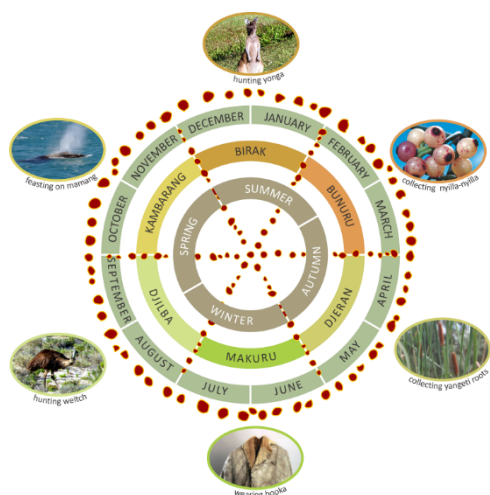


AVP WA NEWSLETTER

Summer 2017

<http://avpwa.org>



A Noongar six seasons mandala.
From www.visitfremantle.com.au

Upcoming workshops

- Feb 28 – Mar 7: HIPP T4F Helena College
- Mar 3 – 5: Acacia (protection) – Advanced
- Mar 11 & 18: ASeTTS (young women) – Basic
- Mar 13 – 17: Community South Hedland – Advanced & T4F
- Mar 18 – 20: Acacia (mainstream) – Advanced
- Mar 22 – 23: Aboriginal Prison Support Officers & Outcare - Bas
- Mar 25 – 27: Wandoo – Basic
- Mar 31 – April 2: PYS – mini
- Mar 31 – April 2: Acacia (protection) – T4F
- April 3 – 5: Community (Bidyandanga men) – Basic
- April 5 – 7: Community (Bidyandanga women) – Basic
- April 8 – 10: Acacia (mainstream) – T4F
- April 11 – 13: Bunbury Prison – Advanced
- April 19 – 21: Wooroloo – Advanced
- April 22 – 29: Community – Advanced
- May 9 – 11: Karnet – Advanced
- May 20 – 22: Wandoo – Basic
- May 27 – 28: Community T4F

Our next **Training Night** will be on **Thursday 2nd March**.

Quaker Meeting House, 35 Clifton Cres Mt Lawley

This will be preceded by our **Annual General Meeting** at 6.30pm in which we appoint committee members, among other things.

6.30 AGM

7.00 pizza

7.30 training night

This month's training topic will be **Perceptions of Violence**. The evening will be facilitated by Sallie Hosking and Peter Fry.

Please come along. We look forward to seeing you on Thursday night.

Training night topics from 2016

Peter Fry

National gathering report.

AVP teams.

AVP on the inside.

Youth Workshops.

New Ideas.

Plus two training days in Acacia.

Facilitator's Gathering January 13 – 15 2017

Amy Thom

In January, 14 of us spent the weekend together in Guilderton for the AVP Facilitator's Gathering.

We stayed at Rangi Marie, Jo and Peter's beach house an hour and a half north of Perth; some of us in tents in the front garden, and some in the house. Rangi Marie means place of peace, and it was indeed a peaceful spot for us to gather for the weekend.

We met on Friday 13 evening for a shared dinner, and an AVP session with a gathering and light and livelies. In the gathering we each brought and shared 'an object that we treasure and why'. We then went on a night walk and saw the river and the ocean in the almost-full moon light.

On Saturday we had two AVP sessions, with shared lunch in between. Jim ran a self and peer evaluation exercise, where we had the opportunity to give ourselves feedback on our strengths and learning edges as facilitator, and to offer feedback to others in small groups.

Mark ran a session on Looking to the Future of AVP, where we discussed where AVP is at as an organisation. What do we do well, what could we do better, and what are our priorities for 2017? We discussed in small groups and reported our ideas back to the whole group.

In the afternoon, Sallie and Selene ran a Facilitator Self-care session: Remember to Breathe. We had a gathering on a time we have felt uncomfortable in an AVP workshop, talked about being aware of what triggers us in workshops and strategies to deal this, and had a mini pamper session.

Sally took us through AVP International's draft Core Values, where we went through each value to provide input on our thoughts as AVP WA, which will be fed back to AVP international.

Saturday night Peter hosted a creativity session where, in the spirit of volunteer self only, people shared songs, poems and anecdotes, and played board games. During our break on Sunday morning, several of us made distinctly individual clay puppet heads under the skilful instruction of Mil, our puppeteer.

