



Multicultural Communities Council of South Australia

MCCSA GUIDE

EASY READ BOOKLET



How to use this booklet:



Words that might be new to you will be in **blue** the first time they are used in this booklet



There is a word list at the end of this booklet that will tell you what the words in **blue** mean



There are pictures next to the words that can help you understand what the words mean



You can ask someone to help you read this booklet

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What is the MCCSA?



The MCCSA is the **Multicultural** Communities Council of South Australia.

The MCCSA is an organisation funded by:



- The South Australian government



Australian Government

- The Australian Government.

Who does the MCCSA help?

The MCCSA helps:



- People from different **cultures**



- People who have different religious **beliefs**



- People who speak a language other than English

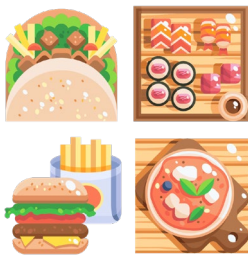


These people are called Culturally and linguistically diverse people or **CALD** for short.

What is culture?

Culture is the way that different groups of people from all around the world live their life.

Different **cultures** have different:



- Foods



- Clothes



- Languages



- Celebrations

About Australian culture



Australia is a **multicultural** **society**.



Multicultural means there are people from many different cultures living in the same **society**.

What is a society?



A **Society** is a large group of people who have **common beliefs** and **goals**.

A society can be a town, a state or a country.



People in a society choose rules to follow to make living in the society better for everyone.



People in a society are expected to help each other and work together towards their **common goals**.

Sometimes living in a different society can make people feel:



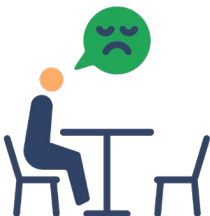
- Confused



- Nervous



- Homesick



- **Isolated**

Feeling **isolated** means feeling alone and separated from family, friends and help.

About Australian Society

In Australian society, the **common belief** is:



- All people are **equal**
- All people deserve equal **rights**
- All people deserve equal **opportunities**.

In Australian society, the **common goal** is to make
Australia:



- Safe
- Peaceful
- A place with lots of opportunities for success.

Social Isolation in Australia

A lot of people in Australia feel **isolated** from society.



Feeling **isolated** from **society** means you feel like you are not a part of society.

This is called **social isolation**.



Social isolation is a problem because it is bad for people's health.

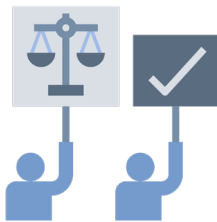
How does the MCCSA help CALD

The MCCSA helps **CALD** people:



- Learn about Australian **society**
- Participate in Australian society so they do not experience **social isolation**
- **Advocate** for their rights when they experience **discrimination**.

The MCCSA can teach CALD people about:



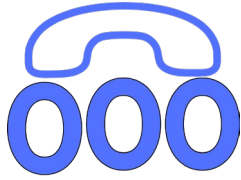
- Their rights in Australia



- Taking care of their **Mental Health**



- Health services in Australia



- Emergency services in Australia



- Disability **support** services in Australia



- Being a carer in Australia



- Aged care services in Australia



- Caring for children in Australia



- Job Opportunities in Australia

The MCCSA can help CALD people participate in
Australian society by helping them:



- Join a group



- Make friends



- Find other people from their culture in South Australia



- Find other people with the same religious beliefs in South Australia



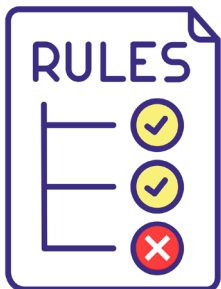
- Learn English.

What is Discrimination?

Sometimes CALD people feel social isolation because the rules of their society make it hard for them to have **equal rights** and opportunities.



This is called **discrimination**.



In Australia, when this happens, it is important that the rules are changed so that everyone can have equal rights and opportunities

Advocating

The MCCSA can help people CALD people who experience **discrimination** to change the rules or create new rules to make sure they have **equal rights** and opportunities.



This is called **advocating**.

MCCSA also advocates for CALD people by teaching people, businesses and organisations how to:

- **Support** CALD people
- Give CALD people **equal opportunities**
- Treat CALD people as **equals**

How to contact the MCCA

To contact the MCCA you can:



- Send an email to: mccsa@mccsa.org.au



- Call: 8345 5266



- Fill out the form on this website:

<https://mccsa.org.au/contact/>



- Visit the MCCA Adelaide office at this address:

113 Gilbert Street Adelaide, SA, 5000

Word List



Advocate / Advocating

Helping someone change the rules or create new rules to make sure they have equal rights and opportunities



Belief / Beliefs

Being confident that something is true



Common

When two or more people share something or do the same thing

Culturally and Linguistically Diverse (CALD)



- People from different cultures
- People who have different religious beliefs
- People who speak a language other than English



Culture / Cultures

Culture is the way that different groups of people from all around the world live their life



Discrimination

When someone is being treated unfairly.

For example: when the rules of their society make it hard for them to have equal rights and opportunities



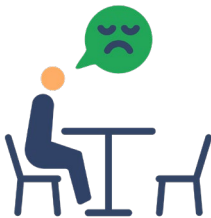
Equal

- When something is the same
- When someone is just as important as someone else



Goal / Goals

Something you want to do or achieve



Isolated

Feeling alone and separated from family, friends and help



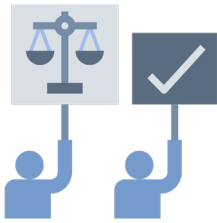
Multicultural

When people from many different cultures live in the same society



Opportunities

A chance to do something



Rights

Things everyone should be able to have or do



Social Isolation

Feeling like you are not a part of society



Support

Help