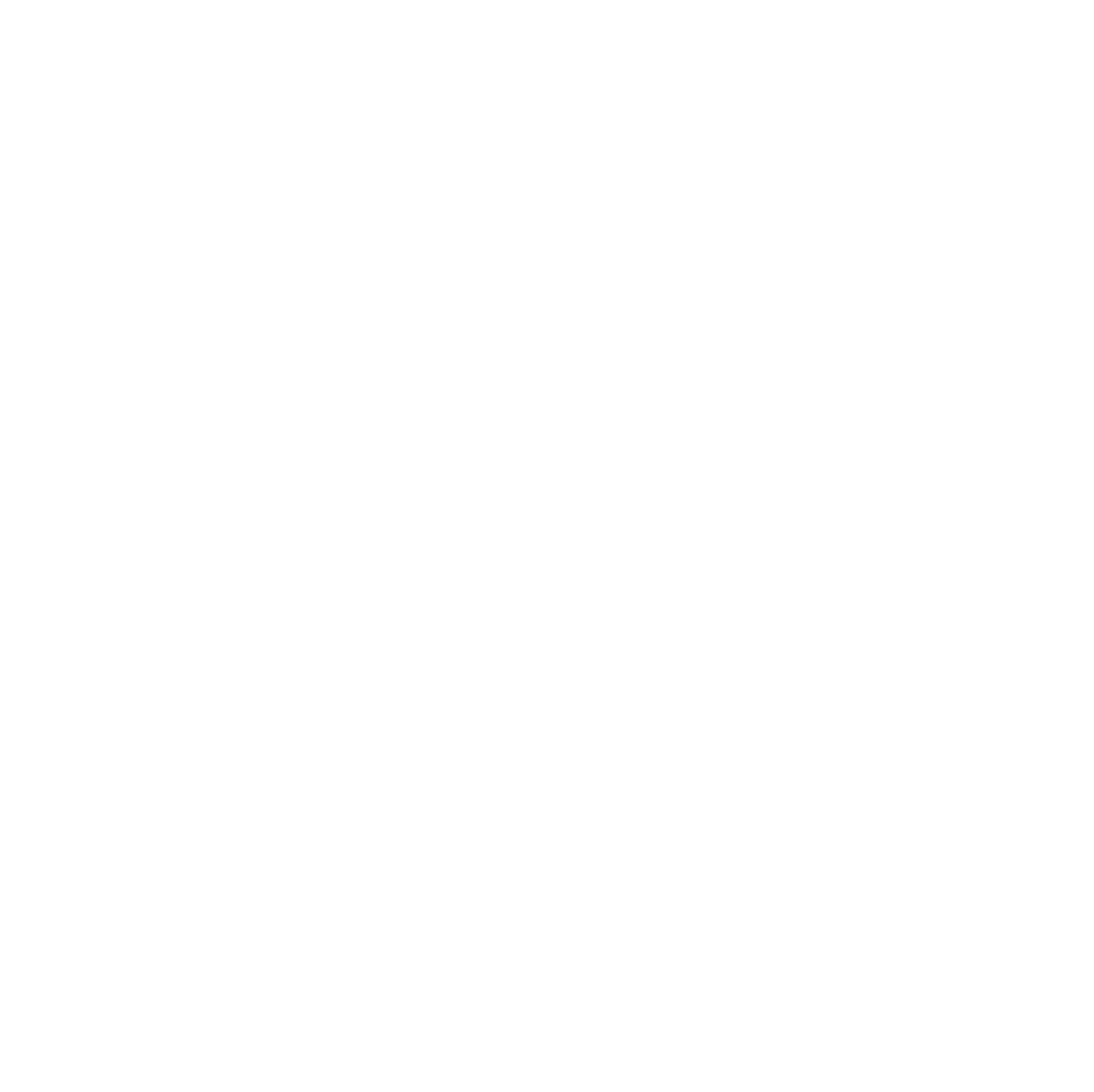




**Berrembi
jarragboo-boorroo
wajawoorroo
men'gawoom Gijam**

Gija Healthy Skin Story



The Gija people are the Traditional Owners of the land and waterways on which this resource was produced. They have a strong, continuous connection to Country and Culture, especially traditional healing practices, and have shared their knowledge and wisdom in this resource so it may be celebrated for generations to come.

