

# AVP WA NEWSLETTER

Spring 2016

<http://avpwa.org>



## Upcoming workshops

- January 21 – 22: Community (Darlington) – Basic
- January 28 – 30: Acacia (mainstream) – Basic
- February 3 – 5: Acacia (protection) – Basic
- February 4 & 11: Community – Basic
- February 13 – 15: Bunbury Prison – Basic
- February 18 & 25: ASeTTS (community leaders) – Advanced
- February 18 – 20: Acacia (mainstream) – Basic
- March 3 – 5: Acacia (protection) – Advanced
- March 11 & 18: ASeTTS (young women) – Basic
- March 18 – 20: Acacia (mainstream) – Advanced
- March 25 – 27: Wandoo – Basic



AVP Transforming Power Mandala

## Facilitator's Gathering January 13 – 15 2017

Amy Thom

**When:** Fri 13 (arrive from 4pm, dinner around 7pm) till after lunch Sun 15 Jan.

**Where:** Jo and Peter have kindly offered Rangi Marie, their beautiful beach shack in Guilderton. Accommodation will be shared in the house, and some may camp on the lawn (tents can be provided).

**Cost:** Free! We will share food – details of who can bring what will be organised closer to the time.

**The plan so far:**

**Friday night:** Shared meal, L&Ls and gathering

**Saturday:** AVP sessions from 10am – 12noon, and 2pm – 4pm. This will include self and peer evaluation, reflection and looking to the future, and a range of AVP exercises.

**If you can only make one day, please come on Saturday!**

**Saturday night:** Shared dinner, free time, and a creative session!

**Sunday:** Morning reflection, closing and farewells. Head home after a shared lunch.



AVP WA 20 year celebration at Guilderton in 2014

Rangi Marie is in a beautiful spot, with a short walk to the river, bushland and the beach. In our free time we can swim in the ocean or river, and go for river, bush or ocean walks. This is a valuable opportunity for us to build and nurture our AVP community, reflect and plan for the year ahead.

**Please RSVP!** It would be great if you could let us know if you are coming! January will come around fast, so if you could let us know earlier rather than later we'd appreciate it. We will provide more details about plans and logistics to those who are coming.

If you have any questions, please call Amy on 0417 245 881, or Peter on 0422 722 573. If you have any ideas of an activity you'd love to do that weekend, please let us know.

## **A selection of comments from recent workshop evaluations**

### **Wooroloo Basic (Nov)**

#### **What did you like about the workshop?**

- ✓ Getting to know people & letting my guard down.
- ✓ I liked how we all worked together in group and then went over it all together to evaluate.
- ✓ Help with conflict resolution and other new solutions to arguments and aggression.
- ✓ Mourning tea (This is how he spelt it ☺)

#### **What did you gain from the workshop?**

- ✓ To try & empathise a little more and just try to approach different scenarios in different ways.
- ✓ Think of all outcomes before acting. The use of Transforming Power.
- ✓ A bit more confidence to tackle bad situations.
- ✓ Help with conflict resolution and other new solutions to arguments and aggression.

### **Broome Community Basic (Nov)**

#### **What did you like about the workshop?**

- ✓ Everyone got a stage and space to share with the group. Comfortable, safe place.
- ✓ Everything. The full body participation. No sitting around while someone droned on.

#### **What did you gain from the workshop?**

- ✓ Mindfulness of others and the way we communicate.
- ✓ Time to sit back and learn to listen in groups and one on one.
- ✓ To stop and think before trying to deal with something. i.e. best outcome
- ✓ I learned that other people are questioning the drives in people's behaviour, too, and the answer is that learning must triumph.

### **Pt Hedland Community Basic (Nov)**

#### **What did you like about the workshop?**

- ✓ Fun activities getting to meet new people learning about a lot of new things. It was fun.
- ✓ It made me think, where I would not have even thought to think of it that way.
- ✓ How powerful yet easily the lessons were to learn the hands on L&L, our positive names, the guidelines and philosophy-brilliant.

