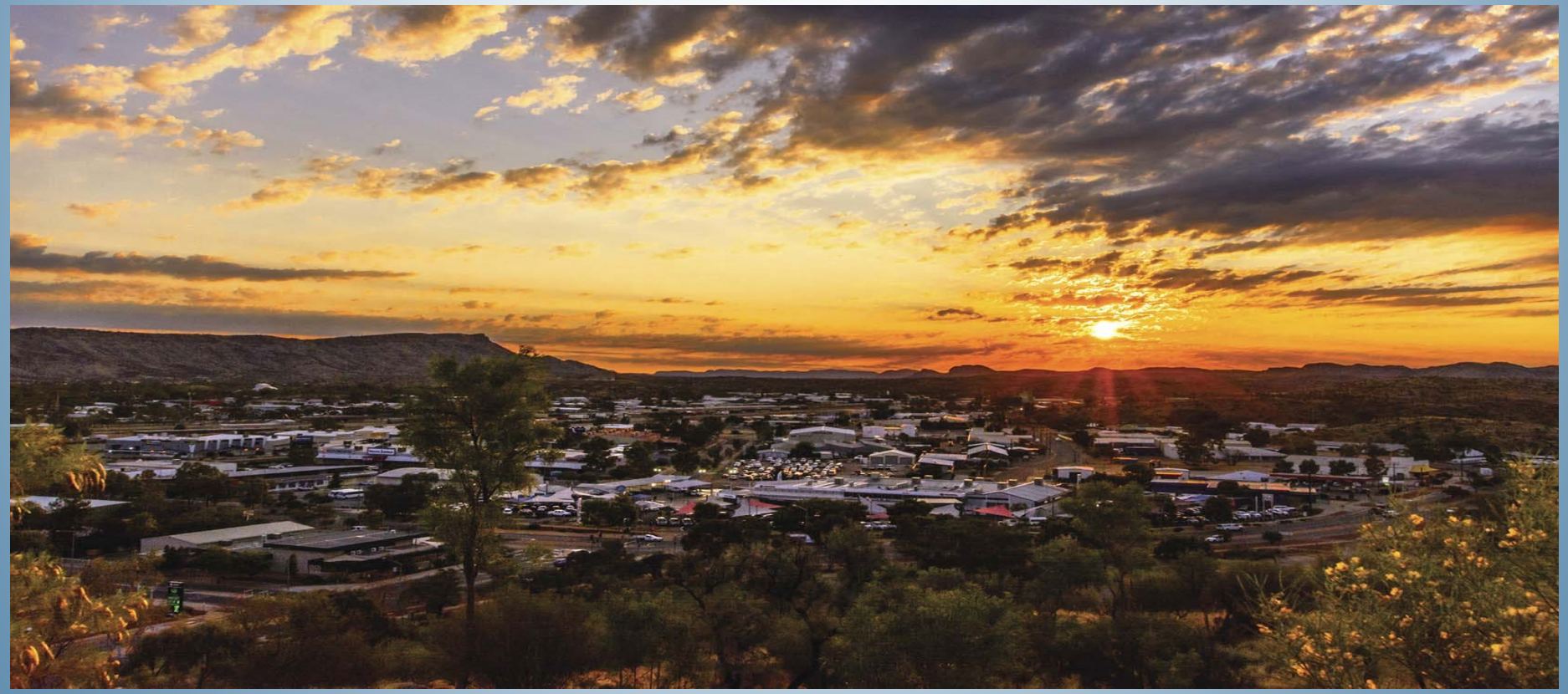
Let me begin by acknowledging the traditional owners and custodians of Mparntwe (Alice Springs)whose land we are meeting on, the Central Arrernte people. I wish to pay respect to their continuing culture and the contribution they make to the life of this city and this region.

I would like to acknowledge that this gathering is being held on the traditional lands of the Central Arrernte people and recognise the strength, resilience and capacity of Central Arrernte people in this land.



