



Broome
Regional Aboriginal
Medical Service

BRAMS August
2020

NEWSLETTER



CEO REPORT

As always, it's been another eventful month at BRAMS.

We have recently finalised a revised Health Promotion Framework, which will assist BRAMS to develop a comprehensive Health Promotion Plan for the next two years. The plan will be somewhat different to previous years, and we will be focusing on 6 key areas for action, along with an improved process for evaluating its success. We look forward to sharing details of the plan with you in our next newsletter.

The BRAMS Directors have been busy working on a revision of the BRAMS Rule Book. The Directors look forward to holding a Special General Meeting with our members in the coming months to review the proposed changes.

Finally, BRAMS held a COVID-19 Appreciation Dinner with staff on 7 August at the Mangrove Hotel. The dinner was an opportunity for BRAMS to thank the team for their hard work and dedication during a difficult period.

Cassie Devereux
CEO

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EMPLOYEE OF THE MONTH :)



CONGRATULATIONS

Congratulations to

David 'Baldy' Cox

for taking out this month's award for Employee of the Month.

'David is always there when help is needed and is a valuable member of the BRAMS team.'

Well done!

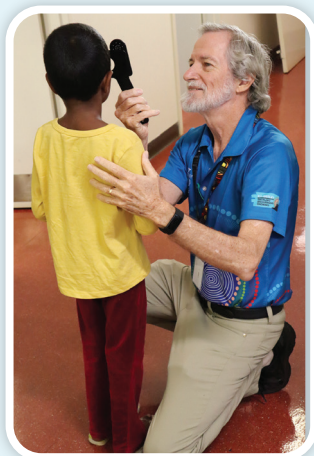
NEW STAFF



Please welcome the newest member of the BRAMS team,
Margaret Hunter,
Medical Receptionist.

STAFF PROFILE

David Atkinson
GP



How long have been employed at BRAMS:

5 and a half years (this time, I have worked at BRAMS before as well).

What I like best about my job?

The people I work with (staff and patients).

What would you like to achieve?

To help some patients improve their health.

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

Gardening, reading, bush walking and travel (before COVID-19).

What do you like about Broome?

The climate in the dry season, the scenery and the easy-going people.

Tell us your favorite quote:

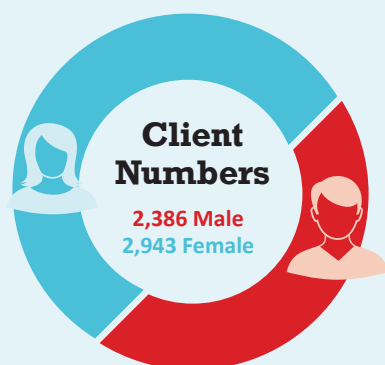
Even though I'm not religious – 'God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.'

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CLINIC DATA

BRAMS recently completed our Online Services Report for the period 1 July 2019 – 30 June 2020. The Online Services Report provides us with a range of information about the organisation's activity - types of services, episodes of care, and client contacts for the past financial year.

These results are below:



BRAMS saw **5,329** individual clients during the past 12 months.

Episodes of Care



BRAMS provided **37,937** episodes of care during the past 12 months.

Client Contacts

Client contacts made by each type of worker from BRAMS during the past 12 months:

Aboriginal Health Worker	17,393	Transport driver	1,268
General Practitioner	30,651	Social & Emotional Wellbeing	609
Registered Nurse	6,984	Medical Specialists	2,489
Midwife	3,244	Allied Health	1,572
Dentist	1,794		

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HORSES THAT HEAL

Yawardani Jan-ga (Horses doing Healing) with Cassandra Matsumoto

What is it?

Yawardani Jan-ga is a form of Equine Assisted Learning (EAL), a trauma-informed, culturally secure program run by Aboriginal people for Aboriginal young people (aged 6-25 yrs) in the Kimberley.

What are the benefits of working with the horses?

You work with Local Aboriginal practitioners within the program sessions, which offer a variety of experience for clients through connection with the horses.

For example:

- Learning boundaries around individual space and safety
- Relationships that are in the here and now
- Life skills, such as listening and empathy, along with understanding and managing feelings

When did you become involved?

Training was based on 3 weekly blocks in 2019, followed by a refresher and additional horsemanship skills in 2020.

Do you encourage more people to try it?

Absolutely. Whether you want to engage the program as a client, in groups, or become a practitioner yourself, you need to understand and experience how it works for an individual through its uniqueness in working with horses.

It has added value for me through the support of my CEO and the team I manage, as the skills I have gained, I am able to put into practice once a week, which I enjoy very much.

