

PKKP AC NEWSLETTER

December 2025



We acknowledge our
PKKP Community,
especially our Elders,
both past, present
and emerging.





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Well, it certainly has been a busy year! With a few events and celebrations that are not normally part of our annual event calendar, 2025 has flown by.

At this time of year, it is important to sit back and reflect on the year that was and look forward to next year and beyond as we continue to work with and for the PKKP community.

This newsletter is just a short one with an update from our Community Outcomes team and some Christmas messages.

Click [on the link here](#) to see a special Christmas message from Grant, Nisha and Jordan, and from the entire team at PKKPAC, we wish you a Merry Christmas and a Safe and Happy New Year!



GENERAL NEWS



Welcome to Our New Staff

We have some new members of the team listed below, and in next newsletter you will find out a little more about them, but because they have started, we thought we would just let you know.

Lyz O'Driscoll
Community Housing Officer, Karratha based

Gaye Eacott
Community Engagement Officer, Perth based

PKKPAC OFFICE CLOSURES

Both the Karratha and Perth offices will be closed over Christmas and the New Year period. Make sure you take note of these dates and talk to our team prior to the closing date if you need any support.

We are closing at 12.00pm on **Friday December 19** and we will re-open at 8.30am on **Monday January 5**.



COMMUNITY OUTCOMES



There is always lots of news from our Community Services and Engagement team. You see them all the time when they visit during Outreach, but we want to make sure you are kept up to date.

Achievement Highlight

Aysia Papertalk – Year 12 Curtin University College

Aysia Papertalk has finished Year 11 at Mullewa District High School, and her whole family couldn't be prouder. Her journey started way back in Year 7 when she was first selected for this opportunity, and she has stuck with it, worked hard, and pushed herself all the way through.

Only four students were selected to go on to Curtin University College for Year 12 next year. This is a massive achievement and a huge step toward the future she's creating for herself.

Congratulations, Aysia. Keep walking strong. Your community and family are with you, every step of the way.



Aysia (left) with her fellow students

COMMUNITY OUTCOMES UNIT



Julie Almeras

Manager Community Engagement Services

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Claudia Acevedo

Community Engagement Specialist

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Panashe Murape

Community Engagement Officer

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Gaye Eacott

Community engagement Officer

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COU Outreach – Community Services, Engagement & Health

Location	Member Visits
Karratha, Wickham & Roebourne	4
Roebourne	2
Wickham	1
Onslow	5
Hedland	3
Perth	3
Mullewa & Geraldton	1
Carnarvon	1
Newman	1
21 Total Member Visits	10 Total Outreach Locations



Doris Hughes with Claudia



Brenda Smirke & Belinda Hubert with Panashe

Member Good News Stories

On the Road Again

Angie's old Prado had sat unused for years, and although several mechanics urged her to buy a new car, she was determined to keep it for the family memories it held.

With our support, she restored it, and by May 2025, though not yet finalised or registered, it was finally running again.

On July 14th, we picked up Angie's first bush car and its keys, and now it's fully restored, registered, and back on the road.



Angie with her fully restored Prado

July to December



247

office visits



64

home visits



1089

phone calls + text message + emails

Renovation Reward!

We're thrilled to share a success story from our Community Housing department. Our team recently helped member Susanne Hay Hughes organize major renovations at her home. We partnered closely with Reliable Asset Maintenance (RAM), who went above and beyond with their professionalism, reliability, and high-quality craftsmanship. Susanne was extremely pleased with the results and the entire process, highlighting how well the team works together to make a difference in our community.

Susanne said "I am very impressed with Joel, all of his workers and the work they did at my house. I am very glad we go someone like him to help our mob. I wouldn't have picked all the things that were wrong in my home as I am not a builder but he did an amazing job"

This collaboration with RAM is just one example of the impactful work our Community Housing team does, improving the lives of our members with trusted partners. We're excited to continue working with RAM on future projects and continue making a positive impact.



Susanne Hay Hughes with Julie at her home

COMMUNITY HOUSING UNIT



Julie Almeras
Manager Community Engagement Services

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Lyz O'Driscoll
Community Housing Officer

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July to December

 **1** settlement

 **55** renovation applications

 **7** outreach

 **19** home visits

CONTRACTOR LISTS

Please reach out to the team if you are looking for a contractor in your area!

Community Health and Partnerships

We often neglect our health because we get to busy or focused on other things. Our team is here to help with anything you might need so always reach out to us. Whether you are young or older, and it is physical or mental health you need support with.

