



YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years

IMPORTANT COVID-19 INFORMATION

COVID19 is a very infectious virus that can quickly spread through the community. There are simple things you can do to slow the spread of the disease including:

- Staying at home if you can
- Maintaining a healthy (1.5 – 2m) distance between yourself and others if you do need to go out
- Washing your hands regularly with soap and water for 20 seconds
- Covering your nose and mouth when coughing or sneezing with a tissue or the inside of your elbow
- Avoiding close contact with anyone with a cough, sore throat or fever if possible
- Making sure you and your children stay at home if you are sick

If you are worried that you might have, or have been exposed to the virus please call Yerin on 02 4351 1040 or the COVID-19 Hotline on 1800 020 080.

Please note, we cannot test for COVID-19 at Yerin. If you think you need testing, please **DO NOT COME TO THE CLINIC**. Our GPs can arrange testing for you over the phone at one of the local testing centres in Wyong, Gosford, Tuggerah or Woy Woy.



STAY HOME AND USE THE PHONE

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TEAM UPDATE



EASTER CLOSURE



Yerin Eleanor Duncan will be closed for the Easter long weekend from Friday 10 April to Monday 13 April, re-opening on Tuesday 14 April.

For any emergencies please contact your nearest Emergency Department:

Wyong Public Hospital

Pacific Highway, Hamlyn Terrace
(02) 4394 8000

Gosford Hospital

Holden Street, Gosford
(02) 4320 2111



To our newest team members

Kiani Warwick

Executive Assistance to the CEO

Alex Christian

Case Worker, Family Preservation Team

Nicole Woods

Early Childhood Nurse, Dhanggan Gudjagang Team

Luke Grant

Mental Health, AOD Caseworker, Yadhaba Team

Roslyn Oakley

Triage Registered Nurse, Yadhaba Team

Jennifer Smith

Administration, Ngaliya PSP Team

OUT & ABOUT



INTERNATIONAL WOMEN'S DAY MORNING TEA



LOVE LANES FESTIVAL - WYONG



COVID-19 Update: Please note: Our Dental Service will be closed from 31 March 2020 until it is deemed safe to reopen. During this time emergency dental assessments are available by contacting CCLHD Oral Health services on 1300 789 404.

YERIN ELEANOR DUNCAN ABORIGINAL DENTAL SERVICES

Eligibility Requirements



You must be an Aboriginal or Torres Strait Islander living on the Central Coast



A patient's non-Aboriginal partner can access the service if they are a current patient that regularly attends Yerin Eleanor Duncan GP visits



Patients 12 years and over must have a current 715 Health Check or a Yerin Care Plan



We accept outside 715 Health Checks if you cannot book in to see our GPs



CURRENT WAIT TIMES

We have emergency time slots for our mob who are in need of urgent dental treatment

PLEASE CALL 02 4350 0222 TO MAKE AN APPOINTMENT

IMPORTANT COVID-19 UPDATES

Our Aboriginal and Torres Strait Islander community is at greater risk of COVID-19.

Yerin has been advised to take precautionary measures in response to COVID-19 to slow spread of the disease and keep our staff and clients well for as long as possible.

The following meetings and events have been cancelled until further notice. Please keep an eye out on our Facebook page for further updates:

Antenatal Group - Thursday mornings

Guri Gambu Men's Group Meetings

Breast Screening Bus

Gulgul-ba Womens Group Meeting

Aboriginal Cancer Support Group

These changes will help Yerin, as a health service provider, ensure we are able to meet demand on our services and protect the wellbeing of all.

