

Alternatives to Violence Project WA (AVP-WA) Newsletter



Western Australia

Autumn 2018



Welcome to the first edition of the AVP-WA newsletter for 2018.

The year has started enthusiastically! Not only did Western Australia host an Asia West Pacific Regional Training Gathering in the New Year, AVP WA facilitators have conducted thirteen workshops (both Community and Prison based) between January and the end of March. This is an outstanding achievement, but as you can imagine, that is a LOT of commitment for a small group of dedicated volunteers.

We need your help!

We would like all facilitators to facilitate at least one workshop during the year, so as to remain current as an active facilitator. Even if you can do one workshop in the year, that would be a valuable contribution to the AVP service to the community.

Please contact Mark marknewh@iinet.net.au if you have not already received the AVP workshop schedule for April to June 2018.

AVP WA Annual General Meeting



The AGM was held on 1st March 2018 at Helena College Junior School. Selene has kindly agreed to continue as Chair for 2018. Thank you, Selene!

Selene's 2017 report noted a very successful year for AVP WA. We ran 58 workshops in prisons, schools and the community, which is a 16% increase on 2016. These included 32 in Acacia, Karnet, Woorloo and Bunbury prisons, and 2 in Wandoo Reintegration Facility. Community workshops included 4 in Perth and 8 in the Pilbara, 2 ASeTTS workshops, 4 special community (PSO) and 2 special community (Kimberley). 1 school youth workshop was held as well as 4 HIPP workshops. Facilitators also assisted with programmes in Darwin and Melbourne.

To quote Selene, "Of course, AVP WA could not flourish as well as it has this past year without the dedicated team of active facilitators who have volunteered their time and energy to facilitate workshops throughout the year."

"Their commitment to the collective desired outcome of a more peaceful world is highly commendable."

Bunbury Community Workshop – April 2018

AVP-WA is holding its first Community Basic Workshop in Bunbury on the weekend of **21st and 22nd April**. If you know of anyone who may be interesting in attending, please direct them to Mark 0400 231151 marknewh@iinet.net.au or avpwa.org for further information.

A copy of the flyer for this event is included in this newsletter. Please feel free to share with your networks.



Asia West Pacific Regional Training Gathering



The Asia West Pacific Regional Training Gathering was held at Guildford Grammar School from 5th – 10th January 2018. Seventeen facilitators (some full time and some part time) attended from Perth, fifteen from other states, and one each from the Philippines and Nepal.

AVP WA had a strong and dedicated planning team for the gathering (with special thanks to Jim and Sally), and facilitators from all states helped to facilitate some very interesting and worthwhile sessions. We received some wonderful feedback from attendees, and an extensive report was formulated with contributions from many facilitators who ran sessions at the gathering (thanks again, Jim).

“A round of applause” must also go to Merrill who kept everyone fed and watered in a most affable manner.

“Attending the AVP Regional Gathering Asia West Pacific was an awesome journey, I am so grateful to AVP-WA for giving me a such wonderful opportunity not just to explore the other parts of the world or widening my horizon but giving me a priceless experience of interconnectedness, culture knowledge , learned wisdom, friendship and belongingness of a family away from home.”

Siarol, Philippines

Sessions included:

- Reports from states and other countries
- New Light and Lively Manual
- Ideas form Nepal
- Mental health and AVP
- Trauma and AVP
- Marketing



Asia West Pacific Regional Training Gathering



IN CONCERT

Peter Fry was a very accomplished Master of Ceremonies for our talent night during the gathering, and we were all wonderfully entertained by a very high calibre of gifted performers.



Eight HIPP (Help Increase the Peace Project) facilitators joined the gathering one morning and ran a very enjoyable and worthwhile session for Regional Training Gathering attendees. Several parents also attended the session, and were very impressed with the children's facilitation skills.

Twenty-six Regional Training Gathering attendees attended a session at Acacia prison. Five Mainstream inmate facilitators attended, and it was a very worthwhile event. Some of the community facilitators who attended had never been in a prison before, and it was quite a moving experience for some. Both inmate and community facilitators co-facilitated the workshop and a wonderful afternoon tea was provided by the prison.



Workshop Reflection

Do you ever wonder (as an AVP Facilitator) whether you are making a difference? Workshop reflections like those below should assuage any doubts!

What did you gain from the workshop?

- Insight to managing violence. Step back, breathe and think of the consequences, think of others, de-escalate.
- Answers to many questions. Insight into different ways of dealing with conflict in positive and productive ways. A new group of people whose company I enjoyed immensely.
- A new perspective in relation to forgiveness, Power and empowerment. I was able to learn a lot about the way I interact with others and the importance of thinking before reacting.
- “I” messages. I tried it and it helps. Practice makes perfect.



