



# YERIN

Eleanor Duncan  
Aboriginal Health Centre



## NATIONAL WHITE WREATH DAY 29 MAY 2019

### In Remembrance of All Victims of Suicide

Come along to the Eleanor Duncan Aboriginal Health Centre for a Memorial Ceremony and morning tea in honour of National White Wreath Day.

Date: Wednesday 29th May Time: 10:00am to 11:30am

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# NATIONAL WHITE WREATH DAY

## Did you Know?

The suicide rates of Aboriginal and Torres Strait Islander peoples for the period 2001-2010 were twice that of non-Indigenous Australians. The high rates of suicide among Aboriginal and Torres Strait Islander people are commonly attributed to a complex set of factors. This includes disadvantage and risk factors shared by the non-Indigenous population, as well as a broader set of social, economic and historic determinations that impact on Aboriginal and Torres Strait Islander social and emotional wellbeing and mental health.

Aboriginal and Torres Strait Islander people aged 18 years or older are twice as likely as non-Indigenous people to feel high or very high levels of psychological distress.

Hospital admissions for intentional self-harm are 2-3 times more common for Aboriginal and Torres Strait Islander people than for non-Indigenous people.

## 29th May is also "Wear White At Work Day"

In support of mental illness sufferers and the families of suicide victims.

Staff at Yerin – Eleanor Duncan will be encouraged to wear white and donate a gold coin to show our support for mental illness sufferers and families of suicide victims.

Proceeds will go to The White Wreath Association which provides 24-hour support, advocacy and assistance to both families and individuals who have been affected by a mental illness or suicide.

**If you or somebody you know is having difficulty coping or having thoughts of hurting themselves call our Yadhaba Team on (02) 4351 1040. Alternatively you can call Lifeline on 13 11 14 OR the 24hr 7 days a week Mental Health Line on 1800 011 511.**



## TASLENE JOPP INTEGRATED TEAM CARE

Taslene is a proud Gumbaynggir woman who was born and raised in Kempsey NSW. After working in numerous communities in NSW, WA and QLD – with experience in Aboriginal health and mental health – she now calls the Central Coast Darkinjung country home.

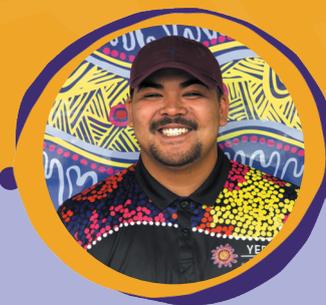
Tas is our new Aboriginal Outreach Worker in our ITC program. She is passionate about delivering culturally appropriate services and support to our clients to help them maintain their health and wellbeing.



## KAINE DUROUX MURU BARA ABILITY TEAM

Kaine joins the team as a Community Engagement Worker. Kaine is a proud Bunjalung man and has lived on Darkinjung country since he was 10 years old. He has a partner and young son. He is keen to give back to community and provide our mob living with a disability the best possible opportunities to fulfil their ambitions.

# WELCOME TO TEAM YERIN!



## MALEK AFUAMUA-LYONS INTEGRATED TEAM CARE

Malek is a proud Wiradjuri – Yorta Yorta man, born and raised in Narrandera. He has an absolute passion for helping our people in any way he can. Malek joins ITC as a casual Transport Driver.



## NATASHA REID ADMINISTRATION TEAM

Natasha is from The Yorta Yorta, Wiradjuri, Wemba Wemba and Ngunnawal mobs. In her spare time she loves travelling, meeting new people and learning new things.



## NATASHA LUCAS PSP TEAM

Natasha is a proud Kamilaroi and Kooma woman who was born and raised on Darkinjung country, where she now raises her two daughters.

Natasha joins the Ngaliya – Permanency Support Program in an Administration and Case Worker Support role.

Natasha is passionate about making positive changes in the community.



## SINEAD WRIGHT MEDICAL RECEPTIONIST

Sinead was born on the Central Coast and after living in the Blue Mountains she has now returned to Darkinjung Country. Sinead joins our front-line team as a Medical Receptionist.

## BROOKE HARB MURU BARA ABILITY TEAM

Brooke is a proud Wiradjuri woman, born and raised in Sydney, but has called the Central Coast home for the last 15 years.

Brooke has raised her family on the Central Coast and has worked in Aboriginal Organisations for the past five years. Brooke is looking forward to working with the Muru Bara NDIS Team as a Support Coordinator.



# AUNTY MOIRA



## Congratulations Kallum!

We would like to congratulate Kallum Goolagong on his recent graduation from NAISDA.

Yerin Eleanor Duncan are privileged to have Kallum’s proud grandmother, Aunty Moira Fraser, as part of our Integrated Care team.

Aunty Moira and her family have been long-time residents of the Central Coast, first moving here in the 1970s.

Kallum’s father, Heath, and Aunty Julie, have also been involved in Aboriginal dance and song performances on the Central Coast.

“We are so proud that Kallum started with NAISDA and stuck with it, staying all the way through to graduation,” said Aunty Moira.

“Kallum’s parents and I wish him every success for his future - we love him very much,” she concluded.

