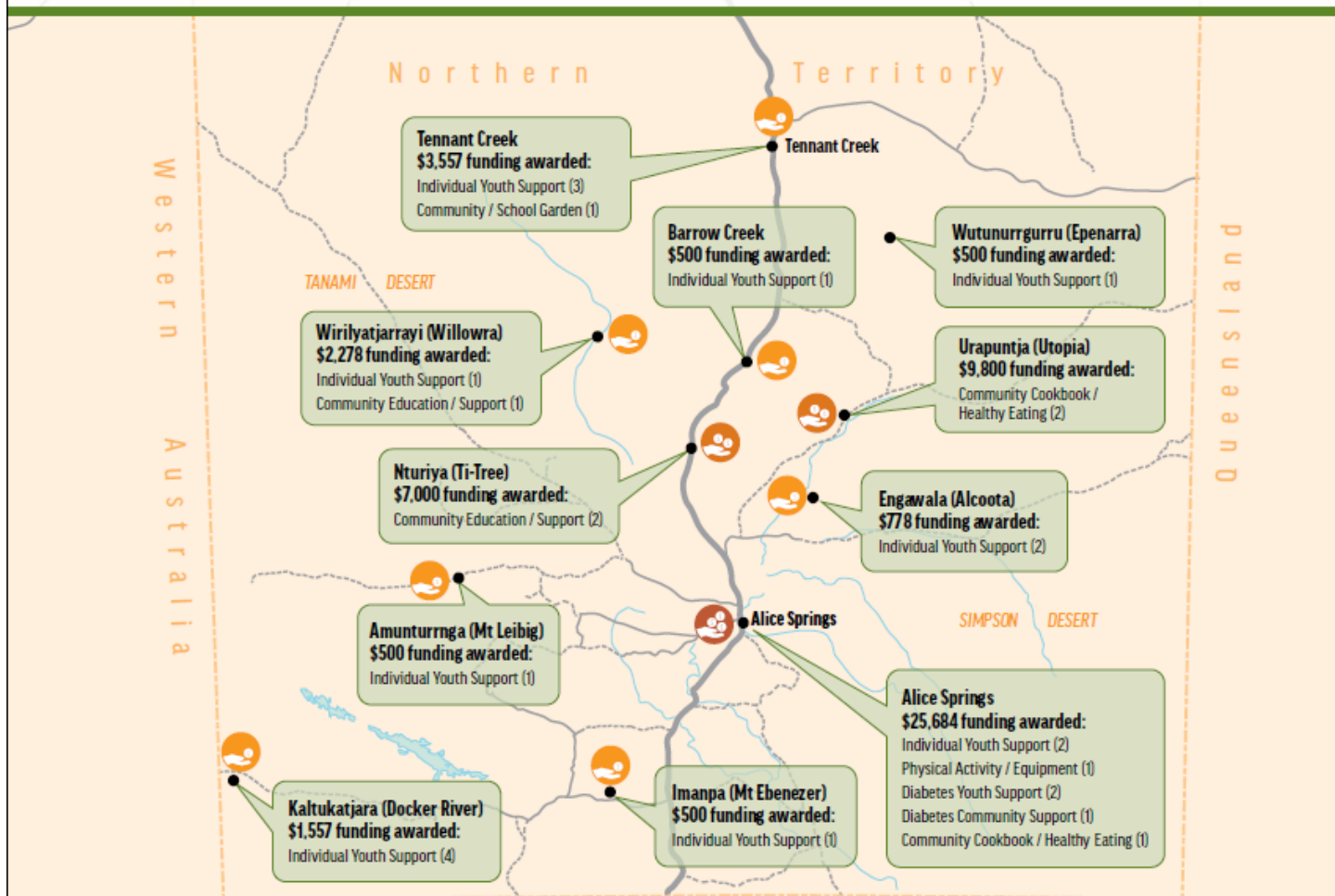


Bill Raby
Diabetes Fellowship

2016-2022
FUNDING BY REGION



For further information or to apply, go to: healthylivingnt.org.au/about-us/bill-raby-diabetes-fellowship



Aquaponic System

Malak Primary School



 Bill Raby

 Diabetes Fellowship

 Community Grant

Last year, Malak Primary School were fortunate enough to receive a grant that allowed them to start an Aquaponic System. One class within the school 3-4C, were lucky enough to be chosen to get it up and running for the school.

