



YERIN

Eleanor Duncan
Aboriginal Health Centre

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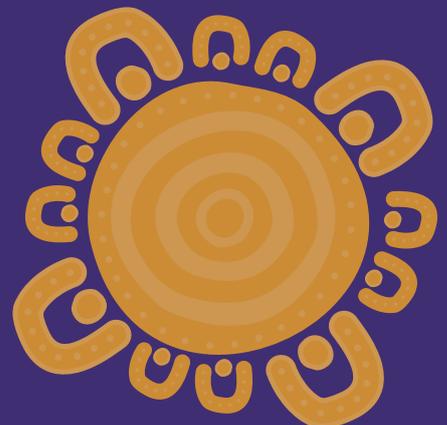


Find out more

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Do you need help
accessing the **ndis**?

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Team Update

Yaama!

to our
newest team
members



Cassandra Curran

Midwife – Dhanggan Gudjagang Team

Mercedes Edkins

Provisional Psychologist – Eleanor Duncan
Aboriginal Health Centre

Taylor Haberfield

Admin/Carer Support – Ngaliya Team



New Outreach Dental Clinic in Woy Woy

We're pleased to announce we are opening a new outreach dental clinic based in the Woy Woy Hospital Dental Clinic.

The new clinic will commence on Friday 5 March and operate every second Friday.

Please call 4350 0222 to make an appointment.

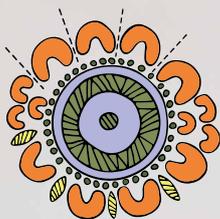


Do you need help accessing the



Meaning *'Making Pathways'* in Darkinjung language, Yerin Eleanor Duncan's Muru Bara team provides culturally responsive disability support under the National Disability Insurance Scheme, including assistance with:

- ✓ Understanding what the NDIS is all about
- ✓ Determining your eligibility
- ✓ Taking the stress and hassle out of accessing the NDIS
- ✓ Empowering and supporting you to get the most out of the NDIS
- ✓ Providing assistance with travel and transport



MURU BARA

'Making Pathways'
Yerin Aboriginal Ability Services

FOR MORE INFORMATION CONTACT
MURU BARA ON 02 4350 0278

Ovarian Cancer

Awareness Month



Ovarian cancer is a disease where one or both ovaries start to grow abnormally and develop into cancer.

There is no early detection test for ovarian cancer, so all women need to be aware of the symptoms which include:

- Increase in abdominal size or persistent abdominal bloating
- Abdominal or pelvic (lower tummy pain)
- Feeling full after eating a small amount
- Needing to urinate often or urgently

Additional symptoms can include:

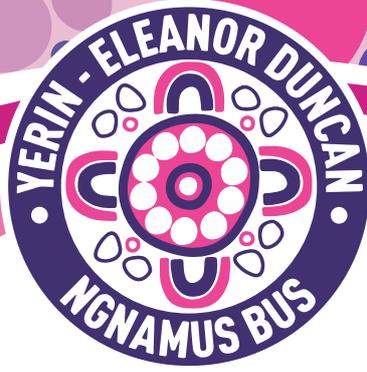
- Changes in bowel habits
- Unexplained weight gain or loss
- Excessive fatigue
- Lower back pain
- Indigestion or nausea
- Bleeding after menopause or in between periods

It is important to remember all the symptoms mentioned can be caused by other, less serious medical conditions. However, if you are experiencing any of these symptoms, which are persistent and troublesome, you should see your doctor. They will be able to examine you and if necessary, do further tests to find the cause of your problems.

If you are not comfortable with your doctor's diagnosis or you are still concerned about unexplained persistent symptoms you should seek a second opinion.

You know your body better than anyone else, so always listen to what your body is saying and trust your instincts.

If you or someone you know has any symptoms, concerns or questions, please contact your GP to arrange an appointment.

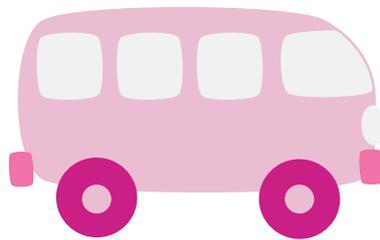


Yerin Ngnamus Bus

Screen them all, big or small!

**The Ngnamus Bus runs on the
third Tuesday of the month**

16 February
16 March
20 April
18 May
15 June



20 July
17 August
21 September
19 October
16 November

Call 02 4351 1040 to book your seat



WOMEN'S GROUP

I am very strong

Aunties and Sisters are invited to join us at our 2021 Gulgul-ba Women's Business

2021 Dates

Friday 12 February
Friday 12 March
Friday 9 April
Friday 7 May
Friday 4 June

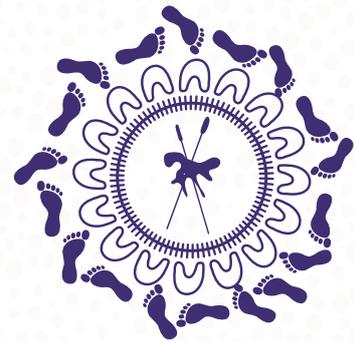
Our Health, Our Way



For enquiries and bookings please contact Jo Gilmour on 0403 645 486



Gulgul-ba Womens Group



Guri Gambu MEN'S GROUP

Uncles and Brothers are invited to join us at our 2021 Guri Gambu Men's Group meetings

2021 Dates

February: Friday 12 & Friday 26
March: Friday 12 & Friday 26
April: Friday 9 & Friday 23
May: Friday 14 & Friday 28
June: Friday 11 & Friday 25

Time: 10am - 2pm

**WE HOPE TO SEE
YOU THERE!**



For enquiries and bookings please contact Allan Beale **0412 544 774** or Dean Murray **0426 395 735**

Dhangan
Gudjagang

Antenatal
+ Postnatal
Groups



Yerin welcomes Aboriginal mums, dads, carers and families of Aboriginal gudjagangs to attend our Antenatal and Postnatal groups.

ANTENATAL GROUP

This group explores topics including pregnancy, labour and birth, caring for your baby, how to stay healthy in pregnancy, self-care for you, your baby and family, options for pain relief during labour, birthing, breastfeeding, where to have your baby, cultural care: connecting with your mob, emotional and spiritual connection with your baby.

MEETINGS:

Thursdays 9:30am – 11:30am
February 11, 18 & 25
March 4, 11 & 18

POSTNATAL GROUP (0 – 6 MONTHS)

This group explores topics including yarning: birth stories, care for gudjagangs (babies), settling techniques, breastfeeding: Baby massage, self-care Dhangan (mothers), cultural care: connecting with your mob, emotional & spiritual connection with baby.

MEETINGS:

Tuesdays 10:00am – 12:00pm
February 16 & 23
March 2, 9, 16 & 23



Ma-Guwag
"Hey, Take Care"
Suicide Prevention



Ma-guwag Suicide Prevention Program

Our Ma-guwag Team focuses on suicide prevention and mental wellness, providing targeted and culturally responsive community awareness and help seeking programs.

Services

- Support accessing Yerin workers -
- Yarning groups -
- Support to self-assess mental health -
- Access to cultural activities including 'on country' -
- Access to wellbeing groups like YERINFIT -
- Therapeutic supports -
- Group training to better understand mental health and supports available -
- Increased access to information and resources, including after hours -
- Support activities and group sessions to build resilience and safe networks -
- Support in seeking additional health and wellbeing services -

Phone 02 4351 1040 to speak with a Mental Health Worker

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