- ✓ When I walked into this workshop and seen 2 ladies with grey hair (sorry) I thought what have I just walked into? Now at the end of the workshop I want more. I liked everything about the workshop.

#### **What did you gain from the workshop?**

- ✓ Gaining confidence, and knowing it is OK to talk about things, a lot of prospective views and learning about the activity we did in class. In the end, we all had common connections.
- ✓ Different forms of diffusing a situation, without resorting to violence. How to transform the power in a situation.
- ✓ A new model to use when working in difficult situations. More tools to put in my tool kit. More better way of dealing with conflict, both inside and outside of my job.

#### **Wandoo Basic**

#### **What did you like about the workshop?**

- ✓ Violence isn't the only way. Transforming power, seek another way to resolve conflict than fighting. Have care for others.
- ✓ Cool mix of laughs and seriousness. Wasn't what I expected.
- ✓ I like the fact that we all opened up and trusted our stories and opinions with others and the learning experience you achieve with every session

#### **What did you gain from the workshop?**

- ✓ I gained a lot of learning skills to better myself in any situation, not necessarily violent, and also a few new friends
- ✓ I learnt how to resolve violent situations with non-violent ways and to think before I react in the future
- ✓ Mandala, ways to come to a peaceful solution. It helped to see it visually

#### **Acacia Combined T4F (Nov)**

#### **What were the highlights of the workshop?**

- ✓ Learning from the fellow participants; learning to be part of a team; co-facilitating; how valuable and vital deroling and debriefing is.
- ✓ Smaller class; higher intensity with opportunity to practice as future facilitators

#### **Derby WGRP T4F (Oct)**

#### **What were the highlights of the workshop for you?**

- ✓ Everything. Doing the Gatherings and things.
- ✓ The highlights for me were learning about co-operation and communication with people.

#### **Out of the Goals for the T4F, what are the main skills that you think you developed?**

- ✓ I worked well as part of a team. It was hard to give feedback for the first time. I did practice and tried hard to be a good facilitator. I thought about how I could be more peaceful. I learnt to communicate and respect myself and change the power from violence to peace. I liked doing the role play processing. I have become a lot more confident.
- ✓ I learnt how to debrief Role Plays. I practiced skills as a facilitator and gained confidence. I learnt how to work as part of a team, give and receive feedback and communicate properly.
- ✓ I learnt to work as part of a team. I need to improve on presenting and processing. I also think that I need to develop more self-confidence as a leader.

### **Sowilo Youth Advanced (Oct)**

#### **What did you gain from the workshop?**

- ✓ Just continuing to do the things offered, learning other ways to manage anger/avoid violence.
- ✓ A great sense of belonging and feeling quite comfortable to express my views on topics.
- ✓ I gained insight and information regarding anger, violence and other negatively viewed things.

### **Acacia Mainstream Advanced (Oct)**

#### **What did you gain from the workshop?**

- ✓ An even step further from the previous class (basic). New techniques and insights into self-control and violence. A chance to retrospect things I wouldn't be able to do in my cell alone.
- ✓ A better insight into responsibility and self-control and what makes me tick as an individual. I want to be a positive role model to my kids and anyone who needs one.
- ✓ I gained a lot of insight about my responsibilities as a person and developed better ways and tools to apply self-control in my life.
- ✓ Transforming power by better communication skills and owning my responsibilities.

### **Wooroloo T4F (Sep)**

#### **What were the highlights of the workshop for you?**

- ✓ Meeting new people who have similar stories to me and being able to relate to them.
- ✓ How everyone joined in and we worked really well as a group.
- ✓ Sharing stories in depth about addiction in a Gathering.

#### **What were the main skills that you developed?**

- ✓ I believe I've gained a lot of new skills in regards to dealing with anger. Mostly, that I need to learn to think before reacting and to find nonviolent solutions.
- ✓ To manage myself in situations.

