

MCCSA Community Voices

► SUMMER 2019



MCCSA Celebrates 45 Years of Service, 70 Years of Tradition

inside this issue

Intercultural Young
Leadership Camp

A Migrant's Story:
Mile Gostic

MCCSA
Men's Group

inside this issue

A MIGRANT'S STORY: P4
Mile Gostic

MCCSA Celebrates P6
45 Years of Service, 70
Years of Tradition

Multicultural Leaders P9
Network

Fathering Across P12
Cultures Launch

MCCSA Ethnic Radio - P15
Mental Health talk with
the Hon John Dawkins

Intercultural young P20
Leadership Camp

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UPCOMING MULTICULTURAL EVENTS



WHEN: 10 – 13 February 2020

WHERE: Western Sydney University – Parramatta City Campus

WEB: www.advancingcommunitycohesionconference.com.au

LEADING THE WORLD IN MEN'S HEALTH

menshealthgathering.org.au

13-15 May 2020
Rydges Hotel, Melbourne

Hosted by
 **AMHF**
AUSTRALIAN MEN'S HEALTH FORUM

WHEN: 13-15 May 2020 **WHERE:** Rydges Melbourne

WEBSITE: www..menshealthgathering.org.au



WHEN: 26 January 2020

WEBSITE: www.australiadaysa.com.au

FROM THE CEO

HELENA KYRIAZOPOULOS



2019 was yet another busy year for the MCCSA Team!

This year we celebrated 45 years of supporting South Australian ethnic communities with a formal event at Government House hosted by the Governor the Hon Hieu Van Le AC and Mrs Le. Then on the 29th September on the grounds of the world class Migration Museum we held a great party for our members and friends. This event was made even more special as many of our member organisations generously provided food and entertainment for the occasion.

Our programs continue to expand to meet our ever increasing community needs. Our facility at 113 Gilbert Street continues to support the many smaller ethnic groups with a home for them to undertake their community activities whether it is just for a one off meeting, social connections, language classes, ethnic schools or simply for a management committee meeting. Last financial year (2018 -2019) the MCCSA facility was utilised 1191 times by 64 different groups, this is outstanding! We seriously are in need of additional space!

This year we commenced our MCCSA radio program at 5EBI. Once a month we provide an overview of MCCSA programs or cover topics of community interest. We are thrilled by the community response and also proud to be supporting local community radio.

Earlier this month we celebrated 25 years of Women's Suffrage by taking two groups of women MCCSA members to visit and tour Parliament House. Thank you to both the Assistant Minister to the Premier, the Hon Jing Lee MLC and the Hon Irene Pnevmatikos MLC for individually hosting a group. The women thoroughly enjoyed the opportunity and appreciated hearing from our strong women leaders how South Australian women played such an important role in the history of women gaining the vote and also in the ability to stand for Parliament. Thank you to all our strong women from all backgrounds for the work you have done to advance the voice of women.

As part of International Women's Day events next year the MCCSA will again run the Quiet Achievers Awards. I encourage you to look deeply into your membership and nominate women who have made a difference in their communities but have done so quietly never seeking recognition. MCCSA members will receive this information soon.

Last month the MCCSA held its AGM at the Greek Orthodox Community of SA (GOCSA), over 150 people attended the function. Thank you GOCSA for your hospitality (philoxenia) it was an exceptional evening. A copy of the Annual Report may be viewed on our webpages. At the AGM three exceptional volunteers were recognised for their contribution to

the work of the MCCSA, Ms Abby Lui, Monika Stein and Hana Ali. Our volunteers continue to be the lifeline of our organisation, thank you to each and everyone one of them. We are always in need of people who would like to join our volunteer base particularly our Community Visitor Program. As a volunteer of this program you will support older people from a similar cultural background, language and interests as yourself living in residential aged care or at home. If you know of someone who would be interested in volunteering or who might benefit from a volunteer please call the CVS team at the MCCSA.

The ABC Chair, Ita Buttrose recently stated that "the ABC needed to look and sound like modern Australia" she wanted to improve ethnic diversity not only where we are able to see and hear them but also on Boards. Congratulations Ita, this has been a long time coming and a big step for one of our leading television stations. We look forward to the new look ABC joining the ranks of our progressive SBS!

As we sign off for 2019 I would like to take this opportunity to thank all our members, communities and stakeholders for supporting us this year and the MCCSA team looks forward to working with you next year.

Season's Greetings and a Happy New Year from MCCSA.

Helena

A Migrant's Story: Mile Gostic

By Kim Tran

Australia is home to many migrants of different cultures and nationalities. In 2018, the Australian Bureau of Statistics found that every country in the world is represented in terms of our overseas born population. This therefore includes migrants of Serbian heritage who arrived in Australia following various waves of migration since World War II. For this edition of Community Voices, we had a conversation with Michael Gostic, a member of the Serbian community in Adelaide who has a unique and inspirational migrant story to share with our readers

Michael first arrived in Australia on the 7th of October in 1975 when he was 31 years of age. This however, was not his first experience with migration as he had previously fled from Communist Yugoslavia in 1963 to go to England.

After living in England for some time though, life had become difficult for Michael's young family which consisted of his wife and four-year-old son. One day, when they were in London, they encountered what they later discovered to be a

couple of recruiters who encouraged people to move to Australia. These recruiters highlighted how easy it was to find work and housing in Australia compared to England and how there were generally better opportunities for young people in Australia.



Subsequently, after chatting with these recruiters, Michael and his family decided to sell their house and all that they had in England and migrate to Australia. Thus, like many other migrants, Michael came to Australia in order to seek a better life for his family.

