

# Spring/Summer Edition

## Issue No. 23 2005



### *Self Help & Indigenous Issues*

This edition will focus on groups and organisations providing support to Indigenous people in the community.

I have always felt that the self help model fits well with Indigenous cultures and in fact we can take much from the way Indigenous communities work together very effectively. Perhaps it has something to do with taking time to talk or yarn, reflect and learn from the past, and build relationships.

For example groups of Indigenous grandmothers meeting together discussed issues affecting them as the stolen generation. The not for profit organisation Yorgum has worked closely with some of these women who have in turn been able to reach out to young Indigenous women who have not been able to talk about their issues in counselling situations.

Inside these pages you will also read about the Westan Aboriginal Corporation. This was the first Indigenous organisation WISH had assisted in getting started during my time at WISH, and it has been a privilege to play a very small part in seeing this organisation come to fruition and flourish. I believe Westan Aboriginal Corporation is an excellent model in following the principle of local answers to local issues. Its focus on helping at-risk youth in Gosnells turn their lives around is testimony to the dedication of the founders and those who have joined its ranks since.

My belief is that Westan is so successful because of the caring, professionalism and support it gives to local youth. Westan workers live in the area and are familiar with these youth and their families. This local knowledge is invaluable as positive, trusting relationships are developed.

I found it particularly interesting that on excursions and camps these young people who were often hardened substance abusers did not require rules or boundaries to maintain good behaviour.

The following is part of a quote from a community member on the positive impact Westan Aboriginal Corporation has had in the community. Further extracts from the quote appear on the inside pages of this edition.

*"Not only has there been an obvious positive influence there is an unseen quality which may not be immediately apparent but which augurs well for the psychological/cultural well-being of the community on a long term basis."*

Not only has Westan Aboriginal Corporation had such a positive impact on the lives of young Indigenous people in the local community, but it is also helping the reconciliation process. The racial barriers in the wider community are breaking down due to the decrease in anti-social behaviour.

Although Westan Aboriginal Corporation is not a self help group it does have a "self help group approach": Indigenous people working with other Indigenous people to improve the quality of the life of the youths and their families as well as the local community.

I hope you enjoy reading the inspiring stories of individuals groups and services in this edition. Thank you for all you do in what are often difficult circumstances and too often under-funded.

**Vicki Davies**  
Executive Officer

**NEWS EXCHANGE**



The **News Exchange** is the quarterly newsletter of the Western Institute of Self Help (WISH) Inc, and is distributed free to all WISH members.

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## EDITORIAL

Welcome to the Spring/Summer edition of the WISH 'News Exchange' !!

Well it has been another jam packed couple of months at the WISH office. There has been some interest in starting several new groups. Melva, our Community Development Officer has also been busy assisting established groups with their development.

Once again there has been a staff change at the WISH office . . . Charlotte Wood has resigned as our Administrative Assistant. We wish Charlotte all the best in her new endeavours.

Jeanette Lunghi is the replacement as Administrative Assistant. The Wissette's are delighted to have Jeanette in the WISH team and are happy to report she is settling into this demanding role with grace and the compassion the role demands. Page 11 has a brief bio on Jeanette.

This edition of 'News Exchange' will focus on self help and Indigenous issues. My apologies for its late arrival, once again staff changes have plagued our office and created turmoil.

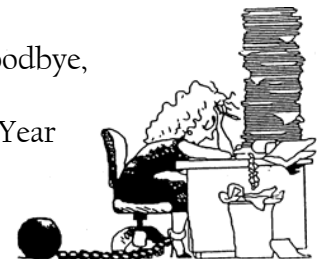
Indigenous communities are a great place to study self help. The caring nature and compassion Indigenous people have for each other is one to be recognised and learnt from.

The next edition will focus on 'Information Technology and Self Help': the role that technology has in today's society in communication and outreach to others.

If any readers have stories or information they think will be relevant please submit it by the end of December.

Until next issue goodbye,  
 Merry Christmas  
 and a Happy New Year

Keep Smiling,  
 Alison



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# WESTAN CORPORATION

## Local Community finding Answers to Local Issues

### *An Innovative Model for Successful Communities*

In 2000 Cheryl Whitby and Tom Taylor contacted WISH for assistance in getting started with their vision - Westan Aboriginal Corporation. Although this was not a self help group, they had not been able to find support elsewhere and so we worked with them through the initial planning stages. As I visited with Cheryl recently in Westan's own office space and saw these committed workers in their maroon uniforms and friendly soft spoken voices

I was impressed and inspired to see what had been achieved over the last five years. Here is their inspirational story.

Westan started with a group of 8 committed and passionate people who wanted to make a difference in the lives of Indigenous young people at risk in their local community. Most had experienced problems within their own families and felt there was a need to focus on youth in the Gosnells area.

All of the founding members of the group had undertaken a 12 month traineeship with United First People of Australia (UFPA) through KOOMAAL. At the completion of the training they were offered employment within the security field but they wanted to work directly with youth to improve the quality of their lives and address anti-social behaviour.

**“Westan started with a group of 8 committed and passionate people who wanted to make a difference in the lives of Indigenous young people at risk in their local community”**

To ensure the project started, each of the initial group members contributed \$10 per week from own pockets as well as using their own transport. Most were on pensions at that stage. The first activities included weekly excursions to the beach and barbeques for those aged 12 – 16 years. The Westan members made up mostly of parents, would visit the youths at their homes and on the streets to tell them about the Corporation's activities

and encourage them to create positive opportunities for their future. Parents or guardians were asked to complete a permission slip to allow their child's participation. One worker per 5 youth was allocated. I asked Cheryl how rules and boundaries were administered with the youths as they all had substance abuse issues and she said none were needed. All of those who participated were well mannered and there were no problems at activities. Parents were supportive of the program and saw the positive influence in their children's lives. Activities also had a cross-cultural influence also as non-Indigenous friends of the youths participated.



Later with support from Monika Jolly of the Department for Community Development, the Drug Service Team, and Save the Children Fund, Westan was able to organize camps and excursions with the loan of a bus. Camps provided an opportunity for young people to be in a safe environment where they learnt life skills, thus helping to increase their self esteem.

