



PORMPUR PAANTHU NEWS

July 2022

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Our
young
people
are
our
future

2022 Pormpur Paanthu
Youth Summit



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

The month of May was Domestic and Family Violence Prevention month and in line with our organisational values, core business and strategic direction, we took a whole of community approach to raising awareness of this important issue Pormpur Paanthu Aboriginal Corporation CEO Ganthi Kuppusamy writes...

We successfully delivered a great month of awareness activities and educational programs.

PPAC counsellors and program coordinators organised a large variety of educational and awareness activities over the month.

We also had a wonderful Mother's Day celebration at the local club, one of the most highly attended events for the month.

Our Social & Emotional Wellbeing (SEWB) team delivered a broad range of cultural activities at the community hall

during the month too.

In addition to these events offered to the community, our staff also undertook three days of DV-alert training for frontline workers.

In July, this year's Youth Summit was one of our best events ever and impressed many people.

Our focus was on community partnership, collaboration and participation.

The Youth Summit is an annual event that acknowledges our young people and provides

workshops and education that helps them continue heading in the right direction.

This year we were fortunate to be the recipient of an Early Intervention Grant from the Queensland Government's Safer Communities Fund, to support our youths aged 12-24 years.

This was invested into a wide variety of engagements and activities during the Youth Summit which included ninja warrior activities, art and cultural day, movie night, Futsal, glow in the dark disco, beach sunset activities, Elders stalls, colour run, morning walks and running groups, health promotion, media/photography comp, school oval games and an education and training expo.

Overall it was a comprehensive and very well-supported event.

I was really impressed by the number of participants at our DV awareness events and the Youth Summit.

Attendance has been growing every year, which demonstrates the appeal and effectiveness of PPAC's community engagement.

Thanks again for everyone's support.

Ganthi





DOMESTIC VIOLENCE AWARENESS MONTH

May 2022

Our Community Night Patrol Service will operate every night during DV Awareness Month.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  Say NO to Domestic Violence	2 Public Holiday: Labour Day	3 	4 DV Prevention Month March (Men's Group) March & Community BBQ from 10am to 1pm	5 Men's Support Activities (Men's Group) 10am to 1pm	6 	7  Love Does Not Hurt
8  Mother's Day (Women's Group) 6pm to 9pm	9 AOD Awareness Workshops/Programs 10am to 12pm	10 AOD Awareness Workshops/Programs 10am to 12pm	11 AOD Awareness Workshops/Programs 10am to 12pm	12 AOD Awareness Workshops/Programs 10am to 12pm	13 AOD Awareness Workshops/Programs 10am to 12pm	14 
15	16 QIFVLS Workshop 10am to 12pm Queensland Indigenous Family Violence Legal Service 	17 DV-Alert Training (Healing Services) 8:30am to 5pm	18 DV-Alert Training (Healing Services) 8:30am to 5pm	19 DV-Alert Training (Healing Services) 8:30am to 5pm	20 DV-Alert Training (Healing Services) 8:30am to 5pm	21  HANDS ARE NOT FOR HITTING
22	23 Candle Light Vigil (Women's Group) 6pm to 8pm 	24 	25	26 National Sorry Day (SEWB Team) 10am to 1pm	27 National Reconciliation Week (SEWB Team)	28
29  STAND UP FOR STANDARDS Drink Responsibly	30 Women's Group Activities 6pm to 8pm	31 Closing Day Parade (Men's Group) 10am to 12pm				

Flying the flag for DV prevention



Thanks to the Men's Support Service, the first event in 2022's DV Prevention Month calendar was celebrated in style.

The group created several banners to carry as part of the planned march, highlighting the impact of domestic and family violence on our community.

If you, or someone you know, is at risk - support is available.

You can contact DVConnect Womensline on 1800 811 811 (24 hours, 7 days) or DVConnect Mensline on 1800 600 636 (9am-midnight, 7 days).



*All work and walk together on one path of healing, learning, caring and sharing,
creating a safer environment and community*





Taking a stand against family violence

This year's DV Awareness Month first event was the all-important march against family violence.

Starting at the healing centre, members from across the community marched together to express their support for survivors of violence, and their commitment to making Pormpuraaw safe for everyone.

