



Barry Fernando from Red Dust Healing visited the Minjilang community on September 28 to deliver an insightful workshop. This workshop uses ancient Aboriginal perspective to support individuals to explore and heal unresolved hurt, grief, loss and issues in their lives. Read more, Page 2.

## ISSUES UNSOLVED IN REMOTE COMMUNITIES

A 'yes' outcome for the Voice to Parliament would have solved many of the problems faced by our most vulnerable people living in remote communities, but sadly this was not the result of the 2023 Referendum.

As a passionate 'yes campaign' supporter, West Arnhem Regional Council Mayor Matthew Ryan has voiced strong disappointment for the outcome of the Referendum, stating that for First Nations People living in remote communities, it's a huge failure.

"This (the Voice to Parliament) could have been the platform to answer the issues we battle in our everyday lives.

"We had high hopes for change and betterment for all remote communities. These people are incredibly disadvantaged on all levels – how do we help our First Nations People who are still

disadvantaged today?" West Arnhem Regional Council delivers core local government services to five remote communities in the Northern Territory and also plays a large role in advocacy for Aboriginal People in the region.

Mayor Ryan said the Voice to Parliament would have bridged the gap with Councils to advocate for and deliver the services needed most in remote communities. "As a Council, this result sets us back to square one," he said.

"We have advocated for years for more funding for infrastructure, better telecommunications, proper roads and a new clinic for the Gunbalanya community. As a Council, we were a part of a delegation which gave testimony to the Joint Standing Committee for the Senate Inquiry into the sunseting of the Stronger

Futures legislation. There, we said that no improvements have been made from this legislation and we told them how Indigenous Peoples in the NT were affected by this and by the intervention.

"To date, we still haven't seen any improvements and some of these policies are still in place. There needs to be change."

Mayor Ryan has asked, for Indigenous People, where do we go from here?

"What is the end result for the 'no' campaign? How does this fix the big issues we face? Our people are still disadvantaged. We still need more direct funding in remote communities to deliver core services and we still face huge issues with health, housing, community safety and education.

"We need to send a strong message – the issues which affect Indigenous Peoples in remote communities are still unsolved."

## INSIDE THIS EDITION

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Cr Mickitja Onus sworn in as an Elected Member on the West Arnhem Regional Council.

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### SCHOOL HOLIDAY PROGRAMS



Council's Youth, Sport and Recreation team had an action-packed school holiday program in Jabiru.

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### KUNWINJKU PLAYING CARDS



Charles Darwin University works with Salome Nabarlambarl to make Kunwinjku playing cards.

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### QUALITY & SAFETY TRAINING



Quality and Safety Training Workshop was held in Darwin on 10 and 11 October 2023.

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# LET'S PREPARE OUR REGION FOR CYCLONE SEASON

As we move into cyclone season there are things we can all do to prepare and keep yourself, your family and your home safe. A few helpful tips from NT Police, Fire & Emergency Services <https://secure.nt.gov.au/>

*"Council will be undertaking pre-cyclone clean-ups across all of our communities.."*

Trim tree tops and branches well clear of your home

- Clear your property of loose material that could blow about and possibly cause injury or damage during extreme winds
- In case of a storm surge/tidal warning, or other flooding, know your nearest safe high ground and

the safest access route to it

- Prepare an emergency kit that can sustain every member of the household for at least 72 hours.

Council will be undertaking pre-cyclone clean-ups across all of our communities so community members can dispose of any hard rubbish that may become a risk in the cyclone season.

As Council staff members please spread the word around our communities and help your colleagues, family and neighbours stay safe this cyclone season. Keep an eye out on the WARC Facebook and the Wire for you communities dates.

**Upcoming pre-cyclone clean up dates:**

- Maningrida Pre-cyclone clean up (23-27 October & 20-24 November)
- Waruwi Pre-cyclone clean up day (Monday 6 November)
- Jabiru Pre-cyclone clean up day (Thursday, 9 November)

# RED DUST HEALING WORKSHOP

'If we do not know who we are and where we come from, then how do we know where we are going?

Healing to us is a spiritual understanding of self, identity, love, belonging, family, security, hurt, heartache good times and laughter.

But mostly Healing is a grasp for hope and acceptance based

on love and respect of understanding of ourselves, our supports and being able to tell/share our stories.'

