

A Healthy School Lunch from PICC

PICC has helped out busy parents and eager children by providing free lunches to students at the Bwgcolman Community School.

Every school day, kids get a healthy and ever-changing variety of sandwiches and hot meals to keep them achieving in the classroom.

With the COVID-19 pandemic temporarily closing many activities and

programs popular with children, such as the Night Café, PICC is finding other ways to help Palm's kids.

The lunches have been very popular with the students, and they also save parents from making lunches for their kids every day.

Currently, PICC is negotiating with suppliers and other stakeholders to make the free school lunches permanently available.

Above right: Bwgcolman Community School students enjoying their lunches.

Left: (l-r) Frank, Robert and Stanley from the Diversionary Service helping to deliver fresh produce for the free school lunches.



Photo used with the kind permission of Bwgcolman Community School.

A Message from the CEO

May is Domestic and Family Violence Prevention Month, an important event.

We know domestic and family violence (DV) is far too common everywhere.

I and everyone at PICC say: there is *never* an excuse for DV. And we won't stop saying it until everyone has got the message.

At PICC, we're committed to ending DV.

The Specialist Domestic and Family Violence Service (SDFVS) works with people who have experienced DV to heal and recover from the trauma.

The SDFVS can also help you if you are a user of DV and you want to change at their new Men's Behaviour Change Program, which you can read about in this newsletter.

Later in the year, when it's safe to have public gatherings again, we will mark DV Month with a march, a candlelight vigil and a family barbecue.

In the meantime, you can help end DV by supporting everyone who has experienced it, and by never putting up with anyone who uses DV.

Together, we can end DV.

Have a deadly month.

Rachel Atkinson



Welcome to the Wunja Tribal Voice
the Palm Island Community Company newsletter



For more updates from PICC, you can like our Facebook page and watch our videos on our YouTube channel.



DFV Prevention Month on Palm

May is Domestic and Family Violence Prevention Month. It is a month to raise awareness of the issue of domestic and family violence and inform everyone of supports that are available.

Domestic and Family Violence impacts on individuals, families and the whole community in a negative way. There are few people who have not experienced domestic violence or who do not know someone who has experienced or used domestic violence.

The Palm Island DV Network has been working for many years to address domestic and family violence. The current mission statement is 'to increase the safety of the people of Palm Island through community awareness and support with the aim of reducing domestic and family violence'.

A Domestic and Family Violence Prevention Month event was planned for May 2020 with a march, displays from various organisations with resources and information, children's activities, speeches, food, music and a candlelight ceremony to remember all those impacted by domestic violence. This will now be held later in the year (October or November) due to the current COVID-19 restrictions. The DV Network would like as many people on Palm Island involved in the event. A flyer will go out closer to the event.

The DV Network will be developing local brochures relating to domestic violence, court processes and supports.

There is support on Palm Island for anyone impacted by domestic and family violence. The Specialist Domestic and Family Violence Service (SDFVS) is based at the CFC building. Please ring 4791 4031, or Janet on 0448 707 789 or Shannon on 0499 913 449 to see how we can assist you.



Queensland says: *Not now, not ever. Together*

DOMESTIC AND FAMILY VIOLENCE PREVENTION MONTH 2020

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Change for DFV Users at New Men's Behaviour Change Program

A new program is available for men who want to change their behaviour towards domestic violence.

The Men's Behaviour Change Program is run by the Specialist Domestic and Family Violence Service.

The goal of the Program is to reduce the rate of domestic and family violence on Palm by changing the behaviours and beliefs found in men who have used violence in their homes.

The Program includes a section on Domestic Violence Protection Orders and their conditions, causes of domestic violence and abuse, the effect of domestic violence on its victims, and the need for personal change in users of violence in the home.

Bradley Foster, from the Diversionary Service, developed the Men's Program originally to fit the needs of the Palm community,

and this program has been developed further to address domestic violence and behaviours.