Queensland's Acting Minister for the Prevention of Domestic and Family Violence, Meaghan Scanlon, urged everyone to play their part throughout the

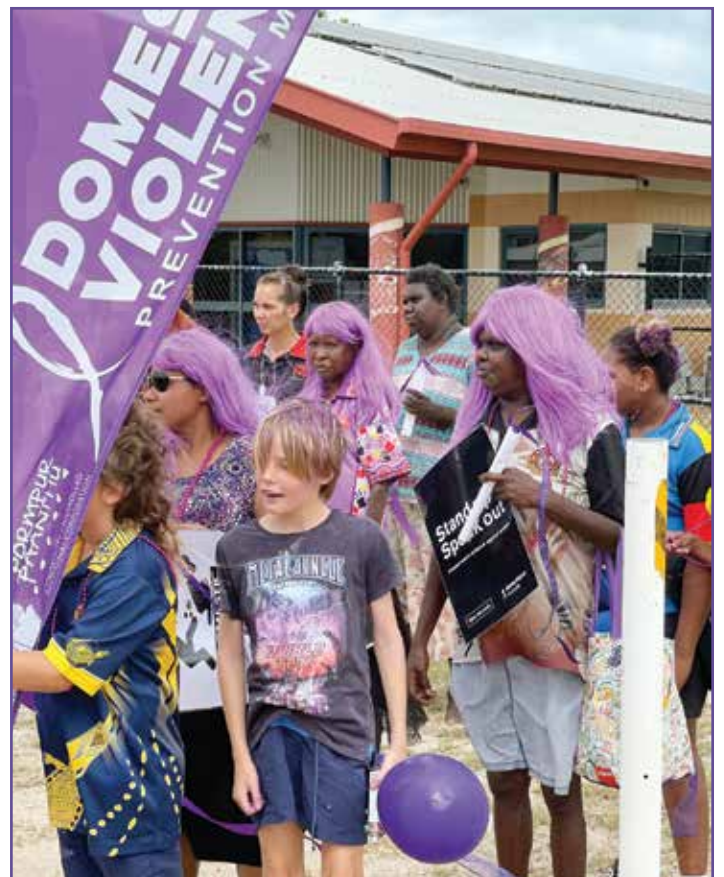
month, and beyond.

"Each and every one of us has a role to play in ending domestic and family violence," Minister Scanlon said.

"This year's theme is about all of us, working together to make sure our workplaces, our schools and our communities are safe and respectful."

Cynthia Lui MP, Member for Cook, echoed Minister Scanlon's sentiments.

"Say NO to Family and Domestic Violence - Not Now, Not Ever," she said.



Laying the foundations for self-care

A series of well-attended workshops throughout DV Awareness Month gave participants important insights and support around family wellbeing.

AOD counsellor Broc Martin said topics such as sleep, self-care and boundaries were addressed and are important areas of focus for anyone, but particularly for survivors of abuse.

“A huge ‘thank you’ to all who attended and participated,” he said.

“There was lots of learning and sharing

between all involved.

“Thanks also to RISE for allowing us to use the space for the course of the week.”

The workshops concluded with a celebration of coming together, with participants encouraged to enjoy the food they’d cooked together in the slow cooker workshop.

A final raffle also saw three lucky participants claim some deadly prizes – a television, mobile phone and slow cooker.



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Celebrating Mother's Day!



This year's Mother's Day Celebration was a huge success, thanks to the efforts of PPAC Women's Group and the support of the Club (PUBSC) and Pormpuraaw Shire Council.

More than 200 people attended, including lots of

happy children, enjoying their families and expressing their appreciation for the women in their lives.

CEO Ganthi Kuppusamy thanked our hard-working organisers, praising their efforts in delivering such a fun-filled night.



Cooking up healthy relationships

Healthy Relationships were the hot topic at a workshop and BBQ lunch during the third week of our Domestic Violence Awareness Month.

At this particular event, a range of issues was discussed, including how abuse and violence occur in relationships, forms and effects of abuse and violence, warning signs, and how to help yourself and others stay safe in intimate relationships.

Cynthia Lui MP, Member for Cook, was in attendance.

