



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

NEWSLETTER




WET SEASON ACCROSS THE NT



Red Lily Health acknowledges the traditional owner and custodians accross the lands on which we live, work and we pay our respect to elders both past, present and emerging.

COMUNITY NEWS & EVENTS

Welcome to the New Year!!
 We have compiled the significant dates in the Aboriginal and Torres Strait Islander community to help you in organizing your upcoming year for celebration and commemoration in 2024.



2024

KEY ABORIGINAL AND TORRES STRAIT ISLANDER DATES

Mardbalk Day	26 January
National Apology Day.....	13 February
National Close the Gap Day.....	21 March
National Sorry Day.....	26 May
Anniversary of the 1967 Referendum.....	27 May
National Reconciliation Week.....	27 May- 3 June
Mabo Day.....	3 June
Coming of the Light.....	1 July
NAIDOC Week.....	7 - 14 July
National Aboriginal and Torre Strait Islander Children’s Day.....	4 August
International Day of the World’s Indigenous Peoples.....	9 August
Indigenous Literacy Day.....	4 September
Anniversary of the UN Declaration on the Rights of Indigenous Peoples.....	13 September

MARDBALK DAY

FRIDAY, 26 JANUARY 2024
WARRUWI | 10AM



SMOKING CEREMONY

COLOUR FUN RUN

TUG-O-WAR

KID’S ARTS

PANCAKE BREAKFAST

SPEAR THROWING

COMPETITIONS






Assisted by the Australian Government through the National Australia Day Council

MINJILANG DAY

5:00PM
FRIDAY, 26 JANUARY 2024
MINJILANG COUNCIL OFFICE



SMOKING CEREMONY

WATER GAMES

COMMUNITY BBQ

FOLLOWED BY A MOVIE






Assisted by the Australian Government through the National Australia Day Council

JABIRU SPLASH

FRIDAY, 26 JANUARY 2024
JABIRU POOL, 10AM

ACTIVITIES FROM 10AM!

10am: Pool opens & tennis

10:30am: Cricket


11am: Soccer




EXCITING LUNCH MENU & CAKE

POOL TOYS

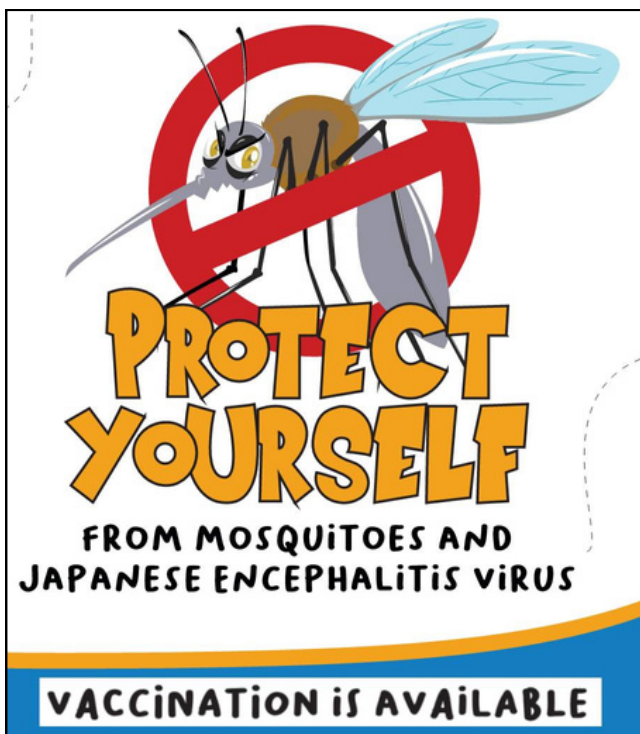
CITIZEN OF THE YEAR AWARDS from 11.30am

PAINTING ACTIVITY



Assisted by the Australian Government through the National Australia Day Council



Protect yourself against mosquito bites and the potential threat of Japanese encephalitis (JEV).

There are 2 ways to prevent JEV:

- ✦ avoid being bitten by mosquitoes
- ✦ vaccination.

Japanese encephalitis is a disease that can be prevented with vaccine.

If you're a Northern Territory (NT) resident you may be eligible to receive a free vaccine.

