

AVP WA NEWSLETTER

Summer 2019

<http://avpwa.org>



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

Upcoming workshops

- Mar 5, 6: HIPP Basic @ Helena College
- Mar 9-11: Acacia (Protection) Advanced
- Mar 16, 17: Community Basic @ Bunbury
- Mar 19-21: Karnet Basic
- March 23-25: Acacia (Mainstream) Advanced
- Mar 30 & Apr 6: Community Advanced @ Osborne Park
- Apr 5-7: Acacia (Mainstream) T4F
- Apr 13, 14: Community Advanced @ Bunbury
- Apr 16-18: Bunbury Regional Prison Advanced
- Apr 29-May 1: Wooroloo Basic
- Apr 30 & May 1: HIPP Advanced @ Helena College
- May 7-9: Karnet Basic
- May 17-19: Acacia (Protection) T4F
- May 25-27: Acacia (Mainstream) Basic
- June 8-10: Acacia (Mainstream) Basic
- June 15, 22: Community T4F @ Osborne Park
- June 18-20: Bunbury Regional Prison PRU Basic
- June 24-26: Wooroloo Advanced

Our next **Training Night** will be on **Thursday 7th March @ 6.00pm.**

Helena College Junior School, corner of Rycroft and Leithdale Roads, Darlington.

Our wonderful HIPP facilitators will be facilitating the training.

This will be followed by a light shared meal @ 7.00pm, then the **A.G.M. @ 7.30pm**, at which we will appoint our new committee, and ratify our new constitution.

6.00 HIPP training

7.00 shared meal

7.30 AGM

8.00 Committee meeting

This promises to be a very entertaining and exhilarating evening for all.

Looking forward to seeing you there.

Experiential learning is like riding a bike. No-one can tell you how to do it.

They can only guide you. You have to find your own balance.

~ Fantastic Fergus ~

25th anniversary of AVP WA

Jim Thom

This year marks the 25th anniversary of AVPWA. It's been quite a journey and largely a tale of success with us presenting about 50 workshops annually for the last 10 years or so.

How should we celebrate? Perhaps a family picnic at King's Park, an evening dinner somewhere or something more elaborate? Ideas welcome. Would anyone like to be part of a working group to plan the occasion?

Please let me know on jjathom@bigpond.com or 0488 091 436

Training day – AVP Core Values and Facilitation

Jim Thom and Merrill Stokes

On Saturday 2nd February, about 20 of us gathered to consider the first two AVP core values, some aspects of facilitation and to share lunch at AISWA in Osborne Park. It was our initial trial of holding our community training sessions in a different format which was generally well received and attended. A full report will be circulated but this is a brief summary.



We considered the first two core values:

AVP trained teams. A community of AVP trained facilitators working in teams. We practise and model the attitudes, skills, processes and knowledge of AVP. This is present in workshops and throughout the organisation.

Shared power and leadership. Enabling everyone to participate in leadership roles. Acknowledging that none of us has all the answers, we share responsibility and draw on the strengths and wisdom of everyone in the group.

These resulted in some lively discussion and general agreement that they are in fact central to the AVP philosophy.

In the afternoon we had a group discussion – “**should we have more common standards in AVPWA?**” Our tentative conclusion was that we should primarily be mindful of the purpose of the exercise. The AVP manuals are good guide, particularly for inexperienced team members. However sometimes we need to be flexible for the group and each of us has our own individual styles and should have the latitude to adapt to a certain extent. If we were too rigid the program might lose its appeal and spontaneity.

After this we looked at building cohesive teams in small groups. We came up with a big list and being human we all fall short from time to time. However awareness and a reminder of these desirable qualities is a good thing. These days there is a tension between taking time for team building, the number of workshops we do and the many other things in our lives that require our time and attention.

The generally positive feedback included...It was good to try a new light and lively, Enjoyed socialising over lunch, It was good to start with morning tea, Enjoyed the brainstorm, Next time perhaps just half a day – morning or afternoon, Would be good for new facilitators to get a copy of the document “Is what you are doing an AVP workshop?”, Maybe have the core values as a poster.

Next training session is a HIPP one at Helena College on Thursday March 7th at 6.00pm (see details at the top of this newsletter).

