

Events & Updates

📅 4th February

 World
Cancer Day
4 February

World Cancer Day

Community Yarn and Care at GRAMS Cancer Awareness Day

Geraldton Regional Aboriginal Medical Service (GRAMS) recently held a Cancer Awareness Day event that brought community together for a day of yarning, learning, and looking after our health.

The day created a safe and welcoming space for families to come in, have a yarn with health workers, and get information about different cancers that affect our mob. A respiratory nurse was on hand to talk about lung health, answer questions, and support community members to better understand how to keep their lungs strong and healthy, on the day we had 7 booked appointments for screening referrals and 2 people will book with GP to request screening even though out of age range (one too old, one too young).

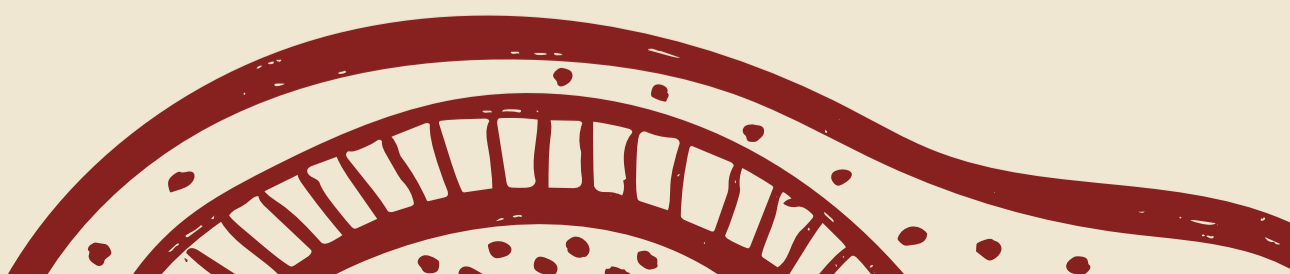
Women were able to access information and support around cervical screening in a culturally safe way, helping to break down fear and shame and encouraging our sisters to stay on top of their health, on the day 7 cervical screenings were done.

Breast cancer awareness was also shared, with staff yarning about self-checks, screening, and the importance of catching things early.

The Tackling Indigenous Smoking (TIS) team were there throughout the morning, providing clear and honest information about lung cancer, smoking, and vaping. Their yarning helped raise awareness around the impacts these have on our bodies and supported community members to think about making healthy choices for themselves and their families.

GRAMS Cancer Awareness Day showed the strength of community-led health, where information is shared through conversation, respect, and connection. By coming together, having a yarn, and supporting one another, we continue to build healthier futures for our people.

GRAMS would like to thank all staff, health workers, and community members who came along and made the day a strong success.





📅 12th March



Men's Health Day

GRAMS held a Men's Health Day, bringing men from our mob together for a day focused on health, connection, and looking after wellbeing.

The day created a welcoming and supportive space for men to come in, have a yarn with health workers, and access a range of services all in one place. GRAMS' Health Services teams were on hand throughout the morning, supporting men to complete their 715 Health Checks and talk through any health concerns in a relaxed and respectful environment.

Alongside health checks, men were able to enjoy morning tea and lunch, get a free haircut, take part in activities, and connect with different GRAMS teams. Health passports encouraged engagement on the day, with gift vouchers and other prizes available for those who completed theirs.

Men's Health Day highlighted the importance of creating safe, community-led spaces where men feel comfortable to talk about their health and receive support. Through conversation, connection, and care, the day reinforced that looking after our health is something we can do together.

GRAMS would like to thank all staff, health workers, and community members who attended and helped make the day a strong and positive success.

📅 26th February

Community BBQ

A Community BBQ on Mitchell Street was held, bringing community members together for a relaxed afternoon of connection and conversation.

The BBQ was proudly delivered by GRAMS' TIS and Youth teams, creating a friendly and welcoming space. Family and community members came together to enjoy a feed and have a yarn.

The afternoon provided an opportunity for people to connect with each other and with GRAMS staff in a relaxed setting, strengthening relationships and supporting a strong sense of community.

Events like the Community BBQ show the value of coming together in informal, community-led spaces where connection, trust, and wellbeing are at the centre.

GRAMS would like to thank everyone who came along and helped make the afternoon a positive and enjoyable gathering for all.



📅 30th April - 2nd May

Flip The Vape (FTV) Campaign Photoshoot



On the last weekend of April, the TIS team had an exciting experience down in Perth! For the three days, we were in charge of 9 local young people. The TIS team transported these young people down to Perth and back, where they had the amazing opportunity of being community ambassadors promoting the Flip the Vape campaign. The young people participated in a photoshoot, where the photos will be used to advertise on buses and billboards around Geraldton. The Flip the Vape campaign is in partnership with the Victoria TIS team, who conceptualized the campaign and shared the resources so that other TIS teams can also run the campaign in their local areas.

