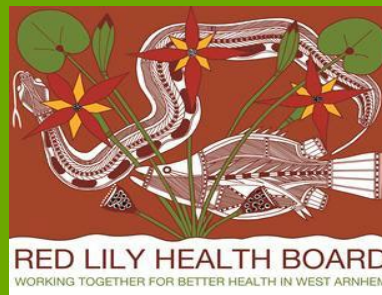


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RED LILY HEALTH BOARD NEWSLETTER

Red Lily promoted DONATE LIFE network through celebrating JERSEY Day



On Friday September 4, 2020 Red Lily employees wore their favourite sporting jersey to work to show their support for the DONATE LIFE network and begin the conversation with our friends and families about Organ Donation.

JERSEY DAY has been inspired by the story of NATHAN GREMMO who was tragically lost in an accident in May 2015. Nathan's family chose to give the gift of life to others to honour the legacy of Nathan's generous personality.

This campaign is all about raising awareness – there is no requirement to raise funds.

Jabiru Community Netball

Red Lily Health, Public Health Team in Jabiru this year put in a team in the local Netball competition to encourage and give young people an opportunity to join a team and have a go.

The team is made up of many young people including community members and staff members.

After starting a few weeks ago some of the young people were unsure of playing Netball and nervous but with each week, growing in confidence, even encouraging friends and family to have a go too.

Teamwork and support from everyone have been amazing which has earned the team a place into the Semi Finals in their first year.

Breakfast Club Jabiru School

The Red Lily Health Youth team have been lending a hand at the Jabiru School in the mornings to help with the delivery of a nutrition program to the youth from surrounding communities.

We all know early mornings can be tough, and breakfast is the most important meal of the day, so encouraging the young to come in and get a good breakfast is important for a head start for a long day of learning.

As well as the nutrition side, we also promote personal hygiene including washing hands and face, nose blowing, and of course brushing of teeth. The school mainly relies on donations from



Colgate, however the younger kids have a bit of a hard time with the “too hot toothpaste”, so if there’s some one that would like to donate some kiddies toothpaste to the school, would be greatly appreciated. We are always on the lookout for face washers as well, even towels that can be cut up for makeshift washers. If you have any lying around and would like to support a fantastic

initiative from the school, you can drop any donations to Racheal at the school, or Brett or Emma at Red Lily Heath, behind the clinic.

Do not forget to eat Breakfast every day and have a great energetic day.

Collaboration is the key



Staff from Red Lily Health, Relationship Australia and AMSANT

Red Lily Health strategies include addressing public health issues and taking preventive measures with the collaboration of local service providers and stakeholders to work towards healthier and stronger communities.

Recently the staff from Red Lily were fortunate to engage with 'Relationships Australia', and Aboriginal Medical Services Alliance Northern Territory (AMSANT), where it was obvious that the benefits of two organisations coming together demonstrated:

- collaboration brings people and organisations closer together
- collaboration helps people learn from each other
- it opens new channels for communication
- collaboration boosts morale across both organisations
- collaboration leads to higher retention rates
- collaboration makes us more efficient workers

Red Lily look forward to an ongoing collaboration with Relationship Australia and AMSANT.

Red Lily supporting Jabiru Primary Health Team



James cutting materials for making of spear



Jabiru Primary Health at Canon Hill

Red Lily provides a range of support services and we pride ourselves with delivering the 4 Ps of Primary Health Care, these being purpose, promoting, preventing, and protecting.

One of our services is promoting and supporting Jabiru Primary Health with weekly engagements to Kakadu communities. The benefits of these engagements are:

- reduce risk of getting sick
- detect potentially life-threatening health conditions or diseases early
- increase chances for treatment and cure
- limit risk of complications by closely monitoring existing conditions

During these visits we are often requested by residents to assist in other tasks that support residents and offer social and emotional support.

Gunbalanya Daluk Week

Recently, Gunbalanya held a Healthy Women's promotion week and Red Lily were lucky enough to be invited to be a part of this wonderful event. The event was all about discussing, sharing, and acknowledging that women are important family members, they do many things for their families, and its vital for them to be healthy and strong so they can continue taking care of themselves and their families. Having regular check-ups is proactive and can reduce the risk of any health concerns.



Conversations were around the importance of

- eating healthy food
- exercise
- having a regular general check-up
- a well women's check up every couple of years
- being informed of what is involved in a well women's check up

The wonderful partnership between Red Lily and Taboo (suppliers of organic pads) has enabled their products to be shared with the women of Gunbalanya.

When did you last have a women's health check? Not sure? Book an appointment today with your local clinic.

Upcoming Global & National Health Awareness Events

Date	Event
September 21	World Alzheimer's Day
September 29	World Heart Day
October 1-31	Breast Cancer Awareness Month
October 1	World Vegetarian Day
October 5-11	Mental Health Week
October 8	World Sight Day
October 10	World Mental Health Day
October 12	World Arthritis Day

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

Instagram: <https://www.instagram.com/redlilyhealth>

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