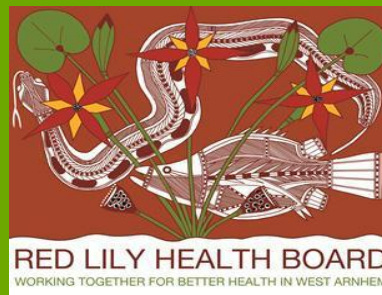


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RED LILY HEALTH BOARD NEWSLETTER

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

The MAYALI Project music film preview for Stars Foundation



Red Lily and Desert Pea media had the pleasure to present the end results to the Stars Foundation who played an incredible role in the making of this music film called 'The MAYALI Project'.

With funding from the NT Department of Health Alcohol Action Initiative, Red Lily engaged Desert Pea Media to facilitate an important, inter-generational conversation about social and emotional well-being for our young people, focusing on cultural identity, health, and positive choices.

This Film/ Documentary was created in September of 2020 - an outcome of a unique, collaborative creative process between Red Lily Health, Desert Pea Media and an unbelievably talented group of students at the Jabiru Area School, who represent several clan groups of Kakadu and Arnhem Land. Also involved were local community members, elders, artists, and community organisations.

This project involved a dialogue-based storytelling process that encouraged participants to critically think about how to create positive change for themselves, for each other and for their communities. Stars Foundation girls could not stop watching and played it repeatedly until it was time to go home.

We are very proud of these girls and seeing their true talent shine through. The Desert Pea Media team tell us they feel deeply honoured and grateful to

learn, share and create with the Jabiru community. We cannot wait for more amazing film to be made in the future!

To enjoy the music film please visit the below link:

www.facebook.com/redlilyhealth/videos/506198977452824

International Women's Day Event in Jabiru



International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Significant activity is witnessed worldwide as groups come together to celebrate women's achievements or rally for women's equality.

Marked annually on March 8th, International Women's Day (IWD) is one of the most important days of the year to:

- celebrate women's achievements
- raise awareness about women's equality
- lobby for accelerated gender parity
- fundraise for female-focused charities

This year International Women's Day Theme was 'Choose to Challenge'. A challenged world is an alert world. And from challenge comes change.

Jabiru celebrated this year's event by providing a High Tea at the local Town Hall. The lovely Sodexo team did a delicious spread of finger foods and desserts which was divine. The event started off with some empowering strong leading women from all different culture background to talk about how they have over-come their biggest challenges and their story of how they got to where they are now.

One of the Jabiru Area School students, Letisha Lami Lami - Nadjamerrek gave a speech about how she has grown from a shy young woman to now a role model leader for her school, friends, family, and community of Jabiru. One of her biggest achievement's is coming to school every day to learn and gain the

confidences to step into a trainee role at the school working with Families as First Teachers (FaFT) and in the main school area. Letisha is taking lead in making decisions to benefit the workplace.

Working safely with tools



The chainsaw is a very useful tool in communities and out in the bush. You can use it to cut up firewood, make furniture, clearing tracks, cut up beams for fence posts or constructing houses, sheds.

It is a dangerous machine which requires a chainsaw licence to conduct work at Red Lily health.

The Healthy Lifestyle Educator (James) attended a chainsaw competency training course on the 9th and the 10th of March at the South Alligator Ranger Station to be able to use the chainsaw for community and bush work.

The course covered legislation, safety procedures, maintenance, cutting techniques over two days of theory and practice.

It was great to see the other participants from Warddeken Rangers and West Arnhem Regional Council – Maningrida. Over the two days everybody gained their confidence in their technique to handling the chainsaw with encouragement from each other.

This shall allow James to help the community to collect resources or clean up. A big thanks to Murray from CDU who has the trainer and assessor, Parks Australia North (South alligator Ranger Station – Freddie Hunter and Crew) and all the participants.

Sexual health workshop in Darwin



Red Lily Female youth workers Kyra & Irene and Lifestyles Educator James attended the Sexual Health Workshop in mid-February at the Michael Long Learning Centre in Darwin. The workshop was hosted by the Sexual Health and Blood Borne Virus unit in partnership with National Aboriginal Community Controlled Health Organisation (NACCHO).

The workshop provided the opportunity to re-enforce key sexual health messages, introduce new messaging and also to recognise some of the work put into the communities to build skills and confidence to talk about sexual health.

Sexual education - Comprehensive sexuality education does not lead to earlier sexual activity or riskier sexual behaviour. About two thirds of evaluations show reductions in targeted risky behaviours. About 60 per cent of programmes had a positive effect on at least one behavioural or biological outcome, such as increased condom use or reduced unplanned pregnancies.

Sexual Transmitted Diseases and Blood Borne Virus - the main ones of concern are Chlamydia, Gonorrhoea, Trichomonas and Syphilis, included some Point of Care Training with test kits.

Health Education – Year 5 and Year 6 Jabiru Area School

Education and literacy are important in making informed decisions about their health. Puberty is an important stage in an adolescent life. It can be an anxious, confusing and self-conscious time. To support the preteenagers of Jabiru Area School –



the Jabiru Primary Health Centre in conjunction with Red Lily Health Board, Jabiru Area School, Clontarf, and Stars Academy combined to deliver some education on puberty to years 5 and 6. There was many questions and

laughter which is good. All the kids learnt something and hopefully have a bit more understanding about which is going on with the body and their emotions.

Red Lily Public Health Team's 2nd Birthday in April



Red Lily Public Health Team in Jabiru has celebrated with a chocolate mud cake the achievements and accomplishments they have made in the last 2 years to start the journey of putting health back in the hands of Bininj people to achieve an increase in positive health outcomes for all.

Red Lily employees have developed a motto which encompasses what we strive to achieve every day within all communities:

#purpose, promotion, prevention, protection...

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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