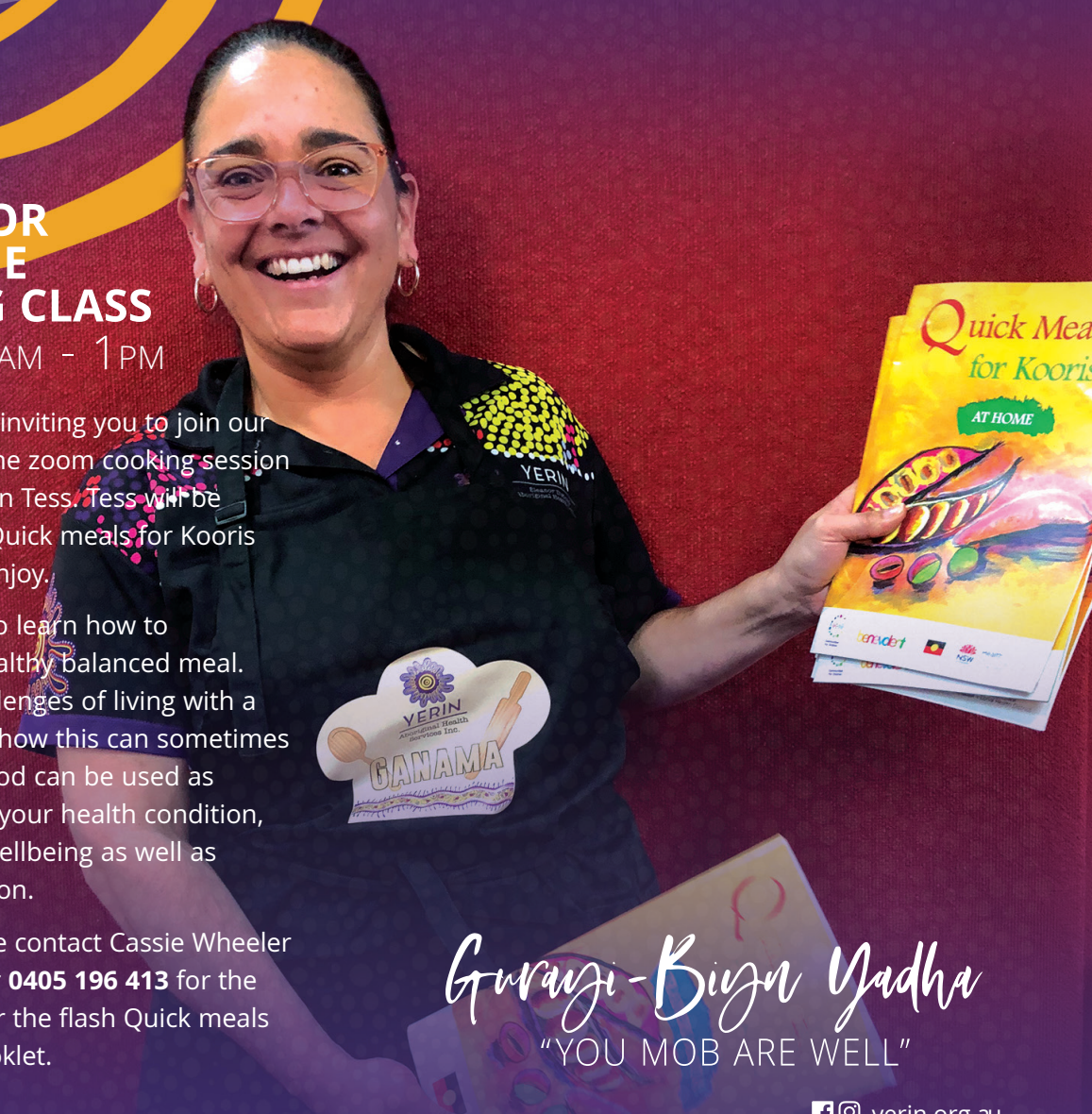
We will re-open up soon and will keep you mob posted to when that will happen. We will still be providing a dental telehealth call system and will provide treatment in emergency cases. Please call 0423 809 118 for any questions or concerns.

