

## Jobs on offer with bush tucker walking tracks launch

More than 120 people enjoyed the launch of the Palm Island Bush Tucker and Walking Trails Project earlier this month.

The project's aim was to encourage Palm Island people to access bush foods and other healthy foods, and assist in the transmission of local Aboriginal cultural information to young people.

It has also developed 3kms of walking track from Butler Bay with several bush tucker plants highlighted, and currently employs 15 young Palm Islanders as trainees under a 'Skilling Queenslanders for Work' (SQFW) grant from Department of Employment, Small Business and Training.

The project was officially launched by Palm Island Shire Mayor Alf Lacey who spoke of the importance of the project to Palm Island people as a real community driven initiative celebrating the local Indigenous knowledge and ensuring local cultural information is passed on to the younger generation.

He also acknowledged that the Bush Tucker garden and Butler Bay walking track developed by the project could also contribute to increasing tourism attractions in the Shire a focus of his Council, which is trying to encourage and develop local industries.

Principal of the BCS, Beresford Domic said he was excited by the project as a real partnership between the School and other community agencies to transmit local cultural knowledge to his students and engender pride in their identity as Bwgcolman people.

He complemented the work of Brad



Foster, the project's coordinator, in forging the partnership and developing the resources people were viewing today.

Deputy Mayor and PICC Manager Roy Prior also acknowledged the work of Brad Foster and the project's ability to assist to create sustainable jobs in the tourism industry.

He said he was also proud of the 15 young Palm Island people, including five women, who have been employed on a full time basis for the next six months from funding received by the State Government's SQFW program.

He said those young people had the opportunity to build their skills to gain ongoing employment in the Conservation, Land Management, Horticultural or

Landscaping Industries.

Project Coordinator Brad Foster outlined the project's history which commenced with seed funding from the Federal Government last year and has continued this year with funding contributions from the BCS and the State Government.

He said the project initially involved PICC's Diversionary Centre Staff and clients where several people were employed on a casual basis.

They commenced working on the Butler Bay to Mundy Bay walking track where over three kilometres of track have been constructed through to the design and planting of the Bush Tucker & adjacent vegetable gardens at the school.

Brad acknowledged the work of many people on the project and was pleased that since the project commenced late



last year that over 20 local jobs had been created.

He said a range of high quality Bush Tucker Fact Sheets have been produced distributed widely in the community to encourage people to use healthy bush foods instead of processed store foods, and a database of local useful species had also been developed and was to be added to as the project went forward.

"These are valuable community resources," he said.

PICC acknowledged the School's vision and crucial support to the project and the supporters of the project and launch who included the North Queensland Regional Health Network and the Department of Employment, Small Business and Training.

**Eligible jobseekers are encourage to contact the Diversionary Centre about how they can be involved in the SQFW program which may earn them a Certificate I in Conservation and Land Management.**

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 You Tube channel.



# A Message from the CEO...

With the hot, dry weather we've been having lately, it's hard to believe it will change sometime soon CEO Rachel Atkinson writes...

But we all remember the destruction from rain and floods earlier this year which was preceded by this very same heat. Here in north Queensland the climate is always dramatic in one way or another.

Sadly it seems Palm feels the effects of bad weather more than most places.

Even a bad storm can cut off the plane, the ferry and the barge, and our food and other supplies start running low pretty quickly.

I'd like to encourage everyone,

whether you're on Palm or somewhere else, to think about being ready for floods or a cyclone over the next few months.

Have some long-life food ready in case.

Also try to have clean water for everyone, and enough of it to last for a few days.

Have a kit of other things you might need if you're cut off for a few days, like a first aid kit and batteries.

Please also think ahead about

what you'll do if a cyclone is heading straight for you and if you have to evacuate.

Taking a few simple steps now can take a lot of stress out of going through a disaster.

Of course every one of us hopes this wet season won't cause any trouble.

But, just in case, I encourage everyone - no matter where you are - to think about what you'll do if a disaster is headed your way.

Have a deadly month.

*Rachel Atkinson*

## Systems of Care model offers best (medical) practice: IUIH conference

Several PICC staff attended the Institute of Urban Indigenous Health (IUIH) 'Systems of Care' conference in Brisbane last month.

The conference was about the building and running Aboriginal and Torres Strait Islander health centres to help to ensure patients received the highest standard of care possible.

