

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.

