



Heart Foundation Live Lighter Partnership

This year HealthLAB is thrilled to partner with the Heart Foundation to deliver the Live Lighter Program to eight remote NT communities from Arnhem Land to Central Australia. HealthLAB has engaged with remote communities in Maningrida for Closing the Gap Day, the Tiwi Islands AFL Grand Final, Alice Springs shopping centres and remote football, Yuendumu, Barunga Festival and Batchelor College. These events have been very well supported by local community organisations and members who have helped our visits to be successful and well attended. HealthLAB would like to thank Malabam Health Board Aboriginal Corporation, Tiwi Islands Regional Council, AFL NT, Central Australian Aboriginal Congress, Yuendumu Women's Centre Aboriginal Corporation and Yeperenye Shopping Centre, Outback Stores and Batchelor College for fantastic support of HealthLAB events.

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A message from HealthLAB Sonographer: Kate Duncan

I have been volunteering with the dynamic HealthLAB team since August 2015. I am a sonographer and have been incredibly lucky to have had the opportunity to share the wonders of ultrasound with HealthLAB participants. Having an ultrasound station as part of HealthLAB has proven to be a resounding success and drawcard at each session as it embodies one of our key messages, "Own your Health". I can show the participants organs in their body and discuss with them the function of the organ and how good health choices will help to maintain the health of the body system. Seeing your own heart beating for the first time is exciting and observing the change in heart rate after exercise helps a participant understand the importance of exercise throughout life. The kidneys are easily demonstrated and their role in the body mechanics helps to bring together many of the health messages from other HealthLAB stations. Watching a mouthful of water enter the stomach and gurgle around personalises the ultrasound activity and reinforces the message that our actions in life have a direct and often immediate influence on our bodies. It is exhilarating and lots of fun to be able to share my vocation with HealthLAB participants and target its use as a didactic, individualised hands-on experience, which brings to life the chance to "Get to know your Body". **Kate Duncan**



HealthLAB with Ramingining School students

National Science Week 2018

HealthLAB has once again been awarded a grant for National Science Week for August 2018. HealthLABs will be run on the Tiwi Islands, Darwin Parliament House and Nhulunbuy High School and town centre.



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Welcome Taylah & Raelene to the team

HealthLAB is very pleased to welcome Taylah Church and Raelene Collins to HealthLAB for 2018. Taylah is currently enrolled in a Bachelor of Environmental Science and divides her time between working with HealthLAB, studying and undertaking a research project in medicinal plants at Menzies. Raelene is enrolled in a Certificate III in Laboratory Skills, working in the Menzies lab and at HealthLABs. Raelene is looking forward to pursuing a career in health in the future.



Ongoing evaluation participant surveys

The HealthLAB evaluation is progressing well and the preliminary results appear very positive. HealthLAB is making a difference! More details will be in the next newsletter.

Look out for a feature photo of HealthLAB in the June /July edition of National Geographic magazine!



Taylah & Raelene at the Maningrida Close The Gap event

Student Ambassador Program

The HealthLAB Ambassador Program has continued to grow from strength to strength. This year, second year medical students from Flinders University have joined the program and are facilitating HealthLAB for their community engagement programs. These students have gained fantastic experience working with the public in Darwin and on remote communities. HealthLAB Ambassadors have travelled to the Micheal Long Learning and Leadership Centre (MLLLC), Youth Day at the WaterFront, and the Tiwi islands for the Football Grand final. HealthLAB is looking forward to continuing existing partnerships later in the year working with students from Xavier College on the Tiwi Islands and Ramingining School to deliver HealthLABs in community in language.

Recent & Upcoming Events

March	15th	Maningrida – Close the Gap Event
March	16th	MSHR & NTGPE - Close the Gap Event
March	24th	Tiwi Islands Football Grand Final
April	17th	MLLLC (Ngukurr)
April	22nd	Youth Week Wrap up - Darwin Waterfront
May	18th	Darwin High School – Health Expo
May	18th	Alice Springs Yeperenye Shopping Centre
May	19th	Yuendumu Women’s Centre
May	20th	Alice Springs Bush Football
June	8-10th	Barunga Festival
June	29th	Batchelor College
August	10th	Tiwi Islands Xavier College
August	14-17th	National Science Week 2018 - Parliament House, Nhulunbuy High



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