OUR SMOKE FREE COMMUNITIES

OUR SMOKE FREE LIVES

GRAMS TACKLING INDIGENOUS SMOKING





Photo courtesy of Reilly & Co

GRAMS HISTORY



GRAMS commenced in 1978 and in 2018 celebrates 40 years. It's first premises at Fraser Street, Beachlands was staffed by one doctor, volunteer administration officer, receptionists, bookkeeper and aboriginal health worker.

Our Board of Directors is made up of voluntary community people

1992: Moved to 60 Rifle Range Rd

2004: Expanded into the current clinic, following further development

2017: March 9 officially opened the *'Centre of Excellence'*

Activity Profile

Number of current clients: 5644

(Definition of current = *A patient who has attended the service at least once within the last 2 years. Does not include Transient clients)*

Number of Aboriginal Health Workers/Practitioners: 17

Number of Doctors: 4 (FTE)

Number of Clinical Staff: 19

Number of Administration Staff: 21

Number of Misc Staff : 22

Number of patients per week: On average 450

CLINIC SESSION TIMES

Monday to Friday 8.30am to 4.30pm

Walk-ins morning
Appointments afternoon

GENERAL DOCTORS - every day

Walk-ins in the morning *(no appointment needed for next available doctor)*
Afternoon appointments

Please note:

Closed alternative Thursdays for staff training & development

GRAMS PROGRAMS

Tackling Indigenous Smoking Program

Coordinator: 1

Smoking Officer/s: 5

Community Engagement Officers (Youth): 3

Indigenous Health Project Officer: 1

INTEGRATED TEAM CARE (ITC): 2

INTEGRATED CHRONIC DISEASE CARE (ICDC): 1

Dietitians/Diabetes: 3

Respiratory/Asthma: 1



ABORIGINAL HEALTH PRACTITIONERS: 10

ABORIGINAL HEALTH WORKERS: 6

COMMUNITY ENGAGEMENT

Three Community Engagement Officers, are responsible to grow and enhance relationships between GRAMS staff, other Health Service providers and the community to promote and increase community awareness of the GRAMS services, whilst assisting community members to connect with appropriate health and wellbeing services to address issues affecting their health.

MURCHISON OUTREACH SERVICE

- Based in Mount Magnet
- The clinic opened in May 2011.
- Staff include GP, Practice Nurse, Male and Female Aboriginal Health Practitioners and a Clerical Officer.
- Visiting GP's, Dentist, Dental Assistant, Allied Health Providers and Specialists
- Clinic Nurse Manager and Remote Area Nurse:
- **How to access**: Telephone reception on 9940 3222

RESPIRATORY CLINIC

Tuesday/Wednesday/Thursday - General clinic
Alternate Fridays in the Family Health Unit

Includes spirometry testing, asthma care plans, chronic obstructive airway disease care plans

Assessment of symptoms and frequency
Spirometry 5yrs+
Education:
- Sign and treatment
- How to detect deterioration
- How to follow an action plan
- Medications
- Device technique
- First Aid
- Self-management advice



How to access: Through reception at GRAMS by appointment

TACKLING INDIGENOUS SMOKING (TIS) PROGRAM

The overall goal of the Tackling Indigenous Smoking (TIS) program is to improve the health of Aboriginal and Torres Strait Islander peoples through local population specific efforts to reduce harm from tobacco. The program is part of primary health care funding for the Indigenous Australians Health Program.

National Indicators

1. Quality and reach of community engagement
2. Organisations involved in tobacco education in the region
3. Building capacity to support quitting
4. Referrals to appropriate quitting support
5. Supporting smoke-free environments

TIS activities focus on population health approaches, including:

Building and maintaining partnerships to enhance outcomes from the TIS funding.
Ensuring your organisation delivers population health approaches such as education and TIS messaging to school and community groups, at cultural, sporting and other community gatherings.
Increased capability development across your region for tobacco control.
Increased reach or activities including ensuring reach to non-ACCHS clients.
Focussed attention to high priority groups, such as pregnant women.
Increased / continued support from leaders in your organisation to:
progress smoke free workplace policies and to promote smoke free environments more broadly in your region; and
build other partnerships with other organisations to build capability to support quitting.

