

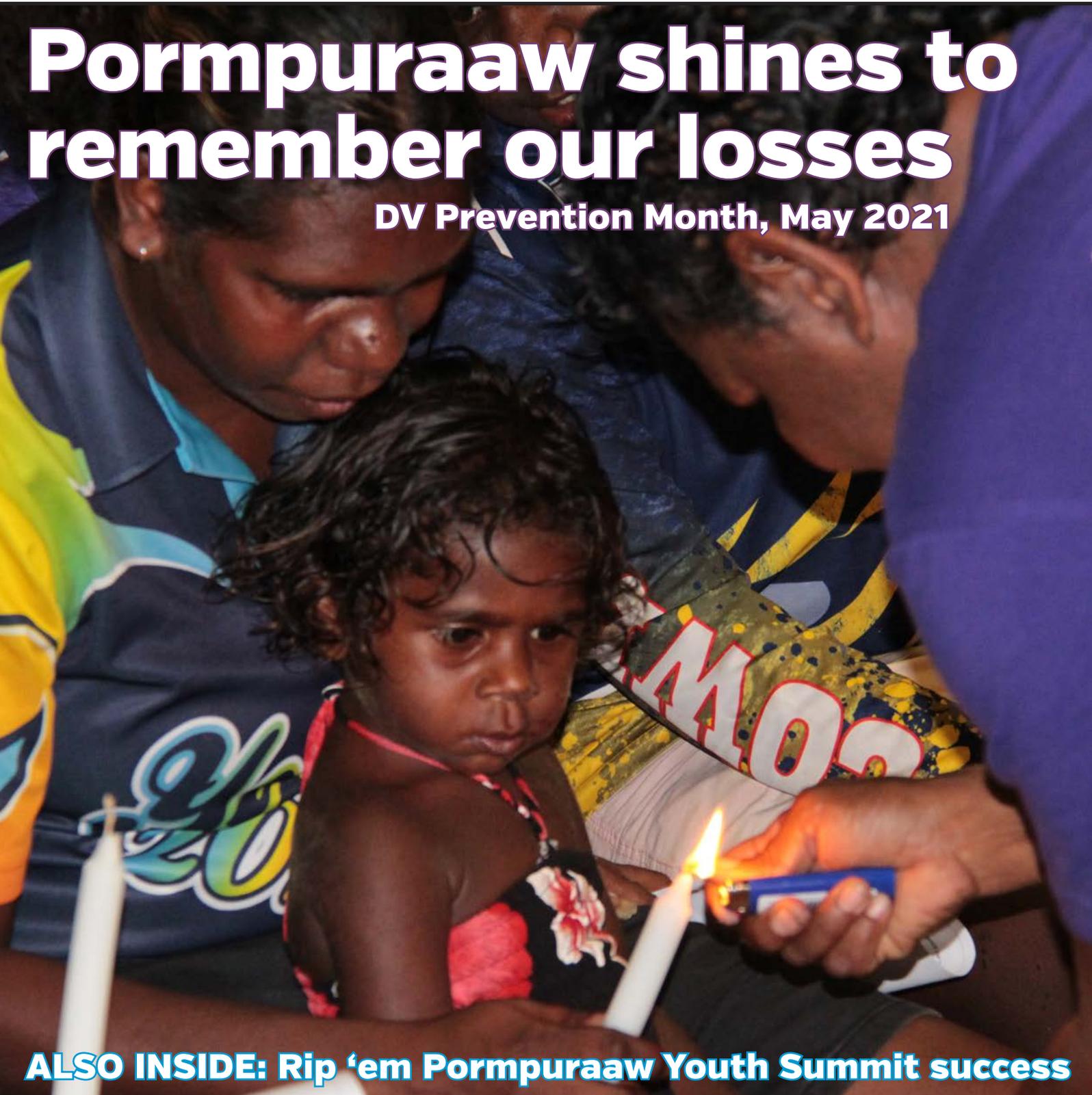
PORMPUR PAANTHU NEWS

July 2021

www.pormpurpaanthu.com.au
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Pormpuraaw shines to remember our losses

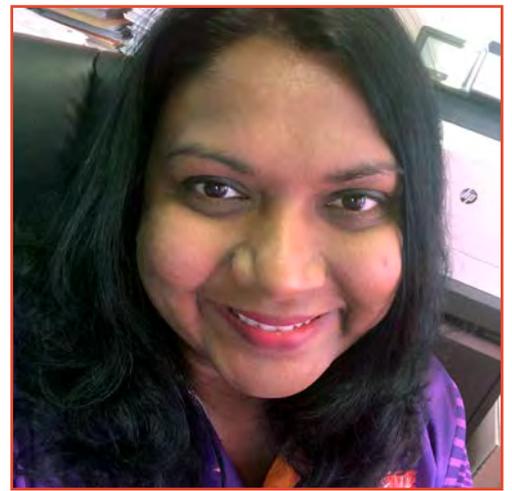
DV Prevention Month, May 2021



ALSO INSIDE: Rip 'em Pormpuraaw Youth Summit success

ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY

A word from CEO Ganthi Kuppusamy



Domestic and Family Violence Prevention Month is the highlight of our year when it comes to putting those issues up-front and equipping ourselves – our staff and our community – for the year ahead.

