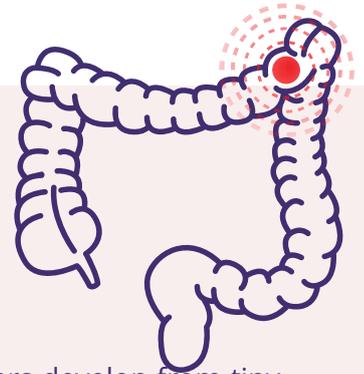




YERIN

Eleanor Duncan
Aboriginal Health Centre



TALKING ABOUT BOWEL CANCER

.....

WHAT IS BOWEL CANCER?

.....

Bowel cancer is cancer in any part of the colon or rectum. Most cancers develop from tiny growths called polyps. Not all polyps become cancerous. Over time some polyps, known as adenomas, can become cancerous (malignant).

If caught early, 90% of bowel cancer cases can be successfully treated.

WHAT CAN YOU DO TO REDUCE YOUR BOWEL CANCER RISK?

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- Participate in Bowel Cancer Screening
- Eat naturally high fibre foods
- Quit smoking
- Be physically active
- Limit alcohol intake
- Avoid weight gain
- Avoid processed meats and limit red meat consumption

SYMPTOMS OF BOWEL CANCER

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It is vitally important that you recognise possible bowel cancer symptoms and have them investigated.

Not everyone who experiences these symptoms has bowel cancer.

- A change in appearance of bowel movements
- Abdominal pain, especially if severe
- A persistent change in bowel habit, such as looser, more diarrhoea-like bowel movements
- Constipation, or smaller frequent bowel movements
- Unexplained anaemia causing tiredness or weight loss

DID YOU KNOW?
BOWEL CANCER AFFECT
MEN AND WOMEN
ALMOST EQUALLY

WHAT'S INSIDE?

.....

Talking About Bowel Cancer	1
Welcome to Team Yerin	2
Out and About	2
Dental Services	3
Yerin Women's Group	4
Yerin Men's Group	4
Quit Smoking	5
Yerin Fit	6
Noticeboard	7
Meet the Mob	8
Contact Us	8

IF YOU ARE EXPERIENCING ANY OF THE ABOVE SYMPTOMS FOR MORE THAN TWO WEEKS, PLEASE SEE YOUR GP IMMEDIATELY

WELCOME TO TEAM YERIN!

.....

TRACEY RECKLESS: MIDWIFE

.....



KIM BRENNAN: NDIS – COORDINATOR OF SUPPORTS

.....

OUT AND ABOUT

.....



BARANG REGIONAL ALLIANCE EMPOWER YOUTH SUMMIT

.....

LOVE LANES FESTIVAL – WYONG

.....



YERIN ELEANOR DUNCAN ABORIGINAL DENTAL SERVICES

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

YERIN WOMEN'S GROUP



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

28 March

30 May

25 July

24 April

27 June

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



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

15 March

17 May

19 July

20 September

15 November

19 April

21 June

16 August

18 October

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.

DO YOU WANT TO QUIT SMOKING?



DON'T QUIT QUITTING

- GUDJA GARAWAN SMOKING CESSATION CLINIC -



Every Tuesday 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 Tuesday from 10am - 6pm to help you kick the habit

To book, please call (02) 4351 1040.

Come in and have a yarn 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**



Congratulations Melissa!

2.4kgs down and 6cm off waistline



NOTICEBOARD

POSITIONS VACANT

Medical Receptionist (full time) – applications close 11 March 2019

Health Promotions Officer (full time) – applications close 8 March 2019

Visit yerin.org.au/category/news for more information



WE-YARN WORKSHOP FOR ELDERS & COMMUNITY

Tue 16 April 2019 - 10:00 AM - 1:00 PM | Scout Camp Kariong | Free

Yerin Eleanor Duncan Aboriginal Health Centre is proud to be participating in We-Yarn – a series of suicide prevention workshops hosted in conjunction with Hunter New England Central Coast Primary Health Network, Centre for Rural & Remote Mental Health and The University of Newcastle.

This workshop is a chance to yarn about social and emotional wellbeing within your mob, focusing on suicide prevention and how you can keep yourself and your community safe.

Former rugby league player Nathan Blacklock will also be there to share his story.

RSVP: By Tuesday 9 April 2019 to Kylie Wheeler – kwheeler@yerin.org.au
M: 0412 544 774 | P: 02 4351 1040



INTERNATIONAL

Women's Day

AFTERNOON TEA

International Women's Day is Friday 8 March 2019

To mark the occasion, Yerin Eleanor Duncan Aboriginal Health Centre is hosting an afternoon tea to celebrate women and their achievements. Be inspired to achieve your own goals as our special guests speak about their experiences as professionals in their chosen fields, the challenges they faced and their successes.

The theme of the day is #BalanceforBetter – to promote a more gender-balanced society.

We will be joined by strong female guest speakers Belinda Field, Rowena Laurie and Vanessa Graff.

RSVP by Friday 1 March 2019 to Kylie Wheeler – 02 4351 1040

MEET THE MOB

Rubi Bourke
Aboriginal Family Health Worker

Favourite Food: Chocolate
Favourite Music: R&B
Favourite Animal: Dolphins
Favourite Sport: Netball
Where you grew up: Central Coast
Biggest Achievement: Finishing my HSC



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

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