



SUMMER BAY
SURF LIFE SAVING CLUB

BRAMS DEC 23/JAN 24
NEWSLETTER



Healthy People

STRONG COMMUNITY

BRIGHT FUTURE



Contents

- CEO Report and Welcome..... 3
- “What’s Your Move?”** Campaign 2024 4
- Staff Awards 2023 6
- Heart Kids Camp 2024..... 8
- No Joobuk Tackling
 Indigenous Smoking Quit Packs 10
- Keep track of your smoke-free days 12
- Aboriginal Health Worker Graduation 13
- New Staff ~ Welcome to the Team..... 14
- Congratulations Albert 15
- Art Exhibition 16
- 2023 BRAMS Newsletters 18

CEO Report and Welcome

Cassie



The end of 2023 capped a year of strong organisational growth for BRAMS, and that trend is expected to continue as we head into 2024 in earnest.

I'm pleased that our hardworking staff had time for a good break over the holiday period, and have come back to work refreshed and relaxed, and ready to tackle some new projects on the agenda.

The year started with our 'What's Your Move' campaign – you can read all about it below.

I'm also excited to welcome several new employees to BRAMS, as we strive to exceed the very high standards we set in the delivery of Aboriginal health services to the local community.

As an organisation, we care about giving our staff every opportunity to perform at their best. We have assembled a growing team of self-motivated and mission-driven individuals who put the community at the centre of everything they do.

Employee experiences are the most trustworthy example of an organisation's culture, mission and values, and we look forward to getting to know our new colleagues more closely, and embracing the significant contributions they will make to our work.

A warm welcome to the newest members of the BRAMS family:

Mark Craige
Aged and Disability
Support Worker

Terence Stone
Physiotherapist

Chelsea Smoker
SEWB Team Leader

Cora Bartholomew
Integrated Community
Care Nurse

**Ellen
Taylor-Hawkins**
GP Registrar

Natasha Dean
GP Registrar

Rebecca Phillips
HR Officer

Ruby Matthews
Women's Health
Nurse

Tamisha King
GP Registrar

Healthy People

STRONG COMMUNITY

BRIGHT FUTURE



“What’s Your Move?” Campaign 2024

January is the peak time for people to make health changes in their lives, with many pledging New Year’s resolutions in one form or another.

BRAMS took this opportunity to encourage our patients to make positive changes that improve their health and wellbeing.

The key messages were to move more, eat well, quit the smokes, yarn about your social & emotional wellbeing with others, or get a health check.

Patients were offered incentives for health checks, including family pool passes to BRAC that promoted ‘moving more’ and family time, and diabetes resources to help people ‘eat well’ and prevent or manage their diabetes.



what's your move in 2024?

BENEFITS OF QUITTING

Did you know your body starts recovering in just 8 hours after quitting the smokes?

Contact BRAMS for quit support >>

what's your move in 2024?

- ✓ Doing something is better than nothing.
- ✓ Start with 5mins and build up.
- ✓ Make it fun with family, walking, swimming, fishing or gardening.

Want to fight back and prevent type 2 diabetes?

what's your move in 2024?

A healthy plate looks like this...

1. 1/2 non-starchy vegetables or salad.
2. 1/4 protein that's your fish, meat or eggs.
3. 1/4 starchy foods that's rice, pasta, potato or bread.



Staff Awards 2023

BRAMS values the commitment, dedication, compassion and respect of all our employees, who truly go above and beyond their expectations.

For these reasons, we were delighted to celebrate and appreciate the incredible work undertaken by the BRAMS family over the past 12 months.

For many, it was a tough slog as they assisted in our response efforts during the Fitzroy Crossing floods – thank you for your tireless contributions.

The hard work of being on the frontline and caring for our patients while going the extra mile to support their colleagues and teams was admirable and worthy of celebration.

We would also like to show recognition to those who were not in attendance - Dr Josh Jeyaraj for the Consumer Advocacy Award, and Albert Bevan for the Resilience in Crisis Award.



Well done to all for
your efforts!



