



# YERIN

Eleanor Duncan  
Aboriginal Health Services

## April Newsletter

Yerin Eleanor Duncan staff members have challenged themselves to walk 10,000 steps a day for 8 days, while raising funds and awareness to support people on the autism spectrum.

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# World Autism Day

FRIDAY APRIL 2ND

People on the autism spectrum see, hear, and experience the world differently.

Trying to cope with the everyday can cause stress and anxiety and prevent people on the autism spectrum from fully participating in the world around them – leading to feelings of isolation and exclusion.

Differences in social communication, strong interests and repetitive behaviours mean interacting with others can often be unpredictable and confusing.

Being over or under-sensitive to sounds, touch, tastes, smells or light can cause sensory overload and make physical and social situations challenging.

Some of Yerin staff members are participating in Walk for Autism, helping to break down the barriers that keep people excluded and provide the best opportunities for people on the autism spectrum to engage, participate and thrive in the world around them.

Yerin Eleanor Duncan staff members have challenged themselves to walk 10,000 steps a day for 8 days, while raising funds and awareness to support people on the autism spectrum.

**STEPPING TOWARD A WORLD WHERE NO-ONE ON THE AUTISM SPECTRUM IS LEFT BEHIND.**



**FUNDRAISING BBQ BREAKFAST FOR WALK FOR AUTISM.**

Pictured is our CEO Belinda Field receiving the COVID-19 Vaccination. Community vaccinations commenced Tuesday 13th April.

If you have any questions regarding the COVID-19 Vaccine, give us a call on 0243 511 040.



## Team Update

### YERIN RESPITE IS NOW OPEN

Are you looking for Respite on the Central Coast? Yerin is now offering respite for all ages. Located at Woongarah on the Central Coast, Darkinjung Country.

For further information please contact our Muru Bara Ability Program on 0450 059 963.

### CATHOLICCARE VISIT

Tim Curran, CatholicCare CEO visiting Yerin Eleanor Duncan to discuss how we can continue to work collaboratively together ensuring our community receive culturally responsive care.

### STAFF COVID VACCINATIONS

# Ma-Guwag Program Launch Day

MONDAY 26TH APRIL

10:00AM – 2:00PM

BERKELEY VALE RUGBY LEAGUE & SPORTS CLUB  
1 BERKELEY ROAD, GLENNING VALLEY

10:00-10:30 MC Gary Field

10:15-10:50 Welcome To Country / Smoking Ceremony  
& The Glen Dancers

10:50-11:30 **GUEST SPEAKERS:** Vicki Parry - Barang Regional Alliance – Chairperson Kerry Smith - Aboriginal CAMHS Priority Advisor  
Suicide Prevention, NSW Ministry of Health  
Brian Dowd – TPM/Walkabout Barber

11:30-11:45 **PROGRAM LAUNCH & OVERVIEW:**  
Ryan and Theeran - Ma-Guwag Suicide Prevention

10:00AM-2:00PM **WALKABOUT BARBER STALL, WALKABOUT COFFEE STALL, NETWORKING, PHOTOS AND LUNCH**

## WE HOPE TO SEE YOU THERE!



Ma-Guwag  
"Hey, Take Care"  
Suicide Prevention

# 24 Year Anniversary

## BRINGING THEM HOME REPORT

On 5th April 1997 The Human Rights and Equal Opportunity Commission delivered the Bringing Them Home report as part of the National Inquiry into the separation of Aboriginal and Torres Strait Islander children from their families and raised the awareness of the Australian public of the historical policies of forced removals as well as ongoing impacts. Between 1910-1970's many first nations children were forcibly removed from their families, as a result of various government policies. The generations of children removed under these policies became known as the Stolen Generations. The policies of child removal left a legacy of trauma and loss that continues to affect indigenous communities, families and individuals today.

.... the past is very much with us today, in the continuing devastation of the lives of Indigenous Australians. That devastation cannot be addressed unless the whole community listens with an open heart and mind to the stories of what has happened in the past and, having listened and understood, commits itself to reconciliation.  
Extract from the Bringing Them Home Report.

## Link-Up Services

National Link-up programs throughout Australia provide family tracing and reunion services to members of the Stolen Generations.

### Services include:

- Researching family & personal records
- Emotional support when accessing family & personal records.
- Finding family members
- Support & counselling before, during & after family reunions.
- Even if you or your ancestors lived and were removed from family in another location, your nearest link-up will be able to assist you.