Then Saturday 4th May at Clifton Cres, Mt Lawley. Times and topic to be advised.

The Underlying Core Values of Our AVP Organisation and Workshops

AVP International & AVP USA Joint Education Best Practices Team May 2017

Core values are the fundamental principles that guide our actions and behaviours. The following core values, appearing in no particular order, are present throughout AVP, from our workshops to our organisations, to our daily lives. They influence our behaviour and our way of thinking. They set AVP apart.

AVP-Trained Teams

A community of AVP-trained facilitators working in teams. We practise and model the attitudes, skills, processes and knowledge of AVP. This is present in workshops and throughout the organisation.

Shared Power and Leadership

Enabling everyone to participate in leadership roles. Acknowledging that none of us has all of the answers, we share responsibility and draw on the strengths and wisdom of everyone in the group.

Alternatives

The belief that we always have options and choices in any given situation. We choose how we respond.

Inclusiveness

The conscious effort to acknowledge and consider, without prejudice, all natural and social differences, perceived or otherwise, in the AVP Community. We seek common ground by identifying and embracing differences.

Good Within Everyone

The belief that there is something of value in all of us. We seek to affirm and connect with that capacity for good. We accept each person on their life journey.

Journey of Personal Exploration

The understanding that each person's path is different. We each empower our own path, and begin by being open to change.

Experiential Learning

Doing, listening, interacting with others, and reflecting on present and past experiences leading to reframing perspectives. Re-experiencing the self with peers.

Community

Building, rebuilding and maintaining a sense of belonging, connectedness and safety with others. Respecting and caring for oneself while respecting and being present for others.

Personal Nonviolence

Taking personal responsibility for not harming oneself or others. When we recognise there are alternatives, violence is no longer an answer to conflict.

Consensus

We are all part of this decision-making process seeking to reach an agreement that everyone can accept, work with, and apply.

Safety

Creating an environment that is conducive to collaboration, personal growth and taking risks to change ourselves and our relationships.

Accessibility and Consistency

Staying true to AVP best practices and ensuring our processes, learnings and organisational operations are open, clear and easily understood. This is how we can recognise AVP anywhere in the world.

Mutual Respect

Building strength and confidence in oneself while honouring and connecting with others.

Transforming Power

We are guided by our optimism that when we are open to Transforming Power, every situation has the potential to have a hopeful, positive outcome.



2019 National Training Gathering in New South Wales

Selene Moonbeams

This year's National Training Gathering will be held at the Edmund Rice Retreat and Conference Centre in Mulgoa, New South Wales from 25th to the 28th April. John Steel and I have registered for the Gathering and are very grateful to be supported by the committee to attend.

What makes a good team member?

Bunbury Regional Prison T4F participants

Accepting	Non-judgemental	Observing behaviours
Assertive	Punctual	Courageous
Good talker	Focussed	Cooperative
Honest	Life experiences	Good listener
Joining in	Supportive	Positive
Knowledgeable	Guidance	Compassionate
Makes things easier	Patient	Trusting
Mindful	Observant	Sense of humour
Open to change	Communicative	Helpful
Part of the team	Respectful	Confident
Reliable	Done his homework	Prepared
Sharing	Equality	Body language
Sharing the load	Shared responsibilities	Helpful
Thinking ahead	Planning	Non- confrontational
Understanding	Continue learning	Prepared to contribute



Teamwork at the Darlington Community Basic workshop Feb. 2019

Tala's story

Acacia inmate

Hi my name is Tala; I would like to take this opportunity to tell to you about my story of how the "Alternative to Violence project", became part of my life.

The first time I heard about A.V.P. was through a dear friend I had spent time with down in Albany Regional Prison. We were having a conversation as we normally do after work, when I mentioned how much he had changed from when I first met him in 2003, within the punishment Wing.

I would remember the physical and verbal altercations he would have, I asked what changed? He stated age first, as we both had a chuckle; then he said A.V.P. at first I still had to catch my breath from laughing at the age part, then more of a confused look, "AVP you say" he said yeah AVP!!

I asked him more about this AVP but the only response I got back was, "Go see yourself" apply to transfer to Acacia Prison and do the course, and by the way it's voluntary not a I.M.P. course, so, *"You have to choose if you want to do it or not", "but if you want to know the reasons for changes I have made in my life, best you start there"*. Before I left Albany for Acacia my mate said, "Be Open minded, listen, and to also find the courage to share with people your experience."