Cheryl spoke about some youths who were hard core solvent and drug users who with support of Westan and their own families were able to progress with positive outcomes and become liaison workers with Westan helping other youth in need.

With a grant from the Community Arts Network under the Catalyst program, Westan ran an 8 week program for young women titled the Moorditch Yorga program for girls aged 12 to 21. Those young women who had children were encouraged to bring them along to participate with them in the program. The program included making wreath and flower arrangements and screen printing. At the end of the program many of the wreaths were of such high quality that they were sold.

Sadly, due to government budget cuts and the ensuing lack of ongoing funding and the availability of a bus, the camps and excursions ceased. Also due to the liaison workers undertaking the work in a voluntary capacity this also impacted on the level of services that could be undertaken.

Westan is currently funded by the City of Gosnells and Office of Crime Prevention and now has premises at Gosnells Lotteries House. Whilst Westan is not able to run camps and excursions it coordinates the Indigenous Community Liaison Officers Service (CLS). This provides a unique liaison and mediation service to act as a buffer between the Indigenous community and government agencies.

The philosophy is based on the principles of self determination working closely with the local community to provide local solutions. The officers are primarily located in the Town centre and Pioneer Park area with a role to identify the nature of any anti-social or disorderly behaviour and respond in a culturally sensitive manner whilst ensuring that the law is upheld.

**“making wreath and flower arrangements and screen printing. . . many of the wreaths were of such high quality that they were sold.”**

The CLS is about targeting specific hot spot areas in the City and working in collaboration with key state government agencies. It focuses on addressing a range of issues adversely impacting on young people and the community including anti-social behaviour alcohol abuse and illicit drug usage. The CLS brings together a range of resources and expertise to implement strategies that improve the quality of life for all in the City of Gosnells

Westan workers also work on the The HYPE Program where they work with young people at Thornlie Shopping Centre. Currently, there are 11 workers at Westan working 32 hours a fortnight, paid under the Community Development Employment Program (CDEP).

Postive comments have been received from members of the community about Westan. The following is an extract from a letter from a local citizen.



---

*“One particular initiative is outstanding. It is that of employing Indigenous men and women in influencing positively the behaviour of our younger Indigenous people. For some time now our shopping areas have become safer for elderly shoppers ....*

***“This program is an ideal model of local people helping each other in their own community to make it a better place”***

*This program is an ideal model of local people helping each other in their own community to make it a better place*

Senior Sergeant Byrne of the Gosnells Police said recently that anti-social behaviour stemming from solvent abuse had dropped dramatically as a result of the Liaison Service.

What of the future for Westan Aboriginal Corporation? This is obviously a very successful model in that it changes lives and thus changes our community. There are still objectives not met due to limited funding. The passion is still there and the support from the City of Gosnells and DCD is to be commended but more support is needed.

The original objectives remain true:

- To establish rapport and trust between Westan workers and street-present Indigenous young people in the Gosnells/Armadale area.
- To assist the young people to develop an awareness and understanding of Indigenous culture and heritage
- To increase awareness in the young people of the dangers of drugs alcohol and other substances
- To offer the young people a range of appealing alternatives to anti-social street activities
- To establish a Drop in Centre for the young people

For more information or if you would like to offer support please contact:

Westan Aboriginal Corporation  
Lotteries House (Agonis Building)  
2232C Albany Highway  
GOSNELLS WA 6110  
Tel: 9398 4095 Fax: 9398 4097  
Email: [westan@iinet.net.au](mailto:westan@iinet.net.au)

Hours: Mon & Fri 9am-1pm  
Tue & Thur 9am-4pm  
Wed 9am-6pm

*Vicki Davies  
Executive Officer, WISH*



## Aboriginal Urban Services

Services and programmes include:

- Koombah-Jenn Kadadjiny Program - A cultural based community program focusing on Aboriginal Culture, Language, History, etc.
- Referral and links to other services
- Outreach
- Mediation
- Informal counselling and advise
- Practical assistance
- Life skills workshops
- Driver preparation
- Services for families of youth
- Nyungah culture and language workshops

Phone: 9342 9474

Fax: 9342 9474

23 Meldrum Way

Koondoola WA 6064

Email: n420184@bigpond.net.au



Sports Challenge Australia's primary aim is to use the 'medium' of sport to encourage students to use their maximum potential in all

areas of life, including positive involvement with their peers, their family and their school.

Sports Challenge Australia works extensively with indigenous youth throughout Australia, particularly in Western Australia and the Northern Territory with remote Indigenous communities, focusing not only upon life skills but also fitness and skill testing and health and nutrition. The students within these communities often miss out on activities that are taken for granted in the metropolitan areas and thus placing high quality mentors with relevant skills within these communities allows these isolated students an opportunity to reach their full potential.

These students participate in both indoor and outdoor experimental 'hands on' activities that are specifically tailored to meet their individual needs. The use of E-Pals allows the students to keep in contact with their mentors 24/7, thus closing the geographical gap.

Phone: 9377 1518

Website: [www.sportchallenge.com.au](http://www.sportchallenge.com.au)

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## Australians for Native Title & Reconciliation (ANTaR)

An independent, national network of mainly non-Indigenous organisations and individuals working in support of justice for Aboriginal and Torres Strait Islander peoples in Australia.

Activities include:

- ▶ close liaison with Indigenous leaderships and communities and assisting them to communicate their aspirations and concerns to the wider community;
- ▶ conducting national education and awareness campaigns (such as The Sea of Hands), and
- ▶ fundraising activities of various kinds.

Phone: 1800 060 269

Fax: 9371 7116

Email: [antarwa@antar.org.au](mailto:antarwa@antar.org.au)

Website: [www.antar.org.au](http://www.antar.org.au)



### Food Relief Agency Nutrition and Food Safety Initiatives Project (FRANFSIP)

is funded by WA Dept of Health through Foodbank WA. The aim of the project is to improve nutrition for individuals or families vulnerable to poor nutrition due to structural and/or financial constraints (e.g. low income, poverty and remoteness). Areas of focus are remote and regional WA, in particular the Kimberley, Pilbara and Kalgoorlie and surrounds.