FOR ASSISTANCE CONTACT LINK-UP ON FREECALL

1800 624 332

## Covid-19 Vaccination Update

We are an approved vaccination provider for the COVID-19 vaccines and will be helping immunise our local Aboriginal community. Our health professionals have all Completed the mandatory training to ensure that our patients will receive the best standard of care.

### HOW DO YOU BOOK YOUR COVID-19 VACCINATION APPOINTMENT?

We will be following the Phase 1b vaccination schedule.

Now that we have received the vaccine, we will let you all know when its your turn to get vaccinated. When you receive your text, please call us on 0243 511 040 to book your appointments.

Each vaccine needs two doses, each taken 12 weeks apart. You can book your second appointment after your first vaccination.

### HOW TO PREPARE FOR YOUR COVID-19 VACCINATION:

Before your vaccination appointment, you should make sure your details are up to date with medicare. You can find information about how you can do this on the Services Australia website at [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au).

### PLEASE DO NOT ATTEND YOUR VACCINATION APPOINTMENT:

- If you are feeling unwell with fever, cough, runny nose or other symptoms that could be from COVID-19
- If you are waiting for COVID-19 test results, or have tested positive for COVID-19
- If you are a close contact of someone with COVID-19, or are in quarantine
- If you have had another vaccine in the 14 days before your COVID-19 vaccine appointment.  
Please let us know as we may need to reschedule your appointment

**IF YOU CANNOT MAKE IT TO YOUR VACCINATION APPOINTMENT, PLEASE CONTACT US TO ARRANGE A NEW APPOINTMENT. PLEASE BE PATIENT WITH US, WE HAVE LOTS OF COMMUNITY MEMBERS TO VACCINATE. IF YOU HAVE ANY FURTHER QUESTIONS, PLEASE CONTACT US ON 0243 511 040.**



## Women's Group

Aunties and Sisters are invited to join us at our  
**2021 GULGUL-BA WOMEN'S BUSINESS.**

# I am Very Strong!

### 2021 DATES

- April:** Friday 9th
- May:** Friday 7th
- June:** Friday 4th

Enquiries please call  
**Jo Gilmour on 0403 645 486.**



## Guri Gambu MEN'S GROUP

Uncles and Brothers are invited to join us at our  
2021 Guri Gambu Men's Group meetings for  
activities, lunches, yarns and more!

### 2021 DATES

- April:** Friday 23rd
- May:** Friday 7th, Friday 21st
- June:** Friday 4th, Friday 18th
- July:** Friday 16th, Friday 30th
- August:** Friday 13th, Friday 27th
- September:** Friday 10th,
- October:** Friday 8th, Friday 22nd
- November:** Friday 5th
- Time:** 10am - 2pm



# We hope to see you there!

For enquiries please call  
**Allan Beale 0412 544 774**  
or **Dean Murray 0426 395 735**



**FOLLOW US ON FACEBOOK FOR MORE INFORMATION AND TO RSVP TO EACH MEN'S AND WOMEN'S GROUP EVENTS**  
Please note: due to the constantly evolving COVID-19 situation, precautions will apply to each meeting based on current health advice including limited numbers and pre-event screening.

# New GULGUL YIRA OUTREACH DENTAL CLINIC In Woy Woy Hospital

Yerin Eleanor Duncan Aboriginal Dental Services is pleased to announce a new outreach dental clinic in Woy Woy