The system arrived during the wet season, so it was decided that no planting would begin until the dry had begun. Students began by using the seeds and grew seedlings in their classroom. They grew herbs, leafy greens and some vegetables. Once their seedlings were big enough, they were transplanted directly into the grow bed of the aquaponic system.

Every week 3-4C would come out and check on them, do any weeding necessary, catch the odd grasshopper and measure the height of their plant, whilst also writing a detailed journal entry about anything they observed in the garden space. Once data collection and observations were recorded, they would then complete the jobs, which included, cleaning the filter sponge, testing the pH level of the water, feeding the fish, checking the water levels and filling up if needed and attempting to befriend the fish.

There were a few hiccups along the way with after-hours break ins, which meant provisions were destroyed, planting tomatoes too late in the season and fish dying due to the plants not having enough sunlight. The fact that everyone was learning together meant mistakes were inevitable. However, a lot of learning came from these mistakes and many 'ah ha' moments.

Grades 3-4C learnt about the importance of plants and how they clean the water by sequestering nutrients through their roots. They learnt that the fish's poop is full of nutrients, which the plants depend on to survive. They understood how the closed loop system

worked with the fish and plants depending on each other to survive, in a beautiful symbiotic relationship.

There came a point where there seemed to be more grasshoppers than plants in the aquaponic system, however one plant, sambung (longevity spinach) thrived! Whilst the grasshoppers were busy eating everything else, 3-4C harvested the spinach, washed it, and blended it with other ingredients to create a delicious pesto. This was enjoyed by the whole class, with some pasta.

3-4C also had the opportunity to share their growing knowledge with the rest of the school during Science week. They ran a tour of the Aquaponic system and garden, they conducted a mini beast hunt with microscopes, tested the pH levels in soil and water and led an art and craft session for our raised garden beds.

Overall, this was a very special time and place for 3-4C. They were able to see how maths, literacy, art and science are naturally interwoven in our world, making it more accessible, engaging and less overwhelming. Our discussions were rich, enthusiastic and open.

Currently the system is thriving, with banana plants, ginger, basil, brazilian spinach, rosella, sambung and cucumelons growing. The success of the project has inspired us to extend into running a hydroponics system next and repurpose an unused area as a kitchen garden in 2022. We will be seeking donations and help to learn even more!

The aquaponics project has allowed the students to put one of our values into action – Respect the Environment and to demonstrate our mission statement of Learning for Life. This experience and learning would not have been possible without the grant to fund both the equipment and expert coaching to set it up.



New Fellowship awards announced

Since its relaunch in 2016, the Bill Raby Diabetes Fellowship has awarded **almost \$110,000 in funding** to 46 community groups and individuals.



2022 funding update

The Fellowship Board of Governors approved the award of **\$10,000 in funding grants** to two organisations in the December 2022 funding round. These are:

\$5,000 to Children's Ground

to make a film clip for *Merne Mwerre*, a new Arrente song for young people as a call to action to stay healthy and strong, eat good food and bush tucker.

\$5,000 to Ironbark Aboriginal Corporation

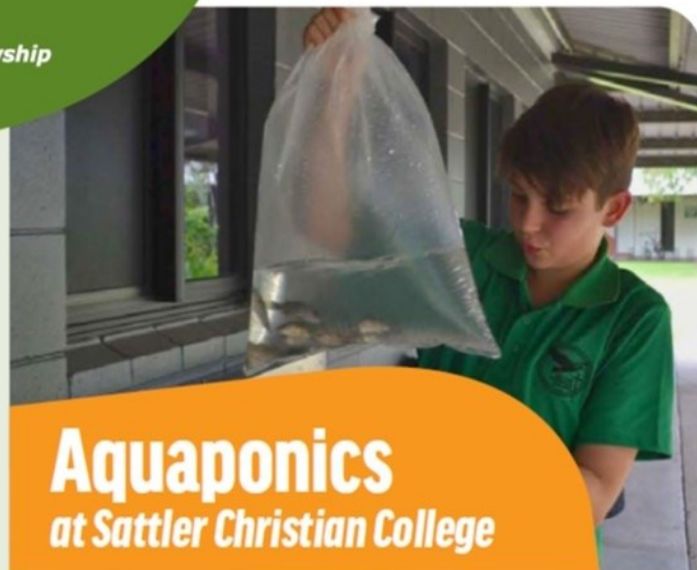
to establish a *Knuckey Lagoon Community Market Garden*.