To ensure their success, men wishing to enter the Program will be assessed for their suitability and their readiness to take responsibility for themselves and change. **For more information or if you would like to enter the Program, call the SDFVS on 4791 4031 and ask for Janet or Shannon, or visit the SDFVS at the CFC building.**

Early Years Services Helping Palm's Kids in New Ways

During the enforced isolation period to protect the Island's residents from the COVID-19 virus, PICC Early Years Services workers are continuing to deliver services to the Island's Early Years Cohort.

Since 2016, PICC's Early Childhood Services has facilitated a weekly service with allied-health professionals visiting the Island to conduct speech and occupational therapy sessions. Talk HQ from Townsville and Optimise Health and Wellness from Ingham fly to Palm to deliver the speech therapy and occupational therapy sessions, respectively, to children who were referred by the Medical Centre's GPs after a '715' health check. This allows up to five visits to one or both services.

Originally, the assessment and sessions undertaken by the therapists identified delays in some children, who were then eligible for Early Childhood Early Intervention (ECEI) Plans through NDIS. This made children eligible for up to forty sessions a year. Some of these children were eligible for NDIS plans because of a diagnosis of a disorder.

ECEI prepares the child to be at a level of development in all areas equal to all the children in the same cohort, which better equips the child for the new environment of 'big school'. Children who have a good command of language and communication, appropriate social skills (such as sharing and playing safely), emotional resilience and coordination are more likely to achieve success at school and stay engaged in learning.

When the COVID-19 pandemic forced the lockdown in Australia and Palm, the allied health professionals could not visit the Island. Mersane



Travel restrictions don't stop Palm kids getting care.

Oui, PICC Project Officer for Early Childhood Program; Marina McLean, a Support Worker at the Early Childhood Program; Katharin Bartley, the Early Years' Services Coordinator; and other Early Years Service support workers organised 'telehealth' sessions for the ECEI and NDIS participants.

Despite many barriers, including busy internet connections, a lack of suitable hardware and a busier timetable, the determination, skills and commitment of Mersane and Marina have been able to provide an excellent level of service.

Sessions are conducted at the CFC, St Michael's

School, Bwgcolman Community School, Goodoo and in children's homes. Therapists have been pleased with the outcomes, with some telehealth sessions being more productive than face-to-face sessions. Therapists believe this could be a result of young children's interest in anything technical and new, and because their parents can be more involved. In the case of one child (pictured), other family members took part when she had a recent session at home. Such changes forced by the COVID-19 pandemic mean that Palm Island children now can access far more allied health services compared to just a few years ago.

Other services such as the Early Years Playgroup still provide adjunct care, and they have adapted and introduced

other strategies to continue to engage parents and children. The Early Childhood Team is still delivering Playgroup and adjunct care on Palm Island. Due to the limitations on group gathering, Early Years Services is investigating alternative ways to continue to support children and families who use the Playgroup, such as phone calls, limited home visits and online information. Early learning kits are being developed and made available to families while they are required to stay at home. The Early Childhood Team is still providing restricted adjunct care to children while their parents are accessing medical services at
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+ PICC Primary Health Services News +

See a Doctor Without Leaving Home

The PICC Medical Centre now offers free 'telehealth' appointments for any patient who wants one.

Patients can speak to a GP or a nurse by phone or by video call instead of coming into the Medical Centre for an in-person appointment.

Telehealth appointments offer safety to people who have to stay at home as much as possible during the COVID-19 pandemic. People who have trouble travelling or who are in quarantine may also find telehealth appointments more convenient than visiting the Medical Centre.

Some patients will still have to visit the Medical Centre in person. This will usually happen if a diagnosis or tests cannot be done remotely.

When booking a telehealth appointment, let the Medical Centre know beforehand that you would like one instead of a face-to-face appointment. You should also discuss the technology you would like to use to make sure it is suitable.

To learn more about telehealth consultations or to book an appointment, call the Medical Centre on 1800 725 647 or visit the Centre on Reid Lane.

Palm Automotive

Our Palm Automotive services now have AfterPay! We also offer payroll deductions for all PICC staff using our services.

Palm Automotive employs experienced trade qualified mechanics, with many years of expertise in diagnosing and repairing vehicle mechanical faults.

So talk to Clint on Palm or Jayden in Townsville about all your automotive needs.

