



# PALM ISLAND YARNING

Women's Yarning and Children's Yarning.

# PRESENTERS

- Dyella Morgan
- Jeanie Sam
- Aida David

Information about the presenters at the end of the slides.



## PALM ISLAND

Palm Island is an Aboriginal community also known as Greater Palm Island, or by the Aboriginal name Bwgcolman.

Palm Island is one of 16 Islands in the Palm Island Group located 65km north of Townsville in Cleveland Bay.

There are approximately 5,000 residents on Palm Island.



## HISTORY

Representatives from over 40 tribes were sent to Palm Island for a variety of reasons. Palm Island was used as a prison camp for “trouble makers”.

This caused major unrest on Palm Island over the years.



## HISTORY CONT...

Palm became exile and punishment for Aboriginal and Torres Strait Islander people who disobeyed strict laws, or refused to comply with Government policy.

There were 3,950 documented removals between the years 1918 and 1972.

During this time people worked for rations and not wages.



# IMPACT ON THE PEOPLE OF PALM ISLAND

- Racism
- Discrimination
- Stolen wages
- Stolen generation
- Trauma
- Disruption to parenting
- Impaired attachment
- Domestic and Family violence
- Over-crowding
- High Unemployment



## CONT..

- Poverty
- Substance misuse
- Mental Health Issues
- Physical Health
- Lateral Violence



## DOMESTIC AND FAMILY VIOLENCE

“Aboriginal and Torres Strait Islander people in Queensland experience disproportionately high levels of violence, including domestic and family violence with Aboriginal and Torres Strait Islander women being 35 times more likely than members of general population to be hospitalised for spouse/domestic partner assaults.





## DOMESTIC AND FAMILY VIOLENCE CONT..

“The violence is overwhelmingly perpetrated by men, regardless of whether the victim is male or female. Plainly, the most pattern of domestic and family violence is that it is committed by men against women (Queensland Taskforce, 2015,p.50)”

### Reference:

Taskforce, Q. S. (2015). Not Now, Not Ever: Putting and End to Domestic and Family Violence in Queensland.

Brisbane: Queensland Government.



Despite the history and impacts,  
people has shown enormous  
resilience and strength and continue  
to move forward in self-  
determination.



# WOMEN'S YARNING CIRCLE

## **History:**

The Women's Yarning Circle started six years ago. The Women would drop in to the women's shelter for a yarn and one woman said it would be really good to have a space where women can meet and yarn.

It started with 3 women. Then, it became 5. After a year the group had grown to 12 women. Today, 28 women attend regularly and up to 10 children.



# AIMS

- Provides safe space for women
- Provides a supportive environment
- Provides activities (identified by women) which promotes their well-being
- Provide nutritious meals for the women and any accompanied children.
- Promotes supportive relationship



- Service providers can be invited to share information about their service with the group's permission
- Provides a non-threatening event for women and children
- Provides sense of belonging
- Provides space for activism
- Provides an avenue to help others
- Yarning Circle is free of charge and provide transport home



- Provides meeting point for families
- Provides collective support
- Provides place for women to share positive stories
- Provides entertainment
- Provides pathways for women to connect with other services.



# YARNING CIRCLE ACTIVITIES

- Karaoke
- Colouring in
- Jewelry making
- Bingo – prizes including toiletries for women and some food items.



# TRAUMA INFORM PRACTICE

## Trauma Informed Care and Practice -

“Is a strength based framework grounded in an understanding of and responsiveness to the impact of Trauma, that emphasises physical, psychological and emotional safety for both providers and survivors and that creates opportunities to rebuild a sense of control.





## TRAUMA INFORMED PRACTICED CONT..

Trauma-informed practice seeks to create programs where clients and staff feel safe and empowered. Generally, trauma-informed practice is organised around principles of safety/trustworthiness, choice/collaboration/empowerment and a strengths-base approach (Hopper, Bassuk, & Olivet, 2010).”



