

Mookai Mag.

July 2026

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1986–2026

Celebrating **40 Years** of
Culture, Community and Care.



BREASTSCREENING

HOW TO BE BREAST AWARE

NQPHN FEATURE!

OUR REGION, OUR PEOPLE

COULD IT BE SEPSIS?

THE CHECKLIST YOU NEED TO KNOW

Cover image: Aunty Doris Poonkameelya and CLO Jody Burns in Aurukun.

Mookai Rosie Bi-Bayan acknowledges the Traditional Custodians of the land on which we work and pay our respects to the Elders past, past, present and emerging, the holders of our culture, memories and traditions.

Aboriginal and Torres Strait Islander peoples are advised that this content may contain images or names of deceased persons.

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FROM OUR CEO

As we reach the halfway point of the year, it is encouraging to reflect on all that we have achieved together over the past six months.

A significant milestone has been the development of our Strategic Plan 2026–2031, which will guide our organisation's direction and growth for years to come. We also undertook a comprehensive review of our Model of Care, implementing improvements that strengthen how we support our clients, communities, and each other.

Significant progress has been made in capital works, with the ongoing renovation of 15–17 Valda Close creating additional office space, and the purchase of 201 Bruce Highway representing an important investment in our future service needs.

These achievements reflect the dedication, innovation, and commitment of our staff, Board, and partners. Together, we continue to strengthen the way we work and enhance the services we provide, driven by our commitment to continuous improvement and our vision of Healing, Our Way, in Our Home.

There is much to look forward to in the months ahead, including NAIDOC celebrations and our 40th anniversary celebrations in October. These milestones provide meaningful opportunities to come together, celebrate culture, recognise our achievements, and look ahead with confidence to the future.

Thank you for your ongoing support as we continue building stronger futures for our communities.

*Until the next edition...
Theresa!*



Over the past few months, we've had many clients come and visit us. Here are a few of our Mookai family faces.

OUR FAMILIES



January: Mum Priscilla with bub Victoria from Mapoon.



January: Mum Mona with bub Athena from Aurukun.



February: Mum Telisha with bub Khaliya from Aurukun.



April: Mum Adryanna with bub Lyle from Kowanyama.



April: Mum Ernestine with bub Karyn from Bamaga.

Ernestine and Adryanna actually built an amazing friendship during their time in Cairns, residing at Mookai Accommodation at the same time. Away from home and family, these ladies supported each other, learning new skills and sharing their journeys in a culturally safe space.

OUR FAMILIES



April: The Walmbeng family, visiting Cairns from Aurukun! The Walmbeng family has a long history with Mookai Rosie, accessing many of our services over the years. It's always a privilege when we get to support the health journeys of numerous family members, especially witnessing births through generations!

Here we have (L-R) Gertrude with 2yr old daughter Jemima, Aunty Felicia, Wilma holding 1yr old son Ivan, and Aunty Yvonne.

ACHIEVEMENTS

MARCH

CEO Theresa Simpson was invited to be a guest panelist at the Commonwealth Bank One.Mob Summit in Sydney. The summit brought together CommBank's First Nations employees and Next Chapter partners from across the country, focusing on career and skills development. The panel discussion focused on innovative responses to financial abuse recovery. It was a great discussion and awesome networking opportunity for our org!

L-R: Kristina Radcliffe (Executive Manager, Council of Aboriginal Services Western Australia), Ashlee Donohue (CEO, Mudgin-Gal Women's Aboriginal Corporation), Theresa Simpson (CEO, Mookai Rosie Bi-Bayan), Sono Leone (CEO, Strong Women Talking), and Kerrie Smith (Indigenous Business Banking First Nations Relationship Executive, CommBank).



MARCH

Team Leaders Melissa Drahm and Sylvia Ah-Wang attended Health and Safety Representative (HSR) training in Cairns, facilitated by Workplace Health and Safety Queensland. This means we now have a HSR at each project site, supporting staff health and safety issues and strengthening our overall organisational approach to health and safety. Great work, ladies!

