



PORMPUR PAANTHU NEWS WEEK

ISSUE 89: 7 February 2022

No stress!

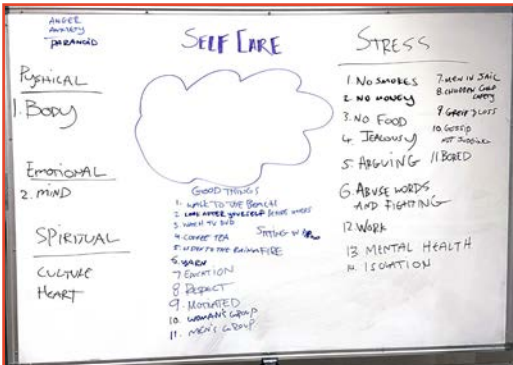
Discussing stress, how it is created and ways to practice self care in the community was the focus of a well-attended Self Care workshop last Thursday.

PPAC AOD Counsellor Broc Martin said the workshop was delivered in partnership with RISE.

“We had great participation from community members,” she said.

“We finished with creating a vision board of things that fill up people’s hearts and spirits.”

Clients and community workers are welcome to attend another joint workshop to be held this coming Thursday on boundaries – what are they, why are they important and how to set them – also in the RISE building (*details below*).



COME YARN WITH THE BLUE CARD MOB

Where: PORMPURA AW COURTHOUSE

Tuesday 22 February 2022: 10am to 4:30pm
 Wednesday 23 February 2022: 8:30 am to 4:30 pm
 Thursday 24 February 2022: 8:30 am to 3pm

We'll be there to help you apply for a Blue Card and answer any questions.

If you want to apply for a Blue Card you will need to bring your Driver's License or Proof of Age Card.



Boundaries Workshop

WHEN: THURSDAY 11TH FEBRUARY
 1:00PM - 3:00PM
 WHERE: RISE BUILDING

- What are Boundaries?
- Why are Boundaries Important?
- Different Types of Boundaries
- Tips for Setting Boundaries



WELLBEING

with COVID-19 in community

Be fully vaccinated

You will need two vaccinations and a booster to reduce the worst effects of COVID-19 infection.



Pormpuraaw Aboriginal Shire Council

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06 Feb 2022.

REMINDER THAT OUR COVID JABS CONTINUE AND ARE AVAILABLE FROM MONDAY 7 FEB 2022 AT OUR HOSPITAL UNTIL FURTHER NOTICE. **from TODAY!**

PLEASE PHONE 4060 4800 FOR AN APPOINTMENT, BUT WALK-INS WILL BE ATTENDED TO.

THANK YOU FOR HELPING OUR COMMUNITY, OUR OLD & OUR FRAIL TO BE SAFE.

EDWARD A NATERA, PSM. MBA.
Chief Executive Officer.



Maintain physical distancing



Wear a mask



Maintain good hand hygiene



Stay at home when sick

COVID-19 VACCINATION

is now available for **CHILDREN** aged 5-11 years old

www.makethechoice.com.au



What if my child develops COVID-19 symptoms?

If your child develops any COVID-19 symptoms, particularly fever, cough, sore throat or shortness of breath, loss of smell or taste, they should be tested.



Children may also have other symptoms, such as runny nose, nausea or vomiting, muscle or joint pain, fatigue, diarrhoea or a loss of appetite.

Visit your nearest COVID-19 testing centre or use a Rapid Antigen Test to test your child at home.

Vaccination is important for ...

- Aboriginal and Torres Strait Islander children
- children in remote communities
- children with specified medical conditions that increase their risk of severe COVID-19
- children on the National Disability Insurance Service (NDIS) as well as unpaid or informal carers.



Children aged 5 - 11 years require a parent or legal guardian's consent to receive a COVID-19 vaccine.

www.makethechoice.com.au

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