



# RED LILY HEALTH BOARD NEWSLETTER

## Local Kids supporting Red Lily Health



At Red Lily Health our kids are assisting to deliver the message of healthy skin to communities, which is pivotal during these unknown times of Covid-19. Red Lily Health has done the first step of supporting the communities by giving the information packages out explaining the Coronavirus (Covid-19) and keeping safe.

The second step of supporting the community is making the home packages up with household cleaning products to help stop the spread of the virus. These packages come with an information sheet to use and store these cleaning products safely around their homes.

Red Lily Health is working closely with local organisations such as Jabiru Primary Health Centre, Gundjeihmi, Catholic Care, Gagadju Aboriginal Corporation, Foodland and ERA within Kakadu National Park to build these home packages to help stop the spread of the Coronavirus (Covid-19).

## Red Lily's action on COVID-19 outbreak

Red Lily Health has been engaging with Kakadu outstations and communities to provide information about the Coronavirus (Covid-19). With a clear message on how to maintain a strong healthy you physically and mentally, with additional education practicing good hygiene with physical distancing to reduce the spread of Coronavirus (Covid-19) during these unprecedented times.



The staff of Jabiru Red Lily Health are currently coordinating packages with household cleaning products donated from Gagudju to be distributed to Kakadu outstations and communities. These packages will be supplied with instructions sheets on how to safely store and use. Staff are also reinforcing the hygienic benefits of locally used bush soap.

Constant uncertainty breeds fear in everyone, and the Jabiru staff of Red Lily Health are relentlessly connecting with communities to reduce these and bring calmness.

## Messy Play BBQ event at Jabiru

In early March 2020 Red Lily Health supported the West Arnhem Regional Council messy play event at Jabiru Magela oval. Red Lily supported the community outstations to give them an opportunity to join in the messy play by picking them up and doing drop off. The day was full of fun and laughter



with kids playing with paint, cricket, kite flying, water sliding, and with additional hose down from Jabiru fire and rescue. The event finished on a high, participants enjoyed a community BBQ to finish off.

## Fishing at Muriella Park



Early of March, some young men from Mamukala Outstation and Healthy Lifestyle Educator of Red Lily Health went out for a bit of fishing trip out at Muriella Park. The rain had slowed down a bit and the sun was out. First stop for the bus was to the Jabiru Primary Health Centre for a cup of tea at the Red Lily public health side. Introductions were made before and a bit of a look around before they headed out to Muriella Park. The three bridges had plenty of water as they zipped by. At the campground the water was a little too high to fish safely, so they headed back down to the causeway.

Red Lily Health's classroom that day was under the shade of the paperbarks on the paved tiles that was the bitumen. Here they talked about the importance of personal hygiene / body care, cough etiquette. The discussion framed around the Covid-19 Pandemic.

## Red Lily Public Health Teams' Programs

### Program: FaFT Cooking

The program is to strengthen and reinforce health promotions with positive engagement with families to support their health and emotional well-being. Strong families = Strong Communities



*Photo: Letisha cooked up a storm in the kitchen at Jabiru FaFT, creating a delicious and healthy meal to share and was planned together with RL Youth worker, Emma Cameron.*

*Together Letisha and Emma are working together to develop cooking resource specific for the region to include healthy, yet tasty meals for family and friends.*



### Program: Breakfast Club

Breakfast Club is a daily program run by Jabiru School, which Red Lily support by positive engagement with students and staff supporting daily healthy living routine such as brushing teeth after a meal.



*Photo: Edward may only be in Transition but understands the importance of brushing teeth, as you can see from Edwards shiny bright teeth.*

### Red Lily is delivering household cleaning care packs



Red Lily is constantly engaging with Kakadu outstations and communities during unprecedented times. Continuous discussion on promoting personal protective measures, including hand respiratory hygiene, cough etiquette, and establishing environmental measures to reduce viral transmission of COVID-19 throughout communities.

Recently household cleaning items were donated to Red Lily, which were used to make 41 packs including safety instruction guidelines. These packs with

providing accurate and up to date information on COVID-19 have been greatly appreciated by residents.

### **For more information**

Do you have questions or want more information?

Contact Red Lily Health Board at [info@redlily.org.au](mailto:info@redlily.org.au)

If you would like to get latest information about Red Lily Health, please visit our website or follow us on Facebook & LinkedIn.

Website: [redlily.org.au](http://redlily.org.au)

Facebook: [www.facebook.com/redlilyhealth](https://www.facebook.com/redlilyhealth)

LinkedIn: [www.linkedin.com/company/31371580](https://www.linkedin.com/company/31371580)

*\*\*Due to the ongoing COVID-19 response, travel to/from remote communities has been restricted to essential services only. Once safe, we will continue to visit regularly.*

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