Speakers at the Conference presented on topics such as clinical quality, data-driven change, integrating allied health services and culturally responsive research.

Learning the latest developments and best practices in Indigenous health centres help the Palm Island Medical Centre be better run behind the scenes, which may not always be noticeable to patients – it means the Medical Centre can provide better care and service to everyone.

IUIH is the coordinating body for community-controlled health centres in south-east Queensland.

The System of Care is the model by which the member organisations of IUIH deliver health services in their communities.

The model will be an important tool for staff at the Palm Island Primary Health Centre as it transitions to community control from 2020.



Rachel with IUIH CEO Adrian Carson and Bidgerdii Aboriginal & Torres Strait Islander Health Service (Rockhampton) Board Member Amy Lester



Peakcare Board President Darren Young said Ms Atkinson received the award 'in recognition of her continual advocacy for better outcomes for her community'.

"Instrumental, committed and passionate are just a few words that describe Auntie Rachel", Mr Young said. "We can now add legendary to that list."

'I know I'm a legend,' Ms Atkinson laughed when accepting the award, 'but that's

## It's official – PICC CEO is a deadset legend

PICC CEO Rachel Atkinson has won the first ever Legend Award at the Peakcare Awards Ceremony held in Brisbane last week.

just because of my age.'

In a career spanning more than thirty years Ms Atkinson works, and has worked, in several roles in the Aboriginal and Torres Strait Islander child protection sector.

Aside from being CEO of the Palm Island Community Company, Ms Atkinson is also a member of the Queensland First Children and Families Board, Co-Chair of Family Matters Queensland and Chair

of the Queensland Aboriginal and Torres Strait Islander Child Protection Peak (QATSICPP) – in short, a LEGEND.

She said the award belonged to all who worked at QATSICPP and the alliance QATSICPP shared with PeakCare.

She also acknowledged and paid tribute to Michael Hogan, the Director-General of the Department of Child Safety, Youth and Women (DCSYW).

PICC will not pay to use the Aboriginal flag again until all the money paid for its use goes to the benefit of Aboriginal & Torres Strait Islander people.

"We are sorry it has come to this, but we firmly believe that we shouldn't have to ask permission and pay to use our own flag," CEO Rachel Atkinson said.

She said the decision came as a result of PICC's recent sponsorship for new uniforms for the Barracudettes.

"Even though it was part of the team's logo, having the Aboriginal flag on their clothes added a large fee for licensing its design," Ms Atkinson said.

She said the Aboriginal flag was designed by Harold Thomas, a Luritja

artist, in 1971.

"Most national flags around the world are free to use, but Mr Thomas has kept copyright," she said. "Last year, Mr Thomas gave a non-Indigenous-owned clothing company exclusive rights to use the flag on clothing worldwide, and a company owned by the same people exclusive rights to use the flag on objects."

"He gave another company exclusive rights to use the Aboriginal flag as a flag."

"This means almost

everyone who wants to use the Aboriginal flag has to pay a royalty – if the company gives permission to use the flag at all.

"The clothing company in particular keeps telling Aboriginal people to stop using our flag."

"We respect Mr Thomas's choice for how he wants to use or license the flag he designed."

"But we wholeheartedly disagree with the flag being controlled by companies which tell Aboriginal people when we can and can't use our own flag, and how much we have to pay for it."

"Until this situation

changes, PICC will not pay royalties to this company, or any other company, that only seems to be interested in our culture to make money from it.

"Our people deserve better than this."

The Torres Strait Islander flag is also under copyright held by the Torres Strait Island Regional Council but the Council only asks people who want to use the Torres Strait flag to contact them beforehand and credit designer Bernard Namok.



# Relaxed day helps raise mental health awareness

Palm Island's Community Mental Health Day was held on Wednesday 9th October in connection with World Mental Health Day week which is celebrated annually from 6-13th October.



On the day Palm Island Community Services came together to support and host the community event, shining a light on Mental Health and encouraging our community to come together under a theme of 'Let's take time for Mental Health...to Heal, Connect and Share'.

The event was held beach side at the beautiful Fred Clay Park and was well-received with a very positive response to the very relaxed and cheerful vibe throughout the entire day.

Highlight of the day was the local entertainment by Uncle Walter and Aunty Rosie and visiting

performances by 'Sayla V & Amos' adding to that vibe.

