

MCCSA Community Voices

SUMMER 2023



Photo: MCCSA accepts \$50,500 funding from the philanthropic organisation, Impact 100

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Photo: Escola de Samba Adelaide Performers on stage at MOSAIC Adelaide 2023

FROM THE CEO

HELENA KYRIAZOPOULOS OAM

As we near the end of another year, I wish to extend my gratitude for the achievements and unwavering commitment demonstrated by our organisation. Reflecting on the milestones and challenges that shaped us, it is important to thank every member of our community.

A special thanks to our invaluable volunteers, the unsung heroes who generously give their time, energy, and expertise to support our programs. Your commitment is crucial to our organisation, and without your generosity, we could not fulfil our mission.

We deeply appreciate the difference you make every day.

To our membership, thank you for your ongoing support and belief in our vision. Your involvement is the foundation of our existence. Your collective voice propels us forward and keeps us inspired to reach new heights. We are honoured to have you as part of our community.

I want to express my appreciation to our dedicated staff and Board. Your efforts, innovative thinking, and dedication have been the driving force behind our success this year. Each of you

has played a crucial role in advancing our mission, and I am grateful for the passion and expertise you bring to our organisation.

As we approach the festive season, we extend warm wishes for a peaceful celebration to each of you. Our thoughts also go out to those near and far who are affected by current world conflicts.

Thank you all for being an important part of our community and for your consistent support.

Helena



INTERWOVEN GENERATIONS

A Heartwarming Bond, Facilitated Through ACVVS

In this issue of Community Voices, MCCSA is delighted to share the beautiful story of friendship between Oriana Lunardi, one of our dedicated ACVVS volunteers, and Olga, a vibrant 93-year-old. Both from Argentina, this unlikely pair, separated by a remarkable 70-year age gap, has blossomed into genuine friends - sharing meals, stories, and laughter. Despite Olga's initial hesitations about joining the program, our ACVVS coordinator, Luis, offered reassurance and encouragement. Now, Olga enthusiastically anticipates Oriana's visits, going the extra mile to prepare special meals that add a meaningful touch to their encounters. For Oriana, this friendship holds immense value as well.

Here's what Oriana says about her experience:

"My name is Oriana Lunardi, and I am 23 years old. I arrived in Adelaide as an international student a year ago, eager to grow both personally and professionally. Initially, my stay was very difficult due to language barriers, but once I became more confident, I started looking for volunteering opportunities because helping people, contributing, or making a positive impact is what makes me happy. I came across an announcement from MCCSA stating that they were looking for Spanish-speaking volunteers. I contacted them and scheduled an interview with Maggie, one of the project's coordinators. Arranging visits with Olga was not easy at first, maybe she wasn't entirely sure about all of this, as having a new person enter her life at the age of 93 is not easy. So, I decided to give her time. Finally, after weeks, I received her call, and from our first visit, the story of our friendship began.

Olga is an incredible woman. We always have wonderful



Photo: Oriana Lunardi (23) and Olga (93)

conversations; sometimes we lose track of time and before we know it, we've spent more than 4 hours talking and laughing. Not only do I love listening to her stories, but I also learn a lot from her—her experiences, wisdom, and advice. Olga is very strong and resilient, and what I admire most about her is her independence. I always tell her, 'Considering all that you do and how you look, you are 70 years old,' and she laughs. Often we share mate (the Argentine national drink) or eat

together as Olga always wants to cook something special for me. Having Olga as a friend is one of the most beautiful experiences I've had, as I never would have imagined coming this far and having such a beautiful connection with someone 70 years older than me. I still remember the first thing she said when she met me, 'You could be my great-granddaughter,' haha. I am grateful to MCCSA for giving me this beautiful opportunity and happy to be a companion to my friend Olga"

Become a VOLUNTEER VISITOR!

Make a meaningful connection

MCCSA Volunteer Visitors offer the gift of friendship and connection to ageing individuals from diverse backgrounds, brightening their life and your own.

Visitors are matched to a person based on their shared interests and language.



LEARN
MORE



DOŻYŃKI HARVEST FESTIVAL 2023

Dożynki means 'a celebration of harvest'

For the local Polish community, the last Sunday in October is always reserved for the Dożynki Harvest Festival. The only festival of its kind in the southern hemisphere.



The word 'Dożynki' means 'a celebration of harvest', a centuries old tradition that goes back as far as the 16th century. Traditionally, farmers would celebrate the year's labour with a holiday, after the crops (mainly grain) had been harvested. Landowners would organise festivals to reward their labourers and to celebrate bountiful crops. The festivals usually involved eating, drinking, dancing and other forms of merriment.

The symbol of Dożynki is the 'wieniec', (harvest wreath) which was traditionally presented to the landowner. This large wreath was made of a mixture of wheat and rye, as these grains were considered the most important. Crafted from the most beautiful ears of grain, the Dożynki wreath would be fashioned into a dome-shaped crown. It was decorated with flowers, ribbons, hazelnuts, and the fruit of the mountain ash tree.

The wreath would be blessed in the local church before heading a procession which would moved to the manor house of the host of the harvest festival. Harvesters would sing about the hardships of their work, wished for future crops to be plentiful and an expectation of hope for the fun and treats to come. The harvest wreath was traditionally then kept in a barn until the next sowing.

Bread baked from the flour of the harvest was presented to the elder of the village. Here, in South Australia, the bread is presented to the State Leader or their representative.

The inaugural Dożynki festival was held in 1979. The first few festivals were called 'Polish Day' and were held for several years at the Parks Community Centre, before transferring to Regency Park TAFE College,

Rymill Park, Elder Park, Polonia Soccer Grounds and this year at Tulya Warrdli (Bonython Park).