MAY

CEO Theresa Simpson and Wellbeing Manager Walter Guivara were invited to present at the Commonwealth Bank Diamond Awards, in Cairns. The event is attended by CommBank's senior leaders and high achievers, celebrating outstanding performance, customer impact, and the value of corporate social responsibility. It was a wonderful opportunity for CommBank employees to learn more about Mookai Rosie's work and impact, in supporting the great work we do! Attendees also made care backpacks for mums and bubs as part of the program. Thanks, Commbank!

Mookai Events



January: Meeting with TCHHS staff towards potential new collaboration!



January: New partnership with The Molly Wardaguga Institute.



February: Cairns and Hinterland HHS Health Equity Team 'Pop Up Yarn' at Mookai Family Health.



March: Meeting with key TCHHS staff for upcoming engagement opportunities!



March: The BIG MOOKAI YARD SALE!



March: Client outing to Holloways Beach, led by our SEWB team.



April: Maternal Health team attending Optimal Maternal Positioning workshop in Townsville.



April: Easter outing to Goomboora Park, led by our SEWB team.



April: Vision boarding activity, part of our CommBank Next Chapter project.



April: Cultural weaving activity with Bonnie from Wangkumara Wanderers, part of our CommBank Next Chapter project.



April: Sylvia and Tony attending ITC Workshop in Townsville.



April: Construction starts at Edmonton on new office spaces!



April: Staff and clients participate in a cooking lesson with Aunty Julie.



May: Mother's Day outing to the Esplanade, led by our SEWB team.



May: Another weaving workshop with Bonnie from Wangkumara Wanderers, part of our Commbank Next Chapter project.



May: Annual flu vaccine campaign with Mookai Family Health.



May: Art therapy classes with accommodation clients.



May: Theresa with Aunty Dawn at our Biggest Morning Tea event.



May: Arts and crafts activity for accommodation clients, led by our SEWB team.

June: Making natural healing balms with Rochelle (Jungalungin) Pitt of Bushceuticals, part of our Commbank Next Chapter project.



June: Getting in the Origin season spirit!



June: Jody and Ramona attend the Cairns Medicare Mental Health Centre Open Day.



June: Jana and Samantha attending the TCHHS Health Expo in Aurukun.



June: Rachel receiving donations from our friends at Mamu.

Our Community Liaison Officer (CLO) can help you manage and coordinate your health care journey while you're in Cairns.

The CLO can help you with:

- **Attending specialist appointments**
- **Referrals to other community and health services**
- **Transport coordination**
- **Follow-up care after hospital discharge**
- **Support understanding your prescriptions**
- **Communication between hospital staff and your regular doctor**



**Have you
met Jody?**

referrals@mookairosie.org.au
(07) 4081 7500
105 Balaclava Rd, Earlville



What does a CLO do?

Our clients come from some of the most remote communities in the country, and we know the journey to Cairns and back for treatment isn't always straightforward. It can be really overwhelming and confusing. For some clients, it might be their first time on a plane and first time in Cairns. They're away from their family and friends and are often disconnected from culture and Country. I used to live and work in Aurukun so I have a pretty good understanding of what mob go through to come here.

As CLO, I try to help make the journey easier in supporting client care coordination whilst in Cairns. More specifically, I support our clients as outpatients, to help bridge the gap between hospital systems and community services. This includes liaising with the Hospital Indigenous Liaison Officers (HILO / ILO), Nurse Navigators and Patient Travel Subsidy Scheme (PTS). I can then yarn with their local clinic in community to make sure all their information goes home with them and their care continues.

Is a CLO similar to an HILO / ILO?

Yes, in that both positions support mob and their care coordination. HILO / ILO positions are hospital based whereas our CLO positions have been created to be in community as a partnership between Cairns and Hinterland Health and Hospital Service and Aboriginal and

Torres Strait Islander Community Controlled Health Organisations including Mookai Rosie. The position aims to expand outpatient system supports and enhance linkages

with existing services. Referrals can be made by the person, their supports, or their health care team/s, thus covering as many pathways and services as possible to ensure no one falls through the gaps!

