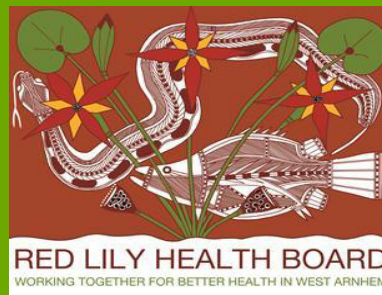


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RED LILY HEALTH BOARD NEWSLETTER

Red Lily acknowledges the traditional owners and custodians across the lands on which we live, and work and we pay respect to elders both past and present

Certificate of Appreciation awarded to Red Lily

Drum roll please...

The Jabiru staff of Red Lily Health are absolutely delighted and grateful to be recognized at Jabiru Area School end of year awards for “Certificate of Appreciation awarded to Red Lily Health in recognition for partnering with Jabiru Area School to provide Education, Wellbeing and Training Services in 2020.”

Congratulations to all students that were recognized for their grit, determination and portraying the schools core values of care, creativity, and challenge. Red Lily look forward to the ongoing partnership in this new year.



The Greatest Gift

Red Lily staff member Denise House was grateful that the workshop she was meant to deliver to ERA female employees was postponed, as this allowed her the wonderful opportunity (as scared as she was) of delivering this with other staff members of Red Lily.

What was discussed? A terrific insight into human behaviour and what drives us. Tony Robbins six core human needs.

There are six needs which drive our behaviours. These six core needs are not our values, or things we want. We must experience these needs.

It was discussed how these needs can be obtainable, and in a way this is sustainable. Obtainable means we can meet the need, but it is not necessarily being met in a sustainable way. For example, we can meet our need for variety by trying drugs. Is this obtainable? Yes. Is it sustainable? No.



Sustainable means we can meet that need on an ongoing basis, in a way that is good for us, and good for our future. For example, we can meet our need for certainty by developing a solid and healthy sense of certainty about ourselves and our purpose.

The training flowed onto vital needs model, behavioural profile D.I.S.C and ended with the greatest gift.

This training not only allowed unity of the staff but also provided tools for the ongoing needs of contribution and growth. Something they can take with them, because this makes engaging with community even better, and from now on will enhance our power to assist others on the importance of the greatest gift- self-respect!

Daluk's Day Out



What an eventful beautiful day out at Coinda/Mardugal with some ladies and Red Lily staff. Red Lily was approached to do a wellbeing women's day out and we thought it was a great idea and actioned it.

The day was full of fishing by the banks with talks about wellbeing and how to support each other in different types of situations. The ladies caught 7 fish in total which was eaten and cooked over a hot fire with a nice view of Yellow Waters Home Billabong.

This was followed by a swim at Coinda who graciously donated a very delicious light lunch. The ladies had so much fun they cannot wait for the next adventures.

Stars End of Year Awards Night



It is important to recognise the achievements and efforts of Jabiru female students, and Red Lily were honored to award Leah Tambling the "Rising Star" from Jabiru Area School at the end of year Stars Foundation Awards and Graduation night on the 1st December 2020.

These nights are special events and wonderful celebration of the significant efforts of the Aboriginal and Torres Strait Islander young women in the STARS program. The program focuses on developing leadership skills, positive attitudes, assisting students to complete school and secure employment.

Well done to Richard Tambling and Chantelle Ilett for hosting a wonderful event. You must be proud of your Stars girls who showed honesty, commitment, respect, and pride throughout the year and on the night.

We know Red Lily staff member Denise House was thrilled to see her daughter Daisy receive the encouragement award.

Wellbeing Check-up: Mamukala outstation to Mamukala wetland



The healthy lifestyles educator went out to Mamukala for a check up on a Bininj.

A short drive out to the Mamukala wetland where some yarning about health and other determinants of health.

We talked about traditional governance, healing, food There was plenty of magpie geese, some pig scratching about and the Kurrung winds blowing through.

Bushwork – Djurrubu at Kubarra



The healthy lifestyles educator was out and about with the some of the young men from Djurrubu Rangers for some fresh air this week. We used the bus from the Jabiru Primary Health Centre, tools from the Jabiru Mens Shed and headed out to the old Jim Jim road.

When we arrived, the road was closed, we went back and out to Kubarra. We collected some green plums, cut some didj, lorrkon. There is another trip planned later this month where hopefully we can pick up some bamboo for spears.

Jabiru Primary Health Centre & Red Lily has been recognised

Jabiru Primary Health Centre and Red Lily Health Board recognised for efforts to Clontarf.

The Jabiru Primary Health Centre (JPHC) and Red Lily Health Board (RLHB) was recognized for their efforts with the Clontarf Foundation at Jabiru Area School. Throughout the year JPHC conducted screenings, health promotions. The RLHB conducted health education to the young men. The Certificates of appreciation was given out on the awards night held at the Mercure Crocodile Hotel.



Volunteer – Xavier Paterson

15-year-old Xavier Paterson has kindly donated his time to Red Lily over the school holiday period.

Xavier has washed all the Red Lily and NTG cars and detailed inside the Red Lily cars, also completed maintenance checks, and is now starting on giving our much-needed garden some tender loving care.

Red Lily really appreciate your efforts and kind gesture of volunteering your time, Thank You Xavier.



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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