



**RED LILY HEALTH BOARD**  
WORKING TOGETHER FOR BETTER HEALTH IN WEST ARNHEM

# RED LILY HEALTH BOARD NEWSLETTER

**Volume 4 |**  
**December 2022**



*We hope you all had a great Christmas!*

**May the celebrations of Christmas bring along the blessings of joy and health.**

Best wishes for a happy, and peaceful New Year.

**We hope you have a wonderful Christmas and enjoy making merry memories with your loved ones.**

May Christmas be fun, festive and full of sparkle!

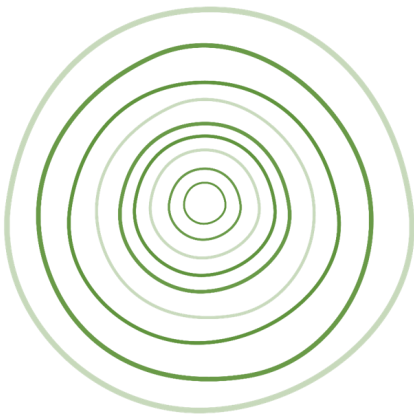
**Health and happiness from our Red Lily Health family to yours.**



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**Red Lily acknowledges the traditional owners and custodians across the lands on which we live, work and we pay our respect to elders both past and present.**

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## **Community unites for Jabiru Community children's Christmas party!**



**The Jabiru community once again came together to celebrate the festive season at the 2022 Jabiru Community Christmas Party and a great time was had by all.**

**Red Lily in conjunction with other local stakeholders supported WARC to make this event a massive success.**

**This special event is only made possible by the generosity of community members and local organisations and businesses.**



**Special thanks to WARC and the sponsors and a huge thanks to all the volunteers !**

# Outreach Community Visits...

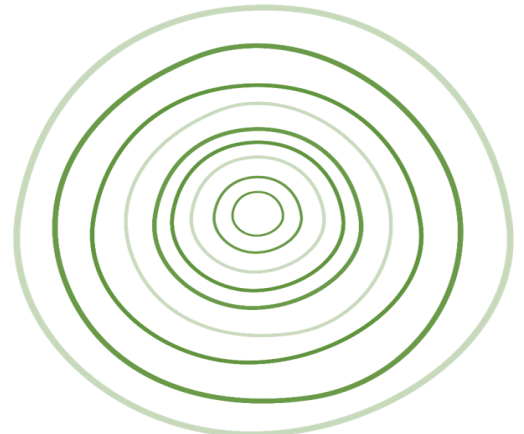
Red Lily provide a range of support services and we pride ourselves with  
**Delivering the 4 Ps of Primary Health Care:**

-  **Purpose**
-  **Promoting**
-  **Preventing**
-  **Protecting**

One of our services is promoting and supporting Jabiru Primary Health with weekly engagements to Kakadu communities.

- The benefits of these engagements are:
- Reduce risk of getting sick
- Detect potentially life-threatening health conditions or diseases early
- Increase chances for treatment and cure
- Limit risk of complications by closely monitoring existing conditions

During these visits we are often requested by residents to assist in other tasks that support residents and offer social and emotional support.








## **Raintree Allied Health supporting Kakadu Communities**

Raintree NT is a progressive allied health clinic delivering innovative services, facilitating positive lifestyle changes, and improving health outcomes to diverse populations across remote and urban NT settings.



Raintree NT physiotherapist Liz comes to Kakadu monthly to support clients in the following ways:

-  **Assess diagnose, and safely deliver exercise physiology services across a wide range of areas**
-  **Design, prescribe and supervise exercise-based rehabilitation**
-  **Assess the efficiency of the treatment plans, modify, and refer accordingly**
-  **Practice duty of care, including meeting standards and accountability to ensure governance processes are in place**
-  **Establish and maintain good working relationships and communication.**





## Peritoneal Dialysis Education Workshop...



Red Lily and NT Health were extremely fortunate to be given the opportunity to attend a Peritoneal Dialysis training workshop provided by Nadine Tinsley the Peritoneal Dialysis Nurse CNS at Jabiru Health Centre.

