



Broome
Regional Aboriginal
Medical Service

BRAMS

May
2020

NEWSLETTER

CEO REPORT

I want to start this month's newsletter with a note of thanks to our outstanding staff for the fantastic job they are doing adapting to the ever-changing circumstances of the COVID-19 pandemic.



BRAMS saw nearly 1400 patients last month - 832 face-to-face appointments and 565 telehealth consultations.

It hasn't been easy accommodating the additional measures put in place over the past 2 months to deal with Coronavirus, but we should be proud of our efforts in continuing to provide first-rate primary health care while stopping the spread of the disease in the local community.

BRAMS will continue to screen all patients arriving at the clinic for COVID-19, and it's important people stay vigilant to threat Coronavirus still poses to the Kimberley.

If you have symptoms of a cough or cold, it's important you get tested. BRAMS has also produced a COVID-19 brochure with key facts and prevention measures – take a look.

On the topic of prevention measures, a reminder that flu season is upon us and BRAMS has commenced its flu vaccine program. It's reassuring to see so many people come into the clinic for the vaccine, and we encourage everyone to tell their family and friends to get protected for the months ahead.

Finally, behind the scenes, our senior management team is getting the organisation ready for the new financial year, as we come to the end of what has been an extraordinary 12 months.

Cassie Devereux
CEO


CONTENTS

Employment Opportunities	2
New Diabetes Clinic.....	2
Art Competition	3
New Staff Profile	4
Aboriginal Consumer and Community Advisory Committee	5
Flu Vaccines	5
Thanks Broome!	6
Employee Of The Month :)	6
Social Emotional Wellbeing Team (SEWB)	7
Tackling Indigenous Smoking	7
Rap Contest	8

Healthy People ~ Strong Community ~ Bright Future



EMPLOYMENT OPPORTUNITIES

Job Opportunity  **Broome Regional Aboriginal Medical Service**

Disability Support Worker
Casual

Location: Broome


Status: Casual

Hours: 76 Hours per Fortnight

Further queries: Erina Tanaka

Email: erinat@brams.org.au

How to apply: Submit application at
<https://kamsc-brams.applynow.net.au/jobs/KAMS240>

Closing Date: Friday 12th June 2020 

Healthy People ~ Strong Community ~ Bright Future

Job Opportunity  **Broome Regional Aboriginal Medical Service**

Disability Support Case Coordinator
Casual

Location: Broome

Status: Casual

Hours: 76 Hours per Fortnight

Further queries: Erina Tanaka

Email: erinat@brams.org.au

How to apply: Submit application at
<https://kamsc-brams.applynow.net.au/jobs/KAMS241>

Closing Date: Friday 12th June 2020 

Healthy People ~ Strong Community ~ Bright Future

NEW DIABETES CLINIC

Our GP Register Dr Luke Davies and Aboriginal Health Practitioner Billy Martin have commenced a weekly diabetes clinic on Tuesdays.

The aim of the program is to provide education and empower individuals to better manage their diabetes.

It's a fantastic initiative and we look forward to offering this new service to the community.



Healthy People ~ Strong Community ~ Bright Future

ART Competition

The Winner will be rewarded with the first BRAMS TIS "no joobuck" singlet, art displayed onto our BRAMS TIS sport merchandise and a \$100 sports power voucher.

How to enter?

Post your design onto Facebook and tag @BRAMS

Or Email: aldenl@brams.org.au

Entries in by the 12th of June 2020



Local
Indigenous
artist with or
without experience
are welcomed
to come up with
a design that
represents healthy
living and spreading
awareness about the
dangers of smoking.



KIMBERLEY
TACKLING
INDIGENOUS
SMOKING



NO

JOOBUCK

BRAMS Tackling Indigenous Smoking

Quitline
137848

Healthy People ~ Strong Community ~ Bright Future

NEW STAFF PROFILES

Please give a warm welcome to the newest members of the BRAMS team:

CLINTON COX, Socail Emotional Well-Being Caseworker

STANLEY FRANCIS, Tackling Indigenous Smoking Educator

ALDEN LANDS, Tackling Indigenous Smoking Educator

Alden Lands
TIS Educator



How long have been employed at BRAMS:

A few weeks.

What I like best about my job?

I love the team environment. Every one apart of BRAMS is here for a reason, which creates a great working environment. Everyone is always ready to lend a helping hand when needed, and not afraid to ask for help.

What would you like to achieve?

My goal whilst working a BRAMS is the help the community become a healthy, fitter and stronger than ever before. I enjoy helping people; it's my purpose in life, so to be in this position that I am in, I have the ability to utilise my strongest attributes on a day to day basis, which contributes towards the community. Whatever the challenge, I look forward to taking it on board and smashing it out and making a difference. Closing the gap may seem farfetched, but the more we do today will help our future generations tomorrow.

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

I enjoy going fishing and camping with my partner and family, it brings me back down to earth all the time and puts me into the present moment. I love to read books, I enjoy learning new things, which is evident due to the fact I'm about to commence my psychology studies online with ECU. Mostly, I love having date nights with my partner, nothing is better than being alone and present, with the person you love the most.