One of our biggest successes this year was our DV Alert training, and ‘Brothers Standing Tall’ workshop with our Men’s Group.

I was particularly pleased with how they went and they have proved to be very useful training for our staff, especially our DV counsellors and frontline workers, including the Women’s Shelter staff.

I have invited those trainers to deliver the same training again for next year’s DV Prevention month.

As always the Candlelight Vigil was our most popular event, and once again very well organised by our Women’s Shelter workers, Deb and Janey.

Almost 100 people came and participated.

We were also happy with other relevant workshops delivered by YETI and the Queensland Family Violence Legal Service.

Our Mother’s Day was an excellent celebration organised by the Women’s Group.

And finally I’d like to thank the Night Patrol team who worked extremely well as a team every night over the month - a great team effort!



Our second big event of the year was our Youth Summit 'Rip 'em Pormpuraaw', held earlier this month.

It was another success for us, with lots of help from lots of people – our own staff, of course, and other organisations who jumped in as well – the list is below.

So much work, but well worth it in the end, the feedback we have so far has been tremendous from all quarters.

We were able to offer some great programs and activities to help improve the social and emotional wellbeing of our young people.

We are looking forward to seeing the results of our feedback sessions with the young people concerned so we can identify what worked and where we might improve for next year!

We would like to thank the following organisations for their support of our Youth Summit activities via a cash donation as well as their in-kind support: MP Cynthia Lui; PCYC; YETI (Youth Empowerment Towards Independence); ERGON Energy; TOSCO Office National; Apunipima Cape York Health Council; ITEC; RAATSICC; Pormpuraaw Art Centre; PUBSC; RISE Ventures, the Queensland Government and all our other stakeholders and community members who have participated and supported our 2021 Youth Summit – it wouldn't have been possible without you.

We would also like to thank our guests – the Wilson Family (Jack, Jesse & Warren), Central Queensland University, Kapani Warriors and Youth Justice Services – for coming along and working so hard to support the event.

And finally, we would also like to extend our sincere gratitude and appreciation to the Shortjoe families for their generosity and support in allowing us to go ahead with the Youth Summit and school holiday activities as planned. Please accept our sincere condolences for your loss.

We hope you enjoy reading through our achievements and success over the year.



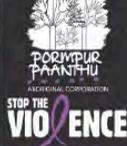
COVID-19 has changed the way we do things in 2021

Gant'hi



DOMESTIC & FAMILY VIOLENCE PREVENTION MONTH: May 2021

Night Patrol services every night

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Labor Day Holiday	DV March Men's Support Services 11am	Women's Group DV Awareness talk & Bingo Night 6pm-8pm	DFV Banner Making Healing Centre 1pm	AOD Movie & Yarn Boomerang Building 9am to 12pm	
Mother's Day 9	10	11	12	13	14	15
Women's Group Arts & Crafts and Pampering 10am to 1pm 	Info Session with QLD Family Violence Legal Service 11am to 12pm	 <i>Love Does Not Hurt</i>	DV Art Activities Afternoon Session 2pm -5pm		DVF Banner Making Youth & OSHC 3pm-5pm	 Say NO to Domestic Violence
16	17	18	19	20	21	22
	YETI Training 9am to 4pm	AOD Awareness 10am to 12pm	 Candle Light Vigil	AOD Awareness 10am to 12pm	AOD Awareness 10am to 12pm	
23	24	25	26	27	28	29
	Brothers Standing Tall DV Awareness Session – Men's Support	DV Alert Training 9am to 4pm	National Sorry Day 26 (Pormpuraaw Holiday) DV Alert Training 9am to 4pm			
30	31					
	Closing Day Parade + Women's Group Yarning & Movie Night		 STOP THE VIOLENCE			

Pormpuraaw's PPAC DV Awareness March kicked off a four-week calendar of events in May this year, to mark Domestic & Family Prevention month in the community.

"Similar to previous year's PPAC marks Domestic & Family Violence Prevention Month to raise community awareness and to send a clear message that domestic and family violence in families and homes will not be tolerated," PPAC CEO Ganthi Kuppusamy said.