Peritoneal dialysis is a type of dialysis which uses the peritoneum in a person's abdomen as the membrane through which fluid and dissolved substances are exchanged with the blood. It is used to remove excess fluid, correct electrolyte problems, and remove toxins in those with kidney failure.



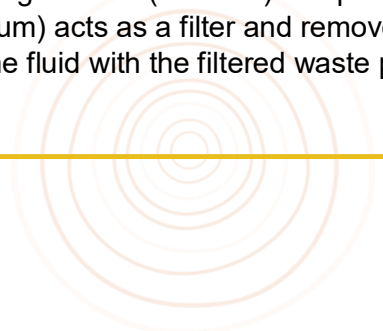
### **Why is peritoneal dialysis used?**

Peritoneal dialysis is a treatment for kidney failure that uses the lining of your abdomen, or belly, to filter your blood inside your body. Health care providers call this lining the peritoneum.



### **What is peritoneal dialysis and how does it work?**

During peritoneal dialysis, a cleansing fluid flows through a tube (catheter) into part of your abdomen. The lining of your abdomen (peritoneum) acts as a filter and removes waste products from your blood. After a set period, the fluid with the filtered waste products flows out of your abdomen and is discarded.





## Welcome to...

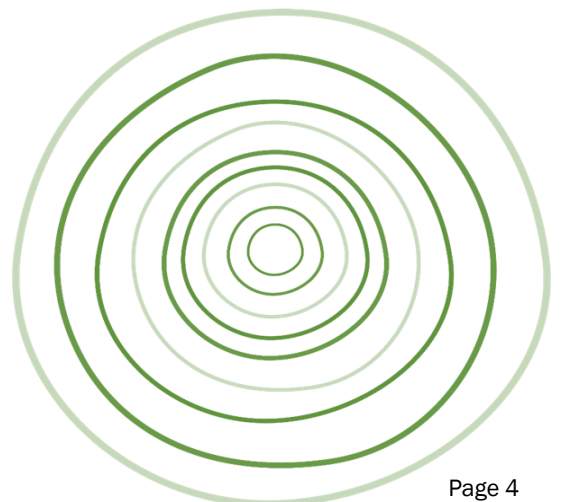


This month Red Lily met with Valmae and Kay from United Workers Union.

United Workers Union fight across all industries for better wages and conditions, secure jobs, and safe and inclusive workplaces.

United Workers Union members have access to exclusive information, training and development opportunities designed to support you at work and in your career.

Many union delegates are even entitled to paid training leave to attend our courses. Tax-deductible dues and exclusive union discounts.





## Japanese Encephalitis Vaccine Drive Continues...

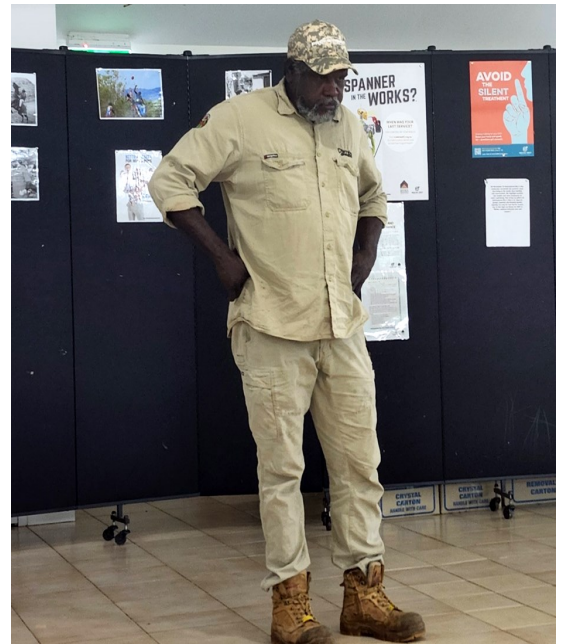
Jabiru Health Centre and Red Lily in conjunction with Parks Australia are in the final stages of rolling out the Japanese Encephalitis vaccinations to address the current outbreak in communities close to Kakadu.



