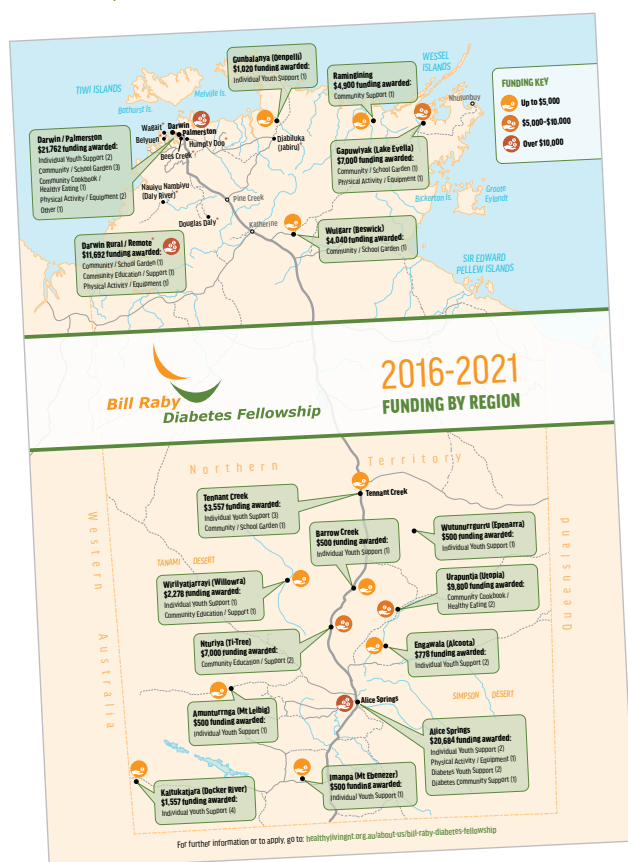


- Mr Gerry Wood, long term Territorian and former MLA, has been appointed to the position of Chair of the Governing Board. Gerry has served as a Governor since 2016.
- Mr Ken Vowles has been appointed as an independent Governor. He is Darwin-born, a sportsman of note and a former MLA.

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



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.



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.

