Kevin Bird

Kevin Bird is the Healthy Lifestyle Coordinator for Miwatj Health Aboriginal Corporation in East Arnhem Land, NT.

Miwatj’s healthy lifestyle program, which is part of the Federal Government’s Closing the Gap program, focuses on Yolngu girls and boys aged 12 to 18 years. It supports Yolngu kids to make healthy choices in terms of the western lifestyle while still retaining their cultural identity and security.

Before coming to Nhulunbuy, Kevin and his wife had worked for many years in community education, employment and training with Indigenous communities in NSW, Victoria and the NT. When they decided it was time to retire, they bought a mobile home and headed off the beaten track around Australia.

It was a short-lived retirement. After around 12 months on the road, Kevin and his wife were both offered jobs with Indigenous youth in East Arnhem Land. The opportunity to work again in community was too good to pass up—the mobile home was put in storage and they made their home in Nhulunbuy.

In his role with Miwatj, Kevin coordinates healthy lifestyle activities for East Arnhem Land. He takes a holistic approach to developing and implementing programs—believing that programs need to address heart, mind, body, spirit and cultural security to be successful.

The Miwatj role is an opportunity for Kevin to apply his long years of experience with Indigenous communities—but it’s not a one-way street. He says the best part of his job is that the Yolngu kids are teaching him all the time—about culture, behaviour and values—and that he is blessed to still be learning. The mobile home will stay in storage for a while yet.