The next stage we will be offering the Japanese Encephalitis Vaccine to all community members within Kakadu.



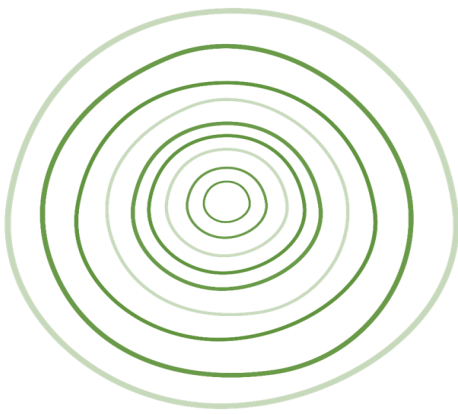
## international MEN'S DAY



The fact is, everyday isn't International Men's Day, only 19th November every year is International Men's Day.

In Jabiru, NT Health – AOD in conjunction with Alpa, Red Lily, Djurrubu Rangers, Clontarf and other organisations within Kakadu facilitated a Community Event at the Bininj Kunwok Centre.

Clarrie Nadjamerrek from Djurrubu Rangers was the key note speaker, with the event being a huge success. It was fantastic to see men & boys take time out to share conversations around topics like male role models, health & wellbeing, safer place for them, their families, culture, land, career and community.









## KEEPING CURRENT WITH SEWB KNOWLEDGE, SKILLS, AND STRATEGIES



At Red Lily we define SEWB as a multidimensional concept of health that includes mental health, but which also encompasses domains of health and wellbeing.

### Things that can protect your strength and emotional wellbeing are:

-  Social connectedness and a sense of belonging.
-  Connection to land, culture, spirituality, ancestry.
-  Living on or near traditional lands.
-  Self determination
-  Strong community Governance
-  Passing on of cultural practises.

An ecological conceptualisation of SEWB recognises that while children's individual internal characteristics contribute to their social and emotional wellbeing, relationships and interactions with their family, school and community environments have a significant influence.

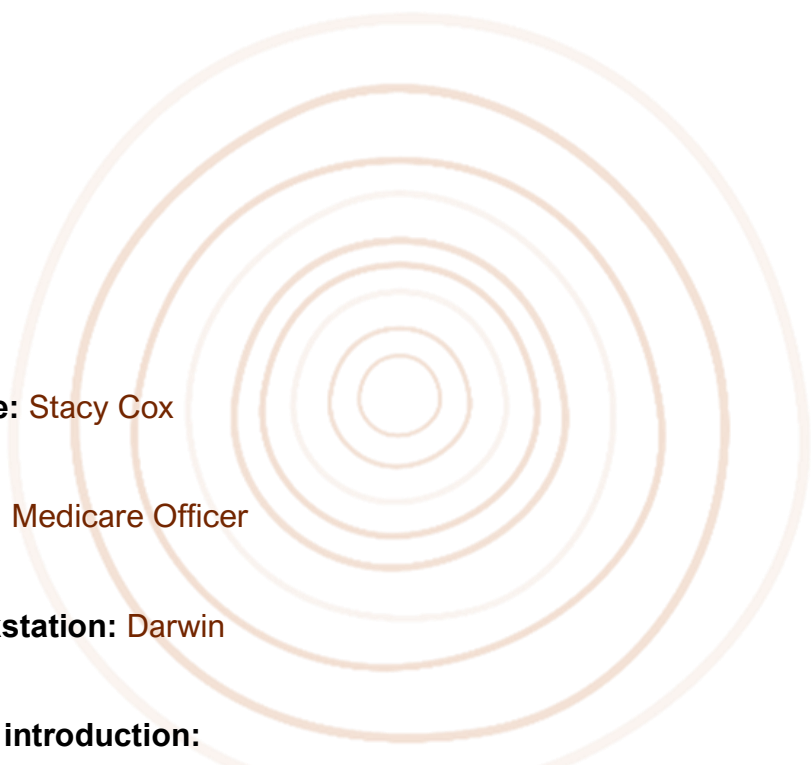


**Collaboration with**  
**early start**  
AUSTRALIA

Red Lily Health Public Health Team has worked tirelessly with Early Start Australia to ensure services can reach all remote NDIS clients within the Kakadu region.

