

Events & Updates



30th–31th July

Deadly Thinking Youth Program

Deadly Thinking Youth is a program that is delivered in a safe and sensitive way and allows young people from 12 years of age to 20 to yarn about the things that are impacting them.

The workshops offer a culturally appropriate environment for students and young people to yarn about their troubles and learn how to feel strong in body, mind, and spirit.

What can workshop participants expect? Deadly Thinking Youth gives young people the tools to help them handle the pressures we all face in our lives. Presenters will guide the group through the workshop material, encouraging group participation. Activities offered include art, sport, music, and filming.

Workshop participants have the opportunity to yarn about their experiences and learn more about different aspects of social and emotional wellbeing.

Participants receive a Deadly Thinking Youth training workbook, passport to mental health, and certificate of attendance.



13th August

Homelessness Week

In recognition of the challenges faced by our community’s most vulnerable members, the homeless, and the GRAMS Social & Emotional Wellbeing (SEWB) team organised an event at GRAMS to raise awareness about the services available for those experiencing homelessness.

They distributed SEWB Homelessness Packages, which included hygiene items, soup in thermoses, brochures for emergency services, as well as beanies, socks, and throw rugs.

The team visited a well-known area in town where individuals experiencing homelessness often gather, ensuring that these essential packages reached those in need.

The SEWB team extends their gratitude to other GRAMS staff and Chef Duane McMahon for his valuable contribution in preparing the soup.



Events & Updates

Website Refresh

We've redesigned the GRAMS website to help you find health services and support faster and more confidently.

With a clean look and easy navigation, you can explore everything GRAMS offers – from check-ups and dental care to mental health, chronic disease support, and family programs. Whether you're in Geraldton, Carnarvon, or Mt Magnet, you'll find information and contact details right at your fingertips.

Community programs like Social & Emotional Wellbeing and Tackling Indigenous Smoking are now featured on the homepage, and a dedicated menu list displaying all programs. Plus, our new health focus section on the homepage highlights our current focus, offering health tips at a glance.

Navigating GRAMS clinical services? You'll find them represented in a fun, modern, and unforgettable way.



Welcome to the New GRAMS Website!

We revamped the news and events hub to keep you connected with our community and staff.

This upgrade isn't just about looks – it's about making sure you feel supported, informed, and respected every time you visit. GRAMS is here for your whole health journey, and this new website is one more way we're making care easier to access.

Take a look around and see what's new:
www.grams.asn.au



 **5th September**

Women's Wellbeing Expo

This event was proudly organised by Desert Blue Connect with a special invitation to GRAMS to join and provide an information booth for the 220 plus registered attendees.

The say yes to you – Celebrate, Connect, Prioritize You - themed event was held at Central Regional TAFE in Geraldton in their J Block from 10am to 1pm. This year's theme encourages all women to check in, speak up, and to put their health and wellbeing first.

The GRAMS stall provided attendees with information packs that included some mindfulness colouring in and information about mental health. Other information provided by GRAMS staff, Rebecca, Angie and Irene were information about cervical screening self-testing and breast cancer and free ladies' products.

They also provided a message board activity, asking attendees to put a positive message about the day.

The message board was then presented to Kieran from Desert Blue Connect by the GRAMS staff to which it was greatly received.



Events & Updates



📅 10th September

Yellow Ribbon Memorial Walk

GRAMS joined Yellow Ribbon to bring awareness of Suicide to the Geraldton community for World Suicide Day 10 September.

Organised by Sarah Collins of Yellow Ribbon, she led attendees on a reflective walk in memory of those who have lost lives to suicide.

Many of those who attended the memorial walk carried a daffodil and then released them into the ocean.

SEWB manager Irene Muthui and Maxine providing a board of hope to the occasion (artwork by Marharney Mourambine).



📅 11th September

SEWB U Rite Day

R U OK? U RITE? We ask because you matter!

At midmorning, GRAMS Staff and community gathered around the purposely built blue tree that was kindly constructed by Tyson from Sweet Orange.