FRANFSIP is improving nutrition in these areas through:

- ✦ Delivery of FOODcents nutrition education in schools and the community
- ✦ Train the trainer Foodcents education
- ✦ Supplying healthy food to remote and regional settings through Foodbank WA
- ✦ Coordination of the School Bush Breakfast Program- providing healthy breakfast foods to children in regional WA
- ✦ Development of Nutrition and Food Safety Policies for Foodbank and associated food relief agencies

Phone: 9258 9277

Email: [carole.vanwees@foodbankwa.org.au](mailto:carole.vanwees@foodbankwa.org.au)

## South East Inclusion Team (SEIT) sponsored by RUCSN

SEIT is a service specific to Aboriginal and Torres Strait Islanders. The region has historically a larger than (metro) average population of Aboriginal families which is also reflected in child care. Although SEIT is mainly contacted due to a child's disabilities including children from an Aboriginal background some services are also asking for assistance in how to be more culturally aware and make their services more welcoming to Aboriginal families. The SEIT services are free.

The team can support caregivers by;

- » Assisting the inclusion of children with additional needs (Including Aboriginal and Torres Strait Islanders), in partnership with families and services;
- » Helping staff to develop inclusive programs which are culturally and developmentally appropriate;
- » Providing information on special needs areas, disabilities and child development;
- » Encouraging services to link with their local community;
- » Liaising with other relevant agencies;
- » Assisting services to access the Special Needs Subsidy Scheme (SNSS) when appropriate

SEIT has an Aboriginal Inclusion Support Worker (AISW) who can assist the child in settling into a centre by supporting the child care staff with information on culturally appropriate care and also liaison with the families themselves providing many services. SEIT also have produced some relevant resources for child care staff.

The Resource Unit for Children with Special Needs (RUCSN) was formed in 1987 in response to the needs of children with disabilities in child care. Since then RUCSN has expanded in scope and form and now has 9 located offices around the State and last year worked with over 800 children and their families and literally thousands of children's caregivers across the State.

## Aboriginal Alcohol & Drug Service (AADS)

AADS was established in 1989, its aim is to provide a culturally appropriate alcohol and drug counselling service for Aboriginal people. AADS is an Aboriginal controlled organisation with strong community support.

The services offered are through the Clinical Team programs co-ordinated by a clinical team leader, they include the following:

- ♦ Male & Female Alcohol & Drug Counsellors - Individual and Community client needs are responded to by providing culturally appropriate alcohol & drug counselling, gender specific counselling
- ♦ Youth Counsellor - individual and group assessments, referrals, counselling, activities, intervention and mediation
- ♦ Support Officer - support to families in crisis, welfare issues, assessments, assistance and counselling
- ♦ Case Manager (Domestic Violence) - case management approach, with counselling, family support, information and advice
- ♦ Alcohol & Drugs Education & Promotions Officer - Develops, co-ordinates and presents culturally appropriate resources and education programs
- ♦ Youth Outreach Team - Provide drug & alcohol education programs through the use of recreational and activity based alternatives and referrals

Other programs offered by the Aboriginal Alcohol & Drug Service are:

- ♦ Wooree Miya Aboriginal Womens Refuge - Accommodation for a period of 3 months for Aboriginal women and their children seeking emergency accommodation due to family violence and associated issues. Women are offered residential support, counselling and advocacy to seek assistance from other agencies
- ♦ The Eveline Centre - An overnight "Sobering Up" shelter that caters for the needs of Indigenous and non-Indigenous clients who are in need of care and protection while under the influence of alcohol

## Aboriginal Health Council of WA (AHCWA)

The AHCWA is the peak body for 19 Aboriginal Community Controlled Health Services (ACCHSs) in WA.

ACCHSs operate under management structures accountable to and controlled by Aboriginal people, delivering primary health care services to the metropolitan area, regional centres, and rural and remote areas throughout the state.

As part of our regular activities, AHCWA:

- ◆ Acts as a forum for the Aboriginal controlled health care and related services throughout Western Australia
- ◆ Develops networks with relevant government bodies and community organisations
- ◆ Provides research, policy development, strategic planning and advice to the ACCHSs
- ◆ Advocates the health care needs of Aboriginal communities in WA on behalf of member organisations
- ◆ Implements Aboriginal health programs

Examples of AHCWA's work include:

- ✦ The preparation and delivery of Cultural Safety Training and Train the Trainer courses to general practitioners
- ✦ Assisting the ACCHS become training posts for GP Registrars
- ✦ A National Action Plan on Sudden Infant Death Syndrome and the development of a Safe Sleeping Methods booklet
- ✦ An Award for GPs working in the ACCHS
- ✦ Involvement in a Cancer Council Project to address the high incidence of cancer in Aboriginal communities
- ✦ Development of medical policies on chronic disease, maternal, child health

AHCWA also has plans to implement quality improvement systems for the ACCHSs, provide management training to the ACCHSs, raise awareness of Hepatitis C in Aboriginal communities and assist the ACCHSs with Medicare claims.

Phone: 9202 1393  
Website: [www.ahcwa.org](http://www.ahcwa.org)

## Mooditj program for Indigenous young people

Mooditj, the Aboriginal word for 'solid', is the name of a Healthway-funded sexual health and positive lifestyle program run by FPWA Sexual Health Services for Indigenous youth aged 11-14 years.

Mooditj has been running for over two years, with around 500 facilitators and young people having now been trained in the program. In the last 12 months FPWA Educators have been to Fitzroy Crossing, Warburton and Alice Springs to train community members, with many going on to run the program with young people from their own communities.

There are some fantastic changes and developments currently happening with the Mooditj program. Some of these changes are occurring as a result of the program being adapted to suit local issues and local people. These changes will be included in the new and updated manual so that facilitators can have some choice in the sessions that they run to suit the young people.

Another exciting development in the Mooditj program is the development of a monthly newsletter, which will allow people to share information about what's been happening in sexual health around the State. A competition to name the newsletter will be running shortly. If you are interested in subscribing to the free monthly newsletter please contact Lisa Lockyer on 9227 6177.

FPWA is also in the process of developing a database which all Mooditj facilitators will be able to access. This will mean that people who are running the program will be able to contact others who have already done so, allowing them to share information.

Also in development are evaluation tools for Mooditj. This evaluation will take place with the community members and the young people to gauge many different things throughout the training of Mooditj.