I will have the ability and knowledge to be able to conduct group sessions in the future.



FAREWELL AND THANK YOU

Roseanna Graham

Roseanne has dedicated her expertise and knowledge to the Aboriginal Community Control Health Services since 2005, when she commenced as a Registered Nurse in the Renal Service. In 2009, BRAMS handed the service over to KAMSC Inc, where Roseanne continued as the Renal Registered Nurse until 2014, where she transferred to BRAMS as a Chronic Disease Nurse. Roseanne has been a very valuable part of our team with a devoted passion for the health of the Broome Community for 15 years. Roseanne will be truly missed but we wish her all the best for her next adventure.



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STAYING CAUTIOUS ON COVID-19

Although we have been COVID-19 free for some time in the Kimberley, it's important to remain vigilant and we encourage anyone with COVID-19 symptoms to get tested.

BRAMS will continue to screen all patients and visitors to the clinic until such time that we can be sure COVID-19 has been controlled in the eastern states.

If you have any questions or concerns about COVID-19, call the BRAMS clinic on **9192 1338**.



BRAMS ON-AIR

Tune into **Radio Goolarri on 99.7FM** each **Wednesday at 10am** to hear BRAMS on-air, with different staff member 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.



SMOKE-FREE AT WORK

Do you need assistance to make your workplace smoke-free?

Our Tackling Indigenous Smoking Team is here to help. Our Team can work in partnership with your workplace to implement smoke-free policies, install signage, and provide support to your employees.

For more information please contact our Population Health Manager Ms Cassandra Matsumoto on cassandram@brams.org.au



TOBACCO ACTION PROGRAM

BRAMS Employs a Tobacco Action Officer who can support you to reduce or quit smoking through:

- One on one mentoring
- Brief Interventions
- Education Sessions
- Group mentoring sessions

It is a non-judgemental and confidential service. At BRAMS we understand that everyone has an individual journey, so we provide a tailored program to you based on your specific goals.

You can access our program through:

- Self-referral
- Through an Aboriginal Health Worker, Registered Nurse or General Practitioner
- BRAMS programs such as NDIS, SEWB and TIS
- Any external agency



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PATIENT STORY

Cheryl Parriman

How Long have you been a patient at BRAMS?

Since I was 6 years old, I used to attend when it was located at the old Convent.

What do you like about BRAMS?

That we receive care from our Indigenous people, from Reception all the way to the Doctors.

What would you like to see in the future for BRAMS?

I would like to see BRAMS support the AHW's progress further to become our future Doctors.



HEALTH WORDS

L T W Q S E V O L G H A N D W A S H I N G F E I
C A D K T S I P A R E H T Y R O T A R I P S E I R
J H A S U Q Z H V C J N Y F R V I G N U F N K R
H O A A F A M G U E S O T S I R T E M O T P O B
V T L M V B E A S O H I D X P K M T Z R Q K K L
I S O Z J Q D V D Y V T H E A R T R A T E R Q A
T I R I X T I W O O N C A G N U R S E C I Q A D
A L T O Y Z C E C U W E H O S P I C E C A R E D
L A N Z B G A L T G H F R H E A L T H C A R E E
S I O Z E U I L O Q L N L Q R U T L I V E R X R
X C C K P X D N R A P I U H F B E X S N G R K J
D E N N B U W E X M E S N Y R O T A R I P S E R
E P O Z M L E S S W C I G W P W J K K T D M D O
T S I B B O D S O F C D S Y Y U Y V G R L B H I
A E T J L D A K S T G H E I P H A R M A C I S T
N F C I T R A E H X Z S P E E C H T H E R A P Y
I I E R R Y P A R E H T L A N O I T A P U C C O
M L F H I K O R T H O D O N T I S T P G Z J I M
A D N S J E R U S S E R P D O O L B I O M X W X
T L I P Q T O F Z D E X M Q L J Z P O W R E E I
N I E Y P A R E H T L A C I S Y H P Q N T V S L
O H J D S E S U R I V X E C N A R U S N I A K Y
C C M I F K R E E N I G N E L A C I D E M O I B
N W K Y R A I C I F E N E B A S E X H H N R N C

10 WordsYou're doing ok

20 Words **Good Job**

30 Words Even Better

37 Words You're amazing!

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The lines are thin and black, set against a plain white background. There are no margins, text, or other markings on the page.



Broome
Regional Aboriginal
Medical Service

P 08 9192 1338

F 08 9192 1606

PO Box 1879,
Broome WA 6725

YOU CAN FIND US AT
fb.me/BROOME.BRAMS



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