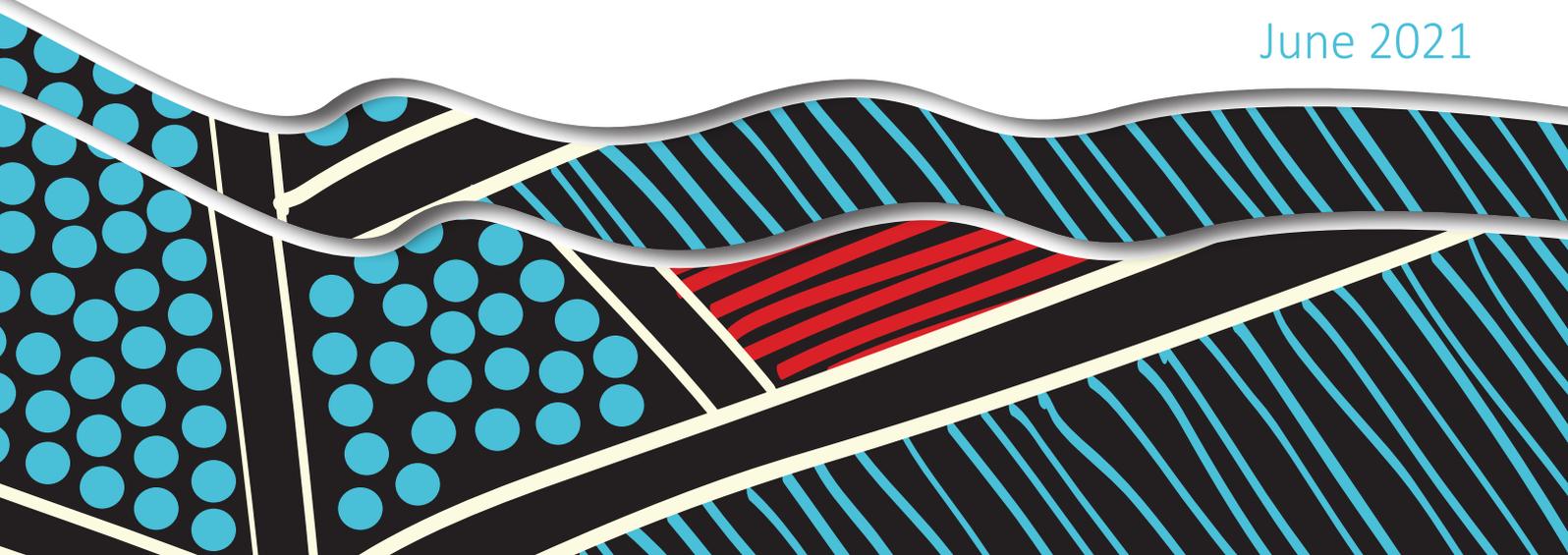




BRAMS NEWSLETTER

June 2021





Broome
Regional Aboriginal
Medical Service

BRAMS *June 2021* NEWSLETTER

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CEO REPORT



There's a lot going on as we head towards June 30, including our corporate team doing all the work necessary for the end of the financial year.

May was Tobacco Action Month, and our Tackling Indigenous Smoking Team did a fantastic job facilitating health promotion events across the month. Well done team.

Not to be outdone, our marketing team are currently in the midst of promoting Health Check Month for June, and doing a great job encouraging people to come in and get their checks.

Speaking of marketing and promotions, the filming for our TV adverts has now concluded - keep an eye out on GWN to see the BRAMS ad.

Meanwhile, I'm pleased to announce that we've received funding from the Department of Health to undertake a series of upgrades and repairs to our stock of staff houses, which will be done locally by an experienced company with a strong commitment to Aboriginal employment.

Cassie



NEW STAFF *Welcome!*

Please welcome the newest members of the BRAMS family



Megan Thomas
Social & Emotional
Wellbeing Psychologist



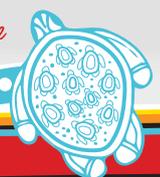
Sally Roberts
General Practitioner

Warmest welcome to Megan Thomas,
Social & Emotional Wellbeing Psychologist,
and Sally Roberts, General Practitioner.

We hope you enjoy your time
with BRAMS.



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STAFF PROFILES

How long have been employed at BRAMS?

4 years

What I like best about my job?

I love that I get to meet new people every day, help them to the best of my abilities, and hopefully make a positive experience for all the clients and my colleagues that I work with.

What are some of the things you like to do when you're not working?

I love to go fishing, traveling, and trying new foods to eat.

Soleil White

Position

Aboriginal Health Practitioner



What do you like about Broome?

