



PORMPUR PAANTHU NEWS WEEK

ISSUE 92: 28 February 2022

**CORONAVIRUS
UPDATE**

apunipima.org.au

Diabetes Health Management Messages during Coronavirus

**People with chronic conditions,
such as diabetes are at higher risk**



**Still get your Diabetes check-up
every three months**

**Blood sugar/finger prick before
breakfast and before bed 5.0 - 10.0**
Take your medication and injection every day



**Remember, lots of handwashing
for 20 seconds**

Eat well and drink more water



**Social physical distance: Do activities
that are relaxing and stress free**

**A message from your Diabetes Nurse Educator
Stay Home Stay Safe**



Come see the Indigenous Drivers Licensing Unit In Pormpuraaw

TUESDAY

22nd

MARCH 2022

RISE - Pormpuraaw
8:30am – 4:00pm

Licence Testing
(Written & Practical),
Licensing Services

WEDNESDAY

23rd

MARCH 2022

RISE - Pormpuraaw
8:30am – 4:00pm

Licence Testing
(Written & Practical),
Licensing Services

THURSDAY

24th

MARCH 2022

RISE - Pormpuraaw
8:30am – 4:00pm

Licence Testing
(Written & Practical),
Licensing Services

Practical Driving Tests

It is now a requirement that the Hazard Perception Test is completed before doing a driving test.

For more information, visit
<https://www.qld.gov.au/hazardperceptiontest>

**Applicants must provide vehicle for testing.
IDLU do not provide a vehicle.**

**No Cash – EFTPOS only
Bring all I.D – Originals only**

For more information
Call 1800 130 886

WELLBEING with COVID-19 in community

A positive mindset

Check in on your own state of mind. Try to stay happy and have a plan if things start to change and know where you can go to get help.



WELLBEING with COVID-19 in community

Are your mates OK?

Is someone close to you in quarantine? Have you checked they are OK today?



WELLBEING with COVID-19 in community

Keep healthy

by eating, sleeping and resting well. Keep drinking plenty of water.



Pormpur Paanthu

Aboriginal Corporation

22-23 Yalu St, Pormpuraaw, QLD 4892
Phone: 07 4060 4260 Fax: 07 4060 4280

PPAC offers:

- Domestic violence and drug and alcohol preventative education, counselling, advocacy and support for families
- Social emotional wellbeing services
- Family wellbeing services
- Men's Support Services
- Women's Group activities



- Youth activities
- Outside School Hours Care services
- Vacation Care activities
- Child Care services (Long Day Care)
- Playgroup
- Night Patrol (Contact: 0474464688)
- NDIS Services
- Women's Shelter services (Maantchangk Women's Shelter is open 52 weeks a year with 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