Sunday we held a follow up session to our future planning, where we prioritised activities for 2017, and people volunteered to follow up on actions. It will be fantastic to see what emerges from this as we implement the actions over the coming year.

During free time over the weekend we explored the beautiful local area, went for walks, and swam in the ocean and the river. We appreciated being able to have time in such a lovely spot. It was great to spend a community building weekend together, with a good balance of seriousness and fun.

Publicity Sub committee

Jim Thom

A small group of us, Merril, Sue, Adam, Mark and Jim, meet from time to time during the year in order to consider matters to do with marketing and publicity. Our main objective is to increase attendance at community workshops which seems to get more and more difficult with passing years. I think this is mainly due to the increasing busyness of people's lives and competing weekend activities.



Facilitators at the Guilderton Gathering

Last year we tried a couple of new strategies, specifically workshops split over two weekends and providing catered lunches. We are also trying to use social media more strategically and considering redesigning our information pamphlets. Things that do seem to work well are, firstly word of mouth where our passion for the workshop comes through and secondly when we give introductory “tasters” to groups considering having a workshop.

However we are far from professional marketers and would welcome any help, tips or input. Please let me know if you are interested, have any ideas that might work or know of any groups that you think might benefit from a Peaceful Pathways workshop. jjathom@bigpond.com

Drug and alcohol fuelled anger

James Mumme

From working with inmates in several prisons over ten years I have seen ample evidence of violence arising directly from drugs, either from drug and alcohol fuelled anger or from payback for earlier violence or unpaid debts.

There are so many men in prison unnecessarily. If only there had been some other options for them to deal with their pain at the beginning instead of using chemicals and learn the skills of resolving their conflict non-violently.

Melbourne, South Hedland, Helena College and Darwin

Sally Herzfeld

I've just returned from helping with a youth and HIPP training day in Melbourne. This was followed by a Youth Basic workshop at North Geelong High School. The 24 students were a fantastic, friendly and multicultural group with an innovative teacher who, with the school counsellor joined in as a participant. While talking about, 'Something I would like to do for my community.' I learned from my partner that young people now play computer games with young people from other countries. They wear earphones through which translations to and from different languages can be made. What a great way to build international friendships!

Jo, Trevor and I enjoyed facilitating the first AVP workshop in South Hedland last November. It was organised by The Bloodwood Tree committee and the participants were staff members from Aboriginal support groups in the Pilbara. These people are looking forward to doing an Advanced and a T4F in March when Bheena and I will fly to Hedland. We will stay a day longer to conduct interviews and help make a kit for South Hedland. Workshops in Roebourne prison and surrounding communities will then be possible with only a little assistance.

The second Helena College group will do a T4F training this week. Later in the year they will be on teams to run the three levels of workshop with the present Year 4 students.

One of our members flew to Darwin to help Elizabeth Kwan and an inmate facilitator conduct a Basic workshop with mainstream prisoners. This was followed by a Basic with protected prisoners and then, for the first time with men from the Complex Behaviour Unit. The inmate facilitator couldn't be on the team for the latter two.

Self-reflection exercise – Bunbury Regional Prison Basic workshop

Rob

1. *What are my strong points?*

Honest, respectful, good mate, understanding, reliable, good person, help anybody, hard working.

2. *What qualities do I want to develop in myself?*

To be more understanding, to think more, to learn to talk to someone and listen to what they say, never reoffend.

3. *What is going to be hard for me about using the Transforming Power Mandala to resolve conflicts in the future?*

If I think about TP first, it can show me avenues to take. I'll be able to find a solution that can help the situation.

4. *How can I get support to change my life for the better?*

--

MY PROMISE TO MYSELF

Work hard till retirement. Be happy.

Murray

1. *What are my strong points?*

Committed, trustworthy, honesty, loyalty, respectful, man of his word, easy going, see the funny side of life.

2. *What qualities do I want to develop in myself?*

My openness, stability within the community.

3. *What is going to be hard for me about using the Transforming Power Mandala to resolve conflicts in the future?*

Stop falling back into old habits, remember that there is some people out there that have walk to the same journey sometime in their life. Open minded – self pride.

4. *How can I get support to change my life for the better?*

Ask – where – when – how – who. Let go of self-pride – seek help.

MY PROMISE TO MYSELF

Turn my negative past into a positive future, remember where I've come from and what I've gone through that's made me the man I'm today. Change my lifestyle for the better 😊

Boris

1. *What are my strong points?*

Strength, carering, honesty, personality, loyalty, commitment, generosity.

