

# BRAMS

MAY 2024  
NEWSLETTER



Healthy People

**STRONG COMMUNITY**

**BRIGHT FUTURE**

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# CEO Report and Welcome

Cassie

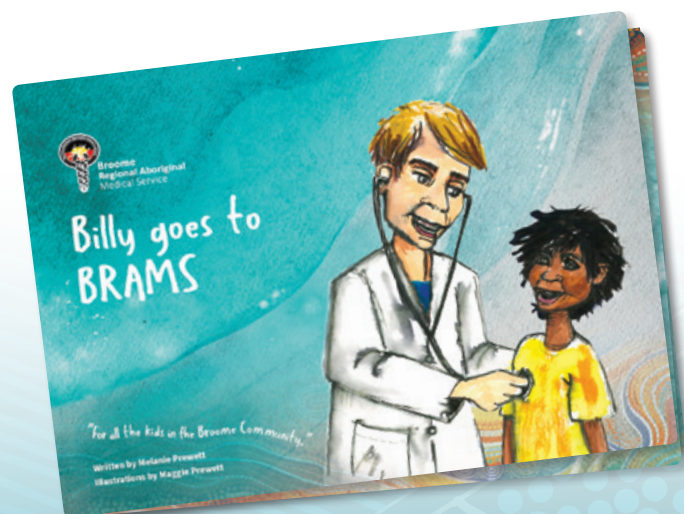


## At a Glance

It's been another busy month as we head towards the end of the financial year.

We were delighted to launch a special new children's book written by our very own Melanie Prewitt, *Billy goes to Brams*, which will encourage kids to undergo their health checks. Well done Mel!

Congratulations to Decovan, too, whose excellent work was acknowledged at the AHCWA annual youth conference in Perth.



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## QAAMS Workshop (Quality Assistance for ATSI Medical Services)

Three of BRAMS Aboriginal Health Workers - Amanda, Candice, and Shona – attended the QAAMS annual workshop, which was held over two days in Adelaide.

The purpose of the workshop was to train them to gain the necessary skills to complete Point of Care HbA1c and ACR testing.

It also provided education about diabetes care, along with interactive group activities which allowed everyone to network and share experiences with AHW/Ps from other organisations around Australia.

The trio found the workshop to be a great experience; they really enjoyed learning about the benefits of Point of Care testing, and hearing from other organisations about their clinics and communities.







## Peer Support and Carers Group

Last week Nagula Jarndu led an activity in both our Peer Support Group and Carer's Groups, sharing their printing magic with us!

Sheree Ford showed us some of Nagula Jarndu's deadly prints, and talked about how they were created. Then we got to work creating our own designs, which we printed on to tea towels and material using our stamps, foam boards and fabric paint.





“Thanks to Nagula Jarndu for teaching us how to make our own prints!”







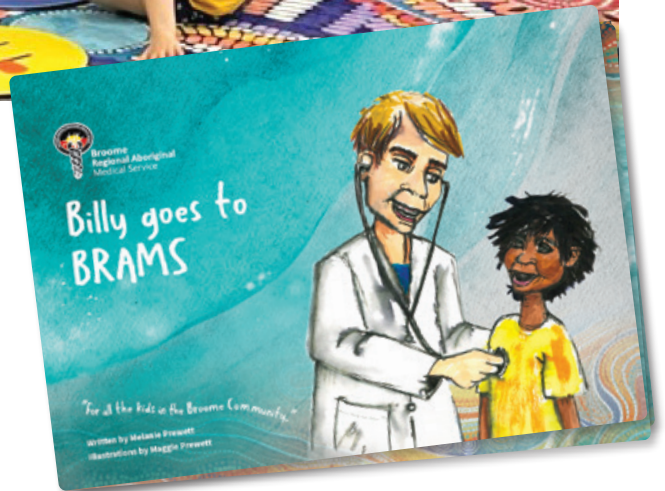
## Billy goes to BRAMS book launch

The delightful new book '**Billy goes to BRAMS**' was officially launched at the Broome Public Library in May.

It was a celebration of the story written by Melanie Prewitt and illustrated by Maggie Prewitt.

The story takes children on a journey with Billy when he visits BRAMS for his health check, and gives kids a story they can relate to when it's their time to visit BRAMS for a health check.

It was a great turn out with lots of families and services from around Broome attending.