Michael did not experience too many difficulties in terms of settling into Australia because he had already learnt English while living in England and had a skilled trade which enabled him to quickly find work in Australia as a tool room machinist. Similarly, his wife, who knew how to speak English found a job in the textile industry within a week of arriving in Australia. That said, Michael's family did experience some hardship when they first arrived in Adelaide as they were initially housed in a migrant Hostel, which at that time largely housed refugees from Asian countries such as East Timor, Papua New Guinea, China, Vietnam and Cambodia. He recalls his time in the migrant Hostel as being a difficult experience as his family was only allocated two rooms and they had to go outside in order to access toilet facilities. After living in the migrant Hostel for nine months, Michael's family then moved into a flat belonging to a friend for 18 months before they bought land in Gilles Plains to build a house of their own in 1978. Michael's family resided in this home for ten years before relocating to Grange. In this time, his family expanded as he and his wife had two more children, a son and a daughter. This period was also significant as it represented a change in Michael's career. When Michael first came to Adelaide, he had originally worked as a tool room machinist. However, after spotting an ad in the newspaper seeking

Serbian and Croatian translators in 1976, Michael decided to test out a potential career change. He then began working as a translator after his shifts at the factory. Since he earned more money by helping non-English speaking migrants from the former Yugoslavia, Michael eventually resigned from his job as a tool room machinist to become a full-time translator in 1978. Following this, Michael passed the relevant tests required to become a professional interpreter in 1984 and later received a Bachelor's degree in social science. After gaining these qualifications and further work experience, Michael has been involved in various professional roles. He has worked as an examiner to test would-be interpreters, a Centrelink interpreter, a court interpreter, a Premier's adviser on ethnic affairs and a social worker. Of the different jobs that he has had, his favourite job was as a court interpreter because he was able to encounter a wide variety of issues and interesting cases. Consequently, after working as a court interpreter for eight years and undertaking other jobs, he returned to this job in 1988 and remained in this role until he retired in 2015.

Outside of his various professional roles, Michael has been an active member of the Serbian community in Adelaide. He is greatly involved in the Serbian church community and has acted as the secretary of a Serbian soccer club. Furthermore, after mixing with politicians through his work, he would often invite Ministers and Premiers to Serbian community functions because he believed that it was essential for his community to be open to different viewpoints in the wider Australian community.

Subsequently, while Michael and family arrived in Australia with very little, they have since achieved great success and are active contributors to the Australian community. Now all adults, Michael's children have different jobs and children of their own. At present, Michael has six grandchildren. And even though he has visited various countries since migrating in 1975, he still maintains that Australia is the best place in the world.

When asked about what multiculturalism means to him, Michael replied by describing multiculturalism as, "acceptance of other nationalities and religions in the community, co-operation and [showing] respect to other communities and their values". Michael therefore believes that South Australia is a multicultural society as through his professional roles and role as active member of the Serbian community in Adelaide, he has witnessed a great exchange of ideas between people of different cultural backgrounds, which in his opinion, has led to harmony.

Michael's parting message for our readers is "to continue the good job that we have done so far". That said, he notes that we should be wary of those who are intolerant of others and their beliefs. In addition to greater government action, he believes that further community involvement is required to solve this issue.

MCCSA would like to thank Michael for sharing his story and insights and wish him all the best in the New Year.

Kim Tran started at MCCSA on a student placement from Adelaide Uni and is now a MCCSA volunteer.

MCCSA Celebrates 45 Years of Service, 70 Years of Tradition

MCCSA celebrated their 45 years of service to CALD communities at the Migration Museum on Sunday 29th h of September 2019.

Themed '45 Years Strong and 70 years of Tradition' the event was attended by the Hon Jing lee, Assisting Minister to the Premier and the Hon Irene Pnevmatikos MLC representing the Leader of the Opposition, community leaders and a host of executives from service provider organizations.

In her remarks the Hon Jing Lee commended the MCCSA for their continuing support to South Australia's multicultural community over all these years and acknowledges the important role volunteers have played during this time in strengthening our CALD communities.

MCCSA Vice chairperson and Board Member Ian Harmstorf shared a brief history of the formation of the MCCSA which dates back to the establishment of the Good Neighbor Council (GNC) in 1949. Ian said due

to the increasing number of people migrating to Australia in the late forties and their changing needs it was considered that a new approach was necessary. This he said led to the formation of the Ethnic Communities Council (ECC) of South Australia and in 1974. "Five years later the United Ethnic Communities of South Australia was established and this duopoly was to continue until August 1995 when the merger of these two Councils led to the formation of the Multicultural Communities Council of South Australia as we know it today" said Ian.





A Certificate congratulating the MCCSA on behalf of the Hon Steven Marshall MP, Premier of South Australia was presented to the MCCSA by The Hon Jing Lee. The certificate thanks MCCSA board and staff for their support and advocacy for all people from culturally and linguistically diverse background.

Helena Kyriazopoulos, CEO of MCCSA said it was a big day for MCCSA to celebrate with community and acknowledged all the hard work of our past leaders who have contributed immensely to a successful multicultural nation over the past decades of our history.

Approximately 200 people comprising community leaders, government representatives and service providers were in attendance.



MCCSA Men's Group talking about Mental Health

Kin Takayidza, NDF Inc. Public Officer

The Nokutenda Disability Foundation Inc organisation appreciated the opportunity to participate in the Multicultural Men's Group Mental Health Week 2019 discussion forum at the MCCSA 113 Gilbert Street hub on Wednesday 16 October, 2019.

It was an honour to be part of this process from an organisation standpoint but also from the presenter perspective.

The event was reflective of Mental Health Awareness Month, a week after World Mental Health Day celebrations. The atmosphere was set in a communal hall with a sitting arrangement which was business-like, focused on presenters, but encouraged good eye contact and interaction.

The topics were mental health-specific and were delivered in a

way that touched on the holistic approach which emphasises that all aspects of health are interrelated and interdependent. Acknowledgements were explored in conversations around the importance of looking after the good mechanics of the physical body.

Guest speakers for the event were Kinmarshal Takayidza from the Nokutenda Foundation and Nasir Hussain from Pakistani Australian Connections of SA.

