



**YERIN**  
**ELEANOR DUNCAN**  
Aboriginal Health Services

# Newsletter

## HAVE YOU HAD YOUR 715?

If you identify as Aboriginal and/or Torres Strait Islander and have a Medicare Card you are entitled to a free ATSI health check (715) every year.

Your annual health checks are very important. It can help identify whether you are at risk of illnesses or chronic conditions. It's much easier to prevent these than to treat them, so catching them early can make a big difference.

If you have a chronic condition, such as diabetes, Cancer, Respiratory disease, Kidney disease, or Heart disease, your health check can help make sure you are getting the medication and care that you need.

You can also ask your doctor about anything you are worried about or need help with. You are eligible for a 715 Health Check every 9 to 12 months. It is free at any

Aboriginal Medical Service or bulk-billing clinic.

Once you have had your 715 Health Check, your doctor can refer you to up to 10 free follow-up services if needed, such as **Psychology, Optometry, Physiotherapy, Dental, Podiatry, Psychiatry and more.**

**To book your 715 Health Check call the Eleanor Duncan Aboriginal Health Centre on 4351 1040 today. We are open Monday to Friday 9:00 – 5:00**

Eleanor Duncan Aboriginal Health Centre is an Aboriginal Community Controlled health service, aiming to deliver culturally responsive integrated primary health care services, social and emotional support across a wide variety of different programs to those who live on the NSW Central Coast, Darkinjung country.



# CEO Message

## WELCOME 2022!

As the new year begins, Yerin Eleanor Duncan kicks into its next gear as we look to complete all the things we have decided to focus on – Our people!

We are incredibly excited about continuing to grow and develop our McPherson Road facility, holding special events and generally having community come visit and enjoy themselves.

We encourage all community, existing and new to join our youth, men's, and women's groups as a great way to stay connected and enjoy what our organisation has to offer.

On behalf of the members, Board and Staff, I would like to wish all our community a deadly year!

*Belinda Field*  
CEO





# Team Update

Yaama to our newest team members:

- Karina Kay - Aboriginal Together Homes program
- Damon Goolagong - Aboriginal Together Homes Program
- Rainia Arthur - Mental Health Triage Nurse
- Emma Poole - Speech Therapist
- Jade Carberry - Aboriginal Disability Liaison Officer
- Jeffrey Thompson - Ancillary Worker
- Dr Basma Zakher - GP
- Dr Jay Chelladurai - GP
- Alaina Rowe - Registered Nurse

Also our Umina Clinic team members:

- Dr Jennifer O'Regan - General Practitioner
- Michelle Delecroix - Primary Health Care Nurse
- Tania Vallely - Medical Receptionist



## UMINA CLINIC IS NOW OPEN EVERY TUESDAY

Don't forget Our Umina Clinic is now open every Tuesday at 4 Berith Street. Just off West Street, Umina. GP Dr Jennifer O'Regan with our nurse Michelle will be there to assist you. Please call 02 43511040 or 1800 493 746 to book an appointment.

# Dr Elly Warren



Dr Elly Warren and the Alpine Everesting team have been riding for our Darkinjung community to improve cancer outcomes. They have raised \$50000 so far!!! They will cycle 450km to 10000m elevation in just 36 hours.

They need your help to reach \$80000 to fund an Aboriginal Health Worker Cancer Navigator position at Yerin Eleanor Duncan Aboriginal Health Services.

The Cancer Navigator position will help break down access barriers and provide cultural support for mob with cancer. It will also help increase cancer screening rates and guide programs to prevent cancer.

This is a unique and special project. We are partnering with Tour de cure aus to improve outcomes for our Darkinjung community.

More than 20 riders have come together from all over Australia to unite behind this cause.

You can show your support by buying our fundraising items or donating via link in bio. Local artist, Jodi Shannon, has designed water bottles and beach towels for the cause. The riders will wear cycling kit in her artwork. Go to: [www.alpineeveresting.com.au/fundraising-store1](http://www.alpineeveresting.com.au/fundraising-store1)







# 2021 Gudjagang's Welcoming Ceremony

A special smoking ceremony and Acknowledge to Country by Uncle Gavi Duncan kicked off a beautiful morning for our Gudjagang's and their families.