Dry season = Walga walga season

Tell us your favourite quote:

"The sun will always shine tomorrow".

Random Fact

"Honey does not have an expiry date."

STAFF PROFILES

How long have been employed at BRAMS?

Since 5th May 2021

What I like best about my job?

I like helping my colleagues to get 'the job' done (whatever the job might be ha-ha).

What are some of the things you like to do when you're not working?

Fishing & baking & spending time with my family

Candice Sibosado

Position

NDIS Administration Officer



What do you like about Broome?

I like close proximity to EVERYTHING and that this is my family hometown.

Tell us your favourite quote:

"Stop living in the past" ha-ha!

Random Fact

"Broome local born and bred, mum of 6, I haven't caught a barra yet and I am afraid of heights."



EMPLOYEE OF THE MONTH MAY

Lattrell Mathews



Big congratulations to Lattrell Mathews on being the BRAMS Employee of the Month for May 2021.

It's great seeing Lattrell stepping out of his shell and taking the initiatives in boosting Tackling Indigenous Smoking promotions and education.

He shows outstanding determination to deliver group education sessions and awareness in the community.

Overall, he has been an outstanding leader in the SOLIDFit sessions when engaging with our youth.

Well done Lattrell, keep up the great work!

Well done Lattrell!

CLINICAL DATA SNAPSHOT MAY 2021

Episodes of Care	Male	Female	Total
Total Episodes of health care	1222	2089	3311
Client Contacts - Categories			
Allied Health	281	268	549
Clinical Service	0	7	7
Doctor	1054	1550	2604
Health Worker	507	706	1213
Mental Health	7	16	23
Nurse	148	445	593
Other	16	26	42
Social Health	13	22	35
Specialist	69	193	262
Tobacco Worker	8	5	13
Transport	1	2	3
Broom Regional Aboriginal Medical Service	0	1	1
Total Client Contacts	2104	3241	5345



WORLD NO TOBACCO MONTH

In line with World No Tobacco Day taking place on May 31, BRAMS decided to designate the entire month of May as “World No Tobacco Month”.

It’s been an especially busy time for the No Joobuk (Tackling Indigenous Smoking) team at BRAMS as they’ve planned, prepared and hosted a series of events and sessions aimed at communicating the no-smoking message to the local community.

Throughout the month, the No Joobuk team had been setting up an information stall twice a week to provide smoking awareness and information around the effects of smoking, as well offering further support to giving that joobuk the flick!

There were incentives for those who participated and completed the smoking history questionnaire, and everyone went into the draw for some deadly prizes.

On 12 May we hosted a Staff Smoke-Free Day for the staff at BRAMS, with a healthy cook-up and activities throughout the day. Fun was had by all!

To mark World No Tobacco Day on May 31, BRAMS held a ‘Hoops for No Tobacco!’ Community event. It was a fun day for people of all ages, lunch provided, lots of great activities, and some awesome prizes on offer. As always, our ‘No Joobuk’ team got the message out there that smoking is no good for you or your family!



"JUNE JUMP START" ...!

To further support the World No Tobacco Month campaign, the Tackling Indigenous Smoking Teams from both BRAMS and KAMS have teamed up for "JUNE JUMP START" - a combined 4 weeks SOLIDfit group challenge for staff at both organisations.

The challenge commenced on the 31st May, and will run twice a week in a FUN environment throughout June. There are weekly giveaways to keep staff motivated and on track, including some overall prizes at the conclusion of the Challenge!



SOLIDFIT WITH CLONTARF ACADEMY

With Term 2 under way in schools, Ben and Lattrell kick-started their SOLIDfit Sessions with BSHS Clontarf Academy.

The aim of the SOLIDfit Program is to deliver health and wellbeing messages around the negative impacts of smoking and other health-related issues. It uses the training form of boxing to increase participants' knowledge around the benefits of exercise and a healthy lifestyle.



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COMMUNITY EDUCATION AND AWARENESS

Milliya Rumurra are engaging more with our TIS Team, and have requested for the TIS program to be held on a weekly base, where they can get more support with their efforts to quit smoking.

Thanks to Patrick Cox, Men's Outreach Service (MOS) have reached out to have their clients' group session on a monthly basis.



YAWARDANI JAN-GA PROGRAM

Cassandra (Sandi), Population Health Manager, is also our Equine Assisted Learning (EAL) Practitioner. This program works with horse wisdom to help young people develop life skills. Sandi assists with group activities for young participants to work with, or around, horses.