"Our staff have put together a comprehensive program of activities, workshops and events for the month, starting with a DV Awareness March, held on Tuesday 4 May.

"We enjoyed good feedback from the community on the day, and there was a good turnout."

Member for Cook Cynthia Lui congratulated PPAC.

"Well done Pormpuraaw and Pormpuraaw community for the show of solidarity for DV awareness and standing strong to put an end to domestic violence," she said on Facebook.





DV Prevention March

Tuesday 4 May 2021



The month of May was Domestic & Family Violence Prevention month, and consistent with our values, core business and strategic direction we took a whole of community approach in raising awareness of this important issue, PPAC Integrated Healing Services Manager Nigel Sullivan writes...

I think for myself, it was great to see community elders, people of all ages and the involvement by other services providers participating in the Domestic and Family Violence Prevention march and sending the message that “Hands are Not for Hitting” and that “Love Doesn’t Hurt”.

Our Women’s Shelter coordinated our annual Candlelight Vigil and we supported many information and training opportunities, both for local community members and local employees specifically in relation to Domestic and Family Violence and substance misuse.

I was extremely impressed by the number of male participants at the many community held events we organised, a number which has been growing over years and will continue to grow for the future.

I think this demonstrates an ever increasing awareness around this very important issue.





Candlelight Vigil

Wednesday 19 May 2021



A primary focus of PPAC's Domestic & Family Violence Prevention Month activities was on Alcohol and Other Drugs (AOD) awareness activities.

To change DFV we need to change how we use AOD.

Those activities – mostly around fishing together and yarning – moved through several venues.

On Monday they started at front beach where we talked about

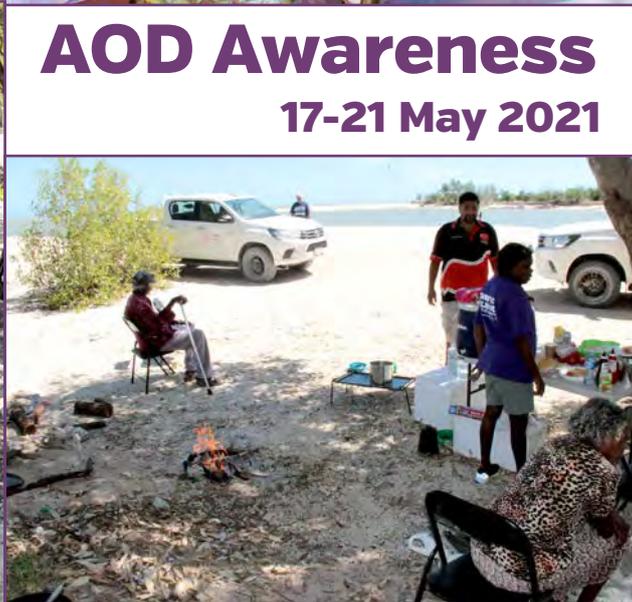
understanding what not changing means to us, our families and community.

On Tuesday we moved to Chapman River, where we thought about change.

On Wednesday we moved to

Mungkan to yarn about doing it (changing), before coming together at the Boomerang on Friday to talk about how we keep these changes going.

Each day there was a BBQ lunch and other fun activities.



AOD Awareness 17-21 May 2021





Stages of Change Story

1. Not Worried (Pre-Contemplation)

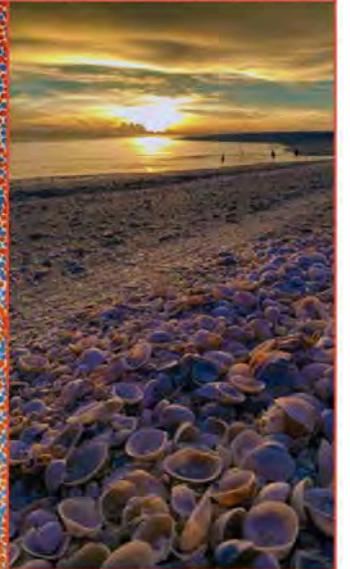
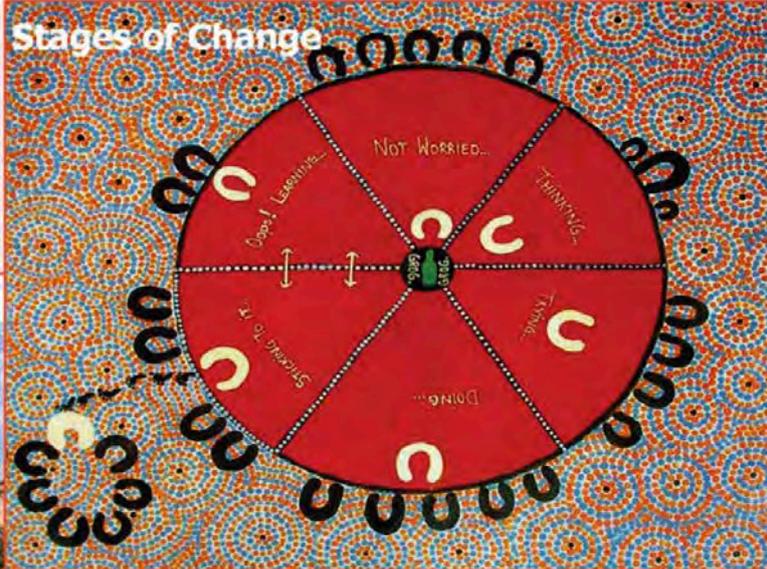
Drinking has become a problem for the person in the centre of the circle. He or she is too close to the drinking. The drinker isn't worried about his or her drinking. Family member (at the edge of the circle) are worried and want the drinker to change, but the drinker 'can't listen'.

