

# BRAMS

FEB/MARCH 24  
NEWSLETTER



Healthy People

**STRONG COMMUNITY**

**BRIGHT FUTURE**

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# CEO Report and Welcome

*Cassie*



## *February at a glance...*

The month of February was fabulous, albeit busy!

Read on to hear from our new Director, Belinda Henshaw, and an Advanced Care Plan that will help our older people plan their care in later life.

We're delighted to welcome a new Sports Doctor to BRAMS, and our TIS team have been kept on their toes spreading the message about the benefits of quitting.

We've got one eye on the month of May, with the launch of our exciting new Kids Club, which you can read more about in the pages below.

## *March at a glance...*

March was a busy month at BRAMS.

Dr Jonno hit the road for two important conferences in Perth, while Stacey began a new Supervision process that will encourage all staff to critically reflect on their work and their roles.

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

Alice Boardman and Hartini Teh.

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## Starting the Yarn

It's important to yarn about your future care.

Have you thought about what would happen if you became very sick?

What if you got too crook to speak for yourself?

What do you want to happen when you are getting close to your time to pass away?

## Advanced Care Plan Tool

The Advanced Care Plan is a document specifically for First Nations Aboriginal and Torres Islander people living in the Kimberley, which enables them to document their wants and wishes about care during their later lives and as they head towards their end-of-life journey.

The program originated through the Australian Digital Agency in partnership with ACHWA, where it became a BRAMS mission to create a more culturally appropriate care plan for the people of the Kimberley.

Since 2022, Solly has spoken to several members of the community about their Palliative Care journey and their experiences completing an Advanced Health Directive/ Advanced Care Plan. They expressed positive feedback and said they felt comfortable using a document that was created for Aboriginal people, by Aboriginal people, and which was specific to the Kimberley region.





The BRAMS Advanced Care Plan has been designed to be easy to read and easy to use. You can do sections at a time, and change it as often as you would like. Most importantly, it's a holistic approach to planning your future.

This will guide doctors and other clinicians at BRAMS or the Hospital, and also help your family make informed decisions about your care that reflect your wishes, if you are unable to make those decisions yourself.

It's important to start the yarn now about your future, and we at BRAMS can guide you through this new helpful new document.

# Allied Health Physiotherapy

Physiotherapy has been a rapidly growing service at BRAMS over the past 9 months.

The addition of a new Physiotherapist based in our primary health care clinic - Mr Jai Newton - allows for a greater capacity to work closely with BRAMS clients in addressing all manner of pains, limitations and goals.

BRAMS is always striving to provide the community with access to the highest-quality healthcare, and we can now proudly add Sports Doctor to the list of services we deliver with the arrival of Dr Nathan Luies.

Having this close working relationship between the Physiotherapist and Sports Doctor allows for the most timely and effective treatment and management of musculoskeletal injuries in the Kimberley.



## First Nations Aged Care Commissioner

BRAMS is delighted to have hosted Andrea Kelly, the Interim First Nations Aged Care Commissioner.

Andrea's role will be crucial in advocating for culturally-responsive care for Aboriginal people throughout Australia, and we are looking forward to collaborating with her in the future.



## Germanus Kent House Group Visit

This month our BRAMS Gunada Group at Gemarnus Kent House was lucky enough to sit back and enjoy the music of Simon Williams.

Simon kindly gave of his time to play some rock 'n roll and country tunes, which everyone loved singing along to.

A huge thanks to Simon for his entertaining performance!

Our Gunada Group is a weekly wellbeing group held at Gemarnus Kent House where participants can relax, connect with each other and their community, make art, listen to music, and improve their social and emotional wellbeing.



## No Joobuk, Tackling Indigenous Smoking

The team have hit the ground running this month with a busy calendar of program delivery.

In Bidyadanga, the Mums 'n Bubs group continued to learn more about how to make healthy smoke-free safes spaces for their families. The women created beautiful photo frames and baby onesies as they yarned with the No Joobuk educators.

