

# Yarriin' About HEALTH



Health  
Central Coast  
Local Health District

NOVEMBER 2016



## Introduction

Welcome to the first edition of a joint Aboriginal health newsletter between Nunyara Aboriginal Health and Yerin Aboriginal Health Services.

Nunyara and Yerin are pleased to be working in partnership to deliver a range of important health services to our community. By working collaboratively we see better health outcomes through combined health promotion, clinics and better utilisation of resources. Our strong working relationship means that together we will achieve a locally focused health care arrangement that is centred on our patients and community.

This newsletter is one way you can stay up to date on the latest news, events and information regarding Aboriginal health on the Central Coast.

We hope you find this newsletter informative and insightful, and we welcome contributions on what you would like to see included.



**Steve Ella**  
Manager, Nunyara Aboriginal Health



**Belinda Field**  
CEO, Yerin

# Service News

## Nunyara Aboriginal Health

### Welcome back Erika

Nunyara Aboriginal Health welcomes the return of Aboriginal Hospital Liaison Officer Erika Carr from leave. The return of Erika, along with colleague Roberta, will mean the Nunyara Aboriginal Hospital Liaison service can see more patients in hospital.

### Farewell David

Unfortunately for us, our David Follent has taken up full time employment with the Agency for Clinical Innovation as the Aboriginal Chronic Disease Project Officer. We would like to acknowledge the work David has contributed to Nunyara Aboriginal Health for the past six years – his contribution to Aboriginal chronic disease management has been enormous and inspiring. He has provided valuable Aboriginal health expertise not only to Nunyara staff but also to other services within the Local Health District. He will be sorely missed within our chronic care team, but we stay in close contact with David as his new role is to support Aboriginal Chronic Care teams from a State level.

### Bigger and better premises

Nunyara Aboriginal Health has been busy working around the renovations happening to our office in Ward St Gosford. Demolition and construction work started in early October. The new build will bring two new clinic rooms and a group/meeting room that will house services for the Aboriginal Community. Yerin will provide Outreach GP clinics and other associated services at the new clinic rooms in Gosford. More information will be distributed in early 2017 as to what services will be provided within the new space. Very exciting times!

*Proposed new site plan for Nunyara Aboriginal Health*



## Yerin Aboriginal Health Services

### **Welcome Dr Colette Livermore**

Eleanor Duncan Aboriginal Health Centre is delighted to announce that we have an additional doctor starting with us. Dr Colette Livermore will be commencing on Wednesday 30th November, 3 days per week – Wednesday/Thursday & Fridays. Dr Livermore has worked on the Coast in previous years and has also worked in remote Australia among Aboriginal communities, as well as the Royal Flying Doctors Service. We believe that Dr Livermore will be a great fit for our community.

### **Welcome back Dr Tony Gill**

In the true spirit of collaboration and partnership, we are fortunate to have Dr Tony Gill running fortnightly Drug & Alcohol clinics. Dr Gill is the Medical Director of the Central Coast Drug & Alcohol service with Central Coast Local Health District.

### **Oral health**

Yerin's Oral Health program and dental clinics continue to be offered through the referral process at Wyong Hospital (weekly) and Gosford (monthly).



# NAIDOC

This year in July, we held our annual NAIDOC community event at Gosford Racecourse for the first time. The new venue brought even more life into the community day, with a crowd of just over 4000 people. What a fabulous day! Areas were set up into precincts that proved popular and easier to navigate through.



*Smoking Ceremony*

Congratulations and thank you to all those who assisted in organising and running the day. It was a fantastic event with all volunteers, stall holders and health professionals run off their feet. Thank you for giving up your valuable time and contributing to this successful day.

Using the lessons learned from this year, we are planning next year's event and look forward to an even better day!