Presenters of the day were I and Nasir Hussain from Pakistani Australian Connections of SA. We talked about links around the ability to think clearly and validation of emotions fear, joy, grief, and anger (appropriately), opposite stress, tension, depression, anxiety and suicide. The presentations and sessions were interactive enough and allowed attendees to share their story in their own words regarding their backgrounds and they felt safe enough because of the honesty which was shared by everyone in the room.

The aim of the talks, was to;

- » Help raise awareness about mental health
- » Address stigma associated with mental health
- » Normalize the conversation around mental health.

It seemed like the attendees were appreciative of a forum where they could listen to other men on any subject matter and which on this day, were issues regarding good mental health. We ended up with a YouTube video clip challenging stigma and labelling.

During the evening after the presentations some attendees shared their personal stories as they had become more comfortable and felt that the space was confidential and non-judgmental. There was a sense of camaraderie despite their multicultural backgrounds.

It was refreshing and encouraging for a good start and I would encourage other men to attend this group.



Multicultural Leaders Network

As a participant in the recently concluded MCCSA's Multicultural Leaders Network and President of the Fiji Senior Citizens Association of South Australia Inc, it gives me great pleasure to write a few words regarding this very worthwhile forum of Multicultural Leaders. These sessions under the guidance of MCCSA staff, with leaders from CALD groups who are already established and emerging new organisations helps to boost confidence, capability and resilience.

It was great sharing our experiences in this new country under one hub. The avenues, guidance, networking and information we acquired during these workshops are paramount for newcomers as is for established ones alike.

As migrants we are here either by choice, displaced citizens due to coup, war, and refugees or otherwise from our motherland in the hope of a better life for us and our future generations. Everyone has a story or experience to share. For us to adapt in this western world, flourish with our aspirations, a feeling of belonging and confidence, we need to acquire new skills, knowledge, an Australian way of life socially, economically and culturally.

I urge experienced multicultural leaders to participate and share their acquired knowledge with emerging community leaders and make use of the opportunities provided through the support, guidance and advocacy of the MCCSA.

Thank you MCCSA and your talented team for the wonderful job you are doing for us migrants.

Kishor Chand – President

Fiji Senior Citizens Association of South Australia Inc.



MCCSA Multicultural Women's Forum

Manju Khadka - Nepalese Community

As a member of the emerging multicultural community, it is my great pleasure to be a part of MCCSA's Multicultural Women's Group. Thank you for the opportunity to become connected with wonderful women from different parts of the globe.

It was really interesting to engage in discussions around women's issues and realize our common ground despite the cultural differences. I take it as an opportunity to engage with our diverse local community and develop support networks which is very essential to thrive in our new home away from the motherland.

The Nepalese community is active and rapidly growing in South Australia. There are lots of talented women who remain invisible behind their struggle of fitting into the new environment.

Forums like this are important in order to bring women to the lead, make their voices heard, instill confidence in them and make them realise the value they add to society.

I look forward to working together with fellow women and extending mutual support to create platforms for women where cultural differences are celebrated.

MCCSA has been doing a commendable job in empowering multicultural communities in their new home and building a harmonious society. I believe this forum will create opportunities to generate more impact in empowering women, providing them with the opportunity to grow and flourish.



Persian Cultural Association of SA - Silk Road (Caravanserai concert) Adam

By Adam Beik, Persian Cultural Association of SA

The Silk Road was a network of trade routes which connected the East and West, and was central to the economic, cultural, political, and religious interactions between these regions from the 2nd century BCE to the 18th century. There have been a large number of Caravanserais (resting place) along the actual Silk Road where people met and exchanged goods, cultures, foods, science, religion and technology.

The human movement, resettlement and migration history of the Silk Road has quite a lot in common with what we see in Australia nowadays. Everyone has a different reason for travelling to Australia and now this country has become the biggest and long term Caravanserai where people build their future and share knowledge. A journey with many strands connecting the diverse and sometimes ancient cultures that stretch from East Asia across the continent to Europe.

On 19 Oct 2019, the Persian Cultural Association of SA proudly presented Silk Road - Caravanserai concert as its contribution to the 2019 OzAsia Festival and brought together over 60 artists with heritage from over 20 ethnicities and cultures

to demonstrate the transformation of art and culture from East to West through a romantic musical journey along the Old Silk Road.

Featuring special guest artists alongside the best South Australian world music performers, Silk Road Caravanserai showcases talented artists from many of the new communities that now call South Australia home. From Arabic music ensembles of the Levant to Cossack dances from the Steppes or Oriental Harps, this concert will delight and fascinate as we journey together through time and cultures.

Over 1300 participants absolutely enjoyed the Silk Road-Caravanserai concert presented at Adelaide's foremost venue, the Festival Theatre - Adelaide Festival Centre.

Travel overseas and pursue your passion

Have you ever wanted to travel overseas to investigate something you're passionate about? To learn more about an issue that matters to you, and bring your newfound knowledge back to Australia?

Churchill Fellowships give Australians the opportunity to do just that. You can travel overseas and investigate a topic of your choice, then travel back to Australia and share what you discovered. The Fellowships are for anyone who has exhausted alternatives in Australia, and would like to travel overseas to spark new ideas, innovation and excellence.

Churchill Fellowships are a prestigious opportunity held in high regard. Recipients of the Fellowships receive funding for an international project of 4-8 weeks, covering airfares, accommodation and living expenses to support their research.

Churchill Fellows are making a difference every day in all aspects of Australian life, across an incredibly broad and diverse range of issues such as agriculture, health, arts and music, building and architecture, business, sport, science and more. There is no limit to the subject of proposed projects, so long as there will be a benefit to Australia and a willingness to share the knowledge gained.

Applications will be open from 1 February – 30 April 2020, for successful applicants to travel between February 2021 and January 2022. Fellowships are open to Australian citizens of all ages, in all industries and community sectors.