Phone: Lisa Lockyer, Gerard Lockyer or Cherie Yiannos on 9227 6177

## Aboriginal Alternative Dispute Resolution Service (AADRS)

AADRS aims to reduce the incidence of Aboriginal people's involvement with the criminal justice system by providing an effective and culturally appropriate form of dispute resolution. This includes addressing complex and sometimes chronic inter and intra-family feuding affecting Aboriginal people.

The service works closely with other agencies to provide a practical approach to facilitating peace and decreasing levels of violence between disputing parties.

Services available:

- ✎ Mediation
- ✎ Conciliation
- ✎ Negotiation and facilitation to help people reach voluntary agreement or settlement
- ✎ Referrals can be made to an appropriate agency or support group
- ✎ Community education and training programs designed to develop communication skills for dealing effectively with conflict across a range of settings, situations and environments
- ✎ Brochures incl. Helping to heal the conflict, Aboriginal Alternative Dispute Resolution Service; Registration for training in mediation and conflict resolution
- ✎ Poster - Would you like to heal a conflict or dispute?

Phone: 9264 6150  
Freecall: 1800 045 577  
Fax: 9264 6151  
Level 1, 141 St Georges Terrace  
Perth WA 6000  
Website: [www.justice.wa.gov.au](http://www.justice.wa.gov.au)

## Aboriginal Visitors Scheme (AVS)

AVS provides support and counselling for Aboriginal detainees and prisoners in prisons, juvenile detention centres and police lock-ups throughout Western Australia. Visitors are Aboriginal people committed to assisting and supporting detainees and prisoners in their local areas. They are employed on a casual rostered basis but are available at all times to help those in custody.

The aim of the scheme is to ensure:

- ✎ means are provided for reducing the likelihood of deaths and/or self-harm;
- ✎ conditions of those in custody improve through consultation, advice and information to decision makers; and
- ✎ Aboriginal community groups are properly informed on conditions of custody.

Phone: 9220 9400  
Freecall: 1800 282 429  
Fax: 9218 9829  
Suite 21 Piccadilly Square, 7 Aberdeen St  
East Perth WA 6004

## Fremantle Women's Health Centre (FWHC)

FWHC runs a clinic on Monday afternoons to cater for Indigenous women. This clinic was previously run at the Hilton Community Centre. Although Monday afternoon is set aside, appointments can be made Monday-Thursday. There are both female doctors and a nurse available, who specialise in women's health issues.

All staff at FWHC have the upmost respect for client privacy and confidentiality, and our Client's medical records are stored in a locked cabinet viewed only by the doctor and nurse to ensure confidentiality and privacy are respected.

*A Service for Women of ALL Cultures*

Services provided by FWHC are bulk billed. We welcome new clients to use our services!

Phone: 9430 4545  
114 South Street, Fremantle 6160

## Anawim Aboriginal Women's Refuge

Anawim, in the city of Perth provides supported accommodation to women who have experienced domestic or family violence or are homeless because of another crisis in their lives. Women who access the service are encouraged to participate in designing their own support plan and take charge of their own lives.

Anawim also provides support services on a non-residential basis at Karlamia Day Centre situated in the Anawim premises. Women who come to Karlamia have access to support, advocacy, referral, financial assistance, personal hygiene facilities, meals, small food parcels and a range of other services to meet their needs.

Karlamia sobering up night shelter is also located Anawim refuge and provides overnight accommodation.

Phone & Fax 9328 7562

## Aboriginal Grandparent Family Support Program

Provides a support service for Aboriginal Grandparents and families, services include:

- ☞ Information and support
- ☞ Advocacy and referral
- ☞ Education
- ☞ Legal advice
- ☞ Family and/or Individual issues
- ☞ Centrelink
- ☞ Housing & Works
- ☞ Government services
- ☞ Medical
- ☞ Counselling
- ☞ Respite / Camps (Funding Reliant)
- ☞ Pampering Days (Funding Reliant)
- ☞ Community Development
- ☞ Peer support groups

*Caring for our Grandparents and Children  
yesterday, today and tomorrow*

Phone: 9227 9032  
Freecall: 1800 246 655  
Fax: 9227 5860



## Aboriginal Legal Service of Western Australia (ALSWA)

Services include:

- ◆ Legal advice service 24 hours a day, 7 days a week
- ◆ Duty service at many metropolitan and country courts, includes bail applications, remands and pleas
- ◆ Legal representation
- ◆ Education on cultural matters, like communication styles and punishment
- ◆ Criminal, civil and family court advice
- ◆ Women contact officer
- ◆ Prisoner support and rehabilitation programme
- ◆ Grants of aid to private lawyers

Phone: 9265 6666

Freecall: 1800 019 900

Piccadilly Suites 7 Aberdeen Street  
Perth WA 6000

## Derbarl Yerrigan Health Service

Derbarl Yerrigan Health Service is an Aboriginal Community Controlled organisation, incorporated under State legislation in 1973. Over the past 32 years they have grown to one hundred and thirty staff delivering a range of health services across multiple sites in Perth.

The service is staffed by health professionals such as:

- Aboriginal Health Workers
- Home and Community Care Workers (HACC program)
- Care Aides
- Registered Nurses
- Doctors
- Case Workers
- Podiatrist
- Physiotherapist

Derbarl Yerrigan Health Service provides a range of health services across five geographically dispersed sites.

Phone: 9421 3801

Website: [www.derbarlyerrigan.com.au](http://www.derbarlyerrigan.com.au)

# Yorgum Aboriginal Corporation

Yorgum is an Aboriginal community-based organisation which was established through a self-help group of concerned Aboriginal women and men in 1991.

The genesis of Yorgum was a group of women and children in women's refuges who were experiencing spiritual, emotional and psychological pain. There were no appropriate services available to them at the time. They decided on the need for healing rather than a continual 'patch up' approach. A training course was implemented in psychotherapy. Their consistent belief was that psychology and psychiatry professions are not culturally effective in producing healing results for Aboriginal victims and perpetrators of family violence and child abuse.

Yorgum representatives believe that 'huge numbers' of Aboriginal people are not being serviced and there are 'things' occurring in Aboriginal communities that members find difficult to talk about. Initially, there were two groups of women (approximately 25 each) and a group of men (about 12) who thirteen years ago commenced a two-year cycle of study to do some fundamental personal healing around their own lives. At the end of the training course, the participants established Yorgum.