*Kid's precinct*

Some examples include:

- Kids
- Health and community stalls
- Health check hall
- Indigenous Jobs Market
- Food



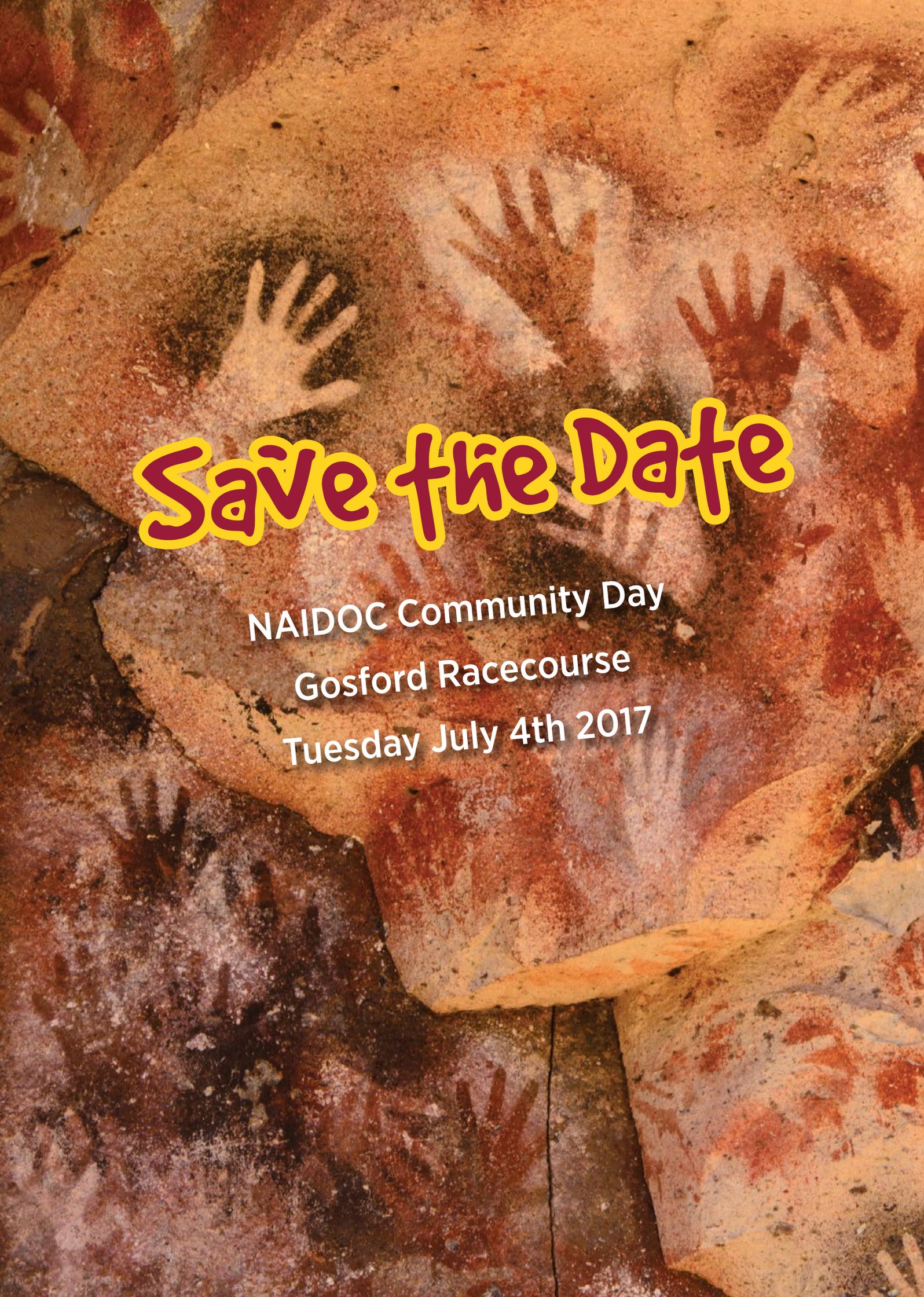
*Indigenous Jobs Market (Lisa and Lindsey)*



*Uncle Gavi, Rob and Jamie*



*Craig Hill - Winner of Eels Jersey with Erika*



# Save the Date

NAIDOC Community Day

Gosford Racecourse

Tuesday July 4th 2017

## Spotlight on staff

### Ashlee Cosgrove



Ashlee started at Nunyara Aboriginal Health in March 2016 as a full time Aboriginal Administration Officer. Ashlee has made an immediate impact by making sure the office is organised and complying with

WHS standards. She has also brought energy and enthusiasm to the office and definitely keeps all the workers focused which is a pleasure to see. Ashlee's first major role was to assist in the organisation of our 2016 NAIDOC Community Day, and it was a real eye-opener as to how busy Nunyara can get! She handled the workload with ease (and a lot of aarrggghhh! moments). It's great to have Ashlee aboard and part of our team.

