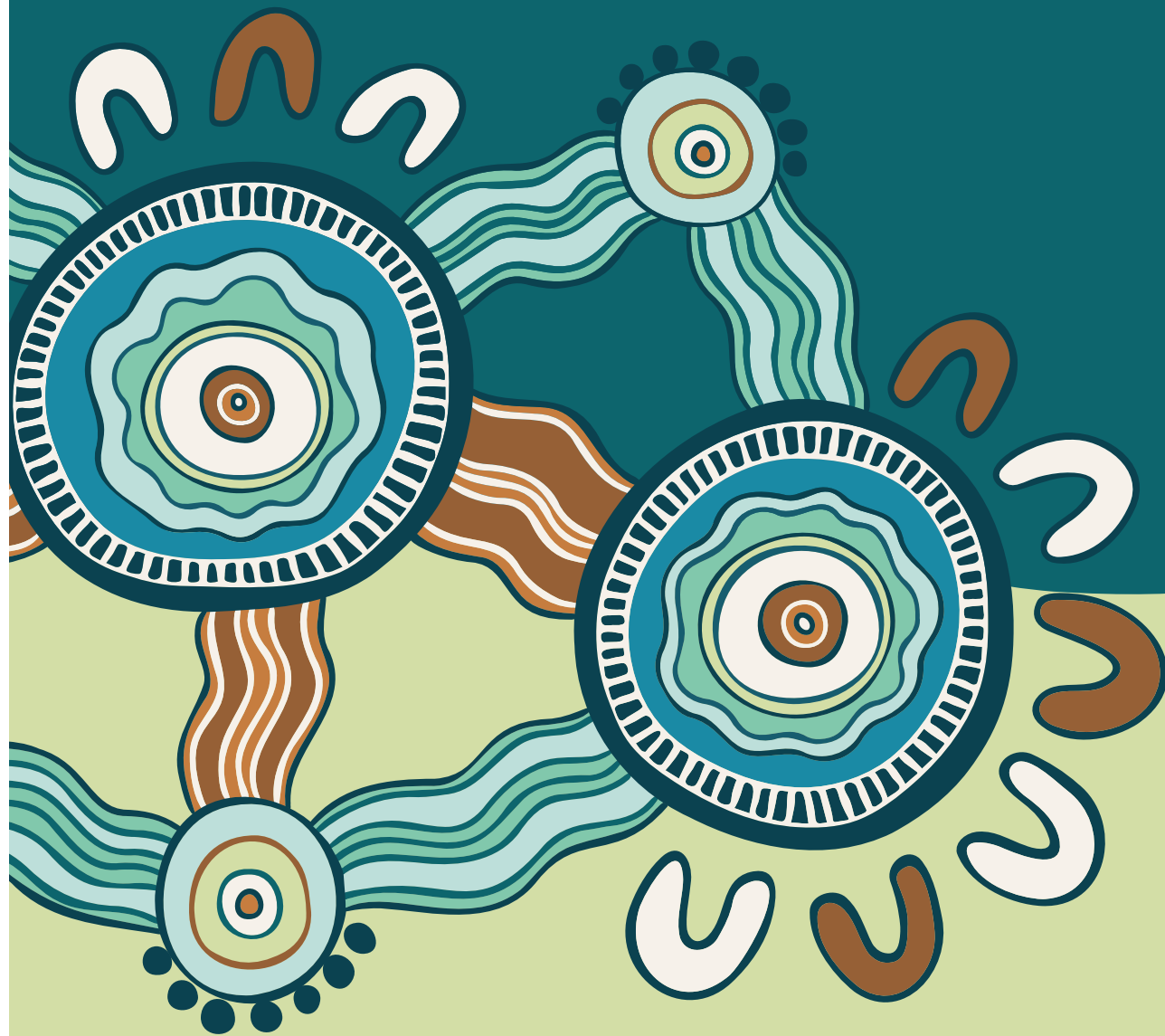




ELEANOR DUNCAN
Aboriginal Services

SERVICES DIRECTORY

**INSPIRING
STRONG, HEALTHY,
LONG LIVES.**



Visit our website
eleanorduncan.org.au



CONTENTS

Eleanor Duncan Aboriginal Services 3

MEDICAL, DENTAL AND SPECIALIST SERVICES

Eleanor Duncan Aboriginal Health Clinic 4

Dental 8

Optometry 9

Podiatry 10

SOCIAL AND EMOTIONAL WELLBEING (SEWB)

yadhaba 11

yadhabadhiwa 12

ngaliya ngara 13

yadha muru 14

ma-guwag and Health promotions/Sexual Health 15

CHILD AND FAMILY PROGRAMS (CAFS)

dhanggan gudjagang 19

maliga (Safer Families) 21

ngangga gulgul 22

Connected Beginnings 23

yana wirayi 26

ngaliya PSP 27

Family Preservation 28

Aunty's House 29

COMMUNITY PROGRAMS

Allied Health warbangali 30

muru bara 31

Bundi Yana Gindja (Don't Walk Afraid) 32

Social and Wellbeing Groups 34

Specialist Substitute Care Service (SSRC) 35

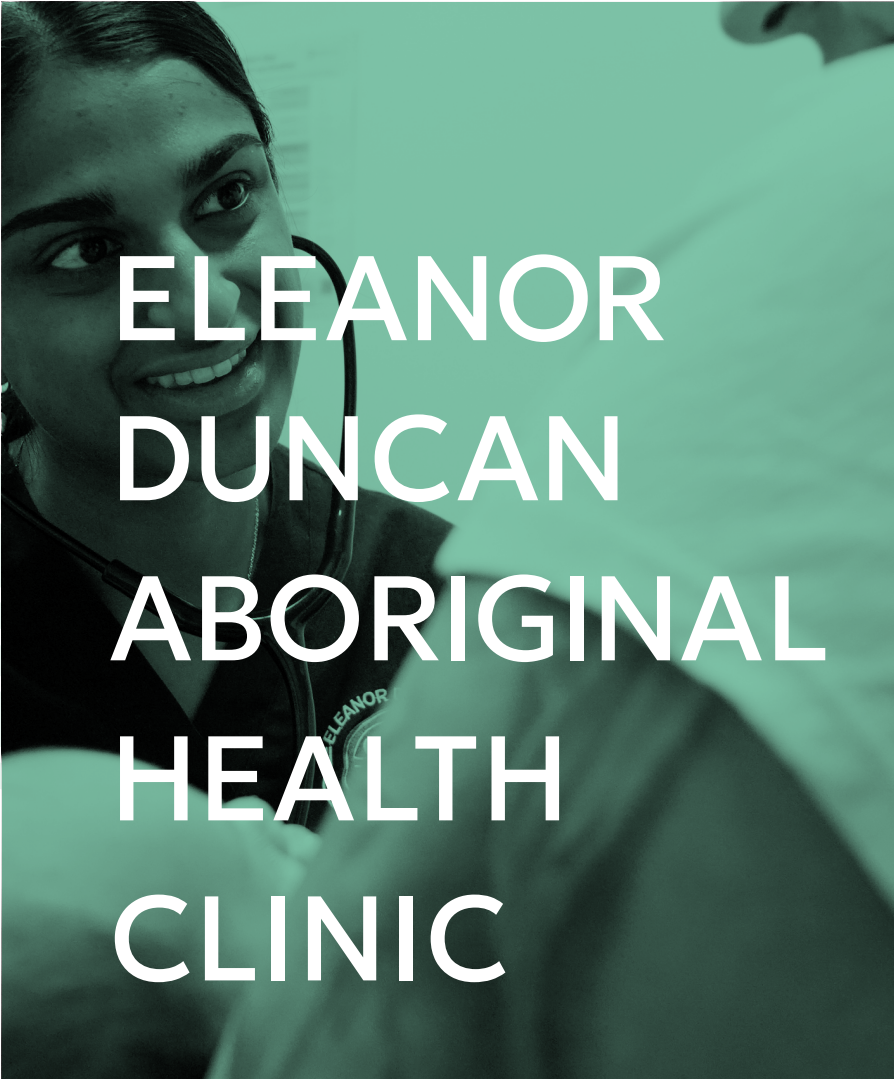


ELEANOR DUNCAN ABORIGINAL SERVICES

Eleanor Duncan Aboriginal Services stands as the sole Aboriginal Medical, Health, and Wellbeing Services provider on the Central Coast, spanning the entire region. Our community-controlled organisation proudly serves about 5000 members through facilities in Wyong, Mardi, Summerland Point, Umina Beach, and Woongarrah, embodying a commitment to health and wellbeing.

Eleanor Duncan Aboriginal Services proudly offers an extensive suite of over 52 services and programs, embracing a transdisciplinary approach that is seamlessly integrated into a stepped care

model. This holistic method of service delivery ensures that individuals receive the right level of care at the right time, tailored to their unique needs. Each program and service is delivered through a culturally responsive and trauma-informed lens, reflecting our deep commitment to understanding and addressing the specific health and wellbeing challenges faced by our community. By combining diverse disciplines and expertise, we are able to offer comprehensive, personalised care plans that respect the cultural values and personal experiences of each individual, ensuring that our support is as effective as it is empathetic.



ELEANOR DUNCAN ABORIGINAL HEALTH CLINIC

At Eleanor Duncan Aboriginal Services, we're proud to be your AGPAL Accredited, community-controlled health organisation.

Our Purpose? To deliver professional, personalised healthcare that honours our ways and serves our community across a spectrum of medical and supportive services.

Driven by a commitment to nurture strong, healthy, and long lives, Eleanor Duncan Aboriginal Services celebrates over 29 years of culturally responsive healthcare. We're here for the Aboriginal and Torres Strait Islander community on Darkinjung Country, understanding deeply that wellbeing goes beyond the physical; it's about your social, emotional, and spiritual journey too.

From life's small stresses to its big challenges, EDAHC stands with you, dedicated to excellence, integrity, and cultural connectedness. Join us in our journey towards holistic health and empowerment.