2. Thinking (Contemplation)

Something has happened to start the drinker thinking that there is a problem and that not everything is about drinking is good. He or she has started to listen to what family is saying but still is not ready to change.

Oops! Learning (Relapse)

The person has stopped drinking but has not learnt how to 'say no' or has found ways to be strong with other drinkers. He or she may start drinking too much again. The person is learning new ways to stay strong. The family is helping the person.



5. Sticking to It (Maintenance)

The person no longer has a problem with drinking. He or she is sticking to the plan that was made. The problem drinking circle has been left and the person has moved back to family.



3. Trying (Determination)

The drinker is half way between grog and the family. The drinker wants to change and starts making plans to cut down or stop drinking. The person starts trying different things like light beer or not drinking on certain days.

4. Doing (Action)

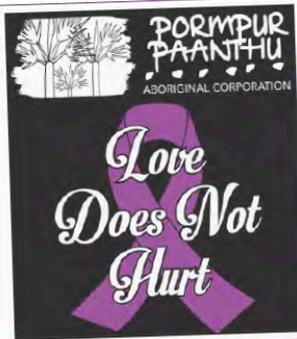
The drinker has made up his or her mind to change. He or she has now cut down or stopped drinking and has moved closer to family. It's still early days but changes have been made.

Authors: Kerry Simons & Sophia Lunniss from Tjalka Community. Copied from the Circle of Behaviour Change: Living with Alcohol Program. Northern Territory Government 2009. Perthville, WA & UC, Dicksonville WA. Based on comprehensive model of change. Adapted from: Prochaska, J.O. & DiClemente (1982). New York: Brunner Press.



An important part of Domestic Violence Prevention Month is always taking the opportunity to ensure all our staff are up-to-date in their studies and skills.

The article below is taken from PPAC News Week, Issue 55 (31 May 2021).



PORMPUR PAANTHU NEWS WEEK

Issue 55: 31 May 2021



Last week 14 PPAC staff, including the CEO, took the opportunity to undergo Domestic and Family Violence Response Training (DV-alert), a free national program designed for health, allied health, educational, childcare, and community support frontline workers.

The training has assisted them to:

- RECOGNISE signs of domestic and family violence;
- RESPOND with appropriate care; and,
- REFER people experiencing or at risk of domestic and family violence to appropriate support services.

CEO Ganthi Kuppusamy said it was important for all PPAC staff to keep up their skills and qualifications.

"We all achieved our Certificate of Attainment from the training which was well-delivered by Benny and Barbara, and we'd like to thank them for making the time to come up to us," she said.

"Everyone who participated got a lot out of the courses we have run over our Domestic Violence Prevention Month activities, even our most experienced practitioners."

Most staff also underwent Volatile Substance Use (VSU) training with Mandy and Melody from Youth Empowered Towards Independence (YETI) the week before, covering:

- Common inhalants and understanding how they are used;
- Effects of VSU and being alert to signs of use;
- Responding to presentations of inhalant use;
- Benefits of integrated service delivery; and,
- Resources are provided.



