



Yarrabah News

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“Everybody talks over coffee...”

A joint initiative between WorkLink’s Partners in Recovery and PHaMs (Personal Health & Mental), and Yarrabah’s own YarriCino kicked off with a luncheon last week.

The cleverly named ‘Spill Da Beanz’ project was about getting conversations about mental health and wellbeing in the community going over a cup of coffee.

“The main thing was getting people together, everybody likes coffee, everybody talks over coffee,” Partners in Recovery worker Nancy Jackomos said.

“We want people to talk.”

YarriCino proprietor Sue Andrews said talking about mental health wasn’t necessarily talking about an illness.

“Spill Da Beanz was about drinking coffee and having the conversation about what’s going on in your life,” she said.

In June PHaMs announced the ‘Spill Da Beanz’ cup design competition where entrants were asked to design a drawing with some words or a hashtag to highlight mental health concerns.

Winners were announced at the luncheon where the community was invited to enjoy some good free food and encourage each other to talk to someone who cares over a nice hot cup of free coffee.

Successful contestants won vouchers and the winning cup was printed up and used on the day.



The winners were:

First Prize: Jerome Stafford Hill (above)

Second: Jackie Hill

Third: Cassian Andrews



Workplace health and safety is a priority of the Yarrabah Aboriginal Shire Council and to help that along our Work Health Safety Officer Selina Ansey holds a ‘Toolbox Talk’ every Wednesday morning for all our workforce, including the CEO.

Last week the Council welcomed Garry Nichols who used to be an experienced farmer before his life changed forever after a tractor roll-over incident.

“Garry was an inspiration and the message he provided was of tremendous value to any workplace,” Ms Ansey said.

“A small lapse of concentration and you could end up seriously injured or worse - a split second is all it takes.”



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Horse care priority for RSPCA worker Kimberly

My name is Kimberly Laverty, I am one of the Cairns Regional RSPCA Inspectors, appointed under the Animal Care and Protection Act 2001.

This allows me to investigate cruelty, neglect, and ensure people do the right thing by their animals.

I grew up on a sheep and cattle property in the Southern Tablelands of NSW in a small town called Crookwell.

There I gained a passion for animals and started part time work after school as a Vet Nurse until I finished high school.

I attended Canberra University and studied to be a Registered Nurse and then Social Work.

I worked in Domestic Violence Shelters in ACT, then as the Suicide Postvention Coordinator for Standby Suicide Response Service, flying in and out of Broome in Western Australia.

In my work I went to many remote communities such as Fitzroy Crossing, Halls Creek, Kununurra, and the Cape.

I loved my time in these areas.

I also started to volunteer for, and was a committee member of SAFE - Saving Animals from Euthanasia and began working as the Regional RSPCA Inspector in WA in 2016.

So....what can the RSPCA do in Yarrabah?

Make sure the animals you own have the Five Freedoms!

1. Freedom from Hunger and Thirst: By ready access to fresh water and a diet to maintain full health and vigour
2. Freedom from Discomfort: By providing an appropriate environment including shelter and a comfortable resting area
3. Freedom from Pain, Injury or Disease: By providing appropriate preventative measures, along with rapid diagnosis and treatment.
4. Freedom to Express Normal Behaviour: By providing for species specific requirements with respect to space, enrichment and social needs
5. Freedom from Fear and Distress: By ensuring species specific conditions and treatment which avoid mental suffering

If you see an animal in Yarrabah that needs attention, please call 1300ANIMAL (1300 264 625) ANYWHERE ANYTIME

Seniors benefit from careers on show at expo



Mayor Ross Andrews, Cr Colin Cedric and CEO Janelle Menzies attended the Clontarf Foundation Careers Market & Expo at the Tanks Centre in Cairns last month, with four year 10 students from Yarrabah Secondary School.

Yarrabah's Nathan Schreiber was the guest speaker on the day.

The Clontarf Employment Forum is an important development event for students as a great opportunity for them to engage with representatives from a diverse range of industries and occupations.



Culvert repair and roadworks on the road to Wungu is expected to be finished within the month thanks to Yarrabah Shire Council.



NRL Bunker learning point for new technologies
Improved telecommunication services, opportunities to boost community literacy and growing industry partnerships were on the agenda of an annual Innovation Tour in Sydney last month.

and 20 indigenous Queensland local government mayors, deputy mayors, and council staff took part in the tour which aimed to demystify digital and buzzwords.

