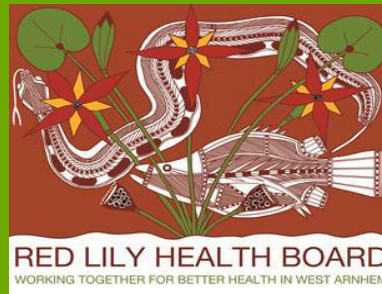


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RED LILY HEALTH BOARD NEWSLETTER

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

The Red Lily Corporate team now has a new home!



Until now we have enjoyed hanging with our AMSANT colleagues at Moonta House. Whilst it was only 2 or 3 of us that worked just fine. But we have started to grow and have recruited more staff, so it became necessary to find our own premises. After several joint adventures to choose our home, we all agreed that Bishop Street gave us what we needed. So, with the help of Jape Furniture and our wonderful IT Support crew at eMerge, we moved into a newly refurbished (thanks to the owner) office space at 2/18 Bishop Street, Woolner on the 1st of October.

This facility will provide corporate support to the whole organisation as well as housing some management and outreach staff plus it will be a place for the Medical Officers that we will eventually employ to be based or hot desk. Currently the following positions are based here –

1. Business Manager
2. Business Support Officer
3. Senior Administration Officer
4. Senior Finance Officer
5. HR Generalist
6. Director of Primary Health Care

We look forward to decorating the place with images and reminders of the West Arnhem region, so you'll feel 'at home' if ever you come to visit.

Warruwi Health Centre Champion Staff Member of the Month!



Mr Shannon Lee is one of the Cultural Navigator/Driver at the Warruwi Health Centre. Recently, Shannon travelled with the Warruwi men's basketball team to the 2022 Kurrung Sports Carnival held in Jabiru during September. We were very proud to hear of Shannon's extraordinary skills and qualities being acknowledged by way of the Carnival's award for Most Valuable Men's Basketball Player. We were not at all surprised that Shannon would be awarded such a prestigious award.

As a member of the Warruwi Health Centre team, Shannon works tirelessly for the Warruwi Community in his capacity as Cultural Navigator/Driver. Some of Shannon's responsibilities include helping Community members attend clinic when they are without transport, notifying Community members of their health

appointments, picking Community members up and transporting to the airport for health appointments in Darwin, collecting vital clinic supplies from the airport and barge, as well as safely transporting visiting health professionals during their fly in visits to Warruwi.

Shannon is a humble family man who conducts his work responsibilities with kindness, respect, and good humour to all. He is very patient and generous with his time and support to balanda staff; guiding and educating on cultural matters where necessary, and helping bridge the communication and information gaps, to make sure the Community receives the very best holistic care possible from the health services being provided at Warruwi Health Centre. Shannon is a respected leader within the Warruwi Health Centre team, who never stops helping all of us, each day, to learn and to grow and to ensure the Community's health needs are met. He is without question, a most valuable team player in the Warruwi Health Centre team. A true champion player for the Warruwi Community's health and wellbeing.

Community Outreach Collaboration

Red Lily and Jabiru Health Centre – Clinical Team carry out weekly Community Visits including Nurse, AHP and the Healthy Lifestyles Educator.

The visit was welcomed by families and gave the opportunity to conduct checkups, distribute medicines and general conversations around health and food security.

It was a good chance for all Jabiru Health Centre staff to introduce themselves and get to know the community settings.



School Aged Health Checks Program

School Aged Health Checks, for Preschool to Year 12 students, which include:

- Haemoglobin (strong blood) by finger prick test of small drop of blood, the child may need medicine for weak blood
- Skin for problems like sores, scabies, ringworm etc
- Oral Health - 'Lift the Lip' for bad teeth
- Weight, height and body mass index (BMI)
- Vaccinations are up to date
- Hair - Check and treat hair for head lice
- Clean Face – Check no dirt or crusting on the cheeks, forehead, and no nasal discharge

- Dewormed
- Hearing and ear exam

The good news is this program aims to prevent, provide early intervention around health issues that can affect learning.



United in our strengths

Character strengths - these powerful, personal qualities, such as hope, calmness, love, perspective and laughter can guide you and others through this. Our united strengths are resources designed to empower us amidst these challenging times. It's a way we can support one another and use strengths to find comfort, safety and confidence. Remember, we are all connected by our shared character strengths.

Red Lily staff recently conducted a free survey on www.viacharacter.org to tap further into their character strengths. This simple survey has already assisted in improving relationships, enhancing overall wellbeing, build resilience and strengthen our ability to overcome problems.

Hot and Dry Weather

The temperature will be getting up to 40 degrees, Drinking plenty of water and trying to stay in shady area, is the best thing you can do to keep your body hydrated.