Over the years, Dożynki has hosted numerous artists and dignitaries from Poland, including former President of the Republic of Poland and Nobel Peace Prize Laureate Lech Walesa.



This year's officials guest included: the Hon Joe Szakacs MP Minister for Police, Emergency Services and Correctional Services representing the Premier the Hon Peter Malinauskas MP, Mr John Fulbrook MP Member for Playford, Councilor Henry Davis representing the Right Honourable the Lord Mayor Dr Jane Lomax-Smith AO, Mr John Gardner MP Shadow Minister for Arts and Festivals, Shadow Minister for Education representing the Leader of the Opposition Mr David Speirs MP, Hon Jing Lee MLC Shadow Minister for

Multicultural SA, Mr Marcin Kawalowski First Counsellor Deputy Head of Mission Embassy of the Republic of Poland in Canberra, Mrs Miriam Cocking President Multicultural Communities Council of SA, Mr Henryk Kuryklewski President Polish Community Council of Australia.

As usual, this year's Dożynki festivities commenced with a Mass, celebrated by Father Michal Skiba SChr with choral performances by the Polanki choir who are celebrating their 40th anniversary this year.

The official opening, included a parade of over 150 dances in various Polish regional costumes carrying a 2 metre beautifully decorated "wieniec" and presented the Hon Joe Szakacs with the traditional first bread of the harvest.

During the day, the public was entertained by our fabulous, award-winning, internationally renowned local Tatry Folkloric Ensemble (the largest Polish ensemble in Australia) with performances by the junior, intermediate and senior groups, visiting Sydney Folkloric Ensemble 'Syrenka' with an entourage of more than 30 dancers who came especially for the festival, Woodville High Concert Band, and Lemko Band whose members come from Ukrainian, Hungarian, Slovak and Italian backgrounds and performed music from the Carpathian region. The Kids Zone included

a petting zoo, RFDS simulator, Polish art and craft activities and the inaugural Andrecki Art competition for children in honour of the founders of Dożynki husband and wife team Krystyna and Jurek (George) Andreck AM who still remain active in Dożynki. Once again, the exhibition by the Polish Australian Arts Society was very popular with numerous art works sold.



The 'snopek' (wheat sheaf) tossing competition is always popular with the crowd. The Polish word pronunciation competition was great fun and a challenging tongue twister for those who participated in trying to pronounce "chrzciny"(baptism).

This year's Dożynki was blessed with a perfect sunny spring day, the near 5,000 crowd was able to enjoy a delicious variety of Polish cuisine - pierogi, pączki, kranski, kluski, gołąbki, rolady śląskie, along with refreshing Polish beer as well as the best of Polish culture and tradition.

The smallest committee in Dożynki history worked

tirelessly and super hard with passion, dedication and energy under the sterling leadership of Josie Jaszcz - Conradi, to showcase Polish culture and traditions to the wider community with a focus on inclusivity. The festival organising committee wish to acknowledge and thank the numerous volunteers who assist in the lead up to the festival as well as on the day.

The organising committee is grateful for the financial assistance received from the State Government, the Adelaide City Council, the Federation of Polish Organisations in SA Inc, and all of this year's generous sponsors and supporters.

Those who were not able to join us this year, we hope to see you at our next Dożynki Harvest Festival when you will be able to create your own Polish memories.



Photos: Left: 'wieniec' (harvest wreath); Right: Hon Joe Szakacs receiving the first bread of the harvest

Photos: Left: L-R Mr. Edward Dudzinski, President of the Federation of Polish Organisations in SA, Mr. Henryk Kurylewski, President of the Polish Community Council of Australia, Mr. Marcin Kawalowski, First Counsellor and Deputy Head of Mission, Embassy of the Republic of Poland in Canberra, Hon. Joe Szakacs MP (@joeszakacsm), Member for Cheltenham, Minister for Police, Emergency Services and Correctional Services, Representing the Premier, Mr. John Fulbrook MP (@johnfulbrookmp), Member for Playford, Mrs. Miriam Cocking, Chairperson of Multicultural Communities Council of SA; Right: Polish Family presenting the first bread of the harvest

CULTURALQ IS BRIDGING THE GAP

Intercultural Training for Aged Care Sector Challenges

In Australia's ever-evolving societal landscape, individual cultural intelligence and organisational cultural competence are pivotal within the Aged Care sector. With our increasing diversity, the capability of Aged Care service providers to effectively communicate in a multicultural environment is not only vital for delivering person-centered care but also crucial in alleviating the challenges posed by high turnover rates and workforce shortages.

Census data reflects a growing presence of individuals from culturally and linguistically diverse (CALD) backgrounds, underscoring the demand for a culturally intelligent workforce. In 2020, of the approximately 370,000 aged care workers in Australia, 35% of direct care staff in residential aged care come from CALD backgrounds, marking a substantial increase from the 26% recorded in 2016.

Apart from demographic shifts, Aged Care providers grapple with substantial turnover rates and retention hurdles. Therefore, culturally intelligent staff and organisational cultural

competence have emerged as essential assets for thriving in an increasingly diverse environment.

A culturally intelligent workforce is a cornerstone of excellence in the Aged Care sector. It fosters improved communication, understanding, trust, and enhanced care quality across diverse backgrounds. This results in personalised support services that cater to unique cultural, religious, and linguistic needs, fostering inclusivity and respect.