What do you find our clients need the most support with?

I find it most supportive if I can go to appointments with them, for a few reasons. Firstly, so I can help break down some of the medical speak. Clinical explanations can be pretty confusing - for anyone that is! We need to understand in simple terms what has been advised, so the client can give informed consent and truly engage in the process. It's their health.

Sometimes this means asking the doctor to stop and explain what's happening in different ways. Speaking up can be difficult for clients to do as the hospital space can be pretty intimidating. They don't always feel confident to ask questions or say if they don't understand. That's where I step in, as their advocate, which is the other reason it's helpful to go to appointments.

But the support needed is tailored to each client. Whatever they need to get the best possible health outcome.

**Contact us today to
learn more about our
CLO or get support**



.....

40
years

1986-2026

anniversary

This year Mookai Rosie Bi-Bayan marks 40 years of walking alongside Aboriginal and Torres Strait Islander women, children and families throughout Far North Queensland.

The event features a one day health conference with community leaders and industry experts discussing the evolving health needs of remote Aboriginal and Torres Strait Islander families and communities across Far North Queensland. The conference will be followed by a gala dinner celebrating the legacy and impact of Mookai Rosie. Various community celebrations will also be held throughout the year across the region.



Secure Your Place!

Tickets for the Mookai 40 Years Gala Dinner and one day Healthy Futures Conference are launching soon, and numbers are strictly limited.

Register your Expression of Interest today and secure your place at this unforgettable celebration at the Pullman Reef on 30 October.



Our Region, Our People: Meet the team at Mookai Rosie

In April, Mookai Rosie was featured in the latest news from NQPHN. Check it out!

When Ana* travelled from her remote Cape York community to Cairns for prenatal medical treatment, it was the Social and Emotional Wellbeing (SEWB) team at Mookai Rosie who became her anchor.

Through culturally safe counselling, case management, and intensive advocacy, Ana was able to navigate grief, trauma and complex personal challenges while preparing to welcome her baby.

Mookai Rosie provides health-supported accommodation and maternal health services for Aboriginal and Torres Strait Islander women travelling from Cape York, the Northern Peninsula Area, and the Torres Strait to give birth in Cairns. Over time, the service recognised that maternity care alone was not enough.

“Mothers didn’t just need clinical support – they needed holistic, wraparound care that addressed everything impacting their wellbeing,” said Theresa Simpson, Chief Executive Officer at Mookai Rosie.

“With funding support from Northern Queensland Primary Health Network (NQPHN), we’ve been able to strengthen our Maternal Health and SEWB teams to deliver truly integrated, culturally responsive care,” she said.

Ana arrived carrying layered and complex emotions. Her pregnancy resurfaced trauma related to the stillbirth of a previous child. She was grieving the recent passing of her brother and managing the emotional impact of a relationship breakdown, all while caring for her 18-month-old child away from home.

Her support began with a gentle ‘meet and greet yarn’ with a SEWB Social Worker in the safety of Mookai Rosie’s accommodation facility.

“That first yarn is about listening,” Theresa said. “It’s about building trust, understanding her story and strengths, and creating a space where she feels culturally safe and respected.”

The SEWB team led coordinated case management from the outset. Early needs and risk assessments informed safety planning, which remained central throughout Ana’s stay. Daily check-ins and regular counselling sessions provided emotional support, while advocacy ensured Ana’s voice was heard across multiple services.

“Our SEWB team coordinates internal supports and links with external agencies to address the whole person,” Theresa said. “We liaise with other providers so women aren’t left navigating complex systems on their own.”

Where Child Safety engagement was required, SEWB staff acted as a conduit between Ana and the Department, attending meetings alongside her.

“Trauma-informed and culturally responsive practice is embedded in our organisational culture,” Theresa said. “Being present in those meetings reduced Ana’s anxiety and helped create emotional safety.”