What do you like about Broome?

It's my home town.

Random Fact(s):

Love playing chess, I wake up every morning at 4am, I don't like having people be on my right hand side.

Tell us your favorite quote:

"Life isn't about waiting for the storm to pass. It's about dancing in the rain."

Clinton Cox
SEWB



How long have been employed at BRAMS:

2 months.

What do you like most about your job?

Working with a team that bring best results for our community.

What you would like to achieve?

Training on the job to gain more skills at BRAMS.

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

Spending time with my wife and my sons, connecting with Family and Gardening.

Tell us your favorite quote:

"Freedom from human greed and destruction."

Stanley Francis
Tackling Indigenous Smoking Educator



How long have been employed at BRAMS:

Since the 22nd of April 2020

What do you like most about your job?

The team I work with and the BRAMS Workplace as a whole.

What you would like to achieve?

A few more qualifications.

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

Spend time with family.

What do you like about Broome?

Our beaches and scenery.

Any random facts you could share with us?

Music Producer and video editor.

Tell us your favourite quote:

"Good Music Is Key To A Healthy Life, That's Why Our Hearts Beat To A Rhythm."

Healthy People ~ Strong Community ~ Bright Future

ABORIGINAL CONSUMER AND COMMUNITY ADVISORY COMMITTEE

BRAMS is encouraging individuals to put forward their Expressions of Interest to serve on our Aboriginal Consumer and Community Advisory Committee (ACCAC).

The ACCAC will be made up of 10 people, representing a broad cross-section of the Broome community, and will meet monthly.

We seek people who can advocate on behalf of different patient groups, such as older people, mothers and pregnant women, people with a chronic illness, people with mental illness, people with a disability, and youth.

The Committee will provide strategic advice and feedback to the BRAMS board on all aspects of our operations, from a consumer and community perspective. This advice will assist in the planning and delivery of services, and help improve the way BRAMS cares for the local community.

If you know someone who might be the right fit for the ACCAC, application packages can be obtained from Reception.

**For more Info please call BRAMS
on 08 9192 1338 and speak with Rowena Puertollano.**

EXPRESSIONS OF INTEREST

Broome Regional Aboriginal Medical Service

ABORIGINAL CONSUMER AND COMMUNITY ADVISORY COMMITTEE

Broome Regional Aboriginal Medical Service (BRAMS) has been looking after Aboriginal and Torres Strait Islander people in the Kimberley region for more than 40 years.

As part of our commitment to maintaining the highest standards of service, BRAMS is pleased to announce the establishment of an Aboriginal Consumer and Community Advisory Committee (ACCAC) to provide ongoing advice and feedback to the BRAMS board.

The ACCAC will be made up of 10 people representing a broad cross-section of the Broome community, and will meet monthly.

BRAMS would like to invite expressions of interest from community members who can advocate on behalf of different patient groups, including:

- Older people
- Mothers and pregnant women
- People with a disability
- Youth
- People with chronic illness
- People with mental illness

As a member of the ACCAC, your role will be to provide strategic advice and feedback to the BRAMS board on all aspects of its operations, from a consumer and community perspective. This advice will assist in the planning and delivery of services, and help improve the way BRAMS cares for the local community.

The ACCAC is part of BRAMS' mission to consistently provide culturally-sensitive, best-practice primary health and wellbeing services to our clients.

For more information on how to get involved, please drop in to BRAMS and pick up an information pack.

FLU VACCINES

Flu season is now upon us, and BRAMS is offering free flu vaccines for people of all ages.

Make sure you and your family are protected by getting your shot today.

Please call BRAMS on **9192 1338** before coming into the clinic for your vaccine.



BRAMS

FLU

THE FLU VACCINE

YOUR BEST SHOT AT STOPPING THE FLU

The **FREE FLU VACCINE** is available for Aboriginal and Torres Strait Islander people who are:

- Six months to less than five years
- Five to 15 years with certain medical conditions
- 15 years and over

Broome Regional Aboriginal Medical Service

2 Dora Street
Broome WA 6725

08 9192 1338
www.brams.org.au

Healthy People ~ Strong Community ~ Bright Future



EMPLOYEE OF THE MONTH :)

CONGRATULATIONS

Big congratulations to our Employee of the Month **Fatimiar Skeen**.

"She is an incredible hard worker."

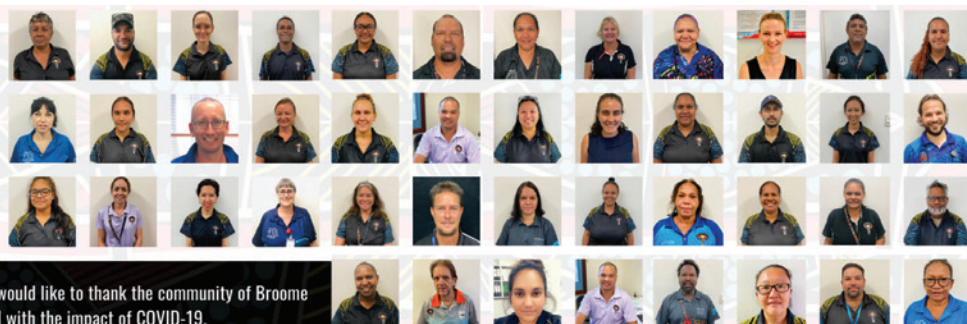
"Enthusiastic, reliable and keen to learn with a lovely caring manner."