This was a big step, but changes in the external environment assisted in gaining a wide recognition of Aboriginal counsellors – the recommendations from the Aboriginal Deaths in Custody Report, the Bringing them Home Report and the Swan Mental Health Report. The 'Graduates' from the training course provided the core of the intellectual resource for the unique Yorgum counselling approach.

There has been a concern for many years in the Aboriginal Community that family violence and sexual abuse issues are not being addressed appropriately for Aboriginal people and that the issues are highly attributed to alcohol and/or substance abuse. The affects of family violence and

sexual abuse are enormous and are linked to many other issues such as; health, finances, employment, education, crime, deaths in custody, family fragmentation, loss of identity and the cycle continues.

Yorgum plays an integral part in the healing of Aboriginal people. The concept of "Yorgum" chosen for the Service is a Nyoongar name for a tree, which has healing properties. Aboriginal people used this tree in the treatment of numerous ailments, including diseases of the eyes. The name is an expression of the life sustaining image of the living tree; the deep roots, rising sap, branches reaching to the sky, the shelter given and the home provided to the many forms of life – insects, reptiles, birds, animals. It is a symbol of the connectedness and interdependence in the diversity of living beings. This image conveys the way counsellors need to work.

Yorgum works within an holistic framework, using varying art therapy techniques in conjunction with counselling. Yorgum has developed and is currently utilising a Culturally Appropriate Case Management Model for child sexual abuse treatment and family violence services with Aboriginal families. A culturally sensitive framework allows the Counsellors to re-inforce the child's rights, and the family responsibilities by re-connecting to the identity/self Identity, Noongar Language, and kinship structures to enable cultural meaning to their story.

Protective Behaviours are developed for the child to learn to protect themselves. This involves, teaching self protective skills and behaviours, training for assertiveness, building self esteem, and body ownership/body knowledge.

Yorgum offers the following programs:

- › Child Sexual Abuse Treatment Service
- › Family Violence Program (Children Witnessing and Experiencing FV)
- › Community Development
- › Family Violence Advocacy & Counselling (Individuals and Families)

Phone: 9218 9477

Fax: 9221 0487

176 Wittenoom Street, East Perth WA 6004

Website: [www.yorgum.com.au](http://www.yorgum.com.au)

# NEW GROUPS

## Legal Service Support Group

This self help group is being formed to promote community discussion and provide support for community members who feel they have been denied justice and charged exorbitant fees by their legal representatives.

The group hopes to coordinate information gathered through people being able to discuss on a confidential basis, their complaints and perceived deficiencies within the justice system.

We are all aware of common perceptions such as "there is no justice" "lawyers are the only ones to benefit from disputes or litigation". Government institutions including legal aid and law reform commissions do not have the resources to assist thousands of individual citizens and small businesses who desperately need and deserve help.

Legal Service Support Group can be contacted through WISH on 9228 4488 or by email [melva@wish.org.au](mailto:melva@wish.org.au)

## The Northern District Tenant Collective

A new group has begun in the Northern Suburbs "The Northern District Tenant Collective". It is a group of Homeswest tenants.

The goals of the group are to:

- Create more social interaction between tenants
- Provide support and information for local tenants
- Hold regular meetings and events to exchange information
- Advocate for the social and physical wellbeing of the tenants
- Inform the community of coming events and concerns via a regular newsletter

*Creating a supportive network to develop and assist our neighbourhood*

This group can be contacted through the WISH office on 9228 4488 or email [cdo@wish.org.au](mailto:cdo@wish.org.au) or contact Denis via phone: 9344-5123 or e-mail: [denissheedy@amnet.net.au](mailto:denissheedy@amnet.net.au)

## Women's Group in Armadale

A new Self Help Group is starting in Armadale. The group will provide for women over 30 a place where they can share their problems in a safe, open, relaxed and friendly environment.

*The first meeting is planned for the 7th of February 2006 at 1.00pm and will continue to meet on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month.*

The group will be meeting at  
Armadale Home Help  
2 Talus Drive  
Armadale WA

For further details contact Verna at Armadale Home Help on 9399-9511 or by email [verna@ahhs.com.au](mailto:verna@ahhs.com.au)

## WISH OFFICE NEWS

### Jeanette Lunghi Administrative Assistant

Ciao!

My Name is Jeanette Lunghi – I dare you to pronounce it .. I am Australian born of Italian parents, so feel free to practice your Italian when you call in.

It is the first time I have worked in a community-based organisation, and am looking forward to learning about self help support groups, their start-up, ongoing development and networking.

My last position was with a Yacht Club, a far cry from this one, but hope that I can meet the challenge.

*Helping People Help Each Other*

For me this says it all. So smile when you call and make my day!!

*Jeanette*

## Every little bit helps

Most community/self help groups feel the need to fundraise at sometime. This may be to further their development, host an event for their members and/or the general public or to create more awareness of their issues and concerns. Some of these plans may be able to access funding in the form of grants from a range of organisations and grant writing is a skill in itself, but what about your smaller goals.

The group may feel that the community should be involved in a function to celebrate the success of a member. Alternatively the group may want to create more local interest or need community help to create a larger fund raising event such as quiz night, car rally or walk around the community.

### How do we go about writing letters to help with these fundraising ideas?

The first step is to be very clear in what it is that the group wants to achieve and why. How much are you hoping to raise, do you want money or goods? Maybe the funding is to be able to print some brochures, how many would you want to print? How much would that cost? What about the design, will there be a fee for that? If you are approaching businesses can you offer them something in return, e.g. their name listed on the tickets or brochures as a sponsor.

Once these points are decided start thinking about who you will send the letters to. The bigger your mailing list the more successful you will be. Start with lists that you already have e.g. Christmas card, family, address book, church/club list, then extend your list to include people from your past, teachers, neighbours, co-workers then add local businesses, families of your children, interested parties and anyone else you can think of.

The group should now have an extensive list of who to ask for help but how can we make these letters achieve the desired goal. People don't read the whole letter so it is important to put the message where people will read it. Research has shown that people generally read the signature first, then the P.S. and then the first paragraph.