Palm Automotive provides very competitive pricing and reliable service, so please tell family and friends about us. You can also check out the Facebook page for the Townsville service for specials and customer feedback.



PALM ISLAND

Farm Road
Phone: 0428 204 263

TOWNSVILLE

3/27 Hamill St, Garbutt
Phone: 0459 817 408

Like us on Facebook! facebook.com/PalmAutomotiveTSV

PICC Helping Palm Islanders Return Home Safely

PICC has been playing its part in coordinating quarantine and health services to support Palm Island residents stranded in Townsville to return home safely.

From 2 May 2020, Palm Island residents stranded in Townsville have been undertaking fourteen days of supervised voluntary quarantine in a Townsville hotel before they are approved to return home to the Island.

Trish Hunt, Chronic Care Nurse; Olivia Miller, Senior Health Worker; and Sian Daisy, Youth Services Officer have been tending to people in quarantine, and have also been following up with them after they've safely returned home to Palm.

PICC's work has also included:

- Performing daily health monitoring for those in voluntary quarantine;
- Coordinating telehealth consultations between patient, Nurse and Doctor as required;
- Prescribing and arranging the pickup and delivery of medications as required;
- Attending to the safe transfer of people to and from essential Hospital appointments;
- Assisting to ensure the safe transfer of people from hotel to home; and
- Following up with people once they've returned home.

Rachel Atkinson, CEO of PICC, said, 'The PICC health and community services teams are fully engaged and committed to supporting the operational measures in place to ensure that Palm Islanders get home safely.'

'It feels good to help people to return home to their loved ones as soon as possible.'


'Preventing the spread of COVID-19 to Palm Island is everyone's business,' added Ms Atkinson. 'The PICC team will continue to play a significant role in ensuring the continued health and wellbeing of the people on Palm Island.'











Coronavirus Update for May

There are **no cases of COVID-19 (coronavirus) on Palm** as of 28 May, and there never has been any known case.

In Townsville there are no active cases of COVID-19; all known cases have recovered.

SYMPTOMS OF novel coronavirus (COVID-19), a cold and the flu



SYMPTOMS	COVID-19 Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Cough	Common	Common	Common
 Sore throat	Sometimes	Common	Common
 Shortness of breath	Sometimes	No	No
 Fatigue	Sometimes	Sometimes	Common
 Aches and pains	Sometimes	No	Common
 Headaches	Sometimes	Common	Common
 Runny or stuffy nose	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes especially for children
 Sneezing	No	Common	No

For more information, visit www.health.qld.gov.au/coronavirus

Adapted from material produced by WHO, Centers for Disease Control and Prevention.

Several of PICC’s services, programs and activities are still not running or have changed. See the Services Directory on the last page of this newsletter for major changes.

There are still restrictions on travelling to and from Palm, including a mandatory quarantine, and on fishing and boating – see the Palm Island Council for current information.

Queensland-wide restrictions on gatherings, activities and travel on the mainland are being lifted in stages – go to covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions to see what is changing and when.

Please use the tips at the right and keep taking care not to spread COVID-19, whether you feel sick or well. The pandemic is not over, and there is still a risk of catching or spreading COVID-19.

For general information and advice on COVID-19, call the National Coronavirus Helpline on 1800 020 080. For information and advice especially for you and your circumstances, talk to your regular doctor.

If you have symptoms of COVID-19, especially a fever or trouble breathing, call your doctor about getting a free test.

You can also use the chart at the left to check whether your symptoms might be signs of COVID-19 or a cold or the flu.

Call 000 or go to the hospital immediately if you have severe difficulty breathing or a fever of 40°C or over.

PROTECT YOURSELF AND THOSE AROUND YOU





Stay at home if you are sick



Wash your hands regularly



Cover your coughs and sneezes



Keep 1.5 metres away from others (as much as you can)



Avoid touching your face



Get tested if you have symptoms

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the CFC (for a limited number of immediate family members that live on the same household only).

Staff are also following new, more stringent infection-control procedures such as more frequently washing hands, regularly sanitising all areas, only one family at a time being provided transport and social distancing.

