

STRAIGHT OUTTA BRAMS

BRAMS

JULY/AUG 2024
NEWSLETTER



Healthy People

STRONG COMMUNITY

BRIGHT FUTURE

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CEO Report and Welcome

Cassie



At a Glance

It's been a busy couple of months as we head towards the end of the year.

We ran a successful men's health campaign here in Broome and on the road, and it's great to see the take-up of 'Straight Outta BRAMS' paraphernalia in the community.

The BRAMS Kids Club continues to be a hit with local children, with circus activities proving popular for the youngsters.

We're also focusing on bowel cancer and the importance of being screened, as the age for screening nationally is now 45 years. If you don't want to do the test sent to you in the mail, you can speak to your doctor or health worker about doing an alternative screening through BRAMS.

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Straight Outta BRAMS

Men's Health Campaign

Every Friday during July was Men's Health Month at the BRAMS clinic, and we ran a successful 'Straight Outta BRAMS' campaign.

There was a great turnout of men from the community coming in for their Health Checks in our dedicated men's clinic space, and enjoying the wellbeing area outside, where they could yarn with our SEWB and TIS teams, and participate in music and painting over a feed.

Everyone also received a deadly 'Straight Outta BRAMS' shirt, hat, mug and bag for participating.

Gentlemen – if you missed out on your pack, don't worry! We still have plenty of sizes in the clinic waiting for you to complete a 715 – Aboriginal Health Check.

Ask your Aboriginal Health Worker or doctor today.



Straight Outta BRAMS

Beagle Bay Men's Health

We took the 'Straight Outta BRAMS Men's Health Campaign!' on the road with great success, visiting several clinics including a trip to Beagle Bay.

Billy and Decovan teamed up with the KAMS SEWB for the visit, where they assisted with 715 health checks and had some good discussions with the men in Beagle Bay about health.

It was a great day with good vibes, and the Beagle Bay Community were very appreciative of the visit, and would like to see more of these events in the future.

A big thanks to the KAMS SEWB Team and Beagle Bay Clinic for inviting us and welcoming us to their community.

Our aim is to spark conversations on men's health and the importance of regular check-ups.

Join us in promoting well-being and ensuring men prioritise their health needs, and let's empower healthy living within our community.

New Staff

A big warm welcome to our two new Administration Officers, Amber Taylor and Shenala Taylor, and our two new registrars, Dr Caleb and Dr Dom, both of whom started on 15 July.

We also say goodbye to Dr Naomi.



Shenala Taylor

Administration Officer

Hello, my name is Shenala Taylor, I'm the new administration officer here with BRAMS.

I love to spend most of my quality time going out bush camping, swimming, and fishing. Fun fact about me; I like baking for no reason, and I'm considered quiet but have the laugh of a hyena.



Amber Taylor

Administration Officer

Hello, my name is Amber Taylor, I'm the new administration officer here with BRAMS.

I love to spend time with my dogs and playing sports, and I love doing puzzles and playing board games. I also love to go camping and exploring the Kimberley.

Fun facts about me are that I am really good at candy crush.



Dominique Marberly

GP Registrar

Hi everyone, my name is Dom and I've come to BRAMS from Perth. My last job before here was as a medical registrar at Charles Gairdner Hospital.

Prior to living in Perth, I grew up mostly on Christmas Island with some of my early years spent in FNQ and Bidadanga, so I'm happy to be returning to rural life and warmer weather.

BRAMS has an awesome reputation amongst the medical community in Perth for health provision as well as training, so I was very excited to apply and even more-so to start working here. I was most looking forward to working in Aboriginal health, working through complex chronic health conditions, and providing a holistic approach to primary care - I have not been disappointed!

In my spare time I love going for walks outside and taking photos of nature - any bird, bug or landscape will do! Thanks to everyone who has warmly welcomed me, and looking forward to meeting everyone I haven't met yet!

Caleb Kim

GP Registrar

I'm from NZ originally and did most of my growing up in North Queensland, but I've spent the past 12 years living in Perth.



My folks are Korean, but the only thing that I really managed to hang on to is the cooking! I've come up with my wife and 2 kids; we were keen for a bit of a scene change out of the busy and cold of Perth.

I love how connected BRAMS is to the community, and I feel so privileged to be involved so closely in people's health journeys. So far, I've loved hearing people tell their stories of who they are, and where they come from. I'm super excited to learn to not only how to practice good medicine, but how to listen and care in a culturally safe and respectful way.

When I'm not tussling the kids, I enjoy playing/writing music, surfing and cars, but I think the latter two might give way to a boating hobby (pending approval from the CFO)!