2. *What qualities do I want to develop in myself?*

Trust more, faithfulness, work ethic, being ground.

3. *What is going to be hard for me about using the Transforming Power Mandala to resolve conflicts in the future?*

Being on drugs.

4. *How can I get support to change my life for the better?*

Staying in contact with grounded and drug free people, honest careering, loving people, support groups, positive family members.

MY PROMISE TO MYSELF

To stay strong and healthy and focus to be a happy loving father and husband and keep in contact with my support network.

Some workshop feedback from evaluations

What did you like about the workshop?

- I enjoyed the role playing and gatherings. Feeling myself grow and learn.
- I learned more about myself and I am much better prepared for challenges that may face me tomorrow.
- I learned to think outside the box and not to conform. Have courage to stand up for what is right.
- The Transforming Power was great and learning how to work in a team.
- Alternatives to violence in a fun format.
- Communication skills and empowerment.
- Too many of the exercises to list. It was just right.
- I liked the gatherings because they helped with my confidence.



Advanced ASeTTs workshop in February 2017

What did you gain from the workshop?

- Better skills to deal with violent situations.
- Mindfulness.
- To see things in a different light and never to get violent again.
- It's important to be assertive but not aggressive.
- I have learnt that it is better to take a step back and think about it rather than punch on.
- There will always be a win-win situation without violence.
- I have learnt a lot from this. Learning empathy of others is just one example.
- That AVP is the best I have seen so far.
- A more deeper understanding of the role of emotions can play in other lives.

Education Committee News

Katherine Smith

The Education Committee is one of the 8-10 committees of AVP International. It was formed in 2008 when AVP International was formally created.

Goal: To provide access to manuals, educational materials and quality assurance for AVP facilitators and workshops worldwide.

Vision: Is for all AVP facilitators worldwide to have access to AVP manuals in a suitable language.

The Committee currently has 12 teams or subcommittees each with their own project such as Manual Writing, Translation Oversight, Education Best Practices, Research and Higher Education.

If you would like to join the Education Committee contact education@avp.international

AVP International has three active email groups:

- 1) avp-world@avp.international – for AVP groups worldwide to share news (with a limited number of emails) [150 members]
- 2) discussion@avp.international – for AVP facilitators worldwide to share ideas and experiences about AVP, AVP facilitation and organisation for AVP workshops [110 members]
- 3) research@avp.international – for AVP facilitators worldwide to share ideas and experiences about AVP research and evaluation and AVP in higher education [105 members].

There are representatives of all AVP regions and many AVP national groups in these listservs. To join any of these email groups contact lists-manager@avp.international

EDUCATION BEST PRACTICES

The Best Practices Team would like to thank all those who gave feedback about the AVP Core Values. The feedback is currently being reviewed. All the feedback that was sent to the email groups was forwarded to bestpractices@avp.international .

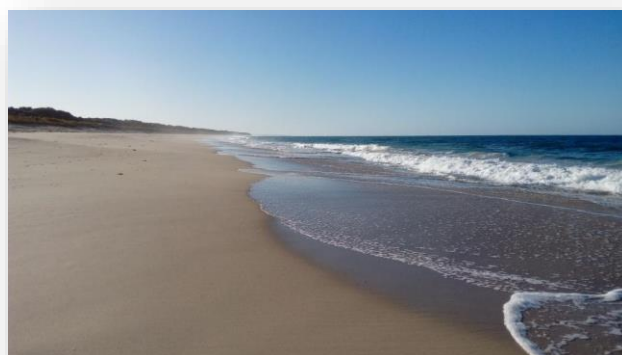
The Best Practices booklet *Is What You're Doing an AVP Workshop? The Core Elements of AVP Workshops* will shortly be distributed for consultation and feedback.

DONATIONS FOR TRANSLATION

The Translation Oversight Team is currently working on two translations of the Basic Manual into Arabic and into Hebrew. The next manual to be translated will be into KiSwahili. The translation will begin once enough donations have been received to pay the AVP facilitator translators. If you would like to donate to this project please visit the AVP International website www.avp.international , select 'donations' and record that your donation is for 'manuals.'

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, photos, or new things you've tried in workshops which you would like to share for future publications, please send them to selene15@dodo.com.au.



Peace on the beach at Guilderton

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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marknewh@inet.net.au