

AVP WA NEWSLETTER JUNE 2025



June Workshops

June 9 – 11: Wooroloo Prison Farm Basic
June 14 – 16: Acacia Mainstream Basic
June 17 – 19: Karnet Prison Farm Basic
June 23 – 24: Wooroloo Prison Farm T4F
June 28 – 30: Acacia Protection Basic



Community Facilitator Day – 21st June

If you are a facilitator or have completed a Basic workshop and would like to connect with our wonderful AVP community, please come along to our next Facilitator Day on Saturday 21st June.

Theme

Considering some of our core values and having an in depth look at an exercise.

Venue

Quaker Meeting House.

We will be providing lunch, so **please let Jim know if you intend to come.** jjathom@bigpond.com .

Programme

10.00 – 10.30 Morning Tea
10.30 Welcome and Agenda Review
10.40 Gathering
11.00 Core values
11.45 Light and Lively: Sue's Move it
12.0 Lunch
1.00 Gathering
1.15 Exercise under the microscope
2.00 Light and Lively
2.10 The Future of AVP (in small groups)
2.45 Ungathering
3.00 Closing

Acacia Facilitator Day 7th June

Jim Thom

It was inspiring to see so many inmate facilitators. Although some were unable to attend we nonetheless had more than 20 inmate facilitators participate in the day. Some of these men have supported AVP in Acacia for many years. Our internal facilitators are a major part of the success of AVP in the prison.

Workshop reports and participant feedback

We considered workshop reports, specifically the reflections and recommendations of the team and the written evaluations from the participants. It was agreed that many of these either related only to that specific workshop or were humorous or frivolous. However the following points were made.

- ❓ Although it seems as if we are asking for praise if we ask for feedback for the team, it does nonetheless give participants an opportunity to give constructive feedback. It also often required for funding.
- ❓ Should we ask at the start if any of the participants have special needs?
- ❓ Maybe we should be more rigorous with participant screening and clearer about the need to be present for all three days.
- ❓ We agreed that occasionally with a small T4F group a two-day workshop is acceptable. Also that holding the T4F interviews on the last day of the workshop is sometimes appropriate.
- ❓ We also thought that insisting on one theme for the advanced workshop is unnecessary and that two or three themes makes it easier for the team to craft an agenda. If the participants don't remark on it themselves we should stress how most themes are interlinked.
- ❓ We agreed that it is acceptable to use the surnames of the inmate facilitators in the workshop reports and that we should continue our practice of removing participants name when circulating reports to a wider group.
- ❓ We should read reports of the basic workshop prior to planning the advanced to avoid repetition of exercises.
- ❓ We should continue our practice of 2 basics followed by an advanced and T4F.

Portraits

Awesome Amy introduced us to a new light and lively, where we had 15 seconds to start a portrait of a partner, before moving around the circle to add to the portrait of the next person. We rotated about 6 times and the following is an example of the amazing artwork. Clearly, we have some budding artists in our AVP family!



Reflection Exercise

We invited everyone to write down three words that reflect what AVP means to them. We then divided into groups of three and shared our words. These were some of the words.

Self-growth	Self-worth	Self-confidence
Enlightening	Fun	Respectful
Stories	Comrades	Peace
Interesting	Insightful	Grateful
Change	Positive	Family
Engaging	Insightful	Informative
Reinforcing	Enlightening	Straight and narrow
Alternatives	Change	Balance
Insightful	Pleasurable	Transforming
Anxiety	Confidence	Enjoyment
Fun	Brothers	Good laughs
Fun	Different	Laughing
Informative	Inspiring	Reflective

2025 Australian National Gathering

Graeme Stuart (AVP Newcastle)

AVP Australian National Gathering, 2025 – AVP Australia

Why? 2025 is the 50th anniversary of the first AVP workshop in Green Haven prison, New York. The national gathering will be an opportunity to celebrate; build connections with other facilitators from around the country; share successes, challenges and ideas; and deepen your skills and understanding about AVP and facilitation. avpaustralia.org

United Nations International Day of Peace

Sally Herzfeld

A celebration of the International Day of Peace will be held at the Darlington Hall on the 21st of September from 3.00 until 4.30 pm. There will be entertainment inside the hall and, if it's not raining, we'll do the Maypole, the Tug of Peace and Circle Dancing outside. We'll also plant a tree and take a photo of everyone holding their banners.

If school children would like to contribute to a booklet called 'Our Kids Care' they could write or draw about a problem or disagreement they solved peacefully.

Please send these and any item ideas to Sally before 21st August. alisonherzfeld@gmail.com

Facilitator reflection

just Jacob

TRANSFORMATION IS FOREVER: It was 2 years ago, in Karnet Prison, when I began my journey with AVP; I completed the Basic, Advanced, and the Training for Facilitator workshops, then facilitated a workshop myself a week before being released. I did my time, with no parole, attending workshops addressing violence, drug and alcohol abuse, and general criminal behaviour, and left prison with no more hoops to jump through; I was free to do whatever I wanted. Two years in prison made me really hang out for fun-times, and there was plenty of fun to be had. My old beliefs and habits suddenly seemed not so bad after all, and heat of the moment decisions were usually lacking in Transforming Power ie; destructive. It didn't take me long to realize that transforming my life is gonna take a lot of time and work; the great principles of peaceful conflict resolution need heaps of practice to 'stick'. And reminders. And demonstrations. And that's what I've had for the last two years. I've been involved with AVP since my release from prison, and it's been a bunch of laughs, a few tears, and LOADS of good food as we go through Facilitator Days, committee meetings, workshops, expos... heaps of good stuff which is reinforcing my new way of thinking. I'd be screwed without it. The point I'm making is; if you've done AVP workshops in prison, you'd be doing yourself a huge favour if you keep yourself involved with it when you're released. Your good intentions will need moral support, and though life won't be all Light and Livelies, AVP will make it heaps easier.

Editor's note

An AVP WA 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.

selenemoonbeams@gmail.com

Need more information?

For details of upcoming workshops or facilitator days, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact our administrator Selene.

avp.wa1@gmail.com