"Big shout out to Ganthi Kuppusamy and her team at Pormpur Paanthu Aboriginal Corporation for pulling together a great community event to raise awareness for domestic and family

violence," she said on Facebook.

"I got the opportunity to meet with locals and engaged in some meaningful conversations."

Workshop participants also got involved in painting banners, for display at the Candlelight Vigil and Closing Day Parade.



Local staff undertake healthy relationships training by QIFVLS



The Queensland Indigenous Family Violence Legal Service (QIFVLS) visited Pormpuraaw during Domestic Violence Awareness Month, taking the opportunity to train local staff in Domestic Violence Legal Education and Healthy and Unhealthy Relationships

Education programs.

QIFVLS's representatives thanked the Pormpur Paanthu team for their help in delivering these important programs.

"On this trip we met existing clients and helped them navigate the legal system, we also met with people who had questions about how



QIFVLS might be able to provide some support," they said.

"Thanks to all the different communities for letting us visit and the community groups who helped over this past week; it's always nice to

meet face-to-face."

The team, including Case Management Officer Taylah Henry and Solicitor Gwynn MacCarrick who visited Pormpuraaw as part of an extensive outreach across Cape York.

Skilling up for early parenting



Members of the Pormpur Paanthu team travelled to Cairns in May to undertake Core of Life training – a program designed to give members of the community the skills they need to support young people at risk of, or experiencing, early parenthood.

The training aims to build stronger, healthier families and communities.

This uniquely 'hands on' health

promotion and early intervention program was created by midwives – it recognises that birth is central to all cultures and families.

Core of Life is designed to help young people make informed, responsible decisions about becoming a parent.

Based on real insights around pregnancy, birth and parenting a newborn baby, its goal is to improve outcomes for our young and future families and to

promote connections within our community.

To do that, the program provides opportunities for the different generations to come together to learn from each other in a non-judgemental, safe environment.

It's a chance to share important facts about life, as well as traditional stories and practices, so that traditional Womens' business knowledge may continue in another generation.



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“Reach out ... so we can reach you”

The men of Pormpuraaw have a place to go when times get tough Shire Council CEO Edward Natera said as he and Mayor Richard Tarpencha officially opened the new Men's Shed during DV Awareness and Prevention Month.

He was referring to the lyrics of Toni Childs' *I've Got to Go Now* –

“This man I married is buried deep, And the more I try to wake him, the more he sleeps, I used to think I knew this man, The tenderness, not the back of his

hand” – as an indication that now was the time to move forward and make change happen.

“Just as all mothers are important in our individual homes and in the upbringing of our children, so too are fathers,” he said.

“We remind all that have gathered here that parents are the best examples for our children.

“Please reach out if you feel that life is becoming too challenging, so that we can reach you.

“Collectively we must strive to make our community safe.”

He urged the men of the community to take this chance to improve on their self-esteem, by engaging with the Men's Support Group and enjoying all that the much-awaited Men's Shed has to offer.

“I would like to say a big thank you to PPAC, all NGOs in community, State and the Australian government and our defence force through its AACAP program for giving our Men's Group a place they can call home,” he said.

Remembering those we lost



Pormpur Paanthu's annual Candlelight Vigil once again offered the community an opportunity to pay tribute to those lost to domestic violence.

The Vigil is a central feature of the Domestic Violence Prevention month calendar, as it remembers the women and children who have lost their lives to domestic and family violence.

At this event, family and friends lit candles in memory of their loved ones, and reflected on the impact of violence on their lives and the wider community.

Special thanks to the Women's Group, Men's Support and Night Patrol teams for their great work throughout.



Men's Shed Opening 2022



“Collectively we must strive to make our community safe.”



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Know the signs and how to react

PPAC staff also undertook DV-alert training during the third week of May, to help them recognise the signs of domestic and family violence and know what to do next.

While there are specialist support providers within the community, people experiencing domestic or family violence are more likely to disclose incidents to people outside the system.

And with frontline workers in



other areas across the community holding a unique position of trust, it's important they're equipped

to see the signs and know how to help.

Facilitated by Benny Hodges and Holly Freeman, DV-alert is a free, nationally accredited training program, designed to reduce violence against women and their children.