On 28 September, Uncle Barry from Red Dust delivered the Red Dust Healing Workshop to Minjilang community.

The course was well-received with a diverse group of participants of all ages and both mem

and women.

The workshop was held at the West Arnhem Regional Council office and lunch was provided

The participants were West Arnhem staff and other stakeholders in Minjilang community.

Thank you to everyone involved and the Northern Territory Government for supporting this workshop.

# INCREASING COMMUNITY SAFETY

West Arnhem Regional Council has installed two new solar LED floodlights at each end of the Maningrida breezeway to light up the offices and the takeaway stores carpark.

The Maningrida Local Authority raised the subject of safety of pedestrians visiting

the takeaway stores after hours when the visibility is poor and solar LED lighting is the most effective solution to lighten the area while also reducing costs.

The installation of these additional lights was made possible by the Maningrida Local Authority.



Proudly supported by  
**MANINGRIDA**  
LOCAL AUTHORITY

# WIRE

West Arnhem Regional Council acknowledges the First Nations Custodians; and the many Language and Family groups who are Managers and Care-takers to each of their Traditional homelands and Waters across the West Arnhem Regions Wards. West Arnhem Regional Council pay their respects and acknowledge Elders, past present and rising.

The Wire is the only regular source of news and information in the Kakadu and West Arnhem Land region. More than 500 copies are distributed fortnightly to Jabiru, Waruwi, Minjilang, Maningrida and Gunbalanya.

Our electronic edition goes out to more than 500 individual email addresses across West Arnhem Land and the Top End.

The Wire accepts advertising from businesses and government organisations. Placement of ads is subject to editorial and Council policy.

Our competitive rates start from as little as \$72 (including GST). Call 08 8979 9465 today or email [wire@westarnhem.nt.gov.au](mailto:wire@westarnhem.nt.gov.au) to discuss how we can help you spread your messages around West Arnhem Land.

## ADVERTISING DEADLINES

Bookings: 5pm Monday prior to publication

Artwork: 5pm Tuesday prior to publication

The Wire is published fortnightly on Fridays.

The Wire is published by West Arnhem Regional Council. The views expressed here do not necessarily reflect those held by the Council or Councillors.

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Call (08) 8979 9465 or email [wire@westarnhem.nt.gov.au](mailto:wire@westarnhem.nt.gov.au)

# TUNE INTO TEABBA RADIO

- Maningrida Radio 106.1 FM
- Minjilang Radio 106.1 FM
- Gunbalanya Radio 106.1 FM
- Waruwi Radio 106.1 FM
- Jabiru Radio 98.9 FM



## CRISIS SUPPORTERS AVAILABLE FOR ALL

Going through a tough time?

If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

This is your story; your journey and we will take the time to listen.

No shame, no judgement, safe place to yarn. We're here for you.

<https://www.13yarn.org.au/>

- 13YARN is run by Aboriginal and Torres Strait Islander people
- Free and confidential service available 24/7 from any mobile or pay phone
- Aboriginal & Torres Strait Islander Crisis Supporters to yarn to.



## NEW BUS SHELTERS INSTALLED

Two new bus stop shelters have recently been installed within the Maningrida community to support the Bawinanga community bus service.

The Maningrida Local Authority approved project funding towards the supply and installation of the two bus shelters around the community, linking with the recent bus stop signs installed.

Installed at the entry to the New Sub and also from the Airport Road to the

main road into the new subdivision the bus shelters are wheel chair accessible to support accessibility for all.

While giving people shade and comfort while waiting for the bus service, the shelters are great for use all year around including the impending wet season.

JMK completed in the installation for West Arnhem Regional Council, with thanks to the Maningrida Local Authority for supporting the project.



Proudly supported by  
**MANINGRIDA**  
LOCAL AUTHORITY

## MANINGRIDA

## PRE-CYCLONE CLEAN UP DAYS

Mon 23 – Fri 27 October &  
Mon 20 – Fri 24 November 2023

Place unwanted hard waste at the front of your house BEFORE the day and Council will collect it for you!

