



PORMPUR PAANTHU NEWS WEEK

Issue 147: Monday 17 April 2023

Youth Week!



Pompuraaw SES is always looking for volunteers and our Mens' Support Group is right behind them.

If you'd like to know more, get in touch today - contact Michael Wilson at m.wilson@ppac.org.au



MAKING FURNITURE at the Pompuraaw Men's Shed is a regular thing with the help of our Men's Support group. If you're keen to work with your hands and make beautiful furniture, such as this table made from local wood, get in touch with Michael Wilson today!

Pompur Paanthu Aboriginal Corporation

22-23 Yalu St, Pompuraaw, QLD 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)

Stay healthy this season

The change of seasons often brings more infections from respiratory viruses, like the flu and COVID-19.

Make sure you are ready this winter by staying up to date with your COVID-19 vaccinations and getting your flu vaccine.

Did you know? It's safe to get your flu and COVID-19 vaccines at the same time.

You can help slow down the spread of viruses in our communities by:

- Covering a cough with the inside of your elbow instead of your hand.
- Keep your hands clean, especially if you are making food or eating. *Tip: carry hand sanitiser*
- Stay 2 big steps away from others when possible.
- Stay home when you're feeling sick.

Book today with your healthcare worker.

For more information, visit health.gov.au, or call the National Coronavirus Helpline on 1800 020 080.

COVID-19 VACCINATION

DFV Prevention & Awareness Month May 2023 - Details coming soon!

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