



# YERIN

Eleanor Duncan  
Aboriginal Health Centre

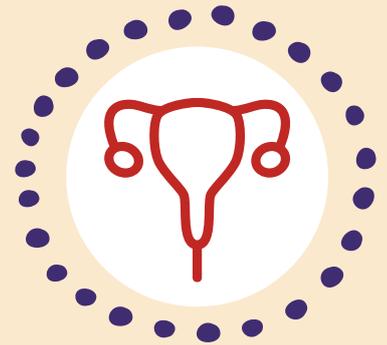
## FEBRUARY IS OVARIAN CANCER AWARENESS MONTH

Ovarian Cancer Awareness Month is held each year in Australia to raise awareness of the signs and symptoms of ovarian cancer.

Ovarian cancer is still the deadliest women’s cancer.

Every day in Australia, **four** women are diagnosed with ovarian cancer, and **three** will die from the disease.

While there is no exact cause for most ovarian cancers, there are factors that may increase a woman’s risk of developing ovarian cancer, such as; increasing age, hereditary and other factors.



### LEARN THE SYMPTOMS OF OVARIAN CANCER

Symptoms may include:

- Increased abdominal size or persistent abdominal bloating
- Abdominal or pelvic (lower stomach) pain
- Feeling full after eating a small amount
- Needing to urinate often or urgently

Ask your GP about the risks of ovarian cancer.  
Call Yerin on 02 4351 1040 to make an appointment.

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## NATIONAL WEAR RED DAY THURSDAY 14 FEBRUARY 2019

Wear red for those close to your heart, help raise awareness for heart disease and raise money for research. In Australia, two out of three families are touched by heart disease.



# WELCOME TO TEAM YERIN!

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## CODY HARRIS NDIS COMMUNITY ENGAGEMENT OFFICER

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Cody spent most of his teenage years on the Central Coast, **Darkinjung Country**, before joining the Defence Force at age 18.

He has since become a Disability Support Worker, which has given him the knowledge and experience to become a part of the NDIS team at Yerin.

Cody would love to see the team become well known throughout our community as a service that can be relied upon to help relieve any stressful situations or obstacle families may face. To be a team of support and guidance, while managing your disability experience with the NDIS.



## KEVIN TUENE NDIS BUSINESS AND COMPLIANCE OFFICER

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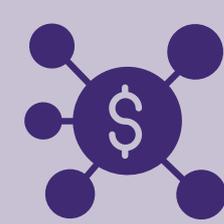
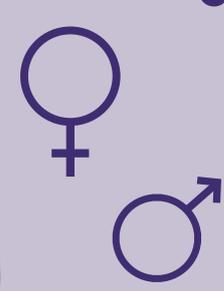
Kevin was born in Cameroon, West Africa and has lived on the Central Coast – Darkinjung Country for over four years. He graduated in Business Management and Accounting after moving to London to further his studies.

Kevin has experience working in taxation, hospitality and business management. With a passion to serve the community, Kevin feels blessed to be a part of the Yerin NDIS Team.

# ABORIGINAL HEALTH, OUR WAY

- Chronic Disease Management
- Permanency Support Program
- Management
- Nurses
- General Practitioners
- Oral Health Care
- Administration
- Social & Emotional Wellbeing
- NDIS
- Psychologist
- Mothers & Babies Wellbeing
- Health Promotions
- Finance
- Podiatry
- Speech Pathology
- Credentialed Mental Health Nurse
- Dietician
- Diabetes Education
- Optometrist
- Paediatrician
- Endocrinologist
- Financial Counselling
- Receptionists
- Family Care

Culturally responsive health care  
for our community



# YERIN ELEANOR DUNCAN ABORIGINAL DENTAL SERVICES

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*Gulgul Yira - meaning "Strong Teeth"*



## **Our new Dental Clinic offers all general dentistry including:**

- Extractions
- Some root canal therapy on anterior teeth
- Some wisdom teeth extractions
- Restorations fillings
- Mouthguards
- Dentures (based on a waiting list)

**To make an appointment, please call (02) 4350 0222.  
Our Dental Clinic is located at 37 Alison Road, Wyong.**

### **CLINIC HOURS**

Monday to Thursday | 8:00am – 4:00 pm

## DISABILITY SERVICES (NDIS)

Yerin Eleanor Duncan is proud to announce that we have commenced NDIS services.

Our Muru Bara (Making Pathways) Program is now providing Support Coordination to our community.

Please contact us for:

- Support and guidance to access to the NDIS
- Information about the NDIS
- Coordination of your NDIS plan
- Options for therapists or disability supports

If you have any questions regarding NDIS support, our team will be happy to assist you.

**To contact our NDIS Team - Sarah, Cody or Kevin**

**Call us on (02) 4351 1040**



DO YOU WANT TO QUIT SMOKING?