Applications to the Fellowship are considered twice a year with the next round closing on **31 May 2023**. Applications are now open in the following categories:

- Youth with Diabetes
- Health-promoting Community Support Grants

For further information, go to www.healthylivingnt.org.au or call Healthy Living NT on 8927 8488.

For more information about funding to date and the Northern Territory communities which have benefitted from grants, see our **Funding By Region 2016-2022** map on the opposite page.



Aquaponics at Sattler Christian College

Sattler Christian College has been blessed by the Bill Raby Diabetes Fellowship Community Support Grant. Our students have learned about the food cycle, healthy eating and living in a small scale product-to-the-plate adventure. How the fish and food ecology worked hand in hand inspired the imagination of our students and has caused our school to consider even larger scale projects into the future. Our sincerest thanks to the Bill Raby Diabetes Fellowship, what a wonderful organisation. It was a pleasure partnering with them in the great causes they support.

Michael Tooler, Principal



Update | September 2022

In June 2022, Governors accepted a number of reports from completed projects. One of these, Bula'Bula Arts is showcased in this edition. The Fellowship Board of Governors also approved funding to support the purchase of an iPhone to a youth with diabetes to support diabetes management, related apps and engage in support networks with others with diabetes.

Applications to the Fellowship are considered twice a year with the next round closing on 30 November 2022. Applications are now open in the following categories:

Youth with Diabetes

There are no prescribed activities for the award of Bill Raby Diabetes Fellowship support. Some examples of eligible activities could include:

- Attendance at an interstate diabetes youth camp
- Purchase of a tablet or similar smart device to assist with joining and participating in web-based diabetes support networks and groups throughout Australia or to access diabetes related apps or assist with diabetes management information.

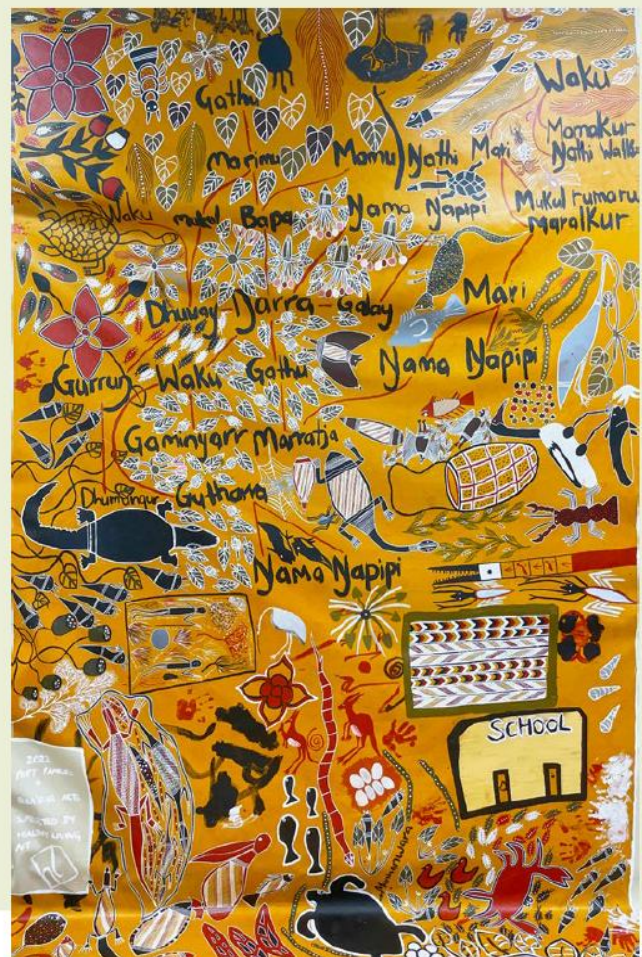
Health promoting Community Support Grants

The Community Grants Program offers small grants up to \$5,000 (GST inclusive) for NT community-based projects or activities which will build capacity and improve health outcomes for community members who have, or are at risk of developing, a chronic disease, through:

- Improving health literacy
- Improving health knowledge
- Improving health behaviour or
- Improving community participation in healthier lifestyles.