The workshops provided a safe space for frontline workers to learn, connect and be empowered to recognise and respond confidently to those in crisis.

All together, against violence



Domestic Violence Awareness Month for 2022 drew to a close with a final march through Pormpuraaw.

The DFVP Month theme for 2022 was 'All of us, together' – the message being that real change

happens when everyone takes action against violence.

To that end, the march gave participants an opportunity to display banners created throughout the month, with messages of support

for those experiencing domestic and family violence, as well as some of their learnings about healthy and unhealthy relationships.

PPAC Board and staff expressed thanks to the Pormpuraaw community

for one of the most successful years to date.

Pormpur Paanthu CEO Ganthi Kuppusamy said she appreciated the high levels of engagement across the event calendar for the month.



Our 2022 Reconciliation Week



The last week of May and the first week of June every year is Reconciliation Week – the perfect way to finish our Domestic and Family Violence Prevention and Awareness Month.

The community hall was the place to be for this year's event, with participants enjoying a host of cultural activities as well as a delicious Kup-Murri lunch.



Hosted by PPAC's Social & Emotional Wellbeing (SEWB) team, the theme for 2022 was *Be Brave. Make Change* – focusing on tackling the unfinished business of reconciliation, so we can make change for all.

The ultimate goal of the reconciliation movement is the achievement of a just, equitable and reconciled country.



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#PPACYouth22
2022
5th-8th JULY

PORMPURA AW
YOUTH SUMMIT
PARTNERSHIP EVENT



**GET UP!
STAND UP!
SHOW UP!**

Time	Monday 4 July	Tuesday 5 July	Wednesday 6 July	Thursday 7 July	Friday 8 July
6:30 - 7:30am		Walking/Running Runners & Walkers TEAM	Walking/Running RAW TEAM	Walking/Running RAW TEAM	
8:30 - 10am RISE KITCHEN		BREAKFAST BAR - Rise Toolbox meeting	BREAKFAST BAR - Rise Toolbox meeting	BREAKFAST BAR - Rise Toolbox meeting	BREAKFAST BAR - Rise Toolbox meeting
10 am - 12:30pm		Social Media / Photography Competition Workshop N.S.I. Boardroom - Online only	Community Hall Activities APUNIPIMA - TIS	SCHOOL OVAL DAY PREPARATION	FUTSAL Community Hall
12:30 - 2pm		Opening Ceremony: Welcome to Country, Traditional Dancing Men's/Women's Group LUNCH - Boomerang BBQ & Salads	Men's/Women's Group LUNCH - Boomerang Hamburgers	SCHOOL OVAL DAY Men's/Women's Group LUNCH - School Oval Chicken Wraps	Men's/Women's Group LUNCH - Boomerang BBQ & Salads
2 - 6:30pm	Set up and Preparation for Stakeholders	Health Promotion Apunipima Ninja Warrior Obstacle race Chill Zone Pormpura Library Paint Spinner Eddie & Shenee Games: Touch Football, Edor, Volleyball, Red Rover	Ninja Warrior Cast net throwing - Hall Health Promotion Apunipima Girls Pampering (Women's Shelter) Boys Mixed Games (Men's Shed) Chill Zone Pormpura Library Elders Stall Old Pormpura Photos	Eddie & Shenee Games: Wet & Wild Slide, Water Balloon Fight, Sprinklers play, Tug of War, Balloon Toss, Edor, Touch Football TIS GAMES Apunipima OSHC Zone Jumping Castle Slip & Slide Ninja Warrior Sunset connection	Education & Training Expo (Hall) State's Apunipima, PPIC, Rangers, TAFE, Police, RSP, -D&Q, CIO, Council, Education and Training into COU Ninja Warrior Shake-a-leg dancing Closing Ceremony Speeches & Prizes • Closing speeches; • Prize presentations; • Years 6 and 12 Graduate Achievement Awards
5 - 7pm	FUTSAL EVENING SESSION COMMUNITY HALL	FUTSAL EVENING SESSION COMMUNITY HALL	COLOUR RUN	FUTSAL EVENING SESSION COMMUNITY HALL	
6:30 - 7:30pm	Stakeholders Dinner Club - 7-9pm	Stonewall Screen & Ball Apunipima DINNER - Boomerang -	DINNER - Boomerang -	DINNER - Boomerang -	KUP MURRI & Damper-making Competition - Community Hall -
7:30 - 9pm		Fire Making Competition	Glow in the Dark DISCO	Movie Night - Boomerang RAATISC	CLEANING & PACKING





Showing Pormpuraaw youth their world of potential



It's time to open young people's eyes to what they can achieve PPAC Youth Summit & Early Intervention Youth Coordinator Vanessa Deakin says.