The Men's Shed in Bidgy reopened and our educator supported a pool competition and BBQ to meet the men in the community. Information and advice were shared to help make smoke-free homes and cars, and provide valuable support to cut back and quit smoking for good!

The team also delivered sessions to the Nirrumbuk Pinakara, Jump Start Program. The first session gave participants an overview of the benefits of not smoking/vaping, including the health impacts, and the second session supported participants wanting to make a quit attempt. The team ran activities to build new skills that will help them on their quit journey.

In the coming weeks, the RHD prevention program, Sexual Health and SEWB teams will run education sessions and our clinic team will offer 715 Aboriginal Health Checks to the Pinakara program to give the young people a jump start on their health!







## Sorry Day

Sorry Day this year was held on 13 February, with the Kimberley Stolen Generation Aboriginal Corporation putting on another great event at the Convention Center to commemorate and acknowledge the strength of our Kimberley Stolen Generation survivors.

It was a team effort from BRAMS, with staff members from across the organisation attending on the day to talk about the different services and programs that BRAMS has available for our community, especially those which can support our Elders.



# Sexual Health Week

## 12<sup>th</sup>-18<sup>th</sup> February

The theme for Sexual Health week was Absolutely Everybody. The meaning behind the theme is that everybody has the right to sexual health information, education, and safety.

Sexual Health Week also saw the return of Condom Man; you might have seen him on our social media channels, or around the BRAMS clinic, conveying the message that never gets old: 'Don't Be Shame, Be Game, Wear a Condom!'

Our staff are looking fabulous in new shirts promoting sexual health checks, and we launched a new sexual health check card to help get the conversation started.

We understand that some things are hard to talk about, and for some people that can be sexual health. Patients can now follow the steps on the card, tick the boxes, and hand it to their health worker or doctor, who can start the conversation with them - easy!



Condom Man





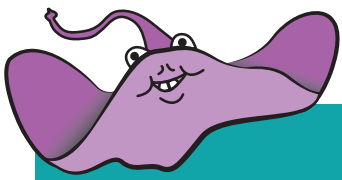
Sexual Health Week is a great opportunity to shine a light on this important area of health, but it's important for everyone who is sexually active to get checks regularly, even if you don't have any symptoms.

This helps stop the spread of sexually transmitted infections and diseases in the Kimberley.





I'm **STINGRAY**, I like eating healthy tucker it helps me grow up strong!



# BRAMS Kids Club

It's an exciting time in health promotion with the BRAMS Kids Club getting ready to launch in May this year.

The aim of the Kids Club is to engage children and families in a fun and educational way, and to motivate them to complete an Annual Health Check.

There are four characters in the club's Saltwater Gang; Dugong, Bluebone, Crab and Stingray, and they each have a theme - healthy eating, emotional wellbeing, physical activity, and healthy teeth.

**Keep an eye out for our naming competition, with prizes on offer for each winning name chosen.**



I'm **BLUEBONE**, I look after my teeth by brushing every day, water is the best drink when I'm feeling thirsty.



I'm **DUGONG**, when my emotions feel big, I yarn with family and friends, it makes me feel connected and strong.



I'm **CRAB**, I like playing on the beach with friends, moving my body keeps me healthy and feeling good.

# New Director Belinda Henshaw

**My name is Belinda Henshaw and I have recently joined the board of BRAMS as a Director.**



As an Indigenous woman who lives in Broome, I have a vested interest in seeing quality health care services provided to Aboriginal people who live in the Kimberley.

A bit of background on my family. On my grandfather's side of my family, I am a Nyul Nyul woman and on my grandmother's side, I am Nyikina Mangala. I have extensive family connections in the West Kimberley and the Pilbara.

I have a husband, Andy, and three adult children, a son-in-law, a grandson, and another grandson on the way.

I have worked in Broome since 2008 and am the Coordinator of BOSCCA, which provides after-school and holiday care to children in the community from varying cultural backgrounds.