The benefits of cultural intelligence, however, reach far beyond the service delivery frontlines. To effectively address the sector's challenges and capitalise on the opportunities presented by a diverse client and workforce demographic, culturally competent managements and organisations are indispensable. They ensure the provision of equitable and fair services and support for both clients and staff, making cultural intelligence the guiding principle of the organisation.

With culturally intelligent staff on the ground, guided by culturally competent leadership, organisations have the potential to make substantial contributions to growth and development. This approach enables the entire organisation to adapt, innovate, and thrive in a multicultural society, providing exceptional care while simultaneously enhancing the well-being and professional growth of its diverse workforce. It's a win-win and a transformative approach for all stakeholders in the Aged Care sector.

MCCSA has been dedicated to promoting individual cultural intelligence and organisational cultural competence by delivering training to various CHSP organisations across the state. From metropolitan Adelaide to regional areas, like the Riverland and the Barossa, we play a crucial role in enhancing the cultural intelligence of the Aged Care workforce and we intend to continue these training sessions in the coming year, with support from the federal Department of Health and Aged Care.

BREAKING THE SILENCE

Australia Donna Association Says 'No' to Violence

The Australia Donna Association (AD) provides an open space for of Italo-Australian women to share their life stories on the bilingual website: australiadonna.org.au

This year, AD conducted 3 seminars to raise awareness among women of Italian origin on the physical and emotional impact of domestic and family violence; on the cost of remaining silent and how to access information and support.

Ada Scalzi and Ella Lo Presti guided the audience through all seminars with competence and cultural sensitivity.

Ada, with her longstanding experience as Brevet Sargent

at SAPOL, highlighted the manifestations of abuse and violence, the cycle of violence and crisis and legal interventions.

Ella, shared her expertise in counselling and training, introducing participants to self-care and tension releasing practices based on mindfulness and cognitive approaches.

AD was delighted that more speakers joined them at the last seminar in August.

Ruth Steer outlined the free medical and counselling services provided by Cedar Health Service, that addresses the health impact of domestic and family violence.

Rinaldo Minniti, Psychologist, expert in drug and alcohol treatment, addressed the psychological effects of prolonged abuse and violence from the victims' and perpetrators' perspectives.

Participants valued the opportunity to be introduced to Women's Safety Services.

At the end of the seminar, participants all eagerly joined in an uplifting dance movement exercise.

AD is indebted to Campbelltown City Council and to all the speakers for their generous support. Their thanks also goes to the dedicated AD committee and to Vera Ubaldi, for her outstanding leadership.

Since January 2023, MCCSA's culturalQ has trained:

45+
organisations

700
participants

Get in touch to find out more
and book your training:
culturalq@mccsa.org.au

Unlock the power of cultural
intelligence with culturalQ.

culturalQ

IMPACT100 SA AWARDS

Impact100 SA believes in using people power to improve the quality of peoples' lives - giving away more than \$1.85 million, to date. By pooling \$1,000 donations from at least 100 members annually, they're able to award high-impact grants to a range of SA-based organisations each year, transforming local organisations and supporting them to step up to a new level, expand their services and underpin their sustainability.

At the Impact100 SA awards night this year, their members voted and awarded \$100,000 to both Ngutu College and The Reily Foundation, and an additional \$50,500 to both MCCSA and Second Chances SA.



\$100,000 for The Reily Foundation's Parenting Support

The Reily Foundation is thrilled to announce taking home one of the \$100,000 grants from Impact100 South Australia. This recognition highlights the foundation's tireless efforts and commitment to fostering positive change in the lives of parents who are navigating the child protection system.

The grant awarded to Reily Foundation holds the promise of making a profound impact on the local community. With this financial support, the foundation will hold 14 parenting workshops in 2024, benefiting more than 120 parents. In addition, Reily will offer one-on-one support to 100 parents, ensuring personalised assistance to those in need. The foundation also aims to evaluate the effectiveness of its programs, facilitating a better dialogue with the government to optimise its initiatives to identify early intervention opportunities and create programs that offer children

and families the support they need to stay together. Each finalist organisation that shared the stage with Reily embodies a shared commitment to effecting positive change and contributing to the betterment of our society.

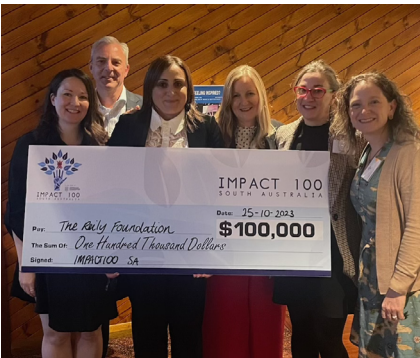


Photo: The Reily Foundation Team

In addition to the financial windfall of the Impact100 grant, Reily Foundation is also set to expand its volunteer base. The foundation is actively seeking individuals willing to take on various volunteer roles, including becoming members of the Reily Board, social workers, bookkeepers, and event support staff. This

expansion in the volunteer network underscores Reily's commitment to making a tangible difference at the grassroots level in addressing societal issues.

If you or someone you know is interested in volunteering for an organisation dedicated to tackling the pressing challenges faced by the most vulnerable members of our community, please do not hesitate to reach out to Nadia Berginetti at nadia.berginetti@thereily.foundation

The Reily Foundation's success in securing the Impact100 South Australia grant is a testament to their dedication to the betterment of the community and their commitment to creating lasting positive change in the lives of those who need it most. With this grant, they are poised to make an even greater impact in the years to come.

\$100,000 for Ngutu College's On-site Shop and Café

Ngutu College was honoured to be awarded one of the two \$100,000 grants from the members of Impact100 SA.

