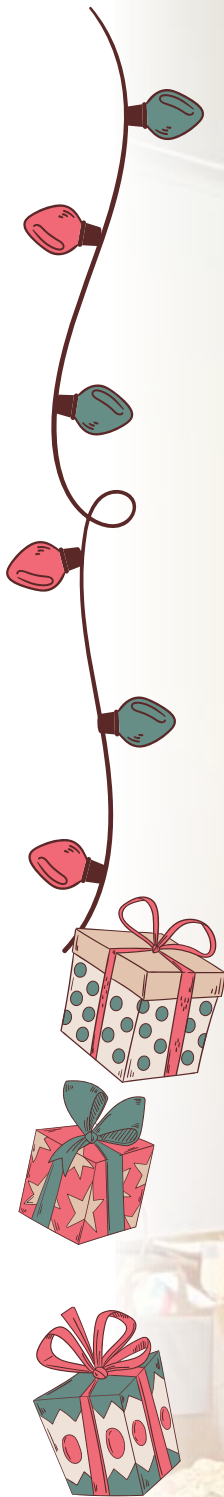


BRAMS

Nov-Dec 2022

NEWSLETTER





**Broome
Regional Aboriginal
Medical Service**

BRAMS *November/December 2022* NEWSLETTER

CONTENTS

CEO Report	3	Wellbeing Informed Care Research Project	12
New Staff.....	4	RACGP Accreditation.....	12
NAATSIHWP Conference	6	International Disability Day.....	13
Sexual Health Conference	6	Employee of Month October	14
An update from our Tackling Indigenous Smoking Team	7	Employee of Month November	14
BRAMS Annual General Meeting	8	Broome Renal 20th Year Anniversary	14
AHCWA Annual General Meeting	9	Staff Profile	15
Farewell to Erina Tanaka	9	Patient Profile	15
Demountable Buildings.....	9	Patient Survey.....	16
International Men's Day	10	Any Size Exercise – Christmas Party....	17
World Diabetes Day.....	10	Staff Awards	18
First Aid Training.....	10	BRAMS Christmas Hours.....	19
Redfern AMS 50th Anniversary Celebration	11	Christmas Messages from BRAMS Staff	20
Family and Domestic Violence Funding	11		



CEO Report



It has been a challenging but successful year at BRAMS, a year of achievement, and a year of growth across all our operations, including the size of our team.

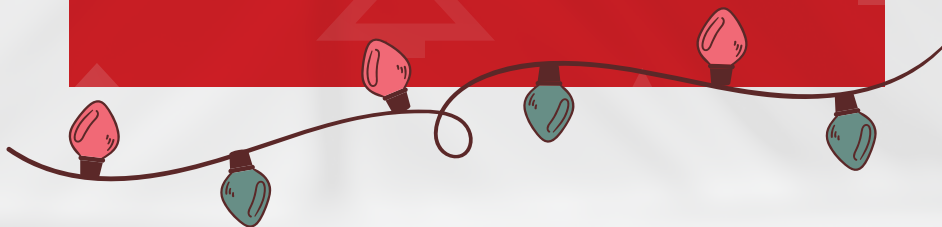
It began with yet another battle against COVID-19 in Broome, and I'm so proud of the way our organisation responded, and the way we worked together to continue providing care to the community.

The last two months of the year have been exceptionally busy, as we finally resumed all of our services, and we have some exciting new programs that we will start delivering in early 2023 that we look forward to sharing with you.

With our community footprint rapidly expanding, we will continue to advocate for funding for a new building in the new year.

As 2022 draws to a close, I would like to wish everyone a very Merry Christmas and a happy and healthy New Year.

Cassie



New Staff

As our services increase, the BRAMS family continues to grow at a rapid rate, and we're delighted to extend a very warm welcome to the newest members of our team:

Korinda Riddington

Aged and Disability Case Worker

Where are you from?

I am Perth-born and bred. I have been wanting to move up to the Kimberley since I was 18, but got sidetracked for a few years travelling the world instead. I have been up in Broome since July 2021, and now I can't imagine living anywhere else.

Role at BRAMS?

