

# YARNUP WITH ABORIGINAL HEALTH WORKERS

Hey you mob, want to learn more about reducing the risk of getting chronic disease or cancer for you or your family?

Join us for a cuppa at our community yarnup day,

**“I’m going to get checked.  
Wanna come?”**

It is free

There will be a fun activity, light refreshments and a chance to meet other health professionals.

Contact the Aboriginal Health Unit team in your area to find out when the next community yarnup is being held.

HUNTER NEW ENGLAND LOCAL HEALTH DISTRICT

## ABORIGINAL HEALTH UNIT CONTACTS

For services and programs in your area, please contact staff via the contact details below or email: [HNELHD-AboriginalHealth@health.nsw.gov.au](mailto:HNELHD-AboriginalHealth@health.nsw.gov.au)

### Hunter Valley, Lower Hunter & Lower Mid North Coast Sectors

(Maitland, Cessnock, Muswellbrook, Singleton, Taree, Forster and surrounds)  
Cessnock Aboriginal Health Unit  
19 Foster Street, Cessnock  
Phone: (02) 499 10354

### Tablelands & Peel East Sectors

(Tamworth, Armidale, Inverell, Tenterfield, Glen Innes, Guyra and surrounds)  
Inverell Community Health  
Swanbrook Road Inverell  
Phone: (02) 672 19634

### Mehi & Peel West Sectors

(Moree, Narrabri, Toomelah, Gunnedah, Quirindi, Wee Waa, Mungindi and surrounds)  
Moree Aboriginal Health Unit  
13 Frome Street Moree  
Phone: (02) 6757 0307

### Greater Newcastle Sector

(Newcastle, Port Stephens, Lake Macquarie and surrounds)  
Wallsend Health Campus, Walker Building  
Longworth Avenue Wallsend  
Phone: (02) 492 46414



# I’m going to get checked. Wanna come?

## COMMUNITY YARNUP

Yarn about how you can reduce the risk of chronic disease and cancer

Yarn about health in a friendly, relaxed atmosphere while having a cuppa!

## Aboriginal Health Unit

Hunter New England Local Health District



*Healthy Aboriginal People - Now and into the Future*



## OTHER AHU PROGRAMS:

HNELHD Aboriginal Health Unit (AHU) manages healthy lifestyle type programs to help you achieve your health goals.

What is being offered is different in each area depending on community needs and the staff available. They may include **Healthy Black and Deadly** programs



- **IFit**, exercise program for over 16 years, suitable for all fitness levels
- **Shake a Leg**, health promotion program delivered in schools
- **Let's Talk Tucker**, healthy nutrition
- **Makin Tracks**, adult health checks program
- **Chronic Disease Healthy Lifestyle** program
- **I'm going to get checked. Wanna come?**

## WHAT ARE THE YARNUPS ABOUT?

- Come together for men's and women's business in chronic disease and cancer
- Yarn about how to stay as healthy as you can be for you and your family
- Find out about the three National screening programs for breast, bowel and cervical
- Yarn about how to reduce the lifestyle risk of chronic disease and cancer
- What is cancer screening
- Yarn about the benefits of cancer screening and early detection
- Yarn to health workers about your health
- Chance to meet health professionals

## WHAT CAN I DO?

- Yarn to an Aboriginal Health Worker about:
  - Better Health Assessment
  - Healthy lifestyle programs
- Get screened regularly
- National screening programs
  - BreastScreen NSW book by calling phone 13 20 50
  - Cervical screening see your doctor or womens health nurse
  - Bowel screen, over 50 a kit is mailed to the address linked to your Medicare card or see your doctor
- See your doctor for
  - Regular skin checks
  - Prostate check
  - 715 health check
- Self-check regularly, any changes or concerns see your doctor
- Exercise and eat healthy
- Yarn to family about the benefits of screening and early detection

**For more information contact the team for your area.**

*We acknowledge the traditional custodians of the lands we work on and pay respect to Elders, past, present and emerging.*