



# Geraldton Regional Aboriginal Medical Service

## June 2022 Newsletter

### National Reconciliation Week 2022 – Be Brave, Make Change

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The GRAMS TIS team was invited to the Geraldton TAFE Reconciliation week event, where we set up our display and provided information on how to quit smoking information. Tobacco is one of the leading contributors to the burden of disease among Aboriginal and Torres Strait Islander peoples, and we want to help the community to respect their health so we can all have better lives.

GRAMS was also invited to the NRW Morning Tea at the Museum of Geraldton. The spectacular photos entries from last year's NAIDOC Heal Country Photography

Competition were also on display for community appreciation and acknowledge the strength of our culture. There were also keynote speakers addressing what reconciliation means and what we can do to work towards strengthening our relationships.

Both events were a fantastic opportunity for the community to come together to have a yarn, reflecting on our past and explore what it means to be brave and make change.

**“The National Reconciliation Week 2022 theme, “Be Brave. Make Change.” is a challenge to all Australians— individuals, families, communities, organisations and government—to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians.” - Reconciliation Australia**



## Get Up! Stand Up! Show Up!

### Are you 60 years and over and a GRAMS Client?

GRAMS then would like you to join us on the bus to the MIDWEST NAIDOC Day in Morawa.

### Wednesday 20th July 2022

To be eligible you must complete the following

Had your COVID Vaccinations.

Had a Flu Shot this year.

Had a full 715 adult health check completed

Have up to date signed PIP form

Up to date with care plan

If this is you then please call GRAMS on (08) 9956 6555.

To book an Dr's appointment and your seat on the bus.

Lunch packs supplied on the day.

Great Fun, Great Entertainment, Great Day out.

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](http://www.grams.asn.au)