Early morning on Thursday the youth boarded the hired van, and we made our way down to Perth. As soon as we arrived, we went to the shops and bought shirts for the photoshoot, then the young people had free time to get lunch and do some shopping. After, we made our way to our hotel, the Crown Promenade!

In the morning all woke up early to have breakfast in the city and head straight to the studio for the photoshoot. Each young person had portrait photos taken and had a short interview, then everyone joined together for group photos. The young people really stepped up to the task, and we are proud to have them represent Geraldton. For the rest of the day everyone had free time, some had a quick nap, some went for a drive and some even took advantage of the pool at the hotel. For dinner we all met at the food court at Crown and had a delicious choice of food to eat, then the young people went for a ride up to Kings Park to see the city lights at night.

On Saturday, the group piled back into the van, and we headed back up to Geraldton along the coastal road. Along the way we visited the Nambung National Park to check out the pinnacles. By the time we got back to Geraldton, we were all ready for a good sleep, but we could all agree that we had a great time in Perth, and we're looking forward to seeing the campaign photos around Geraldton!



Staff Updates

New Staff

Health Promotion Officer



Iman Suprpto

Where are you from?

Born in Perth but raised right here in Geraldton.

What are your hobbies or interests outside of work?

I used to be in a cappella group called The Newby Blues, so I love singing! I also enjoy fishing, reading, and footy. Go Eagles!

What motivated you to join our team?

Health belongs to everyone – we all have the right to be healthy and the right to access healthcare without barriers. My goal is to ensure we finally close the gap in our healthcare system, and I know that working with GRAMS is how we'll make that happen.

Favourite food?

Love me a good Surf 'n' Turf or a Singaporean Char Kway Teow! Rosie's chicken down the road is good too!

Health Navigator



Jessica Peel - (On Track to Thrive)

Where are you from?

Geraldton

What are your hobbies or interests outside of work?

I like to spend time outside with my son bike riding and surfing. I love to go to the beach with my family and have big cook ups. I also love fashion, eating out and travelling.

What motivated you to join our team?

I love working in the Midwest community and I am passionate about advocacy. I look forward to learning new things and being a part of a team that provides high quality and progressive health care to Aboriginal people here in the Midwest.

Favourite food?

Thai food!

Case Worker

Danielle Voss (In-Home Support)

**Where are you from?**

I was born in Bunbury, WA.

What are your hobbies or interests outside of work?

I like to travel, cook, collect vintage items, build and restore old furniture and meet new people. Most of all I am dedicated, passionate in my role and love a good challenge.

What motivated you to join our team?

This is my 3rd return to GRAMS.

After working for other organisations in the community, I can honestly say that GRAMS is sincerely dedicated in making the needed changes to put Aboriginal Health at the upmost forefront of every program they run. This is not just a tick box, this is life and bettering it for the health of all GRAMS clients. Mind you, Sandra's scones play a big part too! Of which are yet to be made since my return... DEBORAH!?!?

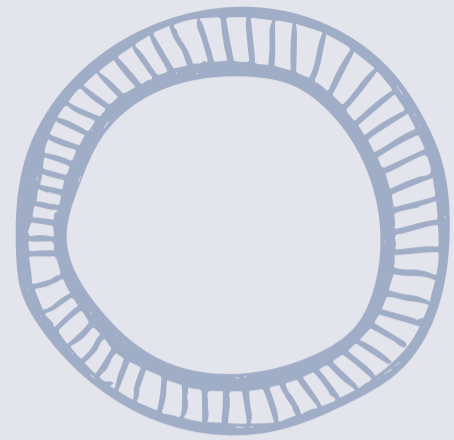
GRAMS is a family friendly organisation who give employees a chance from all walks of life, assisting them with upskilling and supporting not only work related but also the times when life throws a spanner in the works in our private lives. For me this is peace of mind knowing my employer has understanding that we too are human. The awesome salary sacrifice package and of course, it's working back with all the old crew I have dearly missed!.

Favourite food?

I like all food but especially seafood - creamy garlic prawns!

Staff Updates

New Staff



TIS Educator

Magdalene Toga



Where are you from?

Born in Perth but raised right here in Geraldton.

What are your hobbies or interests outside of work?

I like cooking and trying out new vegan recipes. I love to sew and rework clothes, and I also really enjoy getting outfit inspo from thrifting and Pinterest!

What motivated you to join our team?

I was motivated to join the TIS team because it's been my passion to share the health message with Aboriginal people, as there is a disparity between the health of Indigenous people compared to non-Indigenous people, and it's time for that to change.

Favourite food?

My favourite food is anything vegan and any dish that has rice noodles and tofu!

TIS Educator

Houshary Yusa



Where are you from?

I was born in Canterbury, Sydney.

What are your hobbies or interests outside of work?

Fishing and camping.

What motivated you to join our team?