An information session will be held in Adelaide in partnership with Multicultural Communities Council of South Australia on 18 February 2020.

Visit churchilltrust.com.au/events for further details and to register for the information session.



Fathering Across Cultures Launch

Nasir Hussain

The “Fathering across Cultures” information session was held on 18/11/2019.

The session was useful and informative, engaging fathers and expectant fathers from multicultural backgrounds.

Becoming a father brings additional stresses; particularly increasing financial expenses, especially for new migrants who may not be entitled to Medicare benefits or a secure income. For many in the multicultural sector, lack of family and social support can be a major disadvantage. Many lack knowledge and understanding of the culturally appropriate support and services available, or how to navigate through them. This session was the launch to delivering that information.

Introduced during the session was a very useful and practical App “app.fatheringcrosscultures.org.au”, full of appropriate information.

Why is Fathering important?

“I cannot think of any need in childhood as strong as the need for a father’s time, care and protection”, Sigmund Freud

The first 5 years of a child’s life are fundamentally important as their brain develops more and faster than at any other time in their life. Furthermore, positive or negative interactions and experiences have effects on their brain’s organizational development and functioning throughout life. These have a direct impact on how children develop learning skills, behaviour management, and social and emotional abilities.

A number of studies have shown that involvement of a father or a positive male role model has profound effects on children.

Father-child interaction promotes a child’s physical well-being, perceptual ability and competency for relating with others, and emotional intelligence. Furthermore, these children demonstrate a greater ability to take initiative, and evidence of self-control and a high degree of resilience.

Research of fathers across cultures since 1990, suggests that the cultures where fathers are actively involved in their children’s physical and academic activities, have more gender equality and positive role models.

No matter how great a mother is, she cannot replace what a father provides to a child. Children need a balance of protection and reasonable risk-taking. If a positive male role model isn’t around, there is a void in this child’s life.



Research has shown that children without positive male role models are more likely to be involved in criminal activity, premarital sexual activity, do poorer in school and participate in unhealthy activities.

Even in homes where the father is present, research shows that the average father spends less than 10 minutes a day one-on-one with his child. In our society, emotional and spiritual fatherlessness is becoming the norm. Many of today's fathers did not have positive role models to show them how to be a father, so they are not there to show their children what it means to be a father.

Your child's most important relationship is with you. The father's role in a child's life is lifelong learning as children learn from what is shown by their fathers through various interactions. A hard-working father teaches his children pride, integrity, honesty and self-respect. A child could witness the importance of wise choices and good decisions.

Studies show that children, whose fathers took an interest in their education, were more likely to get better exam results. These children showed a higher level of progress at school and have higher educational expectations and these children had a more positive attitude towards life and were better behaved.

Slavery-like practices in South Australia

Dr Marinella Marmo, Associate Professor in Criminology, College of Business, Government & Law

Modern slavery is more than being underpaid or mistreated, it is the inability to 'walk away' and yet there is no cage or chain.

This is the condition of a number of people, mainly temporary visa holders, in South Australia. The 'Slavery Report' published in November 2019 provides evidence that in South Australia people have been subjected to different forms of slavery and slavery-like practices such as forced marriage, forced labour, and domestic, labour and sexual servitude in intimate partner violence cases linked to partner visas.

Forced marriage is a marriage lacking the free and full consent of at least one of the parties. Often (but not only) it starts as an arranged marriage. Yet, the consent of the bride and/or the groom needs to be given in a condition of liberty and cannot be linked to tradition, honour or any other external element that can 'force' the hand of the groom or the bride. Underage marriage is without consent in all cases in Australia – there is no exception. In many cases encountered in South Australia either the woman is forced to go overseas to get married against her will or the groom comes from overseas to marry her.

The domestic, labour and sexual servitude of partner visa holders in intimate partner violence cases is defined as the exploitation of people who believe they entered into a legitimate marriage but, once they have migrated to Australia or their spouse has reached them in Australia, they find themselves coerced or forced into domestic, commercial and/or sexual service. Many of the cases observed in South Australia relate to women forced to work at home or in a family business without adequate payment to her and/or without liberty of movement or other type of liberty (freedom of thought, freedom of expression, right not to be forced to have sex, to mention a few).

Forced labour is a severe form of underpayment linked to deceptive recruitment and/or coercive labour practices. In these cases, the worker's free and informed consent is severely undermined. In South Australia, many cases have been found fitting the 'forced labour' description, especially in hospitality, cleaning and agricultural industries.

The practices described above are gross violations of human rights as they reduce a person to a commodity to be exploited. These practices are criminalised in the Commonwealth Criminal Code 1995 (divisions 270 and 271) and heavy penalties apply.

Mapping Social Cohesion - The Scanlon Foundation

A dozen years of data - Researching attitudes to multiculturalism in Australia

Tracking 12 years of Australia's largest and longest-running national study on social cohesion, immigration and population issues.

MCCSA would like to advise our readers to visit the Scanlon Foundation website for detailed information from the findings of the 2019 national Mapping Social Cohesion survey.

Commissioned by the Scanlon Foundation Research Institute, this year's survey marks the twelfth in this series. Its findings build on the knowledge gained through the eleven earlier surveys (2007, 2009-2018) which provide, for the first time in Australia, consistent annual tracking of public opinion on social cohesion, immigration and population issues.

In 2019, in addition to the regular interviewer administered telephone survey, the full questionnaire was also administered on the probability-based Life in Australia™ (LinA) panel. To our knowledge, it is the first major survey on social cohesion that has been conducted simultaneously in interviewer administered and self-administered modes.

This microsite presents highlights of the 2019 survey results. For a closer look at all of the findings, you can download the full report here.