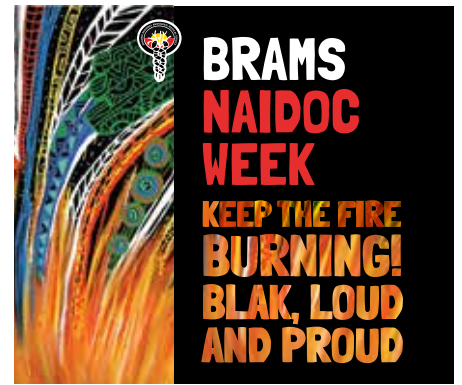
Returning Staff

Josephine Haji Noor – Administration Officer

Welcome back Josephine, who has returned from maternity leave.



NAIDOC Art Exhibition & Elders Lunch 2024





The NAIDOC Art Exhibition & Elders Lunch on Thursday, 11th June run by our SEWB team was a great success, with more than 50 attendees coming along and celebrating First Nations identity in Broome through art.

The exhibition featured works from our SEWB and Art Therapy participants, showing how art helps preserve culture and support community wellbeing.

The event also included a catered lunch for our Elders, recognising their key role in cultural preservation and offering a chance for them to share their stories. The lunch brought the community together, allowing people of all ages to connect.

We enjoyed hearing feedback from those who attended:

“It was good to see people today – good countrymen. I enjoyed engaging in conversation and enjoying the music and food provided. Thank you to the staff for an enjoyable day.”

“Today was nice; Broome has people from everywhere and it was great to see original Broome people that set us apart from other areas.”

“Catching up with people today was very nice, there were people I went to school with and haven’t seen in years.”





STARS Future Forum

BRAMS attended the STARS Future Forum, which aims to support First Nations young women to transition successfully into work, training, or further study after Year 12.

BRAMS Aboriginal Health Workers and the Health Promotion team talked to our future leaders about the various job opportunities within BRAMS.

Door prizes and engagement incentives made for a great morning of conversation, followed by afternoon tea, a panel of speakers and follow-up questions outside in the fresh air.





BRAMS NAIDOC WEEK



NAIDOC

Staff Cultural Experience Tour 2024

As part of our NAIDOC celebrations this year, BRAMS staff had the opportunity to participate in a cultural experience through Mabu Buru tours – The Wakaj Experience.

Everyone enjoyed camp-style billy tea, freshly made damper, and local honey, while listening to captivating stories about Yawuru and Karajarri culture.

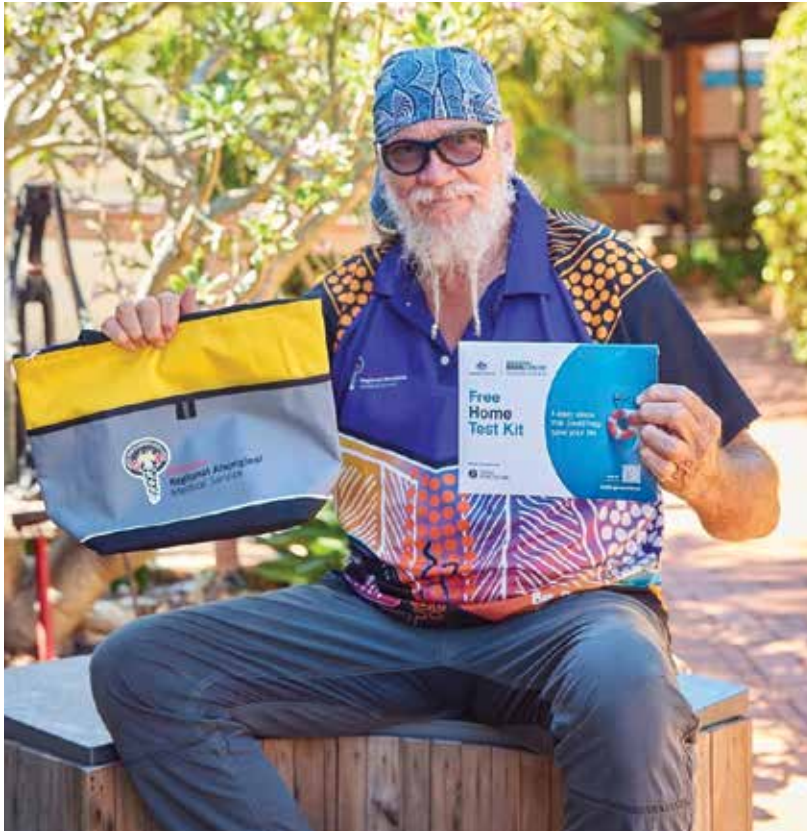
The afternoon concluded with a stunning traditional dance performance by The Pintirri Dancers.

A great time was had by all.



**KEEP THE FIRE
BURNING!
BLAK, LOUD
AND PROUD**





Early
detection can
save lives...



Bowel Cancer Screening Kits

The bowel cancer screening age is now 45 years.