Fresh from the successes of this year's PPAC Youth Summit, she said her goal was to build opportunity and help young people chase their dreams.

"Making changes for one child could have a snowball effect – creating role models for the next generation, for their family, for their children," she said.

Sharing the

importance of role-modelling to younger generations, Vanessa said she wasn't afraid to admit she was 'scared' to take on organising the PPAC Youth Summit.

"This is the first time I've ever been involved with creating an event and I'm so, so lucky I've had stakeholders, I've had staff, I've had volunteers always there to support, always there to give advice, always there to give ideas," she said.

"I thought, however it goes, I'm going to learn



from this, because I see myself as a role model for the kids too - I'm a local girl and if I can do it, they can do it too.

"Everyone that's been involved - staff, volunteers, stakeholders, youth - you could feel the positive energy, the enthusiasm.

"I want to be able to encourage them."

Vanessa's message to the young people

of Pormpuraaw was clear: "You can do whatever you want. You can be whoever you want. Don't let anyone knock you down. Don't take no from anyone," she said.

"Take that as a challenge to prove to others that tell you that you can't do it, prove that they're wrong and that you can do it.

"You've got to just

take your steps slowly.

"If you need help, ask for help.

"We're here for you."

Vanessa said she wanted to thank the RISE team and our other stakeholders and sponsors for supporting the PPAC Youth Summit team, "from sun up to sun down".





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Building our future leaders

Early Intervention Youth Coordinator Vanessa Deakin says that, with nurturing, the young people of Pormpuraaw have everything they need to become the leaders the community needs.

The PPAC Youth Summit, she said, was an opportunity to acknowledge the young people who too often feel people were only ever “watching and criticising everything they do.”

“This was your week,” she said.

“Youth are our next generations - youth are our leaders and we want to support you in any way we can.

“I’m really, really hoping that children came out of this youth summit knowing that they’ve got the support around them, they’ve got guidance here if they need it.

“They are loved.”

In her role, Vanessa tries to engage the 12–24-year-olds of the community.

“I try to keep them out of things that would give them bad life history or criminal history, or keep them out of things that would affect their life in the long-term,” she said.

“I make sure we run educational activities that are recreational activities, so they don’t do drugs when they’re bored, they’re not doing alcohol when they’re bored, and they’re not doing silly things.

“It’s also about giving them life skills to prepare them to be independent.”

She said there were opportunities available at every age and stage.

“The long Daycare Centre is there for parents – a lot of young parents were clients as little children,” she said.

“They have good guidance growing up and going through to primary school and afterschool care, to youth groups and to the men’s and women’s groups, after that.”

She said Pormpur



Paanthu’s strength lay in collaborating with stakeholders inside and out of Pormpuraaw.

“Because we live in a remote area we can’t depend on everyone all the time,” she said. “It’s best if we learn to always rely on ourselves first.

“So, as a community,

we need these young up-and-coming leaders so we can look after our community ourselves.

“I want to see these kids be in control of this community, take control of the direction they want this community to go, that’s my wish.”



Pormpuraaw 'oozing with talent' – Ninja Warrior star

This year's Youth Summit was bigger and better than before, with future leaders shining through, special guest Australian Ninja Warrior star Jack Wilson (top pic) says.

Joined by his brother Mick (bottom pic), Jack said their goal had been to inspire and energise the young people of Pormpuraaw.

"We're trying to activate that inner belief system inside the kids and show them the power that they have inside themselves - putting themselves through a challenge, teaching them new things, putting obstacles in front of them, for them to overcome and to be role models in their communities," he said.