# TRAUMA INFORMED PRACTICE CONT..

## Reference:

Hopper, E. K., Bassuk, E. L., & Olivet, J. (2010). Shelter from the Storm: Trauma-informed care in homelessness services settings. The Open Health Services and Policy Journal. 3(2), 80-100.  
Retrieved from

<http://www.homelesshub.ca/sites/default/file/cenfdthy.pdf>



# WOMEN DOING ACTIVITIES



# SISTERS





# RUBY, JANET AND IRENE



Women's Yarning Circle Group say

“NO”  
TO  
DOMESTIC AND FAMILY  
VIOLENCE

Though:

ACTIVISM



# ACTIVISM



# YARNING CIRCLE IN TOWNSVILLE

- On Mother's day 2015...
- Some Women decided to travel to the mainland for some R and R.





# THEY WENT DANCING AT RSL CLUB



# TRIED THEIR KARAOKE SKILL IN TOWN



# WOMEN'S YARNING CIRCLE

## CHRISTMAS CELEBRATION

- Complete with our Woman ....Santa







# CHILDREN WAITING PATIENTLY FOR THEIR PRESENTS





# AVA AND GRAND..DRESSED UP FOR SANTA



# WITH GRAND CHILDREN





# CHILDREN'S YARNING





# CHILDREN'S YARNING

Why children's yarning:

- Identified by the community
- Children displaying anti-social behaviour
- Lack of services for children on Palm Island
- Lack of structured activities for children on Palm Island
- Due to the success of the women's yarning Circle the counsellor of the Palm Community Company. Decided to trial a Children's Yarning circle.
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# AIM

- Provide safe and non-threatening environment for children
- Participate in healthy activities
- Promote protective behaviours
- Provide activities which promote healthy self-esteem
- Provide activities which promote healthy relationships
- Provide healthy snacks for children
- Promote school attendance



# PROGRAM OUTLINE

- Session 1 – 4 ( Self-Awareness and Self-Worth)
  - Session 1
    - Group Agreement
    - My Name
  - Session 2
    - My Family
  - Session 3
    - What I like and What I don't like
  - Session 4
    - My Friends
    - My Dreams



# PROGRAM OUTLINE CONT...

- Session 5-8 (Protective behaviour)
  - Session 5
    - Feeling Safe and Feeling Unsafe
    - Early Warning Signs
  - Session 6
    - Body Awareness (Safe touch and Unsafe Touch)
  - Session 7
    - Secrets and Telling
  - Session 8
    - Safety Network
    - Celebration



# SESSION OUTLINE

## Session 1

1. Snack preparation and sharing food
2. Feeling Bear:
  1. How do feel today (sharing)
3. Group Agreement (discussion)
4. Getting to know “Me”
  1. Collage about “My Name”
  2. Talking presentation
5. Strength Cards
  1. Pick a card/s that “says about your strength”
  2. Talk about it in a group
  3. Anything else you to share in the group
6. Tidy Up time – see you again Monday.