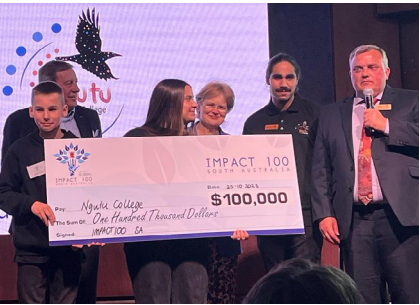


Photo: Ngutu College accepting their awarded grant

Ngutu College is an independent, not-for-profit, socially-just college in Woodville North. Ngutu provides opportunities for children and young people to achieve success through positive academic, vocational and community outcomes with Aboriginal cultures at the soul.

The College is committed to nurturing the holistic development of its children and young people, and the submission to Impact100 aligns strongly with this mission

by offering practical training experience to young people, particularly in the areas of food service, customer service, retail and administration.

The project is to renovate an existing school building into a social enterprise; an onsite café and shop selling ethically produced food and other products all produced by our disadvantaged young people and parents.

The local area houses over 40 industrial businesses many of whom have high employee numbers and a high daily traffic count of over 4,700 vehicles a day.

Part of the business plan is to attract the nearby Islamic and Vietnamese communities. On days that the local Mosque on Audley Street host ceremonies and services, the cafe would offer Halal food for the Islamic community. This will provide opportunities for youth to be

immersed in other cultures they may not normally interact with.

The concept behind our project stemmed from direct requests for employment from members of the community, both young people and parents who have not had a supported pathway towards qualifications or employment, including Aboriginal and neurodivergent youth who are already finding it difficult to secure part-time employment in their local area.

This project will empower the Ngutu community living with long-term challenges to change their lifestyles through enhanced meaningful (real-life) experiences in a supportive and safe environment. It is innovative and will provide the opportunity to stop the intergenerational poverty cycle, develop financial literacy and entrepreneurial skills for future employment pathways for children and families who wouldn't normally have this opportunity. In some instances, the young person will be the first family member to have a job, SACE or qualification.

The Ngutu team are thrilled with the result from Impact100SA, securing the funding to make this onsite shop and cafe a reality for the Ngutu community living with disadvantage.



Photo: Ngutu College's new shop and cafe - Artist's Impression

\$50,500 for MCCSA's Exercise for Mental Health Program

In a resounding victory for MCCSA, the organisation secured a substantial grant of \$50,500.00 at the Impact100 South Australia Awards Night. This grant will be instrumental in advancing the mission of the Exercise for Mental Health a community-based physical exercise program to promote mental wellbeing.



Photo: CEO, Helena Kyriazopoulos OAM and Community Connections Manager, Vicky Arachi

The annual Impact100 event has carved a reputation for being a game-changer, providing a platform for diverse non-profit programs across South Australia to present their initiatives and compete for vital funding. MCCSA's exceptional project presentation left an indelible mark, impressing the audience.

The Exercise for Mental Health project is an innovative endeavour, which, with the help of this grant, aims to improve the mental well-being of diverse communities, particularly individuals who have experienced displacement and trauma. The project will

utilise community-based physical exercise programs tailored to meet the unique needs of these communities. It is a well-known fact that engaging in physical activity has profound effects on mental health, and this project is poised to be a beacon of hope for many.

This grant is a testament to the power of collaboration and dedicated effort. MCCSA's manager, Vicky Arachi, delivered an outstanding presentation that captured the hearts and minds of all in attendance. MCCSA expressed its deep gratitude to the 301 members of Impact100 whose generosity has made this grant possible.

The Impact100 event isn't just about the monetary value; it is a celebration of community and philanthropy. The connections made during this event provide a fertile ground for future collaborations.



Photo: Some of the MCCSA team enjoying the awards night



Photo: CEO, Helena Kyriazopoulos and Manager, Vicky Arachi

MCCSA is excited about to work closely with philanthropic groups and individuals to further their mission.

MCCSA joins in congratulating all the award winners, emphasising

SA's collective commitment to building successful communities.

The grant award to MCCSA is not merely a financial infusion; it is a testament to the incredible potential to bring about positive change. Stay tuned for more updates on the Exercise for Mental Health project's progress and the impact it is set to achieve for the mental well-being for diverse communities.

This remarkable achievement by MCCSA is just the beginning, a beacon of hope, setting the tone for a brighter future.

\$50,500 for Second Chances SA's GoActive Youth Employment



With the invaluable help of Perks Accounting, Second Chances SA presented at the Arkaba Hotel before 220 people and received \$50K to help their at-risk youth become job ready.

The youth they work with come from families of various multicultural roots and a high percentage are aboriginal.

It is difficult, almost impossible for disadvantaged youth to gain employment. Who teaches them work ethic?

Respect for authority? Encouragement to complete their schooling? Mentoring to achieve goals? Who teaches them positive values?

Many youth don't have a birth certificate for identification, which means they can't open a bank account, start a TAFE course or gain a learner's permit to achieve their driver's licence.

Paying for essential short courses such as a barista, first aid, hard hat, fork lift,

hospitality, beauty and hair and more, helps them to get them job ready. Short courses are stepping stones of confidence which lead them to a successful future of employment.

For more information about Second Chances SA, visit their website www.secondchances.org.au or call (08) 8272 0323.



"Second Chances has been a major part of my life since I was a kid attending Mentoring Camps. A few years ago, they helped me get my First Aid Certificate, RSA License and Working with Children's Check. This was all to make me 'job ready'.

One of the things I am most thankful for, is my job. My confidence was very low at the time, due to severe anxiety, so finding a job was always tough for me. They 'pushed' me to apply for a Party Host position at Zone Bowling Alley. Due to their encouragement and unwavering support, I got the job!

