

MCCSA Community Voices

▶ AUTUMN 2020



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MCCSA Board

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Board Members

Daniela Costa

Margota Pukitis

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Do you know an outstanding volunteer, volunteer manager, business, or community project that makes a positive impact in our community through volunteer work?

Show them how much you appreciate them by nominating them for the 2020 South Australian Volunteer Awards! Nominate online by 3 April at dhs.sa.gov.au



Minor Changes to MCCSA

The MCCSA would like to thank the State Government for financially supporting us with a Multicultural SA Infrastructure Grant. This funding assisted us to undertake some minor modifications to our Hub at 113 Gilbert Street to better support our service delivery to our members.

FROM THE CEO

HELENA KYRIAZOPOULOS



In each edition of Community Voices, I always write with an upbeat tone of what we have achieved over the four-month period.

It always gives me great delight to share with our readers our achievements or of our Community achievements for the period. However, when you are reading our Autumn edition of Community Voices, most of us will be working quite differently, supporting our members and communities in ways we have never imagined, as a result of the COVID 19 pandemic.

Although our physical office will be closed for the coming months, the MCCSA will be working in the background to provide innovative ways to continue to connect with our Communities. In the coming weeks the MCCSA Team will develop new

interim programs to support our Volunteers and Communities. If you have any specific needs or ideas of how we can assist during this time, please call us or send us an email, we can still be reached.

I also ask our members to consider how you will be supporting your respective communities. I have spoken with some of you who indicated that you will look at utilising Ethnic Radio more creatively so that people remain socially connected through the coming months. Please ensure that you pick up the phone and call or live chat with your families and friends. Ask after your neighbours; see if some of the elderly in your neighbourhood need support at this time with just some of their basic weekly tasks such as their shopping. If you are able to assist, please do so. Remember a friendly smile and a wave over the

fence is a lovely gesture and one that speaks volumes, at the same time maintaining the appropriate social distance.

A heartfelt thanks must be extended to our medical staff who are currently bearing the brunt and who will continue to support those in need in the coming months. Be sure not to drain those resources unnecessarily.

At this time please follow all advice delivered by our Federal and State Governments. Our webpages will be continuously updated with appropriate information, along with our social media pages and emails to our members.

Be kind to one another, it is times like these that we see the resilience and the goodwill of our communities come to the fore.

Take Care.

Helena

KEEPING YOUR DISTANCE.

Coronavirus
(COVID-19)

Help stop the spread of coronavirus by keeping your distance. Remember, don't shake hands or exchange physical greetings. Wherever possible stay 1.5 metres apart and practise good hand hygiene, especially after being in public places.

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

Advice regarding **Coronavirus (COVID-19)** will change regularly. Keep up to date. Visit **health.gov.au**

HELP
STOP THE
SPREAD
AND STAY HEALTHY

International Women's Day - Community Quiet Achievers

This year the MCCSA marked International Women's Day on Friday 6 of March 2020 at the Adelaide town hall with a morning tea hosted by The Right Honorable the Lord Mayor of Adelaide, Sandy Verschoor.

The event celebrated women from CALD communities who tirelessly and voluntarily give up their time for community activities and most times their work goes unnoticed. MCCSA CEO Helena Kyriazopoulos said it is an opportunity for us as a society to reflect on the obstacles women have had to overcome over the years in their struggle for equality.

She said it is very important that we acknowledge the work these women are doing, highlighting the positive impacts they have on our communities.

The 13 proud recipients of MCCSA Quiet Achievers Award 2020 are;

- » Constance Jones -Sierra Leonean Community of SA and Sierra Leone Women's Association
- » Manju Khadka - Non Resident Nepalese Association SA
- » Patricia Rios - Gabriela Mistral Spanish Speaking School and Cultural Centre
- » Brenda Noweka - Ugandan Community of South Australia
- » Machiko Dunphy - Japan Australia Friendship Association

- » Marwa Abouzeid - MCCSA Individual Member, Egyptian heritage
- » Philippa Marie Olsen - Armenian Cultural Association of SA
- » Kylie Cakau - Pacific Island Council of SA
- » Memoona Rafique - Pakistani Australian Association of SA
- » Wanda Schafer - Polish Women's Association
- » Leila Mansour - Maronite Community of SA
- » Michelle Gorgula - Association of Ukrainians in SA
- » Sahar Khajani - Persian Cultural Association of SA



International Women's Day 2020

CONSTANCE JONES

Constance Jones is a passionate advocate for promoting multicultural diversity and inclusion, in our communities.

