

AVP WA NEWSLETTER DECEMBER 2025



Upcoming Workshops

Jan 6 – 8: Albany Regional Prison Basic
Jan 10 – 17: Community Basic (Darlington)
Jan 10 – 12: Acacia (M) T4F
Jan 20 – 22: Karnet Basic
Jan 27 – 29: Albany Regional Prison Adv
Feb 2 – 4: Wooroloo Adv
Feb 10 – 12: Karnet Adv
Feb 14 – 16: Acacia (P): Basic
Feb 23 – 25: T4F



BASIC WORKSHOP OPPORTUNITY

If you have not yet experienced the magic of an AVP workshop, or would like to experience it again, or have a friend / family member / colleague who might like to experience it, NOW IS YOUR CHANCE!

*We have a **BASIC WORKSHOP** coming up.*

January 10th and 17th in Darlington

Please contact Selene at avp.wa1@gmail.com for more information or to register.

There is no obligation to become a facilitator, but this option is open to you, and those who eventually facilitate in prisons, find this a most rewarding volunteer role.

Facilitator Testimonials

<i>Working as a facilitator for ten years has been life affirming for me. Whatever our lived experience, there is much common ground and learning from each other within each workshop.</i> <i>Sallie</i>	<i>Facilitating AVP sessions in 6 different countries and in Outback Australia for 23 years has been a wonderful experience. It has taught me to be positive and look for the good in all situations.</i> <i>Sally</i>	<i>Working as an AVP team facilitator has been a wonderful experience. I have gained confidence, new friendships and I learn something new each workshop.</i> <i>Jim</i>
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Bring a Friend Day and AGM – Saturday February 21st

If you have a friend or family member who is intrigued by this AVP thing, now is your chance to bring them along to meet some of our dedicated facilitators and experience a bit of AVP magic.

End of Year Gathering at the Quaker Meeting House – Sat 6th December

Generous Jim

We had a very merry end of year celebration with more than 20 people attending. One of the highlights was a delicious pavlova made by Sue for Sally's upcoming 90th birthday.

As well as having fun it was good to acknowledge the achievements of 2025 which happened with relatively few active facilitators.



Administrator's reflection

Superstar Selene

As 2025 draws to a close, I'm sitting and reflecting on the beautiful cool south coast of Western Australia after my final workshop for the year...our inaugural Albany Regional Prison Basic.

The year has had many ups and downs, and through it all, I've still managed to Expect the Best and persevere to a place of deep satisfaction and gratitude for our amazing programme.

This year, we have successfully facilitated 46 workshops (23 Basic, 13 Advanced, 10 T4F) with 469 participants, held 10 Facilitator Days (5 community and 5 prison), and participated in the Australian National Gathering in Newcastle.

In August, we helped facilitate Basic and Advanced community workshops, and one Basic Youth workshop in Broome. The long-term goal is to train enough facilitators in the Kimberley for them to recommence their own programme...an exciting albeit challenging venture.

We also held our first workshop in Albany Regional Prison. ARP is a maximum-security prison, and consequently has more stringent security issues than the prisons we have been used to working in. This created extra challenges for the prison staff and facilitation team, with lots of teething problems. However, we are patiently building a good rapport with the Transitional Manager and other prison staff, and this is helping to lay the foundation for future, much needed workshops.

We trained five new (including two 'returning') community facilitators, which is a wonderful bonus for us, as it will help to lighten the load on current facilitators whilst also providing a more diverse facilitator base for future teams.

With another community Basic scheduled for January, and subsequent Advanced and T4F workshops scheduled, things are looking up in the facilitator department.

As part of our campaign to train new facilitators, several community members have completed workshops in various prisons. This has been invaluable in giving them a taste of prison workshops, which can be very different from community ones, and all have found the experience very rewarding and enlightening. Dale from the Department of Justice has been very helpful in prioritising clearances when requested to help with the training process.

We have been very fortunate to have the assistance of Lauren, a wonderful marketing expert, who continues to dedicate many hours to help publicise our programme. We are eternally grateful to her for her work.

All in all, it has been a wonderful year for AVP WA, and we are looking forward to another one in 2026. Please stay safe over the festive season, and for those of you for whom this season is not such a festive one, may your hearts be comforted by the knowledge that you are not alone.

Christmas Aliens

At our End of Year Gathering at Acaica, Generous Jim facilitated a variation on the Advanced activity, Aliens. This was lots of fun and resulted in the following Earthly explanations.

Alien question

I hear you have a tradition of giving presents. What is a present and why do you do it?

Earthling answers

You give because someone doesn't have it.

A symbol of love etc.

It's a tradition / celebration / special occasion.

Reward as a thanks or "just because".

Make self feel better if you have done wrong – "Sorry!".

A present can be something I'd value / need / like.

Presents are thoughtful.

A present can be a joke to cheer and make up.

A present is unconditional not a trade.

Alien question

I just passed a young girl on my way here. She was excited because "Santa Claus" is coming. Who is Santa Claus?

Earthling answers

Jolly Jolly / Chunky

Delivers gifts in a sack.

Keeps a list of who has been naughty or nice.

Wears a red suit and has a long white beard.

He travels on a sleigh pulled by 8 reindeers.

He is loved by children all over the world.

He lives in the North Pole.

He uses elves as cheap labour to make presents.

He likes milk and cookies.

He is based on a character called St Nick.

Is he real? It depends on your perspective!

Alien question

Why do you divide time into days, weeks and years? We just live in the moment.

Earthling answers

For work / routine.

It helps to measure age.

It helps to remember important events.

Makes us aware of the seasons.

We also try to live in the moment, but it's not easy with our busy lives.

To record history.

To be punctual.

Time schedules help kids to organise themselves.

Alien question

Why do you decorate trees at Christmas time?

Earthling answers

For joyful celebration.

For the kids.

It's a place to put presents under.

It's a seasonal thing.

There is no arguing allowed when the tree is decorated.

It symbolises love.

It's colourful with its little lights and balls.

It's a central spot to gather.



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.

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