

Wunja Tribal Voice

Newsletter Issue 3: August 2019



PICC Bush-walking Track volunteers and representatives from DSDMIP visit the bush-walking track earlier this month. Photo © Jenny Kennedy

The potential for tourism on Palm Island has drawn the interest of the Queensland Government, who recently sent a group to visit some of our best natural and scenic sights early in August.

And they were impressed. Representatives from the Department of State Development, Manufacturing, Infrastructure and Planning were particularly interested in the PICC

bush-walking track and our bush tucker project.

They also spoke with staff and others about the potential for tourism on the Island.

A senior official in the group said

they were "impressed".

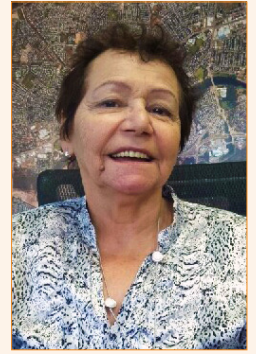
They said they hoped developing a tourism industry on Palm Island would grow the local economy and provide jobs for Palm Islanders.



Welcome to our new look [Wunja Tribal Voice](#) - the Palm Island Community Company's monthly newsletter. You can also follow PICC on Facebook and we have our own YouTube channel.



A Message from the CEO...



There are a few important events coming up in September I'd like to tell you about.

Tuesday 10th is World Suicide Prevention Day and Thursday 12th is RUOK Day.

These days are important because too many people take their own lives every year.

It seems all of us know someone who has been affected by suicide.

These are difficult topics to talk about.

But if we want things to change then we have to talk about mental illness and suicide in our communities.

PICC, our staff, and our services are here to help you if

you have concerns about your mental health.

We encourage you to talk to someone.

PICC has established the Stepped Care Social and Emotional Wellbeing team as a one-stop shop for your mental health needs.

If you would like to talk to someone from the Stepped Care Team, call 1800 725 647 or visit the CFC.

There are many other people and services who can help you.

The Mental Health Team can refer you to them if you like.

In a crisis you can visit the emergency department at the Joyce Palmer Medical Centre.

You can also call Lifeline on

131 114.

Please let your friends and family who might be affected know

you are there to support them. This is what RUOK Day is all about.

Ask others how they're doing – not just on RUOK Day but on any day of the year.

This September please think of the help that is there for you and how you can help someone who might need it.

Rachel Atkinson



Child Protection Week is held across Australia in early September and promotes the value of safe children by bringing attention to child abuse, neglect and other issues with speakers and info.

On Palm Island, PICC staff held an Activity Fun Day at the Women's Service with lots of fun activities for parents/carers and their children.

Light refreshments and transport to and from the event was provided.

Watch this space for more pics in our next issue!

New PICC service offers help for prisoners

Supporting Palm Island women in prison is the idea behind PICC's new Women's Healing Service, and it will be the only PICC service not actually run on Palm Island.



The new service will run from the Townsville Women's Correctional Centre within the next month or two.

CEO Rachel Atkinson said the new service was important.

"While we're on a theme of mental health this month, we can't forget those who are in prison can be affected by these things, just as everyone else can be," she said.

The Service will support Aboriginal and Torres Strait Islander women during their stays at the prison, especially

women with children and families, and connect women to support services when they return to their communities.

It is expected several women in the Correctional Centre from Palm Island, or to have last known addresses on Palm Island, will access the service.

More information and contact details for the Women's Healing Service will be published in a future edition of the *Wunja Tribal Voice*.

Has the Department of Child Safety put your family under a child protection notification, or is it likely to?

PICC's Family Participation Program (FPP) may be able to help.

FPP is there to help make sure you and your family are fully involved in your journey through the child protection system. FPP offers advice and support to make sure you are kept informed about child safety processes and what is happening. We try to make sure your family has a voice in everything that



happens to you and every decision made about you.

We can also connect you to other services that can also help your family. For help or for more information visit the friendly FPP staff at the PICC Family Wellbeing Centre in the Mall or call 4791 4050.

Something for everyone in Women's Shelter activities

Staff from the Women's Shelter host several weekly – and occasionally very special – events aimed at supporting all our women and especially our Elders, here on Palm Island.

Every Monday morning from 10am to midday there is a Ladies Yarning Circle at the Shelter which all women are welcome to attend and participate in some story telling or just plain fun arts and crafts activities.

Morning tea and transport, if needed, is provided.

If you can't make it during the day, our next Ladies Lounge will be held from 4pm to 6.30pm on Tuesday

24 September.

The evening includes dinner and again, we help you out with transport if you need it.

Time out for our Elders, mothers and grandmothers is important, these women deserve time to enjoy their lives and everything life has to offer to the fullest.

The Women's Shelter understands this, so we are offering weekend or week 'Time Out' accommodation

for our women.

'Time Out' includes 24-hour support from our friendly shelter staff and 24-hour security in a comfortable self-contained units with Foxtel TV and comfortable beds.

Counselling and support is always there if needed and meals are provided.

During your stay you may also book a free 30-minute massage by SOS Health Foundation.

Call or walk in today and see the friendly staff at the Women's Shelter, we are on 4791 4010 or 4791 4012.



Our Women's Shelter and Family Wellbeing staff are always ready to help where needed.

POSITION VACANT

REGISTERED NURSE



Palm Island Community Company (PICC) is a not-for-profit organisation established in 2007 to provide a broad range of social services and community enterprises on Palm Island. It is a partnership between the Queensland Government, the Palm Island Aboriginal Shire Council and the Palm Island community. PICC is an Aboriginal Organisation committed to community control principles and protocols of self-determination through the provision of whole-of life services for people of the Island that reach across generations.