The group visited the Telstra Customer Insight Centre, Microsoft head

quarters, the NRL Bunker and the National Centre for Indigenous Excellence.

Queensland Policy Executive member and Palm Island Shire Mayor Alf Lacey said the innovation tour showed that indigenous culture and the futures of young people can co-exist – as well as enhance each other.

“It is important to continue to widen our understanding of what a digital future might mean for our communities,” he said.

Queensland Innovation Executive Lou Boyle said Palm Island’s Indigenous councils were among the first to adopt technologies such as smart lights and cameras and are using bio-metric technology for access to restricted areas on council sites.

“However, there is still work to do improving understanding and awareness about what is possible in the digital world, as well as continuing to fight for improved telecommunications infrastructure in some remote communities,” he said.

Words thanks to <http://lgaq.asn.au/>



Yarrabah contributes to national drug and alcohol conference for frontline workers

Staff and board members from Gindja and Palm Island’s Ferdys Haven attended the Australian Winter School (AWS) conference ‘Crossroads’ in Brisbane late last month.



The AWS is a long-standing national drug and alcohol conference jointly presented by the Queensland Network of Alcohol and other Drug Agencies (QNADA) and Lives Lived Well, one of Queensland’s leading non-profit alcohol and other drug service providers.

Board members of the Queensland Indigenous Substance Misuse Council (QISMIC) Ailsa Lively, who is the CEO at Gindja Treatment and Healing Centre, and Carcia Nallajar, who is manager of Ferdys Haven, were there with as many as 300 other delegates from around the country, all eager to explore, learn, exchange and discuss new ideas relating to current AOD treatment and issues.

Gindja and Ferdys have participated in the AWS for over 10 years, both presenting and putting forward what they have seen as necessary requirements for dealing with Indigenous People in the Alcohol and Drug Sector.

“This year we had the privilege of seeing Carcia along with Queensland Aboriginal and Islander Health Council’s Substance Use Policy and Program Officer, Eddie Fewings (*pictured above*) presenting on the success of the QISMIC/QAHIC driven ‘AOD OUR WAY’ program,” Ms Lively said.

“AOD our way was a program that saw workshops delivered across the whole state in relation to the affects ICE is having on the Indigenous Community and the development of skills for frontline workers that work with our mob affected by this drug.”



*On the road
to Wungu*





Door-to-door traders

Sometimes, people may come to your house to try to sell you something. If you don't want them coming around, put a do-not-knock sticker on your door or letterbox. If you have a sticker, door-to-door traders can't come to your house.

Even if you don't have a sticker, there are still rules door-to-door traders must follow. They can't visit early in the morning, late at night or on weekends, and they must show you identification.

If you buy something:

- you get 10 business days to change your mind
- the seller must give you a written contract.

Remember, if you don't want to buy anything, it's ok to say no.

To get a do-not-knock sticker or to report shifty behaviour, contact the Office of Fair Trading at www.qld.gov.au/fairtrading or call 13 QGOV (13 74 68).

Yarrabah school was visited by Queensland Toyota Cowboys star Matty Bowen as part of the Try for 5! program late last month. Try for 5! uses the profile of Queensland's favourite game – rugby league – and sporting stars to engage and challenge students, families, classes and schools to outdo each other in the attendance stakes. Results were measured against attendance records for the same period last year and show there have been significant improvements in all the participating schools. Matty award several prizes to winning classes and students.



Advertise Here!



Yarrabah News is published fortnightly by the Yarrabah Aboriginal Shire Council and edited by Jaeleen Geary & Christine Howes. Members of the Yarrabah community and local organisations are welcome to submit birthdays, community notices, pics, yarns and letters to the editor.

For more information contact Jaeleen on 4056 9120 or Christine on 0419 656 277.

You can advertise in Yarrabah News!

Page Sponsorship: (1cm or 18pt high banner across nominated page): \$120

Quarter A4 Page: \$250 + GST Half A4 Page: \$350 + GST Full A4 Page: \$550 + GST

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Yarrabah News is online at <http://www.chowes.com.au>

E-mail JGeary@yarrabah.qld.gov.au or yarrabahnews@chowes.com.au

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