



YERIN

Eleanor Duncan
Aboriginal Health Centre

YERIN NEWS | Edition 9 | October 2018



Get Yerinfit This Summer

BEGINS MONDAY 1 OCTOBER 2018

Join our newest 12-week health and wellbeing program with Coastal Performance Training

Where: Coast Performance Training
5-9 Apprentice Drive, Berkeley Vale

Cost: \$6 per week for 12 weeks
(includes full gym access)

RSVP: Contact Kylie Wheeler on 0412 554 774

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NEW STAFF

Yaama to our new Health Promotions Project Officer and Dr Keith Gleeson, our new General Practitioner.



Welcome to the team, Lillian!

WOMENS HEALTH WEEK AND R U OK? DAY BREAKFAST

Thursday 13 September was R U OK? Day, a national day of action dedicated to reminding people to ask their family, friends and colleagues the question, "R U OK?". Connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be suffering.



ABORIGINAL AFFAIRS MEETING

Yerin Aboriginal Health Services Limited met with head of Aboriginal Affairs – Jason Ardler, Director of DPC Hunter Central Coast – Steve Wills, as well as representatives from Barang Regional Alliance, Bara Barang, Gudjagang Ngara li-dhi Aboriginal Corporation and Nunyara Aboriginal Health Unit from Central Coast Health to discuss the reform agenda and key priorities for the Aboriginal community on the Central Coast, Darkinjung Country.



YERIN WOMEN'S GROUP

Last Thursday of every month

OCTOBER
25

NOVEMBER
25

If you're interested in joining our Women's Group or would like further details, please contact Kylie Wheeler on 02 4351 1040.

YERIN MEN'S GROUP

Please RSVP to Brett, Denver or Ryan prior to each group activity
Phone: 02 4351 1040 | 0412 729 708 | 0400 511 174 | 0421 978 906

Fridays 11am – 4pm

NOVEMBER
30

December meeting TBA
(Combined Christmas Gathering)

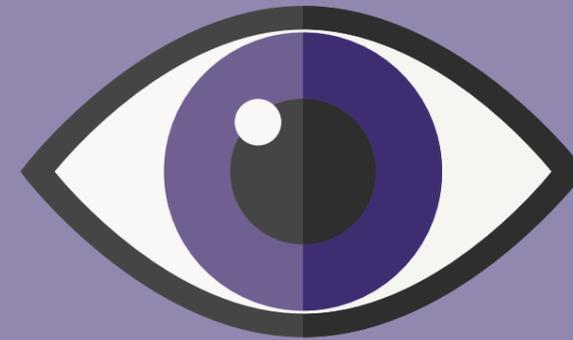
VENUE:

Mangrove Mountain Shops
Waratah Road, Mangrove Mountain

PICK UP POINTS:

Bara Barang Corporation, 3 Mann Street, Gosford Yerin
EDAHC, 36 Alison Rd, Wyong

EYE HEALTH



DID YOU KNOW?

Aboriginal and Torres Strait Islander people have three times the rate of vision impairment and blindness as compared to non-Indigenous Australians.

Poor vision can affect a person's general wellbeing and can be a barrier to employment and education.

DIABETES AND EYE HEALTH

Many people with diabetes can develop an eye disease called Diabetic Retinopathy. It is a major cause of vision loss and blindness in Aboriginal and Torres Strait Islander people, but it is preventable. It is important that Aboriginal and Torres Strait Islander people with Diabetes get their eyes checked yearly.

**DIABETES CAN CAUSE BLINDNESS. GET YOUR EYES CHECKED YEARLY.
FOR MORE INFORMATION ON DIABETIC RETINOPATHY AND GETTING YOUR EYES CHECKED, MAKE AN APPOINTMENT SPEAK WITH YOUR GP.**



Gulgul-ba Women's Group "I am very Strong"

The circle symbolises women coming together with the flowers, representing growth and to blossom.



Guri Gambu Men's Group

This painting depicts men's business. The men sharing their knowledge amongst each other. The feet represent dancing after an idea is agreed upon. The small boomerangs represent all the men at the men's business. The weapons represent the knowledge they share amongst each other.

NOTICEBOARD



CONTACT OUR DISABILITY WORKER

We provide cultural support for individuals to access the NDIS and link participants to culturally appropriate services.

Call (02) 4351 1040



BELLY CASTINGS

For pregnant mothers

Create a beautiful work of art to remember this special time.

For bookings, please call Rubi on (02) 4351 1040



CHRISTMAS TOY RAFFLE

Thank to generous donations from Kmart Erina, Yerin are running a Christmas Toy Raffle from now until December! Tickets are \$2 each and are available from reception.

Prizes Drawn: Friday 14 December 2018

For more information, contact Yerin on (02) 4351 1040. Terms and conditions apply.



NUNYARA OUTREACH CLINIC

Even though the books are currently closed at our Wyong clinic, we're still taking patients through our GP Outreach Clinic at the Nunyara Aboriginal Health Unit, located on the grounds of Gosford Hospital.

Nunyara Outreach Clinic is open Tuesdays and Thursday from 8am - 4pm

For appointments, call (02) 4351 1040



Gudjagang Pregnancy Group



Gudjagang Baby and Child Group

Contact Jamie or Bree on 02 4351 1040 for more information

ARE YOU EXPECTING?

A midwife is available at Eleanor Duncan Aboriginal Health Clinic to provide you with professional support and guidance throughout your pregnancy and birth.

For more information or to book an appointment contact Kim Raveneau

P 02 4351 1040 | M 0434 100 656

EXPRESSION OF INTEREST

Yerin's Community Empowerment Steering Committee

We have openings for two Community Members to join

For more information and/or to obtain an application pack, please contact Jo Stevens on 02 4351 1040 or JStevens@yerin.org.au

Save the Date

YERIN ABORIGINAL HEALTH SERVICES LIMITED ANNUAL GENERAL MEETING 2018

When: Friday 16 November 2018

Dinner will be provided

Where: Mingara Recreation Club
12-14 Mingara Drive, Tumbi Umbi

RSVPs and dietary requirements:
please contact Jo Stevens on 02 4351 1040 or email JStevens@yerin.org.au

Time: 6:00pm - 8:00 pm

MEET THE MOB

Kayla Wetzler
Dental/Medical Receptionist

- Favourite Food:** Potato Bake
- Favourite Music:** RnB
- Hobbies:** Reading
- Favourite Animal:** Dolphins
- Favourite Sport:** Netball
- Where you grew up:** Wyong & Cairns QLD
- Biggest Achievement:** Graduating Year 12



HOURS OF BUSINESS

MONDAY - FRIDAY 9am - 5pm

Suites 8 & 9, 36 Alison Rd
cnr Margaret St, Wyong NSW 2259
PO Box 466, Wyong NSW 2259
P 02 4351 1040 **F** 02 4351 1037

www.yerin.org.au

 @yerinedahc  @yerinAHS



YERIN

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