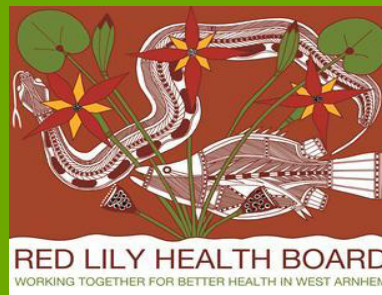


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RED LILY HEALTH BOARD NEWSLETTER

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 transitioned to Red Lily!



1st of July 2021 was the biggest day for Red Lily Health and the people of Minjilang. Red Lily Health are very pleased to let our community know that Minjilang Health Centre and associated primary health care services are now part of the Red Lily family.

A very warm welcome to Priscilla Muswibe and her team at the clinic. We look forward to many healthy experiences in serving the population in Croker Island. An official launch event will be planned to occur in coming weeks.

NAIDOC Week Celebrations



Jabiru NAIDOC activities and events were scaled down this year or postponed due to COVID-19.

One event that did go ahead but on a smaller scale was the NAIDOC Celebration Day, the morning featured a Welcome to Country by Corben Mudjandi and opening remarks by the Deputy Mayor Elizabeth Williams.

It showcased cultural activities including weaving, damper making, painting, and dancing and West Arnhem Regional Council supplied a free lunch for community, cooked by Red Lily Health.

Fantastic Day had by all....

Daluk day out at Maguk (Barramundi Gorge)



Our last trip for Daluk's day out program was visiting the beautiful Maguk Gorge which is known for its Anbinik trees – the biggest trees in Stone Country in Kakadu National Park. While walking along the tracks we were looking for fishing to catch some manme (food). The morlehmorlenj babmang mirndewern Warradjan. (The women catch lots of pig nose turtle.)

We talked about the effects of kundalk and giving it up. Kundalk affects everyone differently, but you may experience feeling relaxed and sleepy, spontaneous laughter, excitement, increased appetite, dry mouth, quiet and reflective moods.

Giving up kundalk if you want to give up but have been using it regularly for a long time, your body must get used to working without kundalk. Therefore, you may experience withdrawal symptoms which may last for less than a week, but your sleep may be affected for longer.

Symptoms of withdrawal include anxiety, irritability, aggressive and anger behaviour, loss of appetite, upset stomach, sweating, chills, tremors, restless sleep, and nightmares.

See your local Alcohol and Other Drugs Worker for more support with giving up kundalk.

Red Lily contributes to NT Ear and Hearing health planning!



What a turnout!!! A massive amount of knowledge and experience in one room with the inspiring collaboration of health professionals who share a common goal; to improve ear and hearing health in Indigenous children and to step out of their comfort zones and try a new strategic approach.

Alicia (Red Lily Public Health Team Leader at Jabiru) and Brad (Red Lily Business Manager, Darwin) share a seat on the NT Ear and Hearing Health Steering Committee and were able to join this 2-day workshop in June. The workshop brought a range of health professionals together to address the challenges of streamlining the many parts of the ear and hearing health system to provide a more effective service to communities in the NT. Listen out (see what we did there!) for news of system changes in coming weeks and months.

Red Lily would like to Thank AMSANT for their gracious support of the financial costs associated with travel and accommodation, and the healthy food supplied was also of very high quality. AMSANT the support you give doesn't go unnoticed and we really appreciate it.

A big shout out to NOUS Group who offered a broad consulting capability that allowed the group to solve our most complex strategic challenges through transformational change.

Community Engagement



Red Lily provide a range of support services and we pride ourselves with delivering the 4 Ps of Primary Health Care:

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.

Dr Sue, Fiona (Acting Health Centre Manager) and Leo were present for the community visit this week.

DEMED, Top End Health and Red Lily partnership



Earlier this month DEMED, Top End Health and Red Lily coordinated the delivery of mattress from Jabiru to Gunbalanya. The mattresses were from Cooida lodge as part of their refurbishment. DEMED provided the truck which made it very easy to transport the mattress over the east alligator. Thanks to the Jabiru Primary Health Centre for storing the mattress in one of the houses.