APPOINTMENTS

To ensure minimal wait times, please schedule your appointment by calling (02) 4351 1040. We strive to meet your preferred timing and GP choice, prioritising emergencies.

Should any delays occur, or if your GP is unavailable, our staff will contact you.

Note that consultations are by appointment only, and each individual requires a separate booking.



UPON ARRIVAL:

- New patients may need to provide information from previous GPs; please arrive 15 minutes early to fill out a registration form.
- Opt-out is available for SMS appointment reminders.
- Bring relevant cards (Medicare, DVA, Health Care, or Pension) and update us with any new contact details.

For same-day appointments, especially if feeling unwell, call early; availability is limited, and walk-ins are scheduled based on urgency and availability.

SERVICES

Our dedicated, highly skilled staff deliver the following services and programs:

- Chronic disease management
- Minor surgery
- Antenatal share care
- Vaccinations and immunisations
- Home visits (Under special circumstances)
- Health promotion and prevention
- Wound management
- Nutritional advice
- Smoking cessation
- Women's health

- Men's health
- Mental Health Worker
- Aboriginal Family Health Worker
- Psychology
- Drug and Alcohol Worker
- Health Checks (715)
- Counselling
- Family Support Worker
- Translation services
- Financial counselling
- Gambling counselling

These services are delivered through the following programs:

- Paediatricians
- Endocrinologist
- Optometrist
- Diabetes Educator
- Dietician
- Speech Pathologist
- Podiatrist
- Psychiatrist

EMPOWER YOUR HEALTH JOURNEY:

Schedule Your 715 Health Check Every 9 Months and 1 Day! We're here to ensure Aboriginal and Torres Strait Islander individuals receive care tailored to their needs.

Get ahead with early detection, diagnosis, and intervention for common, treatable conditions.

GENERAL PRACTITIONERS

Dr Natasha Brown (Maternity Leave)
Dr Gary Tran
Dr Yoo Sung Kim
Dr Ruyi Yuan

ABORIGINAL HEALTH PRACTITIONERS

Kim Thompson

NURSES

Marisa Mackenzie (paediatrics)
Marissa Hussein (Midwife)



CLOSING THE GAP (CTG)

Your Path to Wellness with the CTG Program! At Eleanor Duncan Aboriginal Services, we're your gateway to comprehensive health support. If you're navigating chronic conditions or at risk, there is a suite of benefits: MBS Health Assessments, GP Management Plans, Team Care Arrangements, and PBS co-payments.

Embrace a healthier you through our seamless referral process, offering access to education, support, and services.

Register now and take the first step towards optimal health!

RECEIVING TEST RESULTS

Your doctor will inform you of when to expect your test results. While it's preferable to discuss results during an appointment, your doctor may also choose to deliver them over the phone, if deemed appropriate.

PRESCRIPTIONS/REPORTS/COMPLETION OF FORMS

To ensure the highest quality of care, we kindly require scheduling

an appointment for any medical reviews, prescription refills, medical reports, or form completions with your doctor. This policy helps us provide you with the most attentive and personalised healthcare.

REMINDER SYSTEM

We're dedicated to keeping you healthy and proactive with our preventative care approach! With your consent, we'd love to enrol you in our reminder system, sending you timely notices for health services tailored to your needs. Prefer not to participate? No worries—just inform your doctor, nurse, or receptionist. Your health, your choice!

PRIVACY STATEMENT AND MANAGEMENT

We prioritise your privacy and the security of your personal health information above all. Rest assured, access to this sensitive information is strictly limited to authorised staff members only, ensuring your health records remain confidential. For more details on our commitment to your privacy, feel free to consult our policy on our website or ask our reception team.

MANAGEMENT OF YOUR PERSONAL HEALTH INFORMATION

Our practice embraces cutting-edge, secure messaging systems to ensure your clinical communications are safely exchanged with other healthcare providers. Under the Privacy Amendment (Private Sector) Act 2000, you have the right to access your personal health information.

Should you decide to transfer to a GP outside our practice, simply submit a written request. We'll provide your new GP with a comprehensive summary or a copy of your records, while retaining the original for medico-legal purposes. Your health and privacy are our top priorities.

FEES/ACCOUNTS

Welcome to our bulk billing medical service! Don't forget to show your Medicare, Department of Veterans' Affairs, or Centrelink concession cards at reception when you arrive. Signing a bulk billing voucher is a quick Medicare step we'll need you to complete after each visit just swing by reception on your way out.

While we strive to refer you to bulk billing services, please note that some external services might have additional fees. Also, accurate patient identification is crucial for your safety and privacy. As part of our commitment to excellence, we use three identifiers to ensure we have the correct patient details every time you visit us.

To keep our records up to date, please be ready to confirm your contact details, next of kin, and emergency contact info with our reception staff at each visit. Your cooperation helps us provide the best care possible!

FAILURE TO ATTEND

You must inform Eleanor Duncan Aboriginal Services if you're unable to keep your appointment. Failure to do so for three appointments may lead to the inability to schedule future visits with us.

CANCELLATIONS

You are required to notify us at least 24 hours in advance if you cannot make your appointment, enabling us to allocate that time slot to another patient.

HOME VISITS

We're here for you! If you're a regular patient who can't make it to our practice due to your condition, we're happy to offer home and other visit options.

TELEPHONE ACCESS

You can reach our GPs at Eleanor Duncan Aboriginal Services during our regular operating hours. If the GP is currently with a patient, our reception team will take a message and inform you about when you can expect a return call, if needed.

In case of an emergency, your call will be immediately directed to a nurse. Please note, email communication is not available for patients, and we ensure no private health information is shared through electronic communications. For your convenience, appointment reminders are sent via SMS through our online booking system.

CODE OF CONDUCT

Every workplace participant must uphold professionalism and courtesy, adhering to our behavioural standards both within and beyond our premises when representing Eleanor Duncan Aboriginal Services. We expect visitors to demonstrate respect and courtesy towards patients, staff, and other visitors at all times.

Any form of abusive or threatening behaviour is strictly prohibited and will not be tolerated.

FEEDBACK AND COMPLAINTS

We truly value all your feedback, whether it's positive or something we can improve on. Your insights are crucial for our growth and improvement. To share your thoughts, simply fill out a feedback form and drop it into the 'feedback' box in the waiting area or submit it online via the 'contact' section of our website.

If you prefer a chat, you're always welcome to discuss your feedback directly with your Doctor, the Practice Manager, or the relevant regulatory authority as follows:

Health Care Complaints Commission

323 Castlereagh St, Haymarket
NSW 2000
Ph: (02) 9219 7444

NSW Ombudsman

Level 24, 580 George St,
Sydney NSW 2000
Ph: (02) 9286 1000
Toll Free: 1800 451 524

AFTER HOURS

For urgent after-hours service, contact:

National Home Doctors Service

Ph: 13 SICK

Erina Community Health Centre

169 The Entrance Road, Erina
Ph: 0443 679 699
Mon-Fri: 7pm to 10:30pm
Sat: 3pm to 10:30pm
Sun and Public Holidays: 10am to 7pm

Alternatively, you can contact the Healthdirect GP Helpline

1800 022 222

The nearest Emergency Departments are at:

Wyong Hospital

Ph: (02) 4394 8000
Located at Hamlyn Terrace NSW

Gosford Hospital

Ph: (02) 4320 2111
Located in Holden Street,
Gosford NSW

Lake Haven Medicare Urgent Care Clinic

Ph: (02) 4393 0033
Lake Haven Drive, Lake Haven
Opening Hours:
8am-7pm (Monday-Friday)
9am-7pm (Saturday-Sunday)

Peninsula Medicare Urgent Care Clinic

Ph: (02) 4315 2660
297 West Street, Umina Beach
Opening Hours:
8:30 am - 8:30 pm (Monday - Friday)
8:30 am - 6:30 pm (Saturday & Sunday)
8:30 am - 8:30 pm (Public Holidays)

In an emergency, contact an ambulance by ringing Triple Zero (000)

APPOINTMENTS

To make an appointment with Eleanor Duncan Aboriginal Health Service please phone (02) 4351 1040

Wyong Practice

Monday to Friday: 8:30am to 5:00pm
3-5/56-64 Pacific Highway,
Wyong, NSW 2259
Ph: (02) 4351 1040
Fax: (02) 4351 1037

Umina Practice

Monday to Friday: 8:00am to 4:00pm
4 Berith Street, Umina Beach,
NSW 2257
Ph: (02) 4319 4458
Fax: (02) 4319 4459

Email Us

reception@eleanorduncan.org.au or
feedback@eleanorduncan.org.au

Eleanor Duncan Aboriginal Dental Services, working together with our friends at Central Coast Local Health District Oral Health Services, proudly offer dental care that's not just top-quality but also deeply respectful of our culture and community. Whether you visit our clinic at 37 Alison Road, Wyong, or our new Outreach Dental Clinic at Woy Woy Hospital, you'll find a welcoming team where your dental health is our top priority. We're here to make dental care accessible and culturally responsive for everyone eligible.