60% of readers will make their decision on whether to help based on these factors. The remaining 40% will decide after reading the bits that are easy to read, e.g. bullet points, underlined words and bold print.

Now you are ready to write, if writing to a business try and find out the name of the appropriate person to write to. As the first paragraph is the most important;

### Clearly identify what you want and why.

Speak from the heart, telling why your cause is important to you and others.

If your group has charitable or deductible gift recipient status let the people know this might make your group more attractive for their donation.

### You may want to consider hand writing your letters as it is more personal.

Use your signature to further extend your message, by attaching your groups logo and to thank them for taking the time to read the letter.

A brief P.S. to reiterate the issue and the affect this has on you personally. You may decide to include a small appropriate photo.

If the donation is for a set day/ purposely send out the letters approximately 6-8 weeks ahead of the date.

**“Speak from the heart, telling why your cause is important to you and others”**

After all this work we need to ensure a positive response, so you may like to consider including in the letter a self addressed envelope to assist their responses and follow up call to cement the process

Once you have collected the donation make sure you say THANK YOU.

A thank you note is a great way of doing this.

P.S. Make it fun, work as a group creating the plan, writing the letters and sending the thank you notes.

P.P.S Don't forget to thank all the people in your group involved in the fundraising process.

*Melva Marshall  
Community Development Officer, WISH*

# REGIONAL ROUND-UP

## Indigenous Community Volunteers (ICV)

ICV is an organisation that I have only recently become aware of having only fairly recently extending their service to Perth. Their goal is to assist indigenous communities through the linking of skilled volunteers with communities who have identified a need for particular skills to create a valuable project. Through these projects the skills are transferred to the community enabling them to build a strong future for themselves.

The process begins with the community identifying a project and the skills needed for this project. An application is submitted with ICV and once ICV has accepted the project they seek volunteers with the appropriate skills and the group is able to then select a volunteer from the short list. A community member is also identified to learn the new skills. Accommodation and a cultural mentor are provided for the volunteer. The volunteer attends a cultural awareness program before arriving in the community and ICV monitors the project to support the transfer of the skills.

The goals of the organisation are;

- \* To support skills growth and community development,
- \* To take a partnership approach that helps communities identify their needs, acknowledges their priorities and respects their values; and
- \* To respect each community's right to make its own choices, understanding what's needed and then linking skills with those needs.

If you wish to find out more information their website is [www.volindigenous.org.au](http://www.volindigenous.org.au) or you can email them at [info@volindigenous.org.au](mailto:info@volindigenous.org.au)

### Kimberley Aboriginal Law & Culture Centre

Assists and promotes the ceremonies, songs and dances of the Kimberley Aboriginal people, encouraging and strengthening social, cultural and legal values, to ensure their traditions a place in Australian society. Includes instructing young Aboriginal people in the traditional arts, ceremonies, and related activities of their people, and organising performances, tours, exhibitions and other demonstrations of traditional forms of Aboriginal cultural expression.

Phone: 9191 5317,  
Email: [kalacc@bigpond.com](mailto:kalacc@bigpond.com)  
Website: [www.kalacc.org.au](http://www.kalacc.org.au)

### Noongar Women's Group

Located in Derby, this group provides a meeting place for mothers, a mobile play group in remote areas, drop-in centre, financial counselling and craft shop.

Phone: 9193 1455  
Email: [noongar@westnet.com.au](mailto:noongar@westnet.com.au)

### Youth Involvement Council (South Headland)

Provides a safe environment in which to promote self-enhancement and opportunities for youth aged 10-17 years with an emphasis on young people at risk.

Services include information and advice, advocacy, safe accommodation and recreational activities.

Helpline (24 hours) 9140 1668  
Website: [www.yic.com.au](http://www.yic.com.au)  
Email: [manager@yic.com.au](mailto:manager@yic.com.au)

### NEEDAC Ltd (Bunbury)

Creates work for Indigenous people through the government-funded Community Development Employment Program and acts as a resource agency for the South West Indigenous community.

Phone: 9791 1822  
Email: [merv@needac.com.au](mailto:merv@needac.com.au)

## Asthma Support Group

ASTHMA Week will provide a backdrop to the launch of an Asthma Foundation of WA support group which aims to bring together people who are affected by asthma.

People with asthma, their families and friends will be able to share their stories and experiences, and provide emotional support to others in a similar situation. An asthma educator will be on hand to answer any questions.

According to Asthma Foundation of WA Community Education and Project Officer Jodie Elvin, the support group will address the needs of participants and may be a springboard for social events.

**Please call Jodie on 9289 3619 for meeting information**



## 2006 Consumer Protection Awards

**Do you know of an individual or non-government organisation that has made a significant contribution to consumer protection in Western Australia?**

Why not nominate them for a Consumer Protection Award. We know that many dedicated people and agencies work hard to improve the quality of life of those around them. That's why the Consumer Protection Awards were established - to publicly acknowledge outstanding performance and achievements in advancing consumer protection in our community, and highlight the successes of those who really make a difference.

Nominations close on Friday 23 December 2005 at 4 pm. Finalists will be contacted via mail after 31 January 2006.

Visit [www.docep.wa.gov.au/consumer/awards](http://www.docep.wa.gov.au/consumer/awards) or call Elisabeth on 9282 0804



The Men's Advisory Network (MAN) is planning to conduct a conference of national significance on the theme

### **"From Babies to Blokes: The Making of Men"**

to be held at the Esplanade Hotel, Fremantle from 29 October to 1 November 2006.

The conference will have six streams divided into two main sections:

#### **Becoming a man**

- \* Conditioning of infant boys
- \* Development of boys
- \* Transition from boyhood to manhood

#### **Being a man**

- \* Men and work
- \* Men and relationships
- \* Men and ageing

The Men's Advisory Network (MAN) is the peak body for service providers, organisations and individuals concerned with men's health, wellbeing and other issues affecting males of all ages in Western Australia. It receives financial support from the Department of Health.

The primary role that MAN plays is resourcing the sector through supporting service providers, organisations and professionals from various disciplines, who work with males of all ages. In addition, MAN provides information to individuals about appropriate services and professionals, plus provides general community education and raises awareness of the issues affecting males of all ages.