COMMUNITY HEALTH AND PARTNERSHIPS UNIT



Hayley Mead

Manager of Health and Partnerships

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Prince Kuthial

Community Health & Wellbeing Officer

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IMPORTANT DATES

- Breast Screen WA Bus
 - Tom Price **7 - 12 January**
 - Paraburdoo **13 - 15 January**
 - Onslow **19 - 20 January**
 - Carnarvon **10 February - 9 March**
- WA Rural Health Conference – Boorloo/Perth **14 - 15 March**
- National Indigenous Mental Health & Suicide Prevention Conference – Tarntanya/Adelaide **24 - 25 March**

Year in Review

Here's a recap of the many things we got up to in the Community Health and Partnerships team throughout this year...

Health & Community Programs

- NAIDOC Week Event - Karratha
10 July 2025
- Mental Health Week Event – Karratha
10 October 2025
- Beyond the Brush
34 packs distributed via office collection, AGM, outreach and post
- Opening of the Members Hub
8 October 2025; 30 attendees
- Kidney Health Checks
3 sessions
- Rio Tinto Indigenous Employment Support
Fortnightly - ongoing



Embrace Healthcare Solutions

Employment Opportunities

- Rio Tinto, FMG (*Ongoing Partnerships*)
3 interactions
- Horizon Power (*Exploring Partnership*)
1 interaction



Diedre Govindan from Ombudsmen WA & Claudia Acevedo at the PKKPAC AGM

Community Health - AGM Service Providers

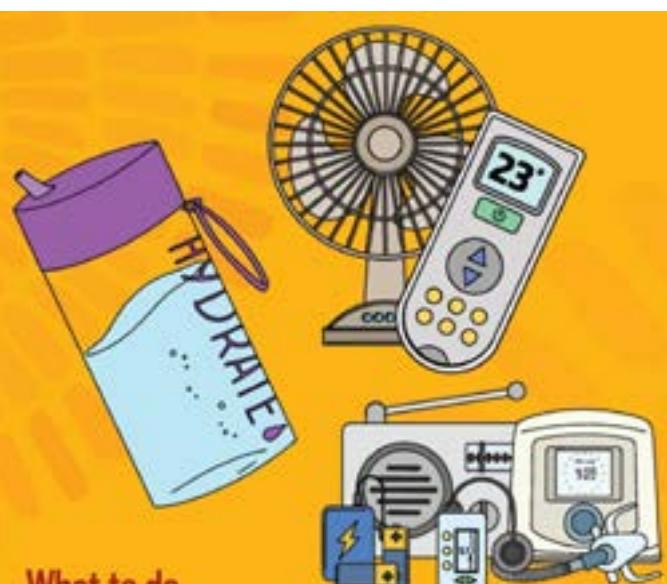
- Embrace Healthcare Solutions (*Established partnership*)
7 interactions
- Karratha Central Healthcare (*Ongoing partnership*)
15 interactions
- St John Ambulance
8 registered
- Medibank
1 registered
- Ombudsman
3 interactions

Health Promotion

Stay safe this Christmas. Look out for yourself, your Elders and your family. Be ready for the hot weather and know the signs of heat sickness, drink plenty of water and keep cool.

Heatwaves can affect everyone, especially:

- babies and children
- teenagers
- pregnant women
- Elders
- people with health conditions or on medication
- anyone exercising or working in the heat



What to do

- plan outdoor activities for the coolest parts of the day
- stock up on bottled water
- charge mobiles and have a battery radio ready
- check in on Elders and vulnerable mob
- make sure pets have shade and water
- test your air-con is working



READY FOR SUMMER?

Stay sun-safe and summer ready

USE SUNSCREEN:

Use Sunscreens and Lip screens with high SPF rating



HYDRATE:

Drink Plenty of Liquids and Stay Hydrated
Eat Light but Regular Meals

CLEANSE REGULARLY:

Clean your Hands and Face Frequently



PROTECT YOUR EYES:



Use Eye Protection when out in the Sun
Use Polarized and UV blocking sunglasses

WEAR PROTECTIVE CLOTHING:

Wear Loose Fitting & Light Colored Cloths
Use round Hat



AVOID PEAK SUN HOURS:

Stay in Cool and Shade
Keep Curtains Closed till Noon to Avoid Direct Heat



LOOK AFTER YOURSELF and OTHERS AROUND YOU THIS HOLIDAY SEASON

You are not alone — there are people ready to listen and help.

It's ok to reach out if you're struggling emotionally, feeling lonely, overwhelmed, anxious — especially during holidays. Share these numbers with friends, family, neighbours. Save them on your phone.

Small acts of connection can make a big difference — a call, a message, a check-in

24/7 Crisis & Support Helplines

Lifeline (Crisis support & suicide prevention)

13 11 14

Suicide Call Back Service (Counselling – suicidal thoughts or loss)

1300 659 467

Beyond Blue (Depression, anxiety, mental health support)

1300 22 4636

Kids Helpline (Support for children/young people 5–25 years)

1800 55 1800

13YARN (Crisis support for Aboriginal & Torres Strait Islander people)

13 92 76

Domestic violence / sexual assault / family support

1800 737 732