OUR SERVICES INCLUDE:

- All general dentistry
- Extractions
- Some root canal therapy on anterior teeth
- Some wisdom teeth extractions
- Restorations fillings
- Dentures (based on a waiting list)
- Dental services for those under 18 years of age

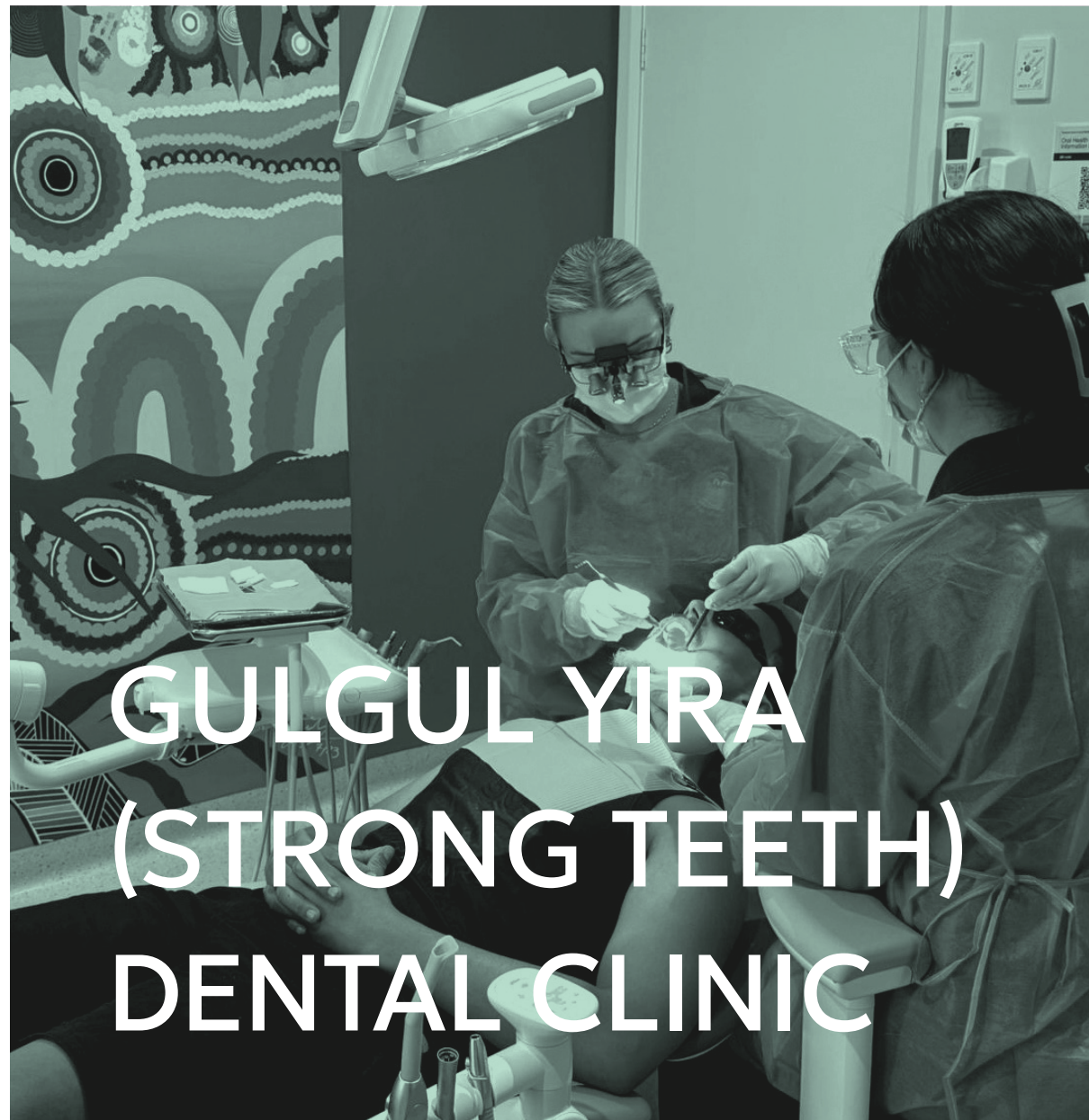
**Eleanor Duncan Aboriginal Dental Services
Wyong Clinic**

Monday – Friday | 8:00am – 4:00pm
Located at 37 Alison Road, Wyong.

**Eleanor Duncan Aboriginal Dental Services
Woy Woy Outreach Clinic**

Operates every second Friday
Located at 7 Kathleen Street, Woy Woy.

**Call (02) 4350 0222 to make an
appointment today.**



MIGANG OPTOMETRY (EYE)

At our clinic located at 37 Alison Road, Wyong, we're proud to offer comprehensive optometry services to our eligible community members. Here, you'll find a dedicated team ready to meet all your eye care needs, from routine eye exams to addressing specific vision concerns.

We're equipped with all the necessary technology to ensure accurate diagnoses and effective treatments. Whether you're coming in for a check-up, new glasses, or to discuss eye health strategies, you can trust

our clinic to provide personalised, attentive care in a welcoming environment.

WHEN WAS YOUR LAST EYE CHECK?

Eye checks should be every two years, or, if you are diabetic, once per year.

WHY IS IT IMPORTANT TO SEE AN OPTOMETRIST?

- Early detection of glaucoma and macular degeneration

- Sun protection
- Eye checkups ensure that you are seeing clearly and have good eye health
- People with diabetes are more likely to develop cataracts

Our Optometry clinics take place fortnightly

To book your appointment call 02 4351 1040.

Eleanor Duncan Aboriginal Optometry Services
37 Alison Road, Wyong.

For all your vision needs.

DHANA PODIATRY (FOOT)

Our Aboriginal community-controlled Podiatry services, located at our 35 McPherson Road Mardi premises, are dedicated to providing specialised foot care tailored to meet the unique needs of our community. With a focus on holistic well-being and culturally responsive care, our expert podiatrists, working alongside our Aboriginal Health Workers are here to ensure your feet receive the best possible attention.

OUR COMPREHENSIVE PODIATRY SERVICES INCLUDE:

- Routine foot care and check-ups
- Diabetic foot assessments and care
- Treatment of foot and ankle injuries
- Management of foot conditions such as plantar fasciitis and bunions
- Custom orthotics and footwear advice
- Nail surgery and care for ingrown toenails
- Children's podiatry for growing feet

To schedule your appointment, please call us at (02) 4351 1040.

We're here to support your foot health every step of the way!



YADHABA WELLBEING (GET BETTER)

Our service offers a seamless and culturally responsive journey to wellness with the yadhaba Integrated Wellbeing Program. We're dedicated to supporting individuals facing complex mental health challenges, substance misuse, and comorbidities with a service that's as understanding and respectful as it is effective.

HERE'S HOW WE SUPPORT YOU

Culturally Safe Care: Tailored to honour the preferences and needs of our clients, their families, and communities.

Barrier-Free Access: Making it easier for community to receive services for holistic health that honours Aboriginal people living on Darkinjung Country

Connected Healing: Working hand in hand with essential services—from rehab facilities to mental health care—to weave a stronger safety net of support.

Support for Families and Carers: Providing the information and support networks needed for those caring for loved ones.

Team-Based Wellness: A coordinated approach that brings together transdisciplinary experts for comprehensive care.

No Fee access: Offering care for those whose needs extend beyond what Medicare can cover, ensuring no one is left behind.

Flexible Care Pathways: From intensive programs to lower-intensity care, we guide each individual along their recovery journey, ensuring care is always aligned with their unique path.

Join us at yadhaba, where we blend tradition with innovation to foster resilience, healing, and a brighter future for our community on darkinjung country.

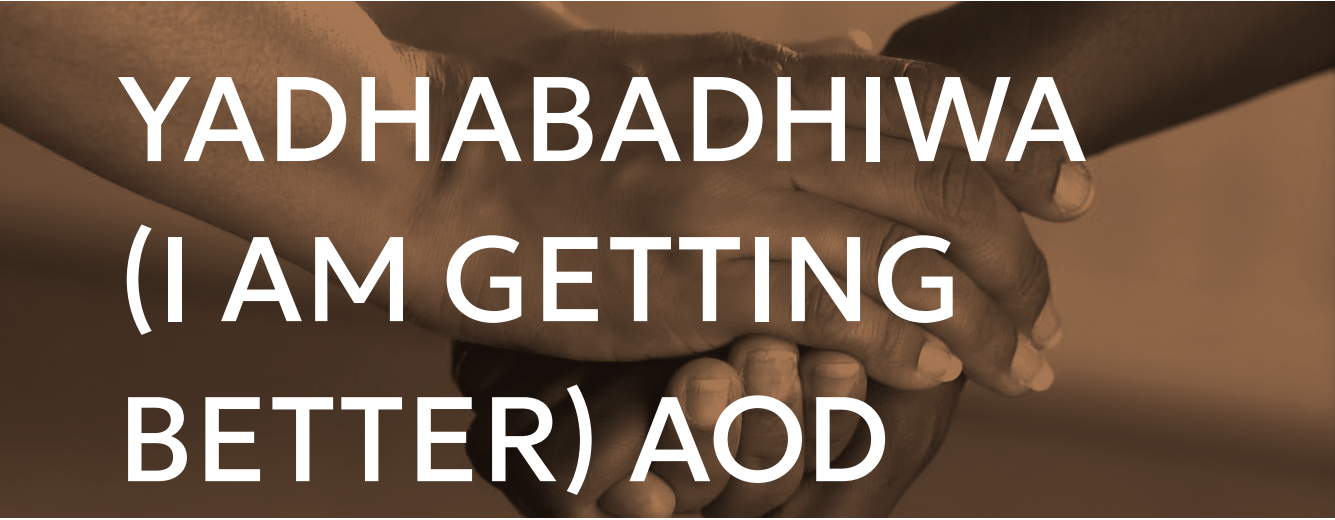
YOUR NEXT STEPS

Self-Referral Made Easy:

Visit www.eleanorduncan.org.au/client-referral-forms to start your journey.

Immediate Support Lines:

- 13 YARN: 13 92 76
www.13yarn.org.au
- www.Blackdoginstitute.org.au
- www.health.nsw.gov.au
- Lifeline: 13 11 14
- Thirrilli: 1800 805 801
- Suicide Call Back Service:
1300 659 467
- Kids Helpline: 1800 551 800
- Headspace: 1800 650 890
- NSW Mental Health Line (24hr):
1800 011 511
- Emergency: 000



YADHABADHIWA (I AM GETTING BETTER) AOD

SUPPORTING FAMILIES ON THEIR JOURNEY TO RECOVERY

The yadhabadhiwa AOD Day Rehabilitation Program is specially designed for Aboriginal parents and carers who are navigating the challenges of substance dependency and seeking a pathway to recovery. This comprehensive program is tailored to support not just the individual but their families, ensuring children are part of the healing process.