How to access: Via reception at GRAMS – no referral necessary. **How to access:** Phone: 99566 555





www.grams.asn.au

Branding

- Quality and Reach of Community Engagement
- Organisations involved in Tobacco reduction in the Region


SMOKE
FREE
EVENT
GIVING UP SMOKING?
INFORMATION
COUNSELLING + SUPPORT
NRT PRODUCTS
QUIT PLANS
ADVICE
THINKING OF
QUITTING?
ASK US
HOW!
YARN WITH THE


RESPECT YOURSELF
RESPECT YOUR HEALTH
60 Rifle Range Rd or call 9956 6555
www.grams.asn.au
YARN WITH THI
TIS MOB
450


RESPECT YOURSELF
RESPECT YOUR HEALTH
deadly Crew
AMS Centre of Excellence
RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
YARN WITH THE
TIS
Tackling Indigenous Smoking
MOB AT GRAMS on 0429 957 404
60 Rifle Range Rd, Rangeway or call 89568 555


RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
YARN WITH THE
MOB AT
Tackling Indigenous Smoking
60 Rifle Range Rd, Rangeway or call 99566 555


ICE
FOLLOW THE PATH TO A HEALTHY BODY
HOW SMOKING MAKES YOU SICK
FOLLOW THE PATH TO A HEALTHY BODY
HOW SMOKING MAKES YOU SICK
Alcohol contributes to young people making poor decisions.
TALK TO THE GRANS
TACKLING INDIGENOUS SMOKING (TIS)
TEAM TODAY ABOUT QUITTING!
SDERA
EDUCATING FOR SMARTER CHOICES


Centacare
NO SMOKING ON GROUNDS
OR IN CARPARK
PLEASE LEAVE THE GROUNDS FOR SMOKING
A SMOKE-FREE WORKPLACE IS A HEALTHIER, SAFER AND CLEANER PLACE FOR EVERYONE.
Centacare
FAMILY SERVICES
where people matter
P: 99 211 433
COUNSELLING:
Child
Family
Individual
Relationship
Post Separation
CHILDREN'S CONTACT SERVICE
COMMUNITY VOLUNTEER SERVICE
EMERGENCY RELIEF
MARRIAGE PREPARATION COURSES
NEW PARENTS GROUP (SNUGGLES)
PARENTING, RELATIONSHIP AND COMMUNITY EDUCATION
MONDAY – FRIDAY 8.30am – 5.00pm
MONDAY & WEDNESDAY until 7.30pm
(Counselling Services and Children's Contact Service Only)
FAMILY RELATIONSHIP CENTRE
116 DURLACHER ST
P: 9921 2611
centacaregeraldton.org.au


RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
Tackling Indigenous Smoking
PH: 99566 555 | CLINIC: 60 Rifle Range Rd, Rangeway | WEB: WWW.GRAMS.ASN.AU


LIONS COMMUNITY MARKETS
Held Second Sunday of Each Month
by The Geraldton Lions Club
8am to 12 noon
RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
GRAMS
Tackling Indigenous Smoking
PH: 99566 555 | CLINIC: 60 Rifle Range Rd, Rangeway | WEB: WWW.GRAMS.ASN.AU


81% 10:45 pm
Search
VISITORS LIGHT
TEAM
BUCCS DARK
TIME OUTS REMAINING
PERIOD
Marketing • Publications • Technology & Integration
www.marketcreations.com.au
MITCHELL & BROWN
BASKETBALLER OF THE YEAR
MEN
Like
Comment
Share


