



## Christmas Closure Period

Yerin Eleanor Duncan Aboriginal Health Centre will be closed from **Monday 24 December 2018 - Wednesday 2 January 2019**

In an emergency, contact an ambulance by ringing 000

Nearest Emergency departments are:

**Gosford Hospital:** Holden Street, Gosford - (02) 4320 2111

**Wyong Hospital:** Pacific Highway, Hamlyn Terrace - (02) 4394 8000



## Christmas Toy Raffle

Thanks to generous donations from Kmart Erina, Yerin is giving away a bunch of toys for Christmas!

Tickets are \$2 each and are available from reception.

**Prizes drawn Friday 14 November**

## Community Christmas Party

**Join Yerin Eleanor Duncan for our annual Community Christmas Party!**

Come down to Budgewoi Footbridge at McKenzie Reserve in Budgewoi from 10am to 2pm on 14 December for lunch and a catch up with community.

If you're coming along, please make sure you RSVP to Kylie Wheeler.

**To RSVP, contact Kylie via:**

Text: 0412 554 774

Phone: 02 4351 1040

Email: [kwheeler@yerin.org.au](mailto:kwheeler@yerin.org.au)



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## TEAM UPDATE



**Hi, I am Demetrios, originally born here on Darkinjung land, although I grew up on Yuggera and Eora lands, with Greek ancestry. I am here on a Jawun secondment at Yerin Eleanor Duncan Aboriginal Health Centre (EDAHC).**

Jawun started in 2001 with the objective of building partnerships between Corporate, Government and Aboriginal community organisations via sharing skills and knowledge to create real change. I currently work at Westpac's Commercial Banking arm, assisting Relationship Managers with credit proposals for medium to large organisations that are growing in an ever-changing economic environment.

I have been at Yerin Eleanor Duncan, for four weeks of my five-week secondment. In that time, I have learnt a lot and feel like I have contributed to a very welcoming team. Yerin Eleanor Duncan is a prime example of a growing organisation that supports the Aboriginal community on the Central Coast, that has rapidly grown in the last 5 years. They have responded to the needs of community through GP services and wellbeing programs such as Integrated Team Care, Yadhaba Wellbeing, Dhanggan Gudjagang, NDIS and Dental programs. In addition, they recently took on a Permanency Support Program to support Aboriginal children.

The skills and knowledge transfers I have gained during

my secondment have been plentiful, from learning about Aboriginal culture, increasing my knowledge about the healthcare sector, learning about government funding contracts and learning about risk management in health care.

My key takeaway was understanding how growing organisations are driven by key people that run them. Without these key people, it would be difficult to grow an organisation in a world of limited resources.

So far on my secondment, I have assisted with the development of a risk management exercise to ensure Yerin Eleanor Duncan and their programs continue to deliver quality service to the community. With two weeks left, I'm looking forward to continuing my discussions with managers and team leaders to embed this.

Overall, this has been a great experience in my personal and professional development and I would suggest any corporate, government or Aboriginal community organisation continue to support this initiative.

**Demetrios Pappas**  
JAWUN SECONDEE

# OUT AND ABOUT

## CULTURAL INDUCTION WITH GAVI DUNCAN



## BARANG REGIONAL ALLIANCE

## DEADLY DOCTORS FORUM – COOGEE BEACH



## WHITE RIBBON EVENT – KIBBLE PARK, GOSFORD





## MY HEALTH RECORD COMMUNITY SEMINAR

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**Join us for our Community Seminar so you can learn about your digital health.**

The Australian Government is implementing 'My Health Record' in 2019, a digitised version of your medical history designed for GPs and medical practitioners to make better decisions and be more informed about your health.

To find out more, come and see us at our Community Seminar where you can learn about 'My Health Record', including how to opt out.

Please RSVP with reception on **02 4351 1040** to secure your spot.



