

AVP WA NEWSLETTER – Summer 2022/23



Upcoming Workshops



Mar 12,19	Community (Darlington) Advanced
Mar 14-16	Karnet Advanced
Mar 18-20	Acacia (mainstream) Basic
Mar 27-29	Wooroloo Advanced
Apr 3,4	Community (Port Hedland) Basic
Apr 4-6	Bunbury Prison PRU Adv
Apr 15,22	Community (Mt Lawley) T4F
Apr 18-20	Karnet T4F
Apr 22-24	Acacia (protection) Basic
May 15-17	Wooroloo T4F
May 20,27	Community Basic
May 20-22	Acacia (mainstream) Basic

The Committee for 2023

The new committee decided at the AGM on 4th Feb is:

Collette Chesters - Chair person and Treasurer

Jim Thom - Deputy Chair

Sue Mulholland – Minute taker

Sally Herzfeld – Ordinary member and assistant treasurer

Mark Newhouse – Ordinary Member

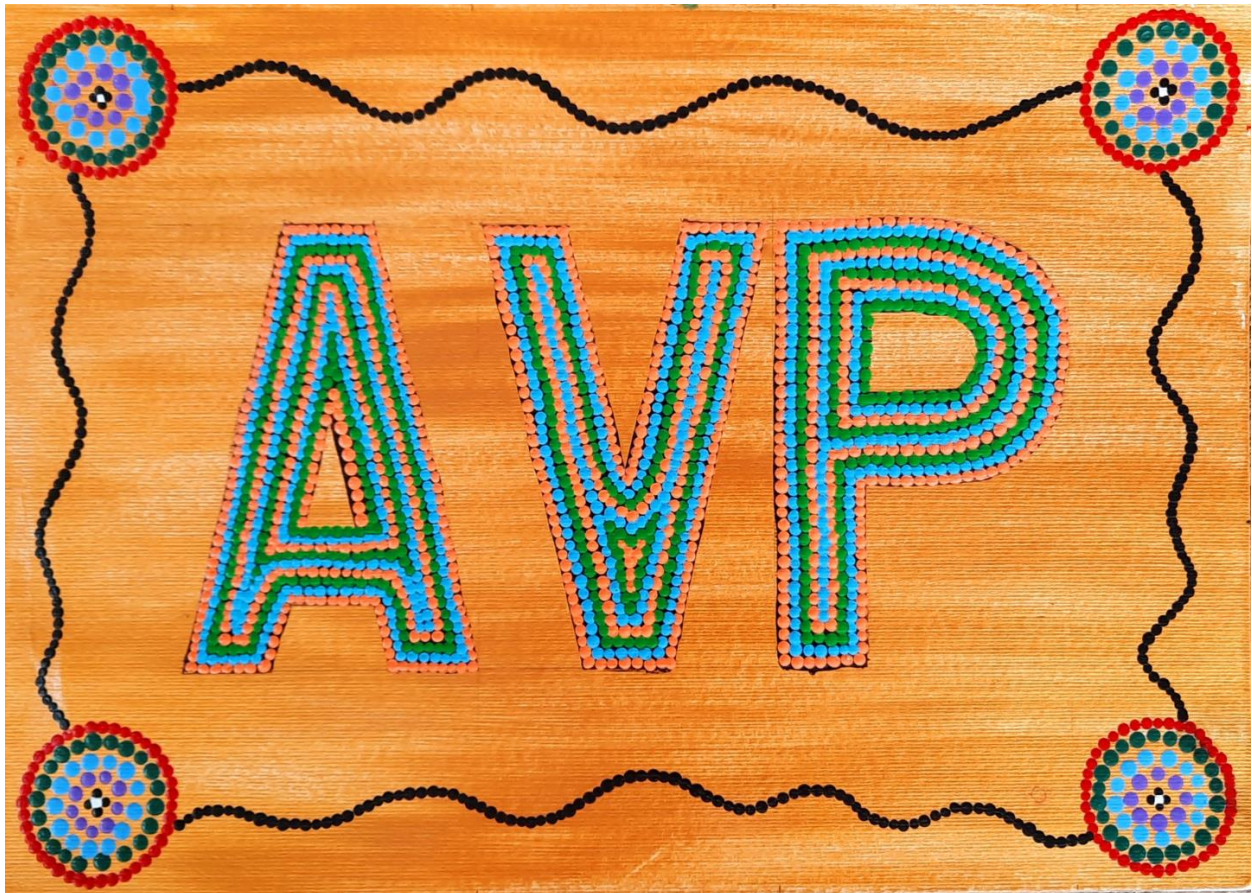
Sue Reid – Ordinary member

Many thanks to those leaving the committee this year Michael Hislop, Bheena Sewnarain, Bec Tarrant, Merril Stokes and Wayne McKay.