Board of Imams Victoria and Australian Multicultural foundation launched "An Introductory Resource Manual: Islam and Living in Australia"

The Board of Imams Victoria with the support of the Australian Multicultural Foundation is

very pleased to have launched a resource titled "An Introductory Resource Manual: Islam and Living in Australia".

The resource was developed after the Board of Imams of Victoria recognised the need to

produce endorsed responses and talking points for religious leaders to specific topics which

can often be misrepresented or misinterpreted. The 12-page manual will also be a useful

reference for media organisations to assist in appropriate reporting on the Islamic community

and its beliefs.

Dr Bekim Hasani, the Imam of the Albanian Mosque in Carlton said: "This resource is extremely important as an official source from local Australian Imams that live here and understand the lifestyle. God-willing, this is one of many initiatives that will help Muslims and non-Muslims gain a better understanding of Islam from reliable sources".

The resource is a concise summary of Islam's perspective on several important topics such as:

- What is the real meaning of Islam?
- Islam and Family
- Islam and Violence
- Islam and Multicultural Societies
- Islam and Volunteering
- Prayer and Worship in Public Spaces

Executive Director, Dr B. Hass Dellal AO, said: "The development of this resource is not only important to break down barriers and misconceptions but also for young Australian Muslims to gain better understanding on the teachings of Islam from a scholarly source rather than an unknown and unreliable internet source".

Content of the resource was developed and endorsed by all members of the Board of Imams Victoria. This will be an ongoing piece of work with further topics being added to the resource as identified.

The resource is available for downloading on the Board of Imams Victoria website <http://www.boiv.org.au/>.

For any further enquiries, please contact the Australian Multicultural Foundation on 0419370507.





Community Voices at 5Ebi Radio - Mental Health talk with the Hon John Dawkins

On Wednesday, 16 October 2019, in my role as the Premier's Advocate for Suicide Prevention, I was delighted to join Helena Kyriazopoulos, Sidique Bah and Megs Lamb on the Multicultural Communities Council SA (MCCSA) Mental Health Program on Radio 5EBI 103.1.

The conversation addressed a variety of interesting topics including how the definition of suicide and suicide prevention differs culturally. We also took the opportunity to discuss the latest Australian Bureau of Statistics (ABS) data.

The ABS data on suicide for 2018 was released in September 2019. The figures show a reduction in the total suicide rate for South Australia, down from 12.8 per 100,000 people in 2017 to 12.0 per 100,000 in 2018. The data represents a decrease of 6.3%, which positions South Australia

below the national total suicide rate. While these figures are encouraging, they continue to emphasise a need for improvement.

It is also important to remember that each of these numbers represents an individual life lost a life which was valued and will be missed.

I greatly appreciate the support of MCCSA in facilitating these important conversations and for inviting me to participate. Community radio is a media platform that promotes unique discussions and local voices, and I am proud to support and contribute to it when given the opportunity.

For further information please contact my office via Dawkins. Office@parliament.sa.gov.au or 8237 9118

Lifeline (available 24/7)

P: 13 11 14

E: www.lifeline.org.au/gethelp

NDIS access and participation issues for CALD communities

UnitingSA's Ethnic Link Services have recently completed a project aimed at raising awareness about the NDIS amongst South Australia's multicultural communities and those from CALD backgrounds living with a disability. Entitled Pathways to Multicultural Access and Participation and funded by the NDIA, this project collaborated closely with NDIS Local Area Coordinator Partners, the Multicultural Communities Council of SA (MCCSA) and KDG Partnerships in undertaking the following:

- the design and implementation of a multifaceted and multilingual communications campaign on the NDIS
- the establishment of a CALD Consumer and Carer Leaders Group
- 22 multicultural and language specific information forums on the NDIS conducted in partnership with CALD community organisations through the MCCSA
- hosting a professional symposium for providers and key stakeholders
- the development of a Connect and Navigate Model for service providers, co-designed with the CALD Consumer and Carer Leaders Group

The project Evaluation Report and Connect & Navigate Model can be accessed via UnitingSA's website – <https://unitingsa.com.au/about-us/publications/>

For more information about the project and/or reports, contact Maria Eliadis at KDG Partnerships on (mob) 0433 338 960 or Tina Karanastasis at Ethnic Link Services on (08) 8241 0201.

ABC Chair call for Ethnic diversity in Media

MCCSA applauds the comments attributed to ABC Chair Ita Buttrose in the Australian newspaper Tuesday 10 December 2019.

According to the article in October ABC Chair Ita Buttrose said she wanted to improve ethnic diversity. "Much of the media is white and we are not all white," she told ABC radio. "Let's look at diversity. Do we have enough Asian representation? Should we have some Asians on the board? Do we have enough Middle Eastern representation? Should we have Middle Eastern representation on the board? Many Australian are not represented well enough and it's about time we change that."

As the peak multicultural in South Australia organisation that strongly advocates for cultural and linguistically diverse (CALD) communities we commend Ita for her call to improve ethnic diversity in our media landscape.

Kick-Start

Multicultural Communities Council of SA Inc. (MCCSA) is running a 3 year project to help parents and carers access the information they need for a successful start for their preschool children (0-5 years).

Financed by the Federal Government's Department of Social Services, this education and awareness raising project helps parents and carers with limited English participate in a series of sessions on a range of topics of their interest in bringing up a child speaking two languages, children's health and safety, activities for children and socialisation, the Australian Education System (kindergarten and primary school), brain development and parenting and also help them understand the available financial assistance.

In term 4, 2019 we delivered the Kick-Start program to Farsi speaking

families in our Gilbert St Community Hub. Outlined below is some of the feedback from our Farsi speaking sessions.

"The program is very informative and useful, especially for new migrants and first time parents. It is highly recommended to have the benefit of this program for family".

"I'd really appreciate the efforts you have made to run this most useful program. It was really useful for me as a migrant mom".

"I think this program is very helpful for me, I came here 4 months ago, and I am not very familiar with the Australian system. Now I can check it myself".