"To try and take that positive route throughout the adversity, dealing with a lot of what they do deal with within their families and in community, especially in this modern world with suicide rates up there and drug and alcohol abuse and domestic violence. It's just riddled with a lot of anger and a lot of disconnection, and sadness, and hurt.

"This is about showing there's another way of life - trying to change the patterns, break the cycles, so they can turn to love and be strong within themselves, work together, not against each other, no matter what the circumstances are."

They are challenges familiar to both brothers.

"I've gone through a lot of communities and seen it for myself – it's the same story," Jack said.

"I've also drank a lot and taken a fair amount of drugs and, I know, that is a short-term happiness.

"It doesn't make you feel good for long and it suppresses a lot



of emotions and really takes you away from what really matters. So, guiding back to the spirit of the land, I feel that's the bigger picture."

Reflecting on a hugely successful summit, Jack said he was amazed by how the community had 'stepped up'.

"This year there's been massive connection – we were seeing familiar faces every day, new faces, big smiles and so much energy, just nonstop," he said.

"When we got here, we took the kids out and just connected to country.

"We went to Chapman River,

spent a couple afternoons down there and just really got a feel for Pormpuraaw, went fishing and played some games with the kids.

"Then there was the ice bucket challenge, which was awesome.

"And then the ninja obstacle course.

"It was good to see the kids testing themselves mentally with the ice bucket challenge because it's not an easy thing to do.

"A few of those kids really showed their mental strength and led the way – some future leaders there, coming through.

"Then the Touch Football Carnival, which was great - oozing with talent."

For Mick, the colour run was a huge highlight.

"A lot of smiling, a lot of laughter, everyone coming together and a lot of happiness in the air," he said.

While, for Jack, the Men's Support Services event left a real mark.

"Their contribution to the PPAC Youth Summit was very significant and impactful, even for myself," he said. "Just to see those young teenagers, young adults and young men coming together and really talking about some deep, deep truth about connection to each other and to their spirit and their land and their ancestors and dealing with some of the harder emotions that are coming up.

"Teaching them about puberty, teaching them about living outside of community, as well.

"How to keep their roots strong, how to keep their body strong, and their minds and spirits connected.

"That was a highlight for me."





‘Full-on’ youth summit kicks goals

Up to a hundred young people joined the Youth Summit’s touch competition, one of the many highlights of this action-packed event.

Youth coordinator Shenee Yantumba said she would be taking a well-earned break after a ‘tiring’ but hugely satisfying event.

“The kids were pretty good,” she said.

“The highlight for me was probably the touch competition.

“A lot of people were involved - probably up around a hundred.

“There was a lot of organising to get so many people on board, but it all came together.

“Thanks to all the young people who came along, and the other stakeholders for helping out.

“It was full-on!”





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Young women encouraged to come along to Maantchangk

After the success of their Youth Summit events, Woman's Centre Coordinator Deb Hobson is hopeful it will open the door to more young women staying connected.

"As part of the summit, Apunipima did some health promotion alongside some fun activities," she said.

"It was great to have the girls joining in and enjoying themselves - having fun and learning along the way.

"They're a hard group to engage, those 12 to 25-year-olds, but we got a big group through the Summit.

"We provided lunch – they made their own burgers – and we hope



they'll come back.

"We have bingo nights, movie nights as well as support with women's health, sexual education

and other activities on a range of subjects.

"We just want them to know we're here for them."

Men's Group steps up for youth

It wasn't only fun and games at the Youth Summit, especially for the 20 or so young people keen to learn and understand what it means to be a man in our community.

Men's Support Service Coordinator Mark Patching said while they had provided practical support throughout the Summit – from BBQs and set-up to food service – they had also delivered a tailored program for their young men in particular.

"We went through Social & Emotional Wellbeing, law, culture, spirituality, and family and kinship," he said.



"And we connected that to positive relationships.

"We had really good feedback from the young men, they really enjoyed it.

"We had about 20 young men down there, aged between 14 and 25, as well as older men."

The program built on the growing appeal of

the newly opened Men's Shed, which is just a 10-minute walk away and fully private.

"It only was built last year, and launched in May, but over the past month and a half more men have begun to make their way up there.

"It's a sign they feel comfortable and perhaps

more connected with one another.

