

THE YEAR
BEVAN

BRAMS

SEPT 2024
NEWSLETTER



Healthy People

STRONG COMMUNITY

BRIGHT FUTURE

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CEO Report and Welcome

Cassie



At a Glance

The board and management of BRAMS are over the moon at the Commonwealth Government's announcement of \$11 million in funding to build a new state-of-the-art health hub for our work.

This is a huge win for BRAMS patients and staff, and for the local community, and we can't wait to move into our new home.

The good news capped a fantastic month for the organisation, with BRAMS being nominated for an *Excellence in Aboriginal and Torres Strait Islander Healthcare* award by Rural Health Pro.

And we were also delighted that Albert Bevan was recently named WA Aboriginal and Torres Strait Islander Student of the Year at the WA Training Awards in Perth - recognition for his outstanding work.

We don't do our work for pats on the back or prizes, but all staff should feel proud of their efforts and the way they serve the local community.

Thank you

Healthy People

STRONG COMMUNITY

BRIGHT FUTURE

Building Funding Announcement

As mentioned in the CEO's report, BRAMS is delighted to have secured Federal Government support for a new state-of-the-art clinic, to be built at 33 Weld Street in Broome.

BRAMS Chairperson Duane Tang Wei said the hub would provide fit-for-purpose facilities to house expanded clinical services, and enable BRAMS to meet the changing healthcare needs of the local community.

"The board and management at BRAMS are pleased that the Commonwealth Government has recognised the benefits of this project, and the challenges we face at our current premises," he said.

"We're also extremely grateful to Kimberley Aboriginal Medical Services (KAMS) for gifting us the land for the new hub. The location is central and accessible to the Broome community, and within a block from the Broome Hospital and a bus stop.

"I would also like to acknowledge those who laid the foundations before us and helped secure this milestone achievement.

"Thanks to the past members, directors and staff for your contributions over many years, and to the current members, directors and staff for your hard work, guidance, leadership, ongoing support, advocacy and dedication, which will continue to guide BRAMS into the future."

BRAMS CEO Cassie Atchison described it as "great news for our patients, and for the local community".

"It will allow BRAMS to deliver even better health and wellbeing services to the people of Broome, with improved patient comfort, extended operating hours, and ample parking," she said.

"The new facilities are also important in attracting and retaining high-quality staff, and will provide better amenity and more space for our dedicated team to do their jobs.

"We will continue to deliver services at our current premises in Dora street while the new clinic is built, with construction expected to commence by June 2025.

"We hope to be able to move into our new home in December 2027."





Broome
Regional Aboriginal
Medical Service

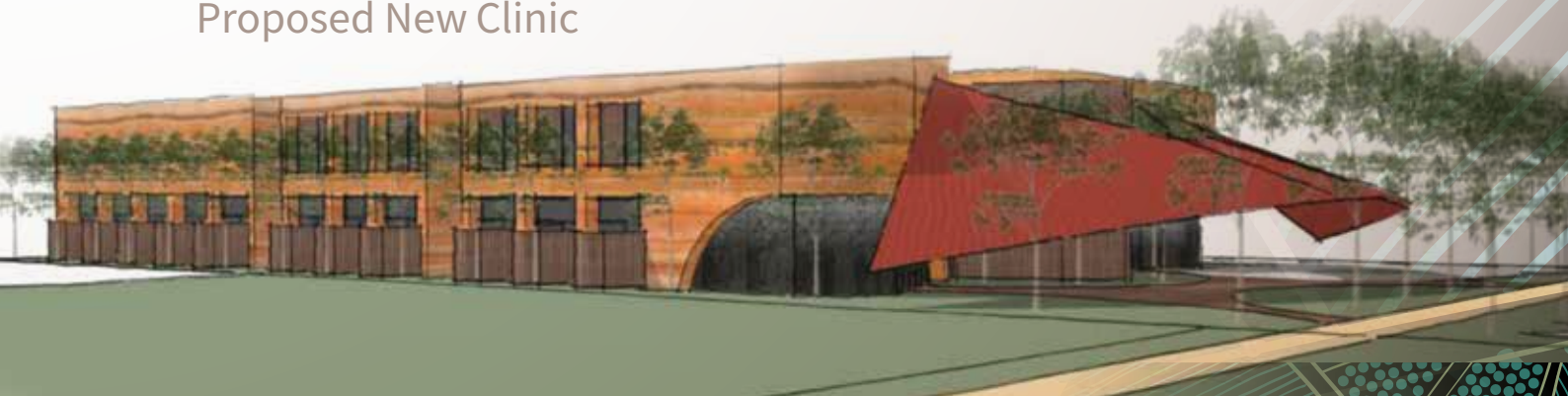


Dora Street Existing Building



“Our vision is for world-class healthcare delivered in state-of-the-art facilities.”

Proposed New Clinic



WA Aboriginal and Torres Strait Islander Student of the Year



We are excited to share some wonderful news – Albert Bevan has been named WA Aboriginal and Torres Strait Islander Student of the Year!

