



# 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*

## Public Access Defibrillator Project with St John!



Red Lily Board Directors talk about the importance of having COVID vaccine jab. To get access to those videos please visit Red Lily Facebook page: [Red Lily Health | Facebook](#)

St Johns are doing a public access defibrillator project within the Northern Territory and their aim is to get 1,000 public defibrillators out and about. The drive behind this is if a defibrillator is applied within the first few minutes of a cardiac arrest, the survival rates can be as high as 70%.

Red Lily Health is proud to support this project by having 9 public access defibrillators for Willigi, Mamadawerre, Manmoyi, Kabulwarnamyo, Kapalga, Jabiru, Gunbalanya, Warruwi & Minjilang.

**Having a defibrillator in your workplace, community or home can make the difference between life and death.**

By joining St John Public Access Defibrillator Project, we are making defibrillators more accessible to the people in the Northern Territory, having more people trained in using defibrillators and help increase survival rates of loved ones.

Remember sudden cardiac arrest can happen to anyone, anywhere and anytime so let's turn into a local hero for the people in the NT.

## Jersey Day celebrations!



JERSEY DAY is all about promoting awareness of The Organ and Tissue Authority and the DONATE LIFE network.

On Friday September 3, 2021 Red Lily and NTG employees wore their favourite sporting jersey to work to show their support for the DONATE LIFE network and begin the conversation with our friends and families about Organ Donation.

JERSEY DAY has been inspired by the story of NATHAN GREMMO who was tragically lost in an accident in May 2015. Nathan's family chose to give the gift of life to others to honour the legacy of Nathan's generous personality.

This campaign is all about raising awareness – there is no requirement to raise funds.

## Out on Country

Red Lily Healthy Lifestyles Educator, along with couple of the Bininj from Town Camp in Jabiru, went for a scout upstream of Magela Creek assessing access to a site for possible camping in the future.

The morning was spent loading up the Top End Health Ute with gear including cooking gear, fishing gear, a chainsaw, shovels, Max tracks and other first aid and safety equipment. We checked in with Ranger Mine before crossing over

Magela creek. We needed to re-organise the gear after the not so smooth crossing.

The track had not been used in a very long time with trees growing back up the track, buffalo wallows on either side. We had to stop a couple of times to use the chainsaw to clear the track. We came across plenty of animal tracks (buffalo, pig, wallaby and emu).



We got about  $\frac{3}{4}$  of the way before deciding to stop. The campsite that we were after was a little further upstream and shall require a second trip using a different route.

We stopped and had lunch in the riverbank beneath the stilling well of a hydrometric station. There was a nice breeze flowing through. Historically the spot has been used as a camping base during the dry season for hunting into the surrounding area for game. For one of the passengers, it had been a very long time since he was last there.

At the end of the day as you are telling stories of what you did today... you can say I stayed at home or went out for an adventure; did a little weight training (moving trees of the track), explored some place for future hunting and enjoyed the being out in the bush with good company. And for one Bininj - to reconnect to a place he had not been for many dry seasons.

## **Bush Walking provides Clearer Mental Health**

The Healthy Lifestyles Educator led another expedition at Magela Creek earlier this month.



After the adventure of the 1st reconnaissance trip, we attempted to access the site via

another road running off Ranger Mine. We packed the NTG Ute with the usual kit (recovery gear, cooking and fishing gear, safety equip, chainsaw and other safety equipment).

We checked into the Ranger Mine gatehouse to pick up the keys and went down an alley way of tracks down to the firebreak road on the east side of the mine. We went through a gate which we thought was the right gate. However, this led to open scrub with no track in site. We had a wander around the area but couldn't pick out a track.

It was getting into the middle of the day, so we pulled up stumps and went for a fish at a billabong past Mudjinbardi. The mid-day breeze was cooling and was rewarded with a nice sized barramundi.

At the end of the day as you are telling stories of what you did today... you can say I stayed at home or went out for an adventure. Explored a new place for future hunting and enjoyed the being out in the bush with good company and was able to bring home some food.

## **Animal Management in Rural and Remote Indigenous Communities Program (AMRRIC)**



The program is about supporting dogs in remote Indigenous communities by having access to dog treatment such as, Credelio™ chewable anti-parasiticide and tick and flea prevention.

Red Lily Health has been kindly donated 200 doses of Credelio™ chewable anti-parasiticide for dogs to help Kakadu communities to treat the dogs in need. We are looking forward with the ongoing partnership with AMRRIC.

We would like to say “Thank You” for the generous donation of #Credelio anti-parasitic for dogs, made available by @AMRRIC supporters and Elanco. This anti-parasite medicine will help to keep our dogs healthy!

## **Dream Time Story – Rainbow Snake Aboriginal Story**

Aboriginal Dreamtime stories are one of the most important aspects of Indigenous culture. Aboriginal Dreamtime stories speak of events from the time of creation. These stories have been passed on from one generation to the next for thousands of years. Dreamtime stories are also preserved in our songs and dances. These stories give us understanding of the past and have helped us survive through the laws and morals that lay within these stories.

### *Story Time!*

In the dreamtime, the Earth laid still. Nothing moved. It was all bare!

One day, the Rainbow Serpent awoke from a long sleep under the ground. She travelled all over. Wherever she went, she left the marks creating rivers where she moved and lakes where you slept. She returned to the place she first woke up and called out to the frogs. “Hey friends, come out!”

Immediately, the frogs came out slowly because they were full of water. As the Rainbow Serpent tickled their bellies, the frogs laughed and laughed and let all their water out. Running across the land, the water filled the rivers and lakes. From the water, the grass and tree grew up.

After some time, the animals awoke. They followed the Rainbow Serpent and were happy. They collected food in tribes. Some of them lived in rocks, some of them in trees and others lived in the air. The Rainbow Serpent gave them laws to live by peacefully.

Later, some of the animals became disruptive and caused trouble. “Those who follow my law will be rewarded and given human form.” Declared the Rainbow Serpent. Even after giving the warnings, many animals broke the laws and soon turned into mountains and hills.

On the other hand, those who kept their laws were turned into humans and were given the totem of animals they once were. Tribes knew themselves by their totems: kangaroo, emu, snake, and many more.

At that time, no one starved. “A man must not eat from their totem, only of others,” was the only condition to survive. That way, there was plenty to eat for everyone. The tribes lived together on the land given to them by the Rainbow Serpent. They knew that the land would be theirs and no one could ever take it from them.

[Rainbow Snake Aboriginal Story - Bedtimeshortstories](#)

## Social and Emotional Wellbeing Training by Maria Marriner Top End Health Services.



Red Lily staff had the greatest opportunity to have face to face training about Aboriginal and Torres Strait Islander Social and Emotional Wellbeing. The outcomes we learnt were:

- To build connection, relationships, and confidence through social skill development
- Increase participants' knowledge, skills and understanding about wellbeing and keeping our spirit strong, and why it is important
- Have fun
- Review SEWB Story Book Resource (which we will use as a backdrop for training) for appropriateness to culture, content etc

Within this training we also learnt some amazing ice breaker games. You might be thinking what is ice breaker games? Well, let us explain.

An **icebreaker** is an activity or game designed to welcome attendees and warm up the conversation among participants in a meeting, training class, team building session, or other activity.

Icebreakers play a significant role to help ensure that all attendees are equal and communicate with each other on a comfort level which is important to break down the barriers within the workplace through its job titles and organisations.

An icebreaker can get people talking, generate laughter and help participants start with an initial level of comfort.

*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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