✓ **WHAT WE CAN COLLECT:**

- Household items: furniture, white goods, timber
- E-waste: TVs, computers
- Scrap metals: Bedframes, toys

✗ **WHAT WE CAN'T COLLECT:**

- Green waste, commercial waste, oils or chemicals



## WARRUWI

## PRE-CYCLONE CLEAN UP DAYS

WED, 4 OCTOBER & MON, 6 NOVEMBER 2023

Place unwanted hard waste at the front of your house BEFORE the day and Council will collect it for you!

✓ **WHAT WE CAN COLLECT:**

- Household items: furniture, white goods, timber
- E-waste: TVs, computers
- Scrap metals: Bedframes, toys

✗ **WHAT WE CAN'T COLLECT:**

- Green waste, commercial waste, oils or chemicals



## WHAT'S ON

If you have an upcoming event you would like to see listed in this space please phone the Wire on 8979 9465 or email [wire@westarnhem.nt.gov.au](mailto:wire@westarnhem.nt.gov.au).

### WARRUWI PRE-CYCLONE CLEAN UP DAYS

WED, 4 OCTOBER & MON, 6 NOVEMBER 2023

Place unwanted hard waste at the front of your house BEFORE the day and Council will collect it for you!

West Arnhem Regional Council will be holding pre-cyclone clean up days in all communities. Keep an eye on your noticeboards.

## WEEKLY

### Monday

Underwater Hockey: Jabiru Pool, 5pm

Fire Station Training: Jabiru Fire Station, 6pm

### Tuesdays

Jabiru Playgroup: see the Facebook page, 9:30am

Bombers football training: Brockman Oval, 5:30pm

Jabiru Firey's Fitness Training: Magela Oval, 5:30pm

Aqua Fitness: Jabiru Swimming Pool, 6.15pm

Jabiru Art & Craft Group: private residence (enquire directly) 7.30pm

### Wednesdays

Skins Golf: Jabiru Golf Club, 4.45pm

### Thursdays

Story Time: Jabiru Library, 11.00am

Jabiru Bombers Football training: Brockman Oval, 5pm

Jabiru Firey's Fitness Training: Magela Oval, 5.30pm

Aqua Fitness: Jabiru Swimming Pool, 6.15pm

Jackpot Joker Draw, Jabiru Golf Club 7.30pm

### Fridays

Jabiru Golf Club raffles & Members Draw, 7pm

Pool competition: Jabiru Golf Club, 7pm

### Sundays

Jabiru Firey's Fitness Training 5.30pm

## OCTOBER

**23-27** Maningrida Pre-cyclone Clean Up Week

**Wed 25** Risk Management and Audit Committee Meeting, Jabiru

**Thu 26** Gunbalanya Local Authority Meeting

## NOVEMBER

**Thu 2** Maningrida Local Authority Meeting

**Mon 6** Warruwi Pre-Cyclone Clean Up Day

**Wed 8** WARC Ordinary Council Meeting, Jabiru

## MANDATORY REPORTING COURSE DELIVERED TO WARC STAFF

A group of 14 West Arnhem Regional Council employees got together in Jabiru and participated in a great session about Mandatory Reporting. This course was provided by NAPCAN and gave them an overview on what mandatory reporting of child abuse and neglect is and the obligations we have to report it in the NT. This workshop helped participants to recognise harm indicators and child risk

factors, how to respond to disclosures of child abuse, and prevention strategies and practices.

Kaitlyn Woods, Child Care Centre Manager at Jabiru, highlights the importance of completing this course as it provides essential information for anyone who works with children, helping staff to identify child abuse and how to respond to it too.



## EMERGING ABORIGINAL LEADERS CALLED TO JOIN FIRST CIRCLES 2023 PROGRAM

The Territory Labor Government supports the ground-breaking First Circles Program, which cultivates the next generation of Aboriginal leaders.

*"Ground-breaking First Circles Program, which cultivates the next generation of Aboriginal leaders.."*

The program is now open to expressions of interest from Aboriginal Territorians who want to be part of next year's program.

Supporting this unique program is one of the ways the Territory Labor Government is enhancing strong Aboriginal leadership, governance and capacity, which is fundamental to Aboriginal Territorians driving local solutions and leading the way in local decision making.

First Circles Members will attend four workshops in 2024 and be mentored and supported by staff and previous members whilst in the program.

The year-long series of intensive

workshops culminate in the group addressing all Ministers in the Northern Territory Government Cabinet.