PROGRAM FEATURES

Case Management and Counselling:

Personalised support to navigate recovery with professional case managers and counsellors.

Hospital and Rehabilitation Services

Support: Coordination with healthcare facilities to ensure seamless care during recovery processes.

Therapeutic Services: Includes 9D breath work, group therapy, and domestic violence counselling aimed at the person initiating the violence, fostering safer family environments.

Living Skills and Cultural

Connections: Opportunities to learn essential life skills and reconnect with cultural heritage, enhancing personal growth and community ties.

Specialist Services Access: Direct access to specialised services tailored to individual needs, including mental health education.

Yarn Smart Recovery Program:

A unique recovery model that incorporates cultural practices and values, supporting a holistic approach to recovery.

Relapse Prevention and Harm

Minimisation: Strategies aimed at sustaining recovery and reducing the risks associated with relapse.

Parenting Programs: Designed to improve parenting skills, these programs help strengthen family dynamics.

Nyininggayi Guyung (Your Fire)

Program: Is a culturally adapted Dialectical Behaviour Therapy program designed to support emotional regulation, distress tolerance, and interpersonal effectiveness. The program integrates core DBT skills with culturally grounded practices, language, and yarning-based approaches to ensure it is meaningful, accessible, and responsive for clients. It supports participants to better understand and manage their emotions while strengthening connection to culture, identity, and community.

ELIGIBILITY

Aboriginal and Torres Strait Islander parents and carers residing on Darkinjung Country (Central Coast, New South Wales).

Parents and carers, regardless of gender, who are single or coupled, and currently care for Aboriginal children under the age of 16.

Individuals with current dependencies on alcohol and/or other drugs, those at risk of relapse, and people with a dual diagnosis of drug and alcohol dependency and mental health issues.

HOW TO JOIN

Online Self-Referral: Individuals can apply directly through our online platform.

EXTERNAL REFERRAL

The external referral form is available on the Eleanor Duncan Aboriginal Services website.

The yadhabadhiwa AOD Day Rehabilitation Program is more than just treatment; it's a community commitment to restoring health, dignity, and connection. Join us in embracing a brighter, healthier future for you and your family.



NGALIYA NGARA (WE LISTEN)

Ngaliya Ngara is our dedicated Psychology and Counselling team, providing culturally grounded and evidence-based mental health care for Aboriginal and Torres Strait Islander peoples on Darkinjung Country. We support individuals facing challenges with their social and emotional wellbeing, walking alongside you with compassion, cultural respect, and clinical integrity.

HOW WE SUPPORT YOU

Our team of qualified psychologists, counsellors, and Aboriginal mental health workers work in close

partnership with community to offer a wide range of therapeutic approaches that can be tailored to your individual journey.

EVIDENCE-BASED THERAPIES MAY INCLUDE:

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behaviour Therapy (DBT)
- Motivational Interviewing (MI)

LISTENING DEEPLY. HEALING HOLISTICALLY.

- Narrative Therapy
- Interpersonal Therapy (IPT)
- Mindfulness-Based Therapies
- Psychodynamic or Insight-Oriented Therapy
- Strengths-Based Therapy / Positive Psychology
- Trauma-Informed and Culturally Embedded Approaches
- GP Mental Health Care Plans
- Medicare or private fee-for-service
- Our online self-referral form at www.eleanorduncan.org.au

CULTURALLY RESPONSIVE CARE

Ngaliya Ngara places culture at the heart of healing. We honour story, identity, Country, and spirit in all we do, creating a safe space where mob can feel seen, heard, and supported.

Come sit, yarn, and begin your healing with Ngaliya Ngara.

To learn more or start your journey, contact us on (02) 4351 1040 or visit our website.

Our focus is always on your healing—mental, emotional, cultural, and spiritual. Whether you're seeking support for anxiety, grief, depression, trauma, or navigating life's stressors, we'll meet you where you're at and help you find your way forward.

ACCESSING SUPPORT

Referrals can be made through:

- Eleanor Duncan's internal service pathways



YADHA MURU (GOOD PATHWAYS)

14

Mental health challenges such as depression, anxiety, and other suicide risk factors can feel overwhelming, especially when intertwined with substance use. At yadha muru, we're here to walk alongside you on a holistic healing journey, weaving together culture, support, and wellness into a tapestry of care that respects your entire being—body, mind, and spirit.

HERE'S HOW WE SUPPORT YOU

Cultural Connection: grounding your healing in the power of your cultural belonging.

Mental Health Advocacy: Championing your mental well-being every step of the way.

Direct Support: Offering face-to-face compassion and guidance.

Comprehensive Care: Enhancing the lives of individuals, families, and communities.

Wellness Promotion: Encouraging a holistic approach to health.

YOUR WELL-BEING, OUR PRIORITY

We see you. We hear you.
In every aspect:

- Physical
- Emotional
- Social

- Cultural
- Spiritual

YOUR PATH, OUR SUPPORT

Empowerment & Achievement: Finding your strength and celebrating every victory.

Inclusivity & Safety: A judgment-free zone where your story matters, and your voice is heard.

Access to Care: From counselling and psychology to specialised support groups and wellness programs, we connect you to the resources you need.

YOUR NEXT STEPS

Self-Referral Made Easy:
Visit www.eleanorduncan.org.au/client-referral-forms to start your journey.

Immediate Support Lines:

- 13 YARN: 13 92 76
www.13yarn.org.au
- www.Blackdoginstitute.org.au
- www.health.nsw.gov.au
- Lifeline: 13 11 14
- Thirrilli: 1800 805 801
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 551 800
- Headspace: 1800 650 890
- NSW Mental Health Line (24hr): 1800 011 511
- Emergency: 000



HEALTH PROMOTIONS/ SEXUAL HEALTH AND MA-GUWAG 'HEY TAKE CARE'

At Eleanor Duncan Aboriginal Services, our Health Promotion Program is at the forefront of empowering our community through enhanced health literacy. Each year, we carefully craft a comprehensive health topics calendar, ensuring a wide range of vital health information is covered.

From nutrition and physical activity to mental health and chronic disease prevention, our program is designed to inform, educate, and inspire healthier lifestyle choices. By providing up-to-date, culturally responsive

health literacy materials, we aim to support our community in navigating their health and wellness journeys with confidence and knowledge. Join us as we explore a world of health topics year by year, promoting well-being and resilience within our community.

Our Sexual Health and Blood-Borne Virus (BBV) program is committed to offering comprehensive support and resources to the Aboriginal community, focusing on promoting sexual health awareness and prevention strategies. We provide a

range of services including screening, up-to-date information, condoms, and other safe sex resources, all tailored to meet the needs of our community. Importantly, accessing these services is made easy and confidential—you don't need to visit a clinic or doctor for screening.

Our certified Aboriginal Sexual Health worker is skilled in taking dry blood samples, ensuring a seamless and comfortable experience. This initiative highlights our dedication to enhancing sexual health education and resources,

empowering individuals to make informed decisions about their sexual health.





Our ma-guwag Program, which means 'hey, take care' in Darkinjung language, is at the heart of our efforts to nurture mental wellness and prevent suicide within our community. With deep respect for our cultural roots and an understanding of the unique challenges we face, this program aims to enhance community awareness and encourage support seeking behaviour in culturally responsive ways.

Our dedicated Suicide Prevention Team, in collaboration with all services and programs under the Eleanor Duncan Aboriginal Services umbrella, employs a holistic and transdisciplinary approach. Together, we strive to foster resilience and promote behaviours that encourage reaching out for help, through education and preventative measures. It's through these collective efforts that we aim to heal from our trauma and significantly reduce the impact of suicide in our communities. In doing so, we honour our commitment to not only the physical but also the social, emotional, cultural, and spiritual well-being of our entire community.

The ma-guwag Program offers a comprehensive suite of services designed to promote mental wellness and resilience within our community, all deeply rooted in our cultural values. Here's a closer look at the services available:

Yarning Groups: Safe spaces for open and heartfelt conversations, fostering a sense of community and shared understanding.

Support for Accessing Mental Health Services: Guidance and assistance in navigating and accessing the mental health support you need when you need it.

Cultural Activities: Engaging activities that connect us with our country, strengthening our cultural identity and community bonds.

Wellbeing Groups: Including specialised sessions for improving overall wellbeing through physical activity, mental exercises, and social engagement.

Better Fit: Tailored programs focused on enhancing physical health as a foundation for mental and emotional wellbeing.

Men's and Women's Groups: Safe and supportive environments for men and women to come together, share experiences, and foster mutual support.

Information and Resources on Accessing External After-Hours Crisis Services: Essential guides and contacts for immediate support during crisis situations, ensuring help is always at hand.

Activities and Group Sessions to Build Resilience and Safe Networks:

Structured sessions designed to strengthen resilience, cultivate safe and supportive networks, and promote a sense of belonging and shared strength.

Support in Seeking Additional Health and Wellbeing Services:

Assistance in connecting with broader health and wellbeing resources, ensuring comprehensive care and support tailored to individual needs.

Through these services, the Ma-Guwag Program aims to empower our community, providing the tools and support needed to navigate life's challenges with strength and dignity.



