

Become a member!

Danila Dilba is a community-controlled organisation, which means we have a Board elected by members of the Biluru (Aboriginal and Torres Strait Islander) community in the Yilli Rreung (greater Darwin) region.

Our Board and members are essential to guiding the services we provide to the community.

Please visit our website or phone us if you are an Aboriginal or Torres Strait Islander person living in the Yilli Rreung region and would like a membership form.

www.daniladilba.org.au

New five year plan

The Danila Dilba Board has approved a new Strategic Plan for 2017-2022.

The focus is on improving health and wellbeing across peoples' life course, with other priorities being:

- building organisational capacity and strength
- strengthening strategic partnerships and relationships
- achieving continuous improvement and integration of programs and services.

Danila Dilba Chair Braiden Abala said the plan "builds on some amazing achievements of the organisation over the last couple of years, and confirms a path forward that will continue to nurture and care for the community closer to home".

Danila Dilba has consulted its clients, community, staff and organisational stakeholders to devise this plan.

The plan describes Danila Dilba as a growing and dynamic health service committed to world's best

practice, Aboriginal culture and a passion to make a difference to the wellbeing of Aboriginal people.

The achievements under the plan will be reported on in our annual reports, along with quarterly reports to the Board on progress.

Business plans will be developed for each Danila Dilba unit, matched with annual budgets to support the goals in the strategic plan.

Staff will be required to include how they are working towards the strategic plan in their six monthly reviews.



Braiden Abala

Inside

More support for mums and bubs	2
Darwin, I'll be back!	2
Bagot clinic	3
Dr Iyngaran's Health Tip	3
Have you had your legal health check?	4

More support for mums and bubs

Danila Dilba is about to launch its Australian Nurse Family Partnership Program funded by the Australian Government Department of Health.

It's a nurse-led home visiting service that supports women pregnant with an Aboriginal and/or Torres Strait Islander child to improve their own health and the health of their baby.

It also gives valuable support and advice to mothers to help the babies in their early years.

The program's home base will be in the same building as our Malak clinic with renovations underway for a move in the latter half of 2017.



It is planned that teams will be working closely with people in the community and in their homes, as well as in other Danila Dilba clinics including Palmerston and our new clinic at Rapid Creek from early 2018.

Recruitment has just been completed for a Nurse Supervisor, Nurse Home Visitor, Family Partnership Worker and Admin Officer.

Darwin, I'll be back!

Maddy Wonders recently spent five weeks with Danila Dilba as part of our Royal Commission into the Protection and Detention of Children in the Northern Territory Research Team.

Maddy was an intern under the Aurora Project, which places law students and graduates in full-time, unpaid, 4 to 6 week internships at more than 130 organisations Australia-wide with an Indigenous focus.

Maddy has shared this reflection on her time with Danila Dilba...

"My experience at Danila Dilba was like no other work placement or internship I've completed before. Doing complex and challenging work that contributes to a really important cause was an incredibly rewarding feeling.

I attended meetings with a community justice centre, non-government organisations, Ministers, barristers and more. I was able to

visit the youth detention centre with DD's Deadly Choices team and witness the incredible work they are completing there.

I attended an all-day cultural awareness training, which was an absolute highlight – the women leading the session were incredibly generous and I learnt so much.

I was surrounded by interesting, inspiring and humble people committed to social justice. My internship reminded me of the importance of my law degree and the power and responsibility that comes with it.

It's definitely an area I am committed to working in and I've never felt so inspired and engaged in a job before. Darwin, I'll be back!"



Bagot clinic

At the invitation of the community, Danila Dilba will be hosting the Bagot Clinic from 1 July.

Primary health care services will be delivered on behalf of the community, with the support of the NT Department of Health.

The clinic will stay the same and not be branded as a Danila Dilba clinic.

The Bagot Clinic staff will be employed by Danila Dilba and report to our managers.

We will also be providing admin support such as human resources, IT and finance.

There has been extensive consultation with the Bagot community about this and we will be working closely with clients during the



Bagot clinic
transition to Danila Dilba.

