

# 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*

## Teal Ribbon Day – Ovarian Cancer Awareness



Red Lily Health had a community event with FaFT (Families as First Teachers) to promote Ovarian Cancer awareness to the mums and bub plus some school staff.

When we asked if anyone in the group has heard about ovarian cancer, we were surprised that few people knew about this. Ovarian cancer is not talked about or mentioned very much but it is the 10<sup>th</sup> most common diagnosed cancer in Australian women.

Red Lily received feedback from FaFT, we love working together to achieve some health outcomes.

*“Great family feedback about the learning and the cultural safe presentation”*

Cancer is the disease of the cells, which are the building blocks of a human being. Our cells are mostly controlled by our genes. All cancers begin because of problems with these genes. Most of the time the human body can fix these gene problems by itself. But sometimes it cannot, meaning the cells can grow without stopping. This leads to a growth or swelling (a tumor).

Did you know there is no effective screening program for ovarian cancer, so the best way of detecting the disease is to know the signs and symptoms.

According to Australian Cancer Research Foundation, 1 in 75 women are diagnosed with ovarian cancer before the age of 85.

To learn more about ovarian cancer please visit [ovariancancer.net.au](http://ovariancancer.net.au)

## World Hearing Day 2021: Red Lily and FaFT joined forces again



World Hearing Day 2021 marked the launch of the World Report on Hearing, presenting a global call for action to address hearing loss and ear diseases across the life course.

The theme of the World Hearing Day was “Hearing care for ALL! Screen. Rehabilitate. Communicate”.

The key messages of World Hearing Day 2021 target:

- Good hearing and communication are important at all stages of life.
- Hearing loss (and related ear diseases) can be avoided through preventative actions such as: protection against loud sounds; good ear care practices and immunisation.
- Hearing loss (and related ear diseases) can be addressed when it is identified in a timely manner and appropriate care sought.
- People at risk of hearing loss should check their hearing regularly.
- People having hearing loss (or related ear diseases) should seek care from a Health Care Provider

Red Lily was given the opportunity by FaFT to educate and empower the local participant families with current information on hearing loss and ear diseases across the life course.

The presentation was greatly received and lots of questions were asked. Red Lily Health Service left age-appropriate hearing assessments for the kids and encouraged them to use them as a guide and if they have any concerns to seek further medical assistance from the local health centre.

Red Lily also spent two days engaging with people in community to get the Hearing Awareness message out to most! This was very well received empowering approx. 60 people with education.

## Community outreach collaboration



Late in February, the Jabiru Primary Health Clinic Manager and Red Lily Healthy Lifestyles Educator went for a community visit to Cannon Hill and Hawk Dreaming. Normally we would drive through Magela Creek but over the wet season it's a bit different. The visit was facilitated by Parks Australia using their boat and vehicle and driver (cheers to Billy Fordham) on the other Magela Creek.

The visit was welcomed by families on the other side of the river and gave the opportunity to conduct checkups, distribute medicines and general conversations about health & food security.

We also dropped off some kitchen supplies and paint from the Arnhem Land Progress Aboriginal Corporation (ALPA) to the community.

It was good to see some effective collaboration for a common goal.

## Didgeridoos, Stripping Bark and one lucky Emu!

With the great wet we are having and the many overcast days it is a good day to go out for a walk. The healthy lifestyle educator took some Bininj out to look for wood for didgeridoos and strip some bark to make a canvas.

After getting picked up from Manabaduma we went down to collect some tools and hitched up the trailer from the Jabiru Mens shed to the NTG dual cab. There was some rain about, so we were not sure about the conditions.

We arrived at one site and after a bit of walking through open woodland over stony pebbly rocks we selected a couple of stems to be cut. Whilst walking through the scrub there was an exchange of land management knowledge on wet season burning, when to harvest the stems, what to look for in a stem to prevent unnecessary harvesting.



