



# Geraldton Regional Aboriginal Medical Service

## September 2023 Newsletter

### Events

#### Elders Day – Wildflower Bus Trip



On Thursday 7th September the GRAMS team took the Elders out to Mullewa to visit the wreath flowers and for lunch by the waterfall. Everyone had an amazing time being out on country where we shared stories, laughed, danced and enjoyed each others company. Thank you to the Elders who came out and thank you to the staff who made the day possible. If you are 60 years or older and would like to be part of the Elders day activities please contact GRAMS and ask for your name to be added to our Elders list.

#### Messy Play Day



Children and Parents enjoyed our Messy Play and NDIS Information Session held on Thursday 14th September 2023.

Sensory play is an educational way for children to play while engaging their senses, to promote learning and development of sight, sound, touch, taste, and smell.

Sensory play is important for early childhood development as it supports growth in a fun and entertaining way. The aim of our messy play is to engage with families and carers and provide information on the National Disability Insurance Scheme pathways.

Our theme for September was Spring, and families enjoyed sensory activities like bubbles, jelly baff, super sandpit, and water play.

#### Sensory play helps children develop a range of skills, including:

- Fine motor skills: Manipulating small objects and materials can enhance hand-eye coordination and dexterity.
- Cognitive Skills: Sensory experiences promote problem-solving, observation, and exploration, which are essential for cognitive development.
- Language Development: Talking about sensory experiences helps children build their vocabulary and communication skills.
- Emotional Regulation: Engaging the senses can be calming and help children manage stress and emotions.
- Social Skills: Sensory play can be done in groups, fostering social interactions, sharing, and cooperation.

#### Let's Talk Basketball Carnival

Let's Talk Basketball was a hit!

Congratulations to everyone who took part in the Let's Talk Basketball Carnival on the 23rd and 24th September in Carnarvon. The atmosphere was great, and both players and spectators had a great time! Congratulations to Mayaga Magic who were the 2023 winners of the Men's category, and Roebourne who took out the Women's category.

#### Women's Health Day



GRAMS held a Women's Health Day to encourage women to have their health checks completed and discuss topics of health.

The Social Emotional Wellbeing Team at GRAMS pampered the ladies by doing their nails, and resources and raffles were available at a number of health stalls that were prepared.

Thanks to everyone who was involved.

### Upcoming Events

#### Recurring Events

##### Nyarlu Yarning

**Date:** Every Friday

**Time:** 10am to 2pm

**Location:** 65 Chapman Road, Geraldton

##### Men's Yarning

**Date:** Every Thursday

**Time:** 10am to 2pm

**Location:** 65 Chapman Road, Geraldton

##### Elders Day – Elders Olympics

**Date:** Thursday 12<sup>th</sup> October

**Time:** 10:30AM – 1:30PM

**Location:** Rovers Football Club

##### Messy Play Day

**Date:** Thursday 12<sup>th</sup> October

**Time:** 10am to 2pm

**Location:** GRAMS Clinic – 60 Rifle Range Road, Rangeway

## October Events

### BBQ Road Show

The GRAMS team is visiting remote locations in a series of Community BBQ trips to have a yarn with the community.

#### Mullewa

**Date:** Tuesday 3<sup>rd</sup> October  
**Time:** 11:00AM – 1:30PM  
**Location:** Morawa Pioneer Park

#### Morawa

**Date:** Tuesday 10<sup>th</sup> October  
**Time:** 10:30AM – 1:30PM  
**Location:** Rovers Football Club

#### Burringurrah, Carnarvon, and Mungullah

**Date:** Tuesday 17<sup>th</sup> – Thursday 19<sup>th</sup>  
**Burringurrah:** Tuesday 17<sup>th</sup> Oct 10AM – 2PM  
**Carnarvon:** Waterfront Park Thursday 19<sup>th</sup> Oct 7AM – 10AM  
**Mungullah:** Thursday 19<sup>th</sup> Oct 2PM – 4PM

#### Wiluna, Karalundi, Meekatharra

**Date:** Tuesday 24<sup>th</sup> – Thursday 26<sup>th</sup>  
**Wiluna:** Tuesday 24<sup>th</sup> Oct 10AM – 3PM  
**Karalundi:** Wednesday 25<sup>th</sup> October (time TBC)  
**Meekatharra:** Thursday 26<sup>th</sup> Oct 2PM – 5PM at the Pool



## Meet our Staff



### Name and where are you from?

My names lilo Vaqewa and I am originally from Fiji

### How long have you been working at GRAMS for?

I've been here since May 17<sup>th</sup> 2023

### What do you enjoy most about working at GRAMS?

I guess the teams themselves. I find it a bit challenging coming from a different cultural background.

It has opened my eyes to see how important health is for Aboriginal people. To work in an Aboriginal setting, I am proud.

### What do you enjoy most about working at GRAMS?

I have a 2-year-old baby girl at home, I spend my time looking after her. She is my inspiration to be her role model.

Ellen G White – 'I have nothing to fear for the future unless I have forgotten the way the lord has led me in the past.'

Favourite artist – Cissy Wince.

### Name and where are you from?

Tailasa Murray originally from Fiji, but I've been living in Carnarvon for over 10 years.

### Position:

Medicare Communicare PIP Administration

### How long have you been working at GRAMS for?

Since 2019

### What do you enjoy most about working at GRAMS?

Working together with the community.

Living here where everyone knows everyone and helping each other in any form. Knowing familiar faces, helping them out and putting smiles on their faces.

### What do you enjoy when you're not at work?

Just peace and quiet comfortability being at home.

### Favourite quote, movie, or song?

I like the documentary 'The Last Daughter' on Netflix.