**QUICK MEALS FOR
KOORIS AT HOME
ZOOM COOKING CLASS**
WED 29 SEPT 11AM - 1PM

Yaama beautiful mob, we are inviting you to join our Quick Meals for Kooris at home zoom cooking session with our own resident dietician Tess. Tess will be cooking two meals from the Quick meals for Kooris recipe booklet for you all to enjoy.

This is an great opportunity to learn how to prepare, cook and enjoy a healthy balanced meal. We understand the daily challenges of living with a chronic health condition and how this can sometimes influence the food we eat. Food can be used as another tool to help manage your health condition, improve mental health and wellbeing as well as strengthening social connection.

For further information please contact Cassie Wheeler at cwheeler@yerin.org.au or 0405 196 413 for the zoom link and also the link for the flash Quick meals for Kooris at home recipe booklet.



Guruzi-Biiza Yadha
"YOU MOB ARE WELL"

CENTRAL COAST COVID-19 TESTING SITES WHAT YOU NEED TO KNOW

GOSFORD HOSPITAL

75 Holden Street Gosford, adjacent to the Gosford Hospital P2 car park. Phone: 4320 5055
Opening hours: 9am to 5pm, seven days per week (including public holidays). No appointments needed. Walk-ins accepted seven days a week. There is no age restriction for testing at this clinic.

WYONG HOSPITAL

Pacific Hwy, Hamlyn Terrace. Building C (opposite the Health Services Building). Phone: 4394 9200
Opening hours: 9am to 5pm, seven days per week (including public holidays). No appointments needed. Walk-ins accepted seven days a week. There is no age restriction for testing at this clinic.

DOUGLASS HANLY MOIR PATHOLOGY TUGGERAH

1 Bryant Drive, Tuggerah.
Opening hours: 7:30am - 4:30pm Monday - Friday, 8am-3pm Saturday - Sunday. Appointment not required. Referral not required. Tests limited to certain patients. Drive-through.

DOYALSON WYEE RSL CLUB DRIVE THROUGH CLINIC

49-65 Wentworth Avenue, Doyalson.
Opening hours: 7:30am - 4:30pm Monday - Friday, 8am-3pm Saturday - Sunday. Appointment not required. Referral not required. Tests limited to certain patients. Drive-through.

ERINA RESPIRATORY CLINIC

331 Terrigal Drive, Erina. Opening hours: 9am - 4pm Monday - Saturday. Book online

KANWAL LAVERTY PATHOLOGY DRIVE-THROUGH CLINIC

Wyong Leagues Club - 40 Lake Haven Drive, Kanwal. Opening hours: 7:30am - 6:30pm Monday - Friday, 7:30am-3pm Saturday - Sunday. Appointment not required. Referral not required. Tests limited to certain patients. Drive-through.

GOSFORD 4CYTE PATHOLOGY DRIVE-THROUGH CLINIC

73 Deane St, Narara. Opening hours: 8am - 5pm Monday - Friday and 8am - 5pm Sunday
Appointment not required. Referral not required.

BATEAU BAY CLINICAL LABS DRIVE-THROUGH CLINIC

The Entrance Leagues Club - 3 Bay Village Rd, Bateau Bay. Opening hours: 8am - 4pm Monday - Friday, 8am-3pm Saturday, 8am-2pm Sunday. Appointment not required. Referral not required. Tests limited to certain patients. Drive-through.

KINCUMBER LAVERTY PATHOLOGY DRIVE-THROUGH CLINIC

Avoca Drive, Kincumber. Opening hours: 8am - 4pm Monday - Friday
Appointment not required. Referral not required. Tests limited to certain patients. Drive-through.

KOOLEWONG DRIVE THROUGH TESTING CENTRE (LAVERTY PATHOLOGY)

Boat Ramp, 1 Point to Pelicans Cycleway, Koolewong. Enter (off Brisbane Water Drive) via south entry of carpark, exit north end - one way. Opening hours: 7.30am to 6.00pm Monday to Friday, 7.30am to 3.00pm Saturday, 7.30am to 3.00pm Sunday. Appointment not required. Referral not required. Tests limited to certain patients. Drive-through.