The following people were involved in making this resource:

Madeline Purdie and Cherylene Nocketta, who supported the project in Warmun community.

Mary Thomas, Mabel Juli, Shirley Purdie and Eileen Bray, who shared the traditional knowledge included in the resource.

Carol Johnson and Lauren Stone, who supported the project at Ngalangangpum Catholic school.

Madeline Purdie, Karen Nungatcha, Carol Juli, Sylvia Thomas, Lorraine Daylight, Jane Yalunga and Rochelle Peris, who provided the artwork.

Eileen Bray and Frances Kofod, who provided the translation.

Rose Malgil and Sonia Bray, who provided the content for the story.

The children of Warmun community, who provided the drawings.





Our skin protects our bodies.

**If our skin is sick, our bodies,
kidneys and hearts can get sick.**

**Strong skin means strong bodies,
strong kidneys and strong hearts.**

**Wajawoorroo berrem yoowoorriyngem
marorr yimberriyinbe-yoowoo.**

**Wajawoorroo berrem, yilgoowoorroo-
ngarri yimberriyinbe-yarri, warrernbeg
yimberremenbe-yoowoo garajen, giningin
doo werlmerren.**

**Dam yoowoorriyngem wajawoorroo
bagarrjiya-ngarri boorronboo,
men'gawiyawa dambi garajbe-yoowoo doo
giningim, doo werlmerrem.**



There are lots of different skin sicknesses.

Skin sores, or school sores, are caused by germs called bacteria.

If they're not treated, they can lead to bad diseases like Rheumatic Heart Disease and kidney disease.



Melagawoom warrernbe boorroo-yoowoo wajawoorroo.

Bemberremenbe-ngarri gajim dam, thooworranyi wanyagem waj boorroorn-birri.

Ngoowan bimbirrimbe-ngarri gajim-boorroo waranggan, yilgoowoorroog bimbirrimbe giningin doo werlmerren.



Scabies are cheeky bugs that camp in the skin. They are really itchy and too much scratching can lead to skin sores.

**Dany wariwoony gajig-ngarri
benemenji, nginjende-birri wajawoorroo.
Dambi nyinggijam, girr-girr-ngarri
berremiyanbe, gajig birriyiliyanbe.**



It's important to keep our skin strong.
For a long time our people have kept
their skin strong with bush medicines.

Men'gawoom-boorroo wajawoorroo-boorroo-yoowoo
maroorr-ngarri yambirrimnya.
Warna-warnarram maroorr yarremiyinya
yoowoorriyngem-birri gibingarnam.

Bilirnji
(river gum)



Thalngarrji
(snappy gum)



Ngarrngarrji
(lemongrass)



Miloowoony
(spinifex grass)



Lawoony
(lemonwood)



We can use these bush medicines to make a cream.

For the cream, first we boil up the leaves, spinifex and bark with oil and beeswax for as long as possible.

Berrembi yooworriyngem gibingarnam, ngararag yarroorn nyoon-nyoon-girrem men'gawoog-girrem.

Dambi gibingarnam ngarag-ngarri yarroorn, jaa yamberryilinya ganarram, doo miliwoony, doo bernngam mooloongoom-birri doo yagengem gangarrjam dernag-girrem.



Second we pour this mixture through a cloth into small jars and let them cool.



Yamberriyilinya berrem wanyagin jimbirlan, gawilig-girrem.

We rub these on our skin to keep it strong.



Nyoon-nyoon yarremiyanya wajawoorroo bagarrjig-girrem.



We can also use these to have a bogey (bath).