The Registered Nurse (RN) works alongside a team of Health clinicians at the PICC Children and Family Centre. The RN is responsible for the delivery, management and coordination of quality patient care and service delivery. The RN is also responsible for the total care of the patients, which includes triage, priority categorisation, early detection of health issues, clinical interventions, liaison with other members of the health care team, coordination of patient treatments and preventive care services.

Selection Criteria

Qualifications and Experience

- Current Registered Nurse registration with AHPRA coupled with demonstrated clinical knowledge and relevant experience working as a Registered Nurse.
- Ability to communicate effectively with staff, patients, relatives and a broad range of health professionals.
- Ability to administer and document patient medications and prescribed treatment accurately.
- Ability to work independently without close supervision and to adapt flexibly to unexpected changes.
- Proven ability to work cooperatively as a member of an interdisciplinary team and show support and respect for colleagues.
- Ability to show initiative, discretion and good judgement in carrying out clinical duties.
- Experience in working in a remote or rural Aboriginal community health care setting.

Practical Requirements

- Ability to travel to and from Palm Island
- Willingness to work after-hours and stay overnight on palm Island several times per week.
- Current C Class Drivers Licence (QLD)
- Satisfactory Police Check – no Serious/Criminal/Court Record (if required)

Remuneration: An attractive remuneration package based on experience, which includes super and salary packaging, is on offer.

How to apply: Applications close **Wednesday 18th September 2019** COB. To apply for the position, (or for a copy of the position description); please email your application to Charmaine at cchong@picc.com.au

PICC Services Directory

PICC Services offers a wide range of everyday and special programs and services to the Palm Island community. Residents are welcome to visit all programs and services they need.

Children and Family Centre (CFC): Reid Lane: 4791 4031

- Medical Centre
- Early Childhood
- Parenting and Health & Wellbeing Project
- After Hours GP Clinic: Monday, Tuesday & Wednesday nights until 9pm. We welcome walk-ins or call Reception on the number above.
- Night Café: Monday, Tuesday and Thursday; Wednesday night at the PCYC: 3-7pm. Safe Haven: 4791 4006. Light meals provided.
- Playgroup: (0497 656 460) Monday to Friday 10am-1pm, outdoors on Tuesdays and Thursdays. Mobile playgroup will be in various safe locations on the Island. Transport and meals are provided for children and parents.
- Wednesday Night's Women's Yarning Circle: . 6-9pm including dinner.
- Youth Patrol: Monday, Tuesday & Thursday CFC; Wednesday PCYC: 4pm to 9pm.

Community Justice Group: Reid Lane: 4791 4001

Community OP Shop: Beach Road: 4770 1677.

Open Monday to Thursday 9am-5pm and Friday 8am-4pm. New and second-hand clothing and home wares, footwear, bags, reading and sunglasses, prepaid phones and technology items, bric-a-brac and gift lines.

Diversion Services: Reid Lane: 4791 4071 or 4791 4072

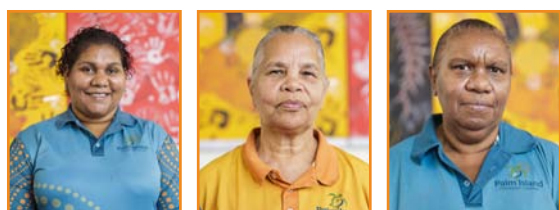
- Diversionary Adult Patrol: 0491 295 342. Patrol Hours: Wednesday 6-8pm; Thursday -Friday 4-10pm; Saturday 9am-12pm & 5-10pm; Sunday 9am-12pm & 2-5pm. Diversionary office hours are 8.30am-5pm Monday to Friday.
- Men's Gathering: Monday 6-8pm: for transport contact Milton or Frank by 4pm on 4791 4070. We invite all men to come along for a light meal and great company to discuss all topics of concern in our community. A regular night of story telling, sharing and learning from one another.



Domestic and Family Violence Specialist Service: Reid Lane: Janet King (0448 707 789)

Family Participation Program: Main Street: Elsa Morton: 4791 4006

Family Wellbeing Centre: Palm Island Mall: 4791 4050



Mental Health (Stepped Care Program): 4791 4031

NDIS Community Connectors: Sharon Defeo: 0499 167 543

PICC Bakery and Fuel - the cheapest fuel on the Island! Farm Road: 4770 1653

- Bakery: Monday-Friday 8am-3pm. Specials: Doner Kebabs + Ham & Cheese Croissants.
- Fuel open seven days a week, 6am-7pm. Fuel cards accepted.

Palm Automotive:

PALM ISLAND: Farm Road: 4770 1257.

Opening hours: Monday to Thursday 8am to 5pm; Friday 8am to 3pm

TOWNSVILLE: Unit 3/27 Hamill St, Garbutt: Shane Stewart: 0459 817 408 Opening hours:

Monday- Friday 8am-5pm; PICC off-pay week Fridays 8am-5pm and Saturday 8am-12pm.

Safe Haven (Creating Safe Communities): Palm Island Mall: 4791 4006

Safe House (Residential Services): Bentley Street: 4791 4020 or 4791 4024

Townsville PICC Office: Suncorp Plaza, 61-73 Sturt Street, Townsville: 4421 4300

Women's Services (Women Shelter): Mango Avenue: 4791 4010 or 4791 4011

- Women's Yarning Circle: every Monday from 10am – 12pm