**COMMENCING:** 5<sup>th</sup> March 2021

**OPEN:** Every second Friday

**LOCATION:** Woy Woy Hospital

7 Kathleen St, Woy Woy

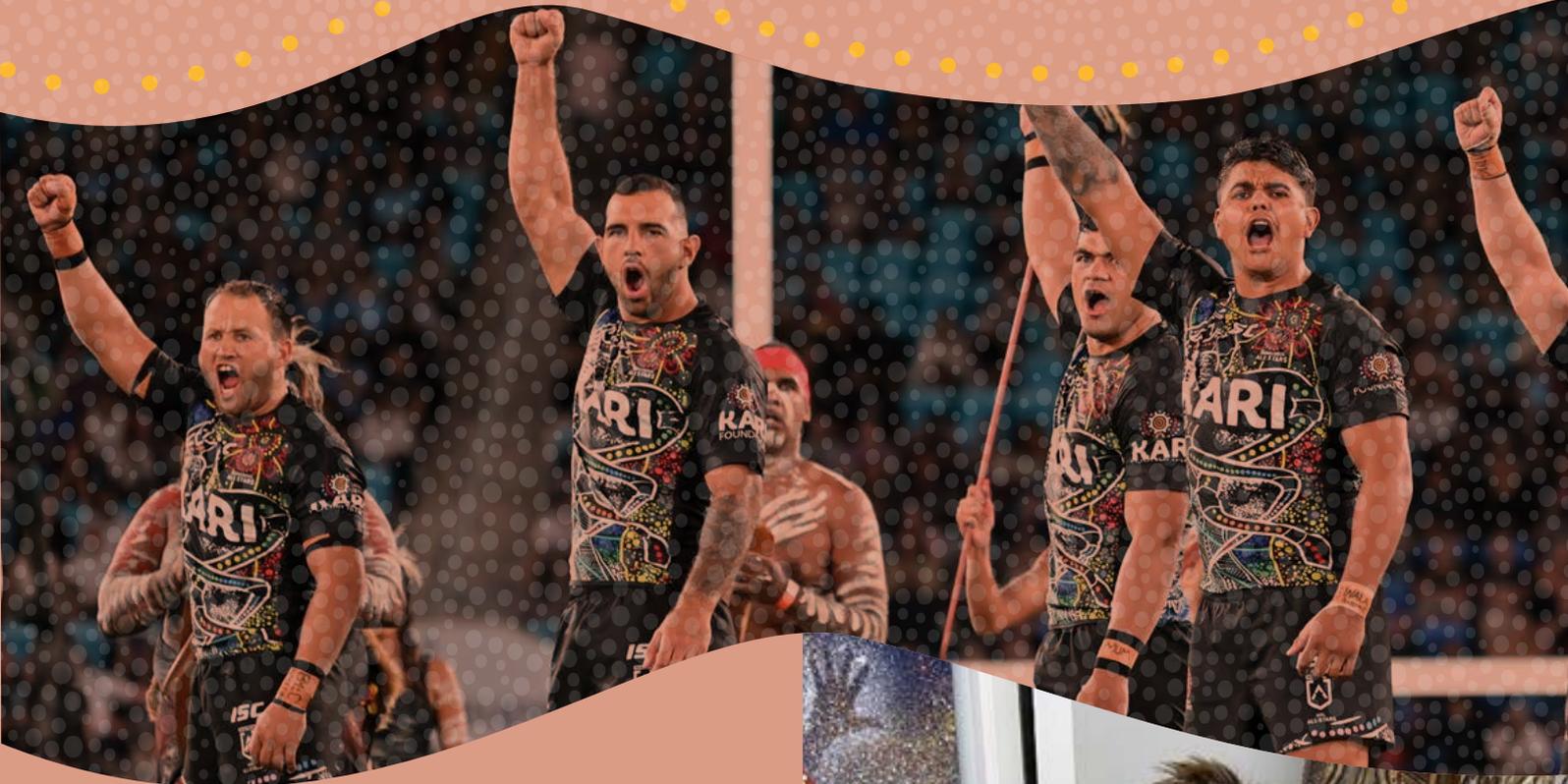
**ELIGIBILITY:** Current 715 health check

Call 02 4350 0222 for bookings



# Footy Season

IS HERE!



## MOUTHGUARDS

TO ENQUIRE ABOUT GETTING  
YOUR YERIN DENTAL MADE  
MOUTHGUARD CALL US ON  
**0243 500 222**





# YERIN

Eleanor Duncan  
Aboriginal Health Services

## WE ARE YERIN

*Paul Hussein, Business Manager*

**What gets you up in the morning?** Knowing I can contribute and be a part of our community, every day

**Some things you live by? (Mantra, verse, quote ect)** – Let somethings go to the keeper (you don't have to hog every ball)

**If you were an animal what would you be and why?**  
Eagle – I like to see the bigger picture

**What do you love about your role at Yerin?**  
Developing new pathways

**Have you always lived here?** Central Coast  
25 years

**What's your big dream?** Yerin – around the coast – more access points for community

**What do you like to do outside of work?** Go for walks in national parks, sit by the beach

**One thing you have learnt from your time at Yerin that you take into the outside world?**  
Appreciate the value of family and good friends

**What would your co-workers say about you?**  
Where is he?

**If we met you for the first time, what would we notice most about you?** You need a haircut Paul

FOLLOW US ON FACEBOOK AND  
INSTAGRAM TO STAY UPDATED!



## HOURS OF BUSINESS

**MONDAY – FRIDAY 9am – 5pm**

Suites 8 & 9, 36 Alison Road cnr Margaret St,  
Wyong NSW 2259

PO Box 466, Wyong NSW 2259

P 02 4351 1040 F 02 4351 1037

