



# Geraldton Regional Aboriginal Medical Service

## March 2023 Newsletter

### Upcoming Events

#### KIDS FEST CARNARVON

Looking for something fun to do with your kids? Then come on down to Kids Fest for a fun day with lots of child-friendly activities!

**Date:** Wednesday 19 April

**Time:** 10am to 3pm

**Location:** Baxter Park, Carnarvon

#### CHILD HEALTH DAY

Come down to GRAMS Child Health Day! There will be lots of fun activities for kids aged between 5-14 as well as face painting, giveaways and free lunch.

**Date:** Wednesday 19 April

**Time:** 9.30am to 2.30pm

**Location:** 60 Rifle Range Road, Geraldton

#### BACK ON TRACK

Every second Friday, the Back on Track program for young men is organised by the GRAMS Deadly Cru and Tacking Indigenous Smoking (TIS) team with headspace Geraldton. To book contact Levi Thorne on 9956 6555.

**Date:** Every second Friday

**Time:** 10.30am to 2pm

**Location:** 65 Chapman Road, Geraldton

#### NYARLU YARNING

Join us for Nyarlu Yarning, a program designed for young mums in Geraldton! To book your spot call GRAMS on 9956 6555.

**Date:** Every Friday

**Time:** 10am to 2pm

**Location:** 65 Chapman Road, Geraldton

### Notices

#### CLOSURES FOR UPCOMING PUBLIC HOLIDAYS

Please note GRAMS will be closed for the upcoming public holidays - Good Friday 7 April, Easter Monday 10 April, and Anzac Day 25 April. For emergencies, please visit the general hospital.

#### WORLD NO TOBACCO DAY RECIPE COMPETITION

Submit your delicious recipes to go in the draw to win a \$50 voucher and feature in GRAMS TIS Cookbook! The GRAMS TIS Cookbook will be launched on World No Tobacco Day on 31 May 2023. Visit our website to submit your recipe or collect a registration form from GRAMS reception.

**U RITE?**  
FEELING DOWN?  
WANNA TALK?  
THEN GIVE US A CALL

Call GRAMS on  
**(08) 9956 6555**  
and press option 2 for help or After Hours number  
**04 3635 9693**  
Lifeline 13 11 14

GRAMS SUICIDE PREVENTION PROGRAM

#### MEN'S YARNING

Fortnightly Men's Yarning! Come along for a yarn and activities! To book your spot call GRAMS on 9956 6555.

**Date:** Every Friday

**Time:** 10am to 2pm

**Location:** 65 Chapman Road, Geraldton

#### LITTLE MARA'S YARNING CIRCLE

A wonderful event designed for mums, mums-to-be, and young bubs (0-4 years old) to connect with other parents, make new friends, and share experiences about raising children.

**Date:** Wednesday 26 April

**Time:** 10am to 1pm

**Location:** 65 Chapman Road, Geraldton

#### ELDERS DAY

GRAMS Elders Day is the last Thursday of the month. 60 years and over are welcome. If you'd like more information or need transport, please call 9956 6555.

**Date:** Thursday 27 April

**Time:** 10am to 2pm

**Location:** 65 Chapman Road, Geraldton

### Past Events



#### KIDNEY HEALTH DAY

GRAMS held a Kidney Health Day on Wednesday 9 March. We had the Midwest Regional Renal Chronic Kidney Disease (CKD)

team helping us highlight the importance of taking care of your kidneys and getting them checked regularly by a doctor. People who visited the display were able to fill out a survey to go into the draw to win a food hamper.



#### URITE DAY @ CARNARVON

It was a great day at the Carnarvon Fascine for URITE Day on Wednesday 15 March! Thank you to everyone that came down for a yarn and BBQ. There was entertainment, giveaways, and a free BBQ.



#### NYARLU YARNING

Our Nyarlu Yarning program is designed for young Mums and is held weekly every Friday. Over the past month, we've had a blast with various arts and crafts activities such as pot planting, canvas painting and scrapbooking.

### Updates

#### GRAMS ATTENDS 6TH NATIONAL SOCIAL AND EMOTIONAL WELLBEING CONFERENCE



GRAMS attended the 6th National Social and Emotional Wellbeing Forum in Perth this

month, we gained valuable insights into the latest developments in mental health care. Our team had the opportunity to learn from industry experts and network with other professionals in the field.

GRAMS also presented two workshops during the week. The first delivered by GRAMS CEO Deborah Woods and the second delivered by GRAMS Acting Suicide Prevention Coordinator David Batty with support from GRAMS Clinical Lead SEWB May Doncon and Health Communication Resources CEO Dane Waters.

We look forward to applying what we learned and continuing to provide exceptional care and support for our patients. If you or anyone you know is struggling with mental health call GRAMS on 9956 6555 and ask for the Social and Emotional Wellbeing team.

#### GRAMS STAFF AND COMMUNITY MEMBERS COMPLETE CERTIFICATE II IN INDIGENOUS ENVIRONMENTAL HEALTH



The aim was to empower our staff and community members to feel more confident with identifying Environmental Health issues within client homes.

A special thanks to Mr Greg McConkey from Empower Education for delivering the training. GRAMS looks forward to delivering more Environmental Health training in the near future.



#### GRAMS ATTENDS THE INDIGENOUS SUICIDE PREVENTION FORUM IN MEEANJIN/BRISBANE

GRAMS CEO Deborah Woods and Suicide Prevention Coordinator David Batty attended the AIPA Indigenous Suicide Prevention Forum in Brisbane on the 21 to 23 March. The forum was very valuable hearing from Indigenous suicide prevention counsellors, community workers, researchers, and cultural healers, on how you can build practical programs and skills to help First Nations Australians experiencing mental distress.