## POSITIONS VACANT - 4 x NDIS PROGRAM ROLES

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- **Program Coordinator**  
(Targeted Position)
- **Coordinator of Supports**  
(Identified Position)
- **Community Engagement Officer**  
(Identified Position)
- **Business and Compliance Officer**  
(Targeted Position)

For a confidential discussion about the position please contact Paul Hussein (Business Manager) or Belinda Field (CEO) on **(02) 4351 1040**.

To obtain an application pack, contact Jo Stevens via email at [recruitment@yerin.org.au](mailto:recruitment@yerin.org.au) or phone on **(02) 4351 1040**.

Applications close 10 December 2018 at 5pm.

## WHITE RIBBON DAY



# STOP VIOLENCE AGAINST WOMEN

**Yerin Eleanor Duncan Aboriginal Health Centre was proud to support White Ribbon Day on Friday 23 November to raise awareness and stop violence against women.**

We are also supporting the United Nations UNiTE to End Violence Against Women and the 16 Days of Activism which takes place from 25 November to 10 December each year.

With 1 in 5 women having experienced sexual violence since the age of 15, it is time to bring this to an end.

If you're experiencing family or domestic violence and need support, please contact Yerin on **(02) 4351 1040**.

## YADHABA WELLBEING SERVICES

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Our Yadhaba Wellbeing team aim to provide a range of services that support the social, emotional, spiritual and cultural wellbeing of a person. This fits with our view that health is holistic.

At Yerin, we understand that there are many different factors that can impact on a person's, social, emotional and spiritual wellbeing. These can range from normal everyday stressors to major life events.

**Support is culturally responsive and provides:**

- Confidential non-therapeutic counselling
- Coordinated approach to help identify stressor leading to substance misuse
- Community education and awareness around alcohol and other drugs misuse
- Community or services including home visits
- Advocacy and liaison for clients and families experiencing substance misuse
- Referral pathways to a range of detox and rehabilitation services
- Liaising between GPs and other services.

If you, or someone you know is experiencing difficulties that are affecting their social, emotional, spiritual and/or cultural wellbeing, call us today on **(02) 4351 1040** to speak with one of our Wellbeing Workers.



## DON'T QUIT QUITTING

- GUDJA GARAWAN SMOKING CESSATION CLINIC -



Every Friday 10am - 6pm

With the Central Coast having the second highest smoking rate in NSW, it's time to make a change.

If you need support to quit smoking, please come to our Smoking Cessation Clinic and change your life.

Yerin is hosting one-on-one smoking cessation sessions every Friday from 10am - 6pm to help you kick the habit

**To book, please call (02) 4351 1040.**

# NOTICEBOARD

## DON'T QUIT QUITTING

If you need support to quit smoking, book in a one-on-one smoking cessation session at our Gudja Garawan Smoking Cessation Clinic

Every Friday from 10.00am – 6.00pm | To book, please call 02 4351 1040



### 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



### ARE YOU EXPECTING?

A midwife and Aboriginal Health Worker are 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



### EARLY DETECTION SAVES LIVES

Have you scheduled your mammogram?

All women over the age of 40 are encouraged to get regular mammograms.

For more information, contact Yerin on (02) 4351 1040.



### 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

## MEET THE MOB

**Georgee Moore**  
Programs Manager

- Favourite Food:** Cheese
- Favourite Music:** Indie/Alternative
- Hobbies:** Beach
- Favourite Animal:** Turtle
- Favourite Sport:** Yoga
- Where you grew up:** Sydney
- Biggest Achievement:** Having my son



## 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](http://www.yerin.org.au)

 @yerinedahc  @yerinAHS



# YERIN

Eleanor Duncan  
Aboriginal Health Centre

**Business  
Manager**  
Paul Hussein

**Practice  
Manager**  
Jessica Wheeler

**Chief Executive  
Officer**  
Belinda Field

**Clinic  
Lead**  
Carisa Cook

**Programs  
Manager**  
Georgee Moore