Instagram #RipEmPormpuraaw



Follow, Like & Share

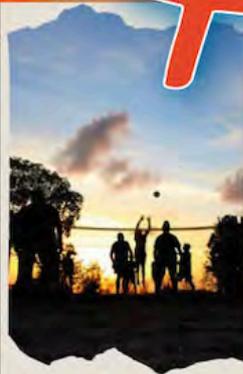
PORMPUR YOUTH

2021 | PORMPURA AW
6th-9th July | YOUTH SUMMIT
PARTNERSHIP EVENT

**IT'S
HERE!**



**PORMPURA AW
YOUTH
SUMMIT**



**Transport
available**
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CENTRE



**FREE Breakfast,
Lunch & Dinner**
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**PORMPUR
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Pormpuraaw Youth Summit *Rip 'em Pormpuraaw* Timetable

Times	Monday 5 July	Tuesday 6 July	Wednesday 7 July	Thursday 8 July	Friday 9 July
8:30AM-10AM RISE KITCHEN	Stakeholder Arrivals Transport Available	BREAKFAST BAR- Rise Toolbox meeting	BREAKFAST BAR- Rise Toolbox meeting	BREAKFAST – Chapman Toolbox meeting	BREAKFAST BAR- Rise Toolbox meeting
10am -2pm	<u>Welcome Lunch</u> PUBSC 12noon	<u>Opening Ceremony: Welcome to Country, Traditional Dancing</u> Ninja Warrior – Programs LUNCH – Boomerang BBQ & Salads	LUNCH – Boomerang Pasta & Salads 12pm	LUNCH – School Roast Lunch 12pm	LUNCH- Hall Sausage Sizzle 12pm
2pm – 4pm Rotation of Activities	WORKING BEE FINAL SET UP	Art Centre Activities: Spin Art, Spear Making, Weaving, Canvas Painting, Pormpuraaw Library Chill Zone Other stalls : Tie dye Wind Chime OSHC Zone : Bailer Shell Painting	Health Promotion Girls Pampering (Women's Shelter) Boys Mixed Games: (Club)	Wet and Wild slide, Water Balloon Fight, Sprinklers play, Tug o war, Ninja Warrior – Programs OSHC Zone: Jumping Castle, Slip and Slide, Kapani Warriors (Army)	Education and Training Expo Day (Hall) - Stalls: Apunipima, PCYC, PPAC, Rangers, Police, Rise, Clint Paradise, HD&Q, Army, Art Centre, CEO, Council, PUBSC, Education and Training Info. CQU Ninja Warrior – Program Kapani Warriors (Army)
4pm-6:30pm		PCYC Games: Touch Football, Edor, TIG's VolleyBall Ninja Warrior – Programs Kapani Warriors (Army)	PCYC Games: Touch football / Volley Ball Amazing Race Ninja Warrior – Programs Kapani Warriors (Army)	Colour Run PCYC Games: Edor, Balloon Toss, Touch Football	PCYC Games: Fun in the Park? <u>Closing Ceremony: Speeches and Prizes</u>
6:30pm-7:30pm	Guest and Stakeholders Dinner 7pm	DINNER – Boomerang Hamburger & Drinks	DINNER- Chapman Camp Stew & Damper	Dinner- Boomerang Pizza, Pasta and Garlic Bread	DINNER- Hall Kup-murri
7:30pm – 9pm		Fire Making Competition Fire Stories Didge Playing by Jesse Wilson	Camping – Chapman Flashlight Games, Yarning Circle	Movie Night – Boomerang RAATSICC	Glow in the Dark Disco



Traditional Dance

Day 1: Tuesday 6 July 2021



The overall experience was awesome, Counsellor Robert English says, it was a coming together of families and connecting with each other through culture, tradition and the experience of new things.

“I thought it was really good to see some of the older teenage kids, there was a few of them who came and got really involved.

“Another thing that was really cool was that during the Summit I witnessed a lot of self-pride in those kids who did participate.

“It’s not often you get to see pure joy, pride and happiness, but that happened a few times during the Summit.

“In particular on that first night with the fire starting when the “Barefoot Bushman” started their own fires, the amount of joy and pride they felt from doing that, honestly made it all worth it.

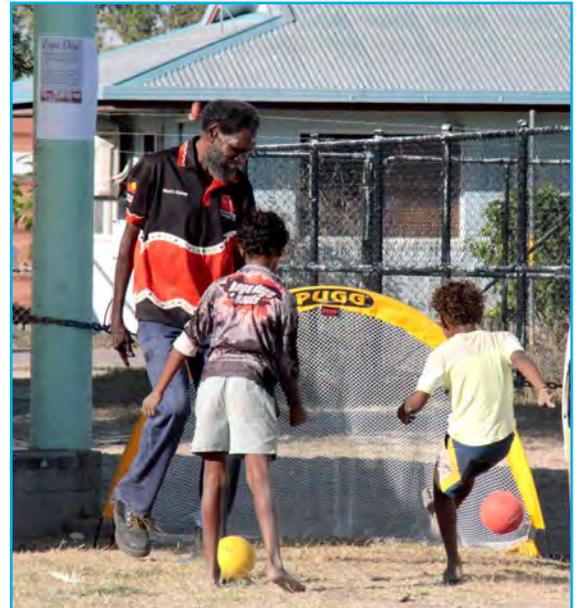
“You could tell in that moment they felt strong inside, connected to who they are, and proud of themselves for who they are.

