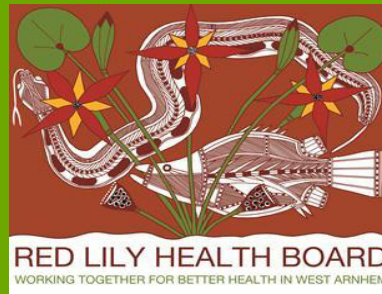


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RED LILY HEALTH BOARD NEWSLETTER

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

AEDs installed in Gunbalanya and Kapalga!



Ron Mangiru, the Red Lily Board Alternate Director, is in front of the Gunbalanya AED

Out of 10, two AEDs (Automated External Defibrillators) were successfully installed: one in Gunbalanya and one in Kapalga.

AED location in Gunbalanya: The outside wall of Traditional Credit Union Bank (adjacent to the WARC in Gunbalanya), which is accessible to the public 24 hours a day, seven days a week.

AED location in Kapalga: Kapalga community which is accessible to the public 24 hours a day.

How to use: Dial "000" to obtain the cabinet door lock's code and usage instructions if someone needs to access an AED in an emergency.

We also gave WARC Gunbalanya the online usernames and passwords so they may train the locals on how to operate the AED.

Red Lily is highly thankful to WARC, Gunbalanya, especially Sarah J Brooks for the much-needed support to select the location. Also, we would like to show our gratitude to St. John Ambulance for partnering with us and TOs & local stakeholders.

Ryan & Candina did a terrific job at Minjilang!



Ryan and Candina are both Remote Nurses who have been at Minjilang for a month and both have done an exceptional job in giving over 60 flu boosters. Candina focused on well women's health and Ryan on Men's health.

They have been a great team and fitted in quickly with the Minjilang Health team and community. Ryan was also here two months ago when Covid arrived at Minjilang and saw the result of very high immunisation rates on the Island (91% of residents having x 2 Covid

Immunisations). As a result of such high immunisations rates not one person was seriously affected and no Careflight transfers were required.

In such small teams' individual efforts become even more important and we are very grateful for their diligent efforts and hope to see them again in near future.

They also enjoyed their time in the beautiful Croker Island. They spent their time off fishing and touring the Island.



Women's Health

Cervical cancer

Most women with early cancer of the cervix will be cured. Even if the disease is not discovered until after it has advanced, treatment is still possible, but the likelihood of a long-term cure is less likely.

Cervical cancer is almost always caused by the human papillomavirus (HPV). HPV is very common and 80 per cent of women will have it at some point in their lives. Almost always – 95 per cent of the time – your immune system clears it naturally. But if your body doesn't clear it, some types of HPV can lead to cervical cancer. Because HPV has no symptoms, you won't know you have it unless you have regular Cervical Screening Tests (every five years from age 25).

Causes – Risk factors

- Have had the higher risk genital human papilloma virus (HPV)
- Regular smoking
- Do not have regular cervical tests (these can find pre-cancerous abnormalities)
- Age over 35
- Using the contraceptive pill (the Pill) for more than five years (a small increase in risk)
- Had cervical cancer in the past
- A family history of cervical cancer (a first degree relative such as a sister or mother)
- Had five or more children

Meet the Red Lily New Employee

Name: Nilushi Wijesiri

Role: Sr. Finance Officer

Workstation: Darwin

Brief introduction: I am originally from Sri Lanka and having received Skilled Worker Visa, I embarked on a new journey in Northern Territory Australia with my family in Jan 2022.



I am a professionally qualified Accountant with academic background in CPA (Australia) and Bachelor and master's degrees in accounting and Business Administration respectively from London, UK.

I have been in the finance and Business Administration field for over two decades now in global as well as international companies. My next life goal is to start my PHD here in Australia.

My hobbies are travelling, social dancing & cooking. I am also a volunteer for Australian Red Cross.

I am blessed & privileged to join a community health wellbeing focused organisation like Red Lily and truly enjoying the friendly & supportive work culture there. Also, I am happy to be a part of the team who strives the vision of establishing a regional Aboriginal Community Controlled Health Service in NT. I am excited to contribute my knowledge and experience for the betterment of Red Lily.

I thank the management and the Red Lily team especially Stephen Hayes for his exceptional leadership qualities and the support extended to me so far during my journey at Red Lily.

The Team Minjilang Health Centre - Small but impactful



From left – Ryan, Mandy, Simmone, Alsie & Richard

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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