They helped me believe in myself and with confidence. I now work part-time at the bowling alley while studying at university to become a childhood educator, to help others in the future, the same way they helped me.

Second Chances helped shape my future, at a very dark time in my life. I am forever grateful I joined their program."

- Shana Pearce



SEEDS OF AFFINITY

One of last year's Impact100 SA Grant Winners

Having a sense of belonging and being part of a community has so many benefits for all people. For women coming out of prison, sometimes finding a place to fit in can be difficult.

Seeds of Affinity is a non profit, volunteer-run community group, established by and

for women who have been formerly incarcerated.

They meet twice a week to check in with each other, cook and eat a meal together, access support services and learn new skills through making and selling skin care products, designing and screen-printing tea towels and tote bags for

fundraising. The funds raised go towards running programs in the Adelaide Women's Prison and providing support to the women once they're released.

Most importantly, women at Seeds of Affinity feel a sense of belonging, solidarity and self-worth during the difficult transition between prison and the community.

◀ **Alison's story** is just one of many amazing women involved with Seeds of Affinity and they welcome all formerly incarcerated women to attend on any Tuesday or Friday between 11 and 3.

There are many ways to support Seeds of Affinity:

- Donations of toiletries: shampoo, conditioner, body wash and moisturiser.
- Presentations at local community events
- Follow on Facebook, [Seeds of Affinity Pathways for Women](#) or Visit their website, [seedsofaffinity.org](#)

"I was pushed out of prison into an unfamiliar area, without any personal possessions, no family support and absolutely no confidence to transition back in to the community. Meanwhile, I had to maintain my sobriety which meant cutting out every long term and short term relationship I ever had. I had heard about Seeds of Affinity whilst in prison and I was encouraged by other prisoners to reach out to the organisation.

I immediately felt welcome, I felt accepted, I felt safe, I felt encouraged, I felt inspired. It was an immediate sense of belonging. I was surrounded by women who could relate to the journey I was on. Attending Seeds has given me a purpose, something positive to look forward to every week, inspiring me to be the best version of myself"

- Alison, 35 y.o.



Photos provided by Seeds of Affinity

ADELAIDE MARATHI MANDAL

From Makar Sankranti to Diwali: Uniting through Culture



Adelaide Marathi Mandal (AMM) is a not-for-profit organisation established by Mr. Dilip Chirmuley AM, in 2006.

The aim of AMM is bringing together Marathi Speaking community living in Adelaide, introduce and nurture Marathi culture to future generations, celebrate Marathi festivals and help new Marathi migrants. Marathi is an ancient language of State of Maharashtra on the west coast of India with Mumbai as the state's capital.

Each year AMM celebrate Makar Sankranti - festival celebrated on 14 January for the significance when the Sun starts its journey from the Southern to the Northern Hemisphere which is considered an auspicious time. Makar translates as 'Capricorn' and Sankranti means 'transition'.

Ganesh Festival is a major event in Maharashtra. A religious worship of Lord Ganesh. Adelaide Marathi Mandal participates and helps the Ganesh Temple to celebrate this event. 3000 people visit

the Temple on this auspicious day.

Diwali - festival of lights is the main festival of India. Adelaide Marathi Mandal organises cultural programs by kids and adults, competitions, quizzes, food stalls for the whole community to enjoy.

Adelaide Marathi Mandal encourages local artists as well as welcomes artists from India.

They run a school to teach next generations to learn read, write and speak Marathi. School also has activities for students to understand the culture, history and festivals.

They have a half an hour Marathi radio program on every Wednesday. Recently the program team won Bilby award.

For community awareness, AMM have

Blood Donation month when many members from Marathi community can participate in donating blood and plasma.

Last two years, AMM organised a charity music show by local artists on Maharashtra Day to raise funds and donated to flood relief funds for NSW, Queensland and Riverland.

Adelaide Marathi Mandal held a stall at the multicultural festival on 12 November at Victoria Square. The stall showcased Marathi culture, food, art, clothing and history of Maharashtra.

AMM are thankful to get grants from the government to help in their activities.



Kalindi Chirmuley
President of Adelaide Marathi Mandal



Photo: Adelaide Marathi Mandal at Multicultural Festival with Minister for Multicultural Affairs and Tourism, Zoe Bettison

BREAST SCREEN SA

You can now book your breast screen appointment online...
It is 15 minutes, every 2 years and could save your life!



Participating in regular breast cancer screening is one of the most important decisions a woman can make for her health. BreastScreen SA provides free breast screens (breast X-ray) to South Australian women aged over 40 years, especially 50 to 74.

Breast cancer is the most common cancer diagnosed in Australian women. Statistics show that women from culturally and linguistically diverse (CALD) backgrounds participate in breast cancer screening at lower rates than other women. The main risk factors for breast cancer include being female and

getting older, with around 75% of all breast cancer in Australia being diagnosed in women over the age of 50.

A screening mammogram is an X-ray of the breasts, performed by a female radiographer. Appointments take 15 minutes and are free. All women aged over 40 can book a free breast screen, but it is especially important for women aged 50 to 74 years.

BreastScreen SA have made it easier than ever to book an appointment. Women can visit the BreastScreen SA website at www.breastscreen.sa.gov.au and book their breast screen

online. Women do not need a referral and can select a clinic location and time that suits. Some locations have after hours and Saturday appointments.

Scan the QR code to visit the BreastScreen SA website to book online now or call 13 20 50. Free interpreter services are available.