Thank you to Trent Brailey for capturing these beautiful images of our Gudjagang's born in 2021.







## GULGUL-BA WOMEN'S GROUP

### Women's Group

A big thank you to all the Women in our community for attending the Gulgul-Ba Women's group events throughout 2021.

We look forward to another year of events and seeing you all.



## Guri Gambu MEN'S GROUP

Thank you to the men that attended the Guri Gambu men's Group events throughout 2021.

### Guri Gambu Mens Wellness Group Dates 2022:

- 18th February
- 18th March
- 22nd April
- 20th May
- 17th June
- 22nd July
- 19th August
- 23rd September
- 21st October
- 18th November

We all look forward to another great year.



**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.





# Covid Testing

From 12 January, you must report a positive rapid antigen test result.

You can register a positive test result for yourself, another adult or a child. Each result needs to be reported separately.

You should register your positive test result as soon as possible by visiting our app or website. **DO NOT VISIT A SERVICE CENTRE.**

Providing NSW Health with your test result will enable them to connect you to the best care and recovery plan appropriate to you: [www.service.nsw.gov.au/transaction/register-positive-rapid-antigen-test-result](http://www.service.nsw.gov.au/transaction/register-positive-rapid-antigen-test-result)



## WILL I NEED TO GET A THIRD DOSE OR BOOSTER DOSE OF THE VACCINE?

Everyone needs to get two doses of the vaccine to be fully vaccinated. The first dose of your vaccine will begin to build up a protective response against COVID-19 in your system. The second dose will boost your immune response to give you long-term protection against COVID-19. Without the second dose, your body will not be able to fight the virus as effectively.

For some people who are severely immunocompromised, a third dose of the COVID-19 vaccine is recommended. People with serious issues with their immunity are at a much greater risk of getting very sick from COVID-19 and need a third dose to be fully protected against the virus. If you have serious issues with your immunity, you should get your third dose 2 to 6 months after getting your second dose.

Booster doses are recommended for everyone 18 years and over who had their initial COVID-19 vaccination course at least 4 months ago. This is 2 doses for most people and 3 doses for those who have serious issues with their immunity. Over time, the protection from vaccines is reduced. It's important you get a booster dose to give you more protection against COVID-19 for a longer period of time.

If you're not sure if you should get a third dose, or when you should get a booster dose, have a yarn with your healthcare worker.

**Please call 02 43511040 to book an appointment to get your booster today.**





# YERIN

Eleanor Duncan  
Aboriginal Health Services

# Granama

## Cooking with Yerin



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.

### Come and join us.

Location: **Yerin - 35 McPhersons Rd Mardi 2259**

Dates:

**Wed 23 Feb 10:30am-12:30pm**

**Wed 16 March 10:30am-12:30pm**

**Wed 13 April 10:30am-12:30pm**

**Wed 11 May 10:30am-12:30pm**

**Wed 15 June 10:30am-12:30pm**

To register or for more information please call **4351 1040** and ask to speak to someone from ITC. We look forward to seeing you there.





# BETTER FIT



Come and join our all NEW inclusive FREE online training program, hosted by ex NRL football star and now coach, business owner and trainer Ben Farrar. This is the perfect way to start focusing on your physical and mental health for the year ahead.

With classes at 7am and 5:30pm every Monday, Wednesday and Friday. With a planned expansion of the program to include group sessions at our purposely built gym here at McPherson Road and Mingaletta.

To join this FREE program simply register by emailing Allan Beale at [abeale@yerin.org.au](mailto:abeale@yerin.org.au). You will then receive the access links.

There will be prizes and giveaways for those that attend and give this program a red hot crack, including training equipment, vouchers and shirts.

Thanks to our partners Barang Regional Alliance, The University of Newcastle, Australia and The Wollotuka Institute for making this happen.