



RED LILY HEALTH BOARD NEWSLETTER

Red Lily supported Variety NT in Santa Fun Run



The Red Lily Public Health Team dressed the part to celebrate Christmas in August in Jabiru on Saturday 8 August for the inaugural Variety Santa Fun Run!

This festive, fun, family friendly event supports Variety - the Children's Charity NT to assist NT kids that are sick, disadvantaged or have special needs.

The Kakadu Deadly Runners club provided the Race Director and keen participants to ensure the event was a success!



Kakadu Women's Health Promotion an absolute pleasure



*these women are from the same family group

Once again Red Lily showed that collaboration is the key when engaging with Kakadu communities in relation to preventing illness and staying strong. The support of staff from Northern Territory Government (NTG), Kakadu National Park (KNP), and donations from Taboo, Share the Dignity and Hon. Selena Uibo (electorate Arnhem) made 'Kakadu Women's Health' a great success.

Kakadu Women's Health promotion was all about discussing, sharing and acknowledging that women are important family members. They do many things for their families, and its vital to be healthy and strong so they can take care of themselves and their families.

Conversations were around the importance of

- eating healthy food
- doing physical exercise
- having a good general check-up regularly
- having a thorough women's health check up every couple of years
- and be informed of what is involved in a women's check up

Over 45 women received a gift pack especially made for them.

National Aboriginal and Torres Strait Islander Children's Day has been celebrated



4th of August was the National Aboriginal and Torres Strait Islander Children's Day, and Red Lily staff got proactive with children at their home, talking about the importance of education, health, wellness, hygiene, and fun. Staff took out a box of fruit, coloring pages of local animals, a "hear our voice" word search and some face paint for a bit of fun.

The children especially enjoyed the face painting, and were fully engaged when asked to explain "what is culture to them?" Covid-19 was discussed, and we were impressed that the children already knew how to keep safe in relation to hygiene and social distancing, they even hand sanitised before the activities started!

Trauma Informed Care Training

Culturally responsive trauma informed care training. Sounds like a handful right! That's because it is. Yet Red Lily Staff are once again up for the 'handful' as they openly share and discuss the importance of the impacts of trauma knowing that having higher knowledge and training on trauma informed care is vital for social and emotional wellbeing for all.



Trauma disrupts our connections. It affects our ability to connect to ourselves, our environment and with other people in our life. It has a persistent nature and impacts people on all levels including, emotionally, spiritually, cognitively,

behaviourally, and physically. This is why Red Lily has asked Aboriginal Medical Services Alliance Northern Territory (AMSANT) to assist with essential training that gives Red Lily staff personal and professional development so they can assist themselves, work colleagues and YOU.

The staff know these are challenging times and are committed to being the best they can be, and this is a positive domino effect to be their best for Kakadu community.

Red Lily Staff attended First Aid Training



Red Lily staff did a 2-day First Aid Training to learn a wide range of skills from snake bites, burns to saving someone's life. Practicing how to attend to someone who is unconscious and treating someone if they had fallen from a high place and broken their leg. A big thank you to St John's for providing this training in Jabiru.

Jabiru Men's Shed Strategic Planning

The Jabiru Men's Shed had their strategic planning meeting at the Jabiru Training Centre on the 23rd July 2020. It was facilitated by Linda Butterly, and attended by James Kepui, Lindsay Parkhill, Mickija Onus and Louise Mayclair. The session allowed the group to refocus and prioritize its goals for the next 12 months. They also developed the mission statement by the end of the session.



The mission – Jabiru Men’s shed is a place where different cultures come together to heal, grow, and strengthen families and communities.

Main goals

- To establish a fixed place for the Jabiru Men’s Shed
- To have an operational trades trailer
- To adopt a constitution
- To establish good record keeping
- To establish good governance

A big thankyou to Linda from Energy Resources of Australia for facilitating the session.

Do you have questions or want more information?

Contact Red Lily Health Board at 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

Facebook: www.facebook.com/redlilyhealth

LinkedIn: www.linkedin.com/company/31371580

Acknowledgement: Red Lily Health is funded by Kakadu West Arnhem Social Trust (KFAST), NT Primary Health Network (NT PHN) & Australian Government Department of Health. Red Lily Health is supported by Australian Medical Services Alliance NT (AMSANT) & NT Health, Top End Health Service (NT Government).