



PORMPUR PAANTHU NEWS WEEK

Issue 137: Monday 6 February 2023

Pormpur Parr-ir Pama & Parr-ir Paanthu (Youth Program) @ the Hall Timetable for Age 12 to 24



Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 10am	Healthy Breakfast & Exercise: • Cereal/toast/fruit • Exercise Circuit 16+	Healthy Breakfast & Exercise: • Cereal/toast/fruit • Exercise Circuit 16+	Healthy Breakfast & Exercise: • Cereal/toast/fruit • Exercise Circuit 16+	Healthy Breakfast & Exercise: • Cereal/toast/fruit • Exercise Circuit 16+	Healthy Breakfast & Exercise: • Cereal/toast/fruit • Exercise Circuit 16+
10am to 11am	<u>Driver Licence Study</u>	Youth Cooking (Recipe changes weekly)	<u>Driver Licence Study</u>	Youth Cooking (Recipe Changes Weekly)	<ul style="list-style-type: none"> Outdoor Activities BEACH TRIP <p>Lunch out on Country</p>
11am – 12pm	Indoor Games – Literacy/Numeracy • Cards Games • Board Games		Art & Craft Activities (Changes Weekly)		
12pm – 1pm	Closed for Lunch	Closed for Lunch	Closed for Lunch	Closed for Lunch	
1pm – 3pm	Improve Reading and Writing Skills • Board Games/Reading	Afternoon Tea with..... • Yarn about Health and Wellbeing Matters	Learning Basic Skills / Money Yarns • How to Budget our money and save	Afternoon tea with..... • Yarn about Health and Wellbeing Matters	
3pm - 4:30pm	Freestyle Ball Games E.g. Dodge Ball	Indoor Cricket/Futsal	Popcorn for Movie night/Drinks/Snacks	Ball Games	Wind Down and Relax Time at Hall
4:30pm – 5pm	Closed for Packing up/Cleaning Up				
	Movie Night: Fortnight Wednesday Night (5pm to 6:30pm)				
	Monthly Disco – 6pm to 9pm – Last Friday of each Month				

Playgroup has started!

Monday & Wednesday at the Corner Shed from 10am to 12pm

Friday at the homes/beach from 10am to 12pm (decided on the day).

Outside School Hours Care (OSHC) from 3pm to 5pm Monday-Friday

For more information call Sandra on 40 604 001





Are you or is anyone you know disabled, under 65-years-old and not connected to the NDIS?

OUR REMOTE COMMUNITY CONNECTORS CAN HELP YOU!

WHAT IS NDIS?

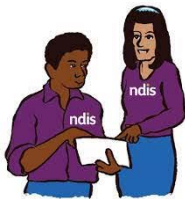
If you are aged under 65 years and have a permanent and significant disability, you may be eligible for NDIS services. If you receive a Disability payment from Centrelink you may be eligible for NDIS. The NDIS is a government organisation that provides supports to people with disabilities to achieve their goals. NDIS In Partnership with Pormpur Paanthu Aboriginal Corporation.

FIND OUT HOW WE CAN HELP YOU!

Please see our RCC/NDIS team at the PPAC Healing Centre

or
Email: NDISconnect@ppac.org.au
Phone: 0456 589 430

Some of the services that may be covered by NDIS include :-
Home Help – Cooking Assistance – Yard Maintenance – Shopping Assistance –
Transportation around the community – Social Activities – Outings



WHERE THERE IS EMOTIONAL ABUSE:



btr.org

BETRAYAL
TRAUMA
RECOVERY



Adapted from the book 'Verbally Abusive Relationships' by Patricia Evans

Come see the Indigenous Drivers Licensing Unit In Pormpuraaw

TUESDAY 21st MARCH 2023	RISE – Pormpuraaw 29 Pormpuraaw Street 8:30am – 4:00pm	Licence Testing (Written & Practical), Licensing Services
WEDNESDAY 22nd MARCH 2023	RISE – Pormpuraaw 29 Pormpuraaw Street 8:30am – 4:00pm	Licence Testing (Written & Practical), Licensing Services
THURSDAY 23rd MARCH 2023	RISE – Pormpuraaw 29 Pormpuraaw Street 8:30am – 4:00pm	Licence Testing (Written & Practical), Licensing Services

Learner Licence Testing at 10am Daily

Practical Driving Tests

It is now a requirement that the Hazard Perception Test is completed before doing a driving test.

For more information, visit
<https://www.qld.gov.au/hazardperceptiontest>

Applicants must provide vehicle for testing.
IDLU do not provide a vehicle.

No Cash – EFTPOS only
Bring all I.D – Originals only

For more information, please call 1800 130 886

CONTACT US!

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



- Healing Services
07 4060 4260
- Long Day Care
07 4060 4165
- Outside School Hours Care
07 4060 4001
- Women's Shelter Admin Office
07 4060 4082
- CEO's Office
07 406 04211

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