



Geraldton Regional Aboriginal Medical Service

May 2022 Newsletter

Exercise Young Mums Group Work Up A Sweat!

The Police and Community Youth Centre worked up a sweat with the Exercise Young Mums group last week in collaboration with Ngala.

For some young mums, it can be hard to find the time or be in the right headspace for exercise, but these ladies have grouped together to support each other get motivated. With the health benefits of regular exercise and activity being hard to ignore, community work-out sessions can be a great way to stay consistent and be supported by your peers.

After their session, the ladies were provided with some lunch where they spoke about how good they feel about themselves! "I can't wait for the next session!" says one of the young Mums.

The lunch was a great way to chat with other ladies about their lives and get support from experienced Mums about raising their kids and balancing time for themselves and their mental and physical health.

After lunch, the group talked about the dangers of smoking, not only for them, but what it can do to their kids who are around smoking. They were provided some TIS information to read and take home and offered support available to help quit smoking.



Deadly Cru Helping Boys Get Clontarf Health Checks

Term 2 started off with a bang for Clontarf Health Checks, with the Deadly Cru attending Champion Bay Senior High School from 27th – 29th of April, to give young boys in years 10, 11, and 12 a health check-up.

Deadly Cru having a working partnership with Clontarf that allows them to go into the schools and give the boys their health check in an environment they are comfortable with.

To complete the Clontarf Health Checks, a Youth Worker, Aboriginal Practitioner, and Medical Doctor needs to be present. The Youth Worker does an initial behaviour assessment and mental health check, asking the boys if they drink alcohol, smoke cigarettes, or do any drugs. If they are, there is no judgement – the boys are provided with counselling and offered information about support available.

Next, they see the Aboriginal Practitioner who does a general health check on their height, weight, blood sugar, and a urine sample to ensure they are all healthy.

This information all then gets provided to the Medical Doctor who overseas everything, asks if the boys have any concerns, and supplies referrals or scripts as needed.

Dr Win, Levi, and Tim did a fantastic job and in just three days was able to complete 53 health checks on the Champion Bay boys.



National Reconciliation Week: Morning Tea

Dates
Tuesday 31 May 2022 | 10am – 11.30am

Where
Museum of Geraldton

Cost
Free

Morning tea provided.



MUSEUM OF GERALDTON