

Geraldton Regional Aboriginal Medical Service

February 2023 Newsletter



Upcoming Events

MEN'S YARNING BACK ON TRACK

Join GRAMS Tackling Indigenous Smoking (TIS) team every Friday from 10am to 2pm for Men's Yarning! To book contact GRAMS on 9956 6555.

Date: Every Friday

Time: 10am to 2pm

Location: 65 Chapman Road, Geraldton

NYARLU YARNING

Hey Nyarlus! GRAMS TIS team has started a program Nyarlus Yarning to support young mums and nannies. Come along for a yarn and some arts & crafts. Nyarlus Yarning is happening every Friday at 65 Chapman Road from 10am to 2pm. To book your spot call GRAMS on 9956 6555.

Date: Every Friday

Time: 10am to 2pm

Location: 65 Chapman Road, Geraldton

URITE DAY @ CARNARVON

GRAMS invites the Carnarvon community to attend URITE Day. There will be entertainment, local stall holders and a free BBQ.

Date: Wednesday 15 March

Time: 9.30am to 1pm

Location: Carnarvon Fascine

ELDERS DAY

GRAMS Elders Day is every last Thursday of the month. The next event will be held on Thursday 30 March. 60 years and over are welcome. If you'd like more information or need transport, please call 08 9956 6555.

Date: Thursday 30 March

Time: 10am to 2pm

Location: TBC

KIDNEY HEALTH DAY

GRAMS is holding a Kidney Health Day on Thursday 9 March from 10am to noon. Come have a feed, yarn with the kidney health nurses and go into the draw to win a food hamper. For more information call us on 9655 6555.

Date: Thursday 9 March

Time: 10am to 12pm

Location: GRAMS Geraldton, Rifle Range Road

Updates

SWEB & SUICIDE PREVENTION COORDINATOR ATTEND A SHORT-TERM ACCOMMODATION WORKSHOP

GRAMS Social Emotional and Wellbeing Cultural Lead Gwen Rakabula and Suicide Prevention Coordinator Maxine Ryder attended a short-term accommodation workshop in Geraldton on Thursday 2 February. The purpose of this workshop was to provide a cultural lens regarding a new purpose-built, short stay accommodation facility for Aboriginal visitors to Geraldton.



The workshop was in consultation with other Geraldton based organisations and the Department of Communities Housing. The accommodation will be located on a heritage-listed and registered land and will have the capacity to accommodate approximately 100 First Nations peoples from any region needing to attend Geraldton.

"It was great privilege to receive an invitation to participate and be involved in." said our Social and Emotional Wellbeing Cultural Lead Gwen Rakabula.

GRAMS SUPPORTS OCHRE RIBBON WEEK

On Friday 17 February, GRAMS Social & Emotional Wellbeing (SEWB) team had a stall set up at Rocks Laneway for Ochre Ribbon Week. Organisations from around Geraldton came together to raise awareness of the impacts of domestic and family violence. The SEWB team were handing out self-care packs and invited mob to write down their worries to release into the ocean.

"It was a great event where we were able to have good yarns with everyone and connect with other agencies," said SEWB Counsellor Katrina O'Keeffe

GRAMS ATTENDS CHAMPION BAY SENIOR HIGH SCHOOL 2023 MENTAL HEALTH EXPO

Thank you to Champion Bay Senior High School for having us at their 2023 Mental Health Expo on Wednesday. GRAMS Social Emotional and Wellbeing (SEWB) team attended the expo and had the pleasure of meeting up to 200 students! It was a fantastic day and we enjoyed chatting with the students about the importance of gratitude, as well as providing strategies they could use at home to help let go of things out of their control that may be worrying them.

Past Events

SEXUAL HEALTH WEEK

On Tuesday 14 February GRAMS Health Promotions and Sexual Health teams set up a Valentine's Day display at the Geraldton clinic to raise awareness on the importance of sexual health as well as speaking out against domestic violence. People who visited the display were able to fill out a survey to go into the draw to win a Valentine's Day hamper. It was a great day with 78 people taking part.



MEN'S YARNING BACK ON TRACK

GRAMS Deadly Cru and Tackling Indigenous Smoking teams along with Headspace Geraldton took some men out fishing on Friday 24 February. It was a great smoke-free activity that was enjoyed by all the men. Back On Track is on every Friday. If you would like to attend the next Back on Track program, please call Levi Thorne on 9956 6555.



URITE DAY @ GRAMS GERALDTON

On Wednesday 15 March, GRAMS hosted URITE Day at the Riflerange Road clinic in Geraldton. Our objective for URITE Day is to promote awareness on mental health and suicide as well as encourage our mob to reach out and seek assistance.

GRAMS provided free music by musician Craig Pickett, hairdresser, masseuse, hamper prizes, tea, coffee, fruit cups with yogurt and BBQ for the community. The day was a success with over 150 people attending who engaged in activities and gathered information from services.

Thank you to all our stall holders for the day which included:

GRAMS Social & Emotional Wellbeing Team
GRAMS Suicide Prevention Coordinator
GRAMS NDIS
TIS Team
Deadly Cru
Headspace
Salvation Army
Dessert Blue
Connect
Regional Alliance West
PCYC
Connected Beginnings
Cancer Council
Radio Mama.



Follow us on @GRAMSmob to keep up to date with the latest activities, programs and upcoming events.

For information on our services and programs, please phone GRAMS on (08) 9956 6555 or visit our website www.grams.asn.au