Alongside SEWB support, the Maternal Health team provided midwifery-led antenatal and postnatal care grounded in Birthing on Country principles. This included support to attend ultrasounds and specialist appointments, breastfeeding guidance, and practical preparation for labour.

“Our attachment model of care focuses on strengthening the bond between mother and baby,” Theresa said.

“By supporting connection early, we improve birth outcomes and build confidence and emotional wellbeing.”

Before returning home, Ana was linked with community-based counselling and family wellbeing services to ensure continuity of care. Follow-up check-ins were scheduled to support a safe transition.

Theresa said NQPHN’s investment has been pivotal in enabling this coordinated approach.

“NQPHN’s funding has allowed us to sustain key SEWB and maternal health roles and strengthen collaboration with Midwife Nurse Navigators,” she said.

“It means Aboriginal and Torres Strait Islander women receive not only medical care, but culturally safe emotional and social support.”

Theresa said Ana’s story shows what is possible when services work together. “Despite significant challenges, she remained focused on her children and her own healing,” Theresa said.

“With the right support around her, she was able to move forward with strength and stability.”

Ana’s journey highlights the transformative impact of coordinated, trauma-informed and culturally responsive care – and the critical role of SEWB services in supporting women and families through some of life’s most vulnerable moments.

*Name changed to protect privacy.



Staff featured:
Virginia, Chem,
Rebecca, Shamma
and Sylvia



Mookai Rosie's Biggest Morning Tea!

It's estimated around 169,000 Australians will be diagnosed with cancer this year - and many of these people (and their loved ones) will need support. This is exactly why Mookai Rosie hosted a Cancer Council Australia Biggest Morning Tea this year.

Led by the SEWB team on the 21st May, staff, clients and community came together to help bring us closer to a cancer free future.

We successfully raised several hundred dollars towards Cancer Council Australia, with donations ongoing. Every dollar raised helps fund life-saving support for the almost 1 in 2 Australians impacted by cancer.

We all know someone who has been impacted by cancer, and the impact it has on the family, and community at large. Our people are 1.5 times more likely to be diagnosed with cancer and 2.1 times more likely to die from it compared to the wider Australian population.

Sounds big and scary, right? But there are simple ways to help protect against cancer including living a healthy lifestyle, having check-ups at the clinic, doing all the recommended screenings, and getting vaccinated (HPV and Hep B).

It's important we talk about it - all of it - from prevention and protection strategies, to managing diagnosis and treatment, to most importantly, supporting each other through the tough times.

Thank you to everyone who came, shared their experiences, and donated. Thank you also to our wonderful catering team for the delicious morning tea!

Culturally Safe Cancer Care Service

In September 2026, Torres and Cape Hospital and Health Service (TCHHS) and Mookai Rosie launched a new Cancer Care Coordination Service, designed to provide culturally safe and appropriate social and emotional wellbeing (SEWB) care to patients from Torres Strait and Cape York travelling to Cairns for treatment.

The service is working to address critical gaps in communication and support within cancer care, including travel assistance and the establishment of a referral system for patients returning to their communities.

The overarching project also emphasizes the importance of early detection and the need for healthcare providers to enhance their diagnostic practices, advocating for a model that prioritizes patient empowerment and informed decision-making. Patient feedback notes the overwhelmingness of information and treatment options, which can lead to missed appointments and late diagnoses.

“Receiving a cancer diagnosis can be life-changing, and we want to make sure these patients feel supported and understood while they navigate their health journey in a potentially unfamiliar environment. Our organisation will be able to deliver social and emotional wellbeing care to these patients through our dedicated and experienced social work team.”

Theresa Simpson, CEO.

Whilst the project is SEWB focused, collaboration with community health workers is essential to ensure patients are prepared for treatment and have access to familiar support systems. This also addresses confidentiality concerns to facilitate better outcomes.

It will be a great help in supporting our mob navigate cancer journeys away from home, whether that be prevention and early detection, through to treatment, survivorship and palliative care.