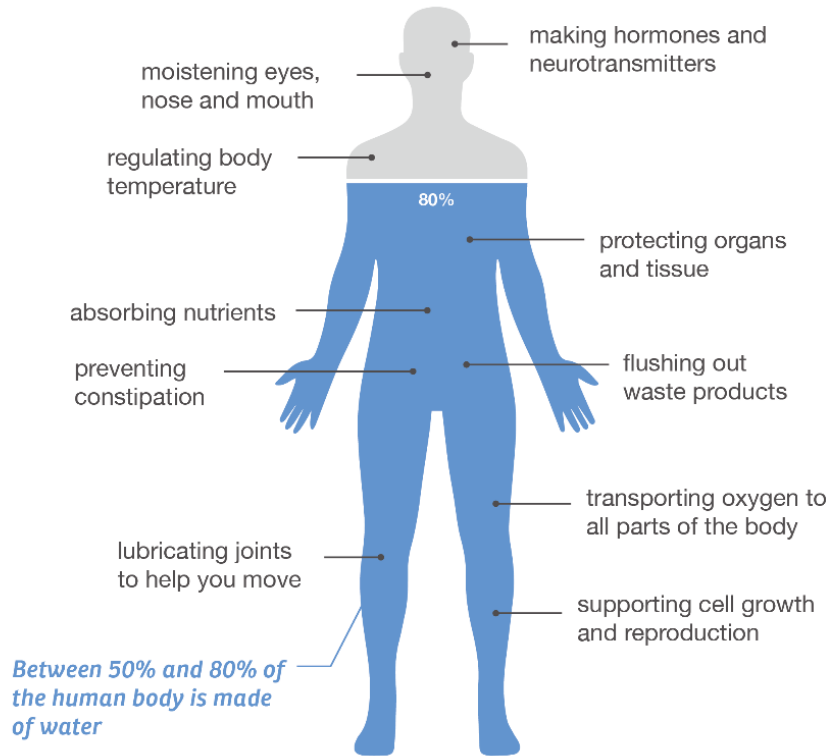
15 minutes of resting in between exploring the beautiful Kakadu National Park is a good way to stay hydrated.

Remember your hat and sunscreen!



Water and your health

Drinking plenty of water every day is important for good health.
Your body relies on water for many functions, such as:



We get about one fifth of the water we need from food and the rest from drinking fluids.

Men need about 10 cups* of fluids every day, women need about 8 cups and kids need 4-8 cups depending on their sex and age.

It's a good idea to choose water over other drinks that contain added sugars or alcohol.

*In Australia, 1 cup is equivalent to 250ml.

Meet the Red Lily New Employees

Name: Mark DiFrancesco

Role: Primary Healthcare Director

Workstation: Darwin

Brief introduction: Mark Has lived and worked in the Top End of the NT since 1989. His home base is now Darwin. Mark has worked primarily in remote clinical roles focussed in and around remote indigenous health, either based in remote communities, or providing outreach clinical services. Mark also spent some years as an IFD nurse with CDC in the Katherine and Darwin regions. His background also includes some non-nursing roles in management, working on policy and in project management, delivering the NT PHN workforce program. Mark most recently worked as a health centre manager with Danila Dilba Health Service, prior to joining the Red Lily Health Board Team.



Name: Shirley Spicer

Role: Senior Administration Officer

Workstation: Darwin

Brief introduction: I am an Aboriginal and South Sea Islander woman with 2 beautiful nana girls (grand daughters)

My dear Dad's – mother was part of the Stolen Generation and w I am an Aboriginal and South Sea Islander woman with 2 beautiful nana girls (grand-daughters)



My dear Dad's – mother was part of the Stolen Generation and was taken away from her Numbulwar family (Numburindi mob) when she was very little girl. She was raised by the Catholic nuns in Groote Eylandt. When my nan turned 16 years-old they sent her to Katherine where she worked as a 'washing woman'. She met her white Irish/Australian husband there and they went on to have 8 kids (my dearest dad was the eldest) and my poor nan never did remember where her mob lived, her language and never saw her them again.

My mum's family are from Port Villa in Vanuatu and their history goes back to being 'black birded' to Queensland to become Cane Cutters and other labouring work – they were known as 'kanakas'.

I have a large family – mostly in Qld, NSW, WA, NT and in Port Villa. I spend most weekends with my immediate family in Darwin and love fishing, family cook-up's, hanging out and spend majority of time driving family mob around to sporting and family events. I love travelling and use every couple of years I would pack up and hit-the-road to wherever and live life. But that changed with COVID and now I enjoy being a nana, mum, sister, and Auntie to the family.

I have worked in Primary Health Care for a long time, especially in the ACCHS (aboriginal community-controlled health service) environment and have worked in some capacity or other supporting the 26 ACCHS and 54 Remote NTG Health Services and Hospitals. I am passionate about our mob and will always work in collaboration with them and others to be a 'voice' and support.

Name: Luke Ellis

Role: Aboriginal Health Practitioner

Workstation: Warruwi

Brief introduction: From Katherine, I have been an Aboriginal Health Practitioner for 2 years. Took the opportunity to work remote with red lily so I can gain experience and try a different style of health care, and I'm currently loving it at Warruwi which is a beautiful community with great people in it.



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 & Instagram.

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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