To encourage a healthy lifestyle on the youth.

Favourite food?

Satay sticks.

TIS Educator

Chance Forsyth



Where are you from?

I was born and bred in Geraldton, Western Australia.

What are your hobbies or interests outside of work?

Some of my many hobbies and interests include, music, basketball, collecting shoes and hats, woodwork, collecting jewellery, cricket, tv shows, family time, festivals, cooking, travelling, barbecues, darts, the beach, fishing and camping.

What motivated you to join our team?

I was very motivated to work within the grams team as I've been part of them my whole life as they are my general practice. I also have had many family work there and have heard it's a very welcoming place to work, being family orientated, flexible but also very committed and hard working within their programs. Working with TIS excited me as it's a very good program, teaching the youth and community about the dangers of smoking, something that I'm very passionate about. Health is wealth.

Favourite food?

It's hard to choose one favourite food but I'd have to say kangaroo tail is up there, along with some of my favourite cuisines being Italian, Mexican and Thai.



Staff Wins

Ashley Jaimison

ALO Position

Ashley Jaimison has recently obtained the ALO position and is now working alongside Jessica Peel within the On Track to Thrive Program. This is a great outcome and strengthens the team's capacity to support clients through this important program.

Welcome Back

Dr Nathan

We are pleased to **welcome back Dr Nathan to GRAMS**. It's great to have Dr Nathan back on board, and staff and clients alike will benefit from his experience and ongoing commitment to community health and wellbeing. (still waiting on a photo from the client for this)

Getting Stronger Again Program

Client wellbeing activities within the GRAMS **Getting Stronger Again Program** continue to go well, with regular sessions held in the GRAMS gym on **Tuesday and Thursday mornings**. It's encouraging to see strong participation and positive engagement as clients work towards improved strength, mobility and wellbeing.



Immunisation Training in Perth

AHP Allison Comeagain recently attended **Immunisation Training in Perth**, further strengthening clinical skills and knowledge within the team. This training supports ongoing best practice and helps ensure high-quality care for our clients.








CANCER AWARENESS

Cancer Awareness is about more than a diagnosis; it's about prevention, early detection, and looking after one another.

Throughout **February**, GRAMS placed a focus on raising **awareness about cancer** and the importance of early checks, regular health visits, and strong support for our community.

Cancer affects many of our mob but taking small steps can make a real difference - like having yarns with health professionals, attending routine screenings, and supporting family and friends. These conversations help empower our community to prioritise health and recognise that caring for yourself is a strong and positive choice that can save lives!

Some of the most common cancer amongst our mob include:

 Lung Cancer	 Bowel Cancer
 Prostate Cancer	 Breast Cancer
 Ovarian Cancer	

Let's keep the conversation going about cancer awareness. Your health matters every day, not just in February.

For more culturally appropriate information and support, visit Cancer Council's Aboriginal and Torres Strait Islander resources.

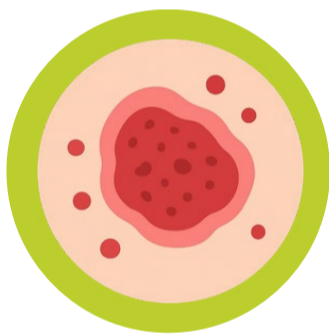
[Cancer Council's Aboriginal and Torres Strait Islander resources](#)



HEALTHY SKIN MONTH

May 2026

Come in for a skin check up to receive a free hygiene pack during the month of May. You will also go into a raffle to win a washing machine and dryer, ask your nurse or health worker today.



Skin sores



Fevers



Sore throat



Strep A



Sore joints



Sick heart



Geraldton
Regional
Aboriginal
Medical
Service

**STOP
RHEUMATIC
HEART DISEASE**



WORLD NO TOBACCO DAY



SHOPPING CENTRE INFO STALLS

- 5, 19 & 26 MAY
- NORTHGATE SHOPPING CENTRE
- 8:00AM - 3:00PM

COMMUNITY BBQ

- Carnarvon & Shark Bay
- 11-15 MAY
 - GWOONWARDU MIA - GASCOYNE ABORIGINAL HERITAGE AND CULTURAL CENTRE CARNARVON
 - 3:30 - 5:30PM

BASKETBALL TOURNAMENT

- 19-21 MAY
- GABA GERALDTON BASKETBALL STADIUM
- 3:30PM - 6:00PM

CLEAN UP DAY

- 26 MAY
- STOW GARDENS
- 9:00AM - 2:00PM

YOUTH VIDEO SKITS

- 25-29 MAY
- TIS BUILDING - 65 CHAPMAN ROAD, GERALDTON
- 10:00AM - 3:00PM

WORLD NO TOBACCO DAY

- 31 MAY
- 4:00 - 7:30PM

For more information or please visit www.grams.asn.au or call GRAMS on (08) 9956 6555.