TCHHS, Mookai Rosie, and associated partners, are also discussing how to address the increasing incidence of various cancers and the barriers patients face in accessing diagnostic services.

We're looking forward to sharing more details as the project progresses, including feedback from our clients as to how the service has been of benefit.



Mookai goes to Aurukun!



Mookai Rosie has always been proud to support communities of the Cape, NPA and Torres Strait regions, and for us to best do that, we need to visit!

In June, our staff went to Aurukun community to attend the second annual Health Expo, facilitated by Torres and Cape Health and Hospital Service (TCHHS).

Shout out to Deputy Mayor Craig Koomeeta (Uncle Craig) and the Aurukun Shire Council for their ongoing advocacy of health education and support for stakeholder engagement.



Building on last year's inaugural event, this year's Expo attracted hundreds of community members including Elders, children and families. There were a range of interactive and educational stalls offering hands-on learning experiences and health information.

The community were also able to speak directly to health experts and service providers, ask questions and learn about different health services on offer both in community and in Cairns.

It was an extra special trip for our CLO Jody who used to live in Aurukun. You should have seen her doris-ing about!

Thank you to everyone who made the time to meet with us. We LOVE seeing you at home and catching up on your health journeys. Especially seeing the progress of our mums and bubs!



Pictured: Kailing Hudson, Arnold Yunkaporta.

Meet Aunty Ellis



Aunty Ellis first engaged with Mookai Rosie towards the end of 2025, referred by her local Primary Health Clinic on Thursday Island. She required intensive wound treatment on both feet/lower legs, requiring regular primary care services at Mookai Family Health. Initially, our team were tending to her dressings every 2-3 days.



"I get better care here than any other clinic I've been too. I'm used to waiting and waiting, and no one really caring. I love it here. Everyone is friendly and smiley. Everyone is helpful. We talk and laugh. It's so nice to have a tea and a snack too. You don't get that anywhere else. And I'm so happy Roderick comes and picks me up. I'm used to needing taxi vouchers".

Following a few months of intensive care, Aunty Ellis has now returned home to Thursday Island! One leg is fully healed and our team provided a comprehensive handover back to her local clinic for ongoing care on the other leg. Her only request before she left was getting a photo with the team, and we were more than happy to oblige!



Could it be SEPSIS?

Content provided by the Queensland Paediatric Sepsis Program

Sepsis happens when an infection causes an extreme response in the body, and it starts to damage its own tissues. It is rare but can happen to any child with any infection.

Sepsis can damage many parts of the body and even cause death. The best chance of getting better is to treat it early and quickly.

Knowing if your child has sepsis can be difficult, because at the beginning the symptoms can look the same as simple infections. The difference with sepsis is your child's symptoms don't improve and become worse.



A lot of pain
or very restless



Working hard
to breathe



Blotchy, blue
or pale skin



Drowsy and
confused

Know the signs of SEPSIS



Floppy



Cold skin



Seizure



Rash that doesn't
fade when pressed



You know your child best, so trust your gut. If your child becomes unwell or this illness seems different to other times – talk to your trusted health worker, doctor or nurse and ask:

“Could it be sepsis?”

The recommendation for a culturally appropriate, co-designed public awareness campaign came through the Queensland Paediatric Sepsis Mortality Study, conducted in partnership by the Queensland Family and Child Commission and the Queensland Paediatric Sepsis Program at Children's Health Queensland.

The study identified Aboriginal and Torres Strait Islander children experienced sepsis death rates up to 3.6 times higher than non-Indigenous children, highlighting an ongoing and unacceptable disparity in health outcomes.

As a result, a new campaign to help families recognise the warning signs of serious infection in children is being rolled out across Aboriginal and Torres Strait Islander communities in Queensland.

The “Checklist for Children with Infection” brochure is now available at 49 Aboriginal Medical Services across the state as part of a six-month public awareness pilot.

