

Drinking alcohol is never completely safe.

To reduce health risks, healthy people should drink no more than 10 standard drinks of alcohol per week and no more than four standard drinks on any one day.

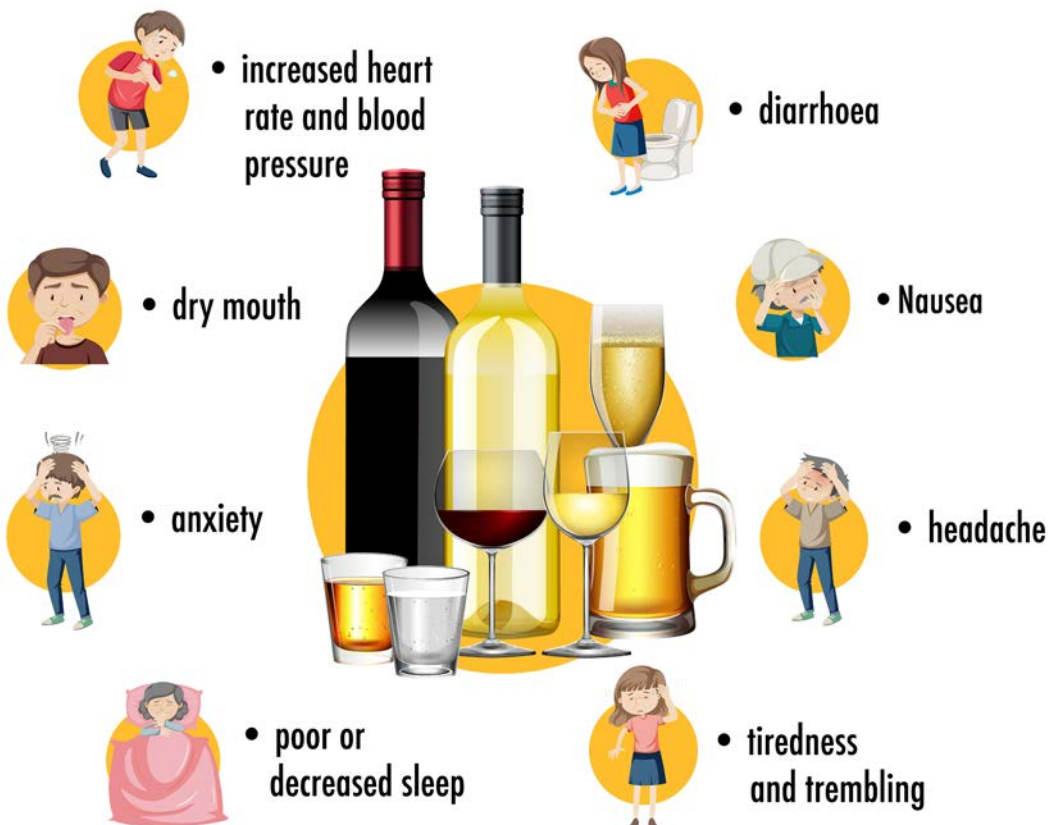
To prevent harm, children and people aged under 18, and women who are planning a pregnancy, pregnant or breastfeeding should not drink any alcohol.

IS ALCOHOL A PROBLEM?

It may be a problem if you agree with any of these statements:

- I struggle to limit or reduce the amount of alcohol I'm drinking
- I spend a lot of time drinking or recovering from drinking alcohol
- I often feel strong urges to drink alcohol I'm unable to perform tasks at work, school or home due to alcohol
- I have developed a tolerance to alcohol, so I need to drink more to feel effects
- I have withdrawal symptoms – nausea, sweating or shaking.

EFFECTS OF ALCOHOL



TIPS TO REDUCE PROBLEMATIC USE

- seek support from a health professional, as well as from family and friends
- avoid people, places, objects, feelings or situations associated with alcohol
- start doing activities you enjoy that don't involve drinking alcohol
- look after yourself – get enough sleep, follow a healthy diet, adopt a balanced lifestyle
- set some personal goals.

Source: <https://www.drugarm.com.au/education/resources/fact-sheets/>

PPAC's Vacation Care is available from 9am – to 4.30pm Monday to Friday during the school holidays. See our notice boards for the timetable of activities at the Hall.

Pormpur Paanth
Aboriginal
Corporation (PPAC)
offers:



- Domestic violence and drug and alcohol preventative education, counselling, advocacy and support for families
- Social & Emotional Wellbeing Services
- Family Wellbeing Services
- *The Thrive Together initiative (new)*
- Play Our Way Activities for Women and Girls
- Men's Support Services
- Women's Group Activities
- Youth Services
- Outside School Hours Care Services
- Vacation Care Activities
- Child Care Services (Long Day Care)
- Playgroup
- Community Night Patrol
- NDIS Services
- Women's Shelter Services (Maantchangk Women's Shelter is open 52 weeks a year with 7 days a week on-call service)
- Domestic, Family and Sexual Violence Frontline Support

Cape York Weekly

FREE -- #238 | Tuesday, June 17, 2025

<https://capeyorkweekly.com.au/>

Top honours for Pormpuraaw at awards

by CHISA HASEGAWA

THE western Cape community of Pormpuraaw is only small, but its efforts and recent achievements in reconciliation and First Nations wellbeing are anything but.

The Pormpur Paanthu Aboriginal Corporation (PPAC) was celebrated at the Queensland Reconciliation Awards earlier this month, bringing home the top prize in the Premier's Reconciliation Award and Community categories for their work with the annual Pormpuraaw Youth Summit.

"We are still shocked, but we are very proud and honoured," PPAC president Ganthi Kuppasamy said.

"We are grateful that our work is not overlooked, and we learned that a small community like ours can also bring innovative ideas and set a powerful example for others."

The Pormpuraaw Youth Summit, which is an annual community-led event designed to strengthen cultural identity, leadership skills and reconciliation among First Nations and non-Indigenous youth, has provided a culturally safe space for young people to engage in traditional practices, career mentoring, and health and wellbeing activities, fostering cross-cultural understanding and social cohesion since 2012.

"Last year, the theme of the youth summit was empowerment



Pormpur Paanthu Aboriginal Corporation representatives Richard Kilian and Mario Marlowe celebrate top prizes with Queensland Governor Dr Jeannette Young.

throughout the year to acknowledge the lived experiences of residents, and to remind them of the support available.

Ms Kuppasamy said the community's recent National Sorry Day event, which was attended by almost 200 residents and stakeholders, was an important

moment in standing together with the First Nations community.

"It's about acknowledging the hurt and sadness caused by the past, and working towards reconciliation and healing between Aboriginal and non-Aboriginal Australians," she said.

"I talked to people about our healing program that the organisation is offering, and having these kinds of events helps people understand what services are offered by our organisation, and people feel comfortable to come and attend."

Coming soon ...



THE NEXT GENERATION: STRENGTH, VISION & LEGACY

6-13 JULY 2025

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