In 2020, we will be delivering the Kick-Start program to Hazara, Spanish, Japanese and Khmer speaking families.

If you would like to know more about the program and your language group, contact Lena on 8213 4606 or 046 051 6684 or email Lena. Gasparyan@mccsa.org.au





125th Anniversary of Women's Rights

December 2019 marked the 125th Anniversary of the passing of landmark legislation in South Australia that enabled women to vote in elections and stand as a Member of Parliament. This legislation was the first of its kind in Australia.

To mark this very special occasion, over 50 MCCA-associated women community leaders were invited to a reception and tour at Parliament House with the Hon Jing Lee, Assistant Minister to the Premier and the Hon Irene Pnevmatikos MLC. The women represented a broad range of cultural backgrounds, including Italy, Egypt, Sierra Leone, Nepal, Vietnam, Chile, Syria, China, Russia, Poland, Somalia, Iran, Philippines, Armenia and Cambodia.

During the reception, attendees were encouraged to connect to other women, learn about the South Australian Parliament and share information about their organisations. Attendees also heard a short presentation on the 'History of Women's Suffrage and Emancipation' by Phoebe Yates, an Adelaide University student on placement at MCCA.

MCCA is grateful to the Assistant Minister to the Premier the Hon Jing Lee MLC and the Hon Irene Pnevmatikos MLC for kindly making these opportunities available to us.

NBN information Sessions 2020

Get organised for 2020 and book in a free nbn™ information session for your community group:

- » Got questions about the nbn™ network?
- » Is your house ready to connect?
- » Do I still need to switch even if I only use a landline phone?
- » Have you received a phone call from a scammer impersonating nbn saying you're going to be disconnected?
- » Let's discuss the evolution from the humble house to the "Connected Smart Home" of the future.

Don't miss the opportunity to chat with an nbn local representative and find out all about the nbn™, learn important information before you switch, how to protect yourselves from scams and discuss the "smart" devices that you can connect to your service to make your life easier and fun. Make a booking with Community Ambassador Cassandra by emailing: localsa@nbnco.com.au

Free nbn™ network information session



FREE access to digital magazines and newspapers in many languages

Thanks to SA's public libraries, you now have FREE access to digital magazines and newspapers in the following languages:

Afrikaans, Albanian, Arabic, Belarusian, Bosnian, Bulgarian, Burmese, Catalan, Cebuano, Chinese (Simplified), Chinese (Traditional), Croatian, Czech, Danish, Dutch, English, Finnish, French, German, Greek, Hebrew, Hindi, Hungarian, Icelandic, Ilocano, Indonesian, Italian, Japanese, Kannada, Kazakh, Korean, Kven, Lithuanian, Malay, Malayalam, Marathi, Nepali, Northern Sami, Norwegian, Odia, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Serbian, Sinhala, Slovak, Slovenian, Spanish, Swahili, Swedish, Tagalog, Tamil, Thai, Turkish, Ukrainian, Urdu, Uzbek, Vietnamese, Xhosa, Yiddish, Zulu.

You can see the full range of publications at:

www.pressreader.com/catalog

HOW TO ACCESS:

Step 1: If you are not yet a library member, you can join online at: www.libraries.sa.gov.au/join

Step 2: Follow the steps of the 'Getting started' guide available at www.libraries.sa.gov.au/digitalmags

For more advanced features (e.g. being emailed when new editions of your favourite publication are available), visit the PressReader help section.

For any assistance with access, please contact your local public library.

Showcase your place in South Australia's history

South Australia's History Festival is an annual state-wide event exploring South Australia's history.

One of the state's largest community events, the History Festival promotes our historical collections, places and stories through hundreds of events ranging from talks to tours – walks to workshops and exhibitions to special events. The History Festival happens throughout May each year and any group or organisation can take part by presenting an event. The 2020 festival theme is 'change', and event organisers are invited to explore this idea in their events.

South Australia's History Festival is your opportunity to share your community's history with the public. In 2020, the Multicultural Communities Council of SA (MCCSA) is partnering with the History Trust of South Australia to help MCCSA member organisations get involved in the History Festival.

As part of the partnership, we are offering four MCCSA member organisations a free event registration. If you have a great idea for an event, contact MCCSA to discuss your plans.

For more information about taking part, visit the History Festival website: www.historyfestival.sa.gov.au

The Migration Museum is keen to host community events during the History Festival. The museum has a multipurpose space (the chapel) which seats between 25 and 40 people and is great for events including talks, workshops, concerts and even cooking demonstrations (it includes a small kitchen). The courtyard is a great venue for outdoor events. The museum is happy to support groups with free use of these spaces, but you'll need to make sure you meet with museum staff to discuss the proposed event and potential dates before you get too far with your planning. Please contact Suzanne Redman on 8207 7570 or sredman@history.sa.gov.au.

SOUTH AUSTRALIA'S
**HISTORY
FESTIVAL**

MAY 2020



#SAHISTORYFEST



Tell your story.
Find out more and complete the
survey at ourturntospeak.com.au.

Our Turn to Speak is a national survey that seeks to understand the life experiences of people living with severe and complex mental health issues.

In order to advocate for better support for everyone affected by complex mental health issues and to improve social outcomes, SANE Australia's Anne Deveson Research Centre (ADRC), in partnership with the Melbourne School of Psychological Sciences (MSPS) at the University of Melbourne, is seeking respondents who reflect Australia's diverse population.

SANE's ultimate goal is to make a real difference in the lives of people affected by complex mental health issues through support, research and advocacy.

We want to understand people's experiences across a broad range of areas ("life domains"), including:

- » housing
- » employment
- » education
- » healthcare
- » mental healthcare
- » finance and insurance
- » public spaces and recreation
- » mass media
- » social media
- » relationships
- » welfare and social services
- » community groups
- » justice and legal services
- » religious and faith practices

We are also interested to know if participants think their life experiences may also have been impacted by other factors, including their racial or cultural background, faith or spiritual beliefs, sexual orientation, gender identity, and physical health or ability.