### Breannon Field



Breannon started at Yerin Aboriginal Health Services in September 2016 as the full time Aboriginal Family Health Worker in the Dhanggan Gudjagang Team. Breannon

brings a wealth of knowledge and expertise to all teams across our organisation. Breannon has a child protection, family violence and family worker background. She has assisted many families through her role here at Yerin, linking families to appropriate health, early education and other supports. Welcome Breannon!

### Mia Hodge



Mia also started with Yerin in September 2016 as a full time medical receptionist with the Eleanor Duncan Aboriginal Health Centre team. Mia has certainly been a huge gain as our clinic is becoming increasingly busy.

Mia's professional background is nursing and medical administration. We have a brilliant complement of medical receptionists with Jessica, Mia and Sarah, supported by our highly skilled Practice Manager Robyn Moore and CQI Coordinator Deanne Hanning.



*Robyn*



*Sarah, Deanne, Jessica*

The team work exceptionally hard to support our community, patients and the clinic team as they are the first point of contact to ensure that everyone's experience at Eleanor Duncan is second to none!

### Matthew West



Yerin and the Central Coast Aboriginal community are very fortunate to have an Aboriginal podiatrist. Mathew West provides podiatry services from Eleanor Duncan Aboriginal Health Centre. Matthew works tirelessly to ensure our mob look after their health. [Click here to read more about his research and contribution to the Australian Aboriginal and Torres Strait Islander Community Public sector podiatry and diabetes services on the Central Coast!](#)

# Did you know?

## Factors that impact upon health in Australia<sup>1</sup>



Unemployment rate 21% for Aboriginal people aged 15 to 64 was 4.2 times higher than the rate for non-Indigenous people.



In 2011, 1 in 20 (28%) Aboriginal people were experiencing homelessness.



In 2011 - 2013 the median gross weekly income for Aboriginal people was \$465 compared with \$869 for non-Indigenous people.



Hospitalisations for assault among Indigenous people was 14 times as high as for non-Indigenous people.



In 2011, almost 24,700 Aboriginal households were considered to be overcrowded. 12.9% of Aboriginal households were overcrowded compared to 3.4% of other households.



7% of Aboriginal adults reported avoiding seeking health care because they had been treated unfairly by doctors, nurses or other staff at hospitals or doctor surgeries.

<sup>1</sup> Lifestyle data has been taken from the Hunter New England & Central Coast PHN Aboriginal Health Profile 2013.

# Get in touch

## Central Coast Local Health District

### **Nunyara Aboriginal Health**

Phone: 4320 2698

Email: [CCLHD-Nunyara@health.nsw.gov.au](mailto:CCLHD-Nunyara@health.nsw.gov.au)

### **Drug and Alcohol Service**

4394 4880

### **Youth Health**

4356 9333

### **Mental Health Intake**

1800 011 511

### **Ngyiang Mothers and Babies – Gateway**

4328 7900

### **Aboriginal Employment CCLHD**

4320 3519



### **Like us on Facebook**

[www.facebook.com/centralcoasthealth](http://www.facebook.com/centralcoasthealth)

[www.cclhd.health.nsw.gov.au](http://www.cclhd.health.nsw.gov.au)

## Yerin Aboriginal Health Services, incorporating Eleanor Duncan Aboriginal Health Centre and Dhanggan Gudjagang Services.

### **Opening hours**

EDAHC: Monday to Friday 9am – 5pm  
Saturday 9am – 1pm

Yerin Services: Monday to Friday 9am – 5pm

### **Find us**

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

P.O Box 466, Wyong NSW 2259

### **Contact us**

Ph: 02 43 511047

#1 For Appointments #2 For Programs

Fax: 02 43 511037

E: [feedback@yerin.org.au](mailto:feedback@yerin.org.au)

### **Website**

[www.yerin.org.au](http://www.yerin.org.au)

### **Facebook**

[www.facebook.com/YerinAHS/](http://www.facebook.com/YerinAHS/)