First, we boil up the leaves, grasses and bark until the water turns green and the smell is strong.



Berrempi men'gawoom nyirrega-girrem.

Dambi ganarram, miloowoom doo bernngam yamberryilinya-ngarri goorrngan bajalarrin, jaa yamberryilinya marnen, dam goorrngam werrgal-ngarri woomberryinbe ngard-ngarri birrin bagarrjim.





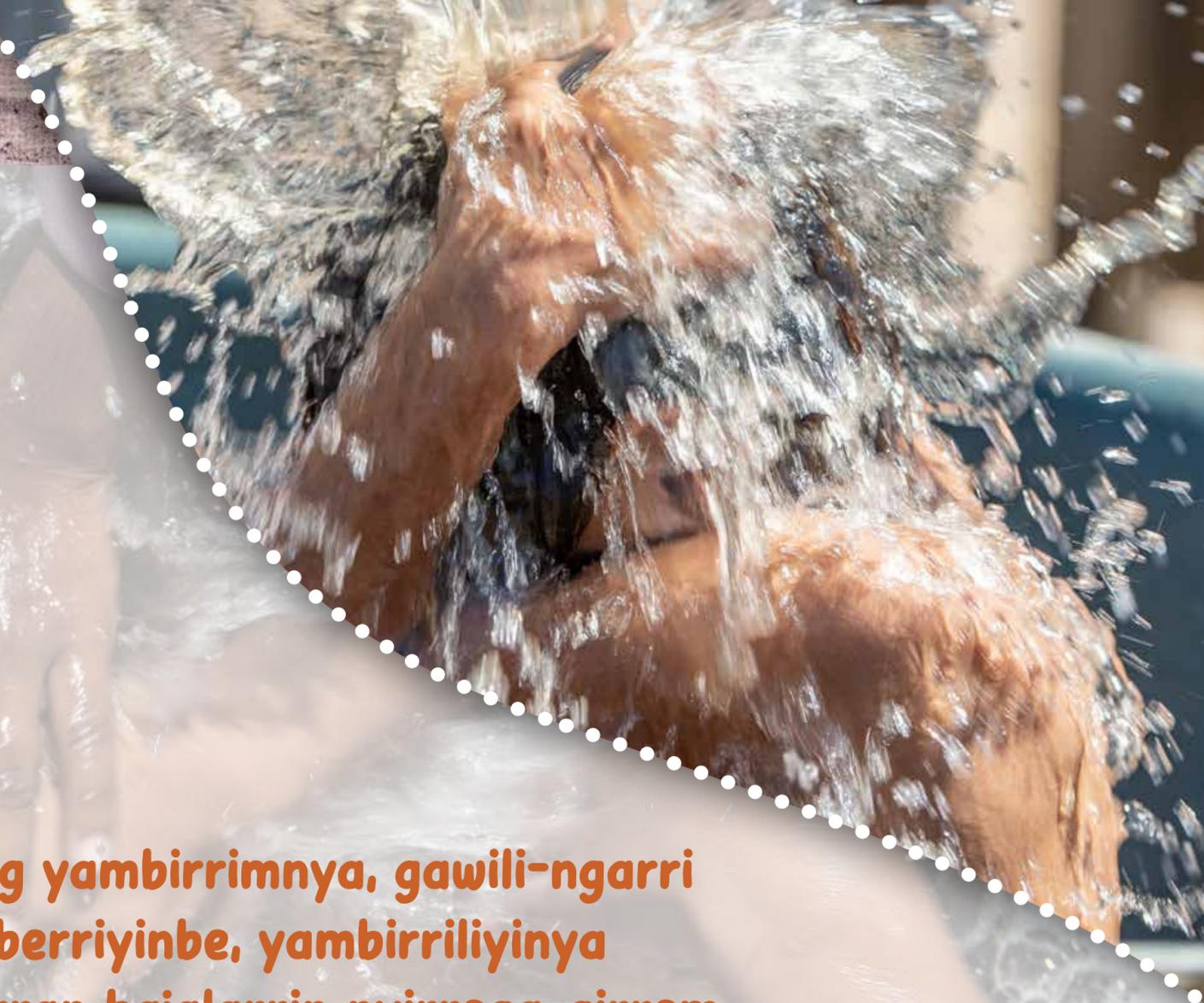
**We let it cool for a bit,
then put the liquid in the
bath with water.**

