



Bernard.png



Meredith.png



Peter.png



COVID-19 ads ready for the big screen!

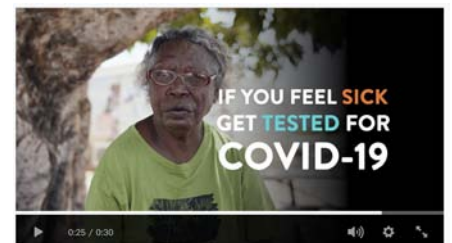
A series of COVID-19 protection ads filmed in Cape York towns earlier this year has finished production and is due to be shown on NITV and played on radio over the coming months.

In August Apunipima's Dr Mark Wenitong, along with father and son team Robbie Corrie Snr & Jnr came to Pormpuraaw to film community members such as Meredith Arkwookerum, Bernard Foote and Peter Yunkaporta reminding everyone to make sure they followed the current rules around protecting our

communities from COVID-19.

"It's important to communicate this information to all our communities so we will be more alert of the symptoms and risks," CEO Ganthi Kuppasamy said.

"This is a great initiative from the Apunipima team and we are all looking forward to seeing our community on the television soon."





BACKPACKS \$50 Wide variety of T-SHIRT DESIGNS AVAILABLE NOW

Come and see what we have in stock at the PPAC OFFICE

admin@ppac.org.au or

Phone 4060 4211

PPAC Contacts

CEO's Office 4060 4211

Healing Services 4060 4260

Long Day Care 4060 4165

Outside School Hours
Care 4060 4001

Women's Shelter Admin
Office 4060 4082

ndis



NDIS In partnership with Pormpur Paanthu Aboriginal Corporation

The role of the **Remote Community Connector (RCC)** is:



- To Provide you with information on the NDIS
- To help you connect to the NDIS and get supports for your disability



- To assist you to attend appointments and meeting with the NDIA and other disability services



Please Contact :

☎: 0740604260 or 0437553615

✉: NDISconnect@ppac.org.au



GOT A LOT GOING ON?

NO SHAME IN TALKING IT OUT



STRESS AND PRESSURE

Stress can come from many things and cause all sorts of problems.



STRESS CAN COME FROM

FEELING DISCONNECTED
RELATIONSHIPS
YOUR BODY JOBS SORRY BUSINESS
BULLYING GRIEF SCHOOL
UNIVERSITY DRUGS AND ALCOHOL
TRYING TO MEET YOUR OWN EXPECTATIONS RACISM
RESPONSIBILITY TO FAMILY FIGHTING WITH FAMILY AND FRIENDS
DISCRIMINATION
INTERGENERATIONAL TRAUMA
FAMILY EXPECTATIONS HAVING TO SUPPORT YOUR MOB
BRINGING HOME MONEY TO SUPPORT THE FAMILY WORK
DEALING WITH OTHER PEOPLE'S PROBLEMS

STRESS CAN CAUSE

BAD THOUGHTS
FEELING SAD INSIDE
FEELING LONELY
BLAMING YOURSELF FOR THINGS EVEN IF IT'S NOT YOUR FAULT
WANTING TO BE ALONE ALL THE TIME
STAYING AWAY FROM MOB
FEELING LIKE EVERYTHING IS A HASSLE
FAMILY CONFLICTS
QUICK TO GET WILD
FEELING TIRED AND FED UP
THINKING THE WORLD IS AGAINST YOU
FEELING LIKE NO ONE UNDERSTANDS
BEING UNABLE TO THINK PROPERLY OR MAKE GOOD CHOICES

Adapted from Menzies School of Health Research - Aboriginal and Islander Mental Health Initiative.
Source: <https://headspace.org.au/yarn-safe/stress-and-pressure/>

NIGHT PATROL



The aim of the Community Night Patrol is to reduce and prevent domestic and family violence through identification and intervention of triggers in early stages, improve social and emotional wellbeing of community members and provide information and referral for community members.

Wednesday to Saturday 8pm -> 4am

Contact our Night Patrol on
0474 464 688

Who to call and when...

If the situation is serious and urgent call our local Police on
4060 4004 or **000**.

Community members can remain anonymous when reporting illicit activity by calling the 'sly grog' hotline on **1800 500 815**.

To report other crime anonymously call Crime Stoppers on **1800 333 000**.

For non-urgent incidents, crimes or police inquiries call Police Link on **131 444**.

Feedback forms are available from PPAC, completed forms can be handed into the CEO or emailed to admin@ppac.org.au

ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY

PPAC News Week is edited by Christine Howes for Pormpur Paanthu Aboriginal Corporation ©2020