Family and Domestic
Violence Team

Innovative Program Award

Healthy People

STRONG COMMUNITY

BRIGHT FUTURE



Biance Ternes
Outstanding
Leadership Award



Tammy Morato
Excellence in NDIS and
Aged Care Services Award



Ayesha Skeen
Holistic Health
Practitioner Award



Katie McCarthy
Resilience in Crisis
Award



Decovan Lane
Employee of the Year
Award



Viviane Souza
CEO Recognition
Award



Heart Kids Camp 2024

Decovan and Yasmeen attended the Heart Kids Teen camp in Sydney on January 13, a gathering which brought together Indigenous children with ARF/RHD aged between 12-17 years.

The students got to meet and interact with other teens from around Australia with the same diagnosis.

There were numerous planned activities scheduled over the 3 days, including sand painting, kayaking, paddle boarding, damper-making, dance, archery, go-cart making/riding, swimming, visiting the Sydney Zoo, NRL with Kenney Cherrington, and a bus ride to Summer Bay, where Home and Away is filmed.

The teens also had the opportunity to ask questions about their conditions to nurses, doctors, and a Cardiologist who specialises in the field.

Decovan and Yasmeen enjoyed bonding with the group and getting to know them better.

The main highlights were going to the zoo, making new friends, and encouraging the teens that they can do anything to which they put their minds.



Some feedback from those who attended the camp:

“I liked making new connections and becoming more independent; I’ll definitely love to come back to another camp like this. It was also good to have Yasi and Decovan with us.”

Gina

“I liked the zoo as I have never been to the zoo before, and also being out on the water kayaking. I would love to come back as it got me out of my comfort zone.”

Marjorie

“I liked kayaking and the chip on the stick at the zoo, and also being supported by Decovan and Yasi.”

Taio

BRAMS **NO!**
JOOBUK
Tackling Indigenous Smoking



No Joobuk Tackling Indigenous Smoking Quit Packs

With a lot of program activities on hold for the holidays, the No Joobuk team put together useful quit packs to encourage people to give up smoking.

The packs included a 60-day challenge calendar, stress ball, fidget spinner, stop the craving cards and more!

The feedback from consumers has been great, and there have been a lot of people reaching out for the packs.

You can ask the No Joobuk team or any staff member at BRAMS to get your hands on a pack today.





Keep track of your smoke-free days



BRAMS NO! JOOBUK Tackling Indigenous Smoking

60 DAY SMOKE-FREE CHALLENGE

and happy as can be

Keep track of your smoke-free days
 Place your smoke-free daily sticker on the Calendar.

WEEK 1: 1 (with 'YOU GO THIS' sticker), 2, 3, 4, 5, 6, 7

WEEK 2: 8, 9, 10, 11, 12 (with 'YOU GO THIS' sticker), 13, 14

WEEK 3: 15, 16, 17, 18, 19, 20, 21

WEEK 4: 22, 23, 24, 25, 26, 27, 28

WEEK 5: 29, 30 (with 'HALF WAY' sticker), 31, 32, 33, 34, 35

WEEK 6: 36, 37, 38, 39 (with 'NEAR THERE' sticker), 40, 41, 42

WEEK 7: 43, 44, 45, 46, 47, 48, 49

WEEK 8: 50, 51, 52, 53, 54 (with 'NEAR THERE' sticker), 55, 56

WEEK 9: 57, 58, 59, 60 (with 'YA MADE IT!' sticker)

5 DEADLY D'S

- DELAY** Try waiting 10 minutes when you need a smoke
- DISTRACT** Shift your attention away from smoking
- DRINK WATER** Stay hydrated, drink plenty of water
- DEEP BREATHING** Take long, deep abdominal breaths
- DISCUSS** Discuss your cravings with someone who understands

NEED HELP?
 2 Dora St, Broome
 08 9194 4800

www.brams.org.au





Aboriginal Health Worker Graduation

In January 2023, BRAMs employed four new Aboriginal Health Worker Trainees - Amanda Lawford, Shona Coffin, Leslie Parker and Candice Purdie, who were previously employed as our Family Support Workers.

Throughout the year, the trainees were required to complete a Cert IV in Primary Health Care, which included a mix of study blocks at KAMS and 500 hours of clinical placements at BRAMs.

