

# 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*

## Hon. Chief Minister met with Red Lily Directors!



*“We are keen to see Red Lily succeed” – Hon. Chief Minister  
Natasha Fyles*

On July 27, 2022, the Hon. Natasha Fyles, Chief Minister of the Northern Territory, paid a visit to the Red Lily July'22 Board meeting at the Palm City Resort in Darwin to meet and greet with the Red Lily board of directors. She stated during her visit that the NT government is willing to support Red Lily succeed. John Paterson, CEO of AMSANT, was also present. Natasha Fyles and the board were notified by Mr. Paterson that Red Lily had been successful in obtaining the full membership of AMSANT.

The Red Lily board and staff are very thankful to the Hon. Chief Minister and the NT government for their unwavering support.

## The AED project update!

Out of 10, six AEDs (Automated External Defibrillators) were successfully installed in Jabiru, Gunbalanya, Minjilang, Warruwi, Kapalga & Wiligi.

Red Lily would like to show our gratitude to the TOs, WARC (Jabiru, Minjilang, Warruwi, Gunbalanya), local communities & stakeholders for their kind support. Also, the organisation is thankful to St. John Ambulance for donating 4 AEDs among 10.

**Warruwi AED:** The AED has been installed at the community hall in Warruwi which is accessible to the community 24/7.

In the picture, Red Lily Transition Manager Steve Hayes is with Red Lily Health Board Director from Warruwi Mary Djurundudu in front of the newly installed Warruwi community AED (Automated External Defibrillator).

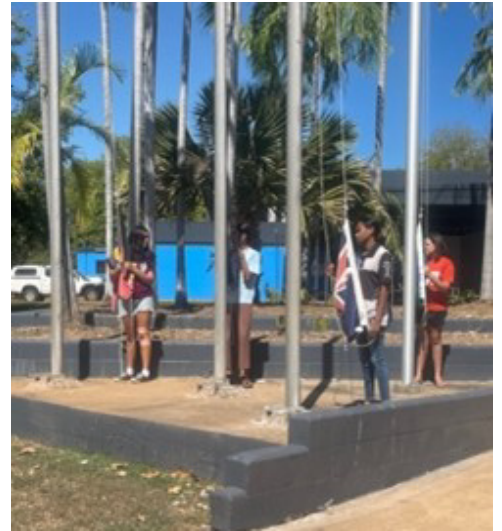


**Minjilang AED:** The AED installed in the Shire Minjilang office's outside wall which has access to the community 24/7.

In the picture, Red Lily Health Board Alternate Director Matthew Nagarlbin seemed very happy while the Red Lily Business Support Officer Mrinal Dey, was taking his photo in front of the newly installed community AED (Automated External Defibrillator) for the Minjilang Community.

## NAIDOC week celebration's Kakadu 2022

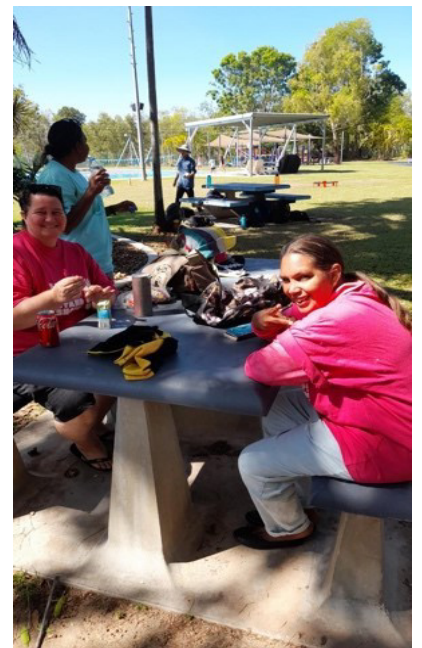
The week began with a beautiful flag raising, Welcome to Country from Mirarr Clan, NAIDOC cake and a delicious BBQ hosted by West Arnhem Regional Council with support of Red Lily Health, Gundjehmi, Marrawuddi and Caulfield Gramma.



NAIDOC is about celebrating and recognising the history, culture and achievements of Aboriginal and/or Torres Strait Islander people, it's an opportunity for all Australians to learn about First Nations cultures and history to participate in celebrations of the oldest, continuous living cultures on earth.

## NAIDOC Family Pool Day

What a better way to celebrate NAIDOC Week than by the pool, full of fun activities. We are here to celebrate the many who have driven and led change in our community over generations, heroes, and champions of change like human rights.