Did you know BRAMS offer 2 options for bowel screening, making it easier than ever to take charge of your bowel health!

You can:

1

Complete the National Screening kit you might have received in the mail, and send it away yourself.

OR

2

Speak to your health professional at BRAMS about a different test, which you can do at home and drop back in to the clinic. We'll do the rest!

Remember, it does not matter which test you do, just test your poo!

Early detection can save lives – there is no shame in taking care of yourself.

If you go for option 1 and use the National Screening Kit, be aware that it must be completed before the weather heats up to stop the sample getting damaged in the heat.



Women's SEWB Group

We have just wrapped up another successful term of our SEWB Women's Group, which runs every Monday from 10am to 1pm. Women of all ages come together in a culturally safe environment to participate in art therapy and channel various creative outlets, as we explore the 7 Domains of Social and Emotional Wellbeing.

Key recent highlights have been joining with Boab Health to participate in mindfulness yoga, running a session on nutrition and healthy eating, and moving our bodies by walking along town beach jetty.



We have received encouraging feedback from participants:

"This Program is ever so useful, and I recommend others to attend. The beautiful, young staff always talk and list other agencies to access, and I feel more connected to culture after attending. Plus, no matter what when I come to group, my mental health and wellbeing always improves."



KAMS Administrative Skillset Short Course's – BRAMS Staff

On Monday 26th & Tuesday 27th of August, Amber Taylor, Josephine Hajinoor & Dabvina Toby-Wright had the opportunity to attend the KAMS Administrative short course.

They learned how to deliver great services, and how to prepare agendas and meaningful minutes.

The group received a certificate each at the end of the course, and will complete further training in September and October.



Toolbox Training

Another successful Toolbox training was attended by clinic and aged and disability staff.

Thank you to Terry who gave manual handling training to more than 10 of our staff members.



Staff learned about:

- Selecting the height of the car suitable to your client;
- Positioning wheelchairs and walkers for transfers;
- How (and how not to) assist someone in and out of a car;
- Folding & lifting a wheelchair/walker and putting it into a car safely;
- Using a handy bar; and
- Considering individual support plans and preferences for transfers.



Kids Club

This month we had BRAMS Kids Club host a circus workshop with ‘Our Mob’ at St Mary’s, which was run by Louise from Sandfly Circus.

Children and caregivers learned new ways to “Move Ya Body”, following the programs’ four areas of health. Hoola-hoops, juggling and circus tricks were loved by all!

We had different afterschool participants from around the Broome community participate in our Kids Club events and workshops.

This month focused on dental health, and all our families enjoyed receiving Kids Club’s newest resource tool, our Billy the Blue Bone Teeth brushing chart - after learning how to correctly brush our teeth and practicing our skills with pretend teeth!

Remember that a healthy smile starts early. Teaching children about dental hygiene is crucial for their overall health and confidence. At BRAMS, we believe in empowering families with the knowledge and tools to maintain strong, healthy teeth from a young age.

The Kids Club also had a pop-up tent at this year’s SNAICC’s Aboriginal and Torres Strait Islander Day held at Nyamba Buru Yawuru. The theme this year was ‘Strong in Culture, Stronger Together’. Families spent the morning joining activities and connecting with services across Broome.





Children's Day Event





BRAMS NO JOOBUK

Tackling Indigenous Smoking



BRAMS No Joobuk

This month the BRAMS No Joobuk (Tackling Indigenous Smoking Program) team attended the Festival AGM event held at Gumbanan, Dampier Peninsula for Kimberley Land Council, Kimberley Aboriginal Lore & Culture Center, Aarnja and the Empowered Young Leaders.

The focus was on Smoke and Vape free spaces, and they shared information about the harms from second-hand and third-hand smoke and vapor.

Locating smoking and vaping areas away from high traffic areas helps to keep the air fresh.



Our Health Services



Broome
Regional Aboriginal
Medical Service

Health Services

Health & wellbeing in your community

715 Health Checks	Bloods
Wound Care & Injections	Chronic Disease Screening
Heart Monitoring	Assistance with Referrals

Healthy Women, Strong Babies, Bright Future

Antenatal clinic & Pregnancy care	Social & emotional wellbeing
Support in pregnancy	Family support & counselling
Health check ups	Antenatel Support

Supporting children & their families

Health checks	Paediatric Dietitian
Immunisations	Diabetes Education
Physiotherapy	Podiatrist
Occupational Therapy	Psychologists
Speech Therapy	Social Workers

Please contact us for more information

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Visit our Clinic at 2 Dora St, Broome

08 9194 4800 www.brams.org.au



Broome
Regional Aboriginal
Medical Service

08 9194 4800

2 Dora St
Broome WA 6725

PO Box 1879
Broome WA 6725

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