



YERIN

Eleanor Duncan
Aboriginal Health Centre

OCTOBER IS BREAST CANCER AWARENESS MONTH

**We'll be heading to
BreastScreen Erina
together on:**

Tuesday 29 October 2019

Tuesday 19 November 2019

**To book your spot call Megan Cain
on 02 4351 1040**



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WELCOME NEW TEAM MEMBERS

OUT AND ABOUT

AUSTRALIAN UNITY – DARAMULEN ABORIGINAL HOME CARE YARN UP



Yerin's Health Promotion team presented at the Australian Unity Daramulen Aboriginal Home Care Yarn Up meeting at Murook Culture Centre. It was a great day and the Yarn Up Committee were very happy with our presentation discussing all our programs and what we do. A great day of networking!

AECG GOSFORD



Thank you to Kirsten Booker for inviting us to come along and promote our services to school principals of the Central Coast.

CHRONIC DISEASE CONFERENCE



NACCHO OCHRE DAY MEN'S CONFERENCE

Dean, Paul and Allan attended the National Aboriginal Community Controlled Health Organisation's Ochre Day Men's Conference in Melbourne.

NACCHO provides a national forum for all Aboriginal and Torres Strait Islander male delegates, organisations and communities to share knowledge, design concepts and strengthen relationships that work to directly improve the health outcomes of Aboriginal and Torres Strait Islander men.



YERIN WOMEN'S GROUP

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

31 October
28 November

If you are interested in joining our Women's Group or would like further details, please contact **Megan Cain on 02 4351 1040.**

YERIN MEN'S GROUP

Our Men's Group is held either on Thursday or Friday once a month.

18 October
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:

Dean Murray – 0426 395 735
Allan Beale – 0412 544 774

October is Mental Health Month

The following risk factors are interconnected, and a person with mental illness might show any number of them:

Widespread grief and loss

This includes grief about the loss of culture, land, connection, and many more areas often connected to the history of invasion.

Stolen children

The impact of the past Stolen Generations and ongoing removal of children puts a lot of mental pressure on people, especially when Government departments just follow procedures.

Unresolved trauma

Trauma is a huge factor in Aboriginal health and an agent for many health conditions. If unresolved, trauma can debilitate a person and be passed on to the next generation.

Loss of identity and culture

When Aboriginal people are separated from their culture and identity, for example when they don't live on their traditional homelands or don't know where they are coming from, they don't feel complete or are inclined to search for who they are.

Discrimination and racism

Discrimination based on race or culture, as well as racism, can have a huge impact on any person's mental health.

Few economic opportunities

Due to other factors, many Aboriginal people are economically and socially disadvantaged. If you have to constantly worry about finance or how you are perceived by others, this worry contributes to mental illness.

Poor physical health

Physical health problems contribute to the feeling of inadequacy and exclusion, and some people might stop socialising or exercising. 23% of Aboriginal people reported having both a mental health condition and one or more other long-term health conditions.

Incarceration

Being imprisoned has a huge effect on people's mental health.

Culturally inappropriate treatment

The health industry in particular is prone to assessing Aboriginal people with non-Aboriginal criteria, or exposing them to culturally insensitive environments.

Violence

Domestic violence, as well as violence in prisons, for example, contributes to poor mental health.

Substance abuse

When Aboriginal people misuse substances to ease their inner pain, it can lead to follow-on issues, such as depression.

Despite the risk factors, there are also some positive, or protective, factors that help Aboriginal people deal with mental illnesses:

- Social connectedness and sense of belonging
- Connection to land, culture, spirituality and ancestry
- Living on or near traditional lands
- Self-determination
- Strong community governance
- Passing on of cultural practices

If you, or someone you know is struggling with their Mental Health, please contact our Yadhaba Wellbeing Team on 02 4351 1040



**world
mental
health
day
october 10**

World Mental Health Day celebrates awareness for the global community in an empathetic way, with a unifying voice, helping those feel hopeful by empowering them to take action and to create lasting change.

Suicide is a global public health problem that deserves the attention of all professionals in the field of mental health, including scientific and professional organisations, organisations for mental health clients and their families, and universities. It deserves particular attention from national health authorities, since it is their responsibility to craft policies and directives aimed at establishing strategies to prevent suicide and promote the public's mental health.

The object of making suicide prevention the theme of World Mental Health Day in 2019 is to attract the attention of governments so that the issue might be given priority in public health agendas around the world.

NOW ON FRIDAYS 9am-5pm



**Yerin's smoking cessation sessions
are now held on Fridays from 9am to 5pm**

DID YOU KNOW? The Central Coast has the second highest smoking rate in NSW?
Come to our Smoking Cessation Clinic and change your life for the better.