Successful applicants will be invited to attend the Aboriginal Leadership and Governance Forum to be held in Alice Springs in 2024.

The current 2023 program includes 27 members who have attended the First Circles workshops and are scheduled to complete the program in October 2023.

Managed through the Department of the Chief Minister and Cabinet's Aboriginal Affairs Strategic Partnerships Team, since it started in 2014 over 100 Aboriginal leaders have been part of the program.

Many members go on to represent their community on a national platform. Minister for Aboriginal Affairs, Member for Arnhem Selena Uibo, is a First Circles graduate.

The program is a key element of the Territory Labor Government's commitment to the Aboriginal Affairs Strategy, including local decision making, closing the gap and ensuring Aboriginal Territorians' social and economic aspirations are being met.

Expressions of interest applications for the 2024 program close on 30 November 2023.

# NEW KAKADU WARD COUNCILLOR SWORN IN

Councillor Mickitja Onus was officially sworn in as an Elected Member for the Kakadu Ward on the West Arnhem Regional Council at an Ordinary Council Meeting on Tuesday, 10 October 2023.

During the meeting, Cr Onus read aloud and signed the Declaration of Office which was countersigned by Acting Chief Executive Officer Jessie Schaecken.

West Arnhem Regional Council Mayor Matthew Ryan congratulated Cr Onus on being sworn into Council and said he is a passionate representative for his community.

“Myself and fellow Councillors welcome Cr Onus and look forward to working alongside him to advocate for better outcomes for our region,” Mayor Ryan said.

Cr Onus was elected by at the 2023 Kakadu Ward by-election which was officially declared on Friday, 22 September 2023.



## QUALITY & SAFETY TRAINING PACKAGE WORKSHOP



West Arnhem Regional Council staff members Geri, Marnie, Cathy and Tamia at the workshop.

The Community Child Care Fund Restricted (CCCFR) Quality and Safety Training Workshop was held in Darwin on 10 and 11 October 2023.

West Arnhem Regional Council staff members Cathy Geri, Tamia and Marnie attended the important two day workshop.

The purpose of the workshop was to explore and understand Quality and Safety in the National Quality Standards, meet and network with other rural and remote crèche providers from across Northern Territory and WA, listen to stories from other locations and importantly to discuss what makes Warruwi and Minjilang services strong, individual and unique as well as the actions that need to take place to embed the

service in the community, grow connections, mentor and support local staff and fulfil compliance requirements.

Participants also had the opportunity to meet funding providers both federal and state and discuss support, training and mentoring opportunities.

Feedback from the participating staff was very positive and they really valued the knowledge they gained but also the opportunity to spend time with other WARC staff as well as other remote crèche workers.

Marnie, Geri, Cathy and Tamia would like to thank CCCFR for funding this opportunity and appreciate the support of other WARC staff that allowed them to leave community and attend the training in Darwin.

# Maningrida Local Radio

Tune in to 106.1

## ORANGE SKY MANINGRIDA

FREE LARGE WASHING MACHINES AND DRYERS

COME FOR A YARN!



Where will you find us?

- Monday Side Camp 1
- Tuesday Top Camp
- Wednesday Side Camp 2
- Thursday Bottom Camp
- Friday New Sub





# NEW SHADE SHELTERS

West Arnhem Regional Council recently completed installing the third hard structure shelter near the Maningrida health clinic.

This project was funded by the Maningrida Local Authority to assist ceremonial purposes at this location.

Thank you to the Local Authority for supporting these community projects.



# UPSKILLING IN COMMUNITY CARE

West Arnhem Regional Council has seen a reinvigoration of Community Care in Warruwi since new member of the team Joslyn came on board in August.

Council also has a new male worker called Brendon who came onboard in late July. He has joined Jamie and others and collectively the whole team is now working really well providing Aged Care and NDIS services to the Warruwi community.