“And then, to break out into corroboree, from that, there’s no other way to describe it but deadly.

“So that, for me, was the biggest privilege that I got to witness that.

“It was basically all just about self-esteem and building self-esteem.”









Fire Making Day 1: Tuesday 6 July 2021

My favourite thing, I reckon, was the fire making that first night where my brother Jesse taught them how to make their own fire with the sticks and the husk, Deadly Ninja Jack Wilson says.

That was a really awesome experience because it really showed teamwork, and it was also a kind of achievement out of nothing but hard work.

They really just learned so fast, and they worked together, so just to see their faces and them dancing after, was actually incredible.

We saw something there that you don't really witness too often.

They sparked that flame that night and that sparked something in them too.

Obviously that's something that we need to focus on more because there was some really strong unity that night.

It was insane - they were just brothers in arms, those kids.

Even those older kids were really tapped in and tuned on, which was awesome.





Didges & Dresses

Day 2: Wednesday 7 July 2021

For me there were highlights throughout the whole week Training Coordinator Josephine Szilagyi says.

“I think I really enjoyed the didgeridoo playing that the Wilson brothers brought.

“To see the kids give it a go, was a proud thing, I was like, “You know what? This is so deadly that they’re willing to give it a go. They’re having fun doing it. And then, bringing alive or bringing back in and re-igniting that culture that used to be here long ago.”

“So that was one of the highlights for me.

“The other thing was the confidence, another one of the highlights for me was seeing some of the girls who were so shy, get into a dress, even if it was in their t-shirts as well, they had heels on and it was still progress.”





Deadly Ninja Jack Wilson & Family



This was the longest I've spent up in the Cape and I really had a deadly time and really good experience Deadly Ninja Warrior Jack Wilson says.

"I really felt the strong connection from Pormpuraaw and the community, I felt welcome and it was just a really, really powerful week.

"It came down to health and wellbeing and sharing my skills and knowledge as a mentor.

"I was able to provide some routines and some exercise programs, just to steer the kids to what their priorities in life should be: staying healthy and the importance of that - basically what has helped me in life.

"So just to be there, to build relationships and connections and be a role model.

"It's easier when they can identify me and know they've seen the Ninja Warrior, it's really exciting and very humbling.

We didn't want to leave. We felt really at home there.

I just felt like at home, being out in the community and meeting everyone for the first time and I felt like they were family Jesse Wilson says.

"Everyone was so nice and so outspoken and down to earth, it was really comforting to be there.

"It's so good to be able to teach culture, even though the culture's strong there when it comes to language, that means I'm learning as well.

"It could be an ongoing thing, I'd like to bring out my workshop there and actually teach these young boys how to make didgeridoos. Hopefully get them to make their own from start to finish, and that could be a part of their journey.

"They can keep it forever then."







Mornings on the beach were another highlight, Jack Wilson says.

“We went for a morning jog on the beach every morning, and we played some music with the kids and we did some shake-a-legging on the sand.

“They were really powerful mornings, we got to really appreciate the sunrise and the beach with the kids.

“And they were showing us their land and telling us a few stories about the ocean and the river mouth – and they were hitting that beach running.

“Meanwhile we were keeping an eye out for them crocs, which was a spin out, I’ve never seen that many crocs in my life.”





It was their first camp out that was not with family for some of those kids, Josephine says.

“So for them, to be on their best behaviour was fantastic to see.

“We were doing riddles about all kinds of things and we were doing storytelling around the fire, and everybody got to tell stories and even some word games.

“They were fully engaged for more than an hour and a half, which was quite a highlight for me, they surprised me.

“There was more laughing and everybody just chose their spot and it was really good.”





F is for 'footy' and FUN!

Day 3 & 4: Thursday 8 July 2021



Footy, touch and edor, the physical health side of things, is always a big, important part of it, Robert says.

But I think too, having the Pormpuraaw Crocs starting up the rugby league and them having a few games this year, probably the most games they've had in a long time, has inspired the younger kids.

I'm sure, if you ask the kids, it's just about having fun with each other, but I don't think you can underestimate the impact having the crocs back in action has on the younger ones.

So, that's pretty cool, and I think it shows pretty clearly how as role models in the community they can and have been setting an example.





The Youth Summit program is built on fun activities that address barriers and empowers individuals without involving a classroom environment, RISE Business Manager Melissa Douthat says.

It helps to build communication and trust between adults, youth and children.