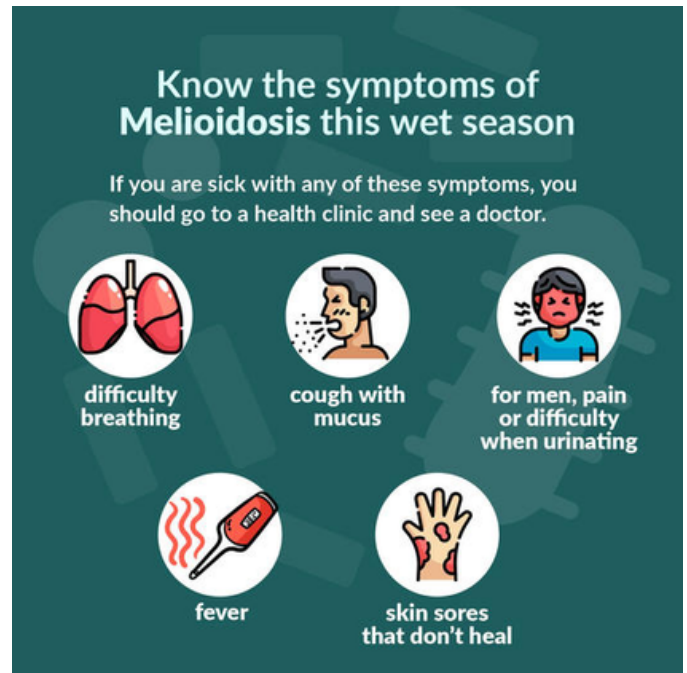
Danita Dilba
Health Service

Elders Support Services
Are you aged 50+?

- Need transport to and from appointments or the shops?
- Want to join some social group activities?

Talk to your GP today who can refer you to our aged care team!





Melioidosis is a disease caused by bacteria found in tropical soil and water. In the Top End, the wet season brings an increased risk of melioidosis, as the bacteria comes to the surface after drenching rains.

It's important to stay protected out in the community:

- Wear shoes during the wet season
- Wear gloves when working outside
- Wear a mask when using a high pressure hose
- Stay indoors during storms
- Take it easy with alcohol

The bacteria that cause melioidosis can enter the body through cuts and sores, and it can also be inhaled when dust is in the air during storms.

Learn the signs and symptoms how to protect yourself and your mob!

"The Deadly Tukka Cookbook" - A Culinary Collection by the Danila Dilba Elders Group
Every two weeks, the Danila Dilba Elders Group gathers for storytelling and other engaging activities. During their sessions, they compiled their favorite recipes into a cookbook, featuring a special dish from Carol, who is the mother of one our staff member in Red Lily Health.



Carol's Ox-Tail Stew

Ingredients

2 kg ox tail
1 kg beef gravy
Onions
Potatoes
Carrots
Celery
Salt + pepper
Soy sauce
Garlic + ginger

Method

- 1.Heat oil, add garlic ginger, and onion.
- 2.Add the oxtail and beef gravy and cook on low heat until the meat is tender.
- 3.Add your vegetables.

Serve with mash or rice and steamed veggies.



A Photo of Carol (left corner) with the Danila Dilba Elders.

TRANSITION UPDATES



The new Jabiru Health Centre is starting to take shape, and the excitement is building as Red Lily Health Board continue to work with the NT Health Department for the planned transition of the service to community control planned for mid-2024.

The plan will be for NT Health to move into the new building once completed and occupy for a period prior to transition of service management to Red Lily. There will be space for a 4 chair self-dialysis renal room, although NT Health advise that the chairs may not be installed until clients and a family member are trained in Darwin. There will be a new Dental room and morgue and space for the Health Store.

Thank you to the NT Government, it's a very exciting time for all residents, organisations, NT Health and Red Lily, to see a new large building in Jabiru, in time for transition to a local West Arnhem community controlled organisation.



RED LILY BOARD MEMBERS MEETING

Dates: 14th and 15th February 2024

Location: Red Lily Health Office- *Darwin*

Time: 08:30 am - 04:30 pm

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 NT Health, Australian Government Department of Health, NT Primary Health Network (NT PHN) & Kakadu West Arnhem Social Trust (KWASt). Red Lily Health is supported by Aboriginal Medical Services Alliance NT (AMSANT) & 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.