Constance moved to South Australia about 6 years ago as a permanent skilled migrant with her family from United Kingdom where she lived for more many years after migrating from Sierra Leone in West Africa. Worked as a Senior HR Adviser in a large local government in the UK, Constance has extensive experience in providing corporate leadership for recruitment, payroll and human resources management. Lectured a 3-year degree course and as a moderator at Worcester University in Derbyshire, after completing her MSc in Payroll Management including Human Resources Management, and Teaching in Lifelong Learning Sector.

Currently the Program Manager for African Women's Federation of SA, representing the interests of African women and their families in SA, its mission to empower African women, by providing information, advocacy, case management, skills and referral pathways for resolving issues that affect them as women and new migrants. Upon arrival to SA, Constance connected to the local Sierra Leone community. Her



commitment to empowering women and building sustainable communities saw her take up positions as the first female community leader for the Sierra Leonean Community of SA and also, the Chairperson and pioneer of the Sierra Leone Women's Association of SA which for many years was just a Social Group. Both volunteer roles allowed Constance to venture into what she is really passionate about, and what truly represents her as a person - strengthening communities; creating an inclusive, multicultural society and empowering individuals.

With a formidable reputation within multicultural sector nationally and here in SA, and possessing great leadership skills, executive and

board experience including people management and organisational development, team building and strategic planning, Constance continually plays key mentoring and supportive roles not only within her own community, but to the diverse African communities in SA.

Constance has on many occasions, been a special guest in various capacities on topics to include her story: Community Capacity Building, Reconciliation, Leadership and Governance, the role of Women in Community Nation Building, just to name a few.

Evidently, her passion for humanity, restoring hope and inspiration has made her a role model, mentor and a great leader.

International Women's Day 2020

MANJU KHADKA

Manju migrated to Adelaide in 2014. In Nepal she worked for 15 years in community services as a teacher and a community welfare worker. Manju has extensive experience in working with vulnerable women and children in the rural communities of Nepal.

Since her arrival in Adelaide Manju dedicated her time to supporting her community. She actively started building her networks through community volunteering. She finds volunteering has been a great support for her in adjusting to a new country and culture. She established the Adelaide Nepali Vidhyalaya (Nepalese Language and Culture School) in 2015. She coordinated the language school as a Volunteer Principal during the first few years of its formation and since stepping down from this leadership position has volunteered as a teacher for the school.

She has played an important role in building a strong relationship between the Nepalese community and the wider Australian community by representing the Nepalese community in various platforms. She has initiated and led the cervical cancer and breast cancer awareness programs for Nepalese migrant women in Adelaide and has been a community representative on



the Woman and Children Hospital Network, and the local Catholic school.

Manju enjoys being involved in women empowerment activities. Through her journey of being the CALD Women's Advisory Committee Member (in 2016) of Peace Multicultural services to now VOW (Voices of Women) Network, she has continuously worked together with women from various backgrounds in making collective efforts for women empowerment and strengthening each other's support networks. Currently, she is the State Women's Coordinator of

Non-Resident Nepalese Association (NRNA) South Australia. NRNA is a volunteer-led global organization of Nepalese people residing outside Nepal and it is active in every state of Australia. As a Women's Coordinator, she is leading women's empowerment programs in Adelaide raising awareness on issues such as; domestic violence and women's festival program. She is providing support to vulnerable individuals and families from the Nepalese community to seek services related to DV, mental health and family counselling.

PATRICIA RIOS

Patricia was kindly described by one of her on placement university students as “a powerhouse” and “a person full of energy” when he first met her in 2019 as he couldn’t believe all the things she was involved in and with great inquisitiveness wondered how she managed her time at work, community and life effectively?

Her family migrated from Chile to Australia due to political and persecution reasons.

Experiencing migration and settlement as a teenager was not easy. That sense of belonging and developing her identity took a lot of time to achieve. Still now, she often wonders if she is still a migrant or is she now an Australian or is she a combination of the two? She feels that her status of migrant never really expired. And with a touch of nostalgia but with an immense sense of pride she chooses to continue being a migrant while happily adopting her Australian citizenship. Being bilingual and bicultural is truly beautiful she often says!

She was the first in her family to reach university completing her Arts degree and Social Administration it was a proud moment for parents Georgina and Alejandro. Once she completed her degree she got a job with the Spanish speaking communities, helping new arrivals



from Chile and El Salvador to settle in South Australia.

Patricia’s first foray into volunteering was as early as 16 years of age for 5EBI radio on the Latin American Radio program reading the news on air. Patricia is well known and respected in her Spanish speaking communities, volunteering on many management committees. These positions have made her aware of the gaps in settlement systems and she has tried to develop bridges of communication between her community and the broader South Australian community.

