

Change makers - working together to end violence



“ There is so much pain and trauma caused by violence and it will continue on through future generations if it isn’t stopped. ”

Thalep Ahmat – Support Worker, Men’s business and trainee counsellor, Helem Yumba at Rockhampton

When Thalep was made redundant from his role as a boiler maker, he decided to follow in his parents footsteps in the community sector. “I didn’t really know much about DFV work or the work of a support worker. I was inspired and excited by the holistic approach of Helem Yumba and I was keen to get involved, supporting families and communities.” Thalep is now undertaking a Diploma of Counselling and plans to study psychology to give him more scope in his work. “I get to support and advocate for people when they are down and out and empower them to strengthen their skills to create a happy life for them and their family.”

Thalep participated in the Knowledge Circle in Rockhampton and Virtual Knowledge Circles. “I have been involved in discussions with the view to encourage men and young people to consider working in this sector. I think it’s important to shift perspectives about men working in the community sector and therapeutic fields.” Thalep is keen to continue to be involved in actions that promote this work. “I want to provide my knowledge and insights to support recruitment of and engagement with men and young people in this sector.”

Driving change for Thalep is really important to enable people to make positive choices. “I want to support families to be together, extended like they used to be, living as a community free from poverty and violence. Driving change is key, working with one person to change their mindset and break the cycle changes the future for generations because the healing is passed on. It really makes me happy to work with others and contribute to changing the world.”

Thalep helps to sustain himself by ensuring that he is healthy mentally and physically and productive at work. “Having healthy routines, exercise, eating, checking on my day, being focussed, prepared and ready. It’s important to keep a strong mindset, to avoid secondary trauma. Keeping strong so I’m not vulnerable to other stories and can provide the best support. The wisdom, support and advice of my team is crucial.”

“If you love getting involved in community and making change it’s a really rewarding career.” Thalep said. “It’s very supportive work environment and the sector is supportive and positive as a whole, across services. It’s a great field to get into if you enjoy connecting, hearing stories, supporting people to make change in their life. It’s also a challenge but it’s worth it because it’s an opportunity to enable someone to change their life and be better.”



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