Too deadly!

THANKS BROOME!



Broome
Regional Aboriginal
Medical Service



On behalf of the Senior Management of BRAMS, we would like to thank the community of Broome for their co-operation and understanding as we deal with the impact of COVID-19.

These past few weeks have been challenging for us all, as we adjust to the special conditions and restrictions implemented by the Government to stop the spread of the virus.

At BRAMS, we have made a series of changes to the way we deliver services as part of our response to COVID-19, while continuing to provide routine primary healthcare to our patients.

We would like to place on record our sincere thanks to our hard-working staff for the way they have implemented and adapted to the new arrangements, and their ongoing commitment to the health and safety of the local community.

We also acknowledge and applaud the efforts of all health workers across the Kimberley.

Healthy People ~ Strong Community ~ Bright Future



SOCIAL EMOTIONAL WELLBEING TEAM (SEWB)

Meet Our Social and Emotional Wellbeing Team...

Patrick Cox, Rosina Wade, Clinton Cox and
Rowena Puertollano alongside
Cassandra Matsumoto, Health Promotion Manager

Are you concerned about COVID-19? Worried about getting tested? Or are you feeling anxious or stressed about something else? The BRAMS Social and Emotional Wellbeing Team are here to help.

Our multi-disciplinary team is here to support Aboriginal and Torres Strait Islander people who may be facing challenges in their lives which are impacting on their mental and physical health.

We can help you get on top of family pressures, financial issues, and drug and alcohol problems in a confidential and compassionate way. We can also assist you with any concerns you have about Coronavirus.

Our team is familiar with the local community, and understands cultural protocols. We're used to caring for our Community.

Call the Social and Emotional Wellbeing Team for a confidential chat on **9192 1338**, or via email sewb@brams.org.au



TACKLING INDIGENOUS SMOKING

Start Quitting Today

Do you want to give up smoking? Is your parent or partner keen to quit cigarettes? BRAMS can help.

Our Tackling Indigenous Smoking (TIS) team provides a wide range of resources and support services to help you quit smoking.

We have educational tools which explain the way smoking in the home impacts on non-smokers, and how the different chemicals in cigarettes harm the body.

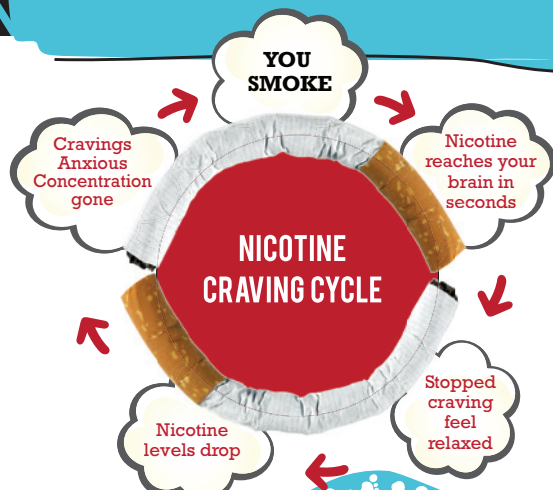
The BRAMS specialist TIS team comprises 3 members and also provides:

- Community workshops on mental health;
- Advice on behavioural change;
- Preventative strategies to help you stay smoke-free;
- Resources for families who want to stop smoking in the home;
- Promotional activities; and
- A culturally-safe service.

Our supportive team is here to help you through every step of your journey to a healthy, smoke-free life.

Call us on **9192 1338** to find out how we can help you today.

BRAMS ... caring for the Broome community for more than 40 years.



Healthy People ~ Strong Community ~ Bright Future

RAP CONTEST



Calling all Indigenous Artist

Write your best
bars to help
spread the
message about
the dangers of
smoking to help
promote healthy
living

<< **How To Enter** >>

Use the beat provided
here include one of the
following words:

**NO
JOOBUCK**

**No Joobuck
Passive Smoking
Smoke Free
Staying Fit**

**STRICTLY NO
SWEARING**
Videos will be
removed

RECORD and **upload**
a **video of yourself**
along with your rap
to Facebook and Tag
**Broome Regional
Aboriginal Medical
Service**

**Competition Entry Ends
15th June 2020**

PRIZES

- 1st** Music Video Shoot
- 2nd** No Joobuck Bundle
- 3rd** \$100 SportsPower Gift Voucher



**Broome
Regional Aboriginal
Medical Service**

**Quitline
137848**

Healthy People ~ Strong Community ~ Bright Future



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



Healthy People ~ Strong Community ~ Bright Future