Her longest and proudest contribution to the community was 19 years as the Secretary of Gabriela Mistral Spanish Speaking School and Cultural Centre that teaches Spanish language and culture to the new generation of children. Another highlight was the development of the Spanish Speaking Communities Network of South Australia which

released a directory of services for migrants which is still shared around today.

Her latest venture has been the formation of the Hispanic Women’s Association of South Australia with the main objective to support Hispanic women and their families in the settlement process providing information, orientation, advocacy, empowerment and network are their core values and aspirations. She is the founding President.

She has worked with many other organizations including the Australian Migrant Resource Centre, The Moreton Bay Regional Council in Queensland, Carers SA, BENE, Catalyst Foundation and Northern Carers Network always finding ways for CALD communities to be promoted in community and encourage mainstream agencies to inspire and stimulate access and equity strategies.

International Women's Day 2020

BRENDA NOWEKA

Brenda was born in Uganda, in Kampala city in 1986. In her home country, a child is raised up by the whole community and not only by their immediate family. She always enjoyed outdoor games with most of the children in the community and loved interacting with the neighbours.

This has been one of the contributing factors that enabled her to find fulfilment in working with others within the different communities.

Unlike some of the young people in Uganda she had an opportunity to attend a school, where she studied about different countries and cultures. This inspired her to travel and find out about other ways of life in the world.

Through education she received an opportunity to live and study in Italy. This exposed her to a different world. She developed some long-term friendships and adopted some important values in life.

Her goal has always been to create a positive impact in the lives of people within her community.

She is grateful for the opportunity to move to Australia. Being in Australia, enabled her to achieve and work towards her goals of creating a positive impact in the lives of others.



This has been possible through her job as a Nurse, where she meets and interacts with people from diverse cultural backgrounds. She is also involved with the Ugandan Community of South Australia.

Working towards achieving goals in life requires hard work and commitment. Brenda accepts the challenges and embraces the

opportunities of being a wife, parent, student, volunteer and employee.

Her life story continues to be written. Her biggest drive is to make the best of every opportunity that life presents and use every challenge as a gateway for learning something new in life. That is what she usually encourages others to do and hopes it can benefit their lives as well.

MACHIKO DUNPHY

Machiko arrived in Adelaide with her family in 1994 and has been active in the community since soon after her arrival.

After finishing a bridging course of Bachelor of Education at Flinders University in 1996, Machiko worked as a Japanese language teacher and as an interpreter. She also started volunteering at the inaugural Kodomo No Hi Japan Festival held by Japan Australia Friendship Association. Machiko is a member of the festival planning subcommittee and over the years has been responsible for overseeing the Japanese barbecue, origami and other craft workshops.

With her passion for origami, Machiko has conducted origami workshops at local schools, libraries, and at various events, such as the Moon Lantern Festival, Adelaide Multicultural Festival and other local community events. Machiko is also the coordinator and facilitator of monthly origami and calligraphy classes held at Cowandilla Primary School.

Since completing the Diploma of Professional Counselling course in 2009, Machiko's has been volunteering at local nursing homes, community centres, and joining MCC Community Visitor program. Machiko was nominated as a Hills Treasure by the Adelaide Hills Council in 2014.



International Women's Day 2020

MARWA ABOUZEID

Marwa Abouzeid arrived in Australia /Adelaide 2016 with her husband and 3 children.

She was born and bred in Alexandria/ Egypt and holds a Bachelor Degree in Commerce from Alexandria University, and worked for one of the national banks in Egypt.

After moving to Australia, she faced many challenges including language and cultural barriers, being a new immigrant with no local experience. She decided to offer her services as a volunteer and supported many organisations, schools and libraries. There she connected with people and developed a local network of friends and connections gaining a better understanding of the local work environment in Australia.

She undertook courses with TAFE to be able to work in Australia and eventually managed to find a job as a part time Finance Officer at One Culture Support Services.

At the same time she started her own business in Art "Artvision" where she provides art and craft classes to all people of all abilities, with a vision to create a visual art hub for people from diverse backgrounds to express themselves and connect with each other and be more engaging in the Australian society.

Her business is growing successfully and allowing to expand her network and participate in many art events



and community art projects with different organizations and local councils.

Being an artist and entrepreneur with lots of enthusiasm, passion and commitment helped her to gain a part time position with Nexus Arts Venue as a Project Coordinator.

She enjoys what she does, and dreams that her success story can

inspire her children and any woman who wants to achieve and fulfill her dreams.

On the other hand, she hopes that she can make a change in the Australian Society by correcting the misconception about the Middle Eastern women and their abilities to succeed and thrive in any place or at any time.

PHILIPPA MARIE OLSEN

Married to an Armenian, Philippa embraced Armenian history, culture and traditions. As a textile artist and a fellow of the Royal South Australian Arts Society, she has researched Armenian traditional arts and crafts.