WOY WOY DRIVE THROUGH TESTING CENTRE (4CYTE PATHOLOGY)

2N Burge Road, Woy Woy (onsite car park).
Opening hours: 9.00am to 4.30pm Monday to Friday, closed Saturday and Sunday. Appointment not required. Referral not required. Tests limited to certain patients. Drive-through.

NARARA DRIVE THROUGH TESTING CENTRE (4CYTE PATHOLOGY)

73 Deane Street, Narara. Opening hours: 8.00am to 5.00pm Monday to Friday, closed Saturday, 8.00am to 5.00pm Sunday. Appointment not required. Referral not required. Tests limited to certain patients. Drive-through.



**Know about your prostate –
prevention and
living well**

How would I know?

Possible symptoms:

- Feeling the frequent or sudden need to urinate
- Finding it difficult to urinate (for example, trouble starting, or not being able to urinate when the feeling is there, poor urine flow)
- Discomfort when urinating
- Finding blood in urine or semen.



Some men may have no symptoms.

Prostate is a shame topic; some Men don't like to talk about this problem. Men need to do more yarnin about these problems to keep healthy.

What is the prostate you ask?

The prostate is a gland about the size of a walnut. It is part of the male reproductive system and wraps around the tube that carries urine out of the bladder. It grows larger as you get older. If your prostate gets too large, it can cause health issues. Having prostate problems does not always mean you have cancer.

Symptoms of Prostate Disease include:

1. Hard to start a pee
2. Pee comes out slowly, like a dribble
3. When you gotta go, you gotta go
4. You need to pee more often
5. You leak before and after you pee
6. Your bladder feels full, but you can't pee anymore
7. You fell burning or pain when doing a pee, or
8. You see blood in your pee
9. Frequent pain or stiffness in the lower back, hips, pelvic or rectal area, or the upper thighs
10. Sudden erectile disfunction

If you are concerned about any changes you experience, please talk with your doctor straight away. Your doctor will ask how long and how often you have been experiencing the symptom(s), in addition to other questions.

If you are a Yerin client, you can call the clinic on 4351 1040 or 1800 493 746 (free call) to book an appointment with your GP for a yarn.

If not a Yerin client contact your usual GP for a yarn.

DON'T BE SHAME, BE GAME!!!

Early Detection is the key to surviving Prostate Cancer so get checked as soon as you notice any symptoms.

*Prostate Cancer
Awareness Month*
1-30 September

FOSTER AND KINSHIP CARE WEEK

13-18 SEPTEMBER



Foster and Kinship Care week is a time to celebrate the wonderful contribution foster and kinship carers make to the lives of children and young people.

This year, more than ever, carers have shown commitment and resilience given the pandemic has presented extra challenges with home schooling and lock downs.

Which is why it's so important to come together and celebrate the role of carers across the state, offering their hearts and homes to make a difference to a child's life but also to our communities.

Have you ever thought about becoming a Foster/Kinship Carer?

There is currently 16,160 children and young people in out-of-home care in NSW and we need approx. 350 extra homes.

Yerin Ngaliya PSP firmly believes that children and young people need to be connected to family, community, culture and country – our gudjagang's (children) need carers that can make this happen!

Join Our Yerin Ngaliya Permanency Support Team as a deadly carer! **Call us today on 4351 1040 or email the team at yerinoohc@yerin.org.au**

YERIN FIT

Movement for mental health

Starts Mon 23 Aug

12 week program
Monday, Wednesday, Friday

Live zoom sessions
Plus uploaded to YouTube



You are all invited to join in our FREE 12 WEEK "Movement For Mental Health" training sessions with our experienced trainer Luke from CPT GYM. These sessions are designed to keep you moving while in lockdown as well as a great place to yarn with community.

Sessions will be LIVE on ZOOM every Monday, Wednesday and Friday at 7.00am and 5.30pm. Then uploaded to Youtube for those that can't make it or want to do it at their own pace.

All you need to do is visit our facebook page to get the ZOOM link on your phone, iPad or computer to join in. Or call us on 4351 1040 and we can send it to you. It's that easy. This is open for all levels of fitness and it is a great reason to start the pathway to better health.



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