

## Changes to Country:

The role of Aboriginal cultural practices in protecting Social & Emotional Wellbeing as Country & climate change

**You are invited to participate in an Aboriginal Elder and community led Bushtucker learning workshop**

### **What is planned**

A bush tucker session hosted by Aunty Dale Tilbrook. There will be yarns at the start and end of the session related to bushtucker, wellbeing and climate change.

### **Who can be involved**

Aboriginal people and families, with individuals over 16 having the opportunity to be involved in pre and post yarns for our research project.

### **When & where**

Date: Saturday 30<sup>th</sup> of August

Time: 10 - 12 pm

Where: Midland Junction Arts Centre

**SIGN UP THROUGH THE QR CODE BELOW**



**Or Contact 0447826011**

## Changes to Country:

The role of Aboriginal cultural practices in protecting Social & Emotional Wellbeing as Country & climate change

### **Aunty Dale Tilbrook**

Aunty Dale is a Wardandi Bibbulmun woman whose traditional Aboriginal country is the Margaret River, Busselton area. Dale has been a Swan Valley local since 1998, when she opened the Maalinup Gallery with her brother Lyall, offering authentic Aboriginal art, gifts and souvenirs. The Experiences part of the business has steadily grown as customers seek more knowledge about Aboriginal culture and life. Having spent many years gathering knowledge from her Elders and other sources, Dale is often called on to talk about bush food, which she loves presenting and encouraging people to incorporate into their everyday cooking. She is passionate about education and works extensively with students of all ages.

### **Tia Whyman**

Tia Whyman is a Paakantji woman who has a PhD in Psychology. Her research focuses on Aboriginal culture and Social and Emotional Wellbeing (SEWB), led by our Elders and community members. Currently, her work explores how changes to Country (climate change) is having an impact on the way Aboriginal people practice their culture and how this is having an impact of their SEWB. Her work has taken her around the country. She grew up in Sydney and did her PhD in Melbourne. She worked in hospitals in Melbourne and Longreach (Qld) before moving to Perth. She also loves to weave.