



# PPAC

13: 20 July 2020

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# NEWS WEEK



**Playgroups will be held TODAY and every MONDAY at the Corner Shed from 10am to 12pm, every WEDNESDAY at the school from 10am to 12pm and every FRIDAY at the Maantchangk Women Shelter and/or at the beach from 10am to 12pm.**

Playgroups are informal and relaxed get-togethers of mums, dads, grandparents, carers, children and babies hosted by PPAC, Apunipima Cape York Health Council, the Health Centre and the School.

It is important for parents and carers to engage with their child's learning and development.

At every session we learn new things, we play games and we make things for the children to take home.

Light snacks are provided on Wednesday's at the Corner Shed after the school session.

Playgroups can be attended by mothers, fathers, grandparents, nannies or other carers and the babies, toddlers and preschool aged children in their care.

**If you need transport please contact Sandra on 40 604 001.**

## Managing stress focus for women's group

Checking 'stress temperatures' and identifying the symptoms of stress and anxiety was the focus of the Women's Group session held by Coach Kerry at the Maantchangk Women's Shelter last week.



"The women talked about various stress situations they had recently experienced and examined how they might deal with these situations better in future," Coach Kerry said.

"The 12 participants all checked their 'stress temperature' when they arrived and spent two hours identifying their own symptoms of stress and anxiety as well as measuring the severity of these symptoms.

"We all enjoyed a nice lunch and lots of yarning about issues. "Improved ways of managing tough situations were practiced and at the end of the workshop the participants said they felt a marked decrease in their feelings of stress and anxiety.

"They all said they were feeling much more 'calm and centred' before they went home for the afternoon"

**There will be a Women's Group fire pit, dinner and yarning circle session TONIGHT, Monday 20 July, at 6pm at the Maantchangk Women's Shelter. For more information please contact Deborah or Janey on 0488 336 066 or 07 4060 4082.**

### Who to call and when...

If the situation is serious and urgent call our local Police on **4060 4004** or **000**.

Community members can remain anonymous when reporting illicit activity by calling the 'sly grog' hotline on **1800 500 815**.

To report other crime anonymously call Crime Stoppers on **1800 333 000**.

For non-urgent incidents, crimes or police inquiries call Police Link on **131 444**.

*PPAC's Men's Support Service workers Glen Foote and Trevor Charlie have achieved their positive Blue Card notices this week – well done!*



Psychologist Nigel Sullivan has joined our Family Wellbeing Service [FWS] as our new short term specialist Domestic Family Violence [DFV] worker as part of \$150 million allocated by Prime Minister Scott Morrison for domestic and family violence support back in March.

The funding was part of a bigger \$1.1 billion package to boost mental health services, domestic violence support, Medicare and emergency food relief in response to Covid-19.

Nigel can provide specialist advice and assistance to FWS on DFV matters

such as safety planning and support strategies, under-taking risk assessments and developing referral pathways.

He will also support our Men's Group in case management sessions and be based in the PPAC Healing Centre around the FWS area.

## What is social distancing?

**Two big steps apart**

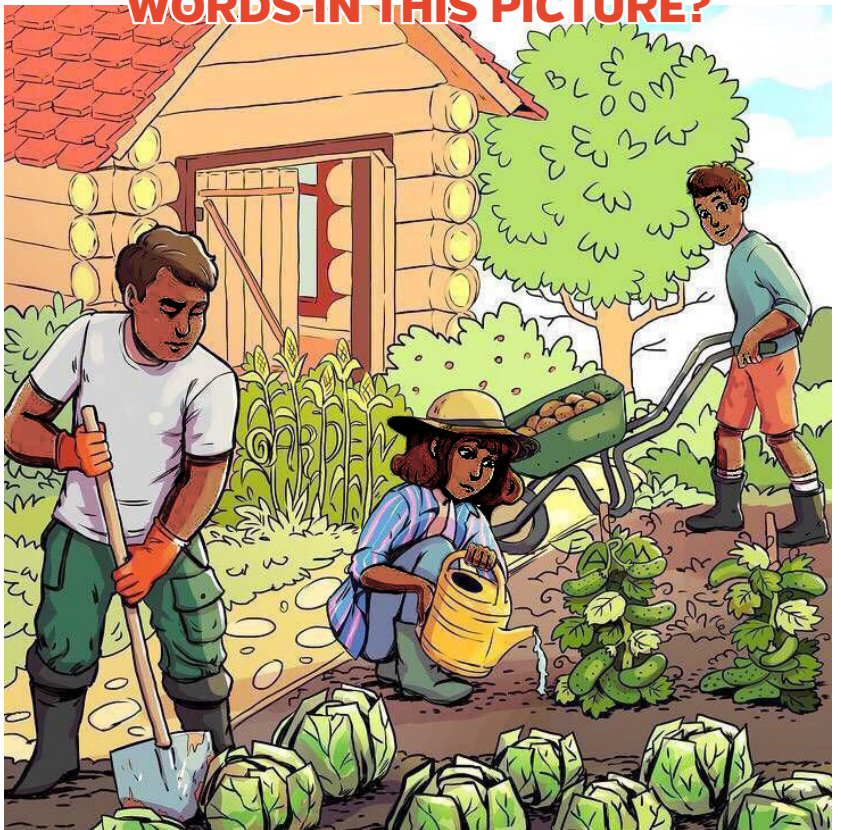
1 2  
1.5m

Social distancing is also known as physical distancing. It means that you need to keep 1.5 metres (or two big steps) between yourself and other people.

We all need to practise social or physical distancing to slow the spread of coronavirus. This doesn't include the people you live with.

The more space between you and other people, the harder it is for the virus to spread. Practise social distancing when you are outside, including when you are going for a walk for exercise or going to the shops.

## CAN YOU FIND THE THREE HIDDEN WORDS-IN-THIS PICTURE?



### Stop the spread

Visit [health.gov.au/health-topics/novel-coronavirus](https://health.gov.au/health-topics/novel-coronavirus)

Pormpur Paanthu Aboriginal Corporation is a non-government, community-controlled organisation, established in 1991 out of a community need. Our focus is to provide quality, evidence-based services for Aboriginal and Torres Strait Islander families in Pormpuraaw. We offer:



- Domestic violence and drug and alcohol preventative education, counselling, advocacy and support for families
- Social & Emotional Wellbeing services;
- Family Wellbeing services;
- Other social services and support;
- Women's Group activities;
- Men's Group activities (including a lawn mowing and yard maintenance service);
- Youth activities & Student Re-engagement services;
- Outside School Hours Care services;
- Vacation Care activities;
- NDIS (National Disability Insurance Scheme);
- Child Care services (Long Day Care) including, Child & Family Services (CAFS) and parenting support;
- Playgroup;
- Night Patrol Services; and,
- Women's Shelter services (Maantchangk Women's Shelter is open 52 weeks a year has a 7-days a week on-call service).

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