As First Nation People we have a proud history of getting up, standing up and showing up and this year theme is all about this.

We need to continue to support our mobs, our Elders, and our community to make systemic change whether it's cultural and heritage protections, truth-telling or calling out racism we must do it together.

## Sugar education



Red Lily joined Clara (Nutritionist) and Rebecca (child health nurse) at FaFT (Families as First Teacher) to do sugar education to learn how much sugar are in drinks and how they can affect children.

### What are the health risks of added sugar?

Consuming too much added sugar can contribute to:

***Obesity*** — high sugar consumption is linked to weight gain and obesity.

***Heart disease*** — consuming too much added sugar has been linked to an increased risk of cardiovascular disease. Switching to a diet low in added sugars and choosing wholegrain carbohydrates instead of refined carbohydrates (such as white pasta and white rice), may reverse the risk.

***Tooth decay*** — acid produced by bacteria can attack tooth enamel, causing permanent cavities in teeth. High-sugar diets can feed these bacteria.

***Fatty liver disease*** — consuming high amounts of added sugar can lead to a greater accumulation of fat in the liver, which may lead to fatty liver disease

## Health Care KPIs and Why They're Important

Red Lily / NTG staff had a Key Performance Indicator meeting for how successful our programs are and how to improve our health care facilities. KPI over time help us to understand the facility's past development and predict future trends.



KPIs can help improve:

- Chronic disease
- Dental public health
- Health behaviour
- Health promotion
- Environmental health
- Health communication
- Maternal and child health
- Injury and violence prevention
- Social determinants of health such as work, housing, education

## Every Screen Counts!



Red Lily organised a return trip charter to bring 7 women from Minjilang to Jabiru for their breast screening on 4<sup>th</sup> August. Minjilang ladies showed their gratefulness to Red Lily for the charter.

## What is your breast cancer risk?

### *Am I at risk?*

- 1 in 7 women will get breast cancer.
- Most women with breast cancer do not have a family history of the disease.
- Age is the biggest risk factor for developing breast cancer.

### *Major risk factors*

Age: Other than being female, age is the most significant factor for developing breast cancer. The risk of breast cancer increases with age up to 75 years. Over 75% of all breast cancers in Australia are diagnosed in women when they are aged 50 years or over. The average age of the first diagnosis of breast cancer in women is 61.

Family history: Breast cancer is common, and most breast cancers are not caused by genetic factors. Therefore, most women's family history of breast cancer is due to chance alone. For a small number of women with a family history, this may be due to a gene change in a blood relative that increased the risk of cancer.

### *Family history of breast cancer or ovarian cancer*

- Your family history becomes important when:
- More than one relative on the same side of your family (mother's or father's side) has been diagnosed with breast cancer
- Relatives are diagnosed with breast cancer at a young age (under 50 years of age) and closer to you (for example, you sister rather than your cousin)
- If a family member has breast cancer in both breasts
- Male breast cancer
- Both breast and ovarian cancer exists in your family

## STAFF CORNER

### New Health Centre Manager for Minjilang



Red Lily Transition Manager Steve Hayes handed over the employee ID to Richard Van De Veerdonk on the occasion of his appointment as Health Centre Manager, Minjilang for an ongoing permanent position.

### **Simmons feels very supported!**

Simmons Lamey, the remote area nurse who is working at Minjilang Health Centre shared very positive feedback about the working environment of Red Lily with the organisation's Transition Manager Steve Hayes. She is very happy with the way Red Lily has treated her in every way, she feels very supported and respected and has repeated this to any other staff she has connected with.

### **Simmons with bundles**

Simmons has been sourcing and making little baby packs for the new mums at Minjilang and will be handing them out when newbies arrive. Red Lily is supporting her to execute her brilliant idea.

Well done, Simmons.

## STAFF CORNER

### Mrinal the BBQ MasterChef!



Mrinal's open secret BBQ recipe made the BBQ chicken and sausage rolls very delicious to the community people of Warruwi on 4<sup>th</sup> August. Nilushi gave a good support to Mrinal to organise, cook and serve the lunch.

### Thank you, Ty!

Red Lily is highly appreciating the effort of Ty Taylor for traveling to communities with the Red Lily team to support to install AEDs. Journey with him is very enjoyable.

In the photo, Ty is posing with Red Lily Board Chair, Reuben Cooper, in front of the Wiligi community AED just after the installation.

Thank you, Ty Taylor!





*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.

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