



# Geraldton Regional Aboriginal Medical Service

## April 2023 Newsletter

### Upcoming Events

For more information on any of our upcoming events or to book a spot, please call GRAMS on 9956 6555.

#### Back on Track

Back on Track is a program for young men. It is organised by the GRAMS Deadly Cru and Tackling Indigenous Smoking (TIS) team along with headspace Geraldton.

**Date:** Every second Friday  
**Time:** 10am to 2pm  
**Location:** 65 Chapman Road, Geraldton



#### SEWB Take Some Time Out Drop-in Program

GRAMS is opening the doors of the training room every Monday for the SEWB Take Some Time Out Drop-in Program. The community is welcome to drop in have a cuppa and a yarn or simply relax before your doctor's appointment

**Date:** Every Monday  
**Time:** 9am to 12:30pm  
**Location:** GRAMS Training Room, 60 Rifle Range Road, Geraldton

#### Nyarlu Yarning

Join us for Nyarlu Yarning, a program for young mums in Geraldton hosted by the GRAMS TIS team!

**Date:** Every Friday  
**Time:** 10am to 2pm  
**Location:** 65 Chapman Road, Geraldton

#### Women's Health Day

Women are invited for a free 715 health check at GRAMS Geraldton clinic. There will be haircuts, massages and receive a \$30 gift voucher after your health check.

**Date:** Wednesday 10 May  
**Time:** 9:30am to 2:30pm  
**Location:** 60 Rifle Range Road, Geraldton



#### Men's Yarning

Men's Yarning is now running weekly! Come along for a yarn and activities!

**Date:** Every Thursday  
**Time:** 10am to 2pm  
**Location:** 65 Chapman Road, Geraldton



#### Men's Health Day

Men are invited for a free 715 health check at GRAMS Geraldton clinic. There will be haircuts, BBQ lunch and receive a \$30 gift voucher after your health check.

**Date:** Tuesday 30 May  
**Time:** 9:30am to 2:30pm  
**Location:** 60 Rifle Range Road, Geraldton

#### Elders Day

GRAMS Elders Day is every last Thursday of the month in GRAMS training room. The next event will be held on Thursday 25 May. 60 years and over are welcome.

**Date:** Thursday 25 May  
**Time:** 10am to 2pm  
**Location:** GRAMS Training Room, 60 Rifle Range Road, Geraldton

#### World No Tobacco Day

The biggest event on the calendar for GRAMS Tackling Indigenous Smoking team. Join us on Wednesday May 31 for a day of smoke-free activities.

**Date:** Wednesday 31 May  
**Time:** 10am to 2pm  
**Location:** 60 Rifle Range Road, Geraldton



#### Little Mara's Yarning

Mums with bubs aged 0-4 and pregnant mums are invited to join us for Little Mara's Yarning Circle - a morning of fun activities and meaningful connection.

**Date:** Every Wednesday from 26 April to 28 June 2023  
**Time:** 10am to 1pm  
**Location:** 65 Chapman Road, Geraldton



#### Cancer Screen Day

GRAMS is hosting a FREE Cancer Screening Day at the Geraldton Clinic. You're invited for your free cancer check up on Wednesday 15 June

**Date:** Wednesday 15 June  
**Time:** TBC  
**Location:** 60 Rifle Range Road, Geraldton

### NAIDOC Week 2023

Save the date! We're excited to release our event calendar for NAIDOC Week 2023. We have a jam-packed week of events planned. Keep an eye out for more information over the next month.

- 2 July GRAMS Elders Light Show
- 3 July NAIDOC Cake Cutting at GRAMS
- 4 July Elders Bingo
- 5 July GRAMS NAIDOC Big Breakfast
- 6 July GRAMS NAIDOC Elders Luncheon
- 7 July GRAMS NAIDOC Youth Ball

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)

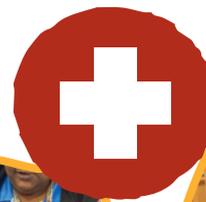
# First Aid Training

GRAMS staff undertake essential first aid training.

We're excited to announce that our staff is currently in the process of completing their yearly first aid training! We recently introduced mandatory yearly first aid training for all our employees. More than 80 staff are currently undertaking training with St Johns WA to complete three courses which includes:

- HLTAID009 - Provide cardiopulmonary resuscitation
- HLTAID010 - Provide basic emergency life support
- HLTAID011 - Provide First Aid

The staff split into groups of 20 to complete the training which includes online learning and practical training components. Once employees have successfully completed the training a certificate is issued and emailed to Human Resources.



## Kids Fest Carnarvon

The Shire of Carnarvon in partnership with GRAMS Tackling Indigenous Smoking (TIS) team, hosted Kids Fest at Baxter Park on Wednesday 19 April. The event was held with a smoke-free policy in place, creating a healthy and safe environment for all attendees. Children who attended the event had a blast, particularly enjoying the NDIS sensory play area and the TIS resource giveaways.

## Child Health Day

We had a blast at Child Health Day at GRAMS Geraldton clinic last on Wednesday 19 April. Thanks to all who joined us for a day of fun! From face painting to arts and crafts, our young attendees were in full swing. Congratulations to all the lucky kids who took home brand-new bikes and skateboards.

## Elders Training

GRAMS regularly holds events for the Elders in the community. In April we had the pleasure of Craig from Telethon Kids Institute facilitating a session with our Elders. The aim of the session was to understand what Elders in the community believe needs to change in our hospitals so we can better protect our young mob who harm themselves and to ensure they feel safe.

# GRAMS mindfulness staff day

GRAMS staff were treated to an afternoon of relaxation and pampering on Friday 28 April in recognition of their great work!

The afternoon was filled with various relaxing and pampering activities such as haircuts, facials, massages, and arts and crafts. The event was a great success, and the staff members left feeling refreshed and re-energised.



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