For many years Philippa has served on the Armenian Cultural Association Management Committee and has played a key role in the growth and ongoing success of the group. Along with her husband, she has opened their house and their hearts by hosting community events. Currently she is the serving Secretary.

She designed and painted the “Spirit Banner” for the Centenary of Federation and curated an exhibition at the Migration Museum. She has designed dance costumes, national dresses and theatre costumes. She held an Armenian sock workshop at the Migration Museum.

Passionate and empathetic, Philippa is a mentor and coach to past and present Management Committee and community members. Her endorsement and encouragement paved the way for women in the community to nominate for the role of President, which ultimately led the community having its first female President in 50 years.

“She is the first to arrive at functions, and the last to leave. Philippa has been a quiet achiever, working quietly



in the background for the local Armenian community.”

A trained group worker, Philippa facilitated groups about women’s issues. She taught art & craft while encouraging discussion. Often group members would feel less self-conscious & able to discuss their issues from isolation to domestic violence. The group could be the “stepping stone” to getting professional help.

“Bold & Beautiful, Bizarre Bras” was a community arts project about breast cancer awareness. Every community centre in City of Salisbury participated. Philippa received an award for the most innovative adult education project. Participants decorated bras with ribbons, lace, sequins, anything. The discussions during the craft sessions showed there were many misconceptions and it was a very worthwhile project.

At the close of the project there was an exhibition of 95 bras in the John Harvey Gallery in Salisbury.

Outside of her work with the Armenian community, some of Philippa’s other contributions to the South Australian community include:

Chairman of the Pooraka Farm Community Centre (6 years)

President of the Salisbury U3A (2 years)

Inter-generation arts projects with Salisbury East High School.

Member of the Cultural Arts Committee of City of Salisbury for many years

Living Legend in Salisbury in 2005, in recognition of her volunteer work

Senior Citizen of the Year in 2004

Salisbury Learning Directions committee (promoting life long learning).

International Women's Day 2020

KYLIE CAKAU

Kylie is Australian born and started her journey & connection with the Pacific Islands back in 1996 where she completed her final Registered Nursing placement in Fiji.

Over the last 24 years Kylie has grown her connection with the Pacific Islander people both in Fiji and those residing in Australia permanently or for study.

Kylie was the Secretary for the Fijian Association of SA from 2012 – 2013 & 2017 – 2018, Secretary for the Fijian Language of School & Culture 2012 – 2016, and Secretary for the Pacific Islands Council of SA from 2017 to current date.

Kylie has had key roles amongst community not for profit organisations over the years that has enabled her to assist in community events, provide training where required, and collaborate with Pacific Islands leaders and their communities.

In her current Secretary role for the Pacific Islands Council of South Australia (PICSA) she provides a range of support including writing grant applications; media; training on grant writing; running Safe Environments training for Children & Young People; organising the community to be involved in the 2019 Multicultural Festival and now with the MCCSAs Building Resilient



CALD Communities Project. Kylie is always happy to help out if there is a benefit to the community. Kylie gets great satisfaction from being able to help others within their communities, provide opportunities for growth to others, and be a part of the beautiful Pacific Island Communities in SA.

In her employed role as a Registered Nurse & Educator she has over 25 years of nursing experience in the aged care sector. Kylie has been able

to implement employment pathway programs for CALD staff and mentor and educate new migrants to Australia, to enable them with career opportunities and support. A role that Kylie says is rewarding and brings job satisfaction.

Kylie has 2 daughters Talica & Kalesi who are of Fijian nationality, and over the New Year she married her Fijian husband Ben.

MEMOONA RAFIQUE CHAUDRY

Memoona is from Pakistan and arrived in Australia some 7 years ago. She has an educational background in Clinical Psychology, Project Management and Leadership. She worked with the United Nations as an International Civil Servant for over 8 years and served in different positions, agencies and countries.

Memoona is currently working in a leadership role with a well-reputed not-for-profit organisation. She is also a part of the Management Committee for Pakistani Australian Association of South Australia. In both her roles she is actively involved with multicultural communities providing education, information, support and services to individuals and families on relationships, addictions, family violence and cross cultural understanding. Memoona is a qualified Safe Environments Trainer and utilises this skill to help families understand and encourage a nourishing environment for children especially in the context of Australia while keeping in consideration their own cultural beliefs and values.

She has been leading award winning programs for seniors, children, women, families, and the development of resources in order to raise awareness around some of the highly stigmatised topics in the community e.g. HIV, Gambling,



Female Genital Mutilation etc. These resources involved films, videos, animation and print.