RISE was involved in:

- Toolbox meetings each morning to set and plan for the day;
- Providing a breakfast space at the RISE Office;
- Supporting PPAC and organisations by providing equipment and office space for activities and storage throughout the week.
- Participated in and supported several events such as the Colour Run and Movie Night;
- Worked with the Army to support catering and meal delivery;
- Worked with the Army to support the Men's Group preparation of the Kup Murri dinner for the closing ceremony; and,
- General support in all areas of the program to ensure that it was a successful event for the young people and the Community.





2021 Youth Summit: support & appreciation

An event that lasts a week and is trying to engage with 50 or so young people for that entire time is impossible to do it without other organisations coming in and doing their own activities that are also engaging and also beneficial, it's just impossible to sustain without that assistance, Robert writes...

We are and I personally am so grateful to RISE, the police, the Army, Kapani, The Wilson Family, Apunipima, and RAATSIC for the times they stepped in and helped us out when things weren't going to plan, or we just needed that little bit of extra help, without them we would have really struggled especially around cooking and serving the meals, doing activities like the Amazing Race, engaging in the games down at beach, and on several other occasions, a break or time was needed to set up the next activity.

Lost's of other organisations also helped in many other ways, and this is not to discount any of the effort or support they gave, I'm just particularly grateful for the great teamwork they showed by stepping up when needed, mostly without even being asked.

We wouldn't have been able to do this just by ourselves, so the support from the stakeholders, the Wilson brothers filling in a lot of their time, the army crew and the RISE crew, they were all just great, Josephine writes...

Something like another group – Cr Kangi and the RAATSIC crew - doing a movie night, takes that strain off us to provide a movie night.

When they come in and do sessions it gives us a break, so their support is one of the most valuable things, I don't even know how to say it. And I think to work with us so easily, when things were changing all the time, some of the plans, the times if it just wasn't working or we didn't have the age group or the children to start certain things.

I think their ability to go with the flow and fill in and all of that sort of stuff was just the biggest thing to us.

We're especially thankful to Army for their energetic, fit and amazing support.

Looking forward

"I'd like to get some feedback from the kids about what they enjoyed from it or what could be better about it, and what they think didn't work, so that we can take to the other contributing stakeholders, allow for their say and pass that information back to them in the hope it might be useful for future events and youth Summits," Robert says.



Our Toolbox Team



OUTSIDE SCHOOL HOURS CARE BREAKFAST CLUB SOCIAL & EMOTIONAL WELLBEING (SEWB)



SEWB quiet time

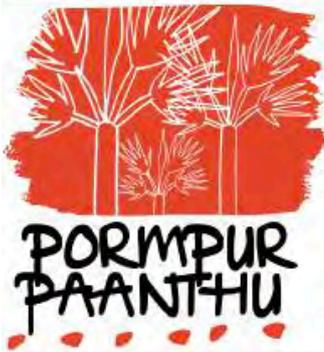


OSHC not so quiet time!



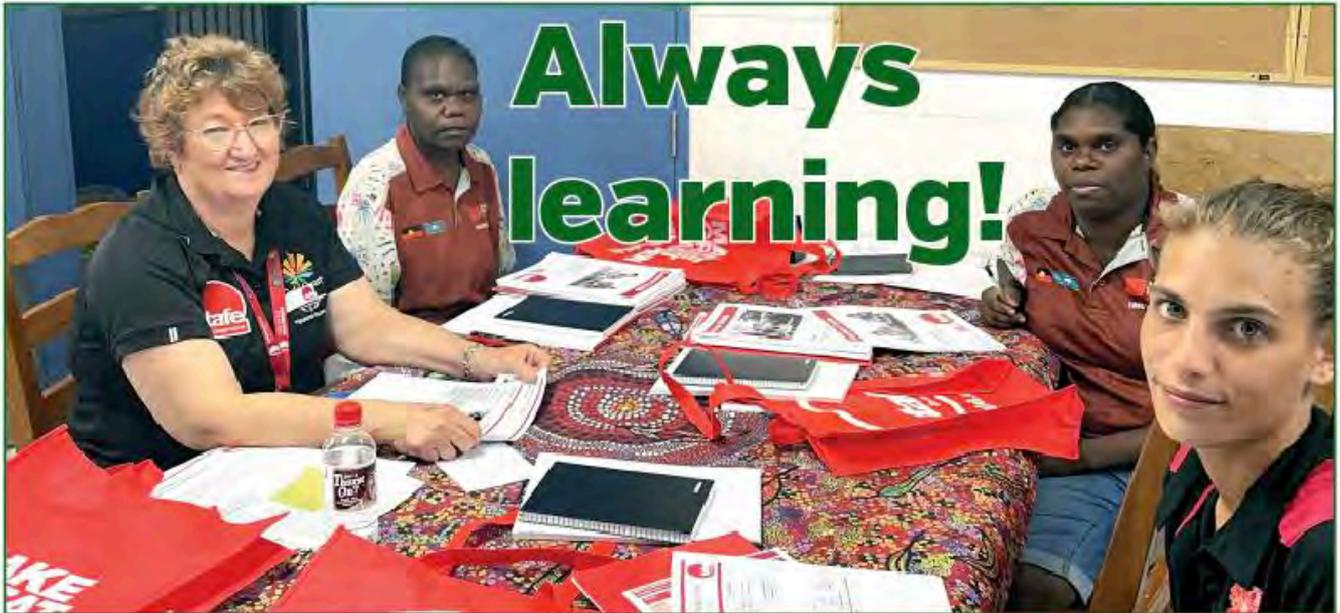
Breakfast Club is hosted each morning from 8.15-8.40am. We have recently moved from the school to the OSHC/Corner Shed, where children can have breakfast and a quiet read before going to school each day.