Aged and Disability Case Worker

What do you enjoy doing outside of work?

Outside of work I love riding my horse, camping, reading and the odd fishing trip.



Katie McCarthy

(Social Worker)

Where you are from? How long you been in Broome for?

I grew up in Sydney on the Gadigal lands of the Eora Nation. I just moved to Broome, but before this I was living in Fitzroy Crossing and Derby.

Role at BRAMS?

Social Worker

What you enjoy doing outside of work?

Playing footy, beach swims and cooking.



New Staff

Emily Young

Aged Care & Disability Nurse

Where you are from and how long have you been in Broome?

I am from the Pilbara, in a little town called Onslow. I have been in Broome for 4 months.

Role at BRAMS?

My Role at BRAMS is Aged Care and Disability as an Enrolled Nurse.

What do you enjoy doing outside of work?

I enjoy spending time with my family and friends, and anything outdoors like fishing.



Tammy Morato

Support Worker

Where are you from?

I'm from Darwin and lived there for 24 years. I now live in Broome.

Role at BRAMS?

At BRAMS, my role is a Support Worker.

What do you enjoy doing outside of work?

Outside of work, I enjoy going out, fishing, camping and most importantly spending time with my family.



NAATSIHWP Conference

The BRAMS Aboriginal Health Worker Team attended the NAATSIHWP Conference in Sydney from 9- 11 November. It was the first time we have been able to attend this conference in the past two years due to COVID-19.

The conference showcased a host of Aboriginal health practitioners who are leading the way in their communities, sharing stories on their journeys - how some have moved onto completing PhDs, others using innovation and enterprise to establish companies, or being CEOs of Aboriginal health organisations. It was very inspiring to hear.

We had a lot of opportunities to network with AHPs from all around the country, building relationships and learning what programs successfully work in their clinics that we could possibly embrace in the future.

It was the perfect environment to create great bonds with each other.



Sexual Health Conference

Fatimiar & Zennath attended the Sexual Health Workshop in Perth on the 21st & 22nd November.

The workshop covered a variety of sexual health related topic, such as:

- Epidemiology of STI & BBV;
- Syphilis outbreaks;
- Showcase of sexual health and BBV initiatives;
- State-wide project and research presenters; and
- Updates on sexual health and BBV Program activities.



**Aboriginal
Health Council
of Western Australia**

Overall, the workshop was very informative and educational.

Zennath & Fatimiar learned a lot over the two days, and strongly encourage others to attend in the future.



An update from our Tackling Indigenous Smoking Team



Vaping Education at the Schools

In the past month, BRAMS TIS Team has been busy delivering education sessions about the harms and dangers of e-cigarettes to all the students (Year 7 - Year 12) at St Mary's College, and the Year 8 students at Broome Senior High School.

We have received positive feedback from both the teachers and the students, who were attentive and engaged in the classes.



Smoke-Free Workplace

The TIS Team worked together with two local services: Broome Youth & Family Hub and Kimberley Stolen Generation. A workshop was conducted to encourage them to become smoke-free workplaces and help them develop/enforce their own policy.



AnySize Exercise

Melati and Latoyah joined the AnySize Exercise Group and conducted an education session around the dangers of smoking cigarettes and e-cigarettes. The participants had lots of questions around vaping in particular, and why it is causing high addiction rates in younger generation.



Healthy People
STRONG COMMUNITY

BRIGHT FUTURE



BRAMS Annual General Meeting

The meeting was an opportunity for us to share our 2022 journey with our members, and it was especially pleasing to note that BRAMS is in the strongest financial position in the organisation's 40+ year history.

There were no changes to our Board of Directors.

Our Directors are:



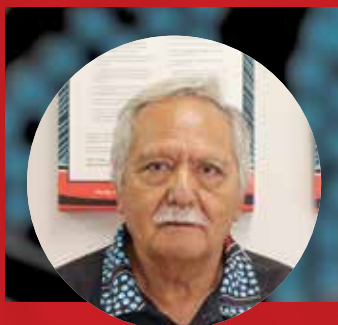
Christopher Bin Kali
Chairperson



Diann Britton



Tony Lee



Philip Matsumoto



Tim Garrett



Kathy Watson



Marie Cox



Duane Tang Wei

Healthy People

STRONG COMMUNITY

BRIGHT FUTURE



AHCWA Annual General Meeting

Chris Bin Kali, Tony Lee, Duane Tang Wei, Kathy Watson and Cassie Atchison attended the AHCWA AGM on 18 November in Perth.

