



# YERIN

Eleanor Duncan  
Aboriginal Health Centre

## MERRY CHRISTMAS

Best wishes for safe, happy holidays  
and a prosperous New Year.

From Management, Board of Directors and Staff of Yerin Eleanor Duncan.

### CHRISTMAS CLOSURE

Yerin Eleanor Duncan will be closed from Wednesday 24 December 2019  
and will reopen on Monday 6 January 2020.

If you have a medical emergency during this time please call 000  
or attend your local hospital.

Wyong Hospital      Gosford Hospital  
(02) 4394 8000      (02) 4320 2111

### COMMUNITY CHRISTMAS PARTY

Friday 13 December 2019

See page 4 for details.

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## OUT AND ABOUT

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### SAN REMO NEIGHBOURHOOD CENTRE

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Providing information on Yerin Eleanor Duncan's services, with the Department of Human Services.



### NACCHO MEMBERS CONFERENCE 2019

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Networking with Delise Sampson. The National Aboriginal Community Controlled Health Organisation is a living embodiment of the aspirations of Aboriginal communities and their struggle for self-determination.



### SAN REMO NEIGHBOURHOOD CENTRE

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Attending the Aboriginal Reconciliation Group fashion parade.



# REMEMBRANCE DAY

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Thank you to everyone who attended our Remembrance Day morning tea. It was great to see members of our community in attendance paying respect to our fallen soldiers.

Previous serving members of defence, pictured left to right:

Mick Pittman – RAAF, 21 years' service

Jo Stevens – RA - joined PN 2008, remains an active reservist.

Avron Lincoln – RAN, two-and-a-half years' services

Ray McMinn - RAN Submariner - 22 years' service

Bob Williams – Army - two years' service

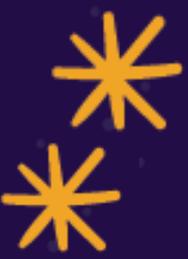
Norm Moffait – Army - six years' service





You're invited to  
Yerin Eleanor Duncan's

# Community Christmas Party & Lunch



Come along and enjoy lunch, a visit from Santa, bike riding, free kids' haircuts\* and lots more!

When: Friday 13th December

Time: 10:00 AM - 1:30 PM

Where: CARES - Central Coast Lifetime Learning Centre  
13 Palmdale Rd Palmdale

RSVP: Please RSVP to Megan or Allan on 02 4351 1040  
by Friday 6 December for catering purposes and to  
book your child's haircut

\* Please note, if your child does not have a booking they will not be able to receive a haircut on the day as appointments are limited.



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# Yadhaba

MEANING

# Get Better



*Members of our Yadhaba Group working out to increase their physical and mental wellness.  
Thank you to Coastal Performance Training for their support.*

Our Yadhaba team maintains a focus on mental health and drug and alcohol support, the team includes a Mental Health Nurse and Aboriginal Health Workers.

Our Yadhaba Wellbeing staff work within a trauma-informed, client-centred framework and can remain with a client from crisis to recovery stage, forming powerful, transparent and culturally informed relationships to best facilitate treatment and recovery.

Our care model promotes a team approach which allows our mental health/drug and alcohol services to support our community at any stage of their illness and/or addiction.

At Yerin Eleanor Duncan, 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.

**IF YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH THEIR SOCIAL, EMOTIONAL AND SPIRITUAL WELLBEING SPEAK WITH A MEMBER OF OUR YADHABA TEAM ON (02) 4351 1040.**

# Cancer Support Group



**Join us at our Cancer Support Group - a culturally appropriate and safe healing place for those within our community who are affected by cancer to meet, yarn and find out useful information. Morning tea will be provided.**

**When:** Friday 31st January 2020, 10:00 AM – 12:00 PM

**Where:** TBA

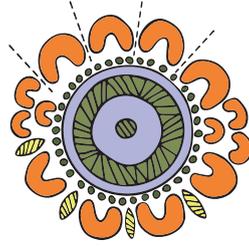
**Enquiries:** Please call Megan or Allan on (02) 4351 1040

Transport will be provided for those who have cancer or who are in remission.  
Please contact Allan on 0412 544 774 to arrange.



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## MURU BARA

*'Making Pathways'*

Yerin Aboriginal Ability Services

# INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

**3 DECEMBER 2019**

The Disability Trust hosted the Your Voice Your Choice Self Advocacy Conference for people with a disability, parent and carers, and services providers. The theme was choice and control and featured Australian Paralympian and media personality, Dylan Alcott OAM as the keynote speaker.

The conference featured a range of topics and workshops on initiatives to tailor NDIS plans to personal needs as well as stories from others who are leading life their way and getting the most out of their NDIS plans.