Phone/Fax: (08) 9218 8044  
Claisebrook Lotteries House  
33 Moore Street  
East Perth WA 6004  
Email: [admin@man.org.au](mailto:admin@man.org.au)  
Website: [www.man.org.au](http://www.man.org.au)

## Noongar Protective Behaviours Booklet

The South West Protective Behaviour Reference Group was established to increase Aboriginal community knowledge in the area of child abuse and safety.

The initial meeting recognised that more work needed to be done to disseminate information to families and provide help and support as identified in the Gordon Inquiry Report. This booklet provides information in a culturally appropriate way, in Aboriginal English and Noongar language.

The group identified a number of possible strategies aimed at parents service providers and children. The initial focus is on the provision of a user-friendly compact booklet aimed at Noongar families and written in Noongar language. Elders will be consulted to ensure the content is presented in a sensitive manner and a linguist will coordinate the translated content. The booklet will be published in late 2005.

## Promoting Strong Indigenous Communities

This directory provides information on more than 200 initiatives, projects and programs that strengthen communities and families to ultimately keep women and children safe. In different ways, the projects promote strong children, strong families, and strong communities.

The projects included provide information, raise awareness, provide education and/or deliver services.

They promote positive images of Aboriginal children, women, men and family relationships. They reinforce that violence and abuse in Aboriginal communities are not acceptable and ultimately strengthen families and communities to keep children safe.

You can access the directory online by visiting [www.promotingstrongcommunities.wa.gov.au](http://www.promotingstrongcommunities.wa.gov.au)



## Tapestries

**News & Views from Western Australian Communities**

Produced by the Department for Community Development

Aboriginal youth speak out through images

A GROUP of young Aboriginal artists that met at a community centre in the Kimberley region recently set out to create a series of images that speak out through images. The exhibition was part of the 'tapestries' project which celebrates the voices of young people.

Minister Shelly Rimmer said the project was a wonderful example of young people using their art to express their views and experiences. "It was such an exciting project and a wonderful example of young people using their art to express their views and experiences," she said.

The project was a collaborative effort between the Kimberley region and the Department for Community Development. The project was supported by the Kimberley region and the Department for Community Development.



Source: Photograph by Yelley Scott  
"A group of young people and the artist on the stage."

Tapestries is an informative publication gathering feel good stories from across the state, business and news from the Department for Community Development, educational snapshots about issues facing the WA community, new publications and resources for West Australians.

For more information visit [www.community.wa.gov.au](http://www.community.wa.gov.au)



## PARTYline

**Working for Good Health and Well-being in Rural and Remote Australia**

Produced by the National Rural Health Alliance

The National Rural Health Alliance is the peak body working to improve the health of Australians in rural and remote areas. It is comprised of 24 Member Bodies, representing both health consumers and service providers in non-metropolitan areas. PARTYline is produced to inform the Australian community with issues relating to health, including Indigenous health.

Phone: (02) 6285-4660

Email: [nrha@ruralhealth.org.au](mailto:nrha@ruralhealth.org.au)

Website: [www.ruralhealth.org.au](http://www.ruralhealth.org.au)

# CALENDAR OF EVENTS

## DECEMBER 2005

- 1 World AIDS Day**  
Website: [www.worldaidsday.org](http://www.worldaidsday.org)  
Western Australian AIDS Council (WAAC)  
Phone: 9482 0000  
Email: [waac@wa aids.com](mailto:waac@wa aids.com)  
Website: [www.wa aids.com](http://www.wa aids.com)
- 1 Shop for a Cause Day**  
Inside Out Group (Held 4 times a year. Simply go to the Shop for a Cause website and register your name and email address.)  
Phone: 03 9348 1067  
Email: [info@shopforacause.com.au](mailto:info@shopforacause.com.au)  
Website: [www.shopforacause.com.au](http://www.shopforacause.com.au)
- 3 International Day of Disabled Persons**  
ACROD Ltd (WA division)  
Phone: 9242 5544  
Email: [acrodwa@acrod.org.au](mailto:acrodwa@acrod.org.au)  
Website: [www.acrod.org.au](http://www.acrod.org.au)
- 4 The Long Walk**  
Fellowship for Indigenous Leadership  
Phone: 03 9646 6966  
Website: [www.thelongwalk.com.au](http://www.thelongwalk.com.au)
- 5 International Volunteer Day**  
Volunteering Western Australia  
Phone: 9420 7288  
Email: [community@volunteer.org.au](mailto:community@volunteer.org.au)  
Website: [www.volunteer.org.au](http://www.volunteer.org.au)
- 10 Human Rights Day**  
Amnesty International  
Phone: 9381 3200  
Email: [waaia@amnesty.org.au](mailto:waaia@amnesty.org.au)
- 15 Heartkids Bereavement Meeting**  
HeartKids WA  
Phone: 9340 7996  
Email: [heartkids@iinet.net.au](mailto:heartkids@iinet.net.au)  
Website: [www.heartkidswa.gov.au](http://www.heartkidswa.gov.au)
- 18 International Migrants Day**  
Ethnic Communities Council of WA  
Phone: 9227 5322  
Website: 9227 5322

## JANUARY 2006

- 1 Quit Smoking New Years Resolution**  
Quitline  
Phone: 13 18 48  
Website: [www.quitnow.info.au](http://www.quitnow.info.au)
- 26 Australia Day**  
National Australia Day Council  
Phone: 02 6273 8666  
Email: [info@australiaday.gov.au](mailto:info@australiaday.gov.au)  
Website: [www.australiaday.gov.au](http://www.australiaday.gov.au)
- 27 Holocaust Memorial Day**  
United Nations  
Website: [www.un.org](http://www.un.org)

## FEBRUARY 2006

**Borderline Personality Disorders Workshops - ARAFMI**  
Phone: Juliet 9335 7575

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## 2006 Media Events Kit

*Do you want the media to know about your group and its events?*

WISH is putting together a calendar full of group events from all around the state!