As highlighted at the AGM, the AHCWA team were outstanding in supporting the ACCHO sector during the COVID-19 outbreak.

AHCWA successfully advocated for financial and other resources to be allocated to the AMS's to help with our COVID-19 response, and BRAMS would like to send a huge thank you to the entire AHCWA team for this support.



Farewell to Erina Tanaka

On 20 December, BRAMS said a sad farewell to Erina Tanaka.

Erina has worked at BRAMS for the past eight-and-a-half years in a variety of roles, and we thank her for her service and dedication to the Aboriginal health sector.

Our loss is West Kimberley Futures gain, as Erina is joining the WC Futures team in February 2023 as Corporate Services Manager.

Best of luck for your next adventure, Erina!



Demountable Buildings

BRAMS has literally outgrown our building!

We officially have no room left for our new staff. As a consequence, we have recently had two demountable offices installed, and due to some new programs coming in 2023, we are sourcing another demountable office.



Healthy People

STRONG COMMUNITY

BRIGHT FUTURE



International Men's Day

On Friday 18th November we had paid homage to International Men's Day by having a local Men's session in the specialist centre. It was an all-male event and saw a good number of men show up to engage with BRAMS about their health.

The gathering was also a good opportunity to yarn, and the men enjoyed having the place to themselves! It will hopefully be something we can do more regularly in the future.



World Diabetes Day

November the 14th was World Diabetes Day, and the theme for this year was Education to Protect Tomorrow.

Ayesha, our chronic disease nurse, collaborated with Boab Health dietitians and Menzies Youth T2M project officers to run sessions at the 2022 Year 9 Deadly Divas Day in Broome.

The young girls learnt about the effects of sugar, specifically in soft drinks and juices, and they were all taught how to read drink labels and determine the amount of sugar that is in each drink.

Education was also provided on healthy, high-carbs food to get their bodies prepared for playing sports such as football and basketball.

The girls ended the valuable session by creating their own healthy fizzy drinks.



First Aid Training

Our Clinical Administration Team attended a two-day first aid course with St John Ambulance.

The group enjoyed the course, including learning how to use a defibrillator and an EPI Pen.

A huge thank you to our facilitator Lee-Anne Harley.



Redfern AMS 50th Anniversary Celebration

On 26 November, Chris Bin Kali, Anthony Lee and Philip Matsumoto travelled to Sydney to attend the Redfern AMS 50th Birthday celebrations.

The AMS Redfern was the first Aboriginal Community Controlled Health Service in Australia, and it was instrumental in supporting BRAMS to open its doors 44 years ago.

BRAMS would like to congratulate Redfern AMS on achieving this outstanding milestone, and we look forward to the next 50 years.



Family and Domestic Violence Funding

BRAMS is pleased to announce that we have been accepted as a trial site to implement a 15-month project to deliver a Family and Domestic Violence program through AHCWA. The project aims to:

- Provide a culturally responsive and holistic FDV service, including case management and wrap-around support;
- Provide a crisis response; and
- Raise awareness of FDV in the community through culturally responsive education.

The project will include the following positions:

- Team Leader
- Social Worker
- Case Support Workers x 3



Wellbeing Informed Care Research Project

This new research project aims to improve clinical responses to the experiences of trauma that many Aboriginal patients experience, and the impacts this has on their healthcare access and engagement.

The collaborative project is led by the Rural Clinical School of Western Australia and the University of Western Australia's Medical School, in partnership with KAMS and the Transforming Indigenous Mental Health and Wellbeing Research Project.



RACGP Accreditation

On 2 December, BRAMS underwent accreditation against the Royal Australian College of General Practitioners' Standards.

We are pleased to advise that BRAMS exceeded all standards and received positive feedback about our Model of Care.

