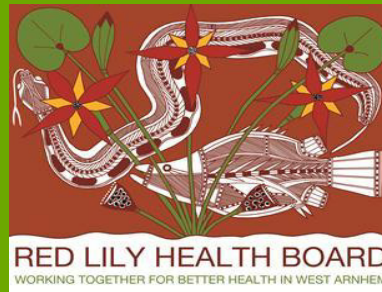


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# RED LILY HEALTH BOARD NEWSLETTER

*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*

## AED installation project in West Arnhem!

Worldwide, the survival rate following a sudden cardiac arrest is less than 6.4%. A timely defibrillator and high-quality CPR can increase the survival rate from sudden cardiac arrest, in accordance with ANZCOR resuscitation guidelines. Red Lily is now working on a project to instal 10 AEDs (Automated External Defibrillators) in 10 communities of West Arnhem with a mission to ensure better health. St. John Ambulance and Red Lily are working together on this great project, and St. John Ambulance has donated 4 AEDs; Red Lily has purchased the remaining 6. This project is being overseen by Mrinal Dey, the Red Lily Business Support Officer. By the end of October 2022, the project will be finished. The project's stakeholders will receive regular updates on its progress. The communities where those AEDs will be installed are mentioned below:



- Jabiru
- Gunbalanya
- Minjilang
- Warruwi
- Kapalga
- Patonga
- Wiligi
- Manmoyi
- Mamadawerre
- Kabulwarnamyo

## Take action to prevent flu

Flu vaccines help to reduce the burden of flu illnesses, hospitalizations, and deaths on the health care system each year.

Everyone 6 months and older should get an annual flu vaccine, ideally by the end of October.



Take everyday preventive actions to stop the spread of germs.

Influenza is caused by a virus and there is no specific treatment.

Symptoms include fever, mild sore throat, muscle aches and pain, headaches, and tiredness.

If you think you have the FLU you should stay home, rest, drink plenty of water and take paracetamol.

If you do have to go out, please wear a mask to protect others.

If symptoms are really bad or you think something else might be wrong, go to your local health centre and wear a mask.

The best protection for you and your family is to have the flu shot.

## Becoming a young woman



Red Lily Health and Stars Foundation at Jabiru Area School did a session with the Yrs. 7, 8 & 9 learning about becoming a young woman.

Being a teenager is such a hard thing to be! Our hormone levels will change, develop breast, grow taller and start menstrual periods. These changes are all part of becoming a woman. Many girls need patience, love and words of wisdom and encouragement to bloom into confident, poised women..

What was the best advice you received as a young woman? We'd love to hear from you!

## Child Safety Training!

Red Lily Health attends the 'Safer Communities for Children' Workshop in Jabiru. The training was about the protective behaviours by community and respectful relationships designed for young children aged 4 to 8 years.



This training was provided through NAPCAN

Organisation which stands for National Association for Prevention of Child abuse and Neglect.

NAPCAN is about -

- Promoting quality child abuse prevention research.
- Advocating for child policies and strategies.
- Coordinating National Child Protection Week and promoting the Play Your Part strategy.
- Demonstrating good practice.
- Supporting the safety and wellbeing of children and young people.

If you would like to do this type of training visit [www.napcan.org.au](http://www.napcan.org.au)

## Wurrkeng

This is the cold time – at least by Northern Territory standards. Humidity is low, while daytime temperatures are around 30°C and drop to about 17°C at night.

Most creeks stop flowing in Wurrkeng and the floodplains quickly dry out. The Bininj/Mungguy continue patch burning, which is extinguished by the dew at night. Birds of prey patrol the fire lines during the day as insects and small animals escape the flames.



## Clontarf Footy at the Carnival

Had a great day down at the oval with the Clontarf boys from Jabiru, was good getting to know the young men and seeing them have fun and being competitive.



Red Lily helped with the BBQ and severing food/water to the boys, to keep them hydrated and their energy levels up, was good meeting new/former Clontarf team members as well.

*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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LinkedIn: [www.linkedin.com/company/31371580](http://www.linkedin.com/company/31371580)

Instagram: <https://www.instagram.com/redlilyhealth>

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