

Events & Updates



📅 8th April

Rheumatic Heart Disease Talk on Radio MAMA

Dr. Mitch and EN Shakiah Talk Rheumatic Heart Disease on Radio MAMA

Dr. Mitch and Enrolled Nurse Shakiah Forsyth took to the airwaves on Radio MAMA to speak about Rheumatic Heart Disease (RHD) and the importance of prevention, and what a powerful session it was!

Their talk highlighted how RHD continues to impact Aboriginal communities and how early treatment, awareness, and community education are key to stopping it in its tracks.

They discussed common causes, signs and symptoms, and practical ways families can help protect their children from the disease.

A big thank you to Dr. Mitch and Nurse Shakiah for taking the time to share this important health message—and to Radio MAMA for providing a platform for community education. Your efforts are making a real difference!



📅 9th May

Biggest Morning Tea

GRAMS held the Biggest Morning Tea Fundraiser again this year and it was more successful than ever. We have a great turnout from the community and several staff contributed baked goods.

Attendees were asked to vote on their favourite baked treats and prizes were issued to the winners. Community members had the opportunity to speak with a nurse about the importance of Bowel Cancer Screening, Cervical Self Testing and Breast Screening.

Many thanks to Sandra Dodd and her team for an amazing effort at making this such a successful morning and for a good cause. Well done team! We look forward to hearing the total donated to the Cancer Council of Australia for research, prevention and support programs.

📅 12 - 14th May

Community Excellence Awards

Deb was nominated in Category 6: Exceptional Aboriginal Community-Controlled Organisation – Champions of Cultural Empowerment, recognising her inspiring leadership and commitment to self-determination for Aboriginal people.

This award celebrates Aboriginal Community-Controlled Organisations (ACCOs) that deliver trusted, place-based, and culturally safe services. It acknowledges those who work hand-in-hand with community to create strong, holistic, and empowering outcomes.

GRAMS' nomination is a powerful recognition our commitment to the health and wellbeing of our communities through a culturally grounded approach.

<https://cseawards.org.au/2025-winners/>



Events & Updates

📅 27 - 29th May

Seeing Our Way Conference

Eric- AHP Eye Health Coordinator facilitated a session at the Seeing Our Way Conference, and then backed it up with his band Red Orce at the Gala Diner!

The theme for the 2025 Conference “Seeing Our Way”, reflects the growing evolution of self-determination and Aboriginal and Torres Strait Islander leadership in eye health and vision care. It creates a forum of “seeing through the Aboriginal and Torres Strait Islander lens” to both position and strengthen our current and future state of eye healthcare sector projects and initiatives.

As we come together, we will be empowered, informed, inspired, and share experiences and key learnings that will provide guidance and support to improve eye health outcomes in communities and end avoidable vision loss and blindness for Aboriginal and Torres Strait Islander peoples.

Held annually since 2017, the Conference shifted in 2021 to all-First Nations leadership and in 2024 was co-hosted for the first time by the First Nations Eye Health Alliance. From 2025 onwards the Conference will be convened by the First Nations Eye Health Alliance Australia’s first Aboriginal and Torres Strait Islander-led eye health organisation.



📅 30th May

TIS World No Tobacco Day

The GRAMS Tackling Indigenous Smoking (TIS) team held their annual World No Tobacco Day on the 30th of May, the team set up an interactive and informational TIS stall in Rocks Lakeway.

Community members were encouraged to test their CO2 levels with the Smokerlyzers, they were also encouraged to take a pledge to cut out all nicotine products like cigarettes and vapes. We collected 21 pledges.

The TIS team collected surveys which will help to identify what topic and activities need a greater focus over the next few months.

Members of the public were impressed with the stall and commented on how important the work is what we do.



Events & Updates

📅 31st May

Mullewa Muster

Each year, the Mullewa Muster & Rodeo brings together people from all walks of life to celebrate Mullewa's country charm, featuring rodeo, live music, family friendly fun and vibrant stalls from across Western Australia.

This year, GRAMS joined in the heart of the action with a modest sponsorship which allowed us to promote our services to the 3,000 plus passionate crowd of attendees. We showcased our Suicide Prevention Program, Social and Emotional Wellbeing Services as well as our Deadly Cru Youth Program. In addition, GRAMS clinic promoted the event by encouraging patients to come for their health checks and flu vaccines and go into a draw to win a family pass to attend the Mullewa Muster.

The GRAMS stall had educational and fun activities that catered for all age groups. There were handouts of hygiene packs, social and emotional packs as well as sexual health items. Participants were encouraged to complete a survey which measured knowledge of GRAMS service offerings to the community as well as the community's opinion of our service gaps. Those who completed the survey went into a draw to win one of four hampers. See below photos of the winners.

**MULLEWA MUSTER
& RODEO**



📅 31st May

Carnarvon Men's Sexual Health Day

We would like to thank all the gentlemen that work at GRAMS Gascoyne Outreach Service for the amazing job they did with planning and hosting the Men's Sexual Health Day on Friday 31st of May 2025.

This event brought together all areas of our business, and everyone involved enjoyed a feed, a yarn and we got some good healthcare done too.



📅 9th June - Geraldton

📅 11th June - Carnarvon



NACCHO Strong Born FASD Training

GRAMS received funding from NACCHO for Strong Born campaign. This training workshop was all about Working with our Mob.

Professor Robyn Williams travelled to Geraldton and Carnarvon to deliver the training, and we received great feedback from Professor Williams that GRAMS was the best workshop she's delivered thanks to the engagement and collaboration from all GRAMS' staff.

