



Participant Advisory Group



NEWSLETTER

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What is the Participant Advisory Group?

The PAG is a group of current and former Forrest Personnel Participants who provide authentic feedback and insights to help continuously improve our service delivery. Supported by leadership team members, PAG participants share perspectives on employment experiences, communication methods, and service strategies, while also advocating for all potential candidates. If you're interested in learning more or getting involved, contact Forrest Personnel at 1800 224 548.



Rowan's Tips to Reduce Stress at Christmas

Firstly, no one should have "expectations" of what **you** must do. If they do, it is their issue and not your job to fulfill their expectations.

Don't take on too much, share the workload. If you ask someone to help with something allow them to do it their way, don't micromanage.

It doesn't have to be perfect; life is not perfect! Allow the venue to be a "judgement free zone".

Don't turn present buying into a competition, most people do not remember who got them what, but they do remember who made them feel important.

Don't put pressure on others to do what you think they should do, and hopefully others will do the same in return.

Remember families get together to celebrate, it's not much of a celebration for the couple of people that are doing all the work. Look for ways you can contribute to taking stress off others by helping out. Look after each other.

The past can't be changed, the future is dependant on what we do with the present, so lets be mindful of how we unwrap the present and how we react.

It is described as the "Christmas Season", not everything has to be done on one day. If you are able to spread things out over a number of weeks you can enjoy the season without being overwhelmed or missing out on anything.

Relax and "Go with the Flow"

Modern Slavery and Human Trafficking

Emily Egerton-Warburton

Modern Slavery describes situations where a person's freedom is undermined. It's different forms include; domestic violence, forced labour, child labour, debt bondage, forced marriage, trafficking and servitude. Recently, the Criminal Code Act, 1995 (Cth) has been changed to include coercive control, which is '**a form of domestic abuse involving repeated patterns of abusive behaviours which may include physical, sexual, psychological, emotional or financial abuse.**'^[1] Preventing acts of coercive control is not just a case of re-education. Intergenerational trauma, which can lead to people repeating a pattern of coercive control, needs long term support.^[2] Western Australia is lagging behind the Eastern States in legislating against coercive control, preferring a re-education pathway, which has no immediate effect. NGOs, like Forrest Personnel, can listen to survivors who tell their story and by directing policy against kinds of abuse they discover on the frontline, NGOs can help decrease the *likelihood of repetition*.



Human Trafficking describes moving people for the purpose of exploiting them: an abusive phenomenon which increases in times of conflict and regional instability. It is not just a case of monitoring borders, although the Australian Federal Police already do this. Coercive control is part of the means by which a person could be trafficked.

[1] *The Joint Select Committee on Coercive Control*, NSW

[2] <https://jesshill.substack.com/p/rethinking-primary-prevention>

Emily is a current participant and PAG Member who is currently studying a Degree in Modern slavery and Human Trafficking

Ben's Simple Ice-Cream

Ben Shirt

Ingredients

500g of Frozen Fruit
170g Sugar
300mls Cream

Will need a Thermomix or high-speed blender

Step 1

Grind the sugar to a powder on high speed for 10 seconds.

Step 2

Add frozen fruit and puree for 30 seconds on high-speed scrape down sides and repeat until a smooth paste like texture.

Step 3

While on medium speed add the cream and blend for 10-20 seconds. Scrap down sides and do one last blend on medium speed for 10-20 seconds.

Step 4

Place in a container to freeze for at least 12 hours.



Comments

I love this simple Icecream recipe I have adapted from a Thermomix community recipe to make my own.

It is a healthier Ice-cream, and my wife found it didn't spike her sugars when she had gestational diabetes. At Christmas time I use it to make a Christmas Icecream Pudding.

I use different combinations of fruit, sugar alternatives and more recently plant-based cream as I found I am lactose intolerant.

Some of my favourite combinations are:

- Blueberries with maple syrup
- Stewed Apple with brown or coconut sugar and crushed Anzac biscuits or crumble folded in.
- Strawberries with brown or coconut sugar and a packet of crushed biscuits folded in.
- Cherries with brown or coconut sugar, roasted coconut and blended dark chocolate.



Meet New PAG Member - George

Originally from Margaret River, George has had a long career as a sandblaster, working his way across Western Australia, eventually settling in Kalgoorlie. But when the engineering company he had worked at for more than a decade made him redundant, George, who has epilepsy, struggled to find employment.

At the age of 61, George worked several odd jobs across the Goldfields, but when the work dried up and he was unable to find long-term employment he was left with few options. Because of his epilepsy, George was unable to work in the same industries he had years of experience in.

George found that although the Goldfields had a reputation for wealth, prosperity, and job opportunities, for people with disabilities that was not always the case.

After connecting with Forrest Personnel, we were able to place George with our Social Enterprise, Trolley Collecting for Woolworths, Kalgoorlie. Although this has been a huge change from his usual work, George has been able to maintain regular employment and has the supports around him to help him succeed.

George has now been in this role for over 4 years and has become an invaluable member of our

Kalgoorlie Trolley Collecting team. He is a great advocate for Forrest Personnel within the community and is also an active member of our Participant Advisory Group.





Join and Make a Difference

We are looking to expand our PAG numbers. We are keen to hear from participants and candidates who are interested in joining the PAG. This is your opportunity to bring your voice to the table and help us to improve.

Your insights can help us ensure we are getting it right! If you are interested in joining the Forrest Personnel PAG call us today!

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