"It has made a big difference to those who have been here, especially to their self-esteem and confidence.

"This is where they get to mingle in a positive environment, away from the pressures of the community, so that's good."

Thanking those who helped throughout the Summit, Mark said their support was "very much needed".

"I think all the men did a great job, and all the other stakeholders and people involved did an awesome job," he said.



Summit fun for the little ones



The Youth Summit was primarily for the 'big kids' so PPAC's Outside School Hours Care (OSHC) and Vacation Care team were happy to be something of a 'safe haven' for the 'little kids' on some days, and to be there to support them when they did go along to the Summit's activities for a taste of the fun.



OSHC and Vacation Care Coordinator Sandra Wason said the summit added an extra dimension to the holiday program of Lego, painting, arts, crafts and a whole lot of play.



"On a good day, we've got twenty kids coming into vacation care – aged 6 to 11-year-old," she said. "Our opening hours were from 9am to 4pm, so morning tea, lunch, and afternoon tea is included.



"During the Youth Summit, we took them into the activities, to give them a sense of what was going on.

"After the holidays it's back to normal for our OSHC, from 3-5pm every weekday."

Time to get local kids back into daycare

New daycare manager, and proud Pormpuraaw woman Tammy Conrad, is keen to encourage the community to get their children back into the centre.

"We have come up with a solution to the things that have caused problems – things like payments and subsidies," she said.

"Come and talk to us and we'll make it work.

"If you want to do payment plans, go and see Ganthi.

"We can arrange for fees to come straight out of your dole or wages."

Excited to have taken over as manager of the Long Daycare Centre, Tammy said the time was right.

"The fact that I'm local is

important to the community," she said.

"It's the first time, in a long time, that the centre's been run by someone who was born in this community.

"It matters because we want local kids here too, and it matters to me because I've been working here for so long.

"I started here in 2016, not long after it started, and I've worked and studied over the years to get where I am."

Working alongside Miss Elizabeth, and with casual staff support, Tammy and the team look after between seven and 10 children every day.

"The youngest here is seven months, and oldest is turning five



– we'll be getting him ready for transitioning to school," she said.

"We accept children aged zero to five. I love it.

"It's great to have the opportunity to do something new, but in the same place.

"It's important the community knows we're still open, and we want our local children to come back."



With thanks to our sponsors

Congratulations to PPAC for organising a wonderful summit for the youth Apunipima's Fiona Millard writes...

It was great to see our young people engaged with all the incredible activities that were offered this year!

Apunipima is proud to be involved with health promotion activities and games, and promoting healthy lifestyles, including "get more active" with the RAW Runners and Walkers Program and the Traditional Indigenous Games; health, hygiene and Core of Life activities; Tackling Indigenous Smoking and talking about the effects of smoking; and, nutrition activities including how much sugar is in drinks and drink more water messages.



The Youth Summit program is built on fun activities that help to build communication and trust between adults, youth and children, RISE Business Manager Melissa Douthat says.

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; and,
- General support in all areas of the program to ensure that it was a successful event for the young people and the Community.





Fun and friendship at 2022 Youth Summit - what can be next?

After the good times of this year's PPAC Youth Summit, the organising team have set their sights on a year filled with activities for the young people of Pormpuraaw.

Thanks to months of planning by youth worker Eddie Coleman, coordinator Shenee Yantumba and Early Intervention Youth Coordinator Vanessa Deakin, the 2022 Youth Summit brought together young people from across the community.

"I worked with Shenee on ideas of what people would want to do and what would make sure the young people came along," Eddie said.

"It was teamwork that built it into something they could come along and have fun with.

"It was good to see so many young people enjoying themselves.

"And I think events like this do help them to build their own relationships and learn to respect others.

"They see us working as a team – having something to work towards – and there's something to be learned from that too."

But the team's work doesn't stop with the summit.

"We have the community hall on a 12-month lease,"he said.

"We'll open it for lots of activities, so the kids won't be bored, playing in the streets.

"I'm a FUTSAL referee, so I'll probably start a seven-a-side competition - the kids are interested."



PPAC News Week

Publishes every Monday - see our Facebook page for more!



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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
- Men's Support Services
- Women's Group activities
- Youth activities
- 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)

