

The BAM Journey

Making Changes

Welcome to BAM! We'll ask you to complete a questionnaire and get to know what works for your family.

Children can start earning rewards at family sessions! There are 5 rewards to collect over 10 sessions.



Grab some me-time at our wellbeing drop-ins for parents during school hours.

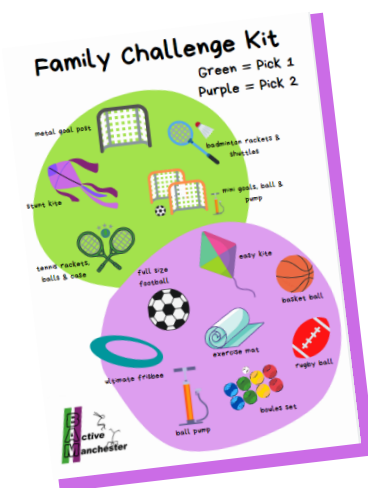


Family Challenge

Reward card complete - well done! We'll ask you to fill in a second questionnaire.

With your BAM worker, you'll make a weekly planner of activities for your family. Then, choose from a list of equipment to keep!

You can try up to 3 activity planners. We'll check in every 2 weeks to see how it's going. By the end, you'll have your chosen equipment!



Active Family

Being active together is becoming part of your routine! As a family, with your BAM worker, you'll decide which activities suit you best.

After 4 weeks, we'll check in to see how you're getting on with your chosen activities.

In another 2 weeks we'll check in one more time. There's a final questionnaire then you'll get the t-shirt!

