



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

RED LILY HEALTH BOARD NEWSLETTER

Volume 5| Issue 1

January 2023

Wishing you a year of good health, new adventures and many blessings!



Message from our new CEO:

Happy. New. Year!

We've all been saying it but it occurs to me that we can use it as a guide to the whole year.

HAPPY – Let's do our best to be happy with ourselves, with our families and with our work colleagues. Happiness is what we all want. So here's to a year of happiness.

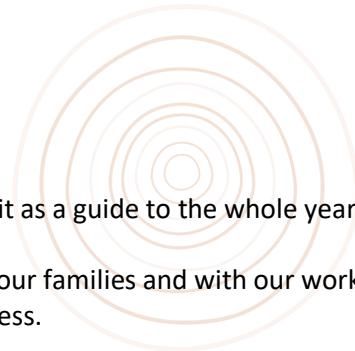
NEW – Red Lily certainly know what it's like to feel like the new ACCHO on the block. We have many 'new' staff who are all finding their feet in new jobs and roles. There are many new experiences ahead of us. We can choose to be daunted by the new or to relish the excitement of moving into new spaces and meeting new people. Here's to a year of new (and exciting) experiences.

YEAR – It's a whole year ahead of us. With an awful lot to do. We're looking forward to transitioning Jabiru Health Centre and many of the outreach and support resources for West Arnhem this year as well as the prospect of moving into a brand new health centre building for Jabiru.

For sure, there's a lot to do.

Bring it on!

Brad Palmer



Updates:

Darwin Office



Two day Board Meeting early February



Opening of Darwin Office Space early February



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.



Community news & events!

Stay up to date with events happening around our communities!



Indigenous Marathon Foundation Open for 2023!

The Indigenous Marathon Project (IMP) is a six-month health, wellbeing, and leadership journey.

The project uses running to change lives and provide a renewed sense of empowerment, purpose, and pride.

For more information and how to apply visit:

<https://www.imf.org.au/imp/>

T-SHIRT DESIGN COMPETITION

YOUR ARTWORK ON A SHIRT!



Design an A4 size artwork for a t-shirt with the NAIDOC theme
'For our Elders'



FOR OUR ELDERS
2-9 JULY 2023

WEST ARNHEM
REGIONAL COUNCIL

WINNING DESIGN WILL
BECOME A WARC UNIFORM!

Competition for all ages!

Prizes for winning artwork in each WARC community (Maningrida, Warruwi, Minjilang, Gunbalanya & Jabiru).

For more information about the Shirt design competition:

[NAIDOC Week region-wide t-shirt design competition | West Arnhem Regional Council](#)



Minjilang Radio	106.1FM
Gunbalanya Radio	106.1FM
Warruwi Radio	106.1FM
Jabiru Radio	98.9FM



National Condom Day

Tuesday 14th February 2023

Time: 10am – 1pm

Grassed Area in front of Jabiru Health Centre

Free BBQ and water

Health updates!



Melioidosis warning

Melioidosis is a disease caused by germs that live in the soil.

In the wet season and after heavy rain, the germs come to the surface and are found in mud and water on the ground.

When it's rainy and windy, the germ can also be blown around in the air.

Each wet season Territorians are warned to protect themselves from the potentially deadly soil-borne disease melioidosis.

Contact with saturated soil, pooled muddy water and aerosolised soil during heavy rain, can increase your chance of exposure to the melioidosis bacteria.

To find out more about melioidosis please contact The Centre for Disease Control at;

[CDC Contacts](#) , or read the fact sheet about Melioidosis at [NT Gov Melioidosis Information](#).

Back to school!

Check your child is up to date with their Immunisations!

You can check your child's immunisation history on the Medicare App or through My Gov online.

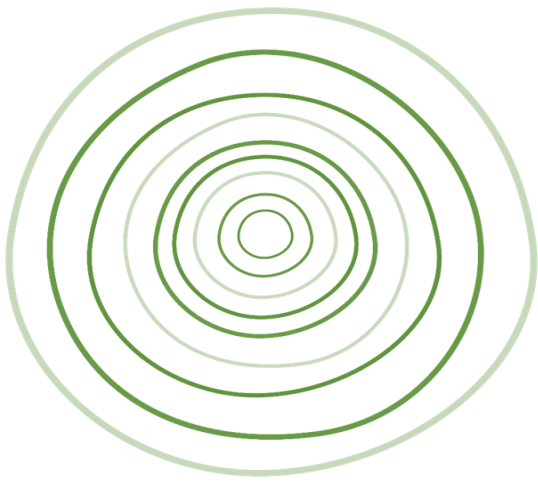
You can also ask your vaccine provider.

Health checks!

Aboriginal and Torres Strait Islander people of all ages can get a free health check at any Aboriginal health clinic or bulk-billing clinic.

Be aware of Melioidosis this wet season





2023 Calendar of Indigenous events:

National Apology Day	February 13
National Close the Gap Day	March 16
National Sorry Day	May 26
National Reconciliation Week	May 27—June 3
Anniversary of 1967 Referendum	May 27
Mabo Day	June 3
National NAIDOC Week	July 2-9
National Aboriginal & Torres Strait Islander Children's Day	August 4
International Day of the World's Indigenous People's	August 9
Freedom Day Festival	August 26-28
Anniversary of UN Declaration of Rights of Indigenous Peoples	September 13
Human Rights Day	December 10

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

Contact Red Lily Health Board at 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

LinkedIn: www.linkedin.com/company/31371580

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



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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.