Recently, three Community Care workers (Joslyn, Brendon and Jamie) worked with Poppy from Response Employment and Training to complete three modules in the Certificate for Individual Support:

- HLTSE001 Follow basic food safety practices
- HLTINF001 - Comply with infection prevention and control policies and procedures, and
- HLTWHS002 Follow safe

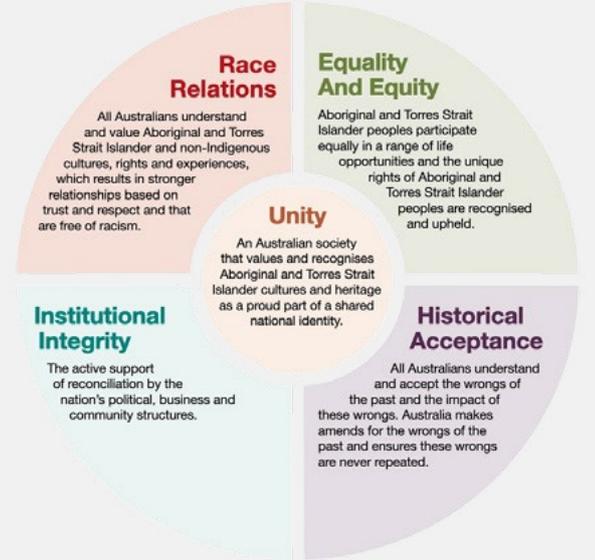


work practices for direct client care. This was a fantastic outcome as Poppy reported she is usually only able to deliver one unit each time she visits a community. Not only that but Joslyn did all of that while still maintaining services and acting as Wellbeing Services Coordinator while Geri is off the island.

# 5 DIMENSIONS OF RECONCILIATION

Reconciliation Australia's vision of reconciliation is based and measured on five dimensions: historical acceptance; race relations; equality and equity; institutional integrity and unity.

These five dimensions do not exist in isolation, but are interrelated. Reconciliation cannot be seen as a single issue or agenda; the contemporary definition of reconciliation must weave all of these threads together. For example, greater historical acceptance of the wrongs done to Aboriginal and Torres Strait Islander peoples can lead to improved race relations, which in turn leads to greater equality and equity.



Delivering health care to remote communities in the Top-End is challenging due to poor road infrastructure and seasonal flooding. Bibi planes (drones) could be the solution.



Medical worker loads vital medication for Bibi plane delivery



Road access to communities can be challenging in the wet



Map of the Bibi plane delivery flight routes

Bibi planes are pilotless aircraft and are already improving the delivery of medicines and other health care products to remote communities across Africa and Asia. West Arnhem will be the first trial of Bibi planes in Australia.

Before we start transporting medicines, we first need to trial the Bibi planes and see if they will cope with the Top-End weather. Red Lily Health Board will decide where the Bibi planes will fly to first.



Disclaimer: This Bibi plane (Drone) project has the approval of Red Lily Health Board. The Bibi Plane has no high-resolution cameras and will not spy on you. Poster produced by ARPNet and the NACAS team at CDU.

# WHEELCHAIR LIFTER FOR MANINGRIDA AIRPORT

Accessible infrastructure for all Territorians is a priority of the Territory Government.

Maningrida Progress Association has received a \$63,000 Community Support Grant to install a wheelchair lifter at Maningrida Airport. The installation of a wheelchair lifter will provide safe access for boarding aircraft for community members.

Maningrida Progress Association is striving to make Maningrida Airport more functional and passenger-friendly for community members, and having safer access to aircraft will make it easier for people living with disability to travel for medical

and social reasons.

The purpose of the Community Support Grant is to provide financial assistance to individuals, community groups and organisations in the Northern Territory to promote participation in our communities and improve social connections between people of different backgrounds, language groups, genders and ages.

Maningrida Airport will now work to progress the installation of the new wheelchair lifter.

Minister for Disabilities, Ngaree Ah Kit said, "Making sure we have accessible infrastructure is so important

and, through our Disability Strategy, the Territory Government is working to create accessible infrastructure for all Territorians.

*"The installation of a wheelchair lifter will provide safe access for boarding aircraft for community members.."*

community, and I'm proud to be the local Member whose Government is delivering this for them.

"There are a number of community members living with disability who are currently unable to access aircraft safely - this addition to the community will be highly utilised."

Maningrida Progress Association CEO, Ian McLay said, "Maningrida community members living with a disability or who are elderly cannot access aviation services without a wheelchair lifter.

"It is an aspiration of MPA to continuously strive for local employment. The wheelchair lifter will enable more local people to be engaged in training in its operation and more opportunities for jobs at the Maningrida Airport.