Early Start Australia offer assessments, speech therapy, physio, intensive intervention programs, psychology, and occupational therapy. They can help you and your family achieve their goals, dreams, and aspirations for the best Early Start to life.

Red Lily and Early Start Australia have strengthened their relationship throughout the year and Red Lily is very thankful and appreciative for the cultural knowledge and understanding ESA have shown towards the community, stakeholders, and clients.



**Name:** Stacy Cox

**Role:** Medicare Officer

**Workstation:** Darwin



**Brief introduction:**

I moved to Darwin in July with my husband, my two daughters and my dog from Gladstone Queensland. We have previously lived in Nhulunbuy, in the East Arnhem Region for 8 years.

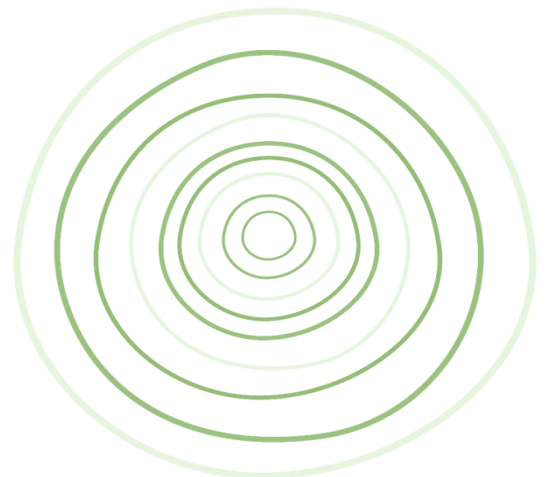
I have worked in administration roles for nearly 20 years, my most recent role was the Billing Officer for Gladstone Hospital. I have also started a myriad of health degrees but have yet to finish one, such is life.



**Name:** Jess

**Role:** Business Support Officer

**Workstation:** Darwin



**Brief introduction:** I am a Larrakia/Wadjigan woman, growing up in Darwin I spent a lot of time with family going out to our country, cooking, fishing and hunting. I have two young boys who also love fishing and football, my eldest son plays for the Palmerston Magpies and my partner and I both play for Jabiru bombers. My partner grew up in Jabiru and we spent a couple years living there when our boys were younger. This is my first time playing footy and I am really enjoying it.

I have spent the past few years studying in Business & Business Administration and was looking for a change in careers, I am passionate about Health and Well-being especially in the Top End as this is my home and I love travelling around to see all the beautiful places in the NT and listen to the stories. I am excited to be apart of the team and look forward to meeting and working with you all.



Do you have questions or want more information? want more information?

Contact Red Lily Health Board at [info@redlily.org.au](mailto:info@redlily.org.au)

If you would like to get the latest information about Red Lily Health, please visit our website or follow us on Facebook, LinkedIn & Instagram

### Social media pages:

Website: <https://redlily.org.au/>

Facebook: [www.facebook.com/redlilyhealth](http://www.facebook.com/redlilyhealth)

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

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



**Acknowledgement:** Red Lily Health is funded by Kakadu West Arnhem Social Trust (KFAST), NT Primary Health Network (NT PHN) & Australian Government Department of Health. Red Lily Health is supported by Aboriginal Medical Services Alliance NT (AMSANT) & NT Health, Top End Health Service (NT Government).



*The Red Lily Health Board Aboriginal Corporation (RLHB) was formed in 2011 to empower Aboriginal people of the West Arnhem region to address the health issues they face through providing leadership and governance in the development of quality, effective primary health care services, with a long-term vision of establishing a regional Aboriginal Community Controlled Health Service.*