

# AVPWA NEWSLETTER SEPTEMBER 2023



## October Workshops

*October 10 – 12: Bunbury Regional Prison PRU T4F  
October 14, 21: Community Advanced Mount Lawley  
October 21 – 23: Acacia Protection T4F*

## Australian National Gathering

*Oct 2 – 6 Quaker Meeting House, Mount Lawley  
Oct 4 – Acacia Prison visit*

For more information on these workshops, please contact Collette, our administrator (Details end of newsletter).

## Australian National Gathering

To all people who have completed an AVP Training for Facilitators, no matter how long ago.

We are holding a National Gathering at 35 Clifton Crescent in Mt Lawley from the 2nd to the 6th of October. Some facilitators from the Eastern States are coming over and some are attending by ZOOM.

We will be holding a social evening on Thursday evening would love to have you join in.

It would be most valuable if you would like to do a retraining workshop and be a facilitator again, anywhere in the state. There is a big need at present.

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## Workshop Changes

The committee has been pondering a couple of workshop related issues recently and has come up with the following two policy changes.

- 1) In order to allow participants to freely give anonymous feedback, as well as enrol for future workshops, we will circulate a separate sheet for them to nominate for the next workshop. This sheet should be available in all kits soon.
- 2) Because there have been several cases of workshops being cancelled at the last minute due to staffing shortages at Acacia, it is recommended that one of the outmate facilitators gives the Administrator a phone number on which they can be reached should a cancellation occur. Collette will then give this to the prison along with the names of the outmate facilitators.

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## AVP Travel Allowance

The AVP WA committee has recently amended the travel allowance for AVP related travel. We can now claim **85 cents per kilometre of AVP related travel**.

This is in line with the Australian Taxation Office recommendations.

If you already have a claim form, you can just make the change to your current form. However, if you would like an updated form, please contact our treasurer Selene. [selenemoonbeams@gmail.com](mailto:selenemoonbeams@gmail.com)

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## Letters to teenage self from Wooroloo Prison Farm workshop participants

To Teen J

This is a letter from your 42 year old self whilst in Wooroloo Prison Farm on the 5<sup>th</sup> year of a 7 year 3 month sentence for Criminal Damage by Fire and a multitude of violent offences.

Some advice I would like to give you today is...

Firstly: Focus on your education so that you could achieve your dream of being a Marine Biologist. This will give you a fulfilling life with many International opportunities.

Secondly: Don't indulge in the drug using lifestyle as this will affect your judgement morals and values.

Thirdly: Choose your friends wisely as not everyone you meet will have your best intertions in mind.

If you can follow this advice you are unlikely to end up where I am today.

Kia Kaha and Love ya.

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Having the knowledge and experience I have now, enduring all that life has to throw at you from a hard working life, a family man, a team leader, even a full time carer position for a family member, I have seen good and bad in lots of situations, and think that I am a good judge, to be able to prevent some pretty shitty outcomes and can see reason from both sides.

B. Loak ☺ xxxooo

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### Letter of apology from an inmate participant

To my son H

I am so sorry I wasn't there for you growing up in your teenage years. I accept the responsibility that it was my actions that prevented this and created the pain and hurt for not having your father in a pivotal time in your young life. I am trying every day to change my outlook on life and the deep seated values I have, that are negative, that may stop me from being the father you are owed and deserve.

I understand an apology will not bring back our relationship or the time spent apart. I am hoping it helps us heal and repair the bridge between us so I can be the father figure you need in the future.

Love Dad

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#### Editor's note

A newsletter is published monthly. If you have any news, photos, inmate contributions or new things you've tried in workshops, please send them to our newsletter editor Selene Moonbeams. [selenemoonbeams@gmail.com](mailto:selenemoonbeams@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 Collette Chesters [avp.wa1@gmail.com](mailto:avp.wa1@gmail.com)