The BreastScreen SA website includes important breast screening information in more than 20 languages and answers frequently asked questions. For more information, visit www.breastscreen.sa.gov.au or phone 13 20 50.

CANCER COUNCIL SA LODGES

Low-cost accommodation for cancer patients from regional areas

People from regional areas face many financial barriers when diagnosed with cancer. Cancer Council SA believes that regional cancer patients should have access to low-cost accommodation while they access cancer treatment.

The Cancer Council SA Lodge at 202 Greenhill Road Eastwood 5063 has 120 rooms of low-cost, modern, and comfortable accommodation for regional cancer patients and their carers while they access treatments and cancer-related appointments in Adelaide. The Lodge also has on-site cancer support services.

Guests must be self-sufficient and able to care for themselves, including showering, preparing food, administering medication, and able to call for medical assistance.

Consideration can be given to people who need to travel to Adelaide for other medical appointments. Please contact Cancer Council SA four days prior to your appointment to check eligibility and room availability.



Fees

The accommodation fees for South Australian cancer patients/carers:

	Patient	Carer
Fees if travelling over 100km for cancer treatment	\$40.00	\$40.00
Concession - Fees if travelling under 100km for cancer treatment (per room/night)	\$40 / room / 2 pax	
Non-concession- fees if travelling under 100km for cancer treatment	\$40.00	\$40.00

Financial assistance

South Australians travelling to Adelaide for cancer treatment may be eligible for the Patient Assistance Transport Scheme (PATS). PATS is for regional people who are required to travel more than 100km each way to access necessary medical specialist services that are not available locally.

PATS provides financial assistance towards the cost of transport and accommodation.

To check your eligibility to receive PATS visit www.pats.sa.gov.au/am-i-eligible

Facilities at the Lodges

The Lodge has a range of room types to suit individuals, patient/carer and families. Cancer Council SA can support short- or long-term stays.

- In-room facilities:**
- Ensuite bathroom
 - Free Wi-Fi
 - Weekly Room service, linen provided.
 - Refrigerator
 - Microwave
 - Air conditioning and heating.
- On-site support and facilities:**
- Counselling and social workers
 - Free transportation to some treatment centres
 - Dining service for evening meals, available Monday to Friday
 - Shared kitchen facilities
 - Recreational areas, including:
 - Guest lounge with courtyard
 - Terrace with
 - Library with internet access
 - Gym
 - Kids space
 - Sports room
 - Weekly morning and afternoon tea and shopping trips
 - Free laundry facilities (guests to provide their own laundry powder).



For more information or to book a stay with the Cancer Council SA Lodge, call 08 8291 4200.

For cancer information and support, call Cancer Council SA 13 11 20.

ROSEMARY BRYANT AO RESEARCH CENTRE

The global effort to eliminate cervical cancer

Can cervical cancer be eliminated? It is exciting to know that the answer is YES. Countries across the world are working hard to make this happen. We know what to do, and it's quite simple. Here's what you need to know.

Cervical cancer is the fourth most common cancer in women globally. Most cervical cancers are caused by an infection that does not go away. The virus responsible for the infection is human papillomavirus or HPV. HPV can be detected with a simple test – the cervical screening test. Finding HPV is important because health issues caused by HPV might not be obvious but can be treated before they become serious. Cervical cancer is slow to develop and taking the screening test is one of the most important things you can do. If found early, most cervical cancers can be successfully treated.

Here are some things you may not know about the cervical screening test:

1. You are eligible for the cervical screening test if you are 25-74 years old.
2. The test should be done every 5-years.
3. You should screen even if you have been vaccinated against HPV.
4. Cervical screening is safe and easy.
5. Your doctor or nurse can collect a sample from the cervix.
6. You can collect the sample yourself using a simple swab from your vagina.

The message is simple – start screening and keep screening!

If you have received an invitation for a Cervical Screening Test or are overdue for your test, book your appointment now. You can also ask your GP if you are up to date with cervical screening.

The Rosemary Bryant AO Research Centre will be doing research about women's experiences of screening. The MCCSA will share information about this in 2024.

Information about the Cervical Screening Test is available in different languages on the Australian Government website.

<https://www.health.gov.au/our-work/national-cervical-screening-program>

Dr Nadia Corsini
Senior Research Fellow,
Rosemary Bryant AO Research
Centre

CONNECT FOR A CAUSE

Project facilitated by SAMESH

The 'CONNECT' project is the first Federal Government funded pilot in Australia, utilizing vending machines to dispense free HIV self-test kits. Its aim is to strengthen pathways to services, treatment and support while addressing barriers to testing experienced by newly arrived migrants, international students, and people from culturally and linguistically diverse backgrounds.

Led by SAMESH since March 2022, the six vending machines around the Adelaide metropolitan area have been gaining traction with people from all walks of life wanting to self-test for free. Accessing a HIV self-test kit is simple, anonymous, completely safe and includes links to confirmatory testing and care. Just scan the QR code, answer a few confidential questions and provide a valid mobile number, then follow the instructions provided.

As the most successful project of its kind globally, CONNECT is proving that the distribution of free HIV self-test kits via vending machines increases testing amongst these priority populations. This plays an important role in reaching the United Nations' 95-95-95 targets in Australia.

SCAN ME



SAMESH is a partnership between SHINE SA and Thorne Harbour Health that provides community-based support, education and training about Sexual Health and HIV.

For more information including vending machine locations head to the CONNECT webpage:

<https://samesh.org.au/connect-free-hiv-test-kits/>.



Coming up this January until June, SAMESH will be running a **CALD Digital Photography Community Project**, a peer-led community building initiative for diverse young people. Supported by the City of Adelaide through a Community Impact Grant, the project will provide a fun social environment for storyboarding, exploring personal narrative and developing creative skills in digital photography.