Being able to have a good sleep at night makes a big difference to your life. You get sick less often, helps you stay at a healthy weight, reduces your stress, and improves your mood, you think more clearly and do better at work and at school, you get along better with people and make good decisions and avoid injuries (drowsy, fatigued drivers cause many car accidents each year.)

Daluk's trip to Djarradjin Billabong Kakadu National Park

Djarradjin is about 28 min drive from Jabiru Township with beautiful views of Kakadu wildlife. Kakadu National Park is large that covers almost 20,000 square kilometres of breath-taking land. Aboriginal and Torres Strait Islander people have walked these lands for many thousands of years and has formed

this amazing strong family / kinship systems. The visit was welcomed by families. This family system means the child rearing responsibilities extend beyond the immediate family group and may include aunts, uncles, cousins, and grandparents. We health promotion people need to understand the extended family concept when working with Aboriginal and Torres Strait Islander communities.



Over time, Aboriginal and Torres Strait Islander children find out about their family connections and where they belong in relation to others, including who they are related to, who they can and cannot marry, and socially acceptable ways of interacting with others. Aboriginal and Torres Strait Islander cultures thrive through knowledge of family and kin, connection to country and community.

Aboriginal kinship relations reflect a complex and dynamic system and define where a person fits into their family and community. The value of the kinship system is that it structures people's relationships, obligations, and behaviours towards each other. It will influence who will look after children if a parent dies, who can marry whom, who is responsible for another person's debts or misdeeds, and who will care for the sick and old.

For example, a man or woman may have an obligation to care for the children of their siblings. The children may refer to their uncle and aunty as their 'father' or 'mother' and their cousins as 'brothers' or 'sisters'. They know who their real mother and father are, but under these societal



(kinship) laws, other family members have equal importance. The common terms of endearment among Aboriginal peoples are 'brother' or 'sister' when talking to people. These are derived from the kinship terms and associations.

Families as First Teachers (FaFT) forum in Darwin



Irene the Female Youth Worker was very excited to attend the yearly FAFT Forum with Rhonda and Trish from Dept. of Education. Trish and Rhonda presented their work, experiences, and challenges to the group with a very positive response.

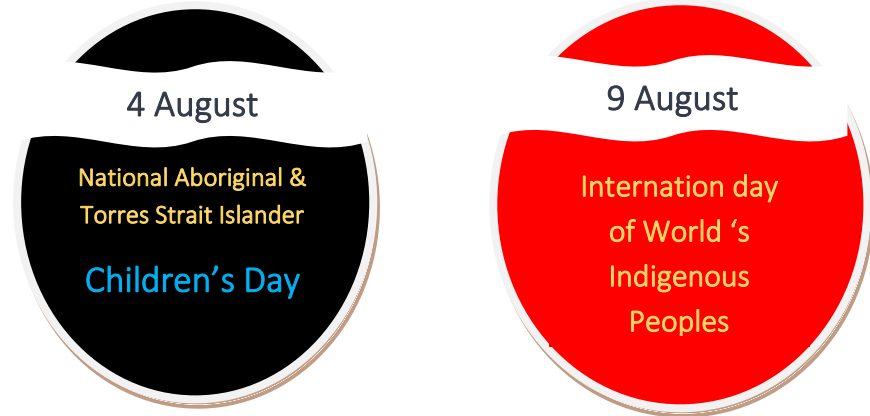
They explained about how they have support form Red Lily Health and other service providers and the logistics of pickups and drop offs in each outstation and community in the Kakadu region.

They also explain they have commenced working alongside our families with the transition into preschool for 2021! And how home visit is essential if Jabiru FAFT know sorry business is in the communities and outstations.

At the forum they got to meet other FaFT coordinators and liaison's workers. They explained about their issues in the FaFT program and got some ideas from other FaFT programs to use in their community.

Lots of activities and learning was achieved through out the Forum.

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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