This may be achieved through reducing risk factors associated with chronic disease, helping people or communities to live healthier lifestyles or through education or resource development.

For further information go to www.healthylivingnt.org.au or call Healthy Living NT on 8927 8488.





Bula'Bula artists and FaFT families collaborate on painting project


 Bill Raby
 Diabetes Fellowship
 Community Grant

In the remote Arnhem Land community of Ramingining, Mothers with Young Families approached Accredited Professional Social Worker, Sarah Atkinson with an idea. They wanted a project to further teach the children who they are and how to be strong, both culturally and for healthy bodies. The Mothers are part of the Families as First Teachers (FaFT) program, which provides early learning and family support for remote Indigenous families. Sarah, who also attends FaFT with her young daughter, approached Bula'Bula Arts, the Yolngu-owned and operated Art Centre to help facilitate a project.

Supported by the Bill Raby Diabetes Fellowship Grant, the project consisted of a series of weekly painting sessions at Bula'Bula Arts, in which the FaFT families worked together with Bula'Bula artists to create a large-scale family tree depicting moieties, kinships systems, totems and traditional bush foods. Painting the canvas provided a culturally safe space for conversations and education towards the health and wellbeing of these young families. As the artists and mums painted the canvas, discussions were had to the health benefits of traditional bush foods. This was not only for diabetes prevention, but also how certain foods can help with other ailments. Mums also discussed where the bush foods could be found.

"This has been a lovely exercise to be a part of in Ramingining. It has seen some higher numbers of FaFT attendees who have enjoyed doing something different, and indeed something relevant to their culture. From conversations that have happened around the painting, I noticed there was a lot of talk about what is better for their kids to eat. As a FaFT mum myself, I have relationships

with the mums and know that they are trying to teach and raise their kids to be strong." – Sarah Atkinson.

Whilst gathering for the painting, mums and children had access to healthy foods which also prompted many discussions on the benefits of fresh fruits and vegetables rather than processed foods. Project leaders guided parents as to why certain foods are being provided and how healthy eating can help prevent diabetes. The *True Story of Diabetes* short videos created in 2011 by the Ramingining School were also played during the sessions.

"Doing the painting made me feel good and all the mums to feel good. I am going to keep using this to teach the kids and their families the stories on the canvas and what are good foods to eat." – Anita Wandarrnga, participant.

The project's intent was to provide a culturally appropriate platform to educate parents of young children how to prevent diabetes. The giant three by two metre painting is now complete and hangs in the FaFT classroom as an ongoing teaching tool.



Amern Mwerr, Utopia Kids Come Home and Cook Healthy Take Away

In the Central Desert, 250 km northeast of Alice Springs you will find Alywarr Country and within this desert country the Utopia Homelands. The homelands consist of 18 communities, some more than 30 minutes' drive to the local store.


Bill Raby
Diabetes Fellowship
Funding success stories



The Amern Mwerr project began in Utopia ten years ago with conversations between a visiting Public Health Nutritionist and community members who expressed concern about accessibility to healthy food. Existing efforts by community members to grow fruit and vegetables close to their homes were evident; some people were saving seeds from vegetables purchased at the store and building their own gardens out of found materials. Ten years on, there are fourteen gardens across the Homelands.

Amern Mwerr means good food in Alywarr, the main language spoken on the Homelands, and that's what the project is all about. It is a community development project that seeks to increase access to fresh fruit and vegetables through two primary objectives: building food gardens and providing ongoing horticulture and maintenance support, paired with a nutrition and cooking program, to support people to harvest and eat the fresh produce they grow.

With funding from the Bill Raby Diabetes Fellowship, Arid Edge Environmental Services (AEES) has been able to develop and produce a kids cook book *Amern Mwerr: Utopia Kids Come Home*

and *Cook Healthy Take Away*. The book is a continuation of ideas formulated during the successful *Amern Mwerr Cooking Stories Book 2019* which encouraged healthy home cooking. It is known that take away food is another significant food source in the diet of community members. Current take away foods offered are predominantly high in saturated fat, sugar and low in nutritional value. Utopia residents suggested an Amern Mwerr project to take a look into this.