With Palm Island being currently closed for all but essential staff, the Early Childhood Coordinator is currently working from the mainland, and there is a team of local workers delivering Playgroup and adjunct care who she contacts by phone and email to offer supervision, support and guidance. The Coordinator is also accessing the wealth of Early Childhood information and resources through email and phone, for example the SNAICC Early Years Reference Group and Early Childhood Australia. Once the materials are reviewed, the information and resources are approved, adapted (if required) and sent with the team on Palm Island, who make them to be available to families and children.



Remote learning is popular with kids and parents, and often leads to happier kids with better outcomes.

Positions Vacant: Outreach Workers × 3 (Part time) Diversionary Service – Palm Island

The Palm Island Community Company (PICC) is seeking enthusiastic men and women with energetic work ethics who enjoy challenges and are flexible to work in our Diversionary Service on Palm Island to fill the role as an Outreach Worker. The shifts you are required to work includes day/night shifts, weekends and filling in for unplanned shifts as required.

Diversionary Service

The Palm Island Community Company's Diversionary Service provides flexible and responsive 24/7 care and appropriate supports to the target group, operating a Diversionary 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 positions requires you to be part of a team to work together to deliver the objectives of the Diversionary Service. The roles will involve the following. A position description with further information is available upon request.

- 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 Driver's 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 or email recruitment@picc.com.au.

Please contact HR on 4421 4300 or email for further information.

Closing date: 5 p.m., Friday 29 May 2020

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.

CROSSED-OUT LISTINGS ARE NOT RUNNING UNTIL FURTHER NOTICE BECAUSE OF THE COVID-19 PANDEMIC

Children and Family Centre (CFC): Reid Lane. 1800 725 647 or 4791 4031.

- Medical Centre.
- Early Childhood Program.
- Parenting and Health & Wellbeing Project
- After-Hours GP Clinic: Mondays, Tuesdays & Wednesdays until 9pm. We welcome walk-ins, or call Reception on the number above to make an appointment.
- ~~Playgroup: 0497 656 460. Monday to Friday 10am–1pm, outdoors Tuesdays and Thursdays. Mobile playgroup will be in various safe locations on the Island. Transport and meals are provided for children and parents.~~

Community Justice Group: Reid Lane. 4791 4001.

Community Op Shop: Beach Road. 4770 1677.

Open Monday to Thursday 9am–5pm and Friday 8am–4pm.

We have new and second-hand clothing and home wares, footwear, bags, reading glasses and sunglasses, prepaid phones and technology items, bric-a-brac and gift lines.

Diversionary Services: Reid Lane. 4791 4071 or 4791 4072.

- 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 before 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.~~

Family Participation Program: Bentley Street. 4791 4024.

Family Wellbeing Centre: The Mall. 4791 4050.

Mental Health (Stepped Care Program): Reid Lane (in CFC building). 4791 4031.

NDIS Community Connectors: 0499 167 543.

PICC Fuel – the cheapest fuel on the Island! Farm Road. 4770 1653. Fuel cards accepted. Open Monday to Friday, 8am to 4pm.

Palm Automotive

PALM ISLAND: Farm Road. 4770 1257.

Opening hours: Monday–Thursday 8am–5pm, Friday 8am–3pm.

TOWNSVILLE: 3/27 Hamill St, Garbutt. 0459 817 408 (Shane Stewart). Opening hours: Monday–Friday 8am–5pm, PICC off-pay week Fridays 8am–5pm, Saturdays 8am–12pm.

Safe Haven (Creating Safe Communities): The Mall. 4791 4006.

- ~~Night Café: Monday, Tuesday and Thursday 3–7pm (Wednesday nights at the PCYC). Light meals provided. 4791 4006.~~
- Youth Patrol: Monday, Tuesday and Thursday 4pm–9pm at the CFC (Wednesdays at the PCYC).

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

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

Townsville PICC office: Suncorp Plaza, 61–73 Sturt Street, Townsville. 4421 4300.

Women's Healing Service: Townsville Women's Correctional Centre, Stuart. 4421 4300 (PICC Townsville Office).

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

- ~~Women's Healing Circle: every Monday from 10am–12pm.~~
- ~~Women's Yarning Circle: Wednesdays 6–9pm, free meal included.~~

