



RED LILY HEALTH BOARD NEWSLETTER



IMAGE OF WEAVING: CREATED BY BOARD MEMBER ROSEMARY

Rosemary & her sister created this beautiful weaving which represents the women, their children and grandchildren. The weaving is in the Darwin office.

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, present and emerging.

Business Manager's message:

**Hi Red Lily Health Board subscribers,
we are excited to welcome you to the Red Lily Health Board community.**

This upcoming month of March the support team in the Darwin office will be celebrating International Women's Day! It is important to celebrate this unique opportunity to acknowledge the role international women play here in our support office. The team will be attending the Darwin International women's day conference with guest speakers such as Australian of the year-Grace Tame and Senior Australian of the year-Miriam Rose.

The key theme in 2023 behind International Women's day is "Cracking the Code: Innovation for a gender equal future".

As we all welcome in the upcoming month of March it is important for me to also discuss **March into Yellow**.

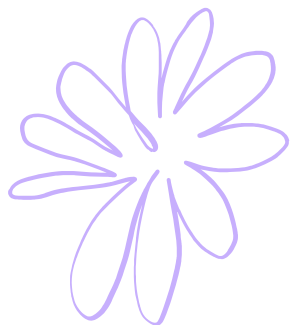
March is Endometriosis awareness month

*Throughout March, wear yellow and open the conversation around women's health and to show support to those who might be suffering an invisible disease
It is important to find help from a health professional that you feel comfortable with.*

I will be adding yellow pieces to my wardrobe throughout March to highlight the importance of women's health.



Katie Harrowfield



 International Women's Day

JABIRU LIBRARY
Celebrate female weaving artists in the region

11am | Wednesday 8 March 2023

Theme: Embrace Equity

Marrawuddi Artists work on display
+
Raw materials will be on display
+
Light refreshments will be available

'All welcome to come along to celebrate and Embrace Equity'



Community news & events!



JABIRU BOMBERS AFL Club formed in 1982 and the team is made up of Jabiru and Darwin players, who come together each weekend to play football, with 4 home games a season. The men's division 1 team have been playing well all season and should be moving into finals within the next few weeks.

Jabiru bombers made the decision this season to put in a ladies team in division 2, with about 35 women who signed up to the club. Red Lily Darwin Staff member Jess Bradley and her sister Teegan play for the bombers.

SATURDAY, 29 APRIL 2023

NEW EVENTS!
5km Kakadu Challenge Run & 2.4km Colour Fun Run (Friday, 28 April)

JUNIOR TRIATHLON
Ages 13 and under (suitable distances per age group)

OPEN TRIATHLON
Ages 14 and above
Individual or Team of 2 or 3
250m swim/ 7.5km ride/ 2.5km run

KAKADU TRIATHLON
JABIRU, NT

give.careflight.org/kakadu
All funds raised goes to CareFlight

<https://give.careflight.org/event/kakadu-triathlon/home>

DARWIN OFFICE SPACE OPENING!

Thursday 2nd February 2023

Red Lily Board members attended the first meeting for 2023, it was great to have the board members in the Darwin office, meeting the new Darwin staff and discussing all the important business for the next coming months.

The board members also attended the Darwin office space opening, it was great to see so many people from other organisations come to support Red Lily and we look forward to working with you during the year!



HEALTH UPDATES!

Fit & healthy kids excited for the new school year...

Many children in rural and remote areas of the Northern Territory live in Aboriginal communities. Unlike babies and young children, school-age children (4-16years) do not come to the clinic very often, they tend not to get sick enough to go to hospital but can still have health problems.

Learning how to stay healthy is very important as it can help to prevent sickness and a lot of adult health problems often start in childhood but can be prevented.

The community clinic is a good place to after health, ALL children should receive a health check, this is an assessment (screening) of your child's physical health which includes:



Height



Weight



Hearing



Sight



General wellbeing



Health Careers Program in Jabiru

Lexie Vazey the Future Workforce Consultant for NT Primary Health Network and Megan Dennis the Health Workforce Consultant came to Jabiru for a meet, greet and information session on the Future Workforce program.

They will be delivering the High School to Health Careers Program which has university health students, studying different disciplines, go to Jabiru Area School and promote health careers with support from Red Lily Health.

HEALTH UPDATES!

On 9th February 2023

Red Lily installed a community
AED

**(Automated External
Defibrillator)**

at Mamadawerre Outstation in
West Arnhem under a large
awning.