This clinic will continue to be available for residents of Bagot, Minmarama and Kalaluk, and other eligible clients.

Doctor Iyngaran's Health Tip

Have you had your flu shot?

A lot of people don't think getting the flu is a big deal. However a lot of people end up in hospital from it and even get admitted to intensive care.

Did you know that Aboriginal and Torres Strait Islander people are more likely to get sick because of the flu?

Pregnant women and people with health problems like lung disease (including asthma), diabetes, kidney or heart problems are most at risk of getting very unwell from the flu.

Young children under five and the elderly are also at high risk. Free flu vaccines are available to:

- Aboriginal and Torres Strait Islander people over the age of 15
- Indigenous children aged 6 months to 5 years
- pregnant women
- all people with a chronic disease and any person over the age of 65.

To be protected you need to have a new vaccination every year. It won't stop the common cold but it can stop you from getting knocked out for weeks by the most common types of the flu.

It could even prevent you from being in hospital and will help prevent you spreading the flu to people who might be at the highest risk.

You can't catch flu from having the vaccine as it does not contain any live flu virus.

You can now get your free vaccination any time by visiting your local Danila Dilba clinic, or ask for it at your next appointment.



*Doctor Iyngaran
Selvaratnam, DDHS
Senior Medical Officer*

Have you had your *legal* health check?

Unresolved legal issues can have a negative effect on peoples' health and wellbeing by causing stress and hardship.

Danila Dilba and NT Legal Aid Commission (NTLAC) are working together to help with legal issues in a more culturally appropriate, safe and supportive way.

NTLAC provides a lawyer at our Darwin and Palmerston clinics to give free advice, minor legal assistance, information and referral support to Aboriginal and Torres Strait Islander people.

If you or a family member has an appointment with us, why not book in to see a lawyer after your appointment for a legal health check?

Talk to reception or your health worker about booking in for a legal appointment so that you can get help from a lawyer to check your understanding of your legal rights and responsi-



Danila Dilba's Fran Baird with NT Legal Aid Commission Solicitor Seranie Gamble

bilities about things that may be affecting your daily life.

Or for general information about the law you can ring the NTLAC legal information hotline during business hours on 1800 019343.

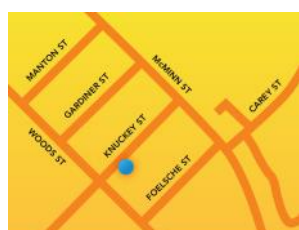
Contact Us

Enterprise House
28 Knuckey St,
Darwin NT 0800

GPO Box 2125,
Darwin City NT 0801


Tel: (08) 8942 5400
Fax: (08) 8981 7567
info@daniladilba.org.au

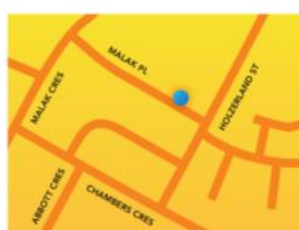
www.daniladilba.org.au



Community Programs


Enterprise House
28-30 Knuckey St,
Darwin NT 0800

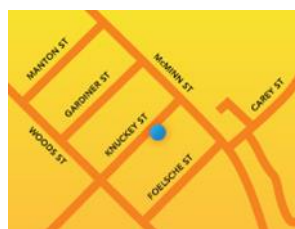
 (08) 8942 5400



Malak Clinic


Shop 3, 1 Malak Place,
Malak NT 0812

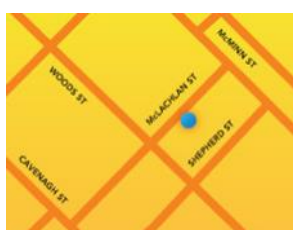
 (08) 8920 9500



Knuckey St Clinic


32-34 Knuckey St,
Darwin NT 0801

 (08) 8942 5444



Men's Clinic


42 McLachlan St,
Darwin NT 0800


 (08) 8942 5495



Palmerston Health Centre

Unit 1/7 Rolyat St,
Palmerston NT 0831

 Health Clinic
(08) 8931 5700

 Gumileybirra
(08) 8931 5711