The CEO, Debrah Woods started the intimate discussion about the impact of suicide in our community and the importance of asking for help and if needed ask for a hug.

After the intimate discussion the Social and Emotional Wellbeing Team led everyone around that GRAMS' block on a memorial walk that sparked thought provoking commentary.

The Social and Emotional Wellbeing Team then lead everyone into the function room for light refreshments that they had prepared earlier that morning.



GRAMS would like to thank all of those who joined in the walk and contributed to the morning.

If you or someone you know has been impacted by suicide or are in a crisis, please contact any of the following:

13YARN - 13 92 76

Lifeline - 131114

Kids Helpline - 1800 55 1800

MensLine - 1300 78 99 78

Thirrili - 1800 805 801

If you are not sure who you can talk to please reach out to GRAMS staff or Social and Emotional Wellbeing Team.



Events & Updates



📅 12th September



TIS NAIDOC Event – Mullewa Waterfall

Students, teachers, and community members came together at the Mullewa Waterfall to celebrate NAIDOC. The day was filled with culture, learning and fun in a beautiful natural setting.

The Tackling Indigenous Smoking (TIS) team gave easy-to-understand education sessions about healthy living and making good choices. Everyone joined in activities and learnt more about Aboriginal culture and the history of the area.

Afterwards, the group enjoyed a community BBQ by the waterfall. There was plenty of food, laughter, and a great sense of togetherness.

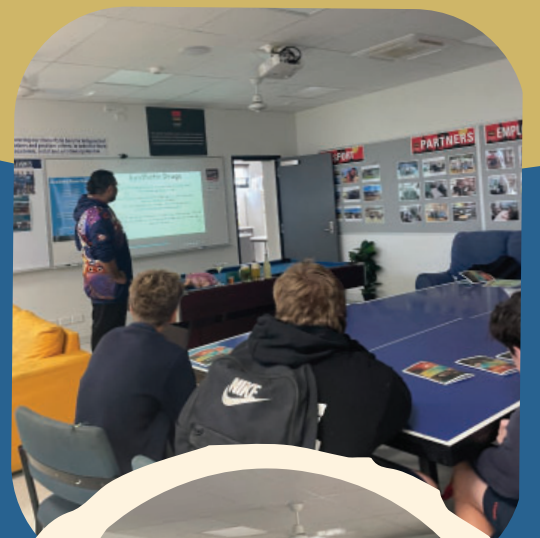
Organisers said the event was a wonderful way to celebrate culture, bring people together, and support healthier futures for local students.

Deadly Talks – Deadly Cru Health & Education Session

The Deadly Cru team visited Champion Bay Senior School to run a Health and Education session focused on drugs and making positive life choices. The session encouraged students to think about the impact of drugs on their health and future, and to explore safer and healthier options.

The students were really engaged throughout the session. Many listened closely, asked thoughtful questions, and shared their own ideas and experiences. Their willingness to learn and take part in open discussion showed how important these conversations are for young people.

At the same time, some students were able to see the doctor and nurses for a health check, which added to the positive experience of the day.



📅 23rd September

September Vaccination Clinic

GRAMS held a vaccination clinic on 23 September from 9am to 12pm.

By completing or enquiring about vaccinations clients then entered a draw to win a \$200 IGA righters voucher.

Don't worry if you missed out on this opportunity to get vaccinated, you could come into the clinic and ask for Paula the immunization nurse.

Vaccinations save lives, keeps your family safe as well as your community.



NAIDOC Week

Celebrating 50 years!



This July 2025, GRAMS had their biggest week of the year – National Aboriginal and Islanders Day Observance Committee (NAIDOC) Week. 2025 marks the 50th year of celebrating the week of history, culture, and achievements of Aboriginal and Torres Strait Islanders.

The 2025 theme **“The Next Generation: Strength, Vision and Legacy”** emphasises the importance of empowering our young leaders and recognising the

contributions of the trailblazers of past generations while together we look towards a brighter future.