Learn more and register here:

<https://samesh.org.au/digital-photography-community-project/>

BUILDING BRIDGES TO BETTER MENTAL HEALTH

Through The Multicultural Men Mental Health Community Connectors Project

In a world that increasingly recognizes the importance of mental health, the Multicultural Men Mental Health Community Connectors project is paving the way for change. This transformative initiative, now in its second year, works with men from four diverse community groups – the Kabudu Men’s Group, Australians for Syria, the Association of the Burundian Community of SA, and the Latino-American Society of SA to address mental health challenges and reduce the stigma that surrounds them.

Funded by the generous support of the Fay Fuller Foundation, and Implemented by MCCSA through its Multicultural Men’s Group, this project has made remarkable progress over the past 12 months in providing a safe, flexible, and culturally responsive space for men to connect and support each other. The driving force behind this endeavor is to understand what mental health means for these communities, what the

barriers to accessing mental health services are, and to devise practical ways to address these barriers through community-led initiatives.

One of the most remarkable achievements of this project so far has been its ability to break down the walls of stigma surrounding mental health. By creating a welcoming environment for men from different cultural backgrounds, the project has succeeded in fostering open discussions about mental health, making it a topic that can be addressed without fear or shame. It emphasizes the importance of acknowledging and respecting each individual’s unique cultural perspective while addressing common mental health concerns.

Building awareness, addressing stigma, and prioritising community connection are at the core of this initiative, which believes that mental health should not be a taboo subject. The project recognises that, in multicultural communities,

there can be unique challenges in accessing mental health services due to cultural differences, language barriers, and a lack of awareness. By focusing on these issues and bringing together men from various cultural backgrounds, this project aims to bridge the gap between mental health services and the people who need them.

As the Multicultural Men Mental Health Community Connectors project continues to flourish in its second year, it serves as a testament to the power of community-driven initiatives. In a world where the importance of mental health is increasingly being acknowledged, this project is leading the way in demonstrating how meaningful change can be achieved through understanding, connection, and support. It is a shining example of how diverse communities can come together to break down barriers and make mental health a priority for all.



MCCSA'S MULTICULTURAL MEN'S GROUP OF SA

The second half of the year has proven to be exceptionally busy for MCCSA’s Multicultural Men’s Group of South Australia.

In June we hosted a Men’s Health Week event highlighting the importance of prioritising one’s health and the power of social and community connection in combating loneliness and mental health issues. Keynote speaker John Mannion delivered a very powerful presentation on mental health followed by a delicious Italian meal and a game of bocce at the Campania Sports and Social Club.

In August, the steering committee of the Men’s Group embarked on a 3-night retreat at Deep Creek Recreational Park, providing a well-deserved break and an opportunity to brainstorm program ideas. During this retreat, they formulated practical strategies to support men from diverse cultural backgrounds. This retreat was not only productive but also

an enjoyable experience filled with team-building activities and exploration of the stunning surroundings.

In the same month, MCCSA was honored to be an exhibitor at TheMHS conference, the largest mental health conference in Australia and New Zealand, held at the Adelaide Convention Centre. This platform allowed MCCSA to showcase the vital work being carried out by the Multicultural Men’s Group in the realm of mental health. Their efforts focus on activating community-based primary prevention and early intervention initiatives, aimed at breaking down stigma and fostering open conversations while bolstering community resilience.

September brought forth a bowling event hosted by the MCCSA’s Men’s Group, uniting mental health community connectors and men from diverse cultural backgrounds at the Clearview Bowling Club. It was an enjoyable evening

filled with social lawn bowls, pool games, and a delightful meal, providing a fantastic opportunity to connect with like-minded individuals.

Additionally, in September, MCCSA organized a Mental Health Awareness workshop, led by the inspiring John Mannion, CEO of the Breakthrough Mental Health Foundation. This session proved to be highly productive, offering valuable insights to community leaders, staff, and connectors.

Moving into October, MCCSA, in collaboration with the Mental Health Foundation Australia, organized a “Walk for Mental Health” event during Mental Health Month. This collaborative effort aimed to raise awareness about mental health, combat stigma, and normalize conversations on mental health issues within multicultural communities. The ultimate goal is to promote and improve help-seeking behaviors while strengthening community resilience.



HAPPY 100TH BIRTHDAY, MRS. ANNA ALMASSYOVA!

Slovak Community of SA proudly celebrated a very joyous occasion – the very first 100th BIRTHDAY in their community. One of their members; Mrs. Anna Almassyova reached this most special milestone. Community members were delighted to join Mrs. Almassyova and her family in an outstanding birthday celebration, happily hosted by Slovak Club of SA.

Photo (L-R): 100th Birthday Congratulation from the Premier of SA on behalf of King Charles; Birthday celebrations with family and Slovak community members; Birthday celebrations at Slovak Club of SA



DOMESTIC AND FAMILY VIOLENCE, And Your Visa ([homeaffairs.gov.au](https://www.homeaffairs.gov.au))

The Australian Government has zero tolerance for domestic and family violence against anyone and this includes permanent or temporary visa holders. If you have a temporary partner visa you may be considered for the 'family violence provisions' under migration legislation if you have experienced domestic and family violence and you are no longer in a relationship with your sponsor. If you have a temporary partner visa and have children in your relationship you may be also be eligible for a permanent visa.

The Domestic and Family Violence Support Section is a specialist team within the Department of Home Affairs and assists those impacted by domestic and family violence regardless of their visa status. The team can assist you to resolve your immigration matters under the migration law framework and refer you to relevant services including legal, migration and financial support if required. Your privacy and confidentiality will be respected at all times.