Memoona is an engaging public speaker and a writer and is often invited to speak on different topics at various platforms interstate as well as internationally.

She is a mother of two beautiful children, raising them to be kind and contributing citizens of the world. Memoona aims to continue her contribution towards a flourishing, healthy and cohesive multicultural Australia.

International Women's Day 2020

WANDA SCHAFER

Wanda was born in Germany to Polish parents. In 1950, at the age of 5, Wanda, her younger brother and parents arrived in Australia as Displaced Persons.

The family settled in Melbourne where Wanda's second brother was born.

Wanda's busy life of combining work and bringing up four children was guided by the Christian ethos of respecting others and helping those in need, instilled by her mother.

Over the past 30 years Wanda has volunteered in a variety of settings.

When Wanda's granddaughter commenced primary school, she volunteered with the art and craft group, school canteen and assisted children with reading.

For 14 years Wanda was involved with the Polish Link in the Seniors Salisbury Club. During her 8 years presidency of the Club Wanda worked very closely with the Salisbury Council to ensure the best outcome for the Club's members, organising regular outings, information sessions and eagerly participating in the Council events such as Harmony Day showcasing Polish culture and traditions. Although the Club closed in 2018, Wanda continues to visit two 97-year members on a regular basis, offering shopping, transport and moral support.



Wanda is an active member of the Polish Women's Association eagerly assisting with the Associations' fundraising activities. Through her involvement with the Polanki Choir, Wanda regularly participates at Polish national celebrations and community events, such as the Polish Church in Ottoway, St Teresa's Residential facility and other residential facilities especially around Christmas time.

For the past 15 years Wanda has been volunteering at a Salvos Family store 2 days per week. In addition, since 2018 Wanda has been helping 1 day per week at the Salvos Tucker Tuesday in Norwood preparing lunches for the homeless.

Wanda has seven grandchildren and five great grandchildren.

Wanda combines her busy volunteering life while caring for her husband.

LEILA MANSOUR

Leila Mansour was born in Beirut, Lebanon and is the eldest of 8 Children.

Leila is a highly respected member in her community. Leila is fluent in 3 languages; Lebanese, English and French. Leila migrated to Australia in 1974. She is happily married to her husband of 45 years and is a proud mother of 4 children and a grandmother of 5 grandchildren.

Leila studied Bio Chemistry in Lebanon, she also studied computing, office administration, medical office training, interpreting and cooking.

Leila has been volunteering with the Maronite church community for over 40 years and with the South Australia Lebanese Women's Association for 10 years serving Lebanese and Arabic speaking members from different nationalities. She started as a member on the Management Committee holding various positions including Public Relation Officer, Vice Chairperson and other subcommittee's positions.

She coordinated various information sessions, social, educational, wellbeing and sport activities and events for community groups, seniors, youth, volunteers, families and young children 5-12 years of age.

Leila is actively involved with the Multicultural Communities Council of SA (MCCSA), where she served as a Management Committee member for 2 years and Mental



Health Subcommittee. She also supported various MCCSA's research projects with information about the Maronite Community, working together for the benefit of the Maronite Community, Leila undertook the SAMEAC Multicultural Women's Leadership

Program and has been actively involved with the City of Mitcham, City of Unley, Carers Support and Respite Centre and Alzheimer's Australia SA.

Leila continues to support volunteers in the Maronite Community in various capacities.

International Women's Day 2020

MICHELLE GORGULA

Michelle is the Director of the community dance ensemble 'Volya Ukrainian Cossack Dancers'. Volya is the main performance group of the Association of Ukrainians in South Australia.

Michelle's involvement in the Ukrainian community began as a young child attending Ukrainian language school and folk dance classes with encouragement from her grandparents who migrated to Australia from Ukraine and Poland after the Second World War and who were very active in the Ukrainian and Polish communities in Adelaide. Her parents were also active community members and participated in folkloric dance groups and musical groups.

Michelle joined the Ukrainian Dance School 'Hopak' as a child and later the Ukrainian ensemble "Kashtan" as a teenager, where there was an opportunity to learn from several mentors - many of whom are still active in the community today. Michelle joined 'Volya' soon after it was formed in 2004 and accepted position of Director of that group by 2006. Volya is a community-based dance ensemble, and Michelle has volunteered her time over the past 15 years to fulfill responsibilities as a Director, teacher and choreographer. The group 'Volya' contributes significantly to the multicultural life of the members of the Ukrainian



community. It has been a very active performing group and provides opportunities for members to perform traditional dance and to collaborate with other cultural groups. In 2018 Michelle together with member Xeinya Krytska started a public 'Ukrainian Dance Fitness Class in 2018 which is open to anyone over 15 years of age. These classes are attended by both men and women of all ages and of different cultural backgrounds. Michelle is a mentor for younger members of the community, helping to teach them and involve them in opportunities to experience and share their culture and to collaborate with other multicultural groups through various performances and events.