During school holidays Amern Mwerr facilitated youth cooking programs in Utopia, aiming to develop food preparation skills, increase familiarity with cookbooks, kitchen appliances and healthy eating practices, and to provide meals for kids during holiday times. Utopia kids chose and trialed a selection of recipes that they thought would serve as culturally appropriate and nutritious take away food options. The kids cooked large quantities of each recipe with ease and deemed them simple enough in preparation and ingredients to be produced as take away foods or lunch/snack options for schools and community events. This book is a small collection of their favourites.

In addition to the recipes, the book also includes key messages related to good health and nutrition, as well as some messages from community members, parents and local organisations. An electronic version of this cookbook can be accessed on the *Australian Indigenous HealthInfoNet* healthinfonet.ecu.edu.au

The Amern Mwerr Project is currently managed by Arid Edge Environmental Services (AEES) operating across 8 Alice Springs Town Camps and on the Utopia Homelands. The project is funded by Primary Health Network NT, Tanentyere Council and the Department of Health, NT.

A short film about the Amern Mwerr Project Utopia can be found at youtu.be/TmUBg6QRJ1w





Board of Governors



Healthy Living NT is pleased to announce a number of appointments to the Governing Board of the Bill Raby Diabetes Fellowship:

- Mr Gerry Wood, long term Territorian and former MLA, has been appointed to the position of Chair of the Governing Board. Gerry has served as a Governor since 2016.
- Mr Ken Vowles has been appointed as an Independent Governor. He is Darwin-born, a sportsman of note and a former MLA.

Ron O'Brien, Chair of the Healthy Living NT Board, extended his gratitude to both appointees for their willingness to voluntarily contribute to the important work of the Fellowship. Ron has welcomed the wealth of knowledge about the Territory and its community they both bring to the Governing Board.

Further information about the Fellowship can be found at www.healthylivingnt.org.au/about-us/bill-raby-diabetes-fellowship

Danila Dilba foot care project

The Bill Raby Diabetes Fellowship Community Grant has improved access to appropriate footwear for Danila Dilba Health Service (DDHS) clients with diabetes.

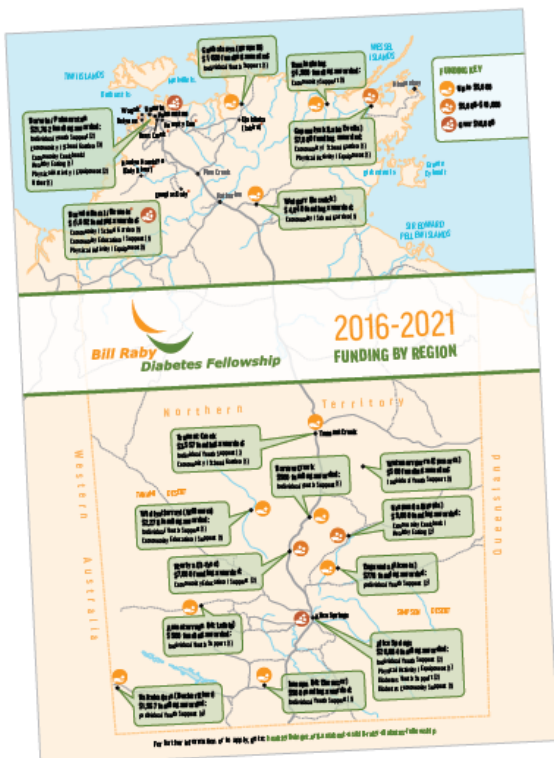
Danila Dilba has over 9,000 regular clients and around 1,600 of these clients have been diagnosed with type 2 diabetes. Australian guidelines recommend appropriate footwear to reduce the risk of diabetic foot ulcers. People with diabetes can face barriers to optimal foot care, particularly the affordability of shoes and lack of knowledge about what shoes to buy.