DETOX INTAKE NUMBERS

- Albury Wodonga Health Network 6058 1800
- Central Coast 4394 4880
- Far West 08 8080 1554
- Hunter New England 1300 660 059
- Illawarra Shoalhaven 1300 652 226

- Mid North Coast 1300 662 263
- Murrumbidgee 1800 800 944
- Nepean Blue Mountains 1300 661 050
- Northern NSW (Lismore) 6620 7608
- Northern NSW (Tweed Heads) 5506 7010

- Northern Sydney 1300 889 788
- Southeastern Sydney
- Northern 9332 8777
- Central 9113 2944
- Southwestern Sydney 9616 8586
- Southern NSW 1800 809 423
- Sydney 1800 793 466

- Western NSW 1300 887 000
- Western Sydney 9840 3355

MALE & FEMALE REHABS

- Canberra Recovery, Fyshwick 6295 1256
- Dooralong Transformation Centre 4355 8000
- Intake 4353 9799

MEDICAL, DENTAL AND SPECIALIST SERVICES

- Foundation House, Rozelle 9810 3117
- Freeman House, Armidale 6776 8117
- Karralika, Act 6163 0200
- Kedesh House, Berkeley 4222 1800
- Lyndon Community, Orange 1300 596 366
- Odyssey House Campbelltown 9281 5144
- The Buttery, Byron Bay Int Fri Only 6687 2399
- Whosl, Cessnock 49917 000
- William Booth, Surry Hills 9212 2322
- Watershed D&A Recovery & Education Centre 1800 818 872
- Kamira Farm, Hamlyn Terrace 4392 1341
- Kathleen York, Glebe 9660 5818
- Phoebe House, Arncliffe 9005 1570
- Who's New Beginnings, Rozelle 8572 7433
- Adele House, Coffs Harbour 1300 286 693
- Namatjira, Alstonville 6628 1098
- One80tc Yarramundi 1800 679 657
- Oolong House, Nowra 4422 0644
- Orana Haven, Brewarrina 6874 4886
- Sherwood Cliffs, Coffs Harbour 6649 2139

MEN ONLY REHABS

- The Glen, Chittaway Point (Apply Online) 43886360
- The Leigh Community 98912473
- Who's Gunya, Rozelle 85727455

SUPPORT LINES

- Emergency Services 000
- Lifeline Crisis Line (24hr) 13 11 14

WOMEN ONLY REHABS

- The Glen for Women 4388 6360
- Destiny Haven
- Clarence Town 4996 5558
- Detour House, Glebe 9660 4137
- Guthrie House, Enmore 9564 5977
- Jarrah House, Little Bay Int (Wed, Thur, Fri 9-12) 9661 6555

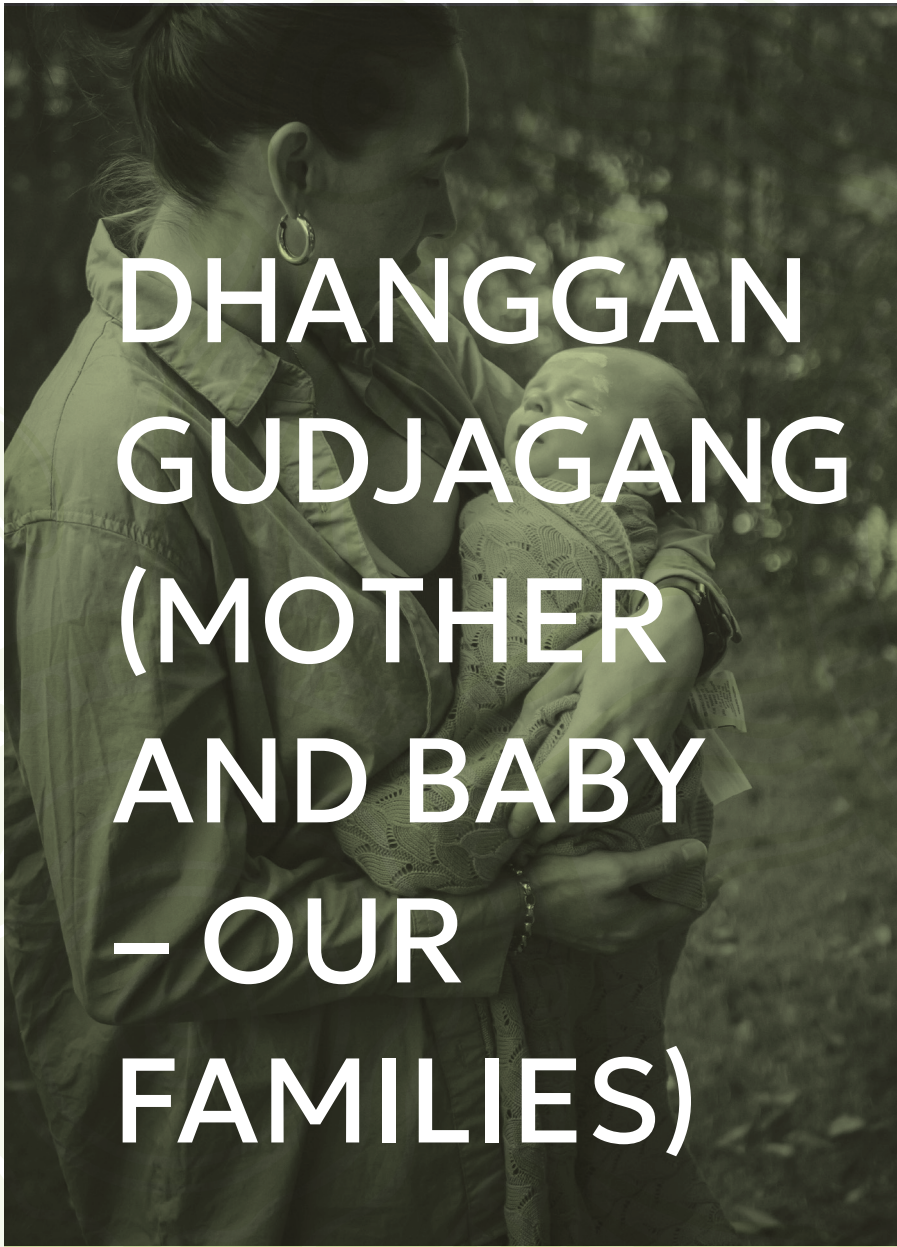
- NSW Mental Health Line (24hr) 1800 011 511
- Suicide Call Back Service (24hr) 1300 659 467
- Beyond Blue 1300 224 636
- Headspace 1800650890
- Kids Helpline 1800551800
- Child Protection Helpline 132111
- QLIFE- LGBTIQ Community 1800184527
- Mensline Australia 1300789978
- Brother To Brother Hotline (24hr) 1800435799
- Womens Health(Wyoming) 4324 2533
- Relationship Australia 1300364277
- 1800respect 1800 737732
- (Sexual Assault & Domestic Violence) Victims Support Line 1800 633 063
- Domestic Violence (FACS) 1800 65 64 63
- National Indigenous Critical Response Service 1800 805 801

- National Debt Hotline 1800 007 007
- Poisons Information Centre 13 11 26
- 13yarn 13 92 76

SELF HELP GROUPS

- Aa Central Coast (24hr) 4323 3890
- Eating Disorder Outpatient Service Cclhd (Toukley) 4396 5111
- Family Drug Support 1300 368 186
- Central Coast Gambling Solutions 4344 7992
- G-Line Nsw (Gambling) 1800 858 858
- Quitline – Tobacco 13 78 48
- Na (Cc Meeting) 4325 0524
- Parenting Groups 0-12 Month 4328 7900
- Coast Youth Services (Woy Woy) 4343 1888





DHANGGAN GUDJAGANG (MOTHER AND BABY – OUR FAMILIES)

At the heart of our community on Darkinjung Country, the dhanggan gudjagang (Mother and Baby – Our Families) service walks beside women, children, and families as they welcome new life. This sacred journey is guided with cultural strength, love, and the wisdom of our old ways.

dhanggan gudjagang is more than a service—it's a place of belonging and strength, where our babies (gudjagang) are welcomed with love, our mothers (dhanggan) are held with care, and families are supported to grow strong and safe.

HOW WE WALK WITH YOU AND YOUR FAMILY:

With open hearts, strong cultural foundations, and deep respect, our dhanggan gudjagang team at Eleanor Duncan offers:

- A culturally safe space where mothers and families feel seen, heard, and supported.
- Pregnancy care and cultural education to prepare for birth and parenting in a way that respects our knowledge systems and stories.
- Personalised birth and parenting plans grounded in cultural practices, family traditions, and connection to mob.

- Resources made by and for mob, reflecting our ways of caring for new life and keeping culture strong.
- Supportive hospital visits, sharing in the joy of birth and those sacred first moments with your baby.
- Postnatal care that comes to you—offered by our Aboriginal Health Worker and Midwife with respect, warmth, and skill.
- Ongoing support from our Child Health Nurse and Aboriginal Health Worker, walking with families as their babies grow, from six weeks to eight years old.
- Access to the 715 Aboriginal and Torres Strait Islander Health Check, offered for the whole family, so we care for Country, culture, body, and spirit together.

STAYING CONNECTED AND STRONG TOGETHER

- The gulgul-ba Women's Group: a safe gathering space for yarning, healing, laughter, learning, and deep connection with other women walking a similar path.
- Cultural and community events that honour the powerful bond between dhanggan (mother) and gudjagang (baby), strengthening community ties and belonging.

WALKING WITH YOU THROUGH DIFFICULT TIMES

**When times are tough, we stand
beside you—creating safe pathways
to healing and support through:**

- Warm referrals to safe housing and women's refuges
- Links to crisis services when urgent help is needed
- Connection with NSW Police, when safety is a priority
- Advocacy and support with Child Protection, ensuring your voice and story are heard
- Legal referrals and guidance, walking with you through complex systems

**DHANGGAN GUDJAGANG IS
ABOUT WALKING TOGETHER—
STRENGTHENING FAMILIES,
HONOURING MOTHERS, AND
PROTECTING THE FUTURE OF
OUR GUDJAGANG.**

**BECAUSE WHEN OUR WOMEN AND
BABIES ARE STRONG, OUR WHOLE
COMMUNITY IS STRONG.**



**LOVING
SUPPORT,
CULTURAL
WISDOM, AND
HOLISTIC
CARE.**





The Maliga Safer Families Program is all about nurturing strong, resilient individuals, families, and communities. We're here to offer a helping hand and the tools needed for people to flourish in all aspects of life.