Events & Updates

📅 10th June

Mt Magnet Yarning Circle

The Yarning Circle was formed in response to the concern that the Aboriginal Elders in the Community have regarding the seemingly ‘loss of way’ by the youth in the Community. E.G. Lack of respect, drug taking, drinking, violence – and the relationship to suicide.

A date was set for the first meeting and with the help of Cecilia Kelly of GSPA, doors were knocked on and people were canvassed to see whether they would be willing to start a Yarning Circle Group to discuss their concerns re the Suicide increasing numbers and the loss of culture within the Community. This was planned as an ‘ongoing group’ for general support.

The very kind ladies of the Mt Magnet Yarning Group, offered to cater for the event and to make their special yarning space to the people wanting to YARN as a Group.

Sandra, GRAMS’ Community Liaison Officer (CLO) spoke about the concerns that had been expressed to her about the ‘loss of culture’ and the worrying future for some of the people in Mt. Magnet who have young people connected to them, and invited conversation and connection between the yarning circle.

“I reiterated to the attendees that suicide is very awful and long-lasting trauma for those ‘left behind’. Trauma was spoken about in the group quite freely. Trauma whether from childhood or adulthood does not generally leave us. However it can be ‘dealt with and managed’ when it raises its head. Having people around who can LISTEN without judgement and not OFFER SOLUTIONS is a key way to manage trauma.”

“The group wrapped up with a determination to continue meeting – monthly and I encouraged them if they were feeling sad, low or not feeling good in themselves to reach out to other members of the group as a support. Debriefing with someone is also an important thing to do – a good listener.”



📅 Every Tuesday

Schools Outreach

Bringing Healthcare to School: Supporting Student Wellbeing at Rangeway Primary

Every Tuesday morning from 9am to 12pm, Dr. Yadanar and Practice Nurse Syaima bring care and compassion directly to the community, attending Rangeway Primary School to support the health of ATSI children.

Their weekly visits focus on completing Aboriginal Health Checks and treating acute

issues such as ear health concerns and wounds—ensuring students are happy, healthy, and ready to learn. This vital service is especially helpful for families who may not have time to bring their children into the clinic, making healthcare more accessible and less disruptive to school routines.

A big thank you to Dr. Yadanar and Nurse Syaima for their ongoing dedication and for making a meaningful difference, one school visit at a time!



📅 13th May

New Gym

On the 13th of May GRAMS Gym was officially reopened.

GRAMS patients/clients can now enjoy the newly refurbished Gym with new equipment. This service is available only by GP referral. If you believe that this is a service essential to your health and well-being, then please make an appointment and discuss with your doctor.

Introducing

Maxine Ryder - Health Promotion Officer

Where are you from?

I was born in Carnarvon, grew up in Geraldton.

What are your hobbies or interests outside of work?

I enjoy painting and drawing and spending time with my 6-year-old son and my two grandchildren.

What motivated you to join our team?

To support the community's across the Midwest, Gascoyne and Murchison by building the communities capacity for better health outcomes through health promotion. I am very grateful for the opportunity provided to me.

Favourite food?

Love Italian food and seafood.



Staff Updates

Graham Mac's 25th Anniversary

We recently celebrated the 25th anniversary of our Aboriginal Male Health Practitioner Graham MC Donald (Mac).

Graham's career spanning over 25 years began with the transport officer position. Graham has worked in a plethora of positions during his 25 years with GRAMS including:

- Driver for the remote health clinic travelling throughout the Murchison region
- Driver for the Bring Them Home Program, and then transitioning into the Aboriginal Health Practitioner role after completion of AHP qualification.

Graham has become a valued staff member with GRAMS and we thank him for all his dedication and services over the years.



Sarah - GOS Clinic Coordination

Sarah, Clinic Coordinator, at GRAMS Gascoyne Outreach Service (GOS) stands next to notes from some students who have completed placements there recently.

One of the Paramedic students notes reads in part, "...I'll never forget you, as my first flu shot!" When Sarah and the team are having a rough time, they read the notes to remind themselves of the passion and the difference they are making.



Mens Health Week

Mens Health Week 2025 was from June 9–15th, encouraging the men of our community to prioritise their health and wellbeing. And to encourage their uncles, brothers, dads, nephews and sons to see their doctor and get a health check.

This week is about starting conversations, breaking down stigma, and encouraging regular check-ups to prevent health issues all to support the men in our community to live longer, healthier lives.

Healthy men keep our families and mobs strong.

Let's keep the conversation going — not just during Men's Health Week, but all year round!



NAIDOC 50TH YEAR ANNIVERSARY

NAIDOC OPENING CONCERT

SUNDAY 6 JULY

📍 **STOW GARDENS**

🕒 **10AM - 3PM**

CAKE CUTTING & FLAG RAISING

MONDAY 7 JULY

📍 **GRAMS GERALDTON**

🕒 **10AM START**

MAYU'S BALL

TUESDAY 8 JULY

📍 **QEII CENTRE,
LOWER HALL**

🕒 **6PM - 8PM**

BIG BREAKFAST

WEDNESDAY 9 JULY

📍 **GRAMS COURTYARD**

🕒 **8.30AM - 10.30AM**

NAIDOC AWARDS DINNER

THURSDAY 10 JULY

📍 **BATAVIA HALL**

🕒 **6PM - LATE**

YOUTH COLOUR RUN

FRIDAY 11 JULY

📍 **STOW GARDENS**

🕒 **10AM - 1PM**

For more information or
to book a spot, please visit
www.grams.asn.au or call
GRAMS on (08) 9956 6555.