*Cutting stems for making Didgeridoo*

On the way to the next area to collect some bark we had a chance encounter with an Emu. Unfortunately, the Bininj did not have their spears so they had an attempt to chase it down through the scrub with an improvised weapon. The grass was too high, and the ground was boggy, so the chase was in vain. Back in the car and we bid farewell to the Emu... until we meet again.

Near Jabiru we did some more walking into the scrub to collect a single panel of bark. We returned to Manabudma to drop off the bark and the stems.

The trip allowed the means for families to collect resources to make goods for sale. Thereby providing some income to support their families. This assists in their social status and self-esteem. It allows for positive healthy activities which help encourage more positive healthy activities.

## **Daluk's Day Out – South Alligator Creeks and boat ramp**



Daluk's Day out with these beautiful ladies, the day was spent at South Alligator boat ramp and a few creeks on the way. The ladies were super

excited about catching some sharks as it is something they have been craving to eat. The competition was on to see who can catch the first shark and the fattest one.

During the day we stopped at South Alligator culvert to try our luck to get a barramundi but instead we caught an eel! We have not seen one in a long time and we were a bit scared thinking it was some type of water snake. We safely got the eel back into the water and back to barramundi fishing.

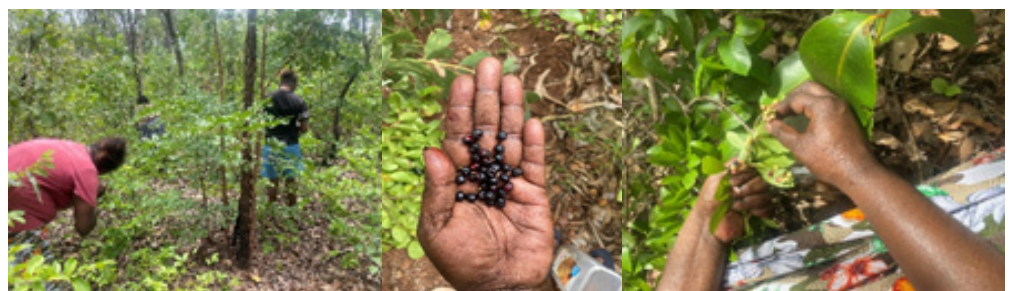
As we waited for the lines to buzz, we talked about women's safety and how we can keep ourselves safe in difficult situations. Some of these situations were from walking alone at night, when travelling alone, family fighting and violence in homes are just some examples.

Did you know, according to current statistics, one in three Australian women over the age of 15 will experience physical violence, and one in five will experience sexual violence. Living safe and free from violence is everyone's right, reducing violence is everyone's responsibility.

If you or someone you know has experienced, or is at risk of, family and domestic violence and/or sexual assault, you can contact 1800RESPECT on 1800 737 732.

1800RESPECT is a national sexual assault, domestic and family violence counselling and information referral service, available 24 hours a day.

## **Daluk's Day Out – Berry picking**



The Daluk's Day Out Program went to a very special location this time, these ladies have not been there since they were young.

The day was full of walking through the land to collect berries to eat and making colour for weaving while discussing healthy relationships and empowering them to take health back in their own hands and to make their own positive health choices.

Being on country has its own powerful healing energy as well as connection us to our ancestries.

There was a lot of laughter with being on the lookout for wild pigs and buffalo's, we could see their track and smell them but lucky we did not run into any and had the bus close.

On these Daluk's Day Out we remind each other how important it is to have support and to support each other through all types of situations and reaching out to talk is ok. Getting out and about is good for people's mental health because it boosts mood, improves sleep, and helps to deal with depression, anxiety, and stress. Being in nature makes people feel more relaxed and positive about themselves and gives them an enormous sense of well-being.

To end the day, we went to Merl Boat Camp area to see if we can catch the big fish for lunch, with no luck the ladies brought a large buffalo rib to cook up for lunch instead. This is a fortnightly event that the ladies really look forward to, Quote... "We can't wait for the next Daluk's Day Out!!!!".

*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.

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