This amazing achievement was announced at the WA Training Awards at the Perth Convention Centre.

As part of this win, Albert is now also nominated for the Australian Training Awards, with the winner to be announced in December.

Albert is one of our dedicated Social and Emotional Wellbeing caseworkers who completed his Certificate IV in Mental Health with KAMS.

He says completing his qualification has given him a greater understanding of mental health within his professional role and as an individual, and insight into the importance of education and skills to be able to identify, address, manage and provide support for mental health.

Albert uses his lived experience to naturally talk to people of all walks of life about the importance of good mental health, and has become an advocate for training; citing his training experience as a truly remarkable and significant journey for him.

We're fortunate to have Albert at BRAMS. He supports the fellas in our community as a strong advocate for SEWB, his individual case-work, and a Men's Group he leads.

Keep up the fantastic work, Albert!





Broome
Regional Aboriginal
Medical Service

BRAMS Nominated for Prestigious Award

Rural Health Pro
POWERED BY RCH

EXCELLENCE IN ABORIGINAL
& TORRES STRAIT ISLANDER
HEALTHCARE

2024 Finalist

Broome Regional Aboriginal
Medical Service

National Rural & Remote
HEALTH AWARDS

The outstanding work being done by the BRAMS team has been recognised with a nomination for a prestigious health award.

BRAMS is a finalist for the *Excellence in Aboriginal and Torres Strait Islander Healthcare* award at the Rural Health Pro awards, which will be held in Canberra on 6 November as part of Rural Health Month.

The awards are held to honour the exceptional efforts of those who work to improve health in rural and remote communities.

It promises to be a fantastic celebration, with the Assistant Minister for Rural and Regional Health, Emma McBride MP, and National Rural Health Commissioner Professor Jenny May AM both attending.



Welcome

New Staff

Pippa Douglas – TIS Officer

Hello, my name is Pippa Douglas, and I'm the new TIS officer here at BRAMS.

I like camping, fishing, diving and cooking!

A fun fact about me is that I have done Wordle almost every day since it was released.



R U Okay Day

This year on R U OK Day, our SEWB team took the opportunity to raise awareness about mental health among both staff and patients.

Throughout the day, patients visiting the clinic were invited to have a yarn with our SEWB Team Leader, sharing how they were feeling and discussing ways to check in with those around them.

In addition to these important conversations, we provided valuable resources to help patients better support their loved ones' emotional wellbeing.



Women's Health Week



A joint event between BRAMS Health Promotion and SEWB teams and clinical staff was held in the Wellbeing room to celebrate Women's Health Week, which attracted a great turn out.

Activities including DIY home-made body scrubs, scrapbooking, and making bush medicine were enjoyed by all, while clinic staff worked with women to make sure everyone was up-to-date with their women's health checks. All participants went home in Women's Health shirts with tote bags.

A big thank-you to Katina Coffin from KPHU who gave women foot spas; it was much appreciated by all who were lucky enough to get one!





BRAMS WOMEN'S HEALTH 2024



Women's Wellness Camp Beagle Bay

The BRAMS Tackling Indigenous Smoking team spent time with women from Beagle Bay at the KAMS Women's Wellness Camp.

The team focused on teaching the 5 Deadly D's - Delay, Distract, Drink Water, Deep Breathing and Discuss - when trying to cut back and quit the smokes.

As a way to 'Distract' when cutting back, the team ran a weaving workshop while yarning about the effects of smoking.

After all groups had rotated through the different stations, everyone headed to the saltwater for a cool down and debrief on what was an amazing afternoon!



TIS Home Age Community Care (HACC)

The No Joobuk team have been visiting the Home and Community Care Centres (HACC) in Beagle Bay and Bidyadanga to talk about the benefits of cutting back and quitting the smokes.

They played 'Healthy Organ Bingo' – a game developed by the team - as a fun way to share information with the community.

HACC members learned about the ways that smoking harms different organs while playing bingo, and the winners took home 'No Joobuk' travel mugs and our cool, new 'Quit today, for a better tomorrow' sunglasses.

At their request, the No Joobuk team also put up some signage at the Bidyadanga HACC, which means this community space is now proudly smoke and vape free. Well done you four mob!

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DEADLY D'S

DELAY



Try waiting....when you need a smoke or vape.

DISTRACT



Shift your attention away from smoking/vaping.



Water helps
flush out chemicals from smoking/vaping
and gives you the energy you need to quit.

DRINK WATER

DEEP BREATHING

Take long, deep abdominal breaths.



DISCUSS

Discuss your cravings with
someone who understands.





Local organisations to come together and provide food, education and practical support to those sleeping rough.

Centacare Homelessness Day

The SEWB team attended Centacare's Homelessness Day at the end of August, which was an opportunity for local organisations to come together and provide food, education and practical support to those sleeping rough in and around Broome.