81% 10:44 pm
VISITORS LIGHT
TEAM
BUCCS DARK
TIME OUTS REMAINING
PERIOD
Marketing • Publications • Technology & Integration
www.marketcreations.com.au
MITCHELL & BROWN
BASKETB OF THE
MEN
YOURSELF
RESPECT YOUR HEALTH
BE SMOKE
Like
Comment
Share


RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
OLYMPIANS
Smoking


COLOURED
KNIFE BLOCK SET


Geraldton Regional Aboriginal Medical Service
MISSION
GRAMS mission is to provide high quality and progressive health care to Aboriginal people.
VISION
GRAMS vision is for Aboriginal people to live healthy lives, enriched by a strong living culture, dignity and justice, and that GRAMS is recognised as a driving force in achieving this.
OUR STRATEGIC VISION
OUR PEOPLE
OUR BUSINESS
OUR HEALTH
OUR COMMUNITY
OUR WORKFORCE
VALUES
GRAMS is a values driven organisation represented by five core characteristics:
RESPECT
Acknowledge that all people are different from each other in some way; no better, no worse than ourselves, just different. GRAMS accepts and values all people without judgment, and is open to positive relationship building.
EMPOWERMENT
Believe that greater health and well-being gain can be achieved by sharing our knowledge, experience and expertise in ways that builds confidence and independence.
EXCELLENCE
Pursue high quality performance in all that we do; as employees, as an organisation and as members of our community.
COMPASSION
Respectfully care for each other and all those to whom we serve.
ACCOUNTABILITY
Behave ethically and responsibly and conduct business that promotes professionalism, transparency and integrity.
An organisation of Aboriginal people, for Aboriginal people controlled by Aboriginal people
www.grams.asn.au
RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
Tackling Indigenous Smoking
BE SMART DONT START
THINKING ABOUT QUITTING?
Chat with one of the GRAMS TACKLING INDIGENOUS SMOKING (TIS) team members today and find out how they can SUPPORT YOU or a family member with the QUITTING JOURNEY
WE KNOW IT IS NOT EASY AND WE ARE HERE TO HELP!
9956 6555








WESTERN AUSTRALIA




nous Smoking
Aboriginal
Medical
Service
St Lawrence's Primary School
Together


RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
GRAMS - Geraldton Regional Aboriginal Medical Service
@GRAMSmob
Artist - Krocette
Title - Colours of my Country
Like
Comment
Share
Geraldton Regional Aboriginal Medical Service
GRAMS TIS
Tackling Indigenous Smoking


Fresh
Light
Energise
Mobile
Food
COFFEE
POWERADE
$4.75
DARE
$4.75
CANS
ICED TEAS
WATER
$2.25
JUICES
$3.00
100%
$3.25
GL22X3
TLS

Training

- **Building capacity to support Quitting**




Quitskills
Welcome Quitskills Day 2
Sign in Attendance Sheet
Recapping Day 1
Day 2 Outline
Understanding nicotine
Cessation methods and products
Working with clients – triggers
Stages of Change
Brief interventions
Population Health
QUITSKILLS
RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE


WHAT IS IN A CIGARETTE?
The secrets...they keep!
PATIENTCLIENTS WHO ARE READY TO TRY/DOING IT
IN ABORIGINAL HANDS


WHAT IS IN A CIGARETTE?
The secrets...they keep!
MISSION
VISION
OUR STRATEGIC VISION
VALUES
bundarra


WHAT IS IN A CIGARETTE?
Cigarettes and rolling tobacco are made from the leaves of tobacco plants.
Once the leaves are dried they are TREATED WITH MANY CHEMICALS.
Geraldton Regional Aboriginal Medical Service
MISSION
VISION


RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
GRAMS - Geraldton Regional Aboriginal Medical Service
@GRAMSmob
Artist - Krocette
Title - Colours of my Country
Like
Comment
Share
Geraldton Regional Aboriginal Medical Service
GRAMS TIS
Tackling Indigenous Smoking

