



**PORMPUR NGAMPLIN
PAM MONGTHAK**
ABORIGINAL CORPORATION

PNPM

News Week

- FORMERLY PORMPUR PAANTHU ABORIGINAL CORPORATION (PPAC) -

Issue
304

Monday
29 June
2026



A Healthy Lifestyle Workshop, hosted by PNPM and facilitated by Mo Billy focused on improving physical health, social and emotional wellbeing, and strengthening community connections.

The workshop encouraged participants to make positive lifestyle choices, build healthy habits and engage in meaningful discussions about wellbeing. Through culturally appropriate and trauma-informed activities, community members were supported to develop practical strategies for improving their overall health and wellbeing.

PNPM thanks Mo Billy for sharing his knowledge and experience with our community and looks forward to continuing to promote healthy lifestyles across Pormpuraaw.

PORMPUR NGAMPLIN PAM MONGTHAK ABORIGINAL CORPORATION (PNPM)

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 (Mental Health Support)
- 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 2 days a week on call service)
- Domestic, Family and Sexual Violence Frontline Support

PNPM

Men's Support Services Program

June - July 2026

Yarning • Culture • Support • Strength

The Men's Shed is open each day for drop-in from 9am to 3pm. Someone is usually free to have a yarn to about any concerns you might have or any support/referral you need.

Coffee/Tea/Cordial, Biscuits, Fruit available every day. A washing Machine/Dryer and gym are available too.

EACH DAY WE FOCUS ON SOMETHING DIFFERENT:

MONDAY (9am - 1pm)	<ul style="list-style-type: none"> • Support • Baked Morning Tea
TUESDAY (10am - 12:30pm)	<ul style="list-style-type: none"> • Men's Group • Yarning • Lunch provided
WEDNESDAY (9:30am - 2:30pm)	<ul style="list-style-type: none"> • Cultural/On Country Activity • Yarning
THURSDAY (1pm - 3pm)	<ul style="list-style-type: none"> • Healthy Food/Easy Cooking Workshop
FRIDAY (10am - 11am)	<ul style="list-style-type: none"> • Healthy Activity

We will also be available for a yarn in the undercover area of the Boomerang Building each Thursday from 10am - 12pm.

Each day we will provide transport from the Boomerang Building to the Men's Shed and return.

Pick up times are 9am and 1pm daily. Drop off times are 12pm and 3pm daily.

Feel free to make your own way to the Men's Shed or stop by the Healing Centre to get transport when available.

Men's Shed Mobile Number (during office hours)
0488 928 415

PORMPUR NGAMPLIN PAM MONGTHAK ABORIGINAL CORPORATION
ABN 76 781 343 047



PLAY OUR WAY HOLIDAY SCHEDULE



29 June - 3 July

MONDAY

Community Hall

10am - 1pm -
Sports Programs for the community

4pm - 6pm
WOMEN AND GIRLS PLAY OUR WAY
SPORTS SESSION

TUESDAY

RISE MEETING ROOM

10am - 1pm -
PLAY OUR WAY -
COMMUNITY WORKSHOP

COMMUNITY HALL 4PM - 6PM
DEADLY 5'S COMMUNITY EDOR

WEDNESDAY

RISE MEETING ROOM

10am - 1pm -
PLAY OUR WAY -
COMMUNITY WORKSHOP

4PM - 6PM
SPORT LEADER TRAINING
WITH WES

THURSDAY

Community Hall

10am - 1pm -
Sports Programs for the community

2pm - 3pm
WOMEN AND GIRLS PLAY OUR WAY
SPORTS SESSION

FRIDAY

Community Hall

10am - 1pm -
Sports Programs for the community

AFTERNOON SESSIONS
TO BE ADVISED

NOTES

PLAY OUR WAY



Your paragraph text



play our way

PLAY OUR WAY

SUPPORT BY AND FUNDED BY

SPORT SESSIONS FOR WOMEN AND GIRLS COMMUNITY HALL

MONDAY 29 JUNE

WEDNESDAY 1 JULY

4PM - 6PM

LET'S GET PLAYING
SEE YOU THERE

PORMPUR NGAMPLIN PAM MONGTHAK ABORIGINAL CORPORATION
ABN 76 781 343 047

Aspire logo, PELA/FUTURE logo

Play Our Way

Deadly 5s

Community Edor

Everyone Welcome

4pm - 6pm Tuesday 30 June 2026

Community Hall with Wes and Esther from Aspire Community

Lets have some fun

Proudly supported by

Aspire logo, Pormpur Ngamplin PAM Mongthak Aboriginal Corporation logo

Play Our Way

Proudly supported by

Sport Leader Training

4pm - 6pm Wednesday
1 July 2026

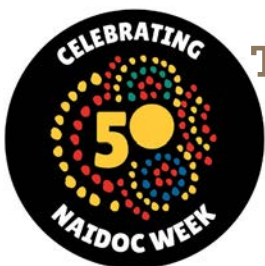
Community Hall

An Australian Government Initiative

Aspire logo, Pormpur Ngamplin PAM Mongthak Aboriginal Corporation logo, play our way logo

Coming soon for NAIDOC Week ...!

6-8 July: Women's Group Bingo, art & craft, and Traditional Food Dinner@PUBSC; Teaching Traditional dance and humpy making (Youth 18 to 25); Men's Cultural Activities + Mural paintings with Paul Jakubowski and local artists. Full program to come!



To report sly grogging, phone the confidential Sly Grog Hotline on 1800 500 815

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