I am passionate about the health and welfare of Aboriginal people in the Kimberley and across the regions, and believe that by joining the board of BRAMS, I will be able to provide assistance and sound decision-making for the betterment of the services provided to the community of Broome and remote Indigenous communities.

# New Staff February ~ Welcome to the Team

BRAMS would like to welcome the following new staff to our growing family:



Dr Nathan Luies



Dr Samara McNeil

## Trusted Indigenous Facilitator

The TIF (Trusted Indigenous Facilitator) program has been playing a significant role in the community since commencing last year.

And our team is expanding. We have Tammy Morato in the Aged Care Connector role, and we are excited to welcome Hartini Teh as our new Age Care Coordinator.

Our goal is to support Aboriginal and Torres Strait Islander community members aged 50 and above by accessing Aged Care services.

This month, we had approximately 20 clients on our caseload, and we are pleased to report that we are assisting them all, by offering guidance on the Aged Care process and connecting them with the appropriate services.



# SEWB Men's Group



Every Friday from 11am to 1pm, our BRAMS Men's Group gathers, offering a supportive and inclusive space for adult men of all ages (18+) to come together.

Led by our dedicated SEWB Case Worker, Albert Wiggan, this group provides a culturally-safe environment where participants can engage in a variety of activities aimed at promoting holistic wellbeing.

From yarns that delve into personal experiences and challenges, to uplifting musical sessions and mindfulness activities - not to mention a great feed - the Men's Group serves as a cornerstone of community support within BRAMS.

Through fostering camaraderie and understanding, this initiative continues to play a vital role in enhancing the overall health and resilience of our community.

Here is a sample of the encouraging feedback we have received from participants:

*"Men's Group makes me feel like I am not alone."*

*"I can see what BRAMS and Albert are doing and I can see that it is helping, because it is helping me".*

*"Men's Group gives me a reason to leave the house and to socialise."*

*"The group has helped me with my connection to family as I have met and connected with distant relatives."*

It's heartening to witness the positive impact of these initiatives within our community.



Breaking down the barrier of rural and remote healthcare in Australia.

**Fly2Health**  
Breaking down the barrier of rural and remote healthcare in Australia.  
Fly2Health acknowledge the traditional owners of the land which we live, work and fly on.

**NDIS Psychology & Speech Pathology - Broome**

Fly2health will be servicing Broome fortnightly with:

Psychologist - Shannon & Brian!  
&  
Speech Pathologist - Tess!

**About F2H**

Fly2health is a registered NDIS provider that services 40+ regional and remote communities across Australia.

We have 6 allied health disciplines in-house.

**Service Details:**

**When:** Fortnightly Monday-Tuesday  
Appointments between 9-530pm

**Where:** BRAMS Clinic  
2 Dora Street

**How to book:**

Complete our online referral form at:  
[www.fly2health.com.au](http://www.fly2health.com.au)  
Numbers are limited, register ASAP to secure your position!

Any questions? Contact us at:  
[hello@fly2health.com.au](mailto:hello@fly2health.com.au)

# Fly2Health

Fly2Health are at BRAMS every fortnight on a Monday and Tuesday after making their initial visit at the end of February.

They are providing a Speech Pathologist, and a Psychologist, with appointments available by completing a referral on their website. These services are available to all aged groups.

The Speech Pathologist and Psychologist will see NDIS participants and BRAMS clinic patients who have been referred by their GP.

BRAMS is dedicated to providing these services to our community, and it is great that Fly@Health have been able to support us in this way.





## Accreditation

Jill O'Brien from HDAA assessed BRAMS' compliance with the National Safety and Quality Health Service Standards, and the National Safety and Quality Primary and Community Healthcare Standards, over a three-day period.

This is the first time BRAMS has gone through this accreditation process, and we are proud of the outcome.

By undertaking this rigorous accreditation, we're letting our consumers know that we are committed to providing high quality and safe care every single time.

# OCHRE Day

Ochre Ribbon Week was established in 2015, with the stated aim to 'Silence the Violence in Aboriginal Men, Women and Children.'