The checklist helps families:

- understand what sepsis is
- monitor symptoms at home
- recognise signs that a child may be getting sicker
- feel confident returning to a doctor, nurse or healthcare worker if their child is not getting better or is getting worse – even if they have already been seen.

Families can tick off symptoms their child may have and use the checklist to guide conversations with healthcare teams.

Pick up a copy from your local service and keep it at home, so it is available to use the next time their child is unwell.

Early recognition of sepsis can save lives.

For more information visit:

www.childrens.health.qld.gov.au/sepsis

Checklist for children with infection

It can be worrying when your child is sick.

Depending on the seriousness of the signs, they may be looked after at home, however sometimes they need to see a health worker, nurse or doctor. Children can get worse quickly – so it’s important to keep checking on your child.

You know your child best. Use this checklist to look for new signs, or signs your child is getting more unwell. If you’re unsure or worried, trust your gut and see a health worker, nurse or doctor and ask **“Could it be sepsis?”**

You can also call 13 HEALTH (13 43 25 84) anytime for free and private advice from a nurse.

Temperature

- ☐ Shivering or shaking with fever (burning up/hot body)
- ☐ Temperature more than 38°C for more than 4 days in children over 3 months of age
- ☐ Temperature more than 38°C in babies 3 months or younger



Breathing

- ☐ Fast breathing
- ☐ Nostrils that move in and out (flare) with breathing
- ☐ Trouble with breathing; sucking in of breast bone and under ribs
- ☐ Grunting noises with breathing
- ☐ Crackly noises from the chest



Pain

- ☐ Headache, neck, muscle, chest, bone or joint pain for no obvious reason
- ☐ Pain relief is not working



WHAT IS BREAST CANCER?

Breast cancer can develop if there are bad cells in the breast that start to grow too much. If these cells are not found early, they can make you very sick. There are different kinds of breast cancer, and there are many ways to treat it. Sometimes, women might have breast cancer but not notice any changes or signs. Finding breast cancer early makes treatment easier and helps you stay healthy for yourself, your mob and your community.

WHAT IS BREAST SCREENING?

If you're a woman over 40, you should have a breast screen every 2 years. It's free! Breast screening is a special x-ray that takes pictures of your breasts to look for early signs of breast cancer. It can find cancers as small as a grain of rice — when it is too small to notice anything yourself.

The whole process is quick and usually takes up to 20 minutes. Remember, you can ask questions at any time, and you can stop the screening if you need to.

MAKING AN APPOINTMENT FOR A BREAST SCREEN IS EASY!

You can call **13 20 50** to book your spot or talk to your local GP or health clinic — they can help you make an appointment at your nearest BreastScreen service.

You don't need a letter from your doctor, so you can book your breast screen whenever you're ready.

You can bring along a family member or friend for support if you wish.

You can even book as a group and complete your screening together — going with someone you trust can make the experience more comfortable.



**WE'LL
SCREEN
YOU FROM
OCEAN TO
OUTBACK**

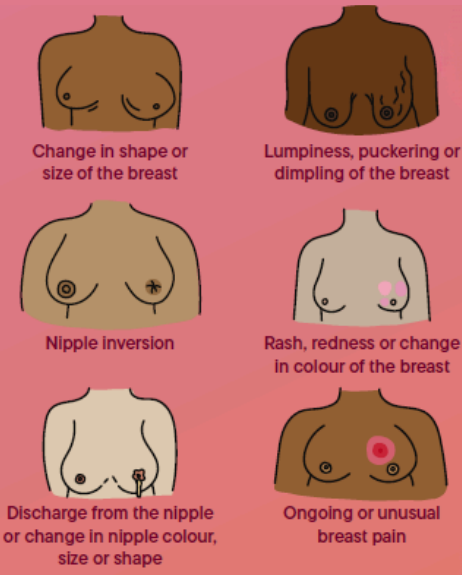
BEING BREAST AWARE

Every woman's breasts are different — they come in different shapes, sizes, and colours, and they change throughout our lives. It's important to get to know how your breasts look and feel, so you can notice if something changes.