Our focus? Opening doors to education and job opportunities, tackling substance misuse, combating family and domestic violence, and fostering safer environments. All this while working to lessen interactions with the justice system.

HERE'S HOW WE SUPPORT YOU:

- A culturally safe and welcoming space, backed by the dedicated Maliga Safer Families team at Eleanor Duncan.
- Tailored case coordination to navigate through challenges.
- Strong advocacy and referrals to get you the support you need.
- Culturally relevant resources that resonate with our community.
- Opportunities to connect through social groups.
- Special support for children's success in schools.
- Outreach visits to bring support right where it's needed.

- Assistance for families facing the risks of domestic and family violence

WHO'S ELIGIBLE:

- Aboriginal or Torres Strait Islander families.
- Families with children or young people of school age (from preschool to secondary) living at home.
- Residents of the southern end of the Central Coast, particularly in the 2256 or 2257 postcode areas.
- Families facing vulnerabilities or hardships that make it tough to access support networks.

MAKING SURE EVERY FAMILY HAS THE CHANCE TO THRIVE IN A SAFE AND SUPPORTIVE ENVIRONMENT.



SUPPORTING RECOVERY – FOR VICTIM – SURVIVORS OF FAMILY, DOMESTIC AND SEXUAL VIOLENCE

The Healing Recovery Program is dedicated to supporting victim-survivors of domestic, family and sexual violence (DHSV) through trauma-informed recovery care.

We provide comprehensive access to trauma-informed mental health care as part of a transdisciplinary approach to long-term recovery. Eleanor Duncan's Local Care Team coordinates all HSVS services, both internally and externally,



NGANGGA GULGUL (SPEAK STRONG)

ensuring that you receive the necessary support tailored to your individual safety and recovery needs.

HERE'S HOW WE SUPPORT YOU

We offer multiple pathways for accessing our services, including:

- Self-referral, external referrals, or through existing Eleanor Duncan programs
- Our goal is to reduce the number of touchpoints and streamline access to integrated and coordinated services, so you can focus on your healing journey
- Ensuring safety and facilitating engagement in trauma-informed mental health therapies

- We aim to support a sustainable recovery for all victim-survivors

- Opportunity to connect to other healing and recovery programs

WHO'S ELIGIBLE:

- All Aboriginal and Torres Strait Islander people
- Families and singles

EMPOWERING HEALING AND RECOVERY FOR HSVS SURVIVORS WITH SEAMLESS, TRAUMA-INFORMED CARE TAILORED TO ENSURE SAFETY AND LASTING RECOVERY.



COMPREHENSIVE SUPPORT FROM PREGNANCY TO PRESCHOOL

The Connected Beginnings program is a vital part of our Health Service Delivery, designed to ensure that the first 2,000 days of a child's life—critical to their development—are supported with comprehensive care.

This program seamlessly integrates into our existing Child and Family Services, offering access to antenatal care, group work, early screening, health checks, and allied health services.

Our focus is on making sure our gudjagang are more than just school-

ready; they are set up for a lifetime of well-being.

We are proud to work in collaboration with Barang Regional Alliance, who act as the backbone agency supporting the Education component of this initiative, ensuring a holistic approach to early childhood development.

HERE'S HOW WE SUPPORT YOU

Comprehensive Antenatal Care: We provide personalised antenatal care to ensure both mother and

baby receive the best start during pregnancy.

Early Screening and Health Checks: Regular early screenings and health checks are conducted to monitor your child's development and address any concerns early.

Allied Health Services: Access to a range of allied health services, including speech therapy, occupational therapy, and more, tailored to your child's specific needs.

Group Work and Peer Support: We offer group sessions and peer support to connect you with other families and share experiences, creating a strong community network.

Collaborative Care Coordination: Working closely with Barang Regional Alliance, we ensure that educational and health needs are seamlessly integrated, providing holistic support for your child's development.

ELIGIBILITY

Aboriginal Expectant Mothers: Pregnant Aboriginal women or non-Aboriginal women pregnant with an Aboriginal child who require antenatal care and support throughout their pregnancy.

Aboriginal Families with Young Children: Families with children aged 0-5 years, particularly those in the critical first 2,000 days of life.

Residents of Darkinjung Country: Families and individuals residing on Darkinjung Country who are part of the Aboriginal community.

Aboriginal Children Requiring Early Developmental Support: Children who may benefit from early screening, health checks, and allied health services to support their development.

Participation in Existing Child and Family Services: Families already engaged in other Child and Family Services programs through Eleanor Duncan, who may require additional support through Connected Beginnings.

REFERRAL PATHWAY FOR THE CONNECTED BEGINNINGS PROGRAM:

Self-Referral: Families and expectant mothers can directly reach out to Eleanor Duncan's Child and Family Services to express interest in the Connected Beginnings program.

Contact can be made via phone, email, or by visiting our any of service locations.

Healthcare Provider Referral: Healthcare professionals, including GPs, midwives, and allied health providers, can refer eligible families and expectant mothers to the program.

Referrals can be submitted through our referral form, available on our website or through direct contact with our service team.

Community Services Referral: Referrals can also be made through community services such as child protection agencies, early childhood education centers, or other Aboriginal community-controlled organisations.

Collaboration with Barang Regional Alliance ensures referrals are integrated into the broader educational and developmental support network.

Internal Referral: Families already engaged with Eleanor Duncan's existing Child and Family Services can be referred to the Connected Beginnings program by their case worker or healthcare provider.

Case workers will coordinate with the Connected Beginnings team to ensure a smooth transition and additional support where needed.

Follow-Up and Intake: Once a referral is made, the Connected Beginnings team will conduct an intake assessment to determine specific needs and services required.

Families will be guided through the process, with continuous support provided to ensure they receive the full benefit of the program.

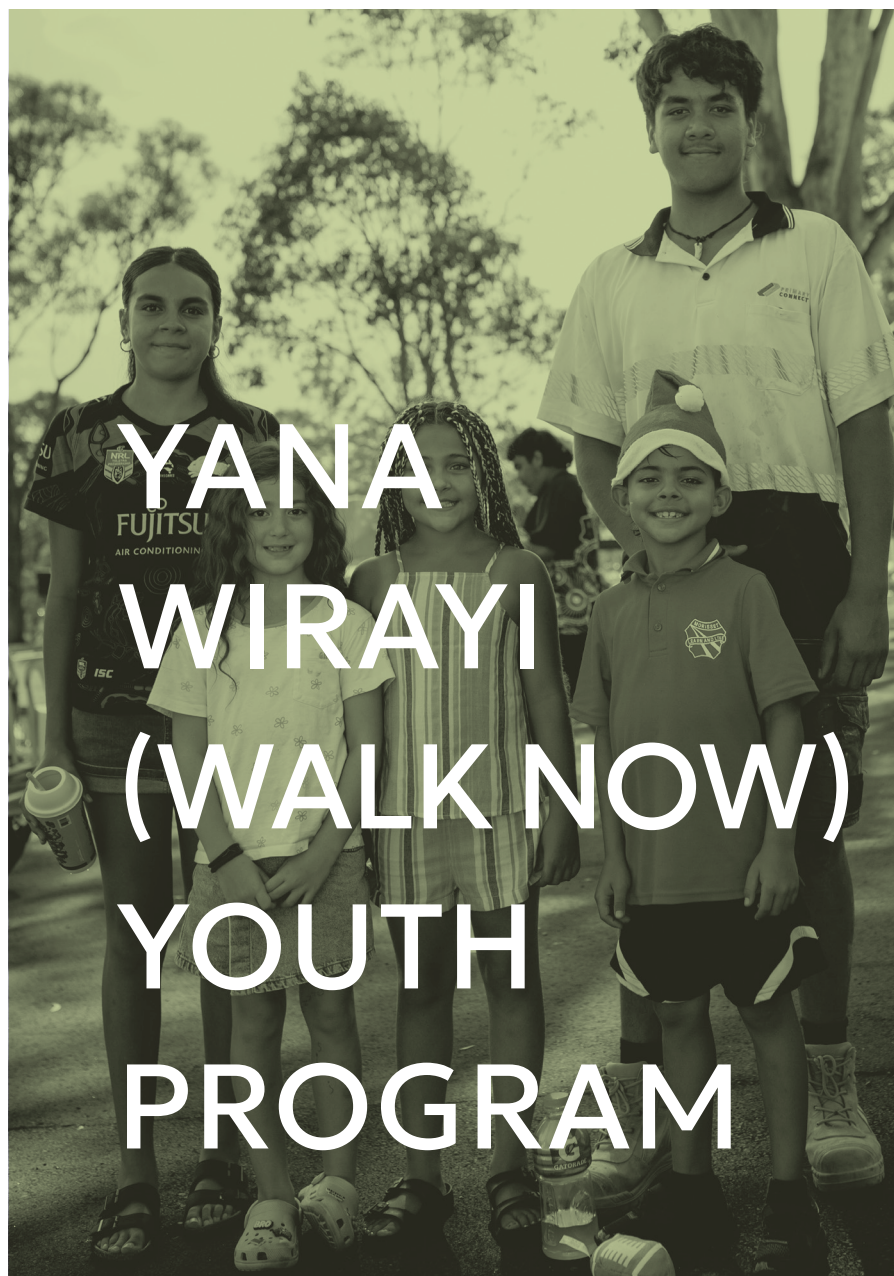
START YOUR GUDJAGANG JOURNEY TO A BRIGHTER FUTURE WITH THE CONNECTED BEGINNINGS PROGRAM—COMPREHENSIVE SUPPORT FROM PREGNANCY TO PRESCHOOL.





START YOUR GUDJAGANG JOURNEY TO A BRIGHTER FUTURE





ARE YOU A YOUNG ABORIGINAL PERSON AGED 12 TO 24, READY TO WALK A STRONG PATH FOR YOUR FUTURE?

