

## **MEDIA RELEASE**

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### **Media personality, advocate and author Brooke Blurton to heal through storytelling at Aboriginal Health Conference**

In August, media personality, advocate, and author Brooke Blurton will experience a “full circle moment”.

The proud Noongar-Yamatji woman and Whadjuk Balardong Noongar will arrive in Perth, Boorloo, on August 15-16 as keynote speaker for the 2026 Aboriginal Health Conference (AHC) delivered by Rural Health West in partnership with WA Country Health Service.

Brooke made history as the world’s first LGBTQIA+ and First Nations Bachelorette. She has since become a familiar face across Australian television. In 2022, she published a memoir, *Big Love*, and has gone on to release two young adult fiction novels.

“When people see themselves, or their sexuality or their culture represented, they feel heard and seen,” she said.

A major part of Brooke’s address will focus on healing through storytelling and truth-telling. She will draw on anecdotes from her own life while reflecting on this year’s theme, *Healing Ourselves, Healing Country, Healing Community*.

Born in Carnarvon, Brooke experienced a disconnection from her Country, community, and culture from an early age.

She said she was often taken away from her family and placed in foster homes. At an early age she moved to Perth to live with her non-Indigenous father, which also added to this disconnection.

Through a great deal of navigation, Brooke began putting the pieces of her family and culture together, underpinned by a desire to understand where she came from.

In her teenage years, she visited locations her Nana, who was born in Quairading, would speak of.

“For me that was quite healing. I went to the mission she often spoke about and just stood there, understanding the impact this has had on my family,” she said.

She listened to the experiences of others through their storytelling and over time reconnected the pieces of her family, community, and culture together.

“It made me feel so much more whole and healed,” she said.

Now based in Melbourne, Brooke will return to WA to reunite on the AHC stage with one of the biggest mentors in her life, MC Ingrid Cumming.

She first met Ingrid, a proud Whadjuk Balardong Noongar woman, when she was in her early 20s. The pair played footy together and Ingrid helped Brooke gain her first job in the youth mental health space.

“I was going through a pretty tough time, mental-health-wise, after I was made redundant from mining,” Brooke said.

With no job and “not a lot of family” to support her, Brooke feared what was to come.

“Ingrid gave me a foot in the door and helped me gain an admin assistant role at headspace,” she said.

“It actually inspired my interest in youth work, and later in that organisation I worked in community engagement, running NAIDOC Week events, First Nations community festivals, and queer youth reference groups.”

Now, an advocate for mental health, Indigenous rights and LGBTQIA+ visibility, Brooke is looking forward to sharing her story in front of a “home crowd”.

## ENDS

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### Media Notes:

*Rural Health West aims to improve access to quality healthcare for rural communities through the provision of a highly skilled, motivated and sustainable medical and allied health workforce. We are a not-for-profit organisation primarily funded through the WA Country Health Service and the Australian Government Department of Health, Disability and Ageing.*

*The Aboriginal Health Conference brings together Aboriginal health workers, academics, students, health organisations and stakeholders committed to strengthening the social, emotional, physical, and spiritual wellbeing of our mob. Across two days, delegates will connect, share knowledge, and explore practical, community-led approaches that support lasting health outcomes for individuals, families, communities, and Country. More information on the Aboriginal Health Conference can be found here: <https://www.aboriginalhealthconference.com.au/>.*