We would like to thank our assessors Tony and Janine for such a positive experience.



International Disability Day

On Friday 2 December, we celebrated International Day of People with Disabilities, with an Art Exhibition and Morning Tea from the Peer Support Group and Carers Art Therapy Groups.

These groups have been successfully operating on Tuesdays and Thursdays throughout the year, and the event was a way to celebrate the hard work, talent, creativity, and participation of all the attendees this year.

The artists were given an art book and oil pastels as a small gift, and attendees of the exhibition could choose self-care items to take home. There was a door prize of pastels, paints, brushes, and canvases. Congratulations to Justin Sampi who won the goodies!



NDIS PEER
SUPPORT
GROUP AND
CARERS ART
THERAPY
GROUPS

Healthy People
STRONG COMMUNITY

BRIGHT FUTURE



Employee of Month October

Kara Farrell

"Kara has worked so hard in October, helping to deliver Mental Health Week workshops and information, supporting the National Carers' Week morning tea event, and the two Children's Week events.

"Kara has also stepped up to co-facilitate the NDIS groups while Candice was on leave - all this on top of her usual case load. Kara is always happy to step in and assist her colleagues and has been a huge help to me this month."



Employee of Month November

Brad Close

"Brad has been legendary throughout November. He has been working extraordinarily hard with some staffing challenges.

"He has been able to get countless numbers of PIP forms which helps to generate income and improve what we do here at BRAMS.

"He does all of this with a smile and great attitude. Well done Brad on your phenomenal work."



Broome Renal 20th Year Anniversary

On 13 November, Kimberley Aboriginal Medical Services celebrated 20 years.

The Centre opened its doors in 2002, and was officially opened in October of that year by the Hon. Sue Ellery, on behalf of the Health Minister, Hon. Bob Kucera and Frank Sebastian.

Dr Cheryl Fitzgerald played an integral role at the Centre as the Dialysis doctor in providing primary health services in-house and on-call with the other BRAMS doctors. In 2008, BRAMS nominated the Centre at the NACCHO Community Service Awards, where the Broome Dialysis Centre was awarded the National Aboriginal Excellence Community Service Award.

That same year, BRAMS had to make the difficult decision to hand over the service management to KAMSC Inc due to financial restraints. The operations, equipment, and all assets, except for the building, were transferred to KAMSC Inc, and the full transfer of the building was completed three years later in 2011.

Today, BRAMS supports the dialysis patients through our chronic disease program, where we have a dedicated Chronic Disease Team which consists of a Team Leader, Aboriginal Registered Nurses and a GP.

The team provides primary health care services and case management support to dialysis patients and weekly visits to the Kimberley Satellite Dialysis Centre.



Staff Profile

Andreia Alves de Oliveira

Where you are from?

I'm from Brazil and I've been living in Broome for 6 years.

What is your position at BRAMS?

I'm Aged and Disability Intake officer.

How long have you worked at BRAMS for?

I've been working at BRAMS for almost 3 years.

What do you enjoy most about working for BRAMS?

The best thing about working at BRAMS is being part of family. I am very grateful to be able to help the community where I live.



Patient Profile



John Bennett

Where you are from?

I am from Bidyadanga..

How long have you been attending BRAMS?

I have been attending BRAMS for the past few years, but I also go to Bidgy clinic.

What do you enjoy most about coming to BRAMS?

I like coming into BRAMS to get health check-ups as they are important.

Are there any improvements you would like to see at BRAMS?

No. I am very happy with the service.



Patient Survey

Can you rate how your visit was today?

Every year we ask our patients about their experiences of accessing our primary health care services. We ask about their views and concerns, being heard, our clinical knowledge, and their treatment and care.

To facilitate this, BRAMS has developed a Patient Satisfaction Survey that enables patients to share their experiences of treatment and care in a way that best suits their needs.

The feedback from the survey shows us what we're doing well, and the areas where we need to improve.

Surveys were undertaken between September and October 2022, and more than 767 patients were interviewed.



Over **92%** of patients rating their visit to BRAMS as 'Excellent', 'Very Good' or 'Good'.

