

# JIMMY LITTLE FOUNDATION



Volume 1/Issue 2

## A NEW BEGINNING 2018

Here is our second issue of our newsletter. We've hit the ground running so far and look forward to our future together for 2018.

Our aim is to improve the quality of life for Indigenous Australians living in remote Australia. Our purpose is to strive for excellence in health care for Indigenous Australians living in remote Australia through the performing arts and sports.

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## OUR HIGHLIGHTS SO FAR THIS YEAR...

### THE JIMMY LITTLE FOUNDATION SPARTANS



A huge thank you goes out to Thomas Stonestreet and the team of Spartans who raised funds and participated in the Sprint Spartan Race Individual Team in Sydney in March 2018. Also, many thanks to the Newcastle Seamen RUFC and the individuals who donated to the JLF. Well done guys!!!

### VISIT TO WALGETT & COLLARENEBRI

In March, trustees Frances Little and Doreen Peters visited the Collarenebri School, Dharriwaa Elders Group, the Walgett Aboriginal Lands Council and the Walgett Aboriginal Medical Service to deliver the message of Kidney Health in the Indigenous community. The message we wanted to send is;



- *Indigenous Australians are four times more likely to have advanced chronic kidney disease (CKD) than non-Indigenous Australians.*
- *Aboriginal and Torres Strait Islanders are almost four times more likely to die with kidney disease as a cause of death than non-Indigenous Australians.*
- *9 out of 10 Aboriginal Torres Strait Islander people with kidney disease do not know they have it.*
- *Indigenous Australians in remote areas are up to 40 times more likely to have severe kidney disease than non-Indigenous Australians.*
- *The number of Indigenous Australians with severe chronic kidney disease has almost doubled over the last decade.*
- *Kidney disease is the number one reason for hospitalisation in the Indigenous population.*



**Those most at risk are those who have diabetes; high blood pressure; heart conditions or who have had a stroke; a family history of kidney failure or are overweight; smoke or are 60 years or older and of Aboriginal and Torres Strait Islander origin.**

## SPONSORSHIPS & DONATIONS



The Jimmy Little Foundation are pleased to offer financial support in conjunction with the *Walgett Country Education Foundation* to encourage Ebony Gibson from Lightning Ridge to continue her studies at the Macquarie University in Sydney. Penny Fahey from the *Walgett Country Education Foundation* and Librarian Teacher at Lightning Ridge school says;

*Lightning Ridge is isolated by distance. The costs involved in living away from home, and travel to and from places of study should not be a deterrent to kids like Ebony.*

### ANU COLLEGE OF HEALTH & MEDICINE 'CLOSE THE GAP CONFERENCE'

This year the JLF donated carry-bags to the participants at the ANU Rural Medical Society's (ARMS) Close the Gap Conference. ARMS aim to bring together health students, health professionals and community members from the ACT, NSW and across the country to hear from leaders in Indigenous health.



### COOKING CLASSES - GOODOOGA HEALTH SERVICE

The Jimmy Little Foundation has donated funds and will donate copies of the Kukumbat gudwan daga cookbooks as well as environmental shopping bags to the Goodooga Health Service. The Goodooga Health Service serve 7 Aged Care clients 70yrs + that suffer from chronic diseases as does 50% of the rest of the community who have been recognised and diagnosed at risk of the same illnesses. The aim of the classes will be to conduct healthy foods cooking classes as well as talking about healthy eating, healthy lifestyle and use it as a gathering for the elderly to meet up once or twice a week for a yarn and to enjoy healthy tucker together. Health worker Kelly Hooper says, "This would be a massive help in closing the gap especially in our Elderly, as we don't have a grocery store and have to travel 2 hours round trip to Lightning Ridge just to do grocery shopping".

### THE JUMBUNNA IWD 'BECAUSE OF HER' PANEL @ UTS



The JLF donated Polo T-Shirts to the participants attending the inaugural Jumbunna International Women's Day event, celebrating Indigenous Nurses and their impact on the health system, the workforce, the history of our communities. Participants came from full of a range of audience from young nursing students to community members and UTS staff.



### COLLARENEBRI RUGBY LEAGUE TEAM



The Collarenebri Rugby League group are a not-for-profit organisation whose objective is to assist in the relief of poverty, sickness, destitution, helplessness, distress, suffering, and misfortune, among Aboriginal and Torres Strait Islander people, through the process of supporting social and economic development. This year the 'Collarenebri Men's Team' will enter into the 2018 NSW Indigenous Rugby League KO Carnival, to help promote healthy competition for our community.

**Jimmy Little Foundation**

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