This Community Grant funding enabled the purchase of different types of shoes to suit both high and low risk foot problems and support both treatment and prevention. A total of 120 pairs of shoes were provided to clients. This included general everyday shoes for clients with inadequate or no shoes, runners to participate in the physiotherapy gym program and medical grade footwear for clients with active diabetic foot complications.

The Danila Dilba podiatrist identified the right shoes to meet client needs. The funding ensured that there was little delay in getting shoes to people who needed them. Podiatrist, Meredith Batey said "this funding filled a major gap in the podiatry service. Providing clients with shoes reinforced education about the importance of diabetic foot care. In the past we could only tell people to buy some shoes and tell them what to look for. Many clients could not afford to follow this advice. It is great to be able to provide care in line with the evidence".

Physiotherapist, Philippa Cotter, commented that "access to this funding has removed a very common barrier to physical activity and provided appropriate shoes for clients attending the gym program. It would be hard to run this program without access to footwear. Exercise is an important part of diabetes self-management. When clients got new runners, they clearly felt supported to come to the gym and more motivated to make changes to their lifestyle".

The Community Grant has contributed to holistic care and helped Danila Dilba clients feel supported in their diabetes self-management. The outcomes of this pilot project will be used to inform future decision making at DDHS and broader policy development.



Community Food Garden in Gapuwiyak


In early 2020, the Gapuwiyak Youth, Sports & Recreation Program – YSR, East Arnhem Regional Council received a small grant through Healthy Living NT to support the development of an edible garden/s in the local area. The YSR team conducted consultation with various leaders in the community to ascertain what species of plants would be viable for the Gapuwiyak community. Tropical fruit plants were unanimous.

Mid-2020, amongst the COVID-19 lockdowns and restrictions, a shipment of edible fruit plants was ordered from Darwin via barge on pallets. The plants arrived in Gapuwiyak healthy, thriving and were met with great excitement from the YSR Team and wider community. Plants included a bustling collection of guava, passionfruit, pineapple and papaya.

Due to COVID-19 restrictions in the region and local area it was challenging to launch a project involving a crowd. Lost for direction, the YSR team sought consultation with a partnering stakeholder organisation – Yirralka Rangers, comprising of Elders and Leaders of the community. The collaboration provided a strong direction forward for how the plants would best thrive and provide purpose to individuals, families and community. The decision was made to support future efforts for Yolngu peoples to re-integrate with their respective homeland more frequently/permanently by placing the plants across three different prominent close-by homelands (Raymingir, Yalakun and Balma) in hope that the plants would thrive and grow year after year to provide food. The Yirralka Rangers agreed to monitor and manage the plants to ensure they survived.

Additionally, the YSR team also consulted the Yirralka Rangers on what other types and species they would like to order with the small amount of funding remaining in the project. Kasava, banana, sweet potato, paw paw, lime and pumpkin were the most desired and practical. The remaining funds were spent to order small batches of each once they became available.

The project had multiple positive outcomes, the most outstanding being the opportunity to support the further development of surrounding homelands. The relationship between YSR, Yirralka Rangers and the wider community, including Elders and Leaders was strengthened during the process, which in-turn led to greater collaborative outcomes in other areas of community development.

The plants will now continue to provide food to each of the homelands, as well as a healthy activity (plant management) for residents of the homelands. Additionally, this will help reduce the burden of food expenses often faced in very remote communities with low income rates, as well provide healthier options of food to strengthen the physical health of homeland residents to assist in overcoming burdens of health disease. 





The Bill Raby Diabetes Fellowship was established by Healthy Living NT in 2005 to honour its founding President Bill Raby OBE.

New Fellowship awards announced



2021 awards update

The Fellowship Board of Governors approved the award of just over **\$13,000 of funding grants** to organisations in the December 2021 funding round. These include:

\$5,000 to the Ti Tree Community

for the *Ti Tree Sugar Sistas* project - Provide women with a culturally safe place to learn and have fun, as well as empowering them with skills and knowledge to support self-management of chronic conditions such as diabetes and kidney disease.

\$4,900 to BulaBula Arts in Ramingining

to create a *Gurrutu (kinship) map* - Creation of a portable, hand painted, visual map of the Yolgnu Gurrutu (kinship) system specific to Ramingining through the local Families as First Teachers (FaFT) program. The map will serve as an ongoing teaching tool promoting health and well-being for the FaFT classroom and the broader community.