Over **94%** of patients reported that reception staff were 'Excellent', 'Very Good' or 'Good'.

Over **80%** of patients reported that the waiting times were 'Excellent', 'Very Good' or 'Good'.

Over **96%** of patients reported that staff professionalism was 'Excellent', 'Very Good' or 'Good'.

Over **93%** of patients reported that the way staff explained answers to their concerns and expectations was 'Excellent', 'Very Good' or 'Good'.

Over **95%** of patients reported staff confidentiality as 'Excellent', 'Very Good' or 'Good'.

Over **96%** of patients rated staff competency as 'Excellent', 'Very Good' or 'Good'.

Over **98%** of patients rated GP communication as 'Excellent', 'Very Good' or 'Good'.

Over **98%** of patients rated their overall satisfaction of BRAMS as 'Excellent', 'Very Good' or 'Good'.

Overall, we were extremely pleased with the feedback, but remain ever-conscious of ways to refine and improve our service delivery even further.



Any Size Exercise – Christmas Party

This year's **AnySize Exercise Program** was a great success!

During the year, the group went on country walks, did exercise circuits using the free equipment at Town Beach, water aerobics at the BRAC, and boxing/self-defence classes with FIT'n'FIZEEK.

We also had a range of specialists come to deliver health and wellbeing talks which were very informative for the group, who have been able to apply that knowledge to their everyday lives. We cooked up a storm trying different recipes from the live lighter website.



We can't wait for next year to keep smashing our health and wellbeing goals!





Staff Awards

*Congratulations to our 2022
Staff Award Winners!!*

Employee of the Year



Trevor Cox

GP of the Year



Dr Cathy Harris

Mentor Award



Billy Martin

Teamwork Award



Brad Close

Innovation Award



Stacey Larke

Outstanding Leadership



Mel Prewett

Customer Service



Barry Rattigan

Most Improved



Decovan Lane

CEO Recognition



Zennath Malay

Most Dedicated



Vivian's Souza



BRAMS Christmas Hours



BRAMS WILL BE CLOSED FOR THE FOLLOWING DATES

From 12pm, Thursday 22 December
Friday 23 December

Monday 26 December (public holiday)

Tuesday 27 December (public holiday)

Wednesday 28 December

Thursday 29 December

Friday 30 December

Monday 2 January (public holiday)

We will re-open on Tuesday 3 January, 2023.



Christmas Messages from BRAMS Staff

Child Health Clare and Erika

Clare and Erika would like to wish everyone a safe and joyful Christmas and New Year.

Don't forget BRAMS is back open Tuesday, 3 January 2023, so make sure your children have up-to-date immunisations, vaccines and a health check before they head back to school!



Family and Community Services

On behalf of the Aged and Disability and Psychosocial Team at BRAMS, we would like to wish you all a very Happy Holiday.

This time of year can be tough for many people, so it's a great time to check in on each other, and remember to give yourself the gift of self-care. We hope you enjoy this time and you have a great year in 2023.



Clinic Aboriginal Health Workers Practitioners

On behalf of the clinic, our Aboriginal Health Workers and Practitioners at BRAMS would like to wish you and your families a Merry Christmas. We look forward to seeing you all in 2023!



TIS Latoyah, Latrell, Melati

Our Deadly TIS Team wishes you and your family a Merry Christmas and a Happy New Year!



SEWB

Mikka, Albert & Kara

Hello everybody!

We want to wish you a Merry Christmas and Happy New Year.

This time of the year can be stressful and overwhelming, so it's important we take care of ourselves, our families, and friends.

Here are some tips to help you or someone else in need.

A Grounding Exercise:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

OR

A Box Breathing Exercise:

- Inhale 4 counts
- Hold 4 counts
- Exhale 4 counts
- Hold 4 counts



If you have a medical emergency or are in crisis, here are some phone lines that you can reach out to for support:

000 – Emergency

1800 552 002 – Rural Link

1800 55 1800 – Kids Helpline

13 11 14 – Lifeline

1300 224 636 – Beyond Blue

13 92 76 – 13 YARN

Healthy People

STRONG COMMUNITY

BRIGHT FUTURE





**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