**We pour the water over our
heads and wash ourselves
all over.**



**Gawilig yambirrimnya, gawili-ngarri
woomberriyinbe, yambirriliyinya
nawarran bajalarrin nyirrega-girrem.**

**Mamag yarremiyanya
goonggooloon doo garajen.**





Warmun Health Clinic

Baremanbemboorroo daam

**When skin is really
sick, it's important
to go to the clinic
for medicine.**

**Dambi wajawoorroo warrernbe-
ngarri woomberriyinbe, biyarra
nyangoobam-birri men'gawoog-
girrem.**

For skin sores, we can go to the clinic for a medicine called antibiotics.

Gajim-boorroo dam yarraan-birri nyangoobam dam men'gawoog-girrem garij-ngarri bemberremenbe yendi-baiyodig.

There are two ways to have this medicine. We can swallow the medicine in a tablet or drink.



Dambi men'gawoog-girrem bangarinybem. Ngeltheg yamberryinya dambi men'gawoog-girrem, ngoorloog-wanyji goorrngam-birri.

We need to take the medicine every day for a few days exactly like the clinic tells us, to kill the bugs in the sores.

Nyangoobam waj-garri boorroorn-yarri dam-boorroo gajim, yambirrijande wayiniya gerrij, thed-girrem dam wanyagem gajin-yarri.

The other way to take the medicine is in a needle. Sometimes the needle can be scary, but your family will be there for you.



Yagenge-biny dam men'gawoog-girrem mindemgajim yimberriyin-yoowo. Dambi mindemgajim jilbagenhawoom wanyji, nyingiyanyem ngaboom doo gooram birriyan-nenggoowa.

For scabies, we can go to the clinic for different medicine. There are two ways to treat scabies. One way is a cream, the other way is a tablet.



We have to take either medicine on the first day we have scabies and again one week later.

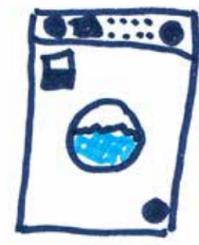
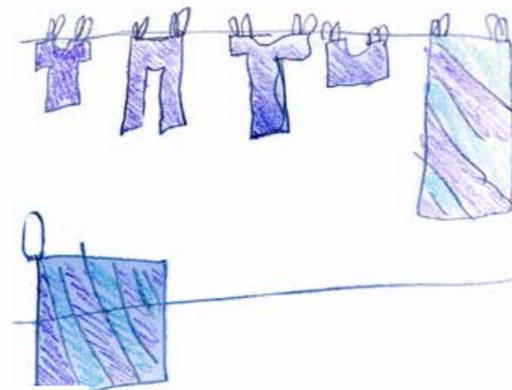
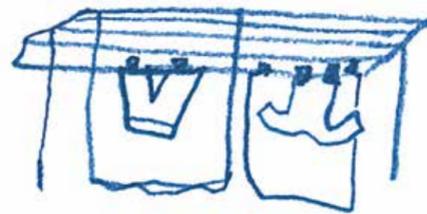


Girr-girr-ngarri yarremiyanya yarraan-birri nyangoobam dam-boorroo men'gawoog-girrem, ngoorloog yarrern warangganda biri-nyaliny gerawarlen.

Dan nginjende-ngarri-yarri wajawoorroo, yarraan-birri nyangoobam men'gawoog-girrem. Bangarinybam yamberremoorloonya men'gawoog-girrem dam gajim. Jirrawoombi nyoon-nyoon-girrem dam, jirrawoom dam yagengem ngoorloog-goorrnga-baya.