Volya has achieved a strong reputation well beyond the Ukrainian Community, both locally and interstate. Under Michelle's direction, Volya has performed at events such as the 2020 Australia

Day in the City concert in Elder Park, at the City of Adelaide New Years' Eve Concert on 31st December 2019, WOMADelaide 2019, DreamBIG Children's Festival, The Multicultural Festival, at major Polish, Croatian, Slovenian, Greek and Indian festivals and many other events. Volya have also performed at national festivals in Australia and at all Ukrainian community concerts.

In 2019, Michelle was elected as a member Management Committee of the Association of Ukrainians in South Australia and is taking an active role in helping to organise and run social/cultural events within the community.

Outside of her involvement in the Ukrainian community, Michelle is a full-time psychologist. She runs her own business which specialises in use of applied neuroscience for the treatment of psychological and developmental disorders.

SAHAR KHAJANI

Sahar was born in Rasht, a Northern City near Caspian Sea in Iran. She graduated with a Bachelor of English Translation eventually teaching English in her home country. She eventually migrated to Tehran, where she started her work in Virtual School of Tehran University of Medical Sciences. During her studies, she found a love in painting and drawing contributing to a number of exhibitions.

Sahar married her husband Suren in 2009, he has been a strong supporter of her community activities. "Suren always reminds me that I can do anything. He supports me in every way that he can", Sahar says.

In 2014, she was accepted to study at Flinders University for a Master of Teaching English to Speakers of other languages (TESOL). Sahar has supported many organisations as a volunteer including the Repatriation Hospital, Thebarton Senior College, Australian Migrant Resource Centre, Red Cross and Persian Cultural Association of South Australia (PCASA).

Sahar was elected President of PCASA in 2018 when she was seven months pregnant, now she has a 17 months old boy named Arta. Sahar and Suren have raised Arta without



any local family support however they are thankful for their friends who have become their extended family.

Sahar is working as a School Services Officer at Burnside Primary School and also is an event coordinator for the Baba Mazari Foundation. Sahar is also actively supporting Persian community in her role as the President in PCASA. One of her key achievements has been the very successful Silk Road Caravanserai involving 60 artists from more than 20 community groups, ethnicities and cultures showcasing their cultures. Also in her leadership

PCASA has address issues such as domestic violence, child adoption and foster caring and life in Australia.

She has commenced the Multicultural Women's Leadership and Management Program and is keen to continue giving back to her community and also the wider South Australian community.

Sahar believes you can always find time for your priorities in your life. "Challenges make us stronger if we do not give up and focus on the outcome. ...When you do something from your heart, nothing can stop you", Sahar says.

MCCSA'S SUCCESSFUL COMMUNITIES PROGRAMS



Networking Sessions

Multicultural Community Leaders coming together workshopping their goals and sharing their visions and learning how to do a community consultation in their own communities!



Active and Connected Communities: Finding and Getting a Job

We had fantastic and knowledgeable Guest Speaker Rick Henke, Operations Manager at Employment Options, share about their organisation, what they do, how we can connect, how we can support them and brilliant tips for finding work!

Email megs.lamb@mccsa.org.au to join the mailing list



Successful Communities Program is going 'Virtual'

We are very happy with the participation rate of our Successful Communities program which increased by 81% compared to the previous year and we have 4 months to go. At this rate, we hope that we can double that figure - let's keep thriving together!

Our team is deeply committed to protecting our communities, their members, clients, staff, volunteers and the wider community from COVID-19, also known as "Coronavirus". In this unprecedented situation, no doubt many of us are worried. However, if we all work together, we can minimize the spread of this disease, limit the stress on our health system and hopefully save many lives.

