

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

Red Lily Board Directors are encouraging others' for having COVID shot!



AFL legend Adam Goodes gets his COVID-19 vaccine.

To get access to the video please click on the link:

https://www.youtube.com/watch?v=tymcBIuqP_c&t=21s

June Nadjamerrek, Red Lily Health Board Director from Gunbalanya was very scared initially to have her COVID vaccine jab but she took the courage to come forward to go for it and after having her first vaccine jab, she had her 2nd COVID vaccine Jab (Pfizer) too at Royal Darwin Hospital. Jill Nganjmirra from Gunbalanya who was inspired by June also came forward and had her first COVID Vaccine jab (Pfizer) on the same day.

After having the vaccine both were feeling great. In their local language they expressed their expression with only one word - "Gamak" and their message

to the other people who has not have their vaccine yet - "We are feeling ok after the needle and other people should come for their needle too to protect our community and country from COVID"

V Badges award for Red Lily Board Directors



Red Lily Health Directors proudly wearing their "V Badges" award 🏆 for getting fully vaccinated. This an initiative from AMSANT (Aboriginal Medical Services Alliance NT)

From left Steven Fejo (Minjilang), Lazarus Lamilami (Warruwi), Matthew Nagarbin (Minjilang) and Rosemary Nabalwad (Mamadawerre).

Kakadu is coming into Kurrung season which means hot and dry weather!

The temperature will be getting up to 37 degrees, drinking plenty of water and trying to stay in shady area, is the best thing you can do to keep your body hydrated.

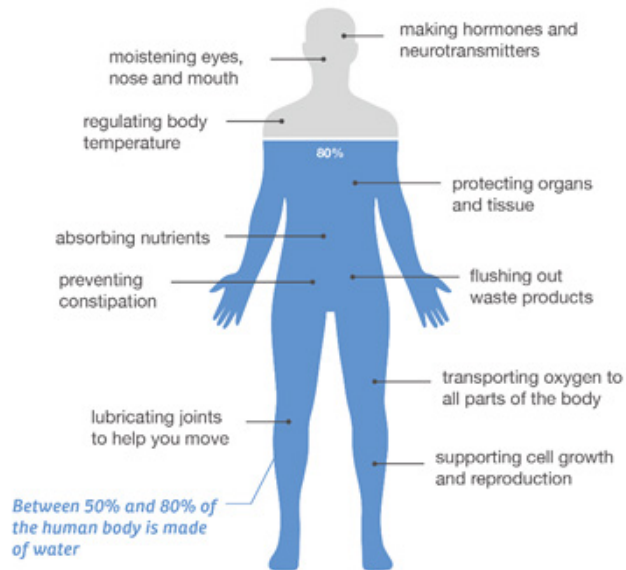
15 mins of resting in between exploring the beautiful Kakadu National Park is a good way to stay hydrated.

Remember your hat and sunscreen.



Water and your health

Drinking plenty of water every day is important for good health.
Your body relies on water for many functions, such as:



We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

*In Australia, 1 cup is equivalent to 250ml.

FaFT (Families as First Teachers) and Red Lily Partnership



Staff and family capacity building is something we strive to achieve...

At FaFT our little learners are taking big steps in all areas of development. Here our little ones are problem solving, learning early writing skills, how to use fingers and muscles and how to express themselves!

Governance Training for Red Lily Board Directors



Red Lily Board directors along with their alternate directors attended governance training on 12th August 2021 at Palm City Resort, Darwin. Peter Marin from MLCS Corporate was the trainer. During the training session Peter helped the board to enrich their knowledge to understand finance reports including balance sheet, income and expenditure statements. Board was very thankful to the trainer and Red Lily team.

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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