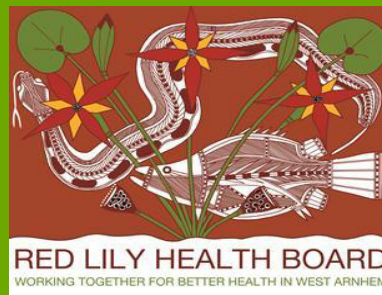


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RED LILY HEALTH BOARD NEWSLETTER

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

Nellie Alabumbu Community Health Centre, Minjilang – Official Handover Ceremony!

Minjilang Health Center
Official Handover
celebration video. To get
access to the video please
visit Red Lily Facebook
page: [Red Lily Health |
Facebook](#)



Thursday 14th October 2021 will live long in the memory of residents and visitors of Minjilang as we celebrated the beginning of a new era in community-controlled health services on Croker Island. Some may say it is a return to the old days when the clinic was run through the Council by the much-respected Aboriginal Health Worker whom we are sure you all know.

The community team (by that we mean all of the organisations and workers on the island) pulled together to make sure that there were enough facilities to welcome a crowd of 120 or so people (including around 50 visitors). WARC, ALPA, School and Police all helped Red Lily with equipment, manpower and transportation to ensure that we all enjoyed the occasion. The children from school came to enjoy the occasion and added much to the sense of excitement at the Clinic.

Visitors included The Hon Natasha Fyles (Minister for Health), Frank Daly (CEO, NT Dept of Health), Lawrence Costa (MLA, Arafura), Matty Ryan (Mayor, WARC), Liz Edwards (representing the Australian Government Dept of Health), Le Smith (representing NT PHN) and Dr Christine Connors OAM (Top End Primary Health Care Exec Director, NT Dept of Health) along with many colleagues who have contributed to the health service transition process.



Mr Steve Hayes, Red Lily interim CEO was MC for the ceremony. A welcome to country address was made by Henry Wadaga who also accompanied Ronnie on yidaki as he offered a song in honour of the occasion. Mr Ken Ogden informed the audience of the history of the person who is named on the Health Centre signage, and it was a pleasure to welcome family members of that old lady to the community for the day.



There were speeches from the NT Minister for Health Hon. Natasha Fyles, Dr Connors and Liz Edwards (with a message from the Federal Minister for Health) all celebrating this wonderful occasion and looking forward to a healthy future. Then Ronnie along with The Hon Natasha Fyles cut the ribbon across the front door of the clinic and stepped in to begin a new phase of health service delivery on the island.

There followed a wonderfully tasty lunch for all to enjoy (if you haven't tasted Mrinal's BBQ chicken you are missing out!) and a time to get together and chat about the event. Thank you to everyone who joined in with us to make this such a memorable occasion.



Visit from Sullivan Nicolaides Pathology



David Edwards and Michelle Dittko from Sullivan Nicolaides Pathology (SNP) have visited Red Lily Health in Jabiru on Wednesday September 29 to discuss the pathology services currently provided at Red Lily's Minjilang Health Centre. SNP have offices in Darwin, Katherine and Alice Springs and are based in Queensland. They have previously provided services for other NT Government West Arnhem health sites, and Red Lily. We have been very happy with the services provided and plan to continue the relationship with future transitions.

In the photo, from left to right is Steve Hayes, Michelle, Alicia and David. Alicia Smith is the Jabiru Red Lily Public Health Team Leader.

Territory Day brings everybody together!

Red Lily cooked the BBQ assisted the West Arnhem Regional Council and other organisations with Territory Day on the 29th August on the grassed area near Foodland to celebrate Territory Day

It was a great afternoon on the grassed area between Foodland and the Library for Territory Day. Red Lily was manning the BBQ, Foodland donated the food for the BBQ, Sodexo for the Cake, West Arnhem Regional Council provided the



Pop-up screen, lighting, and Monster Ball amusements for the jumping castle and NTG for the fireworks show by Howard & Sons Pyrotechnics. The kids and the parents all had a good time. Plenty of Sausages and Cake and a great movie to watch after the fireworks.

It was good to see the different organisations pitch in to celebrate Territory Day when the Northern Territory achieved self-government from the commonwealth on the 1st of July 1978.

SYNAPSE Embrace Kakadu



On the 13th of September Red Lily employees attended a workshop held by SYNAPSE (Australia's Brain Injury Organisation).

Our facilitators for the workshop were Murrumburr women Kylie-Lee Bradford and Larrakia man James Parfitt.

In the workshop we acquired knowledge of The Guddi Way. Guddi is from the Kuku Yalanji language of far North Queensland and is a culturally relevant and appropriate way of identifying brain injury and complex disability, social and emotional wellbeing including trauma, alcohol and drug misuse, hearing loss and social disadvantage to Aboriginal and Torres Strait Islander people.

Kylie told us that The Guddi Way arose out of a need that was identified by Indigenous community members that wanted a better understanding about prevalence and nature of brain injury.

SYNAPSE say that in Australia, marginalized Aboriginal and Torres Strait Islander Peoples can be exposed to known risk factors for cognitive impairments. These disabilities can often remain undiagnosed for multiple, complex reasons.

It is well documented that standard cognitive tests can be culturally insensitive and unsafe. Misunderstandings about people's needs and capabilities can make people miss out on appropriate supports. This cohort then becomes at risk of:

- Poorer health and employment outcomes
- Homelessness
- Increased engagement with the criminal justice and human services systems

It was very uplifting for our staff to do this workshop and achieve more knowledge, we look forward to working with SYNAPSE, Kylie and James in the future.

Patonga Community Engagement and Activity

The healthy lifestyles educator visited the buffalo farm to take some ladies out fishing early this month at a billabong near Patonga Homestead. The main purpose was to check in on a client after coming back from hospital in Darwin.

Being active is a good way of countering bad stress and helps your body to rest, relax and recover. It activates your endorphins and dopamine.

Eating bushfood is a healthier option to some of the highly processed sugary / salty food

that you can get in the stores. The catch for the day was a Saratoga and a turtle to be cooked later that week. One the way back we harvested some star fruit (or Carambola) which is high in vitamin C and B5. There was a nice fruit garden developing at the homestead.



R U OK Day

This year's message is "Are they really, OK?"

R U OK Day is about everyone's mental health, don't wait until someone is visibly distressed or in crisis ask how they're really going.

Your conversation could change a life. R U OK website has amazing resources to help you keep the conversations going when someone says they're not ok, so have a look at their website to see how you can keep the conversation going.

How to ask "Are you OK?" / R U OK?

Before you look out for others you need to look out for yourself first, and that's ok. See below to see if you are ready to ask R U Ok to someone.



Am I ready?



Am I prepared?



Picked my moment?

- Am I in a good headspace?
- Can I give as much time as needed?
- Do I understand that you can't fix someone problems?
- Do I accept that they might not be really to talk?
- Have I chosen somewhere relatively private and comfy for them to talk?

*Remember it's ok to not be ok!
See your local Health Centre for mental health services.*

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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