"MPA would like to see continuous improvements at Maningrida Airport. Maningrida is a big place and continues to grow, and the services need to grow with it."

"It is great to support the Maningrida Progress Association to deliver important outcomes for the Maningrida community."

Member for Arafura, Manuel Brown said, "This new wheelchair lifter is a much needed piece of infrastructure for the Maningrida

## WORK IN & EXPERIENCE ARNHEM LAND & KAKADU



**Senior Council Services Manager** – Jabiru, Contract - Full Time – Subsidised Accommodation provided – Closes 25 October 2023

**Administration Coordinator** – Jabiru, Level 6 \$79K - \$85k – Full Time - Subsidised Accommodation provided – Closes 18 October 2023

**Early Childhood Educator Assistant x 2** - Jabiru, Level 2-3 \$56k - \$68 – Part Time – All applications will be considered

**Pool Officer** – Jabiru, Level 2 \$56k - \$61k – Part Time – Subsidised Accommodation provided – All applications will be considered

**Community Care Officer** – Jabiru, Level 2/3, \$28 - \$34 per hour – Casual – No Accommodation provided – All applications will be considered

**Council Services Manager** – Maningrida, Contract - Full Time – Subsidised Accommodation provided – Closes 1 November

**Landfill Officer** – Maningrida, Level 5 - \$74k - \$77k - Full Time - Subsidised accommodation provided - Applications close Wednesday, 25 October 2023

**Customer Services Officer** – Maningrida, Level 3 - \$59k - \$64k – Full Time – No Accommodation provided – All applications will be considered

**Utilities Support Contract Operator** – Minjilang, Fixed term - Full Time – Subsidised Accommodation provided - Applications close Wednesday 25 October 2023

### For more information:

Please phone 08 8979 9404 or email [vacancy@westarnhem.nt.gov.au](mailto:vacancy@westarnhem.nt.gov.au)

*Indigenous people are encouraged to apply*



## Ask your mob, your way, **RU OK?**

“  
Come from a place of love and care. It's not about judging them for the way they've been behaving.”

**Karen**  
Meriam, Wagadagam



**STRONGER TOGETHER**

[ruok.org.au/strongertogether](http://ruok.org.au/strongertogether)

RU OK?

A conversation could change a life.

## JABIRU POOL WET SEASON HOURS

Jabiru's Alberto Luglietti Memorial Swimming Pool will commence the extended 'wet season' opening hours from Tuesday, 3 October.

From October to 30 April 2024, the pool will open for morning sessions on Tuesdays and Thursdays from 6am to 8am.

West Arnhem Regional Council encourages community members to take advantage of the extra opening hours in the mornings.

### Additional 'Wet Season' Opening Hours (1 October - 30 April):

- Monday: 1.30pm - 6.30pm
- Tuesday: 6.00am - 8.00am and 1.30pm - 6.00pm
- Wednesday: 1.30pm - 6.30pm
- Thursday: 6.00am - 8.00am and 1.30pm - 6.00pm
- Friday: 1.30pm - 6.00pm
- Saturday: 1.30pm - 6.30pm
- Sunday: 1.30pm - 6.30pm
- Public Holidays 1.30pm - 6.30pm

Community members are also reminded about the aqua fitness sessions which take place at the pool on Tuesdays and Thursdays. For more information, pop into the pool during opening hours.





**ALBERTO LUGLIETTI MEMORIAL POOL**

# OPENING HOURS

**New opening hours commence Monday, 1 May 2023**

<b>Monday</b>	1.30pm - 6.30pm	<b>Additional wet season hours</b> <b>1 October - 30 April</b>
<b>Tuesday</b>	1.30pm - 6.00pm	
<b>Wednesday</b>	1.30pm - 6.30pm	<b>Tuesday</b> 6.00am - 8.00am
<b>Thursday</b>	1.30pm - 6.00pm	<b>Thursday</b> 6.00am - 8.00am
<b>Friday</b>	1.30pm - 6.00pm	<b>Saturday morning sessions available</b>
<b>Saturday</b>	1.30pm - 6.30pm	<b>CLOSED</b> Good Friday, Christmas Day, New Year's day
<b>Sunday</b>	1.30pm - 6.30pm	<b>NO SCHOOL, NO POOL POLICY</b>
<b>Public Holidays</b>	1.30pm - 6.30pm	

