



YERIN

Eleanor Duncan
Aboriginal Health Services

Celebrating 25 years

National Aboriginal and Torres Strait Islander Children's Day

4 August 2020

Elders of Tomorrow. Hear our Voice.



National Aboriginal and Torres Strait Islander Children's Day is a time for Aboriginal and Torres Strait Islander families to celebrate the strengths and culture of their children.

It is an opportunity for all Australians to show their support for Aboriginal children as well as learn about the crucial impact that community, culture and family play in the life of every Aboriginal and Torres Strait Islander child.

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Team Update

Yaama to our newest team members

Thomas Trindall-Welsh
Casual Team Member

Crystal Bell
Ngaliya Team Caseworker



Community Connections

Our Buridjga team recently joined Gudjagang Ngara li-dhi, Darkinjung LALC, Wyong Neighbourhood Centre and Bungree Aboriginal Association for a Community Connection event of cupcake making and a BBQ lunch.



Oz Harvest Hampers

Our Health Promotions Team are still working in collaboration with Oz Harvest to provide much needed relief for our community.

If you have completed your 715 Health Check, call Allan or Dean on **0410 486 223** to register for your Food Hamper.



3 – 9 August is Dental Health Week

Have you had your teeth checked recently?

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



Did you know?

Yerin Eleanor Duncan Dental makes custom mouthguards on site, so our children are deadly and ready for any sport.

For more information please contact Sharen, Dental Receptionist on **02 4350 0222**.

World Breastfeeding Week

1 to 7 August is World Breastfeeding Week. To mark the occasion we'd like to share some breastfeeding stories from women within our community.

Bobbi's Story

My name is Bobbi Murray, I'm a Baakandji Woman originally from Wilcannia in far west NSW. My two daughters are Hannah (three years) and Georgia (four months).



Breastfeeding has been a fantastic experience but has also been a double-edged sword at times. I am extremely lucky to be able to breastfeed and I keep going as the positives far outweigh the negatives. I had a hard time with the birth of my first baby and breastfeeding her really helped me connect with her. During her first year Hannah was sick a lot with viruses and colds and I knew that breastfeeding was helping as she was getting antibodies in the breast milk, I was producing to help fight off illnesses.

Three years on and I now have a four-month-old baby and I'm still breastfeeding my three-year-old (yes, that's right, although only at night now). Co-feeding can be difficult at times, but I always give my newborn priority and Hannah gets what is left.

I decided with Georgia that I wanted to do the Thompson Method in not forcing the boob on her at birth and letting her find her own way with it. This was a much easier, less painful, and a less stressful process. Georgia took to the boob so amazingly. It was just so natural, calm and beautiful.

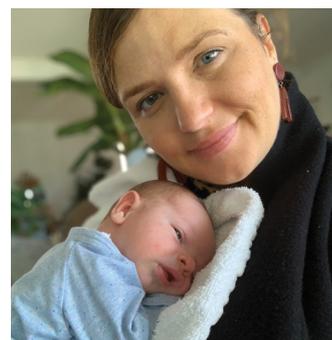
The benefits of breastfeeding are just too good to give up. I'm not paying for the milk, it forces me to try to be healthier so I can produce better and more milk for my babies, it helps my girls fighting germs so they don't get as sick and not nearly as often or have a quicker recovery. Plus, I've lost a heap of weight!

Breastfeeding my girls has given me so many special moments connecting with them - singing or talking to them while they watch you while you feed them is just amazing.

Image: JasArt Photography

Skye's Story

My name is Skye and this is my son Ziggy from Dabee Clan, Wiradjuri Country.



Breastfeeding was very important to me to ensure my baby would have the best opportunity for building a strong gut microbiome, especially knowing he was being born in the midst of the COVID-19 pandemic.

Before Ziggy was born, I remember putting a lot of effort into preparing for the birth, but then I realised I had no idea how to prepare myself for breastfeeding. I had fears of not knowing what to do and really wanted to understand how to best prepare myself to breastfeed my child and to prevent mastitis and nipple damage.