NAIDOC Week is the perfect week to be committed, focused, and creative in ensuring Aboriginal culture is seen, celebrated, and learnt from a time to embrace the stories and teachings of the oldest living culture in the world! To honour the 50th anniversary milestone, GRAMS hosted an event for every day of NAIDOC.



📅 6th July



NAIDOC Opening Concert

Amazing start to 50 Years of Celebrating NAIDOC. This year's NAIDOC Opening Ceremony was held at Stow Gardens on 6 July from 10am to 3pm. GRAMS NAIDOC Committee sort to bring to the community a day of celebration that would be remembered for years to come.

To help Celebrate the 50-year-milestone, GRAMS invited the South Australian band Coloured Stone to open the ceremony. Coloured Stone originated from Koonibba, on the Nullabor Plains in 1977. With original band member Bunna Lawrie on lead vocals and drums. Their big hit with Black Boy in 1984 drawing much attention to the band.

The Geraldton community give specials thanks to:

- The South Australian Hall of Fame Inductees (4 July 2025) - perform their big hits.
- The supporting band, Trevor and Corey - They provided a great array of music and made the event much more entertaining.
- Miss Mya Cameron - for her powerful Welcome to Country speech. Miss Mya embodies the very essence of this year's theme as a young person herself leading the way for her Wilynu, Wadjari and Southern Yamaji young peoples. We recognize Miss Cameron's other connections to the communities surrounding Geraldton.
- Master of Ceremonies, Lennell Papertalk - for her enthusiasm on the stage as she invited special guests, band members and entertained the crowd to get up and have a dance.
- Niki Dickerson - for her creative, artistic and beautiful artwork that was used throughout NAIDOC and promoting all the NAIDOC events.
- GRAMS NAIDOC Committee Members from the following programs: health promotion support, TIS, SEWB, Youth Crew, and GRAMS clinical staff - for their dedication and overall commitment for setting up the stalls, tables, chairs, BBQ, water, and so much more.

Thank you to all that contributed to the day, and we look forward to bringing a bigger, fully entertaining event next year – NAIDOC 2026 bring it on.

Events

📅 7th July

Cake Cutting & Flag Raising

Following the Opening Ceremony, GRAMS organised a Cake Cutting and Flag Raising event at their main office in Rangeway. The ceremony was graced by the presence of Geraldton Mayor Jerry Clune, who engaged with GRAMS staff and community members. During the event, three flags were raised: the GRAMS flag by Brent Walker, the Aboriginal flag by Erin Mongoo, and the Torres Strait Islander flag by special guest Pedro Abednego. The cake was ceremoniously cut by Leanne Taylor and Noel Taylor, with numerous community members in attendance to celebrate the occasion.



NAIDOC Week

Events

8th July

Mayu's Ball

An exciting night was enjoyed by approximately 140 young people aged between 5 to 11 years old.

The young Mayu's were dancing up a storm to the music videos by DJ Ken Phillips from Carnarvon, or they were taking perfectly pictured photos by Jesse Pickett. As they entered the hall on a red carpet and stood in front of a huge brightly coloured back drop with balloons of many colours and posed beautifully in their gowns and suits.

If that wasn't enough, they had their own photo booth provided by Geraldton Photobooth, The Magic Mirror, where they could choose any dress up items and take their pictures home with them or provide for their family.

Catering for the night was provided by the GRAMS staff, along with a chocolate fountain, and a lollies bar.

Keeping everyone safe was the security guards from Hi-Lite Security.

All up was a great night had by the young people and their entourage (family).

Big thanks to the Social Emotional Wellbeing Team for bringing this event, which is a first for NAIDOC and the GRAMS staff who were able to support this event.

What a way to celebrate 50 incredible years of NAIDOC with the young people of our community.

10th July

Awards Dinner

From 6pm to late at the Batavia Hall on Thursday night, 10th July seeing approx. 40+ people attending this special night celebrating 50 incredible years of NAIDOC Geraldton Regional Aboriginal Medical Service opens the stage for this year's most recognized and deserving contributors to the Midwest regions.