*Regular & casual pool passes available*

Olympic-sized pool with shade - children's splashpad & pool - playground  
 - barbecue facilities - gym & shower facilities - kiosk - aqua fitness -  
 - shaded picnic tables - mobility lift - kids monorail - jumping pillow



56 Kitchella Road, Jabiru  
 Ph: 08 8979 9447 | www.westarnhem.nt.gov.au

## PROTECT YOURSELF AGAINST JAPANESE ENCEPHALITIS

Japanese encephalitis (JE) is caused by the Japanese encephalitis virus. Encephalitis is inflammation of the brain tissue and is usually caused by an infection. The virus is spread through mosquito bites.

Infection in humans is most commonly asymptomatic.

On rare occasions, it can result in severe disease with brain damage and even death.

### How it is spread

JE is spread by the bite of an infected mosquito. It cannot be spread from person to person.

In countries or regions where the virus is present, the transmission is more common in areas of increased mosquito activity.

Pigs and wild water birds help spread the virus. It multiplies in infected pigs, leading to very high levels in their blood.

Mosquitoes feeding on infected pigs and water birds pick up the virus and may spread it to humans.

### Symptoms

It usually takes 5 to 15 days between getting bitten by the infected mosquito and becoming unwell.

### Symptoms include:

- headaches
- fever
- seizures or fits (especially in young children)
- neck stiffness
- drowsiness
- confusion, delirium and coma in severe cases.

### Treatment

There are no specific treatments for JE. In most cases, individuals are admitted to hospital where they are closely observed and given supportive care.

### How to protect yourself

There are 2 ways to prevent JE:

- avoid being bitten by mosquitoes
- there is a vaccination.

There is currently a limited supply of JE vaccines. If you're a Northern Territory (NT) resident you may be eligible to receive a free vaccine.



[www.13yarn.org.au](http://www.13yarn.org.au)

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

# 13 YARN

"We're here to help, call us for a yarn"

## 13 92 76

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarnning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn without judgement and provide a culturally safe space to yarn about their needs, worries or concerns.



**Culturally Safe Space**

**Available 24/7 across Australia from any phone**

**We listen, without judgement or shame**

Lifeline

This initiative is funded by the Australian Government, Department of Health

Gayaa Dhuwa (Proud Spirit) Australia

This service has been developed in collaboration with Gayaa Dhuwa

## YOUNG PEOPLE CELEBRATING THEIR STRENGTHS

West Arnhem Regional Council's Youth, Sport and Recreation team had an action-packed school holiday program here in Jabiru. Our kids tried everything from golf, karaoke, cookie decorating, to creating their own tie-dyed t-shirts and bags.

One particular highlight was having a Development Officer from Tennis NT visit both Jabiru and Gunbalanya to deliver a cross-community tennis clinic for the kids.

We had some wonderful whole community events as well, such as a pool party and a musical therapy DrumBeat session as part of NT Mental Health Week. CatholicCare NT organised a fabulous afternoon full of activities which support positive mental health. The children were able to celebrate their strengths and learn to regulate their emotions and behaviour through a drum beat session run by TeamHEALTH. There was lots of healthy food available as well as a beautiful cake which was very kindly donated by Sodexo. The kids took home some show bags with lots of goodies such as sensory toys, calming spray and colouring books so that they can continue healthy habits at home. A huge thank you to all the families who came along and participated! We were very lucky to have support from so many generous stakeholders within the community to make all of these events possible, namely; Caulfield Grammar, Red Lily, ALPA, Catholic Care and Team Health.



### Jabiru



**ROYAL LIFE SAVING**  
NORTHERN TERRITORY

October 2023

Resuscitation	Bronze Medallion Update	Bronze Medallion
28 <sup>th</sup> October 2023 2.30-4.30pm \$90pp	28 <sup>th</sup> October 2023 2.30-5.30pm \$100pp	29 <sup>th</sup> October 8.30-4.00 \$180pp



Bookings are essential and can be made online at:

[nt.training.royallifesaving.com.au](http://nt.training.royallifesaving.com.au) , by calling our office on 8981 5036

Or scanning the QR code

Royal Life Saving Society (Australia) NT Branch Inc

RTO Provider Number 0859