**Call Malek or Megan on (02) 4351 1040
today for more information**

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

#ourhealthourway #gudjagarawan #dontquitquitting

LOCAL DECISION MAKING
Central Coast

Pre-Accord Meeting 04
Communique: 22 August 2019

Working Together to Make a Difference



Barang Regional Alliance and NSW Government Agency representatives met on Friday 22 August 2019 at Wyong to progress development of the Barang Local Decision Making Accord. **The focus of the meeting was on Barang's Health Priorities, and in particular Youth Mental Health for the community.**

Local Decision Making places Aboriginal people at the centre of service design, planning and delivery. The August meeting demonstrated a willingness to continue to walk alongside each other to achieve this goal of improved co design, being guided by the Barang Empowerment Principles and Statement of Claim.. The discussion was open and very much a two way conversation.

Local Decision Making is an initiative of OCHRE, the NSW Government's community focused plan for Aboriginal affairs, which is underpinned by the principle of self-determination.

Barang Regional Alliance is made up of six Aboriginal organisations from across the Central Coast: Bara Barang Corporation, Gudjagang Ngara li-dhi Corporation, NAISDA, Ngaimpe Aboriginal Corporation – The Glen, Mingaletta Aboriginal Corporation and Yerin Eleanor Duncan Aboriginal Health Services Ltd.

Barang Regional Alliance have been working in partnership with Senior Leaders from Government agencies to agree to new ways to deliver services to Aboriginal young people on the Central Coast as a first priority. Agencies working with Barang include:

- Aboriginal Affairs
- Central Coast Local Health District
- Department of Communities and Justice
- Department of Education and Training Services NSW
- Regional NSW
- Transport for NSW

For information about Barang or to see how you can be involved, please see their website: www.barang.org.au or contact 02 4351-3225.

For information on Local Decision Making please see the Aboriginal Affairs website: <https://www.aboriginalaffairs.nsw.gov.au/working-differently/local-decision-making>.

For information on LDM Central Coast contact Jodi Shannon at: jodi.shannon2@aboriginalaffairs.nsw.gov.au.

KOORI KNOCK OUT

4 - 7 OCTOBER 2019

This year's NSW Aboriginal Rugby League Knockout Carnival is coming to the Central Coast!

RUGBY LEAGUE FANS BE THERE TO WATCH ALL THE ACTION

Central Coast Regional Sporting
& Recreation Complex
20 Lake Road, Tuggerah

**PROUD SPONSORS OF
CENTRAL COAST PELICANS
KOORI KNOCKOUT TEAMS**

Under 12's
Womens



YERIN

Eleanor Duncan
Aboriginal Health Services

YERIN ELEANOR DUNCAN ABORIGINAL DENTAL SERVICES

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



Dhangan Gudjagang Group

Yerin's Dhangan Gudjagang team invites parents/carers and their children to the following events.

Everyone is welcome.

Date	Activity	Time	Location	RSVP
1st October	Swimming Lesson*	11am – 11.30am	YMCA Tuggerah	20th September
14th November	Christmas Photos	10.30am – 12:30pm	TBA	Call Rubi to book a time
12th December	Christmas Card Making	10.30am – 11:30am	Yerin Community Room	Not required

* Each child needs to be accompanied by an adult in the swimming pool.

RSVP: Rubi Bourke E: RBourke@yerin.org.au M: 0403 645 486

NOTICEBOARD

GO4FUN PROGRAM

Help your family get healthy, active and happy with Go4Fun, a ten-week healthy lifestyle program for kids aged 7 – 13 years who are above a healthy weight.

LOTS OF FREEBIES, GIVEAWAYS AND FUN!



A **FREE** after school healthy lifestyle program for 7-13 year old Aboriginal kids and their families.



GO 4 FUN!

Ask at Yerin 4351 1040 to see if it will suit your family.
To register call 1800 780 900.



YERIN
Aboriginal Health Services Limited



FREE LEGAL HELP

Have you lost your licence?

Want to see your kids?

Someone chasing you for money?

Have FaC's/DOC's been to see you?

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

Ask staff about an appointment for you.

This service is provided by



Care for community. Fight for justice.



ARE YOU EXPECTING?

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

For more information or to book an appointment contact Reception on (02) 4351 1040



SPEECH PATHOLOGIST

Speech pathologist Lucy Owen is available every week at Eleanor Duncan Aboriginal Health Centre.

For further information please call Reception on (02) 4351 1040.

MEET THE MOB

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NATASHA REID

Administration Support

- Favourite Food:** Chicken Pesto Pasta
- Favourite Music:** Beyonce songs
- Favourite Animal:** Dogs, birds & bluetongue lizards
- Favourite Sport:** Football
- Where I Grew up:** Wagga Wagga & Queanbeyan
- Biggest Achievement:** Being interviewed by NITV



HOURS OF BUSINESS

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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

 @yerinedahc yerin.org.au  @yerinAHS

**Business
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**Practice
Manager**
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Belinda Field

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Support Program
Manager**
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