After discussing my concerns with my midwife Sally from Yerin, she mentioned the Thompson Method – a method by Dr Robyn Thompson who created an online course to help mums understand how to lead – not force – their baby to breastfeed. I found the program paramount to establishing my breastfeeding once my son was born. The confidence the course instilled in me was so empowering.

Taking the time to research how to approach breastfeeding made all the difference. In hospital you will have many midwives suggest how best to breastfeed, but I found that despite their good intentions it only caused confusion on what was the best way. Because I understood the Thompson Method, I went in with the determination to do things in the way that I felt confident to do. As a result I am proud to say I was not swayed by the many suggestions that were thrown at me – and I am pleased to say I never had any soreness or problems with my breasts from breastfeeding.

One thing I would say to all new mums is do your research and build your confidence – then go in from day one knowing the basic and important techniques and stick with them.

Dhangan Gudjagan Antenatal Group

Every woman **deserves** a positive birth and parenting experience. We welcome Aboriginal mums, dads, carers and families of Aboriginal babies to attend our Antenatal Group.

We will explore staying healthy in pregnancy, labour, birth, caring for your baby, breastfeeding, connecting with your roots and cultural care, emotional and spiritual connection with your baby and more.

When: Thursdays 9:30 AM – 11:30 AM
August 6, 20 & 27, September 3

Where: Yerin Community Room
Rear of 33 Alison Road, Wyong

Bookings: Please call 0434 100 656



COVID-19 Update

Although restrictions have recently eased in NSW, as we are seeing in Victoria, the fight against COVID-19 is far from over.

Until there is a vaccine created, it's important to remain vigilant and continue good hygiene and physical distancing.



When you greet mob don't shake hands, just nod.



Avoid crowded spaces and large gatherings.



If you have cold or flu-like symptoms get tested.



Wash your hands regularly with soap and water or alcohol-based hand sanitiser.

New Contact Details

We've made some changes to our contact details to make it easier to get in touch with specific teams at Yerin Eleanor Duncan.

Eleanor Duncan Aboriginal
Health Centre

02 4351 1040

Dhangan Gudjagang
Team

02 4351 1040

Yadhaba Wellbeing
Team

02 4351 1040

Integrated Team
Care

02 4351 1040

Health Promotions
Team

02 4351 1040

Buridjga Youth
Team

02 4351 1040

Corporate Services
Team

02 4350 0209

Ngaliya Permanency
Support Program Team

02 4350 0270

Family Preservation
Team

02 4350 0270

Muru Bara Ability
Services Team

02 4350 0278

Noticeboard

Gulgul-ba Women's Group



"I am very Strong"

**Our next Women's Group meeting is
Thursday 27 August 2020**

For more information please contact
Jo Gilmore **T: 0403 645 486**
E: jgilmour@yerin.org.au



Guri Gambu Men's Group

**Our next Men's Group meeting is
Friday 21 August 2020**

For more information please contact
Allan Beale **T: 0412 544 774**
E: abeale@yerin.org.au or
dmurray@yerin.org.au

COVID-19 Precautions

In order to look after our mob in light of COVID-19, the following precautions will be taken for all group meetings:

- Numbers are limited to 10 people and spots will be allocated to those who register first.
- All participants will be contacted the day before and asked if they have any cold or flu symptoms. If you have symptoms you will not be able to take part in the activity.
- All participants will have their temperature checked before departure and if you have a temperature under 35.5°C or over 37.7°C you will not be able to take part in the activity.
- As part of our COVID-19 Safe Procedures hand sanitiser will be provided.



*Help keep
our mob safe*

Meet The Mob

ALLISON TRINDALL

Administration Support

- Favourite Food:** Chinese and Fish
- Favourite Music:** R'n'B and Country
- Favourite Animal:** Dog
- Favourite Sport:** Rugby League/SS Bunnies
- Where you grew up:** I was born in Moree, NSW and raised on the Central Coast Peninsula
- Biggest Achievement:** Starting my Stolen Generations Family History/Link-Up studies



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

 @yerinedahc yerin.org.au  @yerinAHS

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