Scabies bugs can live in the house and spread to people we live with. That's why everyone in our house needs medicine to stop the bugs camping in their skin.

Washing clothes, towels and bedding is also very important to stop the scabies bugs.



Dany wanyaginy ngingi-ngarri mayaroon, ngiwian-birri dam yagengarram booroonboongarri dan mayaroon. Wayinigana booroonboongarri mayaroon, bemberrembe dam men'gawoog-girrem.

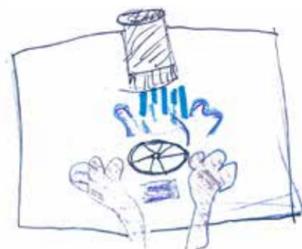
Loogorr yamberremnya wiremgajim, banjalgbe dam, thoowo-thoowoom thed-girrem dany wanyageny nyinggijany ngingi-ngarri-birri.

**There are things we can do every day
to keep skin healthy, clean and strong.**

**Nyirrega yarrern derranden doo mendwoon
men'gawoog-girrem wajawoorroo bagarrjig-girrem.**

We can wash hands with soap.

Loogoorr yarremija marlam nyoomarlim-birri.



**We can
have a
shower
with
soap.**



**Nyirrega
yarrern
nyoomarlim-
birri.**





We can cover up skin sores to stop them spreading to others.

We can use bush medicines. We can go to the clinic.

*Bool yarremija gajim, dam yagengarram ngoowana
bimbirrimnya-yarrewa.*

*Yarraan-birri nyangoobam. Men'gawoog yarremiyanya
gibingarnam-birri.*

A silhouette of a hill against a sunset sky. The sky transitions from a deep orange at the horizon to a pale, clear blue at the top. The hill is dark, with several trees visible along its ridge. The word 'FINISH' is written in white, bold, sans-serif capital letters on the left side of the hill's slope.

FINISH

GIRRIJ



LORRAINE DAYLIGHT



SYLVIA THOMAS



KAREN NUNGATCHA



CAROL JULI



MADLINE PURDIE



JANE YALUNGA



ROCHELLE PERIS

Background

The See, Treat, Prevent Skin Sores and Scabies (SToP) Trial is a shared project between researchers, service providers and communities to support skin health. In the early stages of the SToP Trial (2019 – 2021), the SToP Trial team sat with Warmun Elders and community members to understand the best way to promote healthy skin. The community conceived the idea of a healthy skin storybook featuring both traditional and Western approaches to supporting skin health.

In 2022, the SToP Trial team worked with Warmun community to co-design and co-develop this resource. The team was invited to attend the Two-Way Women’s Healing camp, supported by the Warmun Local Drug Action Group, where stories and pictures of traditional bush medicines were shared and recorded. Students participated in skin health lessons organised by the health teacher, where they produced drawings of how they keep their skin strong. Finally, clinic staff members shared information about the clinic medicines commonly used to treat skin infections.

The language, art and traditional knowledge included in this resource is owned by Warmun community. Artists and translators were remunerated and gave permission for their work to be included in this resource.

The resulting resource is aligned with *Keeping Skin Healthy: A Handbook for Community Care Workers* (Pilbara, 2019) and *National Healthy Skin Guidelines* (2018).

The SToP Trial is a collaboration between Telethon Kids Institute, Kimberley Aboriginal Medical Services, WA Country Health Service - Kimberley and Nirrumbuk Environmental Health Services. The SToP Trial team sincerely thanks everyone who was involved in this project.

Ford A, Purdie M, Bray E, Koford F, Malgil R, Bray S, Sibosado S, McRae T, Gibbs T, Major A, Whelan A, Poore A, Thomas HMM, Bowen AC, *Berrembi jarragoo-boorroo wajawoorroo men’gawom Gijam (Gija Healthy Skin Story)*, Telethon Kids Institute, Perth 2022

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