

**BRAMS**

Dec 2020

# NEWSLETTER



2020 Christmas Party



# BRAMS Dec 2020 NEWSLETTER



**Broome**  
Regional Aboriginal  
Medical Service

## CEO REPORT

It's hard to know what to say at the end of such a remarkable year.

The past 12 months have been so challenging, but I couldn't be more proud of the BRAMS team and the way you all handled the exceptional circumstances brought on by the COVID pandemic.

At the same time, we significantly expanded the services we deliver to the community, becoming an NDIS provider, and enhanced and improved our primary healthcare and social & emotional wellbeing services.

Everyone has certainly earned a very well-deserved break over the holiday period, and I hope you enjoy spending time with family and friends.

Merry Christmas and Happy New Year to you and your loved ones, and I look forward to seeing you all in 2021.

*Cassie*  
CEO



## CONTENTS

New Staff .....	3
Staff Profile.....	3
ACHWA Youth Strategy Yarn .....	3
BRAMS Christmas Community Event .....	4
Social & Emotional Wellbeing Regional (SEWB) Forum .....	5
Movember .....	6
International Day For The Elimination Of Violence Against Women.....	6
Spirometry .....	7
Christmas Closing Hours .....	7



## NEW STAFF

A warm welcome to the newest members of the BRAMS team

*Welcome!*  
*Cassieus Corpus*  
*Transport Officer*



*Welcome!*  
*Barry Rattigan*  
*Disability Support Worker*



## STAFF PROFILE

*Davo Cox*

### Position

Aboriginal Health Practitioner

### What I like best about my job?

The opportunity to help my mob in the community.

### Random Fact:

A dragonfly is not really a dragon.

### Tell us your favourite quote:

"Be true to your teeth otherwise they will be false to you."



## ACHWA YOUTH STRATEGY YARN

In late November 5 staff members attended the WA Aboriginal Youth Strategy Yarn with two representatives, Jhi and Keisha, from the ACHWA Youth Team.

They spoke about the WA Aboriginal Youth Health Strategy and its tailored approach to improving the health of young Aboriginal people in WA. They also explained how we can all support each other in our work with youth in the local community.

Those attending split into two groups and discussed the problems and issues affecting young people in Broome, and then brain-stormed ideas and solutions to solve those problems and keep youth out of trouble.

We talked about how the PCYC used to have a lot of different activities for local kids, and how there used to be an internet café where they could hang out.

At the end we all came together and shared our ideas, and also received shirts.

Keilani Bin Hitam said it was a valuable initiative. "I think it was a very informative session and would encourage others to attend and even become a part of the ACHWA youth committee," she said.

*Healthy People ~ Strong Community ~ Bright Future*





# BRAMS CHRISTMAS COMMUNITY EVENT

The BRAMS Christmas Community Party was a huge hit on 2nd December 2020 at Town Beach, with more than 100 people in attendance and a fun day had by all.

Activities included face painting from Faerie Face Painting, bouncy castles from Bouncing in Broome, sausage sizzle, letters to Santa, lucky dips, an egg and spoon race, colouring in, basketball, football and – of course – a special visit from Santa.

A great day out was had by everyone until bad weather turned up uninvited and cut the event short!



Healthy People ~ Strong Community ~ Bright Future

## SOCIAL & EMOTIONAL WELLBEING REGIONAL (SEWB) FORUM

An important Social & Emotional Wellbeing forum was held over three days in late November involving staff from BRAMS, Kimberley Aboriginal Medical Services and Nyamba Buru Yawuru.

Population Health Manager Sandi Matsumoto, TIS Officer Stanley Francis, Tobacco Action Officer Ben Phillips and SEWB Case Worker Vincent Lane attended the forum on behalf of BRAMS.

One of the highlights of the first day was a session on 'Building Communities' with Michael McKenzie, which reflected on pre-colonisation. It was an empowering session and the team-building exercises which followed later were engaging.

Day 2 involved two sessions, Liyan Natural Helpers training and Facilitating Groups Psychoeducation head space, but with each session at different venues, it was hard to choose which one to attend as both had so much appeal!

### Other highlights included:

- Equine Assisted Learning (EAL) Juli Coffin & Practitioners panel talk, which I was on as one of the first Practitioners to undergo the training. After this end of this session there was quite a few attendees wanting to take this course next year;
- Knowledge Sharing. Kimberley Empowerment, Healing and Leadership Program Evaluation, with Emma Carlin & Kim Sears;
- Garnduwa | Amanda Gregory gave a great talk about this program, and there's an opportunity for BRAMS to link into this;
- Empowered Young Leaders - Tonii Skeen: 'I would like to see BRAMS young leaders to take this opportunity to have a look at the App that she's working on'; and
- Clinical Supervision & Self Care, with BOAB Health: BRAMS' SEWB and staff need to link into self-care.