More than 10 agencies attended, not only supporting the community, but also engaging in stakeholder yarning circles to explore ways we can collaborate more effectively to address homelessness in the region.

Our BRAMS SEWB staff enjoyed being part of the day and were able to promote and share information on the services currently available at BRAMS, and talk about ways people can access support for their health and wellbeing.

NACCHO Sexual Health



In August, Jo and Ruby attended the NACCHO Sexual Health and BBV National Workshop in Sydney.

Over two great days, they spoke with many health workers from ACCHOs around Australia, sharing the successes and challenges of their STI / BBV programs.

They heard from the chairperson of NACCHO, who shed light on the current STI epidemic in rural and remote communities, and also from numerous guest speakers, who shared stories about living with blood-borne viruses.

They had a fantastic time, learned so much, and even got to meet Condoman!!!!



NAATSIHWP Conference

Over 3 days in September, Delia and Amanda attended the NAATSIHWP National Conference 2024, which was held in Perth.

The theme for this year's conference was 'Reaping the Rewards of Resilience', which aimed to recognise the development of our workforce as a valued and essential part of the Australian health system.

During the conference, they heard inspiring stories from many guest speakers who shared their stories about their struggles and their determination to change the health system, to ensure that Aboriginal people have a culturally safe space to attend in their time of need.

Overall, it was a great experience listening to the amazing things that Aboriginal people are doing in the health space, and how they are making a significant difference to the wellbeing of our mob.





(FASD) BRAMS Strong Born Awareness week

During Foetal Alcohol Spectrum Disorder (FASD) week, we launched the BRAMS 'STRONG BORN' campaign, which is an extension of the national campaign developed by NACCHO around FASD.

Early this year, BRAMS worked together with a group of amazing pregnant women on a stunning photo shoot showcasing families, which was used to spread the message: 'An alcohol-free pregnancy is best for mum and bub'.

It's everyone's job to support our mums during pregnancy.

If you need support, please speak to our friendly clinical team.



BRAMS STRONG BORN



**AN ALCOHOL-FREE PREGNANCY HELPS
EVERY BABY TO BE STRONG BORN.**



BRAMS STRONG BORN

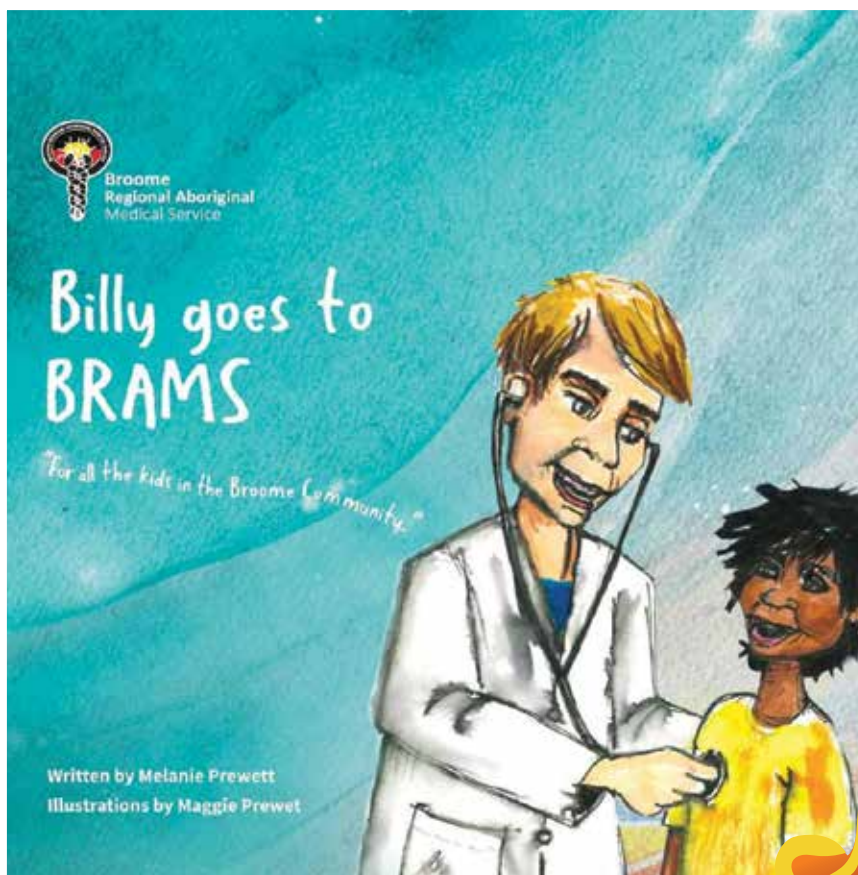


**AN ALCOHOL-FREE PREGNANCY HELPS
EVERY BABY TO BE STRONG BORN.**





Mum says "HELLO" to another lady sitting next to them, she has a little boy who is fast asleep on her lap.



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	Antenatal 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



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2 Dora St
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