

**BRAMS**

Oct 2022

# NEWSLETTER







**Broome**  
**Regional Aboriginal**  
Medical Service

# BRAMS *October 2022* NEWSLETTER

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## New Staff

BRAMS is delighted to welcome the following staff to the Team:

### *Ayesha Skeen*

I'm originally from Brisbane, my mob is Gubbi Gubbi (Sunshine Coast area) and I'm also South Sea Islander with strong family connections to the Bundaberg region.

I'm very new in my role as Chronic Disease Nurse and have only been here a few days so far.... but loving it!

I love listening to a good podcast and going for beach walks to unwind. I also enjoy camping and fishing with my husband and 2 dogs.



### *Elizabeth (Liz) Willis*

My name is Liz and I am a Physiotherapist in the Aged and Disability team at BRAMS.

My role is to help people move safely and become stronger to do the things that are important to them, like getting around at home or playing sports that they enjoy.

I will be working with people who are accessing the National Disability Insurance Scheme (NDIS) and those who are transitioning out of the hospital back to living in the community (TCP).

It has been a goal of mine to work at BRAMS and work with the community as a physio since moving to Broome 2 years ago, and I am really excited to have the privilege of doing this role.

It is important to me to be working with an organisation like BRAMS that is guided by the community. I moved to Broome from Darwin, where I worked for a not-for-profit organisation that supported people living with Machado Joseph disease across the Northern Territory.

I live in Broome now with my 6-year-old son and we enjoy the beach, camping, playing lots of different sports, catching up with friends and exploring beautiful country.





## Employee of the Month

### *Jaden Howard*

"Jaden has shown excellent qualities in the clinic. He is always so enthusiastic to learn and to help. He is not afraid to say that he doesn't know, but he's equally unafraid to work independently, and he just gets on and does things – like dressings, needles etc. He has now even started putting in the billing numbers, which is just brilliant. He is a joy to work with and has a brilliant sense of humor and attitude to life. Well done Jaden!"



## Staff Changes



*Jodi Shadforth*  
Finance and Compliance  
Officer



*Rusel Thomson*  
Corporate Services  
Administration Officer



*Kristine Chadwick*  
Senior Medical  
Receptionist



*Cassandra Matsumoto*  
Cultural Security &  
Engagement Manager



## World Mental Health Week

To recognise WA Mental Health Week, SEWB workers Stacey and Kara facilitated an afternoon Self-Care and Art Therapy session with the BRAMS team.

Staff were invited to engage in a shared image-making activity, exploring themes of happiness, strength, safety and wellness, in colour shape and form.

Participants worked together to choose colours and shapes that reflected these feelings, using acrylic paint across multiple boards, and the final image was then divided into singular paintings which staff were able to keep.

There was also an opportunity to create an individualised self-care plan reflecting on 4 areas of looking after yourself – through your mind, body, spirit and environment.

*Stacey Larke*



## KAHRA Workshop

The Kimberley Aboriginal Health Research Alliance Forum was held in Broome on 12 October.

The Forum was about celebrating progress in Aboriginal health research, and several guest speakers shared their experiences about their work in the field.

Sandi & Delia attended the Forum on BRAMS' behalf, and gave a presentation on 'Working within the ACCHO Model of Care'.





# National Carers Week



BRAMS received sponsorship from Carers WA and Lotterywest to celebrate carers in community during National Carers Week.

We held a morning tea event in the Wellness Centre where carers could engage in different activities, including creating an individualised self-care plan, making bush flower soap and building dream-catchers.

There were goody bags with information on Carers WA and lots of self-care items to pamper our amazing carers in community.

If you or someone you know would like to attend a carers group in the future, the Carers Art Therapy Group runs on Thursdays from 10am – 12pm at BRAMS.

This is for anyone who provides care to others in community, both male and female, Indigenous and non-Indigenous. For more information contact Stacey on 0448 680 161 or to register contact Andreia on 0437 093 771 email [intake@brams.org.au](mailto:intake@brams.org.au)



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# Children's Week

BRAMS celebrated Children's Week with two great events - a Lego Building championship, and an Art and Craft afternoon.

