



BLOODWOOD TREE BANTER

M A R C H 2 0 1 8 U P D A T E



SUCCESSFUL FOCUS ON ALTERNATIVES TO VIOLENCE

Bloodwood Tree successfully teamed with the *Alternatives to Violence Project WA (Inc)* to deliver interactive and positive workshops for service providers and members of the community around dealing with situations of conflict. Last month, a number of participants learnt new and creative ways to respond to conflict, as well as substance-fueled and potentially violent situations - in a positive and pro-active manner. The introductory sessions used exercises and guided experience scenarios, focused on affirmation, communication, co-operation, community building and conflict resolution. Following the introductory sessions, there will be advanced level

workshops in which participants further explored the themes of substance use, fear, anger, self-esteem, stereotyping, empathy, power, powerlessness and forgiveness. Through these intensive workshops, participants develop the skills, resilience and unleash the ability within themselves to deal with stressful, violent or aggressive situations in a calm and peaceful way.

Bloodwood Tree will be holding further workshops on *Alternatives to Violence* from Monday 28 May to Friday 1 June 2018.

These workshops are free and provide a valuable training opportunity open to both local services and community members. Spots for these workshops fill quickly. For further information and/or to book your place, please contact the Bloodwood Tree Alcohol and Other Drug Support Service on 9138 3006 or email: daadmin@bloodwoodtree.org.au

THANK YOU ASHBURTON! Ashburton Aboriginal Corporation CDP participants have been working hard over the past few months to handcraft new dining tables and seating for the Sobering Up Centre Homeless Breakfast Program. The first dining tables were delivered last week to Bloodwood Tree and has already made a wonderful addition to the Breakfast eating area. Thank you Ashburton CDP participants!

PAY FOR 4 X 1 HOUR DRIVING LESSONS RECEIVE 5th HOUR OR USE OF CAR FREE

Bloodwood Tree has **two female** driving instructors, plus a manual and an automatic vehicle for lessons and/or available to hire for your test. **BOOK NOW.** If you want a driving lesson or need a vehicle for your test, please contact the friendly Bloodwood Tree Driver Training team **9138 3015.**

CENTRELINK RETURNS TO YANDEYARRA

Bloodwood Tree has recently secured the agent services to provide Centrelink services at Yandeyarra.

After a long hiatus, it is pleasing that Bloodwood Tree is able to assist in providing these much-needed services in this community.

The past few months has involved preparing the office and online services ready in order to provide the service.

Training of local community staff has now also taken place. The Yandeyarra Centrelink office will be operating 15 hours a week, Tuesdays – Thursday 9.00am-3.00pm.

For more information on the new Yandeyarra Centrelink service, please contact Bloodwood Tree on 9138 3019 or email: yanadmin@bloodwoodtree.org.au



Bloodwood Tree Centrelink staff Judy Tinker and Jessica Rankin

LEARNING ABOUT FOOD - HUGE HIT

Throughout February, Bloodwood Tree collaborated with the WA Country Health Service (WACHS) Pilbara Population Health team from Hedland Health Campus to deliver adult nutrition education to Healthy Living Program participants. The Foodbank WA program, proudly supported by WACHS, called 'Food Sensations for Adults,' took place over 4 weeks and was delivered in four two-hour sessions. Each session was structured. The first hour focused on education and awareness. This was followed by the very popular cooking session using ingredients that were the focus during the first hour. Fare selected and cooked by the participants included curry and rice, ox tail stew, speedy cheese frittata and Pavlova mess.



Participants taking part in the popular cooking sessions

nutritional information), and budgeting (including how to effectively plan meals, money-saving tips, recipe renovation, chronic disease prevention and food safety). Finally, participants undertook a guided trip to Coles (South Hedland Shopping Centre). Walking down the aisles, the participants were informed about product placement, product brands and explored labels on popular products and options for healthy substitutes as opposed to unhealthy choices.

All participants thoroughly enjoyed the program. They learnt much about food. Importantly, they gained a better understanding of how food affects them on a day-to-day basis. Some participants are planning to reduce their sugary drink intake and make changes to promote better health.

It is hoped that the program will be repeated later this year. For further information, please contact the Bloodwood Tree Healthy Living Officer on 9138 3000 or email: homemaker@bloodwoodtree.org.au

BLOODWOOD TREE CLIENT SERVICES

Alcohol & Other Drug Services	#
Counselling appointments	68
Drug & Alcohol Education sessions	11
Community Visits – Marble Bar	1
Community Visits – Yandeyarra	3
Community Visits – Warralong	3
Stakeholder Meeting attendance	12
Aboriginal Training & Employment	
Resume Assistance	36
Work Ready Program participants	12
Clients into employment	4
Aboriginal Youth Career plans	12
Jobs displayed on Job Board	72
Driver Training	
Justice Intervention participants	51
Driving Lessons delivered	66
Driver Education Workshops delivered	2
Vehicle Licences obtained	8
Administration	
Identifications provided	260
Emergency Relief Cards	17
Wapa Maya/Sobering Up Centre	
Homeless Support Breakfast Program	581
Sobering Up Centre Overnight Stays	159
Housing Support	
Healthy Living Program participants	23
Community Patrol	
Water Bottles distributed at CBD	1218
Referrals from Sth Hedland CBD	32
Community Patrol Service Pick Up	1380



Have you liked us on Facebook? Follow our Bloodwood Tree Facebook page and keep up-to-date with daily updates of activities, photos and upcoming events. For information on the specific programs, please phone Bloodwood Tree on 9138 3000 or email: reception@bloodwoodtree.org.au
Want to help and support Bloodwood Tree? The Bloodwood Tree is a tax deductible community services organisation. All donations \$2 and greater received are eligible. Bloodwood Tree relies on grants, sponsorships and donations to fund its work. To find out how you can volunteer, sponsor or donate to help Bloodwood Tree continue its important work in our community, please contact CEO – Kelly Howlett on 9138 3010 - or email: ceo@bloodwoodtree.org.au | Bloodwood Tree proudly acknowledges the financial support received from the Australian Federal Government & the Western Australian State Government.