



PORMPUR PAANTHU NEWS WEEK

Issue 68: 30 August 2021

Our Values = L-O-R-E (Lore), Country, Kinship & Songlines



YAC (Youth & Connection) and Men's Support Services (*above*) combined to get out on Country to discuss ways to engage with youth and keep them connected to what is important last week.

"L-O-R-E - Lore, Country, Kinship, Songlines/ spirit were top of their list," PPAC Men's Group Support Coordinator Mark Patching said. "We also brainstormed ideas of activities and ways to make the most out of the new Men's space, which is nearing completion."

MEANWHILE PPAC's Looking Forward, Looking Back (LFLB) Elders (*left*) also shared a morning tea last week.

"Those same values - Lore, Country, Kinship and Songlines - were identified as their priorities," PPAC Counsellor Robert English said.

"Even if they can't get out to our country, or can no longer dance, we talked about how important it was to sit with family around a fire and talk about these things, especially with the younger generations.

"We then went for a drive to see how the new men's space was looking inside and they liked what they saw."



PPAC offers:

- Domestic violence and drug and alcohol preventative education, counselling, advocacy and support for families
- Social emotional wellbeing services
- Family wellbeing services
- Men's Support Services
- Women's Group activities
- Youth activities
- 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)

COVID-19 VACCINE FAQ's

Is it safe?

Yes.

The vaccine is also another way for you to stay healthy and COVID safe.

Do I have to have it?

Having the vaccine is your choice. By having the vaccine you are helping keep your family and community safe.

Who will give the vaccine?

QLD Health will be giving the vaccine. Apunipima will be providing support.

What are the side effects?

Not everyone will have side effects.

For those that do have side effects, they are minor and could include possible symptoms such as:

- redness and/or swelling where you received the needle
- mild fever
- feeling tired
- headache

You will be monitored for 15 minutes after receiving the vaccine to see if you show any side effects or reactions, which happens with all vaccinations.



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our health in our hands

CONTACT US!



3 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

<http://pormpurpaanthu.com.au/contact/>

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