# FOOD PREPARATION





# CHILDREN IN ACTION



“THIS IS WHEN I’M HAPPY” - TEGAN





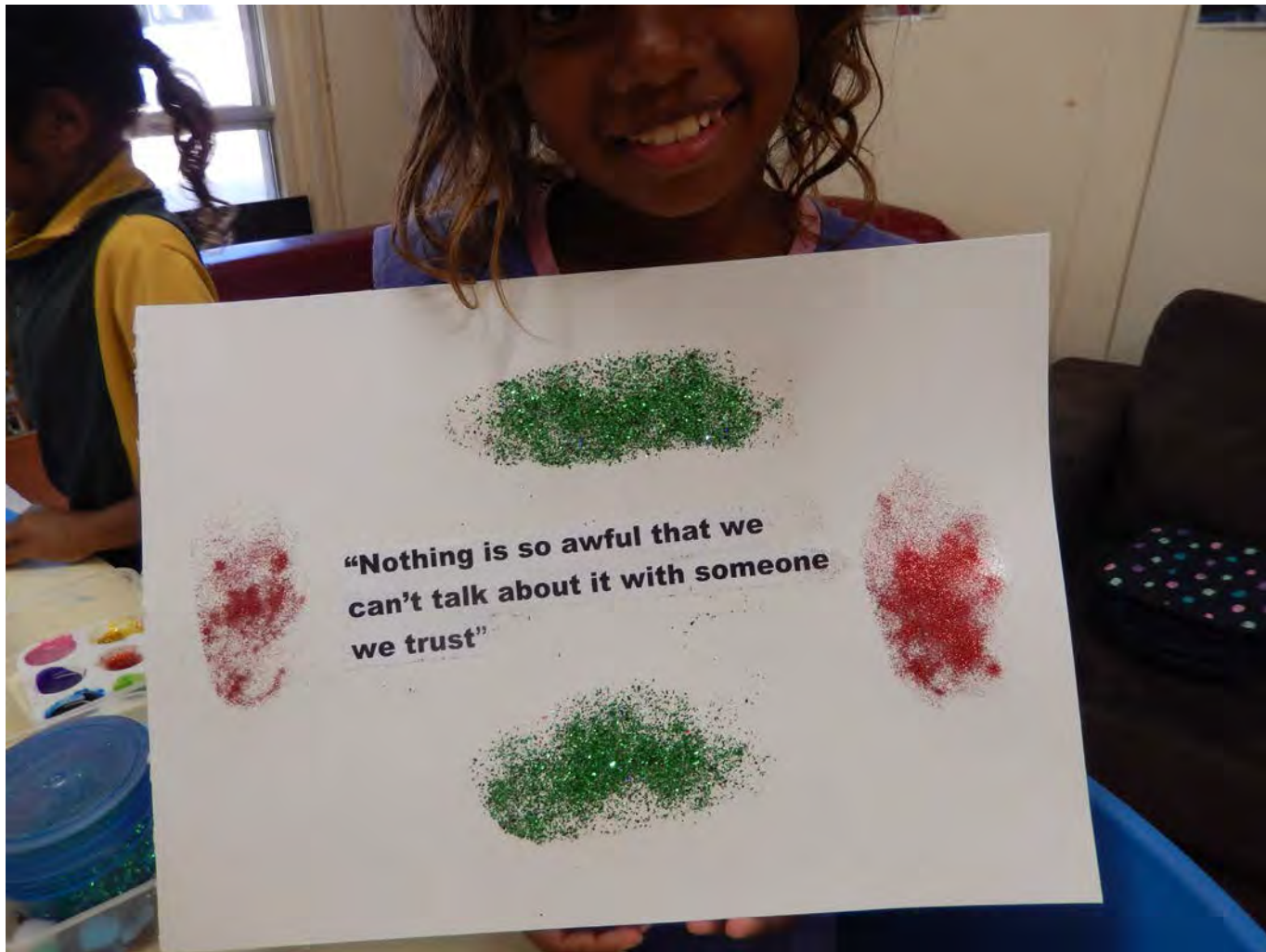
# ME, MYSELF AND I



# ME, MYSELF AND I



**“NOTHING IS SO AWFUL THAT WE CAN’T  
TALK ABOUT IT WITH SOMEONE WE TRUST”**



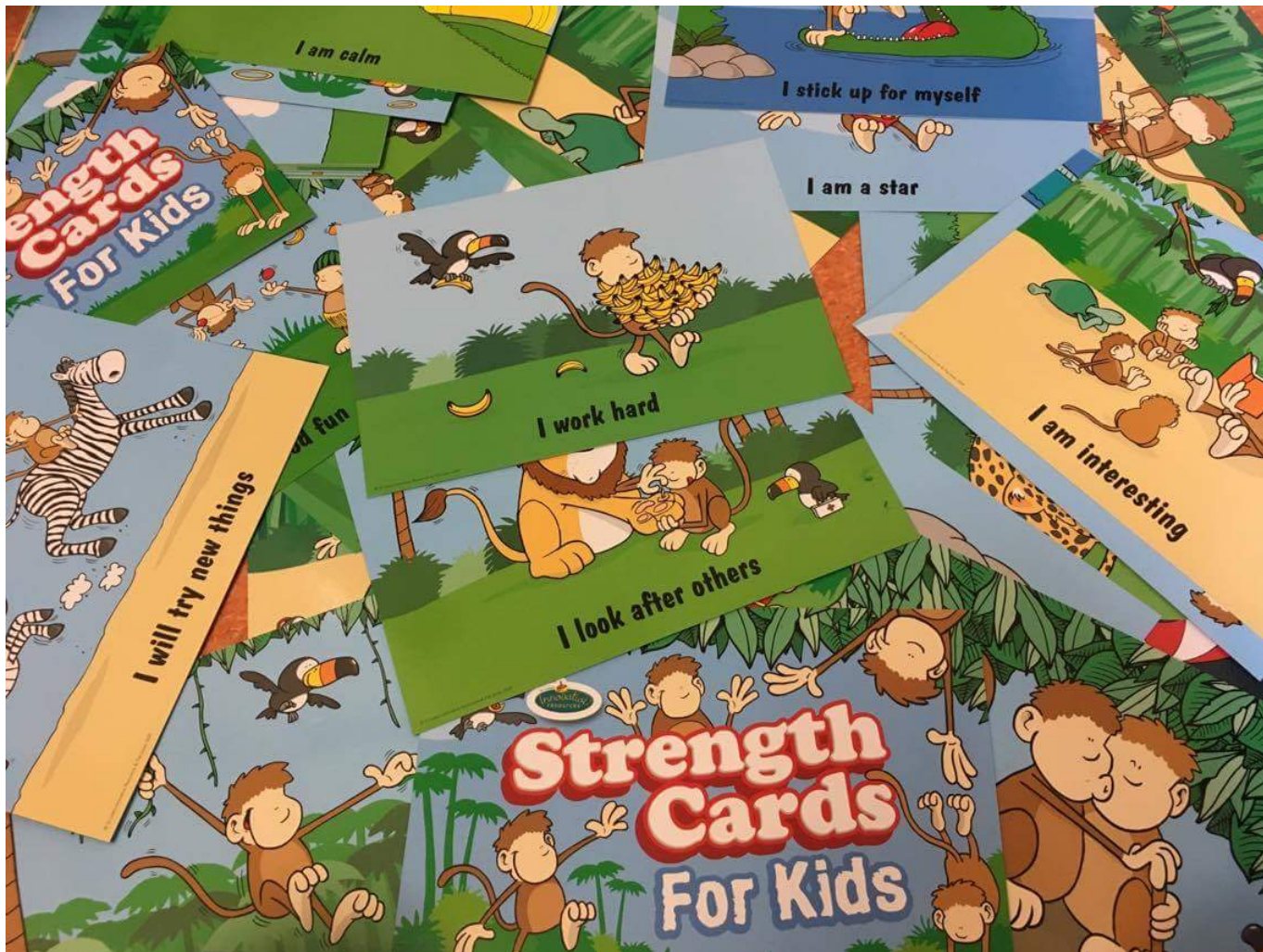


# FEELING BEAR CARDS





# STRENGTH CARDS



# PALM ISLAND COMMUNITY COMPANY (PICC)

Between 2007 and 2017, PICC progressively established a range of services including:

- Family Hub and well-being support – early intervention and prevention child safety services.
- Safe House – child protection
- Safe Haven- child and youth services
- Diversion for custody
- Men's services



## PICC CONT.

- Women's Services
- Domestic violence shelter
- Child and early education programs
- School breakfast program and tuckshop
- Primary health service
- Disability service
- Social enterprises, including baker, fuel, mechanic and community shop



# PICC

In March 2017, PICC employed 103 staff of whom 86.5% were indigenous and overwhelmingly Palm Islanders.

Indigenous staff	89
Non Indigenous staff	14



# PICC

## FUNDING:

### ○ State Government

- Department of Education and Training
- Department of Attorney General and Justice
- Department of Communities, Disability and Child Safety Services (main funding bodies:

### ○ Australian Government

- Department of Prime Minister and Cabinet

### ○ Self- Funding

- Social Enterprises
- Medicare



## CO-AUTHOR

JANET KING is a Senior Support worker/ North Queensland Domestic Violence Sector Development Workers for the North Queensland Resources Service based in Townsville.

Janet Graduated with a Social Work Honours Degree from James Cook University in 2002 and has extensive experience working with those who are impacted by Domestic and Family Violence.

Janet also holds a Diploma in Workplace Assessment and Training.