About 350 people shared in the fun of our free BBQ, activities and relaxation stalls such as macramé, five-minute neck massages from SOS Health Service Physio Neroli and hand massages from our Community Mental Health Nurse, Teika.

Information stalls from Justice Group, Joyce Palmer Health Service, TAIHS Ferdy's Haven, Selectability, Palm Island Community Mental Health & Alcohol Tobacco and Other Drugs stalls also played their part towards the event's success.

The day was the first for Palm Island and it was wonderful to bring the community together to celebrate our resilient strength that is Palm Island through raising awareness for Mental Health.

We also shared this year's artwork and story featured for Queensland Mental Health Week which is called 'Communicate through our strengths' by Ailsa Walsh and speaks to what is happening in this day and age in all communities where social media has created a wall between people being able to communicate their feeling face to face.



**For walk in and referrals, Palm Island Community Mental Health Service and Alcohol and Other Drugs is located at the new Palm Island Primary Health Care Centre on Main Street across the road from the Police Station, between the PCYC and the new Shopping Precinct building. PICC Children Family Centre have a Social Emotional Wellbeing Service that is available for walk in and referrals also.**

*Pics with thanks to Rob Parsons and Through The Looking Glass Studio.*



# Elders enjoy productive and ressstful retreat

The Palm Island Elder's Advisory Group said they enjoyed several 'stress free' days camping on Long Beach for a four-day 2019 Retreat in mid-November.

They said the spent their time talking about a lot of things happening on Palm Island including lateral violence and its effects, their role in the community, how they might help young people, community issues, the role of PICC in the community and where to from there.

Meditation, relaxation and some self-care was also on the agenda.

A visitor in the form of a snake caused some ruckus with the group, who subsequently spent their first night together in a tent, with a good deal of laughter shared – all torches were on deck for anyone who ventured outside.

On their first day they visited the old cemetery to remember families and old friends, leaving flowers outside of

the gate and saying some prayers to let them know they were still thought of.

Danny and Patrick cooked kup murri for the group on the Saturday night and the group agreed all their meals were well-catered.

Overall the days were really enjoyed by the elders who wanted to thank PICC for making it possible.



## DIVERSION SERVICE

**The PICC Diversion Service is seeking men and women in the community to fill the following positions. There are multiple positions available.**

### OUTREACH WORKER (Part time) PROGRAM WORKER (Full time)

#### DIVERSIONARY SERVICE:

The Palm Island Diversion Service will provide flexible and responsive 24/7 care and appropriate supports to the target group, operating a Diversion Centre and an Assertive Outreach service, diverting people who are intoxicated and/or at risk of Police custody. Clients will be provided with the opportunity to recover in welcoming, non-threatening, culturally safe environment, with supervision and support provided by trained staff.

#### ABOUT THE ROLE:

The Outreach Worker and Program Worker positions will be required to work together as part of a team to deliver the objectives of the Diversion Service. The roles will involve the following. A position description with further information is available.

- Provide information to community members of support services, programs and activities available to them
- Develop and deliver programs to the target group
- Develop and deliver community activities and events
- Provide outreach services and follow up visits to clients in the community
- Provide transportation of clients to safe places and support services
- Conduct intake processes for clients
- Provide referrals to other services

#### SELECTION CRITERIA

##### Mandatory Selection Criteria

1. The applicant must hold a current "C" Class Drivers Licence (Licence must be maintained throughout period of employment)
2. Ability to work with minimum supervision
3. Ability to work day and night shifts
4. Demonstrated computer skills
5. Current first aid certificate or the ability to acquire
6. Willingness to undertake training

#### How to apply

To apply for this position, please submit your resume and application form in person, email or via the PICC careers web page ([www.picc.com.au](http://www.picc.com.au)). Please contact HR on 4421 4300 or email [cchong@picc.com.au](mailto:cchong@picc.com.au) for further information or an application form.

# Palm Island Community Company Services Directory

PICC 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 4pm

Tuesday to Thursday: 8am to 4pm

Friday: 8am to 3pm

Weekends: Closed

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



*Come & join us for our  
end-of-year BBQ*

**When: Monday 9 December  
Time: 10am – 2pm  
Venue: Women's Shelter  
Transport is provided.**



*Join our final Ladies Lounge for  
2019*

**When: Tuesday 17 December  
December  
Time: 4pm – 8pm  
Venue: Women's Shelter  
Transport is provided.**