The AED is 24/7 accessible to the community, Red Lily transition manager Steve Hayes helped install the AED with the direction and assistance of community members and teachers - The community is very happy and thankful to Red Lily.

Access to an AED can have a huge impact on survivability in case of a heart attack, especially in a remote area, it can save a life.

This initiative shows Red Lily's passion and respect of Aboriginal people and the commitment to improve the healthcare system in the West Arnhem region.

Take Heart Project

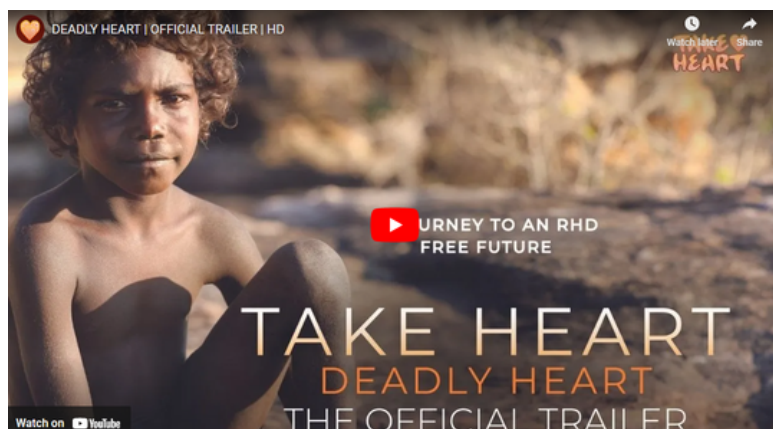
Take Heart: Deadly Heart' was broadcasted on
NITV on Monday, February 20th at 9pm.

You can also catch the film on SBS on Demand.

The more people that watch the film, the louder
our message can be - that by 2030, Rheumatic
Heart Disease needs to be a thing of the past.

Together - we can make it happen.
Join the movement:

<https://takeheartrhd.com/>



HEALTH UPDATES!

PHN NT visits Jabiru



The Rural Workforce Agency NT attracts, recruits, and supports health professionals working across regional and remote communities in the NT.

Jabiru Public Health Team joined forces with NT PHN and university students from other States, to deliver a Health Careers Program and a Teddy Bear Hospital at the Jabiru Area School.

It was a great success and the Preschool children have now made a Hospital in their classroom.



Cheryl Sanderson - Diabetes Educator from Malala Health Service was in Jabiru for 4 days training Red Lily non-clinical staff and NT Health clinical staff.

Cheryl shared some great knowledge and the training was enjoyed by all that attended.

What is Diabetes?

Diabetes is a health condition in which your body has difficulty converting glucose (a type of sugar) into energy. This leads to high levels of sugar in the blood (hyperglycemia).

Three things you need to know about diabetes:

- Not one condition, there are three main types of diabetes type 1, type 2 and gestational diabetes
- All types of diabetes are complex and require daily care and management
- Anyone can develop diabetes.

Office updates

Darwin office staff Brad, Katie, Mark, Daria & Stacy travelled over to Minjilang & Warruwi to visit the clinics for the day and catch up with the staff.

Awesome photos taken by Stacy



Mary - board member for Warruwi, held a yarning circle and she shared pictures from an album when she was a health worker.



Mary was remembering and talking about how some of the other board members came together as they wanted to bring health care to the community.

Welcome

Name: Indu Gunasekaran

Role: Human Resources and Payroll Officer

Workstation: Darwin



Brief Introduction: I relocated to Australia in 2014 with my family from India. My areas of expertise include Human Resource Management and Social Work, with a background in Commerce. I have gained extensive experience in managing legal compliance, employee relations, talent acquisition, and employee engagement activities while working with global organizations.

Additionally, I have worked as an Assistant Advocate, where I have acquired knowledge of Australian Industrial Awards and legislation.

During my studies and fieldwork, I had the privilege of working with Not-for-profit organizations. I also had the opportunity to assist with Industrial Relations and workplace matters of some Indigenous organizations in Australia.





As a HR and Payroll Officer, I am confident that I will be able to contribute significantly to the organization's vision, and I am delighted to be part of the Red Lily Health Team.

Do you have questions or 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>

Acknowledgement: Red Lily Health is funded by Kakadu West Arnhem Social Trust (KWASt), 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.