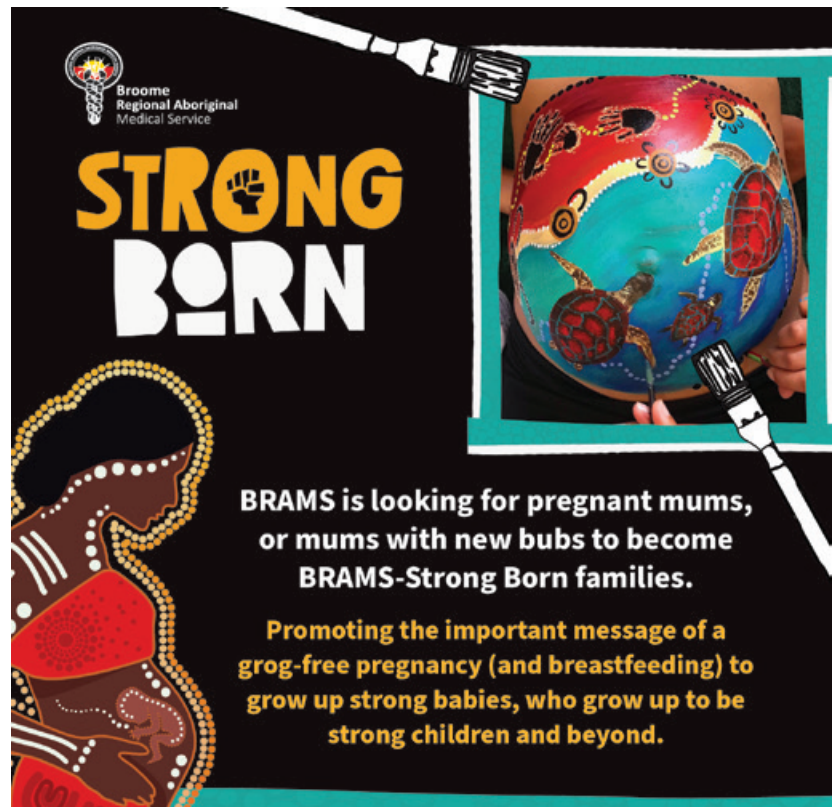


# BRAMS STRONG BORN Program

BRAMS received funding from NACCHO to extend the National Strong Born Campaign that aims to raise the awareness and prevention of Fetal Alcohol Spectrum Disorder (FASD).

Women were invited to participate by having beautiful artwork from local artists Bek and Rachel Treacy painted on their pregnant bellies.

Queen Tide photography did a photoshoot on site at BRAMS, and took families to locations around Broome that held significance for them.



The logo for the BRAMS Strong Born Program is displayed on a black background. It features the text "Broome Regional Aboriginal Medical Service" at the top left, followed by "STRONG BORN" in large, bold, yellow and white letters. To the right, there is a photograph of a pregnant woman's belly being painted with colorful, traditional Aboriginal art. Below the logo, the text reads: "BRAMS is looking for pregnant mums, or mums with new bubs to become BRAMS-Strong Born families. Promoting the important message of a grog-free pregnancy (and breastfeeding) to grow up strong babies, who grow up to be strong children and beyond."



The images will be gifted to the participating families, and used later this year during FASD Awareness Week. We will have a display in the main clinic and the specialist center.





# STRONG BORN





Arnhem Hunter (TIS worker)  
Arak Dann (Djarindjin Engagement Officer)



## Supporting our Communities No Joobuk Tackling Indigenous Smoking

One of the aims of the No Joobuk program is to support communities, workplaces and individuals to create smoke- and vape-free spaces, as second-hand and third-hand smoke can cause sickness to non-smokers and smokers alike.

During May the team have worked closely with Djarindjin community to create smoke free spaces in and around community buildings.

In consultation with the community, they displayed smoke/vape free signage, and the response was great.

Smoke free homes radio advertisements were also aired throughout May on PAKAM radio and Triple M.







## AHCWA Conference 2024

Emily, Decovan and Soleil attended the AHCWA annual youth conference, which saw 60 young delegates gather on Whadjuk Noongar Boodja country, united by the theme: “We are the change – breaking the barriers.”

The conference had keynote speeches from Courtney Ugle and Donnella Mills, Chairperson of NACCHO, who provided us young people with inspiration and motivation, especially those entering the health sector.

Soleil and the AHCWA youth committee were invited to meet Senator Malarndiri McCarthy to have a yarn about youth health issues affecting our communities.

Congratulations to Decovan for winning a Young Achiever Award.

# We-Ali Trauma Informed Care and Practice Training

Chelsea and Katie from the SEWB and IFVP attended We-Ali Trauma Informed Care and Practice Training in Boorloo / Perth.



The training focused on developing workers skills in creating culturally safe and therapeutic healing environments.

Pictured is the beautiful mat that the training group sat around over the two days of training, which definitely helped with creating a safe space to share our experiences and learn from each other!

Another highlight of the training was learning how to use a story map to support clients and workers to map generational stories of traumatic distress, and of resilience and recovery from trauma.

## Clinic Health Promotion

If you received a flu shot during May, we hope you enjoyed your BRAMS care pack, which included a BRAMS mug, tea, lozenges, antibacterial gel, and tissues.

Keep it handy this cold and flu season.

You'll see BRAMS staff members wearing their new uniforms with an important message for our patients - Stay Strong, Vaccinate, Ask me about the flu shot!

The Breast Screening Bus was parked at the Broome Hospital, and as part of our service the BRAMS Transport Officer picked up women from home and took them to their appointments at the hospital.

Breast Screening is a vital service that visits Broome every year - make sure you screen regularly!





# National Aboriginal and Torres Strait Islander Eye Health Conference

Cora attended the National Aboriginal and Torres Strait Islander Eye Health Conference 2024 in Nipaluna / Hobart, with thanks to the Aboriginal Health Council of WA for providing bursary support.

NATSIEHC24 is an independent, community-owned and controlled event, and this year's conference theme was 'Our Vision in Action'.

The conference promoted Aboriginal and Torres Strait Islander leadership and ownership of eye health, and centred First Nations voices and self-determination in the work towards eliminating avoidable vision loss and blindness in our communities.





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