

## Growing Community The Knuckey Lagoon Garden Project

In Knuckey Lagoon, a bold idea took shape when community leaders teamed up with the Ironbark Aboriginal Corporation, Children's Ground and NT Health to create a community garden. Their goal was to grow native plants, traditional foods and seasonal produce while building stronger community bonds.



With the help of the Bill Raby Fellowship Grant, which provided \$5,000, their vision became a reality. This funding allowed them to set up important infrastructure like a sturdy storage container, a shaded area for volunteers and an effective irrigation system.

The garden is more than just a place to plant; it represents a shared commitment to preserving local heritage and promoting wellness in Knuckey Lagoon. The initiative aims to grow a variety of native plants along with seasonal fruits and vegetables, creating an eco-friendly space that benefits both the environment and community spirit.

Through the Bill Raby Fellowship, the Knuckey Lagoon Community Garden is not only nurturing plants but also building a healthier, more connected community—one garden bed at a time.

## Transforming Lives Inside Centralia Australian Aboriginal Alcohol Program Unit



The Centralia Australian Aboriginal Alcohol Program Unit (CAAAPU) in Alice Springs is an important place for helping people recover from drug and alcohol addiction. This 30-bed facility offers a focused 8-week program aimed at healing and recovery.

CAAAPU doesn't just tackle addiction; it also promotes overall wellness, including physical health. Thanks to the Bill Raby Diabetes Fellowship Grant, CAAAPU recently upgraded its recreation facilities by adding four new exercise bikes, along with existing equipment like light weights and exercise mats.

Residents are encouraged to use these facilities during their stay, which helps them incorporate physical activity into their recovery. The new exercise options allow clients to try different types of workouts in a supportive environment.

This improvement shows CAAAPU's commitment to enhancing the health and well-being of its residents. By including physical fitness in its recovery program, CAAAPU empowers individuals, providing them with a comprehensive approach to transforming their lives.

## Bill Raby grants applications open now for 2025

Applications to the Fellowship are considered twice a year with the **next round closing on 31 May 2025**. Applications are now open in the categories of **Youth with Diabetes** and **Health-promoting Community Support Grants**.

For further information, go to [www.healthylivingnt.org.au](http://www.healthylivingnt.org.au) or call Healthy Living NT on 8927 8488.

Community Support



Youth with Diabetes