# 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.**

*Come in and have a yarn with Maddie about starting your journey to a healthier you.*



# YERIN FIT

*Join our*

## **12-WEEK HEALTH and WELLBEING PROGRAM** *with* **COASTAL PERFORMANCE TRAINING**

This program is run in a small group setting, providing structure and form for maximum results, within a supportive and unique team environment.



**WHERE:** Coastal 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 544 774**

# NOTICEBOARD



BIGAN MOB

## FREE LEGAL HELP

Have you lost your licence?

Want to see your kids?

Someone chasing you for money?

Have FACS/DOCS been to see you?

You can get FREE legal help at Yerin every second Tuesday between 9am and 12pm.

Call 02 4351 1040 and ask staff about an appointment for you.

This service is provided by



**Care for community. Fight for justice.**

## POSITION VACANT – MIDWIFE

**Full-time position. Aboriginal and Torres Strait Islander applicants are strongly encouraged to apply.**

Yerin Eleanor Duncan Aboriginal Health Centre is looking for a suitably qualified person to be a part of our multidisciplinary team as a full-time Registered Midwife. The position holder will sit within the **Dhaggan Gudjagang Team (Maternal/ Child & Family)** and work within the Primary Health Care Team in order to improve access through delivering initiatives that respond to the local needs of the community.

You will need to be able to multi-task, have excellent communication skills, be well organised and able to effectively time manage. The successful candidate must be able to demonstrate their ability to work with Aboriginal and Torres Strait Islander people. You will participate in a team environment but also be able to work independently.

A Competitive Salary Package is available including salary sacrifice.

For a confidential discussion about the position requirements, please contact Program Manager Georgee Moore via phone – 02 4351 1040 or email – [gmoore@yerin.org.au](mailto:gmoore@yerin.org.au).

All applicants must obtain an Employment Package and address the Essential and Desirable criteria in the Position Description.

**To obtain a Position Description and Employment Package, please visit [yerin.org.au](http://yerin.org.au) or contact Jo Stevens via email at [recruitment@yerin.org.au](mailto:recruitment@yerin.org.au) or call 02 4351 1040.**

**Applicants must be female – under Section 31 (2) (h) of the Anti-Discrimination Act 1977**

**Job applications close Monday 25 February 2019 at 5pm.**

## HEART RESEARCH MONTH

Raising awareness about the devastating impact heart disease has on families, friends and communities

### NATIONAL WEAR RED DAY THURSDAY 14 FEBRUARY

Wear Red to honour those close to your heart.

Whether it's a family member, wife, husband, special friend or in memory of someone you loved who sadly passed away due to heart disease

## YERIN WOMEN'S GROUP

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Yerin Women's Group meets on the last Thursday of each month.

28 February

24 April

27 June

28 March

30 May

25 July

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

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Our Men's Group is held either on the last Thursday or Friday of each month.

15 February

19 April

21 June

16 August

18 October

15 March

17 May

19 July

20 September

15 November

If you are interested in joining our Men's Group or would like further details about upcoming dates, please contact us on

02 4351 1040 OR call: **Brett** – 0412 729 708 | **Denver** – 0400 511 174 | **Ryan** – 0421 978 906



### 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.



# BE WATER WISE THIS SUMMER

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Kids need constant supervision around water – whether the water is in a bathtub, a wading pool, an ornamental fishpond, a swimming pool, a spa, the beach or a lake.

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## WATER SAFETY OUTDOORS



Supervise your child at all times



Ensure pool gates and fences are secure and in working order



Always stay within arm's reach of your child when he or she is in or near water



Gates should be self-closing and self-latching, and the latch should be out of kids' reach

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## WATER SAFETY AT THE BEACH



Only take your child to beaches with life-saving patrol



Teach your child what to do if they get into trouble: remain calm, float and raise an arm to signal to lifesaver or lifeguard.



Make sure you and your child swim between the red and yellow flags.

### STAY WELL HYDRATED

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Don't forget to drink water to prevent dehydration on those really hot summer days.





## Child Car Seat Safety

Most people who fit their own child car seats don't do it right!

Yerin EDAHC has trained staff who can make sure your car seat is fitted correctly for **FREE**.

Make a booking today - to have your car seat fitted, call Yerin on **0443 511 040** and ask for **Jamie** or **Breannon**.

Make sure your little ones are safe for every trip



**CHILDREN EXPOSED TO SECOND-HAND SMOKE ARE AT A 50-100% HIGHER RISK OF ACUTE RESPIRATORY ILLNESS.**



Looking for support to quit smoking?



Please join our Gudja Garawan (Bad Smoke) group on Facebook or contact us on (02) 4351 1040.

## MEET THE MOB

**Moira Fraser**  
ITC Transport

- Favourite Food:** Roast Pork
- Favourite Music:** 50s Rock n Roll
- Favourite Animal:** Birds
- Favourite Sport:** Swimming and Tennis
- Where you grew up:** Condobolin,  
Wiradjuri Country
- Biggest Achievement:** Buying a house with  
my husband David



## 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

**Permanency  
Support Program  
Manager**  
Breannon Field