



Geraldton Regional Aboriginal Medical Service September 2024 Newsletter

Geraldton NAIDOC Youth Ball Friday 27th September 2024

The NAIDOC Youth Ball 2024 was held on Friday 27th September at Batavia Hall. 25 young people got frocked up and suited up on the Friday night for the Geraldton NAIDOC Youth Ball which was hosted by GRAMS. Youth from year 7 to year 12 were invited to this year's great event.

Congratulations to Belle of the Ball Chartaye Thorne and Beau of the Ball Noel Kelly.

Thank you for the amazing support from local community business that made the event happen especially for the numerous gifts and donations towards event.



Geraldton Regional Aboriginal Medical Services are proud to have been able to host the event and look forward to an even bigger event in 2025.

#Keepthefireburning Blak, Loud & Proud NAIDOC 2024

R U OK Day 😊



On 12 September, the Social and Emotional Wellbeing Team & Melati from Health promotions held a R U OK day event in the Reception at GRAMS Debbie Woods GRAMS CEO & Gwen Rakabula SEWB Cultural lead had a brief yarn outlining R U OK Day and what it means.

R U OK Day is a day which encourages and empowers people to stay connected and have a regular meaningful conversation that can help others through difficult times.

Aboriginal people have our own way of asking R U OK we ask "You right? Come, let's have a yarn ay? Or What now? You right? What's happening? That's our way of connecting and belonging that we have from way back a long time and it's still with us today and passed down in generations.

The team shared resources, educating other, and providing guidance if someone says they are not ok.

Morning tea was provided coffee, tea & cake.

GRAMS Clean-up crew

Feedback from community member

Client had advised me that she is very happy with the clean-up crew as they had done a wonderful job with her yard. she had also advised me that when she drives into her driveway, she feels very happy with how much of a good job the clean-up crew had done also receiving compliments from her neighbours.

Dealing with depression client has felt a lot of pressure off her shoulders as the clean-up crew have done a wonderful job.

Hearing good news stories like these from our community members fills my heart with pride.



GRAMS Welcomes New Staff Members



Registered Psychologist

Hi, I'm Kameli Rova I'm the co-facilitator for the We Can Together Men's Brief Intervention Program based in Carnarvon, I work for the GRAMS Gascoyne Outreach Service in Carnarvon. I 'am currently studying a Cert IV in Mental Health through TAFE.

We Can Together Stop

Family Domestic & Sexual Violence

If you or someone you know is experiencing FDV or using FDV and require help please call **13YARN (13 92 76)**, Lifeline **13 11 14**, Women's Domestic Violence Helpline **1800 007 339** (free call), No To Violence **1300 766 491**

Don't leave it till it's too late.



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



Government of Western Australia
North Metropolitan Health Service



When did you last have a FREE breast screening mammogram?

Once is not enough

It is important for women 40 years or over to have a FREE breast screening mammogram at least every two years. Early detection is your best protection.



BreastScreen WA's mobile will be at:

Geraldton Regional Aboriginal Medical Service

60 Rifle Range Road, Rangeway

04/11/2024 - 19/11/2024

Dates may be subject to change

For an appointment phone
GRAMS 9956 6555



BS000013 May17

www.breastscreen.health.wa.gov.au

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Protecting Our Mayu's From The Smokes & Vapes



Geraldton
Regional
Aboriginal
Medical
Service



FREE EVENT !!!

GRAMS Family Fun Day
Sunday 1st December 2024
3pm - 8pm

Stow Gardens Geraldton

join us for a fun packed evening

Live Entertainment

Food trucks

Bouncy Castles

waterslides


prizes

giveaways

Smoke, Vape and Alcohol Free Event

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