More than 690,000 people living in Australia are affected by complex mental health issues.

Our Turn to Speak will explore if and how these issues impact the many and varied aspects of participants' lives. The survey findings will then be used to inform SANE's future advocacy efforts, as we work towards improved social outcomes and support for all Australian residents affected by these issues.

All responses will be kept confidential, and participants may be offered a \$25 electronic gift card as reimbursement for their time upon closure of the survey (first half 2020). Only one gift card is available per participant. SANE reserves the right to withhold reimbursement if we believe an individual has taken the survey more than once.

If you are aged 18 and over and have been living with complex mental health issues in the last 12 months, you can find out more or complete the survey online at ourturntospeak.com.au, or make a time to complete the survey via a telephone interview, between 9am–8pm (AEDT) Monday–Friday, on 1800 998 983.

Intercultural Young Leadership Camp

Abdul.A.Qyat

On Tuesday the first of October 2019 I attended the intercultural young Leadership Camp. This camp lasted from 10 am- 3pm for 3 days, and I can safely say that it was one of the best experiences I've had in a long time. However, I do kind of have one single regret... it only lasted three days. During this camp I got to meet a lot of amazing people that I didn't know before. I made a bunch of new friends and made connections with very important people. I also got to learn more about myself. I learnt things and matured greatly during this camp. However, that's enough beating around the bush. On the first day of the camp we got to meet each other and got to know one another. We also played a few personality games. These personality games were

great fun to play. We got to learn our own personality plus the personality of everyone else in the room. We also got to meet some lovely people who work at Sonder. Sonder was willing to help us with our employment struggles which I'm sure everyone has gone through from time to time.

On the Second day we got to talk to UNI SA about diplomas and transitional courses for people who might not have gotten the ATAR that they wanted. This was designed so that they could take these courses (bridge courses) and eventually transition into UNI. We also got to meet a local rapper in the area called Dyspora. Dyspora and his crew rap about multiculturalism. They attempt to spread this concept through

their music. It was an honor to talk and discuss things with people and companies like Sonder, UNISA, and Dyspora.

On the third and final day I got to meet someone who works for a State politician. All of the previous people talked about their personal history and stories and how they achieved success or are trying to achieve it. All of it was inspiring to hear. However, when this man spoke it truly interested me. In fact I became so interested in what I could do via politics because of this man. I wanted to make a positive change to our world, and through the MCCSA I have gotten the connections and the will to try and make the world a better place.



Limestone Coast Multicultural Soccer Carnival - Naracoorte

The Multicultural Communities Council of SA has participated as an event partner in the Limestone Coast Multicultural Soccer Carnival held at the Naracoorte District Sports Centre on Saturday the 9th of November 2019

Teams from across the Limestone Coast, Wimmera Mallee and Grampians went head-to-head in the 7-a-side round robin 'All Nations Cup'. Victorian Soccer player and Human Rights Advocate Hakeem Al-Araibi was the star attraction of the event as he entertained the crowd with his skills and helped inspire young people.

MCCSA CEO Helena Kyriazopoulos and Youth Development Officer Ukash Ahmed travelled to Naracoorte to help run the sessions together with Naracoorte Lucindale Council who were the organizers of this huge event.

The Multicultural soccer Carnival was sponsored by the Department of Home Affairs through the Fostering Integration Grants. MCCSA is committed to supporting similar initiatives in the region. Sport can be used as a powerful tool to enhance community cohesion and foster meaning full connections between new migrant communities and mainstream communities in the region since it creates common ground.



Graduate Certificate in Consumer and Community Engagement

Wednesday 11 & Thursday AND
Wednesday 25 & Thursday 26
March 2020

Level 3, 12 Pirie Street Adelaide

The Graduate Certificate in Consumer and Community Engagement is delivered as a four day face-to-face program. This is a unique opportunity, successfully complete your assessments and at the end of the four days your will have a Graduate Certificate!

Developed by Health Issues Centre, the course is delivered by Health Consumers Alliance of SA, in partnership with Health Issues Centre and its RTO partner, The Benchmark Group. Health Issues Centre has more than 30 years expertise in working towards an equitable health system shaped around the needs and interests of consumers, carers and community members. Its core business is encouraging and facilitating consumer involvement in health; developing the skills of consumers, and health and community services staff, to work collaboratively for improved service delivery.

Email training@hcasa.asn.au for more information.



MCCSA Annual General Meeting

The MCCSA Annual General Meeting 2019 was held at the Greek Orthodox Community Centre 288 Franklin Street on Wednesday the 21st of November 2019.

Special Guest for the well-attended event was the Hon Julian Stefani AM JP Migration Museum, Adelaide.

Big thank you to the Hon Jing Lee, MLC (South Australia) for gracing the occasion and all our community groups and stakeholders for joining us celebrate our AGM. As the peak multicultural organization in SA we look forward to continuing our ongoing relationship with our community members.



Early childhood services and immunisation requirements

Why have these requirements been introduced?

On 1 July 2019, changes to the South Australian Public Health Act 2011 (the Act) came into effect, allowing the Chief Public Health Officer to exclude susceptible children from early childhood services in the event of an outbreak or possible outbreak of a vaccine preventable disease.

From 1 January 2020, the Act requires early childhood services to keep a copy of all immunisation records provided for each child enrolled in, or attending that service, for the period of the child's enrolment.

This is because a rapid response is required to prevent the spread of a vaccine preventable disease in an early childhood service, which is why services need to have current immunisation records on site, and able to be provided to the Chief Public Health Officer within 24 hours when requested.

These are South Australian legislation changes and are not related to the Commonwealth Government No Jab No Pay legislation.

