

# Boab Health Services

Boab Banter June 2015

Volume 1 Issue 2

## Inaugural Indigenous Foot at Risk Conference

The inaugural Indigenous Foot at Risk Conference took place at the Mangrove Hotel in Broome on the 26—27 March as a joint initiative between Boab Health Services (BHS) and Podiatry WA. Over 50 delegates attended the two day workshop, some travelling from as far as Cape York, QLD.

The conference featured national and international expert speakers and included an on-line presentation with leading diabetic foot expert Dr David Armstrong, who dialled-in to present from Arizona in the USA.

*Amy Freeman | Podiatrist*



The Boab Health Services team at the All Staff Planning Day in May.

## *Partners in Health to Grow Strong, Live Well* | Margie Ware CEO

The Boab Health Services team continue to be busy providing multi-disciplinary Primary Health Care services across the East and West Kimberley. This includes regular visits to over 30 remote communities and town centres providing clinical services from clinics, hospitals, and community venues. Many of the clients accessing our services have a chronic disease so our focus also includes education on preventative lifestyle behaviours and working within the community so that there are healthy choices available. Looking after people to promote their own health in remote areas can be quite challenging and staff work in partnership with a range of health and non health organisations to support a holistic approach.

The Boab team are committed to providing quality services which are client focused and promote health and wellbeing. To support this Boab has now attained dual accreditation against the National Primary Health Care Standards and also the National Mental Health Standards.

At our recent 'All Staff' Planning day several key areas were identified which will be our focus over the next 12 months. These include; promoting more of a multidisciplinary approach, further establishing evaluation within all programs, furthering our links within communities and ensuring our services are culturally appropriate. For more information on our services please visit [www.boabhealth.com.au](http://www.boabhealth.com.au). If you would like to provide any feedback on our programs or have some good ideas, please don't hesitate to contact us.

*Margie*



BHS's Podiatry team with Julie Miller (centre), Advanced Practising Podiatrist President. L to R: Jenny Kitchen, Amy Freeman, Julie Miller, Bethany Zubovic, and Linda Beukes

## Creative Healing with Boab Health Mental Health Professionals

Here at Boab the Mental Health Professionals on our team include Occupational Therapists, Social Workers, Nurses and Psychologists. We use a variety of tools to help you reach your goals. We hope that when you engage with us you enjoy your experience and find the sessions personally enriching as well as healing.

You might find yourself enjoying playful and creative approaches that could include listening, playing in sand, drawing, writing and reflecting as well as talking. Many of us use 'Mindfulness' approaches, which encourage us to observe ourselves quietly without judgement of our fears, sadness and worries. You could find yourself following the hand movements of the therapist in a process called EMDR – Eye Movement Desensitisation and Reprocessing - which helps to ease trauma memories. You might find yourself doing relaxation exercises that teach you to calm and become less activated, less angry or frustrated.

Most of all, we hope that you will find a good connection with another person who is open to hearing the stories of your struggles and successes. You are welcome.

Please enjoy this poem as an illustration of this lovely creative life-force energy that we embrace and share in our work. **Nicola Woodin**  
Mental Health Professional

### With that Moon Language

Admit something:  
Everyone you see, you  
say to them, "Love  
me."

Of course you do not  
do this out loud,  
otherwise  
someone would call the  
cops.

Still, though, think  
about this,  
this great pull in us  
to connect.

Why not become one who  
lives with a  
full moon in each eye  
that is  
always saying,  
with that sweet moon  
language,  
what every other  
eye in  
this world is  
dying to hear?

Hafiz



Sand therapy is one style of therapy offered from our Broome office.

## New Support Group at Warmun Community

Warmun Community members have recently initiated a grass roots support group to encourage sobriety and social and emotional wellbeing. This is an open group for both men and women and has been well attended for the past six weeks. Nicole Jeffery-Dawes, Mental Health Professional from our Kununurra Office recently facilitated a session on depression and has been invited back to provide further psycho-education sessions on topics such as anxiety, mindfulness and distress tolerance and any other mental health topics the community are interested in and request. **Nicole Jeffery-Dawes | Mental Health Professional**

## Staying in touch

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## What is the Closing the Gap Program?

Boab Health's Closing the Gap team can assist Aboriginal people with chronic disease to better access coordinated and multidisciplinary primary health care services.

Our team can help with care coordination, access to allied health services, proactive chronic disease education, transport to appointments, and provide financial support through the supplementary services fund. This fund covers a range of medical aids including glasses, assisted breathing equipment, podiatry approved shoes, dose administration aids, dental care and blood sugar monitoring equipment.



Once referred to the program staff assist clients to navigate through the sometimes complex mix of appointments which they are expected to attend, as well as helping with paperwork and transport if needed. There is a strong focus on assisting clients to develop chronic disease self-management skills. The team also provide and develop culturally appropriate resources for clients to help them understand their chronic disease.

Staff work hard to explain and reinforce the importance of attending appointments, and build up trust with clients to improve attendance rates. All our staff have local knowledge and connections to communities, and a passion for improving health outcomes for Aboriginal people with chronic disease.

For more information please contact Boab Health in Broome

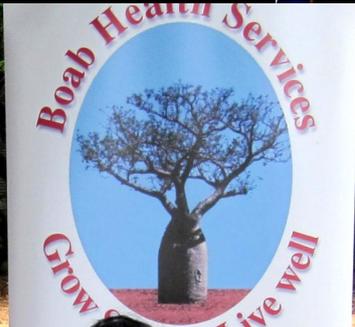
or Kununurra and ask to speak to a member of the Closing the Gap team. **Laura Handscombe | Primary Health Care Manager**



## Who is eligible for the CTG Program?

**To be eligible clients must be Aboriginal and have been diagnosed with either diabetes, chronic kidney disease, cancer, cardiovascular disease or chronic respiratory disease. Clients must be referred by a GP to access the program and have a GP management plan in place.**

**The Closing the Gap team L to R: Giancarlo Mazzella, Russell Bandy, David Phillips, Laura Handscombe, Desarae Clements, Helen Clements, Jenny Grandige and Dominique Shiosaki**



Close the Gap day events held in Broome and Kununurra during March