## MOVEMBER

On 27 November, the Tackling Indigenous Smoking and Tobacco Action Program held a Movember event to raise awareness around men's health and to help break the shame barrier of getting a check-up.

A lot of fun was had by all, with activity stations, a 'Pin-the-Moustache-on-the-Man' game and the opportunity to create a fake 'mo.

A free sausage sizzle and Movember themed cupcakes topped off the day and ensured everyone went home with a full belly!



## INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN

A March Against Family Violence was held on Wednesday 25th November in remembrance of all who have lost their lives as a result of family / domestic violence. BRAMS supported this event with First Aid, and we also displayed our Clinic on Wheels (COW).

Community members gathered at Haynes Oval at 8.30am and walked down Frederick street to Male Oval. Prior to the walk there was a 1 minute of silence in memory of all those who have lost their lives to FDV.

Music played while entering the oval and a BBQ had been fired up in readiness for the end of the march.

There were speeches from Sergeant Tim Wilson, the Kimberley Family Violence Coordinator at Broome police, Senator Pat Dodson, local Labor MP Francine B/ up Haley.

Men from the crowd came out to the front for the White Ribbon Oath, all linking arms while saying the oath: I will stand up, speak out and act to prevent violence against women.

It was an incredibly powerful and moving gesture.

A very big thank you to the Shire of Broome, Broome Police (special mention to the Kimberly Family Protection unit), those who took part from BRAMS, participating schools, Printing Ideas, Water Corp, Broome Kooler Ice (Pearl Coast Amusements), Boulevard shopping complex, Goolarri Media, Musicians, Rotary Club, Women's prison, St Johns ambulance and all guest speakers.

Healthy People ~ Strong Community ~ Bright Future

## SPIROMETRY

Three Spirometry / Lung function experts from Telethon Kids came from Perth to Broome to provide up-skilling and training in Spirometry theory and practical testing. A number of our clinical staff attended the training and are now proficient in this important test.

This is a really positive step for BRAMS, enabling us to offer important lung function testing which in turn helps to improve the management of conditions like Asthma and COPD. Those trained were greatly encouraged by the specialist knowledge, enthusiasm and energy brought by these experts, and we thank for their time.



## CHRISTMAS CLOSING HOURS

If you need a doctor over the Christmas Period, you can call

**1800 225 523**

Find out more:

1800 CALL A DOC

**(1800 225 523)**

[1800calladoc.com.au](http://1800calladoc.com.au)

The CALL A DOC service has been made possible by WA Primary Health Alliance through funding provided by the Australian Government under the PHN program.

In case of an emergency, call **000**.

Need a doctor over the Christmas holidays call.

**1800 225 523**

If you are a patient of BRAMS and need a Doctor over the Christmas holidays you can call, **CALL A DOC** on 1800 225 523

Find out more  
1800 CALL A DOC (1800 225 523)  
[1800calladoc.com.au](http://1800calladoc.com.au)



Broome  
Regional Aboriginal  
Medical Service

## Christmas Closing Dates

**BRAMS will be CLOSED on  
the following dates**

~ 2020 ~

Wednesday 23<sup>rd</sup> December from 12pm

Thursday 24<sup>th</sup> December

Friday 25<sup>th</sup> December

Monday 28<sup>th</sup> December

Tuesday 29<sup>th</sup> December

Wednesday 30<sup>th</sup> December

Thursday 31<sup>st</sup> December

~ 2021 ~

Friday 1<sup>st</sup> January

**BRAMS** will reopen on  
Monday 4<sup>th</sup> January 2021 8.30am - 4.30pm





**Broome  
Regional Aboriginal  
Medical Service**

# Merry Christmas & Happy New Year

The team at BRAMS would like to wish all of the Broome community a very Merry Christmas and a Happy New Year.

The BRAMS clinic will be closing at midday on Wednesday, 23 December, and will re-open on the morning of Monday, 4 January 2021.

During this time, patients needing medical assistance should visit the Broome Hospital.

Have a wonderful time over the holiday season, and please remember to stay safe.

*We look forward to seeing you again in 2021.*



**Broome  
Regional Aboriginal  
Medical Service**

**P** 08 9194 4800  
**F** 08 9192 1606

PO Box 1879,  
Broome WA 6725  
[www.brams.org.au](http://www.brams.org.au)

**YOU CAN FIND US AT**  
[fb.me/BROOME.BRAMS](https://fb.me/BROOME.BRAMS)



*Healthy People ~ Strong Community ~ Bright Future*

