



Media Release
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Indigenous Women Craft Group Sparks Creativity and Connection

Indigenous women from across Geraldton are converging at Geraldton Regional Aboriginal Medical Service (GRAMS) three times a week to enjoy craft, cuppas, and connection.

The women meet in the GRAMS 'shed' from 9.30am to 1.30pm on Mondays, Tuesdays and Wednesdays to make items ranging from wreaths and quilts to bunting and bags.

GRAMS CEO Deborah Woods welcomed all Indigenous women to join the craft sessions, regardless of their artistic ability.

"The craft group is a really lovely way for Indigenous women to come together, to not only be creative but also to enjoy the camaraderie of working together creatively," Ms Woods said.

"There are real social and mental health benefits in bringing people together to enjoy each other's company while working on something creative and productive.

"Aside from the satisfaction in producing craftworks, we also enjoy all sorts of conversations – from sometimes deep and profound topics to the outright hilarious."

Ms Woods said women who were not into craft were also welcome to attend to help produce a hot daily soup.

Attending the craft group is free, and includes access to tea and coffee facilities.

Anyone who takes part must first have completed a full women's health check, get their flu shots and also have a GRAMS care plan.

The group encourages donations of craft wares, including artificial flowers, material off cuts, broken tiles and any craft equipment.

For more information, or to donate goods please, contact Volunteer Felicity Mourambine on 0484 138 155.

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Media information: For more information please contact GRAMS CEO Deborah Woods on 089956 6555