This year's NAIDOC Award Recipients and their category are:

- **Sportsperson of the Year** – Johnny Narkle
- **Youth of the Year** – Kai Dalgety
- **Scholar of the Year** – Jasmine Simpson
- **Elder of the Year** – Thomas Cameron
- **GRAMS Board of Directors Community Recognition Award** – Ken Capewell

GRAMS would also like to extend a special thanks to Mya Cameron for her Welcome to Country, Lenny Papertalk – Master of Ceremony, Nanna ...G's catering (Glenis Little)...

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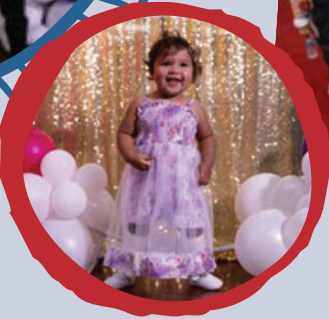
9th July

Big Breakfast

On July 9, the GRAMS NAIDOC Committee members arrived early at our Rangeway clinic to prepare a hearty breakfast and set up a large tent for the Geraldton community to enjoy their breakfast.

Despite the chilly Wednesday morning, the staff was motivated to serve a warm meal to the approximately 200 attendees expected to arrive at around 8:30am. Offering a selection of tea, coffee and hot chocolate to complement the meal. The menu featured BBQ sausages, scrambled and fried eggs, hash browns, tomato and onion salsa, toast, and cereal, ensuring a satisfying start to the day.

Those who attended enjoyed connecting with friends and family under the big tent outside the GRAMS building. The GRAMS staff extend their gratitude to everyone who participated, contributing to a wonderful morning.



NAIDOC Week

Events

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...Hi-Lite Security, Jesse Pickett Photographer, and GRAMS staff who contributed to making this night splendid.

Also, to Erin Mongoo and Simone Little for their efforts into organizing the NAIDOC Award Dinner and making it a memorable atmosphere.



📅 9th July

Gascoyne Outreach NAIDOC Event

Diane Moncrieff (GRAMS Clinical Admin & Health Promotion Officer) was fortunate enough to organise NAIDOC Week 2025 for Gascoyne Outreach Service (GOS) in Carnarvon on Wednesday, the 9th July.

Diane worked alongside a team of dedicated staff members that joined Gascoyne Outreach Service working party for NAIDOC Week 2025.

Staff & community members cooked kangaroo sweet curries, goat curries, goat satay's, dampers & johnny cake, we also had kids' activities, games, and canvas paintings.

For our Elders, we had the raffle ticket prizes and this something they look forward to each year.

Staff set up tables under gazebos for the kid's activities,

and to serve our Elders their lunch. A humpy was built by GOS staff and used for a photo backdrop.

Staff at Gascoyne Outreach Service would like to thank community members that supported our event and a special thank you to all staff members that helped organise NAIDOC 2025.



📅 11th July

Youth Colour Run

The GRAMS NAIDOC Week activities concluded with an outburst of many colours, with the youth community members coming together to celebrate the 50th Anniversary of NAIDOC Week with a fun colour run activity and a free BBQ.

There were around 70 participants as well as some keen parents and carers.

It was a great way to celebrate the 50th Anniversary and to bring the community together.



Staff Updates

New Staff

Gardening Crew



Jaydon Smith – Team Leader

Where are you from?

I was born in Alice Springs but grew up in Carnarvon.

What are your hobbies or interests outside of work?

When I'm not at work I like to spend time with my partner and kids go fishing, shooting, 4wd, and just love to explore the countryside.

What motivated you to join our team?

The real reason I joined this crew is so I can give back to my community by becoming a better role model, and to be able to help families be happier with the houses they live in. Nothing feels better than when you know you've just done something for a family or Elder and you can see the positive reaction in their health.

Favourite food?

My favourite food would have to be Bush Tucker Seafood, and nothing beats fried chicken.

