



**PORMPUR NGAMPLIN
PAM MONGTHAK**
ABORIGINAL CORPORATION

PNPM

News Week

- FORMERLY PORMPUR PAANTHU ABORIGINAL CORPORATION (PPAC) -

Issue
311

Monday
17 August
2026

PORMPURA AW WELLNESS SESSIONS

WITH

NATURE THERAPY
GROUNDING
CONNECTION

YOGA STRETCHES
RELAXATION
TECHNIQUES

QIGONG
TAICHI
MINDFULNESS



Liza Soenar
Flow with Nature
Yoga & Qigong

TUESDAY 18TH AUGUST 26 - 5:15PM
WEDNESDAY 19TH AUGUST 26 - 5:15PM
THURSDAY 20TH AUGUST 26 - 5:15PM

NO MUSIC OR DANCING WILL BE INCLUDED
TO HONOR SORRY BUSINESS

PORMPURA AW STATE SCHOOL OVAL
SPONSORED BY PNPM PLAY OUR WAY INITIATIVE



Support for Today, Strength for Tomorrow.

Compassionate, confidential counselling
to help you navigate life's challenges
and build a healthier, more hopeful
future.



Grief & Loss Counselling

Support to help you process loss, navigate
big emotions, and find a way forward
at your own pace.



AOD & DFV Counselling

Specialist support for alcohol and other drug
challenges and recovery, and for those
impacted by domestic and family violence.



General Wellbeing Support

Practical, person-centred support to improve
mental wellbeing, build resilience, and
enhance your everyday life.

AVAILABLE AT THE
PNPM Healing Centre



You don't have to go
through it alone.
We're here to listen,
support and walk
alongside you.



Contact
Nigel or Wendy on
4060 4260

*Your wellbeing
matters.*

REACH OUT TODAY.



Your Story.
Your Place.
Your Support.



Confidential &
Respectful
Support



Care, Respect
and a Safe
Place for You



Pics by Christine Howes



PNPM was a proud sponsor of the Pormpuraaw Crocs, who made it to this year's Remote Areas Rugby League Southern Cape Cluster semi-finals in Cooktown. They trained hard, showed leadership and commitment, and, most of all, never stopped trying. Well done Crocs!



How to contact PNPM ...

Women's Shelter

Deborah Hobson (d.hobson@pnpm.org.au)

Cheryl Van Vuuren (cheryl@pnpm.org.au)

Admin Phone: 4060 4082

Men's Support and New Programs Manager

Duane Van Vuuren (duane@pnpm.org.au)

Phone: 0488 928 415

Youth Program Team Leader

Jeremiah Gilbo (j.gilbo@pnpm.org.au)

NDIS

Nigel Sullivan (n.sullivan@pnpm.org.au)

Phone: 0437 890 427

NDIS Home Support

Ken Klement (k.klement@pnpm.org.au)

Phone: 4060 4260

Children's Services

Long Day Care Centre

Tammy (ldc@pnpm.org.au)

Phone: 4060 4165

Outside School Hours Care/Playgroup

Alfreda Tarpencha

Phone: 4060 4001

Integrated Healing Service

Manager/Alcohol & Other Drugs

Nigel Sullivan (n.sullivan@pnpm.org.au)

Phone: 0474 498 307

Domestic & Family Violence

Wendy Cawdell (wendyc@pnpm.org.au)

Family Wellbeing Services

Nigel Sullivan (n.sullivan@pnpm.org.au)

Phone: 4060 4260

DFSV Front Line Support

Emily Mallie (emily@pnpm.org.au)

Phone: 0419 382 563

Counsellors

Phone 4060 4260

Night Patrol

(admin@pnpm.org.au)

Phone: 0474 464 688



CHILD SAFE STANDARDS

— QUEENSLAND —

Keeping Our Children Safe in Our Community

- Children have the right to feel safe
- Children have the right to speak up
- Adults must listen and act
- We do not ignore unsafe behaviour

Our Commitment

- Respecting children and young people
- Listening to children's voices
- Providing a culturally safe environment
- Safe recruitment and trained staff
- Clear and safe reporting pathways
- Zero tolerance for abuse, neglect or harm

PNPM FOLLOWS THE QUEENSLAND CHILD SAFE STANDARDS TO PROTECT ALL CHILDREN IN OUR COMMUNITY.

Tell a trusted family member or a safe adult if you are worried about a child or contact:

PNPM Healing Centre – Phone: 07 4060 4260

Justice Centre – Phone: 07 4060 4263

Police Emergency: 000

Police Assistance (non-urgent): 131 444

Funded by



Community Night Patrol

- Operating Hours: Wednesday - Sunday 8pm - 4am
- Patrol Area: Pormpuraaw township only
- Transport can only be provided to the Maantchangk Women's Shelter or Pormpuraaw Primary Health Care Centre (Clinic).

0474 464 688

For more information call PNPM Administration on 40 604 211

PORMPURA AW

106.1^{FM}

BLACK STAR

RADIO NETWORK

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