On 19 February, BRAMS staff marched with fellow advocates, organisations, and community people, to raise awareness and education about the support and services that are available in Broome.





# New Staff March ~ Welcome to the Team

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

## Alice Boardman

### Name and where are you from?

My name's Alice - you can call me Ali if you like. I'm originally from Naarm, but moved to the East Pilbara 7 years ago, and have worked across the Central and Western Desert regions, and now I am very lucky to call Broome home.

### What is your position at BRAMS?

I am an Art Therapist working within the Psychosocial team.

### What do you enjoy when you are not at work?

Making glass art; I love anything crafty, and often have multiple projects on the go. I love hanging out with my dog Mulla, going camping, and anything on or around the water.

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

Working in a dynamic team that are all working together to advocate, support and create positive change in the community.



## Hartini Teh

### Name and where are you from?

My name is Hartini Teh, and I am a local from Broome.

### What is your position at BRAMS?

I am the new Aged Care Support Coordinator

### What do you enjoy when you are not at work?

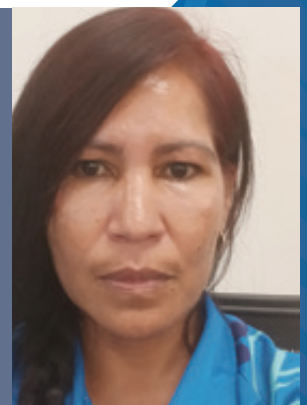
I like gardening and fishing.

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

I am excited about being a part of the Aged Care Team. Learning something new, and knowing what to expect when this happens to our own families and selves.

### Fun fact or a favourite quote?

*"Life is like a merry-go-round – a whirlwind of excitement, colorful moments, and laughter shared with those you love!"*



## Aged Care In-service

Bianca and Liz from Aged Care and NDIS came and spoke to our Clinic staff regarding updates to their team and the roll-out of Aged Care Services.

It's an exciting time for BRAMS as we grow, and develop new ways of supporting the community.



## BOAB visit to BRAMS

Dr Jonno met with the BOAB team of Justine, Terri, Sarah, and Michael this month, and spoke with the whole clinical team.

He provided an update of their services and conducted a Q&A to help establish ways we can better collaborate and optimise our service delivery to the local community.



# Stacey's Supervision

Stacey Larke is now providing monthly Supervision to staff across the SEWB, FDV, Psychosocial and NDIS teams.

Supervision is a process where staff can critically reflect on their work, their roles, what is working well, challenges that have arisen, successes achieved, and progress in skills development.

It also offers a space to debrief and access support. It is a collaborative process with the aim being to build competence in delivering an appropriate service to clients, whilst maintaining resilience and self-care.

It will be offered in both an individual and group setting.





*Jonno is pictured with Jodie Green from WA Primary Health Alliance, Caitlyn White from Aboriginal Health Council of WA, and Carol Chandler from Australian College of Rural & Remote Medicine.*



*Jonno is seen here with one of our excellent BRAMS GPs, Dr Ashlee Burgess, as well as the legends from WACHS and RHW.*

## WA Rural GP Summit

Dr Jonno attended the WA Rural GP Summit meeting held at Optus Stadium in Perth.

This was a strategic meeting held by Rural Health West in conjunction with WA Health and multiple stakeholders addressing the GP workforce shortage and needs across WA.

It was a good meeting, and Jonno spoke of the importance of promoting a new narrative around being a GP, one of privilege and of immense interest and variety; a career that is highly rewarding.

Dr Jonno then attended the RHW conference, which was a very informative and interesting weekend, with the opportunity to learn and be challenged by new and innovative approaches, clinical updates, and networking.

Jonno is working closely with RHW on the ongoing recruitment of further GPs to strengthen our growing team of practitioners.



**Broome**  
Regional Aboriginal  
Medical Service

**08 9194 4800**

2 Dora St  
Broome WA 6725

PO Box 1879  
Broome WA 6725

*[www.brams.org.au](http://www.brams.org.au)*



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