If you have any suggestions, agenda items or questions please do not hesitate to contact the committee on avp.wa1@gmail.com

AVP Expressive Art

This wonderful expression of artform originates from the men of Bunbury Regional Prison which is now laminated and stored/displayed in the Transitional Manager's office for use in future AVP workshops. This piece embodies what AVP means to them and is a wonderful example of the impact AVP has had on the men.



A Call For Ideas

Part of the spirit of AVP is also about inclusiveness to enable as many people as possible to experience the transformative peacefulness of AVP.

To that end a request for ideas about suitable exercises goes out to all our readers for new ideas or a reinvention of old ones to allow for those participants with special qualities or who are differently abled to experience and enjoy the full benefit of AVP. These could be focused around L&L's, Exercises or Role Plays even.

Not only does this allow participants of all abilities to enjoy the full benefits of AVP but it also better enables facilitators to provide workshops in a timely and efficient manner.

For example, recently AVP did a workshop with university professors in the Philippines and they spent nearly an hour on Broken Squares discussing the meaning and purpose of it after doing it. Some were not very quick at making the square, but SCF and Red Cross type organisations came into the discussion.

All ideas are welcome and can be communicated to a AVP Committee member either in person or emailed via the AVP portal.

AVP Facilitator Day Feb 4, 2023

For the first part of the session we looked at organisational health and future of AVPWA. In an initial gathering some ideas which were aired:

- Acknowledge facilitators and make them feel included.
- Perhaps have organisational affirmation letters
- Make our team processes more thorough to ensure that teams work well, and happily together
- Offer new facilitators a job to do, eg on a sub- committee
- Strengthen feedback at the end of workshops emphasising affirmation
- Strengthen the mentorship programme

We then broke into small groups and with each group choosing to look at these issues in more depth.

Group 1

- Employ a community development officer to grow AVP since we seem to be losing facilitators and enthusiasm
- Invite people who have done the workshops, but not become facilitators to come to our facilitator days as a refresher.
- How do we maintain a sense of community and how do we meet the challenge of dwindling numbers?
- Hearing each other's positive experiences helps to boost enthusiasm
- Start small regional groups (eg Hills, Freo) to include facilitators not willing to travel to Mt Lawley.
- Create an action plan with information gathered
- Get more workshops going, recognise facilitators regularly
- Stress the importance of workshops and the rewards of doing them. Encourage facilitators to do workshops.

Discussion of these points emphasised two things

- 1) We need to focus on building the AVP community
- 2) We need to further consider the implications and potential benefits of starting local groups

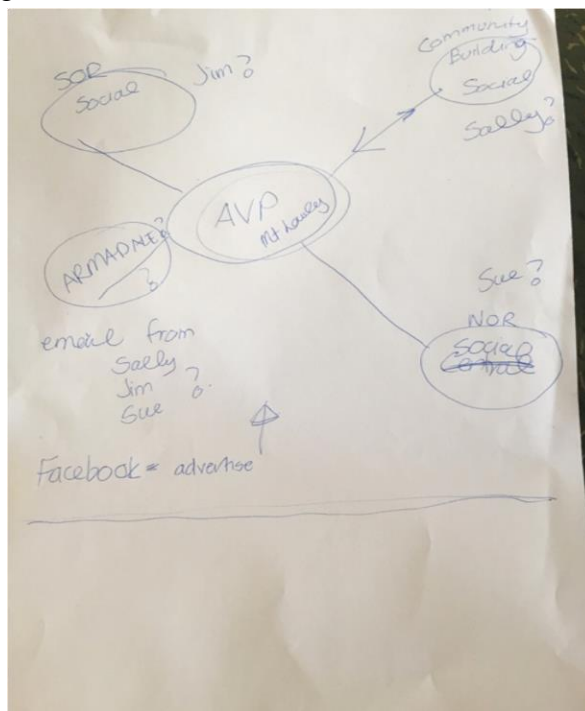
Group 2

- We should try tapping into a younger audience for participants. One way to do this would be to stress the benefits of AVP completion for work experience and work skills. We could market this specifically

- More recognition for current facilitators. Eg annual personalised peace cranes
- Looking at different workshop delivery models eg 4 half days
- Hold workshops specifically for staff and their clients eg Mercy Care
- Have two hour taster sessions
- Attend open days and expos to promote AVP
- Sally and Mahin to focus on Edmund Rice Centre group
- Sally is pursuing Zoom workshops in northern WA

Group 3

This group produced the diagram below.



It concerns having smaller regional groups based round the Mt Lawley hub. With key people who live in these regional areas taking responsibility to organise regular gatherings. These could be entirely social (eg coffee at the Dome) or on more focussed AVP topics. This need not be limited to active facilitators may lead to generally greater inclusivity.