\$3,200 to Central Australian Aboriginal Congress

for the development of a diabetes teaching tool *Sugar in the body*, co-designed with local Indigenous artists.

Applications to the Fellowship are considered twice a year with the next round closing on **31 May 2022**. Applications are now open in the following categories:

- Youth with Diabetes
- Health-promoting Community Support Grants

For further information, go to www.healthylivingnt.org.au or call Healthy Living NT on 8927 8488.

We were very fortunate to receive a Bill Raby Diabetes Fellowship Community Grant to spend in 2020 on our Kitchen Garden program.

In January we purchased and set up the kitchen garden area, including fencing-off a special area in our yard and establishing a new fishpond and garden bed. Once complete, the fun really began with the arrival of our new fish. Our children and families were so excited at this momentous occasion, with these slippery beauties making the project an immediate success. The children began asking to feed the fish and visit the garden each day and have continued to thoroughly enjoy our new garden.

We have been privileged to have community volunteers assist in the running of our kitchen garden and help teach our children about the importance of healthy food and living. So far, the garden has



had successfully grown produce, including herbs and vegetables, that have been used in cooking experiences and been shared with families to use at home.

This project has led to a true collaboration amongst community members, educators and students that is beautiful to see. Our children are interested and engaged with the kitchen garden and nothing is better than walking into the yard and seeing children tasting new and healthy foods that they have grown themselves. What a difference this project will bring to their lives!



Bill Raby DIABETES FELLOWSHIP

Healthy Living NT has relaunched the Bill Raby Diabetes Fellowship with new aims and objectives and a community focus more in line with our aims and extension into health promotion.

After 10 years of operation, in 2015/16, the Board of Healthy Living NT reviewed the Fellowship and re-aligned its objectives to more relevant and contemporary goals supported by a new Board of Governors with greater community focus.

The renewed aim of the Fellowship is to enhance the well-being of people with diabetes and the general community in the NT. Effective from June 2016, Fellowship financial support can be made available to applicants in the following three categories:

a. Youth affected by diabetes

This is a new purpose recognising that the development of diabetes at a young age presents additional challenges and difficulties to both the child/youth and their family. Learning how to best manage diabetes as soon as possible after diagnosis and understanding there are others affected by the condition, can assist to reduce these challenges and difficulties. The Fellowship can assist with funding to help youth affected by diabetes learn more about their condition.

b. Community grants program

This is a new purpose recognising that grassroots, community-based organisations and groups are important drivers in supporting stronger and healthier communities. Through the Community Grants Program, the Bill Raby Diabetes Fellowship supports the development of community-based solutions aimed at supporting healthier lifestyles and improving community awareness of healthy lifestyles through small preventive chronic disease health projects.

c. Health professional Continuing Professional Development (existing purpose)

A new Board of Governors has been appointed comprising:

Ms Sharron Noske, Chair

Senior Manager, PwC Indigenous Consulting

Mr Gerry Wood

Member of the NT Legislative Assembly

Ms Sue Korner

COO, Central Australian Health Service

Mr Will De Decker

University student and HLNT Board Member with special interest in young people with diabetes

Mr Ron O'Brien

Healthy Living NT President

Healthy Living NT provides funding for the Fellowship and the Board of Governors is the sole arbiter in the award of Fellowship funding.

Eligibility criteria and application forms for the renewed Fellowship can be found at www.healthlivingnt.org.au. Applications for the first funding round close at the end of November 2016.



Did you know?

The Bill Raby Diabetes Fellowship was established by the Board of Healthy Living NT in 2005 as a means of recognising the significant contribution of Bill Raby OBE to the Association and the well-being of people with diabetes in the NT.

From 2005-2015, the Fellowship supported NT health professionals to increase their knowledge of diabetes through financial support for Continuing Professional Development. Over this period, the Fellowship offered funding support of over \$97,000 to 30 health professionals for diabetes CPD activities.

80% of approved applicants completed their CPD successfully. Notably:

- 71% (17) of successful completions resulted in the health professional attaining a Graduate Certificate in Diabetes Education and Management
- 87% (20) of successful completions were from health professionals practising outside the greater Darwin region.

