



# 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*

## An Early Christmas Present!

Well done all concerned. Mayali won their category in the NIMAs (National Indigenous Music Awards) at the weekend.

Great recognition of the talent of Kakadu and the hard work of Red Lily and Desert Pea too! [THE KID LAROI, BUDJERAH, BAKER BOY & MIIESHA LEAD WINNERS LIST – NIMA \(musicnt.com.au\)](#)



*Photo: Steve Hayes receiving the car key from Celine Vanderhorst at NT Fleet*

Red Lily is very thankful for receiving a 2015 Toyota Commuter bus with 13 seats as a gift from the Community Benefit Fund (NT Government). Red Lily is considering it as a Christmas gift for the local communities of Jabiru and Kakadu homelands. This bus will be used to provide better service in the region.

## AMSANT Damulgurra Training



AMSANT recently provided Damulgurra Training for Red Lily staff. Damulgurra provides Culture Response Trauma Informed Care training which has been developed in consultation with our communities and elders in the NT. It focuses on local experiences and knowledge of trauma and healing that is applied to a local cultural context.

The Damulgurra session opens with fantastic ice breaker games that will make everyone laugh, helpful hands-on learning to help understand the heavy context and most importantly lovely friendly trainers that you can connect with throughout the course. Red Lily can't wait for the future sessions.

## Making handwashing fun!

The global Covid-19 pandemic has really opened our eyes about how diseases spread between people, and we learned the importance of social distancing and hand hygiene.

Red Lily Health ran a handwashing session with the Pre-Schoolers to demonstrate why handwashing is very important. We used Glitter Bug product to learn about germs.



The Glitter Bug helps you to show kids the right technique to wash their hands in a fun way. Finding all the hidden places where germs live that can be easily missed.

Good handwashing can stop you from getting sick and can stop the spread of germs. Sometimes you can't see the germs so always wash your hand before and after you eat, play, and touch babies.

## SafeTALK workshop



What does safeTALK stand for?

SafeTalk (Suicide alertness for everyone –Tell, Ask, Listen, Keep safe)

Tricia Maling the Program Manager, Top End Suicide Intervention & Awareness Training Program (TESIAT) delivered the half-day training program that teaches participants to recognize and engage people who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention.

SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide.

## Turtle hunting out at Mamukala

The healthy lifestyles educator took a minibus of men and women on a turtle hunting trip in the last week of October. We went out onto the edges of the floodplain at Mamukala.

The trip was an opportunity to change up the routine, to be active walking and prodding the dirt for turtles. We came across plenty of magpie geese, whistling ducks, pigs and a solitary buffalo. The backdrop whilst hunting was spectacular.



It was a good exploration with the bus down the bush tracks. We shall have to bring some pruning gear next time to clear some of the small branches along the track.

This part of the Mamukala billabong still holds plenty of water and shall need to dry out some more. This is providing more areas to go hunting for turtles. The ladies collected one small turtle.

## Syphilis Screening



Red Lily and Top End Health conducted syphilis screening early in October throughout Kakadu.

There is a syphilis outbreak in northern Australia, and we are screening to map out how far it has travelled, to treat those that have been exposed and educate the community about safe sex.

In September it was Gunbalanya that was getting screened for syphilis. In October it was Kakadu's turn.

It was a good opportunity to talk to different groups and communities about Syphilis, what it is, what harm it can do to individuals and communities.

There was also training of the staff to administer the Point of Care Testing for syphilis. This shall allow staff to conduct the screening opportunistically either at the health centre or out doing bush work with communities.

We worry about syphilis because it can cause serious health problems if left untreated. However, syphilis is easy to treat when it is found early.

*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.

Website: [redlily.org.au](http://redlily.org.au)

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