During these study blocks and clinical placements, trainees learned a whole range of clinical skills, such as basic first aid, wound care management, medication administering, collection of venous bloods, general observation taking, as well as supporting patients in their social & emotional wellbeing.

In January this year, all four students graduated with KAMS, and are now qualified Aboriginal Health Workers.

Since graduating Amanda, Shona, Candice & Leslie have joined the BRAMs Clinical Services Team; Shona, Amanda and Leslie are based in the clinic, and Candice has joined our Child Health Team as Child Engagement Officer.

Well done to all!

New Staff ~ Welcome to the Team

As our organisation continues to grow, BRAMS would like to welcome the following people to the team.



Ruby Matthews
Women's Health Nurse



Rebecca Phillips
Human Resources Officer



Cora Bartholomew
Integrated Community
Care Nurse



Tamisha King
GP Registrar



Mark Craige
NDIS Aged & Disability
Support Worker

Congratulations Albert

BRAMS would like to congratulate Albert Bevan, one of our SEWB Case Workers, for completing his Certificate IV in Mental Health with KAMS.

Well done Albert!



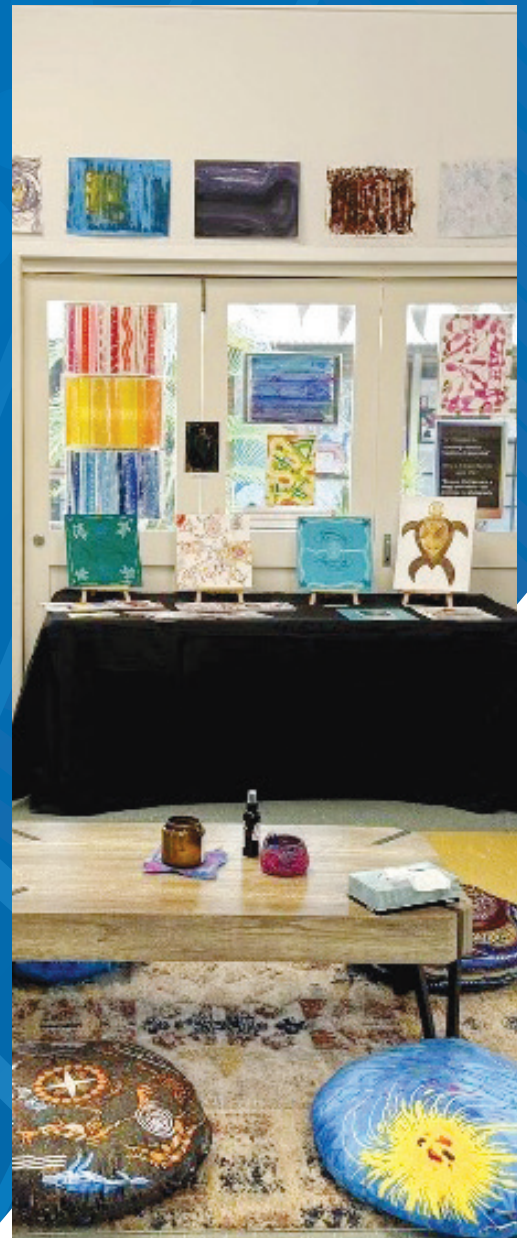


Art Exhibition

BRAMS celebrated International Day of People with Disability in early December with an exhibition of art by participants (past and present) who have been part of the art therapy groups this year.

All current BRAMS NDIS clients, group participants, agencies in the disabilities sector, agencies with whom we have collaborated, and BRAMS staff were invited along, with the event advertised on shire media outlets and BRAMS' own social media.

We would like to thank the Broome Shire for working in partnership with us on this important event.



2023 BRAMS Newsletters



Visit our website for a copy
www.brams.org.au/news/

2023 BRAMS Newsletters



Visit our website for a copy
www.brams.org.au/news/



Broome
Regional Aboriginal
Medical Service

08 9194 4800

2 Dora St
Broome WA 6725

PO Box 1879
Broome WA 6725

www.brams.org.au



Healthy People

STRONG COMMUNITY

BRIGHT FUTURE

BRAMS