The yana wirayi Youth Program walks beside you on Darkinjung Country, supporting your journey with strength, cultural pride, and community at the centre.

This isn't just a program—it's a safe place to stand tall, reconnect, grow strong, and find your way.

HOW WE WALK WITH YOU:

Connect & Yarn: We start by listening—getting to know you through a culturally safe intake and assessment that helps shape the right path forward.

Strong Mob, Stronger You: We work with families to build up strengths and support the healing and growing together.

Finding Your Way: Support, advice, and referrals to help you through life's tough spots. You're never alone in this.

Learning the Old and New Ways: Get guidance on education, training, and life skills—blending cultural knowledge with modern tools to grow your potential.

Specialist Support: Access the right mob for your needs—specialist services and referrals who walk alongside you with care and respect.

Your Own Support Crew: We help coordinate your care with the right people in your corner, making sure your needs are always front and centre.

Youth Groups & Safe Spaces: A place to connect with others, build friendships, and stand strong in your identity.

On Country Healing & Learning: Spend time on Country—learning, healing, and reconnecting to culture, ancestors, and stories that guide the way forward.

Mentors in Your Space: Support that comes to you—wherever you feel safe and strong. We meet you where you're at.

Culture & Education Together: We support your learning journey while keeping your culture alive and strong—walking proud in every space.

Family-Led Growth: Because healing and growth are strongest when the whole family walks the journey together.

Health & Wellbeing Pathways: Access Aboriginal Health Checks (715s), GP support, and mental health pathways rooted in cultural safety and community care.



NGALIYA.PSP (WE – YOU AND I)

LET'S UNITE
TO SUPPORT,
HEAL, AND
THRIVE
TOGETHER.

Eleanor Duncan Aboriginal Services, nestled in the heart of Darkinjung Country on the Central Coast of NSW, is dedicated to nurturing the lives of Aboriginal families, reinforcing their connection to country, community, and culture. We are passionate about supporting our children and young people who, due to various circumstances, are unable to live with their parents and are in need of Out-of-Home Care and Permanency Support.

As an Aboriginal community-controlled organisation, we are deeply committed to celebrating and integrating

Aboriginal culture into all aspects of our services. Our work is driven by the principles of pride in our heritage, advocacy for self-determination, and a commitment to keeping families together and preserving our rich cultural legacy.

Today, we extend a heartfelt invitation to individuals and families within the community who are willing to open their hearts and homes as foster carers. By becoming a foster carer, you play a pivotal role in providing a nurturing environment that acknowledges and respects the cultural identity of

Aboriginal children and young people. This role is crucial in helping remediate the impacts of past and current challenges, and in building a vibrant, positive future for our community.

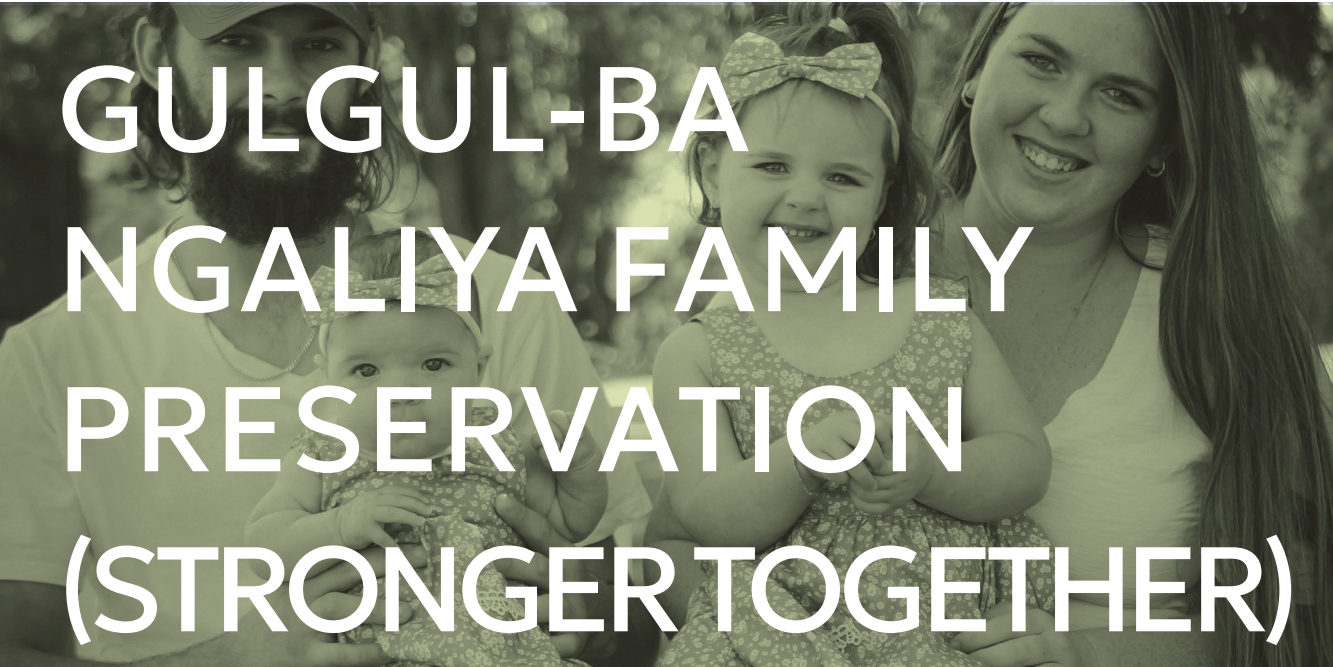
Eleanor Duncan's programs are informed by an understanding of both personal and intergenerational trauma and are designed to address the needs of our community through a culturally responsive framework.

We recognise the resonant history of the Stolen Generations and are dedicated to ensuring that history

does not repeat itself.

Join us in this vital work. Become a beacon of hope and healing, a supporter of cultural continuity, and an integral part of our purpose to empower the next generation of Aboriginal children and young people. Together, we can make a significant difference—one child, one family at a time.

For more information on how you can become involved, please visit our website, or contact one of team members on (02) 4351 1040.



GULGUL-BA NGALIYA FAMILY PRESERVATION (STRONGER TOGETHER)

The gulgul-ba ngaliya Family Preservation program is at the core of Eleanor Duncan Aboriginal Services, the program stands as a pillar of hope and support, ensuring children can safely remain within their family homes. Offering up to two years of dedicated assistance, our gulgul-ba ngaliya team delivers customised support including child and family counselling, enhanced parenting skills, and in-home services designed to address specific risks. Our parenting strategies focus on the vital role of community involvement, deep cultural connections, and the tradition of

knowledge-sharing through storytelling. These practices engage the extended family and elders in fostering resilient children deeply rooted in their culture, thereby enhancing the safety and well-being of our community's children and young people.

HOW DOES THE REFERRAL PROCESS WORK?

Referrals to the gulgul-ba ngaliya Family Preservation program are exclusively made by the Department of Communities and Justice (DCJ).

A comprehensive assessment is conducted by DCJ, and it is essential for families to consent to this referral. Each referral is carefully considered based on the safety, risk, and specific needs of the family, ensuring that those who most need our support are suitably matched to our program.

JOIN US ON A JOURNEY OF FAMILY EMPOWERMENT

The gulgul-ba ngaliya Family Preservation program is more than just support; it's a commitment to nurturing family bonds and

THIS PROGRAM
STANDS AS A
PILLAR OF
HOPE AND
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ENSURING
CHILDREN CAN
SAFELY REMAIN
WITHIN THEIR
FAMILY HOMES.

empowering families to overcome
challenges together

**TOGETHER, WE CAN NURTURE A WORLD
WHERE EVERY FAMILY FLOURISHES.**



WELCOME TO AUNTY'S HOUSE: A SANCTUARY OF CULTURE AND CARE

At Aunty's House, we offer a unique and nurturing alternative care arrangement for our children and young people who are unable to remain in their current living situations. Nestled in the heart of our community on Darkinjung Country, Aunty's House is more than just a place to stay—it's a warm embrace of cultural safety and responsiveness that supports the social, emotional, and spiritual well-being of our gudjagang (children).

CULTURALLY SAFE HAVEN

Aunty's House is founded on the principles of cultural safety. Every aspect of care and interaction is designed to respect and uphold the dignity and traditions of our community. Our young ones grow and thrive in an environment that celebrates their heritage and connects them deeply with their roots.

LOVE AND CONNECTION

Here, each child is treated with the love and care that comes from a profound sense of community responsibility and connection. Aunty's House ensures that our gudjagang are not just cared for but are also cherished as part of a larger family, fostering a sense of belonging and security.

KEEPING COMMUNITY TIES STRONG

Staying connected to community and culture is vital for our young people. Aunty's House ensures continuous engagement with community life, ceremonies, and the teachings of elders, facilitating a lifelong connection and education that is rich in the wisdom and traditions of our ancestors.

A COMMITMENT TO EXCELLENCE AND INTEGRITY

Our approach is trauma-informed and centres on the holistic well-being of the children. We commit to providing not only physical care but also supporting the emotional and cultural growth of our young people, guided by our principles of excellence and integrity.

AUNTY'S HOUSE IS NOT JUST A PLACE TO LIVE

It is a vibrant cultural home where our young people are empowered to live strong, healthy, and culturally rich lives. We invite you to learn more and see how Aunty's House is making a difference in the lives of our gudjagang.

**TOGETHER, WE ARE NURTURING
THE NEXT GENERATION OF OUR
COMMUNITY, HONOURING OUR PAST,
AND BUILDING A HOPEFUL FUTURE.**



WARBANGALI ALLIED HEALTH SERVICES

warbangali Allied Health offer a diverse array of services focussed on supporting you and your loved ones in achieving your health and wellbeing goals. Featuring Speech Therapy, Occupational Therapy, Psychology, and Behaviour Support, Clinical Psychology, our qualified team of clinicians and Allied Health Assistants, and Social Workers are committed to your care.