Dan and Janina working on their construction – Community Basic Workshop, Darlington on 25 February.



Raima, Jan and Angus proudly presenting their construction “Bridging the Gap” - Community Basic Workshop, Darlington on 25 February 2018.

Something I have learned about conflict resolution, violence, and its alternatives...

- I have learned about empathy and other peoples values and struggles and that a smile doesn't mean they are happy and better communication and respect
- That I always have options instead of using violence and aggression
- That it is important to consider carefully your actions at all times and to understand as much as possible of the other person's point of view.
- I have learned instead of rushing and getting angrier about a situation I now will take time out and step back, think about what my next move will be.
- We have choices, our thoughts control our emotions
- Effective communication is paramount in achieving a non-violent solution to problems and you always have choices.
- Very helpful, insightful, educating, peace way of dealing with every ugly situation.

AVP Online

AVP Western Australia website <http://avpwa.org/>

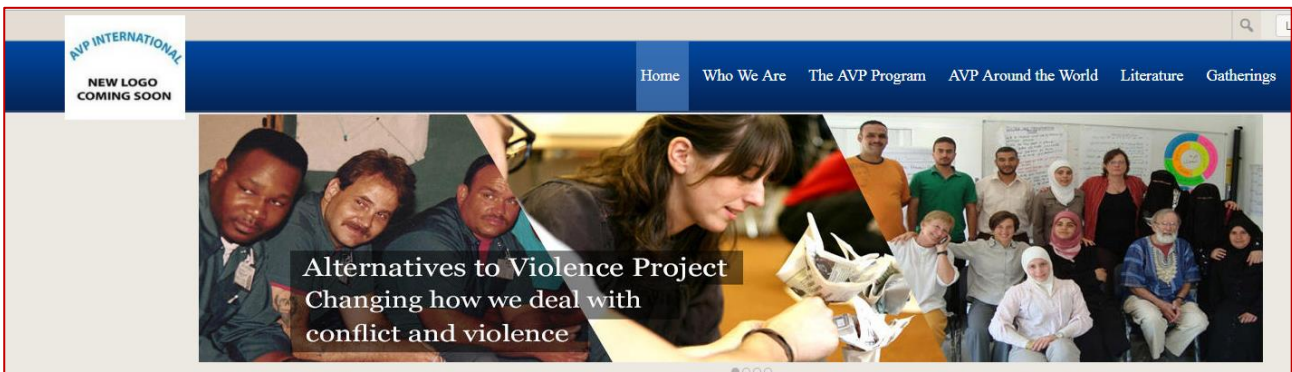
This is a great place to refer people who are interested in finding about more AVP. Here you will find information about the history of AVP, the types of workshops facilitate, future workshop dates and other useful information. No log in is required.



Workshops

AVP offers three levels of workshops. Basic, Advanced and Training for Facilitators. For more information on each of these workshops [click here](#).

AVP International website <http://avp.international/>



AVP INTERNATIONAL
NEW LOGO
COMING SOON

Home Who We Are The AVP Program AVP Around the World Literature Gatherings

Alternatives to Violence Project
Changing how we deal with
conflict and violence

AVP Western Australia on Facebook <https://www.facebook.com/AVPWA/>



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@AVPWA

EXPECT THE BEST
RESPECT FOR SELF
UNLACED
TRANSFORMING POWER
CARING FOR OTHERS
THINK BEFORE REACT
ASK FOR A NON-VIOLENT SOLUTION

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 Mark (Administrator) 0400 231 151 or marknewh@iinet.net.au

Any contributions to the newsletter would be very much appreciated. Please email Sue susan.mulholland@bigpond.com

Thank you to Selene, Jim, Mark and Sally for their contributions to this edition.



Peaceful Pathways to Conflict Resolution

- ✿ This two-day workshop focuses on experiential learning so that individuals are actively engaged in their own learning during the two days.
- ✿ The facilitation team aims to create a safe and inclusive atmosphere which combines learning with a lot of fun.

AVP BASIC WORKSHOP

21st & 22nd April

9.00am to 5.00pm each day

Venue: Doors Wide Open, Bunbury

For registration:

Contact Mark 0400 231151 marknewh@iinet.net.au or avpwa.org

AVP Workshops focus on:

affirmation
communication
conflict resolution
community building
cooperation

Some comments from participants:

"I learnt strategies to avoid and solve conflicts; many ways to control myself; belief in myself - the first step to change"

"The workshop showed me some new skills when dealing with difficult situations and understanding feelings and emotions."