After our morning tea break we discussed some recommendations from recent workshops. The topics were:

- Should we ask participants with no interest in non violence to leave the workshops?
- Do we ensure that prep and debrief time are adequate?
- Should we have an activity that is more scientifically assessed than moon explorer?
- If the workshop is heading to finish early should we put in extra exercises?
- How much should experienced facilitators step in to correct an exercise they feel may be going off track?

There are not always clear answers to these questions since they are often multi-factorial. However we had a rich and informative exploration of the issues.

We also noted the importance of reading workshop reports and taking their content on board especially the last ones done in a particular prison.

Letters to Teenage Self – Wooroloo Prison

Dear Teenage Rod,

Life is full of ups and downs, smiles and frowns. I'd tell you to be more responsible and think about your actions and the consequences of them but I know you won't listen anyway. All in all everything will happen for a reason and believe me when I tell you, that your current hassle free, easy life won't last forever and life will test you on all fronts. Stay positive and just know that you will make it through all the Bullshit and it will shape you into the man you are meant to be. P.S. Don't go to Perth, P.P.S. Buy Bitcoin.

Dear Teenage Myself,

I know you think you know everything, but you don't. Trust me...I know. I just want you to know I have walked the same path as you are on now. I know it's all fun now, but you need to know you're on the road to nowhere. No good can come from where you are heading. All you will achieve is hurting not only yourself, but everyone you love and who loves you. I know it sounds really cleshe but listen to your Mum. She loves you so much and only wants you to be the best you can be. You end up with three beautiful children who look up to you so much. Don't let them down the way I did by ending up in jail. You are so much better than that.

Yours sincerely,

You future self, Ricky aged 50.

To M,

It's been a while since we had a talk, and a reflection on the future you've had. There's a lot of things you've put yourself and family through to get to where you're at now. Today I'm going to help you avoid to face the things you will come across in your life. You've been a good boy for most of your childhood and had wonderful parents who have guided you in the right path. However when you grow up a little more you will come across some situations and people who are destined to screw your life up, in saying that you need to become a better judge of character, don't put all your eggs into one basket and tread very carefully when dealing with money and you'' save yourself and family a lot of heartache and pain, but don't worry all will be well.

Yours sincerely,

MS

To my younger self.

J in the future you are going to have a little bit of trouble in your life stay away from drugs and people that try frightening you or bullying other people be kind and helpful and don't lose your temper thinking

clearly don't take other people's meds or you will end up at Wooroloo prison and become an Australian citizen or you will have trouble with your visa and not see gib gib for a while.

To G

You're a young man. Control your thoughts with calm not anger and be yourself not angry then you'll be fine always respect your elders because one day you will be an elder and the respect will flow on in life always think things through not jump to conclusions way up options. And always give the benefit of the doubt and everyone deserves a second chance.

To C

It's a wonderful world out there mate full of lots of opportunities, but also full of lots of pain and suffering. I really do hope that you can look at my life and learn from the mistakes I have made. As you know Dave is my best mate. He's always been there for me and I hope you can learn from the choices he has made and the loving family and bright future he has in front of himself. Please try and gain as much emotional intelligence of life as you can and set up a good solid network of positive, honest, trustworthy people in your life. It goes without saying how bad drugs and alcohol can be in your life. Look where it got me and did to my life. But I'm not going to tell you what to do. Just remember that the choices you make in life have consequences. Good and bad. Please learn from your choices. It took me way too long to learn from mine. Love you mate and good luck.

To my younger self TS

Stay away from drugs head down arse up stick at football and basketball and don't get mixed up with the wrong crowd keep on persevering and stick to your guns and principles.

To R

You've done a few wrong things in your life which landed you in prison when you were 53. These have been due to your excessive alcohol consumption and inability to handle your behaviour whilst overly intoxicated. Hey buddy it's ok to drink but realise what's going to happen to you if you over indulge.

AVP-WA Administrator Role

By June this year, the position of Administrator for AVP-WA will become vacant. This is an opportunity for someone to take up this role to continue the work of coordinating and promoting AVP workshops.

This is a flexible part-time position (7-15 hours/week) and much of the work can be undertaken working at home. Ideally, the role will be filled by someone with a good understanding of the operation of AVP and experience with facilitating AVP workshops.

This is a contracted service and the appointee must have, or obtain, an ABN. For a full job description and selection criteria, please contact us by email on avp.wa1@gmail.com. We would like to fill this position by June or earlier.

Editor's note

A newsletter is published every quarter. If you have any news, photos, inmate contributions or new things you've tried in workshops, please send them to our newsletter editor Michael Hislop. hisloptm@gmail.com

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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