PORMPUR PAANTHU NEWS WEEK

Issue 63: 26 July 2021



Two lots of ongoing training to expand our Cert III and Diploma qualifications in Early Childhood Services for Corner Shed and Long Day Care Centre staff have been underway over the past week. Pictured above is LDC staff Elizabeth Poonkamelya, Tammy Conrad and Brianha Cater, and below is Valerie Tarpencha, Christine Coleman & Alfreda Tarpencha; with teacher Brenda Sloan.



PORMPUR PAANTHU  **CAMPING ON COUNTRY** 

Camping on Country PORMPURA AW with Ernie Dingo 27th-30 July 2021

STARTS TOMORROW!

Aboriginal Men's Health/Culture Camp PORMPURA AW
Are you interested in camping on country, hunting, fishing, making boomerang and spear and having a DEADLY time with other local men talking about our health and culture and living a good life together? Do you want to meet our Ambassador Ernie Dingo and our crew? CONTACT Mark Patching at Pormpur Paanthu to attend 40604260 and check out campingonecountry.com.au



PPAC NEWS WEEK

Publishes every Monday - see our Facebook page for more!



Men supporting men on Country



Our Men's Support Service, facilitated by Mark Patching who works with Bernard Foote & Raymond Shortjoe, meets every weekday morning behind the PPAC Administration Office - all are welcome for a coffee and a yarn. On Country activities are held every second Tuesday and Thursday from 10am-2pm.



Bingo!
Wednesday 7 May

Girls encouraged to take on 'better things'

Girls aged 12-17 are encouraged to sign up for Tuesday and Thursday mornings at the Corner Shed 'to get BETTER THINGS happening' for themselves for the next four weeks **STARTING TOMORROW**.

PPAC Social and Emotional Wellbeing team members Sandra Wason and Sharon Kuring said it was all about using a strengths-based approach to help build resilience - and a good future.

"We're going to be looking at school, training and life options, as well as having some fun," they said. "There will be a literacy building component as well, using popular fiction and music to encourage engagement - that will be the fun bit."

"In four weeks you could be finishing a life-changing program or you could have just done four weeks of the usual - so you may as well come on in and see what it's about."

Check out these bargains!



There was plenty going on and great buys on offer at the Pormpuraw monthly Markets on Friday afternoon. Don't miss out on next month! Watch this space for details...



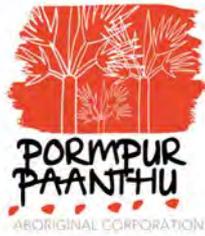
Saturday night games & disco good clean fun for kids!

Saturday nights will once again be a blur of colour and excitement in a fortnight's time as QPS, PPAC and other services band together to put on another disco and games nights for kids, at the community hall.

Watch the notice boards, newsletters and Facebook for more information!



Pormpur Paanthu Aboriginal Corporation



22-23 Yalu St, Pormpuraaw, Q 4892
Phone: 07 4060 4260 Fax: 07 4060 4280

PPAC offers:

- Domestic violence and drug and alcohol preventative education, counselling, advocacy and support for families
- Social emotional wellbeing services
- Family wellbeing services
- Other Social Services
- Men's Support Services
- Women's Group activities
- Youth activities & Student Re-engagement Service
- Outside School Hours Care services
- Vacation Care activities
- Child Care services (Long Day Care)
- Playgroup
- Night Patrol (Contact: 0474464688)
- NDIS Services
- Women's Shelter services (Maantchangk Women's Shelter is open 52 weeks a year with 7 days a week on-call service)