So, here I find myself at Acacia since my arrival in January 2015, my association with AVP over the last 4 years has caused me to reflect as well as commit to my personal transformation, in relation to my crime which physical violence was engaged, of which is all too common within the place that people should feel the most safest, "The Home", and in my case costing a life of a person that was closest to me.

A.V.P. offered me with the hope that if I learnt to start cultivating a supportive sense of community, and encouraging a safe and loving environment, I could make steps to leading a life that is most fulfilling. This also provided me the opportunity to embrace certain changes in regards to emotional recognition that I have taken on board, and to practice these safe and useful methods to engage any situation, that life offers.

I have now re-connected with family and friends and established new friendships along the way, due to the skill set that I have attained through the AVP programme. Not to shy away from my vulnerability but instead see my strength though such times as perseverance, in readiness for life's challenges.

The certain obstacles I have encountered during my journey have been my opportunity to grow as a man, to openly share amongst peers my struggles and triumphs of which the A.V.P. has been a great pathway in my journey of self-discovery. It has provided me the platform to be a positive voice not just in my life but to others who are in the same situation, not to be defined by our past actions but to go out into the community and live a life that contributes to supporting community expectation.

Words could never really do any justification to how the A.V.P. has influenced me to live a progressively satisfying lifestyle, but I believe in thanking those for taking time to invest in me or even seeing how I could help others, come through the days that may seem endless, to those who might be in anguish and confusion. So thank you so much for your time and patience and I might even see you in one of our programs. Take Care.



I trust you to see me through the pool! Darlington basic Feb. 2019

Some suggestions for *Housekeeping* – to be adapted for different settings

Collette and Selene

- Turn off mobile phones.
- Visits / spends / appointments etc.
- We hope you will be present for the entire 2 / 3 days, but if an absence is unavoidable, please let us know before you leave, or ask someone else to let us know.
- Lunches, morning / afternoon teas.
- You will get a full certificate if you attend all 6 sessions. If you miss a session you will receive a partial certificate.
- Please be punctual.
- Facilitator team will have planning sessions each morning and afternoon, and sometimes during the day. Please respect this.
- Please respect the kit.
- Hands up for silence, especially when an officer enters the room.
- Hurricanes / cyclones – one per workshop.
- Facilitators don't sit together. Team clinics / open and closed.
- Bring your own cups.
- Please keep tea / coffee area clean.
- Any questions?

Letter to self

Acacia inmate

To my 15 year old self.

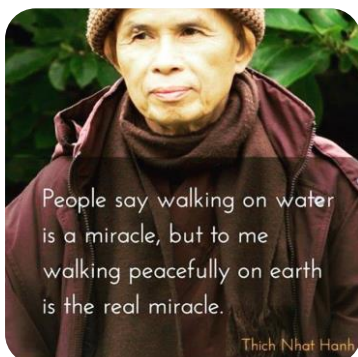
You need to take the time to read this, as what you take, or don't take from it, will determine how you spend the rest of your life. I know you are holding in a lot of anger, and hatred, and raw emotion from the pain and suffering you experienced at a young age, but you need to know that there are people out there who do love you, do care about you, and are willing to help. You don't need to go through anything alone. In the years to come you'll experience your first love, amazing highs, terrible lows, and many challenges that you'll struggle with, and at some point will need to ask for help. Don't feel embarrassed, or humiliated, because even the toughest of men and women at one point in their life, will need to ask for help. It might not seem like it now and it may seem like something small, but having the power and vulnerability to ask for help, will change the course of your life in so many ways. Remember to always keep your feet firmly on the ground, remember your core beliefs and what your principles and morals are in life, and don't be afraid to ask for help. You're not alone in this world, and you never will be. The future is in our hands, as life is what you make it. Your future self.

Editor's note

A newsletter is published every quarter, so if you have any news, photos, or new things you've tried in workshops, including inmate contributions, please send them to Selene Moonbeams.
selenemoonbeams@gmail.com



At peace on the beach at Peaceful Bay, South Western Australia



Need more information?

For details of upcoming workshops or training, 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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