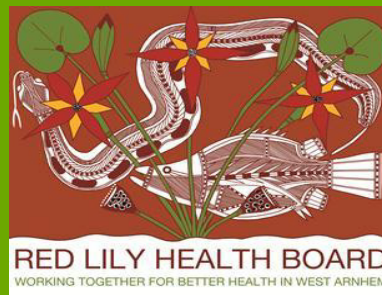


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RED LILY HEALTH BOARD NEWSLETTER

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

Minjilang Health Centre Transition update



Red Lily Health Board Chair Reuben Cooper & Transition Manager Stephen Hayes in front of the Minjilang Clinic

Minjilang Health Centre management will be transferred to Red Lily Health on 1 July 2021! The NT Government has agreed to this date and Top End Health Service will remain supportive and a partner in health care delivery across the Top End including the West Arnhem communities.

There has been a lot of activity in recent times in preparing for this first full-service transition and all this hard work has resulted in this agreement.

Once the transfer of Minjilang is completed, Waruwi on South Goulburn Island will then be transferred followed by Jabiru and Gunbalanya over the next 2 years.

Aboriginal Community Control results in local decision making and prioritising of local health issues.

Celebrating Mother's Day and Raising Money for Breast Cancer Research!



GO PINK brings the community together yearly to make a proud pink pledge and raise funds for the game-changing breast cancer research. Research into early detection and preventative treatments, which is vital to increasing survival rates.

Red Lily Health supported the School Fun Run and donated fruit to participants, we also spoke during the week about Healthy Lifestyle and breast cancer early signs and symptoms.

Donations from APONT

Red Lily Health is in the early stages of developing a Female Youth Camp later in the year. It will focus on Healthy Life – Nutrition, Mental health, Alcohol and other drugs, Sexual Health and Fitness.

The aim is to grow a strong women's youth network founded on building strong relationships that will empower youth to build and sustain a healthy lifestyle through targeted approach to physical exercise and health, and social and emotional wellbeing.



Red Lily Health would like to Thank APONT (Aboriginal Peak Organisations Northern Territory) for their support towards the Female Youth Camp, with the donations of many swags.

Your thoughtfulness and caring nature are sincerely appreciated, and we look forward to future partnerships with you.

Donations from HALL



HALL Contracting is Australia's largest privately owned dredging civil and marine construction company. They were a sub-contractor of ERA (Energy Resources Australia) Jabiru for 6 years with their contract recently coming to an end.

Due to this Red Lily Health was offered all the contents of a 4-bedroom home including beds and bedside tables, fridge, lounges, kitchen items, dining room table and chairs etc. to donate.

Red Lily Health would like to Thank You for your continued support as evidenced by your recent Huge donation. Your kindness and generosity do not go unnoticed and is greatly appreciated.

Daluk's Day Out Continues!



Take time each day to take care of your own wellbeing. Not only will it make you feel better, but giving back to yourself, will mean you will have more to give others. Self-care is important not just for your mental health but for your holistic health. Holistic health includes family, community, country, body, spirituality, mind, emotions, and culture.

Self-care can look like –

- Eating healthy food which gives your body fuel to keep active.
- Reconnecting with country and practising culture.
- Having fun, doing the things you love like hunting for turtles.
- Surrounding yourself with family and friend who love you for you.
- Looking after your health, going to the health centre for regular check-ups.

Empowering Daluks

Program participants support each other to collectively address problems they face, with the problem-solving skills individuals acquire, then having a ripple effect, as people start working together to affect change at the level of the family and the community. Holistic approaches are another important aspect of Aboriginal perspectives on healing.



Daluk's program includes: Goal setting; Self-development (self-esteem, confidence building, positive attitudes, motivation); Anger and conflict management skills; Communication and relationships skills; Addressing the use of alcohol and drugs; Building resilience; Support and mentorship training; and Building cultural identity.

Hear Our Voices, people spoke of healing as: A spiritual understanding of self, identity, love, belonging, family, security, hurt, heartache, good times, laughter, and our connection to land. Having hope and finding acceptance based on love and respect, of understanding ourselves, our supports and being able to tell "our" stories. Becoming empowered is how we can start to deal with the pain and grief and then help others and our community.

Kakadu Triathlon



On the 8th of May Jabiru held its Triathlon. It was a warmer than usual morning for the Jabiru Triathlon. We had competitors from Darwin, Katherine, Litchfield and the Sunshine Coast. 120 participants travelled in from remote areas to be a part of the event. Little Felix's (6) family woke up at 3am to drive

him 3 hours to compete in his first Triathlon. Some long-departed Jabiru also returned to participate.

Red Lily supported the Jabiru Triathlon by coordinating the volunteers around the course and manned several of the marshalling points around the course. We also supported the official photographer, Peter Keepence.

It was a great opportunity to support the community and to meet new people. It also gave an opportunity for those who may not see what is involved in running a Triathlon. The more you get involved with life – the greater your life shall be.

JabiruFlix



West Arnhem Regional Council had their first JabiruFlix event in Jabiru. Sonic the Hedgehog was the movie played and this tied in brilliantly with the start of the Kakadu Triathlon.

The event was a great success with over 50+ adults and kids coming along and joining in the fun.

Red Lily Health ran the sausage sizzle and Thanks the West Arnhem Regional Council and Sudexo for their gracious donations.

All money raised from the sale of the food and drinks will be given to the Men's Shed in Jabiru.

Upcoming Global & National Health Awareness Events

Date	Event
May 19	World IBD (Inflammatory Bowel Disease) Day
May 25	World Thyroid Day
May 25-31	Kidney Health Week
May 31	World No Tobacco Day
June 1-30	Bowel Cancer Awareness Month
June 14	World Blood Donor Day

Upcoming Key Aboriginal and Torres Strait Islander Days of Significance



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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