*Yerin's Muru Bara Ability Staff member Kaine and NDIS Participant Tyson attended the conference, pictured here with Australian Paralympian Dylan Alcott.*

## MURU BARA

Meaning 'making pathways' in Darkinjung language, our Muru Bara Disability program offers:

- Support co-ordination
- Therapeutic supports
- Community participation
- Travel/transport assistance

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

# DON'T DELAY

## do a bowel test today

Bowel cancer can develop without any symptoms.



The good news is, there is a simple test that can help find bowel changes early.



Australians between the ages of 50 and 74 are sent a free kit in the mail.

If you receive a bowel screening kit in the mail, do it, even if you feel well. It could save your life!

If found early, bowel cancer can be successfully treated.

**INDIGENOUSBOWELSCREEN.COM.AU**

Call the Program Info Line on 1800 118 868 to check your eligibility for a free kit, if you are eligible a kit will be sent to you.



Australian Government

**NATIONAL BOWELCANCER**  
SCREENING PROGRAM



## YERIN WOMEN'S GROUP

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Thursday 27 February 2020      Thursday 26 March 2020

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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Monday 23 December 2019      Friday 24 January 2020

If you are interested in joining our Men's Group or would like further details about upcoming dates, please contact Dean on 0426 395 735.



### **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.



# NOTICEBOARD



## Young, Black & Ready for School

Do you have Aboriginal children?  
Are they starting school in 2020?

Families of Aboriginal children starting Kindergarten in 2020, who reside in the Northern region of the CENTRAL COAST are invited to the:

**YOUNG, BLACK & READY FOR SCHOOL**  
HEALTH & TRANSITION INFORMATION LUNCH

The Barudir Space  
4 Church St, Wyong 2259

Thursday 5 December  
10am - 2pm

Register your interest:

Kirsten Booker  
ph. 0423073123  
kirsten.booker1@det.nsw.edu.au

Please join us for a great lunch, informative session on preparing your child for school and lots of fun activities.

Children will receive a free school pack and parents will take home an information kit.



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## Dhangan Gudjagang Group

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

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

**12 December**  
Christmas Card Making  
10:30am - 11:30am



## YERIN ELEANOR DUNCAN DENTAL SERVICES

New Denture Clinic every Wednesday

Starting January 2020

Denture services will still be the same as currently offered with external vouchers.

**37 Alison Road, Wyong**  
T (02) 4350 0222



## FINANCIAL COUNSELLING

Yerin Eleanor Duncan offers a financial counselling service.

Appointments with a financial counsellor are available on the second and fourth Monday of each month.

**Call Yerin Eleanor Duncan on  
02 4351 1040 to book an appointment.**

## LOCAL DECISION MAKING Central Coast

Pre-Accord Meeting 07  
Communique: 14 & 15 November 2019

### Working Together to Make a Difference



Barang Regional Alliance and NSW Government Agency representatives met on 14 & 15 November 2019 at Wyong to progress development of the Barang Local Decision Making Accord. The voice of community and young people are being heard. Discussions focussed on procurement and how Agencies can better utilise existing Aboriginal procurement policies.

The NSW Indigenous Chamber of Commerce (NSWICC) and the NSW Deputy Ombudsman presented key information on the Aboriginal Procurement Policy and OCHRE Review Report in conjunction with the Economic Prosperity Framework.

The discussions focussed on how to do things differently for better outcomes for community and how to engage local Aboriginal businesses through the NSWICC Portal.

A key message from Danny Lester Deputy Ombudsman was **“Measure the impact, not just for today and tomorrow but for future generations”**

An Agreement was made to enter into formal negotiations next year (2020) for signing of an Accord.

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 & Justice	Department of Education and Training
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](http://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](mailto:jodi.shannon2@aboriginalaffairs.nsw.gov.au).

## MEET THE MOB

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### JO GILMOUR

Dhangan Gudjagang team, Aboriginal Health Worker

**Favourite food:** Breakfast cook up is my favourite food to eat...any time of the day

**Favourite music:** 90's Rock

**Favourite animal:** My Rotti, Allan

**Favourite sport:** Spectator sports including cricket, V8's, Indigenous NRL

**Where you grew up:** Originally from Wiradjuri Country, Wellington. But I call Awabakal Country on Lake Macquarie home.

**Biggest Achievement:** Raising my two children, Pippa and Lewis



## 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

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**Business  
Manager**

Paul Hussein

**Practice  
Manager**

Jessica Wheeler

**Chief Executive  
Officer**

Belinda Field

**Clinic  
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Dr Elly Warren

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Manager**

Georgee Moore

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Support Program  
Manager**

Breannon Field