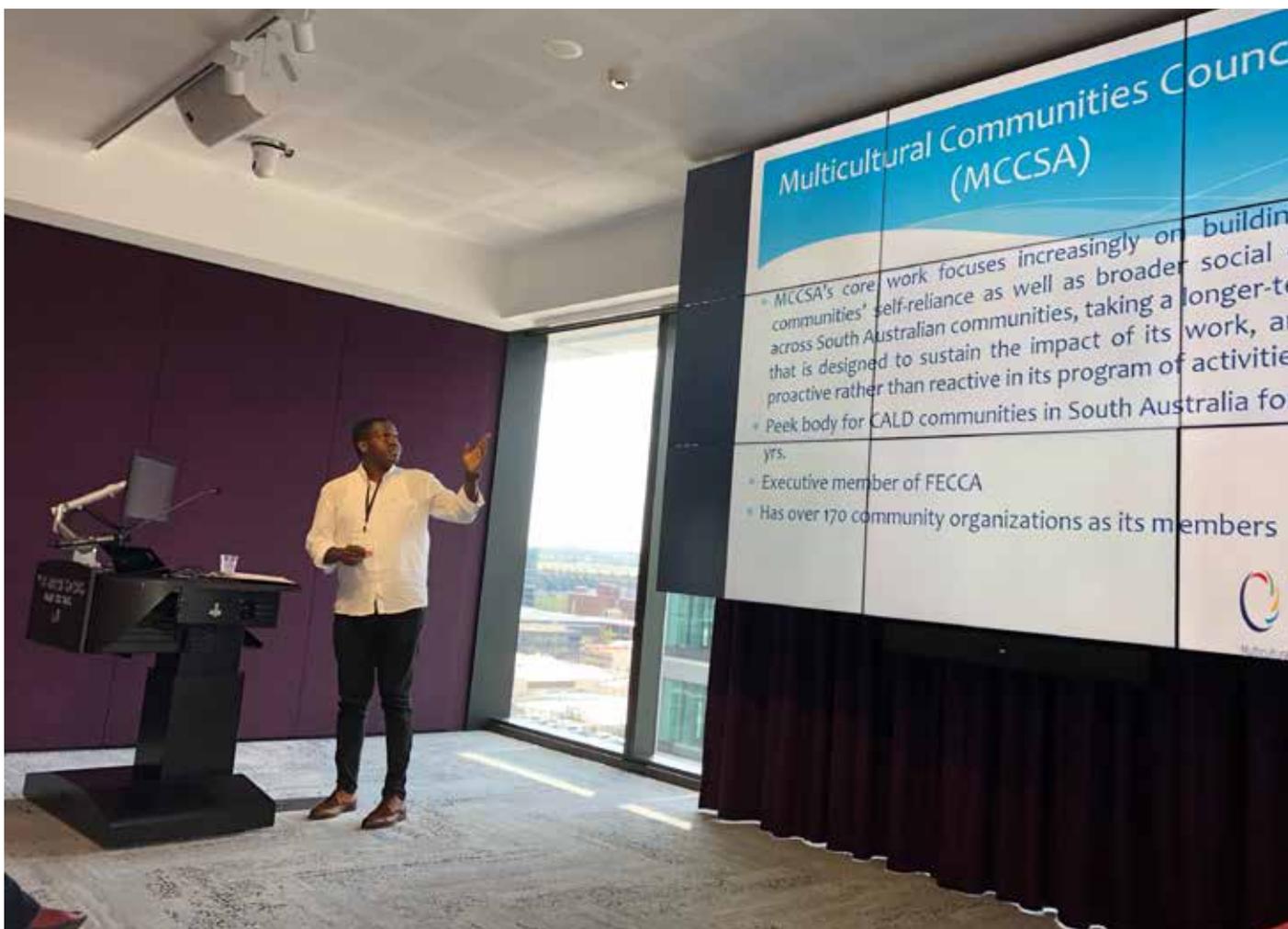
At this stage, our Hall and Training room has been closed which means our upcoming programs are on hold for now as we explore other means to stay connected.

Most of our Successful Communities Programs are going ahead in the virtual world using ZOOM (so download and register as a basic - free - user today) while some will be rescheduled to later in the year keep an eye out for our events, programs, training, forums and workshops to later times and we will seek to connect online and through other ways, such as Facebook and email.

If you are not already on our online forum please request to be added to our Successful Communities Facebook Group here: <https://www.facebook.com/groups/1138672976174435/?ref=share>

Keep in touch with MCCSA either via joining our Facebook page here: www.facebook.com/MccofSA or search for Multicultural Communities Council of SA or Searching "Successful Communities - Communities Achieving their Hopes & Dreams

Or email megs.lamb@mccsa.org.au to be added to our mailing list.



3rd Advancing Community Cohesion Conference (ACCC) - The Way Forward

February 2020

The International Conference hosted by Western Sydney University provided leaders with the opportunity to discuss challenges confronting social cohesion and community resilience and explore ways to more effectively address them by considering social, economic, cultural, legal, religious, and sexual/gender identity dimensions and perspectives.

Ukash Ahmed (Youth Development Coordinator) presented under the theme: Community Good Practice.

ACCC brought together community development practitioners, policy makers and politicians as well as international speakers to explore best strategies to advance community cohesion among multicultural Australian society.

Over the course of the three days, MCCSA staff had the privilege to listen to key presenters that shared thought provoking insights into some the challenges to community

cohesion as well great initiatives that are currently advancing community cohesion in Australia and around the globe.

