

THE HOPE FOR HEALTH NEWSLETTER "GUNMUL" (MID WET SEASON)



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Yow! Nhä Mirri! Hello, How are you!

Welcome to our seasonal newsletter for Gunmul. The rains are slowly getting lighter and we were happy to see a large cyclone miss the Island recently.

We have some very exciting news to announce today and we thank all of our kind sponsors dearly for joining the Hope For Health (HFH) journey. Without you, our vision to reawaken Yolngu vitality would be so much harder than it already is.



YOLNGU SEASONS

We observe seven seasons in East Arnhem Land and GUNMUL is the "mid-wet" season around March-April. It's a great time for fish and shellfish with an abundance of fresh water on the Island.

1. We Are Launching a Sponsorship Program
2. HFH to present at the 2017 Rural Health Conference
3. ALPA Supports Hope For Health
4. Our Wellness Centre is about open
5. Strategic Management Committee going strong!
6. Program Delivery Update

[Ready to donate today? Click here](#)



LIFT OFF TIME!

HOPE FOR HEALTH LAUNCHES A NEW SPONSORSHIP PROGRAM!

HFH has achieved incredible success over the first two years of delivery. Together we've been overcoming endless challenges and seeing real progress. The community in East Arnhem Land is behind us, the team is strong, and our supporters want to see us succeed in preserving and strengthening Yolngu health and culture - however there is a real issue for the program. We do not have a large and reliable funding base established. We are set to upgrade our program, expand into other communities and help more Yolngu than ever. We've submitted many grant applications (we're now playing the waiting game) but it's a slow process and the funding continuity of the program never seems certain.

Again, we make a call to our loyal supporters, without whom we would not have come so far.

In April 2017 HFH will be launching a new fundraising campaign. Just as it has in the last two years with crowd funding, the campaign will again call for people to join this very important work by sharing our story and donating to our cause. This year however, the difference will be that we are asking for both "one-off" and "ongoing" donors. That's because we need to raise significantly more this year to keep everything going. We'll be looking to gain significant pledges over the next year to support our bare minimum operational costs. Through the campaign we are looking to recruit 1,000 people willing to donate only "a dollar a day". This in addition to "one-off" donations and a number of larger donations will enable us to grow and make immense impact into the future.

WHAT YOU CAN DO

We ask that you keep an eye out for this during our 60 day fundraising drive (April/May/June) and share the campaign far and wide across Facebook, Twitter, Instagram, email, by hosting a local fundraising event and by any other means you have.

We also ask you to consider donating again to the program. Why Warriors Org is now a registered charity so all gifts are tax deductible. We'll be offering a number of rewards again for your donations and thank you in advance for your generosity and support.



HFH to present at the 2017 Rural Health Conference

In 2016 HFH applied to present our program at the 2017 Rural Health Conference in Cairns. We are excited to announce that that we have been selected and, thanks to a number of very generous HFH donors including our Ambassador Vicki Poulter from Nourishing Australia, we have met our travel costs to attend the conference. Strategic Management Committee Member Helen Guyupul together with our Case Manager and Naturopath Kate Jenkins will present the Yolngu situation and HFH's pioneering approach to treating chronic disease through integrating modern nutrition and medical support with traditional Yolngu culture.

ALPA SUPPORTS HFH

We're really excited to announce a new sponsorship and partnership we're just finalising with Arnhem Land Groceries (ALPA). With Arnhem Land Groceries throughout Northern Territory and Far North Queensland. The organisation is Aboriginal owned and managed. Thanks to ALPA, our Wellness Centre will receive \$50,000 per year in support, helping us to staff, stock and manage the space so that participants have a place to meet and join in the program activities. This relationship means a lot to us and the whole team sends big thanks to the ALPA Board. [ALPA Website](#)



Our Wellness Centre is about to open!

HFH workers have been sanding and painting and building shelving and are nearly ready to setup the Centre and plan the opening. The power is on, AC is installed and the steps and service counter arrive next week. Located centrally in Galiwin'ku community the centre will become our central meeting point for exercise, nutrition and cooking classes as well as a shop selling high quality health and food products to our participants otherwise unavailable in the Island.



Strategic Management Committee: High Hopes!

