



PORMPUR PAANTHU NEWS WEEK

Issue 122: Monday 10 October 2022

DEADLY TIPS TO STRESS LESS

- MAKE TIME FOR YOURSELF**
- SAFE SUPERVISION**
- HAVE A YARN**
TALK ABOUT IT
- GO AND SIT BY**
> THE RIVER
> WATERHOLE
> OR THE OCEAN
Take time to think
- HAVE THE COURAGE TO BE IMPERFECT**
- GET ACTIVE GO OUTSIDE**
> GET SOME FRESH AIR
> GO FOR A WALK
> KICK THE FOOTY
GET THE FAMILY TOGETHER AND HAVE A GAME OF TOUCH
- CLOSE YOUR EYES**
- FOCUS ON YOUR BREATH**
- BE PROUD OF YOURSELF**
> WHO YOU ARE
> WHERE YOU'RE FROM
- SHARE SOMETHING THAT MAKES YOU LAUGH**
- SPEND TIME WITH PEOPLE YOU LOVE**
- LISTEN TO YOUR FAVOURITE MUSIC**
- SPEND TIME WITH ELDERS**
SHARE STORIES
- CONNECT WITH THE LAND**
> GO BACK TO COUNTRY
> CATCH UP WITH YOUR MOB
- LAUGH LOVE LISTEN**

Logo: PORMPUR PAANTHU ABORIGINAL CORPORATION

Logo: AH&MRC SEWB WORKFORCE SUPPORT UNIT

Logos: Tune In, Aboriginal Health & Medical Research Council of New South Wales, wsu@ahmrc.org.au, mentalhealthmonth.org.au, MENTAL HEALTH MONTH OCTOBER, WayAhead

October is Mental Health Month.

Come and see us at the Healing Centre for confidential support, advice and advocacy for families. We're here to support our families to support their children to grow up healthy and happy.

Find out more about Mental Health Month:
<http://ow.ly/qzb850L2Kjf>

#deadlytipstostressless
#MentalHealthMonth #MHM
#health #community

Apunipima works to resolve cyber issues

Apunipima recently became aware of a cyber security incident where a third party gained unauthorised access to the Apunipima computer environment and possibly downloaded some information.

“We are taking all appropriate actions in response,” they said.

“As soon as we became aware of the incident, we engaged leading external cyber security and forensic experts to support us in managing the incident, securing our systems, restoring system functionality, and commencing a forensic investigation into what had occurred.”

They said they were unsure as to when their system would be back up and running and would, in the meantime, revert to manual processes.

“Our number one priority is the continuity of care and health services to the people and communities we serve,” they said.

“We are aware that the delivery of some services to patients and clients is taking longer than normal.

“We are working closely with Queensland Health and other local Cape York based service providers to ensure the continued timely provision of high-quality health and community services to the people and communities we serve.”

They said they were also working with authorities, including the Australian Cyber Security Centre (ACSC) and relevant law enforcement authorities.

“Should our forensic investigation confirm that anyone’s personal information may have been affected, we will carefully analyse the potentially affected information for the purpose of notifying individuals in a clear and precise manner, including advising them of any steps they need to take,” they said.

“We thank the people and communities we serve for their support and patience while we resolve this issue and work to ensure the continuity of high-quality safe health and community services.”

Should any members of Cape York communities have questions or concerns, they can contact Apunipima via phone on 07 4037 7240 or via email at ceo@apunipima.org and we will respond to their enquiries as soon as possible.



Goodbye to Mark Patching

Sadly, Mark Patching has to move back to Western Australia. Last week was his final week with PPAC. We will miss him!

Michael Wilson (*left*) is our new Acting Men’s Support Coordinator. He has already engaged with PPAC on various programs in the past and he is well known in the community. He brings to the role, extensive experience in community work.

Michael and Bernard (*also in the picture!*) will be based at the Men’s Shed from 8:30am-5pm Monday to Friday. From time to time, they will also run evening programs at the Men’s Shed.

All men are welcome to access the Men’s Shed if you need support or simply to just go there to chill out during these hours.

NOTICE of the ANNUAL GENERAL MEETING of PORMPUR PAANTHU ABORIGINAL CORPORATION



**Friday 18 November
10AM-12PM (+Lunch)
PPAC After School Care
(Corner Shed)**

At the meeting members will have the opportunity to:

- find out about PPAC’s operations and finances
- ask questions about the operations and finances of PPAC
- speak about any items on the agenda
- vote on any resolutions proposed

At the meeting members will be asked to vote to:

- accept the Minutes of the last AGM
- accept the Annual Report
- accept the Auditor’s Report
- accept the Annual Financial Statements
- Rule Book Amendments.
- appoint and pay an auditor
- elect directors

Ganthi Kuppusamy CEO

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