ABORIGINAL CONSUMER ADVISORY COMMITTEE

BRAMS would like to introduce the members of our new Aboriginal Consumer Advisory Committee:

Cecilia Dann, Cassandra Matsumoto, Jasmine Phillips, Cheryl Parriman, Anthony Lee and Delia Lawford.

Absent from this photo: Vernon Dann, Jamilah Bin Omar and

We look forward to your contribution in providing ongoing advice and feedback to BRAMS as we continually strive for improvement in all areas of our operations.





My Health,
My LIFE,
My Culture

SOCIAL & EMOTIONAL WELLBEING MEN'S GROUP

The purpose of the Men's Group is activity is to encourage men of all ages to learn how to socialise without needing drugs or alcohol, and also understand the importance of a good diet in maintaining your social and emotional wellbeing

We have a cook book at the Recovery Centre that we are using at the moment; the men decide what the menu is going to be for lunch, and then must help prepare the food. We have a large kitchen at our disposal, and the men delegate different duties among the group, which helps develop home-living skills along with the preparation and serving of healthy meals.

During every meal, the men engage in really good conversation about their health and other things that are going on in their lives – things like culture, family, relationships, health, diet and healing.

In an environment where they are together and sharing some food, the men seem to open up more and share their thoughts about issues relating to their wellbeing, and they generally leave the sessions with a positive mindset.



SOCIAL & EMOTIONAL WELLBEING WOMEN'S GROUP

What: This will be a drop-in style event for women held at the Recovery Centre

When: Tuesday 1st and 8th

Time: 10am to 1pm pick up and drop off.

Activities:

- Lunch - providing a healthy meal;
- Group chats – helping to relieve tension on any isolation issues our clients may have;
- Flower arrangements - a beautiful activity to do while chatting, and can be used to decorate the house;
- Gardening tips and seedlings planting – many of our clients gardens have gardens overgrown with weeds, and gardening is the perfect exercise activity for the mind and body; and
- Continued discussions on future group activities - we already have a list, but will keep adding to it.



BRAMSON-AIR

A friendly reminder to tune into radio Goolarri 99.7FM every Wednesday from 10am for updates on BRAMS events and programs.



BRAMS ON-AIR

TUNE INTO...

Radio Goolarri on 99.7FM each Wednesday at 10am to hear BRAMS on-air.

Different staff members addressing different topics each week, including updates about the clinic.

If you miss the program and want to catch up, please head to the Goolarri Media website.

Broome Regional Aboriginal Medical Service

08 9192 1338
2 Dora Street, Broome WA 6725
brams@brams.org.au

IAHP MAINTENANCE GRANT

BRAMS is excited to announce that we have received \$114,000 from IAHP to undertake repairs and maintenance of our staff houses, which are an important asset for the organisation.

This work will be done by an experienced local company with a strong commitment to First Nations employment.

NDIS PATIENT STORY

Ben Chiguna, known to all as Ben, has been with BRAMS for almost 10 years, and joined our NDIS program in 2020.

Ben has been accessing community involvement with his support workers, and has also been a part of the Breakfast Club through Southern Cross.

Ben is great at managing his diabetes, and goes to dialysis three times a week at the renal centre.

Ben’s assessment of BRAMS: “BRAMS are a good mob”.

Thank you Ben – we think you’re pretty good too!



MEET BEN

BEN CHIGUNA HAS BEEN WITH BRAMS FOR ALMOST 10 YEARS AND JOINED WITH THE NDIS IN 2020!

BEN HAS BEEN ACCESSING COMMUNITY INVOLVEMENT WITH HIS SUPPORT WORKERS AND HAS ALSO BEEN A PART OF THE BREAKFAST CLUB THROUGH SOUTHERN CROSS.

HE IS GREAT AT MANAGING HIS DIABETES AND GOES TO DIALYSIS THREE TIMES A WEEK AT THE RENAL CENTER.

“BRAMS are a good mob”, Ben Chiguna

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MEET THE TEAM

Meet our Aboriginal Health Workers/Practitioners



*Delia Lawford
Practice Manager*



*Telithia Matthews
Aboriginal Health
Practitioner*



*Renee McKenzie
Aboriginal Health
Practitioner*



*William Martin
Aboriginal Health
Practitioner*



*Soleil White
Aboriginal Health
Practitioner*



*Stanley Francis
Student Aboriginal
Health Worker*



*Fatimiar Skeen
Aboriginal Health
Worker*





**Broome
Regional Aboriginal
Medical Service**

P. 08 9194 4800

F. 08 9192 1606

2 Dora St

Broome WA 6725

PO Box 1879,

Broome WA 6725

www.brams.org.au

YOU CAN FIND US AT

BROOME.BRAMS

brams_6725