MCCSA would like to thank the organisers of the 3rd Advancing Community Cohesion Conference- The Way Forward for inviting MCCSA staff to this important conference and look forward to the next one in 2022.

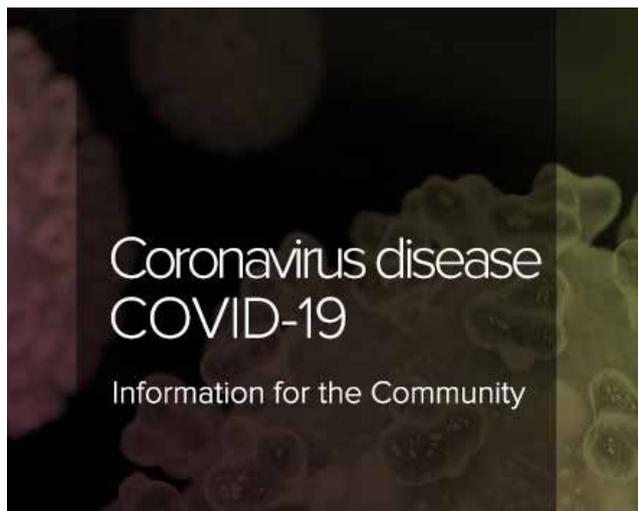
New Report: The Impact of Coronavirus on Settlement Services

In March 2020, SCoA consulted with our members in order to gauge the impact of the Coronavirus (COVID-19) on settlement agencies and the communities they support. The report from the consultations has recently been presented to the Department of Home Affairs and can be [viewed here](#).

The consultation consisted of a national teleconference and online survey which was open for approximately one week.

The consultation was in response to the unprecedented measures taken by the Federal and State governments in Australia to minimise the spread and subsequent impact of the Coronavirus.

The report provides a summary of the feedback received through SCoA's consultations with its members.



SA HEALTH UPDATES

COVID-19 Mental Health Support

It's normal to feel stress and worry when there is a health event happening in the community that is affecting people's wellbeing, such as the coronavirus disease (COVID-19). This can affect any person in the community who is concerned about the infection, with more specific concerns arising for people being tested, people in quarantine and people who have received a diagnosis. Family and friends can also experience similar mental health impacts.

Most people will manage with the support of family and friends, but others may need some extra help to keep things on track.

This page provides information about mental health support for South Australians feeling overwhelmed or needing additional support during the COVID-19 pandemic.

**SA COVID-19 Mental Health Support Line –
call 1800 632 753**

More info visit www.sahealth.sa.gov.au



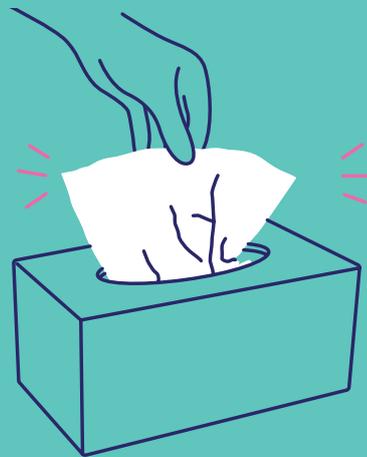
Government of South Australia
SA Health

SIMPLE STEPS TO HELP STOP THE SPREAD.

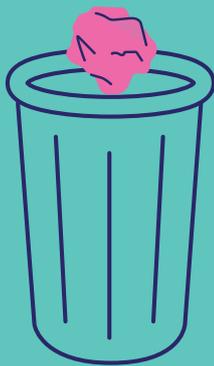
Cough or sneeze into your arm



Use a tissue



Bin the tissue



Wash your hands



HELP STOP THE SPREAD AND STAY HEALTHY

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about **Coronavirus (COVID-19)** visit **health.gov.au**



Australian Government

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

It's tax time! It pays to learn what work-related expenses you can claim

The Australian Tax Office (ATO) has launched its Tax Time 2020 campaign to help people understand how to best prepare and lodge their tax returns.

When completing your tax return, you may be able to claim deductions for some work-related expenses.

To claim a work-related deduction:

- » you must have spent the money yourself and weren't reimbursed
- » it must be directly related to earning your income
- » you must have a record to prove it.

If the expense was for both work and private purposes, you can only claim a deduction for the work-related portion.

Remember, you are accountable for the claims you make in your tax return, even if you use a registered tax agent to prepare and lodge it on your behalf.

The ATO has translated useful information on what can and cannot be claimed for a number of occupations into seven languages: Arabic, Simplified Chinese, Hindi, Korean, Punjabi, Spanish and Vietnamese.

For more info head to www.ato.gov.au/General/Other-languages/In-detail/

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