**Register your organisation to be included in the WISH 2006 Media Event Calendar**

See flyer inside this issue or email [calendar@wish.org.au](mailto:calendar@wish.org.au) or call the WISH office on 9228 4488

# MORE USEFUL SERVICES

## **Kullarri Indigenous Women's Aboriginal Corporation (KIWAC)**

A newly incorporated Regional Women's Group which is an outcome identified in the ATSIK Kullarri Regional Council Plan and is the co-ordinating body for the implementation of projects identified by women in the region and the Kullarri Indigenous Women's Aboriginal Corporation.

Website: [www.kiwac.bigpondhosting.com](http://www.kiwac.bigpondhosting.com)

## **Hospital Liaison for Aboriginal People**

Offers a range of services for Aboriginal people who may require treatment at any of the major public hospitals in Perth. Some of these services include visits, assistance to minimise culture shock, advocacy, assist with discharge planning and arrange travel for Aboriginal patients returning home.

Phone: 9347 6541

## **The Aboriginal Lands Trust (ALT)**

ALT's services include: acquire and hold land and to use and manage that land for the benefit of persons of Aboriginal descent, ensure that the management of the land shall be in accord with wishes of the Aboriginal inhabitants of the area, instigate or support any action that may be required to ensure the most beneficial use of the land.

Email: [stephen.cannon@dia.wa.gov.au](mailto:stephen.cannon@dia.wa.gov.au)

## **Aboriginal Hostel Limited**

Provides temporary accommodation services to Aboriginal and Torres Strait Islander people since 1973. We operate our own hostels and also assist community organisations to operate theirs. We are very proud of this involvement in the community. Our service provides meals and beds in safe surrounding for which a reasonable tariff is charged.

Website: [www.ahl.gov.au](http://www.ahl.gov.au)

## **Aboriginal Family Support Program @ Southcare Inc**

Supporting Aboriginal families, individuals and community groups within the City of South Perth through: community development, advocacy, referral, practical assistance, informal counselling and advice, information and community resources.

Phone: 9450 6233

## **Indigenous Co-ordination Centre (ICC)**

Works to promote the distinct identity of Indigenous Australians and to preserve Indigenous cultural heritage. Ensures Indigenous communities are involved in deciding how government programs will meet their communities' needs and bring about good, long term changes.

FreeCall: 1800 079 098 Phone: 9237 7711

## **Jungarni-Jutiya Alcohol Action Council**

Works to reduce the amount of substance use and abuse in the Halls Creek area. Services include information and education, counselling, advocacy and support group meetings.

Phone: 9168 6168

## **Swan Emergency Accommodation Inc**

Provides safe, supported crisis accommodation for youth, family and single adults, and Aboriginal families. A drug education and support program is also available for SEA clients.

Phone: 9274 5382

## **Workability Employment Strategies**

Supports people with disabilities to secure and maintain meaningful work. Runs the JPET Program which helps young people get their life back on track through support, advice and help. JPET is specifically aimed at Indigenous youth in need of assistance and is available to young Indigenous people with special needs throughout the Perth metropolitan area.

Phone: 9228 9988

A comprehensive listing of self help and community support groups in Western Australia including some national and international contacts, is available now.....

**2005 WISH Self Help and Support Group Directory**

**The Western Institute of Self Help (WISH) established in 1983 is a unique non-profit community based organisation.**

**ABOUT WISH:** WISH represents self help groups in Western Australia by advocating on their behalf and by maintaining the profile of self help within the community. WISH helps people help each. We:


- *Link people and information*
- *Assist groups to develop and run*
- *Support with resources & services*
- *Train individuals and groups*

**SERVICES:** A range of services is available to provide practical and personal support and information for individuals involved in new and existing self help and support groups as well as providing networking and linking opportunities for professionals, service providers and members of the community.

Some specific services include:

- ***Telephone Information Line***
- ***New & Existing Group Development***
- ***WISH Directory of Self Help Support Groups & Community Organisations***
- ***WISH News Exchange Newsletter***
- ***Resource Centre***
- ***Media/Promotion Assistance***
- ***Information Packages***
- ***Workshops***
- ***Web site***
- ***Register of Rare Conditions***
- ***Fully equipped Meeting Room & Display Boards for hire***
- ***Publications/Audio & Video Tapes***





## MEMBERSHIP REGISTRATION FORM

WESTERN INSTITUTE  
OF SELF HELP (WISH) INC

Self Help Group/Individual (Unwaged)/  
Student (Unwaged): \_\_\_\_\_ \$16.50

Individual (Waged)/Educational Institution/  
Community Organisation: \_\_\_\_\_ \$33.00

Professional/Commercial/  
Government Department/Corporate: \_\_ \$55.00

(Note: rates above are inclusive of GST)

I am interested in:

Becoming a member of WISH

Please send me further information

Surname: \_\_\_\_\_

First Names: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Actual Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone No: \_\_\_\_\_

Facsimile No. \_\_\_\_\_

Email: \_\_\_\_\_

Website (if applicable): \_\_\_\_\_

Name & Description of Group if applicable:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please send your completed form with  
payment to WISH: PO Box 8140  
Perth Business Centre WA 6849**

ABN: 23 041 552 831  
This is a tax invoice



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**PO Box 8140**  
**Perth Business Centre WA 6849**

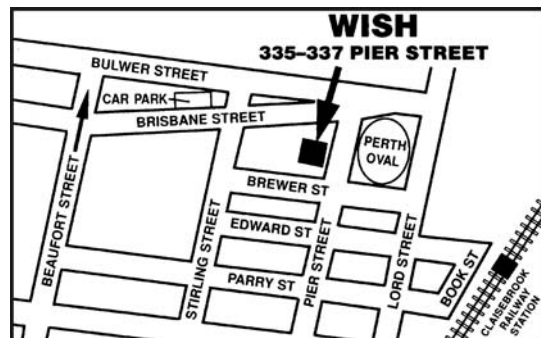
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### CONTACT DETAILS:

*Telephone:* (08) 9228 4488  
*Freecall:* 1800 195 575  
*Fax:* (08) 9228 4490  
*Email:* [info@wish.org.au](mailto:info@wish.org.au)  
*Website:* [www.wish.org.au](http://www.wish.org.au)  
*Hours:* 9am-4pm  
Mon -Thurs  
*Postal Address:* PO Box 8140  
Perth Business Centre  
WA 6849  
*Location:* 335-337 Pier Street  
East Perth WA  
(opposite Perth Oval)



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