Remote Schools and Communities

- YULGAJINNA COMMUNITY -661Kms from Geraldton
- PIA WADJARRI COMMUNITY - 324Kms from Geraldton
- MEEKATHARRA – 535Kms from Geraldton
- MT MAGNET – 341Kms from Geraldton
- YALGOO – 217Kms from Geraldton


26th PARALLEL
WELCOME TO
NORTH-WEST

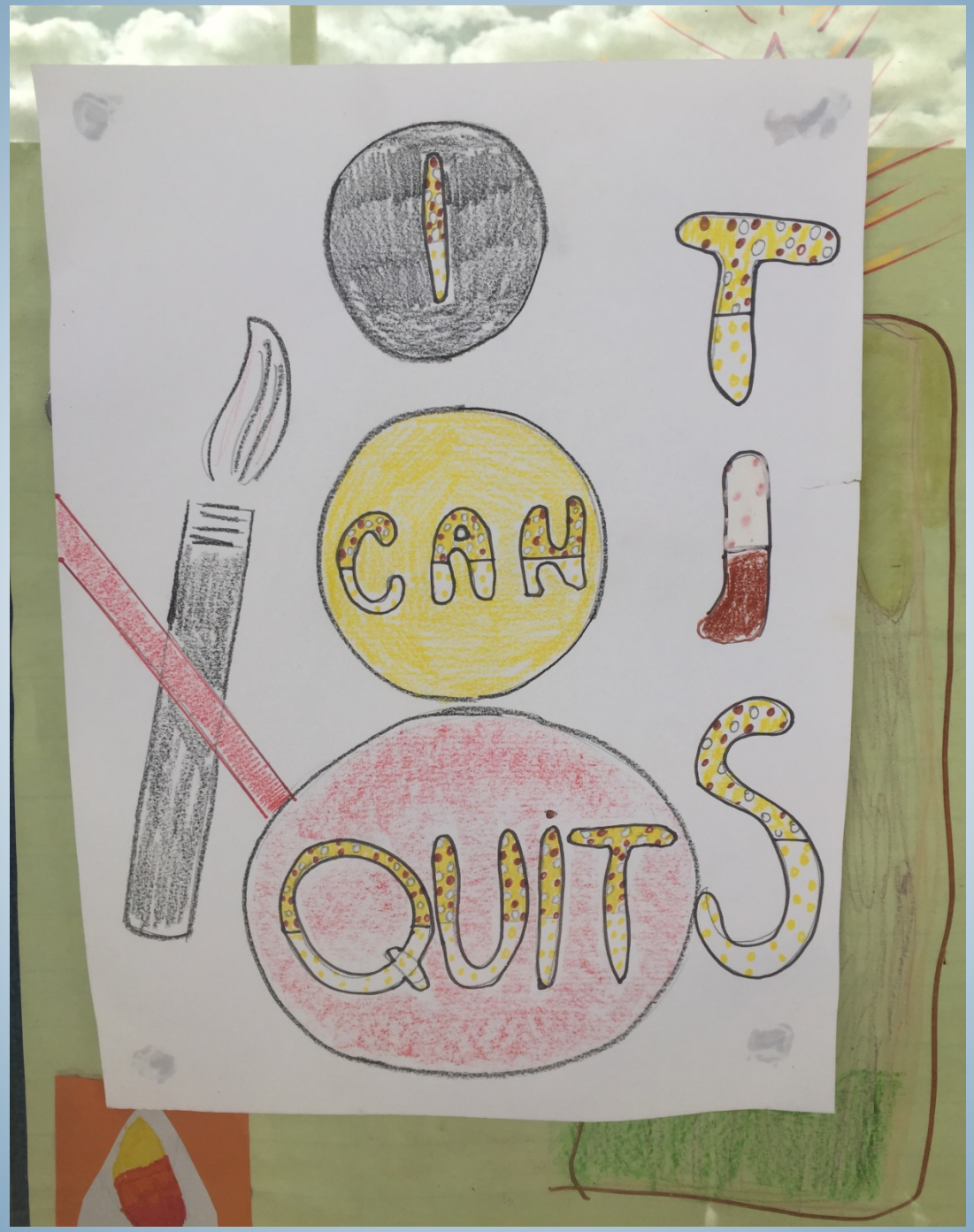

YULGA JINNA
COMMUNITY


RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
TRACHOMA


Let's make our world
SMOKE FREE
smoke harms EVERYONE... even pets




STORY MOUNTAIN


I
T
CAN
I
QUIT
S


PARTS OF SPEECH
ADJECTIVE
ADJECTIVAL PHRASE
ADJECTIVAL CLAUSE
NOUN
NOUN PHRASE
NOUN CLAUSE
SIMPLE SENTENCES
Consist of one clause
COMPOUND SENTENCES
Two independent clauses joined by a conjunction
COMPLEX SENTENCES
An understatement is a statement that is weakened in order to convey a stronger meaning.
A simile is a comparison that includes the words like or as.
Personification is the act of giving human qualities to animals or inanimate objects.
Rams




CHOICE,
NOT CHANCE
determines your future.
the secret of getting AHEAD is getting STARTED.
Smoking


RESPECT YOURSELF
RESPECT YOUR WEALTH


BE SMART DONT START
CLEM'S
Phlegm
Thank You
PIC•COLLAGE

(SDERA) Geraldton Year 6 Resilience and Wellbeing Forum

- 5 days early November
- 8 x Thirty Minute Sessions
- Over 450 kids attended 2018




WHAT IS IN A CIGARETTE?
Cigarettes and rolling tobacco are made from the leaves of tobacco plants.