# OUT AND ABOUT



## 2019 GOATS FESTIVAL



## NAISDA – DEVELOPING ARTISTS 2019 GRADUATION



## THE GLEN – TOUCH FOOTY DAY



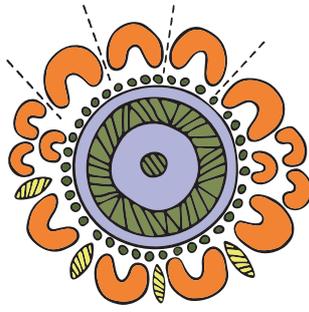
## AECG CONNECTING TO COUNTRY – TEACHER'S WORKSHOP



## YERIN STAFF CULTURAL INDUCTION WITH UNCLE GAVI DUNCAN



## WYONG HIGH SCHOOL COMMUNITY BBQ



# MURU BARA

*'Making Pathways'*  
Yerin Aboriginal Ability Services

## MURU BARA

means 'Making Pathways' in Darkinjung language

**Yerin is now assisting our community  
with their NDIS experience!**

**Our Muru Bara Disability program offers:**

- Support Coordination
- Therapeutic Supports
- Community Participation
- Travel/Transport Assistance

**Get in touch today to find out how we can help  
with your NDIS journey**

**Sarah Hardcastle**  
shardcastle@yerin.org.au

**Kim Brennan**  
kbrennan@yerin.org.au

## MURU BARA TEAM MEMBERS ATTENDING THE NDIS COMMUNITY NETWORK MEETING

Ensuring the needs of our  
community are represented.



## YERIN WOMEN'S GROUP

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

30 May

25 July

26 September

27 June

29 August

If you're interested in joining our Women's Group or would like further details, please contact Megan Cain 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.

21 June

16 August

18 October

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.



# YERIN ELEANOR DUNCAN ABORIGINAL DENTAL SERVICES

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*Gulgul Yira - meaning "Strong Teeth"*



## **Our new Dental Clinic offers 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

DO YOU WANT TO QUIT SMOKING?

# DON'T QUIT QUITTING

- GUDJA GARAWAN SMOKING CESSATION CLINIC -



MAY: Every Tuesday 10am-6pm  
JUNE: Every Friday 9am-5pm

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 hosts one-on-one smoking cessation sessions every Tuesday from 10am - 6pm and Fridays from 7 June 2019 onwards.

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

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

## WORLD NO TOBACCO DAY – FRIDAY 31 MAY

**Make every day World No Tobacco Day.**

[www.who.int/tobacco](http://www.who.int/tobacco)

**31 MAY**

World Health Organization

**DON'T LET TOBACCO TAKE YOUR BREATH AWAY**

**CHOOSE HEALTH NOT TOBACCO**

31 MAY WORLD NO TOBACCO DAY #NoTobacco

# NOTICEBOARD

## Parenting WELLBEING GROUP



Thursdays 10am – 12pm  
starting from 28 March 2019  
Yerin Boardroom,  
36 Alison Road, Wyong

*Come along and have a yarn with our Dhanggan Gudjagang Team about what you want for your own wellbeing.*

You will be in a culturally safe space and the Team would also like to talk about going on excursions with our little Gudjagangs.

## FREE walk-in flu vaccine clinic

22 May 2019  
10.30am-4.00pm

### ENDOCRINOLOGIST

**DR JOSHI**  
Is available monthly



Speak to our friendly Reception staff for further information

### CUSTOM MOUTHGUARDS

Is your family ready for the upcoming sporting season?  
Yerin Eleanor Duncan Aboriginal Dental Services is making custom mouthguards on site for just \$20.  
**Bookings essential. Call (02) 4350 0222**

### NUNYARA OUTREACH CLINIC

We are 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 Tuesday and Thursdays from 8am – 4pm.**  
For appointments, call (02) 4351 1040

ARE YOU DEDICATED TO SUPPORTING CHILDREN & YOUNG PEOPLE'S CONNECTION TO COUNTRY, COMMUNITY, FAMILY & CULTURE?  
Become a **RESPITE CARER** today

# NOTICEBOARD

## YOU'RE INVITED

To Yerin – Eleanor Duncan Aboriginal Health Centre's



### MAD HATTERS TEA PARTY

For Australia's Biggest Morning Tea.

Wear your best hat to support this great initiative and be in the running for the Best Hat Prize.

There will also be a bake-off challenge on the day. With a suggested gold coin donation entry fee. It doesn't matter if you're a keen cook or just entering for fun – every dollar raised helps support those impacted by cancer!

If you want to take up the bake-off challenge call Allan or Megan at Yerin on (02) 4351 1040 to register your details.

**When: Thursday 23rd May 2019**  
**10:00am – 11:30am**

**Where: Yerin's Eleanor Duncan Aboriginal Health Centre**



Central Coast  
**NAiDOC**  
Community Day

**SAVE THE DATE**

Tuesday 9<sup>th</sup> July, 2019  
10am to 3pm  
The Entertainment Grounds,  
Gosford Racecourse

Fun for the whole family with stalls, entertainment, health checks and much more!

NSW GOVERNMENT | Health Central Coast Local Health District



**VOICE TREATY TRUTH**  
Let's work together for a shared future.

**NAIDOC WEEK 2019**  
**SAVE THE DATE**

Family Fun Day – 10 July • Golf Day – 12 July • Ball – 13 July



## MEET THE MOB

**PAM SIMON**  
Wellbeing Worker – Yadhaba Team

- Favourite Food:** Salmon and beetroot salad
- Favourite Music:** RnB and Country
- Hobbies:** Relaxing in the pool
- Favourite Animal:** Dogs
- Favourite Sport:** Soccer
- Where you grew up:** Sydney
- Biggest Achievement:** My four children, Aaron, Sarah, Kyah and Welsey, and Trey my Grandson.



## 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