COVID-19 HEALTH PRECAUTIONS

Help reduce the spread of Coronavirus

Be aware of how it spreads

- Touching people or surfaces
- Touching phones
- Touching door handles
- Coughs and sneezes

Help reduce the spread of Coronavirus

Stay at home

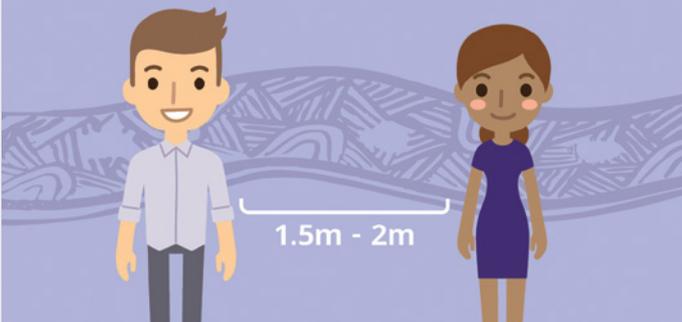


Help reduce the spread of Coronavirus



Social Distancing

Stay at least 1.5m away from people
(more if you or they are sick)



Help reduce the spread of Coronavirus



Cover coughs and sneezes

With a tissue
With your upper sleeve/elbow



Help reduce the spread of Coronavirus



Wash hands with soap

Before eating
After coughing or sneezing

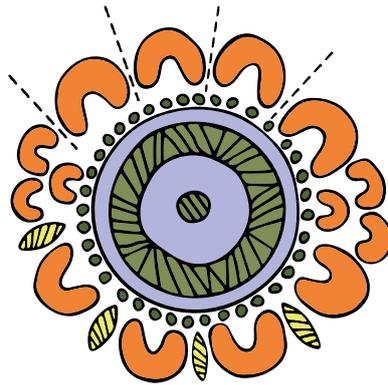


Help reduce the spread of Coronavirus



Don't share smokes





MURU BARA

'Making Pathways'

Yerin Aboriginal Ability Services

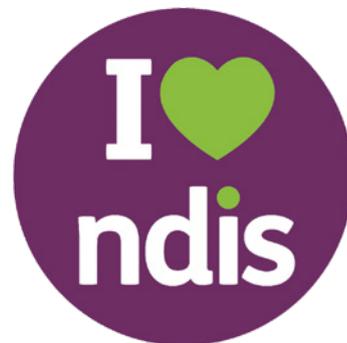
MURU BARA

means 'Making Pathways' in Darkinjung language

Yerin Eleanor Duncan's Muru Bara disability program provides cultural support to assist individuals to access the NDIS and link participants to culturally appropriate services.!

Our services include:

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



Get in touch with our Disability Worker to find out how we can help with your NDIS journey.

02 4351 1040

Thursday April 2nd is World Autism Awareness Day

What is Autism?

1 in 70 Australians are diagnosed with Autism Spectrum Disorder. The word spectrum reflects the wide range of difference that people on the spectrum experience and the extent to which they may be affected. No two people on the autism spectrum are alike, and all have unique strengths and interests.

All people on the autism spectrum are affected to some degree in two main areas:

- **Social communication**
- **Repetitive patterns of behaviour**

Autism is also often characterised by sensory sensitivities. Autism is a lifelong developmental condition.

The quality of life for many children and adults is significantly improved by a diagnosis that leads to appropriate evidence-informed intervention or support that recognises individual strengths and interests.

For a person to be diagnosed on the autism spectrum, they must present with social communication and social interaction difficulties.

These difficulties are accompanied by restricted or repetitive behaviours, interests or activities.

Characteristics of Autism

Social Communication Issues

- Difficulty understanding non-verbal communication, such as body language
- Difficulty understanding when and how to appropriately respond in social interactions
- Trouble developing, understanding and maintain relationships with others

Repetitive Patterns of Behaviour

- Repetitive use of movement, speech or objects
- Easily upset by changes to routine, environment and the familiar
- Very narrow and intense focus on limited areas of interest



MEET THE MOB

VICKIE FIELD

Operations Manager

- Favourite Food:** Anything that someone else cooks
- Favourite Music:** Soul music
- Favourite Animal:** Dogs
- Favourite Sport:** Rugby League
- Where you grew up:** Gadigal and Tharawal country
- Biggest Achievement:** My boys.



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

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Business Manager

Paul Hussein

Practice Manager

Jessica Wheeler

Chief Executive Officer

Belinda Field

Clinic Lead

Dr Elly Warren

Permanency Support Program Manager

Breannon Field

Operations Manager

Vicki Field

Dental Manager

Kylie Nichols

NDIS Manager

Kelly Gavine