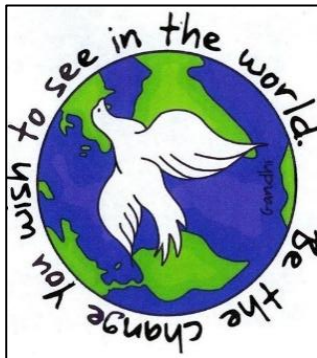


AVP WA NEWSLETTER MAY 2026



Upcoming Workshops

- May 23 – 25: Acacia Prison (M) Adv
- June 6, 13: Community T4F
- June 9 – 11: Karnet Prison Farm Basic
- June 13 – 15: Acacia Prison (M) T4F
- June 22 – 24: Wooroloo Prison Farm Adv
- June 27 – 29: Acacia Prison (P) Basic



Facilitator Day – 18th April

A group of twenty facilitators and friends gathered at the Quaker Meeting House on 18th April for a Facilitator Day with a difference. We welcomed special guest, psychologist Toni Tomlin who spoke to us about trauma and trauma informed practice. In true AVP fashion, the session was informal and relaxed, and Toni was very open to questions and clarification. She discussed how trauma may affect behaviour and communication, the key principles of trauma informed practice, and practical ways facilitators can apply the ideas in workshops. When talking about creating environments that support safety, participation, and connection, we were pleased to discover that AVP was already implementing many of these techniques.

After lunch, we looked briefly at Grounding Techniques for Trauma (2013 US Manual). Grounding is a short activity that brings attention to the here and now and is used to bring ourselves or others out of distress. One of the things we learnt was that closing one's eyes during a meditation or grounding activity can actually cause trauma in some people. It's not always the relaxing 'escape' we expect it to be.

Many thanks to Toni for volunteering her time. Toni runs a busy practice called Colour My World Therapy Services. Here she is with therapy dog, Ellie.



Even therapy dogs need therapy.

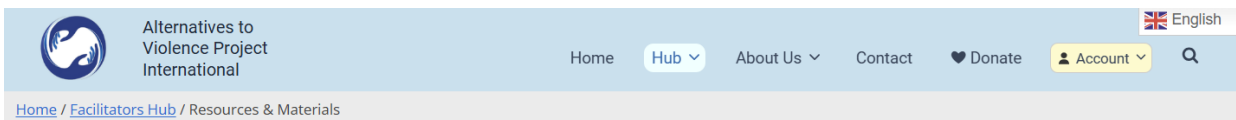
AVP International Website

Do you have facilitator access to the AVP International website? If not, we highly recommend you register NOW!

Go to <https://avp.international/> and click on Login. The next screen will invite you to either login or register. Choose Register and follow the prompts. Once you submit your name and email address, AVP International will contact AVP WA to confirm your facilitator status.

Once you have access, you will find a plethora of information at your fingertips. This includes the following:

- An online, searchable library of exercises and light and livelies
- Downloadable manuals
- Links to research
- International news
- Meeting and networking opportunities



Resources & Materials

<h4>Online Libraries</h4> <p>Two specialized websites that provide exercises by topic.</p> <p>Go to the exercises →</p>	<h4>Manuals</h4> <p>Full PDF downloadable Manuals in other languages..</p> <p>Take a look →</p>	<h4>Directory</h4> <p>Here is a full list of registered facilitators on the website.</p> <p>Take a look →</p>
<h4>Best Practice Booklet</h4> <p>Learn about the best practices and trusted methods of AVP.</p> <p>Grab your copy →</p>	<h4>Mandalas</h4> <p>Transforming Power Mandalas in different languages.</p> <p>See them all →</p>	<h4>Pamphlets & Graphics</h4> <p>Pamphlets and other graphics in other languages.</p> <p>Learn more →</p>

National Volunteer Week – Appreciation Afternoon Tea



It was wonderful to see so many of our facilitators and supporters at the National Volunteer Week afternoon tea at Local and Aesthetic in Mt Lawley on 23rd May. As well as a gesture of appreciation for many hours, days, weeks, and years of volunteering, it was a great opportunity to catch up with friends, old and new, and spread the word about AVP in the community.



The event was funded by a Volunteering WA National Volunteer Week Grant, awarded in conjunction with Soroptimist International Maylands Peninsula, the One World Centre, and the Oxfam Fair Trade Shop, located in Maylands and Bayswater, respectively. Its worth checking out their websites or Facebook pages to learn about these amazing voluntary organisations.

The event began with a wellness session and meditation, a reminder to everyone that volunteers need to practice self-



care. A representative from each group then spent a few minutes explaining the work they do (thank you Jim), and afterwards it was satisfying to see everyone mingling and discussing future collaborations. As well as current volunteers, we welcomed past facilitators, supporters, and potential volunteers. There was an almost seven-decade age difference between the youngest and oldest volunteers present. No wonder **we calculated that, between all four groups, we had accumulated 1700 volunteer years!** Phew! Congratulations to everyone!



Thanks to Volunteering WA and Lotterywest for their support for the event.



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 Coordinator Selene.

avp.wa1@gmail.com