For more info visit: www.sahealth.sa.gov.au

MCCSA PHOTOS



MCCSA AGM 2019



MCCSA end of year celebrations for our CVS volunteers and Korean Seniors Group



Adelaide Mosque Open Day



MCCSA at the annual Walk Together event



MCCSA SERVICES



MCCSA CHSP Transport Service

Our transport service is well used and helps many of our frail and older members of the CALD community go on excursions and attend Day Centre programs. Community groups use our service for trips to places of cultural or tourist interest. This provides their members with an opportunity to socialise in comfort and tranquility.

To hire our buses at very reasonable rates, call us on 8213 4608 or email sidique.bah@mccsa.org.au

The languages currently spoken by our volunteers are: Bosnian, Cantonese, Croatian, Filipino, French, German, Greek, Hungarian, Hindi, Italian, Japanese, Latvian, Mandarin, Lithuanian, Polish, Russian, Spanish, Ukrainian, Hungarian, Serbian, Swedish, Danish, Arabic, Farsi (Persian), Dari and Vietnamese.

If you would like to make use of our service or join our team of volunteers call Hee Young Lim at MCCSA on 8213 4604 or email heeyoung.lim@mccsa.org.au

and Russian speaking communities. We have a digital training program for seniors. In 2018 and 2019 we are facilitating 'Knowing your Rights' in collaboration with OFTA for ethnospecific community organisations for older people. Cooking videos and interviews with senior cooks from our very successful 'Food from our Homeland' project will be on our website later this year..

For any enquiries on this program please call Kristin on 8213 4603 or email kristin.johansson@mccsa.org.au.



Carers Retreat

Our Carers Retreat programs help fund planned short-term breaks for unpaid care givers of the frail and elderly. CALD community organisations that work with carers of the frail and elderly should contact us to discuss applying for this funding, as we want as many carers as possible to access the benefits of having a retreat.

For more information call Megan Hill on 8213 4605 or email megan.hill@mccsa.org.au



MCCSA Community Hall

A diverse range of community groups use our 50 seating capacity hall for meetings, forums, workshops and functions **Free of charge** if they are a registered MCCSA community group. A donation is appreciated for rubbish removal and electricity.

The Hall is also available for commercial hire.

For more information in accessing the MCCSA hall call June on 8345 5266 or email mccsa@mccsa.org.au for terms and conditions of use.



Reconnect Services

MCCSA provides individual support to young people that are having trouble at home. This is an early intervention program to prevent youth homelessness and can provide information, support, counseling, mediation, practical support, and group activities.

For further information or referral please contact Megan megan.hill@mccsa.org.au or Savvy savvy.ouk@mccsa.org.au on 8213 4605.



Community Visitor Scheme

Our Community Visitor Scheme facilitates one-on-one friendship between older people in residential care and community visitors speaking their language. They visit at least twice a month to build relationships. They add some warmth to the life of our senior citizens by reducing their loneliness and isolation.



Healthy Ageing

MCCSA supports community members to stay connected and receive the support and information they need as they age. In addition to advocacy and forums we also participate in research such as the CALD age friendly SA report and our current collaboration with Flinders university on social support. MCCSA supports three art groups for members of the Korean, Spanish speaking



Successful Communities

Successful Communities is focused on providing individual support to vulnerable and emerging culturally diverse communities and their members.

For further information please call Megs Lamb on 8213 4610 or email megs.lamb@mccsa.org.au



Multicultural Playgroup

MCCSA is currently running a multicultural playgroup for children from diverse background in South Australia to give them the best possible start in life and we want parents to feel supported.

If you would like more information or want to attend with your child, please contact Hee Young Lim on 8213 4604 or Heeyoung.Lim@mccsa.org.au

Kickstart your child's success program

Raising children and effective parenting without support can be difficult. To better understand the challenges of childhood, safeguards, services and support available in Australia for your family, MCCSA is introducing a new program Kick-start Your Child's Success. This program will run from 2018-2021 and help mothers of preschool children to provide a successful start for their children. Fathers and grandparents are also welcome to attend.

If you speak Spanish, Swahili, Dinka, Hindi, Gujarati, Punjabi, Arabic, Persian, Hazaraghi, Mandarin, Khmer and Japanese at home and have preschool children, we have got you covered.

For more information contact Lena Gasparyan on 8213 4606 or Lena.Gasparyan@mccsa.org.au

Justice of the Peace

MCCSA also offers the services of a JP, to book an appointment, call the office on 8345 5266.



Youth Engagement

MCCSA runs a range of youth engagement activities in multiple locations across the northern and western suburbs that incorporate soccer, hip hop, employment support, intercultural connections, leadership development and event planning

For more information please contact Ukash or send an email to ukash.ahmed@mccsa.org.au

Going Places with MCCSA

If you are a registered community organization or a service provider join the MCCSA to organize outings, picnics, sightseeing tours and other social activities for our CALD seniors and people from our new and emerging communities.

Four Toyota Hiace buses are available on Mondays and Tuesdays including the weekend.

For more information email Sidique.bah@mccsa.org.au

Nominations for the Multicultural Communities Council of SA (MCCSA) Women's Bi-annual Community Leadership Award 2020 are now open to all MCCSA registered financial individual and/or ethno specific member organisations.

We invite our members to nominate women from the multicultural sector who have made an outstanding contribution to their community and South Australia.

It is an opportunity to publicly acknowledge and thank individuals for their passion, commitment and enthusiasm.

Please help us celebrate the quiet achievers of our communities who have tirelessly and selflessly contributed and inspired others in the South Australian community.

For more info contact Lena Gasparyan on 08 8345 5266

Interested in volunteering for MCCSA?

Visit www.mccsa.org.au for more info or contact us on 8345 5266.

www.mccsa.org.au



Multicultural Communities Council of SA Inc.

113 Gilbert Street, Adelaide Phone 8345 5266 www.mccsa.org.au

Compiled and edited by Sidiq Bah, MCCSA Communications Officer