

Wunja Tribal Voice

Newsletter Issue 5: October 2019



Elders to develop plan into future

The Palm Island Elders Group is very excited to announce they will be holding a development workshop on the mainland early next year, to help steer their course into the next decade.

PICC CEO Rachel Atkinson said the group had been invaluable in helping deliver locally tailored services to the community and were keen to take the next steps towards being more effective and inclusive in what they do. "The Elders are also keen to develop their own social space for members and non-members," Ms Atkinson said.

"With the help of a facilitator, the Elders will work towards redesigning their Group so it can be better.

"All our member Elders will have the opportunity to have their say in what they want the Group to be and do."

Funded by the Department of Communities, Disability Services and Seniors, PICC has received the money under the Department's Age-Friendly Grants program.

Transport, accommodation and meals will be provided by PICC for those who wish to attend.

"PICC believes this trip and workshop is a way of thanking the Elders for their hard work and an opportunity to keep them in their rightful place in the community," Ms Atkinson said.



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...

November is Movember, the month where men grow moustaches to raise awareness for men's health, CEO Rachel Atkinson writes...

Thousands of men, supported by thousands of women, across Australia will be joining in this great campaign

This year, PICC is joining in too and we are encouraging all PICC men to grow a moustache in support of Movember and men's health.

At the end of November, we'll hold a competition to find who has grown the best moustache.

The winner will get a \$100 PICC voucher.

The Elders will be the judges.

Men's health is something that we don't talk about a lot, so the Movember campaign is important.

Mental health, for example, plays a big part in the men's health campaign.

I talked about mental health and suicide prevention back in August, but it's worth bringing up again – three times as many men as women take their own lives every year, and more men than women report mental health concerns.

Another is cardiovascular disease.

Men are more likely than women to be overweight, and so are more likely to suffer from high blood pressure, strokes, heart attacks, diabetes and similar illnesses.

On top of this, statistics show men are less likely than women to visit a medical professional for a health condition, and usually do only when it is relatively advanced.

These are just some of the

reasons men's health is a campaign worth getting behind.

To all the Palm men who read this, I encourage you to see our friendly staff at the PICC Medical Centre (at the blue CFC building) for a men's health check if you have any worries.

You can also go to our Mental Health Team to talk about your mental health.

Their contact details are in the Service Directory at the back of this newsletter.

You can find out more about Movember, including other things you can do, at <https://au.movember.com>.

Have a deadly month.

Rachel Atkinson



PICC's Diversionary Service has been selling garden plants at the PICC OP shop! The plants will be available to community members every Thursday. They will be happy for your support!

Wunja Tribal Voice

wants to hear from you!!!

Do you have a PICC yarn? A PICC pic? Or a PICC story to tell? If you do, we want to hear all about it! Please send your news, views and PICS to Stacey or Max and you may make the front page!

Prisoners' support service ready to launch

The Women's Healing Service is scheduled start delivery in the Townsville Women's Correctional Centre next month.

Their aim is to support our Aboriginal and Torres Strait Islander women whilst incarcerated and when they are released from the Centre.

Activities provide trauma-informed practices, are holistic and culturally driven, and provide opportunity for empowerment and self-healing.

Through our regular group-based Yarning Circle we will:

- Work with our Women to assist their reconnection to Family;
- Work with our women to reduce their risk of reoffending and assist them to transition back into their Community;
- Work with our women to assist them with parenting practices that are culturally focused and have positive outcomes for their families;
- Work with our women to ensure they receive information and education, that allow for them to make informed decisions; and,
- Work with our women to ensure they have a safe and supportive environment to enable them to participate meaningfully in our Programs.



Esme & Fiona, co-worker Caroline absent

For further information about the Women's Healing Service, please contact the PICC Townsville office on 4421 4300.

What's Happening at Safe Haven?

Breakfast Program

Children have better school attendance than those who regularly skip breakfast.

Eating breakfast will give your child energy for a day of learning. It will increase their feelings of alertness and motivation to learn.

Children who skip breakfast are more likely to be disruptive in class or to be absent from school.

We encourage parents to send their children to school everyday.

The breakfast program is free and runs from 7am to 8am every morning at the Bwgcolman school.



Having fun making 'slime' at the Night Cafe

Youth Patrol

Youth Patrol is a program for the safe transport of children and young people to their

homes or to a place of safety at night.

The Youth Workers are friendly

and dedicated to the care and protection of our young people on Palm Island.



My Story

My name is Kurt Pompey I am 8 years old and like going to the night café because I like what they cook and I enjoy playing tiggly with all my friends.

I like Alex Johnston who plays full back for Rabbitohs, he is very fast.

My favorite food I like to eat is ham and cheese toastie and weetbix.

When I grow up I want to be a famous football player.

Quote of the Month

"It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings"

Did you know...?

All our PICC staff are trained and aware of the need for confidentiality, proper use of their PICC email and computers, and appropriate mentoring.

Confidentiality is important for everyone.

Staff will not discuss internal PICC business or anything about any clients to anyone outside of a work context.

If they are discussing PICC or their job, they are forbidden to say anything which may be construed as slanderous, offensive, or untrue – this includes email.

Work email is not taken

casually by any staff who know they are representing PICC when they use it.

The work computers are also for work use only.

Only work-related material can be saved to H-Drive other than in minor instances, such as family photos or reminders.

Course work, obscene material or other private business is not acceptable, and staff are aware this

crosses a line which will not be tolerated.

Lastly, if staff are mentoring someone outside of PICC, they can only do so with approval from their manager before they start.

All our mentors are expected to behave in an appropriately professional way with their “mentees”.

Our staff and behavioural policies are available from the PICC files or from Human Resources.

If you have any questions please contact
Human Resources on 4421 4300.



PICC will soon be changing our system for timesheets.

A new system using fingerprint timeclocks to automatically process staff members' work hours will soon be installed.

With PICC growing bigger almost every day, the paper timesheets we use now are becoming too complicated and outdated for us to process.

Upgrading to fingerprint timeclocks makes it simpler for payroll and for you.

The new system will work

out pays faster and more accurately, and you won't have to fill in and sign timesheets every two weeks – all you'll need to do is touch on at the beginning of your shifts and touch off at the end.

The PICC Townsville office will be the first to have the fingerprint timeclocks, and then they will be progressively rolled out to our sites on Palm.

Arrangements are being made for any staff who might be inconvenienced using the



timeclocks, for example staff who fly to and from Palm, and some after-hours workers.

When it's ready to use we'll let you know more about the system and how to use it.

If you have any questions or concerns before then, please
contact PICC Business Services Manager Mark McCann.

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 cards accepted.

New Unleaded Fuel Times

Monday: 10am to 5pm
Tuesday to Thursday: 8am to 5pm
Friday: 8am to 3pm
These hours will apply until further notice.

Diesel is available seven days.

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 Healing Service: Townsville Women's Correctional Centre. Contact Fiona Hill on 0457 585 085 or Caroline Backo on 0457 587 324



Women's Services (Women Shelter):

Mango Avenue: 4791 4010 or 4791 4011

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