Admin Team



Marharney Mourambine – Admin Trainee

Where are you from?

Born and raised right here in Geraldton.

What are your hobbies or interests outside of work?

I love to make art, mostly painting but I also enjoy drawing, and I have really been getting into macramé lately.

What motivated you to join our team?

I've always known I wanted to work with/for indigenous people to make a difference and do my part to close that gap.

Favourite food?

My favourite food to eat is seafood with a side of rice and salad, prawns, crayfish, fish, blue manner crab – YUM!

IT Support



Ashley Quartermaine – IT Support Officer Trainee

Where are you from?

I am from Geraldton.

What are your hobbies or interests outside of work?

My hobbies are Trading Cards.

What motivated you to join our team?

I wanted a job that was different from my previous job.

Favourite food?

My favourite food is junk food.

Aboriginal Health Practitioners (AHP)



Lachlan Dempsey – AHP Trainee

Where are you from?

Geraldton.

What are your hobbies or interests outside of work?

Sketching, Gaming, and Reading.

What motivated you to join our team?

To help provide healthcare to the community.

Favourite food?

Quiche Lorraine.

Transport Team



David Ryan – Transport Officer

Where are you from?

Mingenew.

What are your hobbies or interests outside of work?

Fishing, camping, spending time with family.

What motivated you to join our team?

I like to help.

Favourite food?

I like all foods.

Staff Updates

New Staff



Natasha Simpson – Transport Officer

Where are you from?

Born in Geraldton.

What are your hobbies or interests outside of work?

I love cooking, art and travelling and watching sports.

What motivated you to join our team?

Looking after our people and being there for them this makes me feel good about myself and gives me motivation.

Favourite food?

I like all curry.

Youth Team

The Youth Team completed the Birds and the BBV's 2-day training through AHCWA, this training has assisted the team to deliver sexual health education sessions to the youth.

CBSHS Clontarf students from years 7, 11 & 12 completed their 715 health checks with a total of 56 completed. The Youth Team and TIS Team delivered sexual health information and education to the year 12 students. A big thank you to the clinical team for the support to complete the health checks, and the TIS Team delivering their information as well.

The Youth Team promoted GRAMS at the Mullewa Muster, all up we had around 49 feedback surveys completed. The Youth Team delivered and provided merchandise on sexual health and assisted the SEWB Team with promoting their service and handing our merchandise.

The Youth Team attended the TIS outreach visit to Yalgoo Primary School and delivered health education on Drugs & Alcohol, all up there were 13 students present.

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Youth Team

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The Youth Team attended the Geraldton Stars Foundation Netball carnival and provided information about the negative health effects on Drugs & Alcohol and provided resources on Sexual Health Education, in total we had 13 feedback surveys completed.

The Youth Team also assisted the TIS Team with the Reconciliation BBQ at CBSHS, the World No Tobacco Day at Rocks Laneway, and the Mingle on Mitchell Street event with Headspace.



Women's Health Week

Women's Health Week 2025 ran from the 1st to the 7th of September shining a spotlight on the importance of prioritising women's health and wellbeing.

The week was all about putting women's health first – a time to check in on physical, mental, and emotional wellbeing.

It served as a powerful reminder for women to not only care for their families, but to care for themselves too. It encouraged meaningful conversations, broke down stigma, and promoted regular health checks to prevent issues before they arise.

With love to all the women in our community – your strength keeps our families and mobs thriving.



TIPS TO A HEALTHIER YOU

715 HEALTH CHECK

Every 9 to 12 months book an appointment with your doctor to complete your free Health Check.



KEEP UP WITH YOUR SPECIALIST AND ALLIED HEALTH APPOINTMENTS

Having your 715 Health Check annually, ensures there are no interruptions to your allied health appointments.

NOT SURE IF YOU ARE DUE FOR YOUR 715?

You can ask any of our friendly clinical staff here at GRAMS and they will let you know when your 715 is due.

Or contact:

Geraldton (08) 9956 6555

Mount Magnet (08) 9940 3222