You can check for changes when you're showering, drying off, or getting dressed. There's no right or wrong way to check — just make sure you feel all over your breasts and into your armpits.

Find a way that works for you and make it a habit. Getting to know what's "normal" for you will help you spot any changes early.

Changes can look like...



If you notice anything different — like a lump, changes in the skin, or anything unusual — talk to your doctor or local health worker. Early detection of breast cancer is key to staying healthy

GETTING READY FOR YOUR APPOINTMENT

It's best to wear a two-piece outfit, like a top with a skirt or pants. This way, you only need to take off your top clothing for the screening.

On the day of your appointment, don't use deodorant, powder, or creams, as they can affect the x-ray pictures. Just come as you are, dressed comfortably!

WHAT TO EXPECT DURING YOUR SCREENING

When you arrive at the clinic...

- You'll be warmly welcomed by a staff member.
- They will explain what to expect.
- You might need to fill out some paperwork and confirm your details.

When you're in the screening room...

- A staff member will take you to a private space for comfort.
- Your breast will be placed on the x-ray machine and gently pressed for a few seconds to take some pictures.
- You may feel a little discomfort, but it won't last long.
- If it's too uncomfortable, you can let the radiographer know.

After the screening...

- Your results will be reviewed and sent to you within 2 to 4 weeks.
- If everything looks normal, you'll be notified by letter or email and encouraged to return in 2 years for another screening.
- If something unusual is found, you may be asked to come back for further tests. This doesn't necessarily mean you have cancer; it just means they need to take a closer look.

BreastScreen Queensland visits Cape York, NPA and Torres Strait communities every 2 years. Upcoming screenings include:

Pormpuraaw 2-6 July	Napranum 3-6 August
Coen 8-9 July	Mapoon 7-11 August
Aurukun 13-14 July	Lockhart River 13-14 August
Weipa 15-31 July	Bamaga October TBC

Missed a screening? Get screened while you're in Cairns!
Go to health.gov.au/breast-screen to learn more.



MATERNAL HEALTH WORKSHOPS

Our Maternal Health team have recently introduced two new maternal health workshops for women from Cape York, NPA and Torres Strait in Cairns to give birth. These workshops are available to women staying at Mookai Accommodation and women staying in private accommodation throughout the Cairns region.

Gentle Movement / Yoga

Every Friday

2:30pm to 3:30pm

Drop in or stay for the hour

Our movement sessions support:

- Labour and birth preparation
- Pregnancy discomforts
- Optimal fetal positioning
- Breathing and relaxation skills for labour
- Gentle physical activity
- Opportunity to ask questions in a relaxed environment
- Learn advocacy skills and support options



