

GRIFFITH ABORIGINAL MEDICAL SERVICE



SWIMMING LESSONS

On Tuesday 1st April the Child & Maternal Health Team kicked off term 2 of Marrabinya Mothers Group with swimming lessons. Thank you to everyone who came along, lots of fun times were had! If you want to come along to Marrabinya Mother's Group or would like further information contact our C&MHT on 6962 0000.

DILAANG & MIIMI CAMP

Our Youth Team hosted the Dilaang & Miimi Youth Cultural Camp from Monday 14th – Wednesday 16th April. Over the three days the team held cultural workshops, leadership activities, team bonding and heaps of fun & games at beautiful Lake Burrendong in Wellington NSW!



HEADSPACE HYPE EVENT

On Thursday 10th April our Youth Team attended the Headspace Griffith HYPE Event which was a Griffith Consortium Youth Week event. It was a great day with over 100 students from schools around Murrumbidgee attending.



SMOKE/VAPE FREE POLICIES

Our Free Fresh & Fit Team can assist organisations in developing Smoke Free Policies for their workplaces. We welcome our newest partnership with Central West Family Support. Thank you CWFS for the development of a Smoke/Vape free policy for your workplace.



HILLSTON PASSPORT TO BETTER HEALTH

On Wednesday 9th April the TIS team travelled to Hillston to run the Passport to Better Health. We had over 40 participants complete a mini health check & Smoke Free Pledges! Thank you to GAMS staff for helping to run the event & thank you to everybody that came along - What a deadly day!



SMOKING & VAPING CESSATION WORKSHOP

Stephen, Jayde & John travelled to Sydney on the 10th April to complete a Smoking and Vaping Cessation Workshop with the AH&MRC! Lots of new information to filter back to the team to ensure we are all up to date with our program delivery and knowledge sharing.

NGURAMBANG BLOOMS

On Tuesday 22nd April our Youth Team held a drop in day where the youth came in and painted their own flower pots, planted a seed and took home their own little gardens!

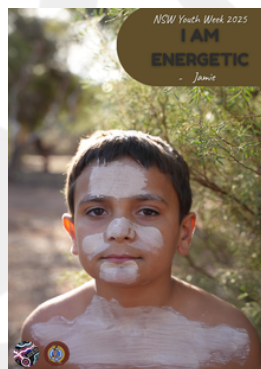
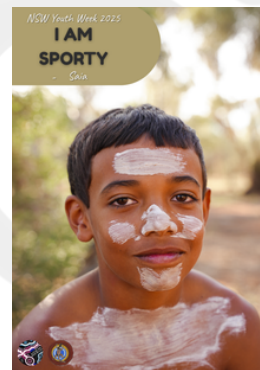


YOUTH WEEK 2025

Presenting our 2025 NSW Youth Week 'I am...' Campaign!

NSW Youth week this year took place from 9-17 April. The theme focused on celebrating every young person's unique strengths and recognising your individual and collective powers as our current and future leaders and decision makers.

We are so proud of our youth who were a part of this campaign and applaud their courage to be involved. Thank you all again
WE ARE THE FUTURE, AND THE FUTURE IS NOW!



REMINDER

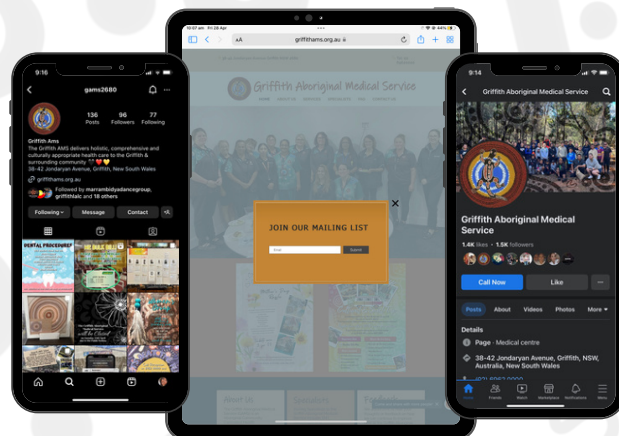


BOOK IN FOR YOUR FLU VACCINATION

Give Reception a call on 69620000 and book in for your flu vax with one of our nurses. Available for anyone aged 6 months and older!

FOLLOW OUR SOCIALS

Make sure you follow our Facebook & Instagram accounts to stay up to date on everything that's happening here at the AMS and what's coming up in the future! Also make sure to go to our website and join our email mailing list for exclusive updates!



CLIENT CONFIDENTIALITY

Protecting the privacy and rights of our clients and individuals within our community is a priority to the Board of Management and Staff of the AMS.

There are strict guidelines and safeguards in place to ensure that this happens. Any breach of AMS policy in regard to this matter will result in swift disciplinary action against any AMS Board or Staff Member.





MARRABINYA MOTHERS GROUP

COME ALONG FOR LOTS OF FUN

TUESDAYS

(NOT DURING SCHOOL HOLIDAYS)

11AM - 12:30PM AT GAMS

MORNING TEA & LUNCH INCLUDED

WHAT WE DO AT GROUP:

- ARTS & CRAFTS
- GUEST SPEAKERS
- DEVELOPMENTAL & SENSORY PLAY
- SUPPORT WITH PARENTING

ALL MUMS WITH
ABORIGINAL BUBS AGED
0-4 YRS WELCOME
TO COME ALONG

FOR MORE INFORMATION CALL
THE CHILD & MATERNAL HEALTH
TEAM ON 6962 0000



KINHI MINGAAN MOTHERS DAY BINGO



 **FRIDAY
9TH
MAY**  **GAMS MULTI
PURPOSE
ROOM**  **11AM
TO
2PM**

LUNCH PROVIDED

LOT OF PRIZES (FRUIT AND VEGGIE, MEAT PACKS,
AND OTHERS PLUS A LUCKY DOOR PRIZE)

FOR ANY FURTHER INFORMATION
CONTACT VICKIE LOUISE ON 6962 0000



WALAN- BUDHANG-GIBIR MEN'S GROUP

OUR MEN'S GROUP IS A SOCIAL AND EMOTIONAL
WELLBEING GROUP WHICH INVOLVES SOCIAL
GATHERING, CULTURAL CONNECTION, HEALTH
EDUCATION, SUPPORT & ADVOCACY

WHEN: EVERY 2ND & 4TH FRIDAY

WHERE: GAMS MULTIPURPOSE ROOM
OR WILL BE ANNOUNCED PRIOR

TIME: 10:30AM - 2:30PM

FOR MORE INFORMATION CONTACT
STEPHEN OR TREY AT THE
GRIFFITH ABORIGINAL MEDICAL
SERVICE ON 69620000



AUNTY JEANS GRIFFITH

COME ALONG EVERY TUESDAY
FOR SOME GENTLE EXERCISE,
HEALTHY LUNCH & A YARN

AT OUR NEW
LOCATION
AT GRIFFITH TAFE
(CAR ACCESS VIA BENEREMBAH ST
OPPOSITE THE OLD NEIGHBOUR
HOUSE BUILDING)

FROM 10AM - 2PM

FOR MORE INFORMATION
CONTACT THE ABORIGINAL
HEALTH WORKER CANDY ON
0436856358



Murrumbidgee
Local Health District