

# Palm Island Voice

**FREE!**

## Issue 315.1

MONDAY 21 December 2020

PALM ISLAND



PLEASE note there may be some images of deceased persons within this publication.

## Stay Bwgcolman Strong and Connected - Look Out for Each Other! Christmas holidays are here, it has been a big year for us all and you've made it through! You and your health are important!

This time of year is a celebration of good things, but it can also be a really hard time of year for us as we remember loved ones who we have lost.

It is important to take time to care for yourself and to look out for each other too. A good way of doing this is to keep connected with each other, think about who would be a good support for you when you need someone to 'yarn' to, and then who is someone that you can support and yarn with? Have a look at this Bwgcolman support card, it's a good way to help you think about three people who you can call for support, and three people who you can support.

Also check out the iBobbly App for young people 15 years and older, it's a free private online tool that is available on the Google



Play and The App Store that can help you set goals and manage your thoughts and feelings. Check out Dane Gagai's YouTube Video about using iBobbly [https://youtu.be/nco34hH\\_wfo](https://youtu.be/nco34hH_wfo)

Please have a safe Christmas and

New Year, keep connected with each other, stay Bwgcolman strong and check on your Bros, and your Sistas.

**Lynore Geia,  
Palm Island Suicide  
Prevention Network**

### National Indigenous Critical Response Service

Supports individuals, families & communities affected by suicide or other significant trauma.  
Call - 1800 805 801 (24/7)

### Yarn Safe

Provides mental health & wellbeing support to Aboriginal & Torres Strait Islander young people.  
[headspace.org.au/yarn-safe/](http://headspace.org.au/yarn-safe/)

### headspace Townsville

Free support & counselling for ages 12-25.  
Call - (07) 4799 1799  
(M-F 8:30am-5pm - Wed open till 8pm)

### eheadspace

Free online chat, email or phone.  
Call - 1800 650 890 (9am-1am 7 days)  
[www.headspace.org.au](http://www.headspace.org.au)

### Lifeline

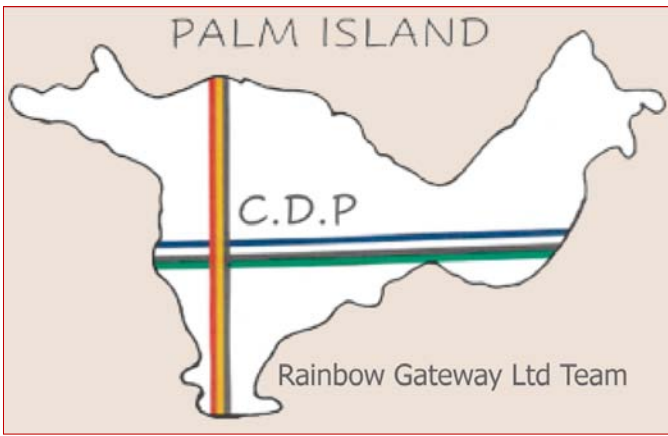
Free crisis & suicide prevention support.  
Call 13 11 14 (24/7)  
Text - 0477 131 144 (6pm-12am 7 days)  
[www.lifeline.org.au](http://www.lifeline.org.au)

### Kids Helpline

Free, confidential counselling ages 5-25.  
Call - 1800 551 800 (24/7)  
Webchat - [www.kidshelpline.com.au](http://www.kidshelpline.com.au)



*Palm Island CDP Trainer Garth Beuachamp (4th from right) with Tyronne, Eliah, Anthony, Onslow on the forklift, Ian, Nathaniel, Anthony & David - MORE CDP NEWS NEXT PAGE!!!*



ATTENTION FRUIT PICKERS! Locals wanted for mainland work doing contract fruit picking - save our fruit industry! Please lodge your EOI for same at our CDP office!

**MERRY CHRISTMAS & A  
HAPPY NEW YEAR TO ALL!**

*RIGHT: Ian Ketchup, who achieved 100% attendance to his CDP activity for the month of November; BELOW LEFT: We have had the pleasure over the past two weeks Of Deb Marsden from the mainland with connections to the island introducing new skills to our women's programs , watch this space as we work on tourism products for 2021 and island community events merchandise; BELOW RIGHT: Our Volunteers award CV-19 TEAM went to Jason Sarabo.*



**The PALM ISLAND ABORIGINAL SHIRE COUNCIL  
would like to wish everyone a Merry Christmas  
and a Happy & Safe New Year!!!**

The **Palm Island Voice** is published fortnightly by the Palm Island Aboriginal Shire Council and edited by Christine Howes. Members of the Palm Island community and local organisations are welcome to submit birthdays, community information, pics, yarns and letters to the Editor. You can follow us on Facebook, we have 2,673 'likes'!

The **Palm Island Voice** accepts paid advertising. For rates and/or more information contact the Editor on 0419 656 277 or at [chowes@hotmail.net.au](mailto:chowes@hotmail.net.au)

The **Palm Island Voice** is free and online at <http://www.chowes.com.au>

**Operating Hours for Palm Island Council are Monday–Friday 8am – 5pm**

If you have any questions please contact Reception on 4770 1177 or 4770 0200

Palm Island Aboriginal Shire Council has 4,121 'likes' on Facebook!!!



**Our Christmas/New Year break will be from  
5pm Wednesday 23 December to 8am on Monday 4 January.**