Once the leaves are dried they are TREATED WITH MANY CHEMICALS.
THE SMOKE FROM CIGARETTES CONTAINS OVER 7,000 CHEMICALS!
The secrets...they keep!
Smoking


DON'T SMOKE AROUND THE HOUSE AND CAR!
AND PLEASE DON'T SMOKE AROUND ME!
Smoking:
Don't Get Burned
Basic Facts
Are there Safe Alternatives?
NO.
POISON
A Gateway Drug
Personal Consequences
Social Consequences
Who's in Control?
TRICKS
SMART
NT START

School Holiday Programs

- Quality and Reach of Community Engagement


GRANDSTAND


SHINE
SHINE
SHINE


FOLLOW THE PATH TO A
HEALTHY BODY
HOW SMOKING
MAKES YOU SICK
WHAT IS IN A CIGARETTE?
The secrets...they keep!
FOLLOW THE PATH TO A
HEALTHY BODY


First Aid?

Mens Groups




Death of a Lung

2018 GNFL Indigenous Round Football

- Supporting Smoke free environments


RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
YARN WITH THE
MOB AT
Tackling Indigenous Smoking
60 Rifle Range Rd, Rangeway or call 99566 555


RESPECT YOURSELF
RESPECT YOUR HEALTH
BE SMOKE FREE
TIS
Tackling Indigenous Smoking
HART
15
SAINTS


RESPECT YOURSELF
PROTECT YOUR HEALTH
BE SMOKE FREE
Tackling Indigenous Smoking
HART
29
15


SMOKE FREE EVENT
TIS
Tackling Indigenous Smoking
SMOKE FREE EVENT
TIS
Tackling Indigenous Smoking
SMOKE FREE EVENT
TIS
Tackling Indigenous Smoking
Midwest SWEEPING



Dr Bob Elphick Award 2018



Hanging Out With Celebrities


EVERYDAY IS HEALTH CHECK DAY
FUN DAY!


GRAMS
Family
Tackling Indigenous
EVENT
DON'T



Thankyou