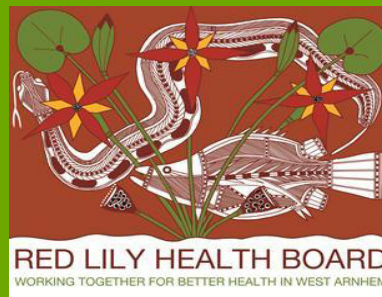




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RED LILY HEALTH BOARD NEWSLETTER

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

Raffle draw with COVID double Vax Minjilang Mob!



Red Lily ran a raffle draw for Minjilang community members who are fully vaccinated against COVID and handed over a \$50 local ALPA shop voucher to each of the 10 lucky winners. Red Lily Health Board Alternate Director Mr. Matthew Nagarbin drew the winners.

The Red Lily Minjilang Health Centre team is working hard to ensure double vaccination for each and every member of the Minjilang community to protect them from COVID. If you are in Minjilang and have not had your COVID vaccine yet, please come to the clinic for your needle and participate in our next raffle session. You could be one of the lucky winners. So don't miss the chance.





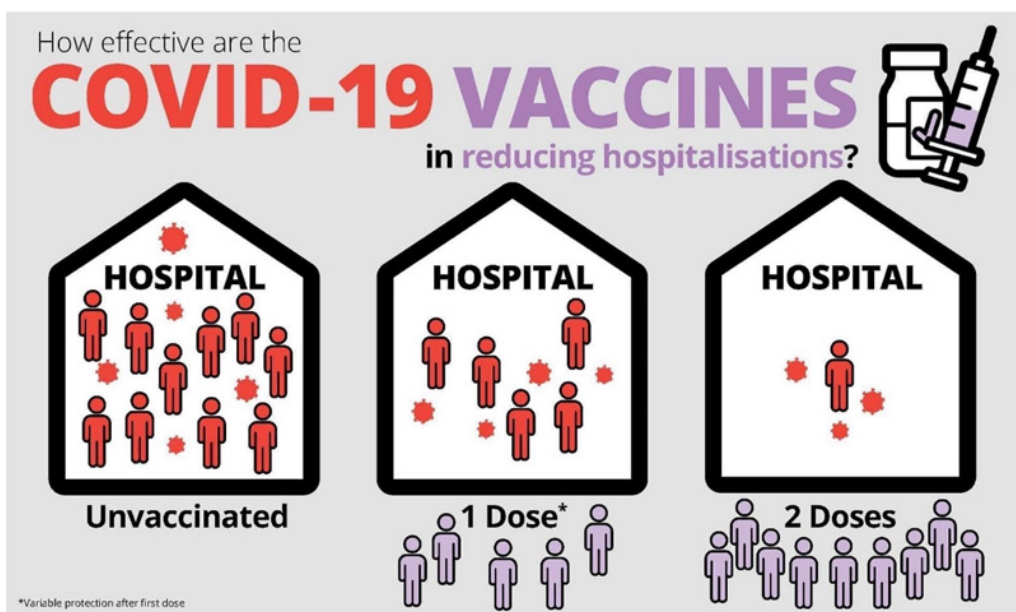
This is Important!

Covid-19 has arrived in NT remote communities, which we have tried very hard to prevent.

Let's make it our mission to share with friends and family what to look for with Covid-19 symptoms...



If you have **fever, shortness of breath, sore throat, loss of taste or flu like symptoms** contact your local Health Centre & this can help stop the spread of Covid-19!



Stay Safe, Stay on Country, Care for Family and Get Vaccinated!





Social and Emotional Well Being Training

In September and November Maria Marriner (Education Officer - Primary Health Outreach - Social and Emotional Wellbeing - Top End Health Service) did some coaching around social and emotional wellbeing (SEWB) with some of the staff from Top End Health (TEH) and Red Lily Health. The coaching was used to upskill the participants. The coaching allows the staff to help the communities in a better way after learning how SEWB fits in a cultural context.

The learning was activity based and covered aspects of; complex problem solving (done simply); how to build communications between groups and within groups; how to build self-esteem and motivation. All participants learnt a lot through active participation with games. This translated to being more confident on how to help the community with some of their SEWB challenges. A big thanks to Maria for sharing her knowledge and experience.



Figure 1 James Kepui (Healthy lifestyles educator) taking notes

Healing Circle Psychology: Play, Heal & Grow

The beautiful heading above comes from a well-known respected women called Carmen who is the founder for Healing Circle Psychology. Carmen's passion is to help children and families who may have been affected by





trauma. She believes in the healing power of relationships and having a diverse toolkit to respond to the challenges that life throws at us.

Carmen has seen the strong relationship that Red Lily has with the young women within the community and has kindly donated feminine hygiene products to support the girl's needs.



THANK YOU, CARMEN!

Transition News

Minjilang Health Centre continues to provide quality health service, with the help of NT Health visiting services. If anyone would like to provide feedback about any service, please feel free to email us or complete the online feedback form on our website. If you're at Minjilang, you can advise the staff or complete the feedback form available at the clinic reception.



Warruwi Health Centre on South Goulburn Island will be the next transition site for Red Lily and that will occur early next year. Negotiations continue to secure adequate funding from NT Government to provide the very best health service to the community. Once these negotiations are complete, a definite date will be set, and we will let everyone know.





Merry Christmas!
During the festive Season more than ever, our thoughts turn gratefully to those who have made our progress possible. In this spirit, we sincerely say "Thank you and Best Wishes for the holiday season and a Happy New Year!"

Red Lily Health Board Directors & Employees



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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