### **Acacia Protection Advanced (Sep)**

#### **What did you gain from the workshop?**

- ✓ I gained many skills and learnt a lot from this including new methods for dealing with different situations and conflict.
- ✓ I gained all the good outputs like non-violent solution, respect and listen to others. Do not imagine things, first talk about it. Always think before reacting.
- ✓ I felt really remorseful.
- ✓ A lot of support on the power to change my life.
- ✓ Peace and knowledge that there are other ways.

### **Bunbury Advanced (Sep)**

#### **What did you gain from the workshop?**

- ✓ I gained more insight of the others around more strongly believe I can live by the transforming power strategy.
- ✓ Just stop and look at the bigger picture.
- ✓ Power and communication are two important things for us all.

#### **What were the highlights of the workshop?**

- ✓ The laughter, the seriousness.
- ✓ Being in a group sharing different ways of how to deal with violence with a positive solution.

## First AVP workshop at Wandoo Reintegration Facility

Mark Newhouse

On Saturday 12<sup>th</sup> November, AVP conducted the inaugural Basic workshop at Wandoo. Jim Thom, Peter Fry and Mark Newhouse were the facilitators. There were 12 participants, all young men aged between 18 and 28. The first two days were held in one of the classrooms, with the third day in the lovely spacious and cool Visits Centre.

Lucy Hayne, Manager Rehabilitation & Reintegration, was exceptionally helpful in the organisation of this workshop and she came to assist us on the first morning on her day off. Jim and Mark underwent training in the use of the radio prior to the workshop and one of us was required to carry the radio on a belt at all times during the day. This made some exercises a little tricky, especially the Light & Livelies!

The participant group was very well behaved and cooperative but they were reluctant to share in much depth. The reasons for this are difficult to know but it could be due to their age or perhaps the stage of their sentence. This meant that the normal Basic agenda progressed very quickly and on several occasions we had to add exercises before we reached a break.

We had agreed that the kitchen would supply lunch for us all so we could eat together. In practice, this only lasted for 5 minutes before all participants disappeared and returned to their units until the agreed time for return. This was somewhat different to the normal prison experience but it did give the facilitation team plenty of time for team meetings.

Eight participants wanted to do an Advanced workshop. We will be checking on their release dates to determine if this is going to be possible. Otherwise, a Basic workshop will be arranged for early in 2017.



### Bunbury RP participants' reasons for wanting to become an AVP facilitator

#### Matt

Hidden Agendas:

- I get to do something I feel good at
- I get to feel important and useful.
- I get to do workshops in prison and meet people I wouldn't normally meet.

#### Great Greg

I felt and thought my decision in wanting to become a AVP facilitator I believe was motivated by the youth of today in how some of them would come to me and ask for help as well as knowledge and how to go about things in life in general. To become a role model.

#### Shaun

- To be able to help whoever it may be to help themselves.
- To have a different perspective so I can be a good father / parent.
- To have a healthy soul.
- To learn from others.

## Steve

Motivation:

- Trying to show myself and others there is alternative to violence in 99% of time.
- To show the mandala.
- To stop violence in families
- To help people to be in control of their own destitution.

## Craig

- To improve leadership skills.
- To continue to strengthen non-violence skills within myself.
- To improve public speaking skills
- To help others to achieve non-violent lives.
- To help victims by reducing their numbers.
- To repay debt to the community.
- Travel opportunities – see different people from different walks of life.

## Big Bill

Reason's I would like to become a facilitator is to learn others how to approach a situation differently, other than violence. Believe I've got leadership quality's and because I've grown up in a violent household.

Motivation: Is to help somebody.

Hidden agenda: Biscuits.

## Editor's note

Any contributions to and / or feedback on the newsletter would be very much appreciated. I intend to publish a newsletter every quarter, so if you have any news or photos you would like to share for future publications, please send them to [selene15@dodo.com.au](mailto:selene15@dodo.com.au).



## Need more information?

For details of upcoming workshops or training nights, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact our administrator Mark Newhouse.

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