We offer flexible support tailored to individual needs, whether it's

in schools, at homes, or through our dedicated hubs in Mardi and Umina. Our services are available to children, young adults, and adults, and are accessible with or without NDIS, under Medicare, or via Fee-For-Service arrangements.

JOURNEYING WITH WARBANGALI:

Connect and Yarn: once the service enquiry process, from our website, is completed you will be contacted by a member of our team to get to know

you, work out how our services might be able to support you, and walk through some forms.

Twist and Flow: This is the meaning behind warbangali and describes how we work with families and community. After identifying how our services can support, we then move forward with you in creating meaningful goals.

Safe Supports: We work with you, in a way you and your therapist discussed, to provide ongoing

therapies. We tailor resources, focus on your strengths, and blend cultural knowledge with modern tools to reach your goals.

Explore more about how we can assist you on your path to health and cultural connection by visiting our website at by submitting a Service Enquiry via the Eleanor Duncan Aboriginal Services website, www.eleanorduncan.org.au

MURU BARA NDIS (MAKING PATHWAYS)

Discover the path to empowerment with our muru bara NDIS program at Eleanor Duncan Aboriginal Services. Our dedicated team of Support Coordinators and Aboriginal Disability Linker services are here to guide the community through every step of the NDIS journey—from application and understanding to full navigation of services.

Our muru bara program, meaning 'Making Pathways' in Darkinjung language, offers expert NDIS Support Coordination tailored to the needs of our community.

HERE'S HOW WE SUPPORT YOU

We provide comprehensive information about the NDIS to demystify the process.

We offer support and guidance for accessing the NDIS, in partnership with organisations like Lifestart and Social Futures.

We help coordinate your NDIS plan, ensuring smooth implementation and ongoing support.

We connect existing NDIS participants

with culturally responsive services to help achieve their personal goals.

Our services include access to Allied Health supports, cultural advocacy, and specialised services like NDIS STA Respite for ages 7 to 65, specialised substitute residential care (SSRC), as well as NDIS funded Cleaning and Lawn/Yard Maintenance Services.

Start your journey to better support by checking your eligibility at the NDIS website. With the muru bara team by your side, you're not just accessing services; you're embracing a

community dedicated to your health and wellbeing.

Call (02) 4351 1040 to speak with our muru bara staff or complete our referral on our website.





BUNDI YANA GINDJA (DON'T WALK AFRAID)

Welcome to the bundi yana gindja (Don't Walk Afraid) Program, a compassionate initiative dedicated to supporting Aboriginal and Torres Strait Islander peoples on Darkinjung country with the management of chronic diseases. Our program is here to assist you with comprehensive care and the necessary resources to enhance your health and wellbeing.

The Elder Care Support (ECS) program aims to enhance aged care services for older Aboriginal and Torres Strait Islander people and their families by providing culturally safe, respectful, and tailored support.

The ECS program assists individuals to access, understand, and navigate aged care systems, helping them make

informed choices about their care. It also supports families and carers by reducing barriers, strengthening connections to services, and advocating for the needs and preferences of Elders to support wellbeing, independence, and dignity as they age.

The bundi yana gindja Cancer Navigation Program provides culturally safe, holistic, and personalised support for Aboriginal and Torres Strait Islander people, affected by cancer. The program supports individuals, families, and carers across all stages of the cancer journey, including those currently undergoing treatment and those transitioning after treatment.

The program offers one-on-one cancer navigation, helping clients understand

their diagnosis and treatment options, coordinate care between health providers, and access emotional, financial, and practical supports. It also advocates for culturally respectful care and works closely with community and health services to ensure seamless, person-centred support.

In the preventative health space, the program promotes early detection through access to cancer screening services and delivers culturally appropriate health education focused on cancer risks and healthy living. Programs are often delivered on Country, supporting cultural connection, healing, and improved health literacy.

Additionally, the program facilitates

access to cancer yarning circles, providing a safe and supportive environment for individuals to connect, share experiences, and strengthen community ties. Cultural support is embedded throughout, including assistance with Sorry Business, ensuring care is respectful of cultural practices, customs, and community needs.

HOW WE SUPPORT YOU

Care Coordination: Tailored guidance to manage your healthcare journey.

Supplemental Services: Additional health services to complement your care plan.

Transport: Reliable transportation for your medical appointments.

Specialist Appointments: Access to specialist care when you need it.

PROGRAM ELIGIBILITY

This program is designed for Aboriginal individuals managing conditions such as:

- Diabetes – Type 1 and Type 2

- All forms of Cancer
- Chronic Kidney Disease
- Cardiovascular Disease
- Respiratory Disease

Our team is committed to providing a supportive and understanding environment, helping you to navigate your health needs effectively.

COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)

This program provides low level support to help to live safely and independently at home and in their communities. The program is suitable for Aboriginal and Torres Strait Islander people, aged 50 years and over, who can live independently at home but need low level support to do so.

As an Aboriginal community-controlled organisation, we prioritise the health and wellness of our Aboriginal and Torres Strait Islander Elders/olders, ensuring they receive the highest quality care tailored to their needs.

Eleanor Duncan Aboriginal Services is committed to empowering our community and honouring the wisdom of our Elders/olders, enabling them to choose how and where they live.

HERE'S HOW WE SUPPORT YOU

Transport: Transport arrangements for social outings, shopping trips or appointments.

Social Support: Companionship in your home or on outings and connecting you with local interest groups.

Case Management and Support:

Expert support and advice to help you design services based on your individual goals.

Allied Health Services: Making your home or garden safer and easier to live in.

Home Maintenance and Modifications: Making your home or garden safer and easier to live in.

Domestic Assistance: housework, laundry and shopping.

If you have any questions or need additional support, please do not hesitate to contact us on (02) 4351 1040.





JOIN OUR VIBRANT COMMUNITY GROUPS AT ELEANOR DUNCAN!

GROW, CONNECT, THRIVE!

Discover the joy of community and culture at Eleanor Duncan with our diverse array of social groups designed to nourish your body, mind, and spirit. Whether you're a gardening enthusiast, a dedicated parent, or someone looking to keep fit, we have something for everyone!

BARAYI COMMUNITY GARDEN

Kickstart your gardening journey with our community garden full of seasonal fruit, fresh vegetables and native bush foods.

MEN'S AND WOMEN'S GROUPS

Join our deady guri ngura Mens Group or our gulgul-ba Women's Group, welcoming members of all ages, from young warriors to respected Elders. It's a space to share, learn, and support each other in all walks of life.

GANAMA COOKING GROUP

Learn how to whip up delicious, budget-friendly meals that are nutritious and easy to prepare. Our gnama Cooking Group meets regularly to share recipes and cooking tips that cater to a healthy lifestyle.

CHILD AND FAMILY GROUPS

From prenatal to antenatal and general wellbeing, our parenting groups provide essential support and advice for parents at every stage, fostering strong, healthy families within our community.

YANA WIRAYI YOUTH FITNESS AND WELLBEING

For our young people under 16, the Youth Fit group offers fun, fitness, and friendship. It's a great way for youth to stay active, healthy, and connected.

BETTER FIT GROUP

For those who enjoy a more intense workout, our Better Fit group offers challenging exercise routines that are sure to energize and encourage a fit and healthy lifestyle.

ARTEFACT AND CULTURAL GROUPS

Delve into the rich heritage of our community with our Artefact and Cultural groups. Scheduled programming offers everyone the chance to learn about and celebrate our profound and vibrant culture.

SPECIALIST SUBSTITUTE CARE SERVICE (SSRC)

(PREVIOUSLY KNOWN AS VOOHC)

We provide a culturally responsive and safe environment for SSRC, offering a nurturing respite for children, young people, adults, and Elders. Located within our community that values and respects Aboriginal culture and heritage, our service is designed to support those from 7 to 18 years of age, as well as adults and Elders with disabilities.

Our SSRC home is more than just a place to stay; it is a home where our community members can feel safe, respected, and cared for in a setting that honours their cultural identity. We understand the importance of maintaining strong cultural connections and ensure that our care is not only supportive but enriches the lives of those we serve.

SERVICES PROVIDED

Respite Care: Temporary care that provides space for regular caregivers, offering them a chance to rest and recharge while knowing their loved ones are in safe hands.

Cultural Programs: Activities designed to strengthen cultural identity and provide meaningful engagement, including storytelling, traditional arts, and other activities to meet individual needs and aspirations.

Support for Disabilities: Tailored support for individuals with disabilities, ensuring they receive the necessary care and attention tailored to their specific needs.

Community Connection:

Opportunities to engage with the wider community, fostering relationships and a sense of belonging.

Holistic Support: Attention to the physical, emotional, social, and spiritual well-being of each individual, aligned with our community's understanding of health as a holistic concept.

ACCESSIBILITY AND COMMITMENT

Eleanor Duncan SSRC Service is committed to providing a welcoming and accessible environment for all. Our team is trained in culturally responsive care and is dedicated to creating a responsive and inclusive setting that respects the dignity and rights of each individual.

GET IN TOUCH

For more information about our Specialist Substitute Care Service, or to discuss how we can support you or your loved ones, please contact us via our website or on (02) 4351 1040. We are here to answer any questions and provide the assistance you need.

Eleanor Duncan SSRC is here to offer a supportive, culturally attuned space for respite that honours our traditions while providing professional care.

We invite you to reach out to learn more about how we can assist you and your family.



ELEANOR DUNCAN
Aboriginal Services



Visit our website
eleanorduncan.org.au



35 McPherson Road
Mardi NSW 2259
T. (02) 4351 1040
F. (02) 4351 1037

4 Berith Street
Umina Beach NSW 2257
T. (02) 4319 4458

Dental
37 Alison Road
Wyong 2259
T. (02) 4350 0222

Medical
3-5/56-64 Pacific Hwy
Wyong 2259
T. (02) 4351 1040