We had a great turn out, especially for the Art and Craft afternoon, where the kids learnt how to make super soft scented glitter playdough, and their own set of juggling balls.

Face painting was also on offer, with some children choosing to be turned into tigers, others Spiderman, basketballers, dragons, butterflies, snakes and unicorns.

A group mural was created and all the children got to take home a lucky dip door prize.

Thanks to all those who attended and helped us celebrate the wonderful children in our community!



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# Yawardani Jan-Ga Visit – Helping Horses

On 14 October, BRAMS staff members Sandi Matsumoto, Hayley Pearson, Elaine Harris and Zennath Malay attended the Yawardani Jan-Ga program to gain knowledge on this unique program and its referral process.

Yawardani Jan-ga aims to help and provide support to young Aboriginal people through connections with horses. Yawardani Jan-ga means 'Helping Horses', and while the program is based in Broome, it helps young people from all around the Kimberley and Pilbara.

The referral process can be done by individuals, family members, your health professional and your school.



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## World Food Day

World Food Day is celebrated annually on the 16 October. It is an international Day of Observance that aims to raise awareness of ongoing efforts to eliminate poverty, hunger, food insecurity and malnutrition.

To mark the occasion this year, BRAMS staff donated non-perishables hampers to two local food charity groups, Feed the Little Children (Broome Youth and Families Hub), and the Breakfast Club (Centacare Kimberley).

A very big thank-you to all the staff who contributed, and a reminder that these organisations are always looking for donations, so if you have something to offer, please do.



## Foot Health Month

October was foot health month at BRAMS, in collaboration with the Kimberley Foot Initiative Project.

Prior to its commencement, we up-skilled all of the clinic staff - including AHP students - on how to assess and complete diabetes foot checks.

The foot checks were offered to clients who live with diabetes and pre-diabetes, and includes:

- examining the client's feet;
- assessing the client's feeling in their feet;
- feeling for pulses and adequate blood flow; and
- providing education to the client about good foot-care practices.

These checks are vitally important in preventing diabetes complications in later life. In performing them, we can normalise the idea of getting your feet checked every year, refer a client on to a podiatrist in a timely manner, and help prevent clients being hospitalised or requiring amputations from chronic foot ulcers.

Come and see us as soon as possible if you have any concerns about your feet, as prevention is the key.

*Soleil White*



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## Meeting with Mr Romlie Mokak

On 17 October, Cassie Atchison and Cassandra Matsumoto meet with Mr Romlie Mokak and his team from the Productivity Commission.

Mr Mokak is undertaking a progress review of the all-important Closing the Gap reforms.

It was a great opportunity to discuss BRAMS' Model of Care, and explore the possibility of further improvements in relation to shared decision-making with government departments.



## TIS Basketball Competition

The BRAMS Tackling Indigenous Smoking Team attended the annual Broome Junior Basketball Carnival on 4 - 5 October.

The tournament presented the perfect opportunity for the TIS team to engage with young people and their families from across the Kimberley, and provide education on the harms and dangers of smoking cigarettes and e-cigarettes.

It was a great turnout, with a lot of young participants willing to learn and ask questions about what smoking and vaping does to their bodies.





## Staff Profile

### Diandra Cox

#### Where you are from?

I grew up and lived in Broome all my life.

#### What is your position at BRAMS and list any qualifications?

I'm the Corporate Services Manager, currently completing Accounting and Bookkeeping through Monarch University.

#### How long have you worked at BRAMS for?

7 Years!

#### What do you enjoy most about working for BRAMS?

I enjoy working behind the scenes in helping our community and their health needs.

I have witnessed our workforce grow, and opportunities for our staff to have personal growth and become leaders, including myself.



## Patient Profile



#### Name and where you are from?

My name is Rosetta Sahanna and I am from Broome.

#### How long have you been attending BRAMS?

I've been attending since BRAMS first opened its doors.

#### What do you enjoy most about coming to BRAMS?

I enjoy seeing the Doctors and Aboriginal Health Workers. They provide good service.

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

I would like to see more improvements in Reception, around answering the phones.







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