

PORMPUR PAANTHU NEWS WEEK

Issue 53: 17 May 2021

Change is possible!

This week's focus for our Pormpur Paanthu Domestic & Family Violence Prevention Month activities is on Alcohol and Other Drugs (AOD) awareness activities.

To change DFV we need to change how we use AOD.

Activities – mostly around fishing together and yarning – will move through several venues.

They will start today, Monday, but you can join us on any day.

Today we will be at our front beach where we will talk about

understanding what not changing means to us, our families and community.

On Tuesday we will move to Chapman River, where we will think about change.

On Wednesday we will move to Munken to yarn about doing it (changing), before coming together at the Boomerang on Friday to talk about how we keep these changes going. Each day there will be a BBQ lunch and other fun activities – go to the Healing Centre for more details.

Don't forget our Candlelight Vigil on Wednesday night from 6pm at the Boomerang.



Stages of Change Story

1. Not Worried (Pre-Contemplation)

Drinking has become a problem for the person in the centre of the circle. He or she is too close to the drinking. The drinker isn't worried about his or her drinking. Family member (at the edge of the circle) are worried and want the drinker to change, but the drinker 'can't listen'.

2. Thinking (Contemplation)

Something has happened to start the drinker thinking that there is a problem and that not everything is about drinking is good. He or she has started to listen to what family is saying but still is not ready to change.

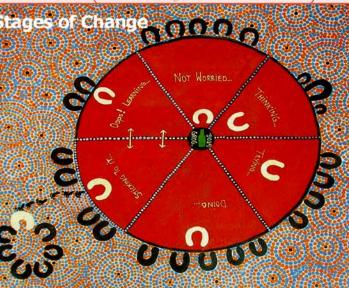
Oops! Learning (Relapse) The person has stopped drinking but

the person has stopped attriking but has not learnt how to 'say no' or has found ways to be strong with other drinkers. He or she may start drinking too much again. The person is learning new ways to stay strong. The family is helping the person.



5. Sticking to It (Maintenance)

The person no longer has a problem with drinking. He or she is sticking to the plan that was made. The problem drinking circle has been left and the person has moved back to family.





3. Trying (Determination)

The drinker is half way between grog and the family. The drinker wants to change and starts making plans to cut down or stop drinking. The person starts trying different things like light beer or not drinking on certain days.

4. Doing (Action)

The drinker has made up his or her mind to change. He or she has now cut down or stopped drinking and has moved closer to family. It's still early days but changes have been made.

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DOMESTIC & FAMILY VIOLENCE PREVENTION MONTH: May 2021

Night Patrol services every night						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAY 16	17	18	19	20	21	22
9 V	YETI Training 9am to 4pm	AOD Awareness 10am to 12pm	Candle Light Vigil	AOD Awareness 10am to 12pm	AOD Awareness 10am to 12pm	
23	24	25	National Sorry Day 26	27	28	29
HANDS FOR HITTING	Standing Tall DV Awareness Session – Men's Support	DV Alert Training 9am to 4pm	(Pormpuraaw Holiday) DV Alert Training 9am to 4pm	A A A A A A A A A A A A A A A A A A A		
30	31					
	Closing Day Parade + Women's Group Yarning & Movie Night		PORMPUR PAANITU 5109 THE VIO ENCE			Popular Nobes



Thank you Queensland Indigenous Family Violence Legal Service



QIFVLS says, 'if you are in danger, don't feel safe, or fear for someone else's safety, call Triple Zero (000) and ask for Queensland Police'.

For non-urgent police assistance, phone Policelink on 131 444. If you wish to speak with someone about domestic and family violence, you can contact:

- DVConnect Womensline on 1800 811 811,
- 1800 RESPECT on 1800 737 732,
- DVconnect Mensline on 1800 600 636,
- Lifeline on 13 11 14, or
- Kids Helpline on 1800 55 1800.

Resources are available with information to support those experiencing domestic and family violence online via www.qld.gov.au/dfvresources

Reconciliation Week!
Thursday 27 May - Thursday
3 June (Mabo Day)
PPAC is organsing Traditional
Dance, Community BBQ, Info
sessions, Eddie Mabo's Movie
(The Story of Eddie 'Koiki' Mabo)
WATCH'THIS SPACE!

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