Breastfeeding Circle

Every Tuesday

2:30pm to 3:30pm

Drop in or stay for the hour

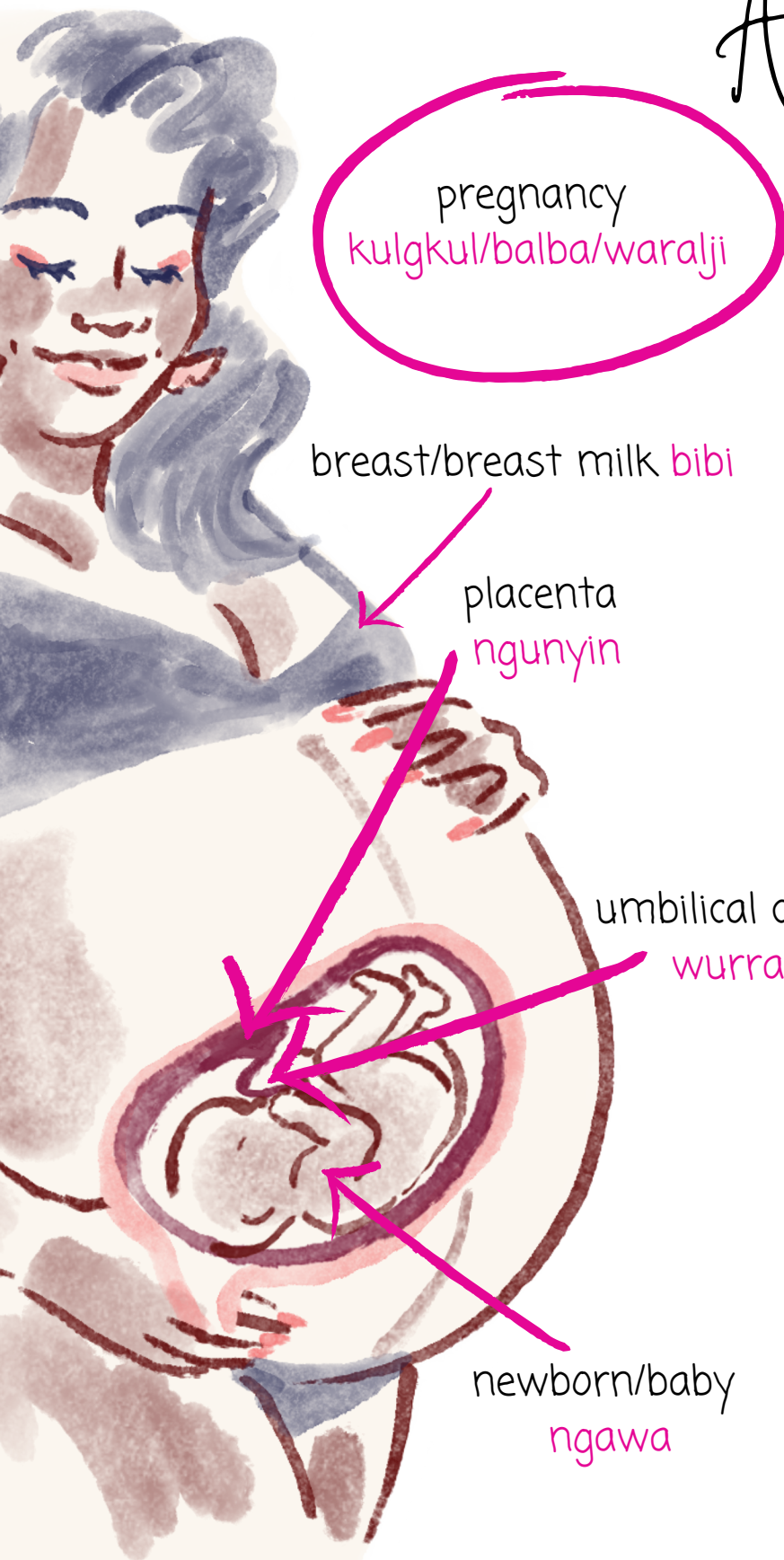
Our breastfeeding circle creates a safe space for:

- Antenatal education
- Early postnatal support
- Peer support
- Practical tips
- Positioning assistance
- Vocalising concerns early
- Early detection of issues



**Come and join us at our Maternal Services space:
10 Valda Close, Edmonton**

Yarning with Auntie Rosie



pregnancy
kulgkul/balba/waralji

breast/breast milk bibi

placenta
ngunyin

umbilical cord
wurra

newborn/baby
ngawa

menstruation mulaji

heartbeat wawu dudaji

labour pains yirrnga

premature child bayin

child birth nyurra

born balkaji

baby crying nyinyi

woman/female jalbu

man/male dingkar

woman who has recently
given birth kurmba



Here to

Support

You.

Mookai Family Health is for
Aboriginal and/or Torres
Strait Islander Families from
Cape York, NPA and Torres
Strait communities whilst
they are in Cairns.

Culturally safe health care for
the whole family - men,
women, and children!

**Call 4081 7500 to
yarn with one of
our friendly team
about our services.**

We also offer on-the-day
appointments and transport!



105 Balaclava Rd, Earlville QLD 4870
www.mookairosie.org.au