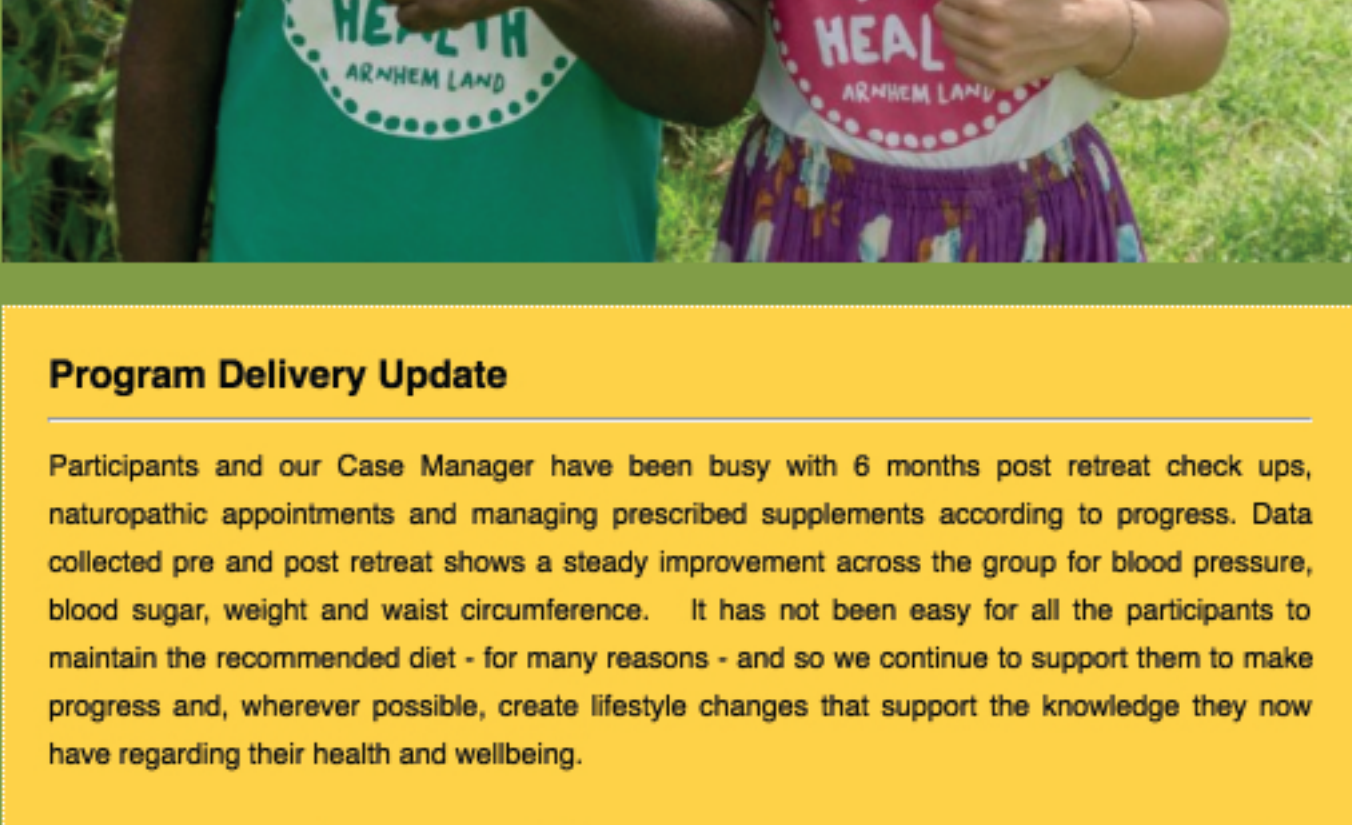
We've had first two meetings of the year earlier in February and March. Focus on the Wellness Centre opening, evaluating the program, creating policy to guide the program and continuing to grow systems the MC uses to direct program delivery



GALANA



DHAMANDARRA



Program Delivery Update

Participants and our Case Manager have been busy with 6 months post retreat check ups, naturopathic appointments and managing prescribed supplements according to progress. Data collected pre and post retreat shows a steady improvement across the group for blood pressure, blood sugar, weight and waist circumference. It has not been easy for all the participants to maintain the recommended diet - for many reasons - and so we continue to support them to make progress and, wherever possible, create lifestyle changes that support the knowledge they now have regarding their health and wellbeing.

HFH Trainee Health Coaches and staff (See Mathiwuy, Galana & Dhamandarra photos above) are working hard and continually learning. We've been planning program delivery together, going hunting and working on fusion recipes that include bush tucker, collecting bush medicines, and facilitating cooking classes for participants to come together, share stories and learn recipes.

In the photo above you'll see Kate and Mathiwuy modelling our recently dispatched crowdfunding t-shirts for all donors who selected this reward offering. We hope you feel as proud wearing them as we are thankful for your support!

[Ready to donate today? Click here](#)

MANYMUK DJAAMAI (GREAT WORK!)
Strategic Management Committee Member, **Yunglirrga** recently featured on the cover of CodeSwitchers when she spoke about her role as a leader in the Yolngu community and the challenges she has had to overcome.
[Read the article here](#)