Please contact the specialised team to discuss your situation using the [Temporary Visa Holder Domestic and Family Violence Contact Form](#) on the Department of Home Affairs website or email dfvs.temp.visa@homeaffairs.gov.au and a dedicated officer will respond to you directly.



INTRODUCING KWOL

Kwol's Contribution to MCCSA and Reconnect

This year, the MCCSA Reconnect program welcomed a new team member, Kwol. He has joined the team to collaborate with Savvy in Reconnect. Kwol hails from a South Sudanese cultural background and was born in South Sudan. His family later migrated to Uganda, where he spent a decade of his life. In 2005, Kwol and his family migrated to Australia under a refugee visa, and he subsequently acquired Australian citizenship.

Throughout his upbringing, Kwol held a strong passion for helping people. He firmly believes that in every society, there are individuals who are vulnerable, marginalized, and in need of support. This driving force led Kwol to pursue a career in Social Work. He views Social Work as a means to create a positive impact on

the lives of these vulnerable individuals and groups within our society.

Kwol places great significance on personal values, as they shape his identity and guide his daily decisions, both on a personal and professional level. Among Kwol's personal values are family, respect, learning, integrity, compassion, generosity, and a commitment to social justice. Kwol has earned a bachelor's degree in Social Work and boasts four years of experience in the field of youth work.

In his leisure time, Kwol enjoys activities such as playing board games with friends, camping, fishing, golfing, watch collecting, and listening to music. He also has a keen interest in art, film, food, storytelling, and Horology.

Kwol's profound passion for working with young people, especially those from diverse cultural backgrounds, has made him deeply appreciative of the opportunity provided by MCCSA. He eagerly looks forward to contributing his wealth of experience and expertise in youth work to support young individuals in the Reconnect program.

Kwol's vision is to continue the exceptional service delivery for young people that the MCCSA Reconnect program has been providing since its inception. In his new role at MCCSA, he aspires to align his work with MCCSA's mission and values. His aim is to advocate for young people, enabling them to recognise their full potential and the value they bring to their families, communities, and society at large.

WAGE THEFT

The Default Experience of International Students

On The Record editor **Anna Ngov** reports on the widespread exploitation of international students, and why few report their employers.

Research shows international students are being consistently exploited in the workplace, with some earning half the minimum wage – and South Australia is no exception.

For 19-year-old Malaysian international student Serafina Freeman*, who arrived in Adelaide last year to study business, the desire to gain any part-time work experience meant that she was easily taken advantage of by her employer.

“Before I came here, I hadn’t done any part-time jobs at all in my life,” Freeman says.

“I wanted to try to do a part-time job, but [was like], ‘Of course people won’t accept me, I don’t have any background experience.’”

After reaching out to a family friend in July last year to see if they knew of any available part-time jobs, Freeman was recommended a casual position working at a cake shop owned by an employer in their extended community.

As a Muslim herself, Freeman was comforted by the knowledge her employer was also Muslim. Despite not clearly being told the type of pay rate she would receive, she says she

assumed her employer would help her and understand her needs.

However, this was not the case.

Following a week of trial shifts, during which she was paid \$10 an hour, Freeman was told that her pay would continue to be given cash in hand and only raised to an hourly wage of \$13: well below the minimum wage of \$21.38 at the time.

In the two months Freeman worked at the cake shop, the highest she was ever paid was \$15 per hour.

According to The Migrant Justice Institute’s [2020 International Students and Wage Theft in Australia report](#), Freeman’s case is not an isolated one. The research, based on a nationwide survey targeting more than 5000 international students, found over three-quarters of those surveyed were being underpaid by their employers, with 26 per cent earning half the minimum wage.

However, of those being paid under the minimum casual hourly rate, 38 per cent stated that they did not report the mistreatment, or seek information or assistance for a workplace issue, in fears that it would lead to other problems.

With wage theft remaining largely unacted upon by its victims and continuously perpetuated by unethical

employers, it creates an endless cycle in which international students are left vulnerable and routinely exploited.

Freeman says she knew that she could have reported her employer but chose not to as she did not know what kind of repercussions she, or the business, would face.

“At that time, I was new here, so I felt if I did any report on anything, it would put me at risk” she says.

“I would question myself, ‘Am I at risk? If I do that, would the business also [be badly at risk]?’

“It kind of made me feel guilty.”

However, according to the [Fair Work Ombudsman \(FWO\) website](#), international students “have the same workplace entitlements and protections” as every other person in Australia, and can report their case “without fear of visa cancellation”. In fact, there is an arrangement with Home Affairs to support visa holders who come to them for help.

“There are protections in place for visa holders who haven’t been able to comply with their visa conditions due to workplace exploitation,” the website says.

While fears of visa problems are one factor that prevents international students from

reporting wage theft, some also do not know how to go about the reporting process or are simply unaware that they are being underpaid in the first place.

For Shreya Agrawal, an Indian international student who first came to Adelaide early last year to study an MBA in business analytics, the realisation that she was getting underpaid only came after having discussions with other students.

The 22-year-old was being paid \$6 below the minimum wage, before these discussions encouraged her to do her own research on the FWO.

“It was after I researched on my own that I realised I was getting underpaid – very hugely,” Agrawal says.

“Because I was doing my Masters, my minimum pay should have been much more.”

While she initially hesitated to address the low pay with her store manager, Agrawal faced workplace mistreatment that finally pushed her to request a pay rise after three months of working in the store – a request that was ignored.

“[My store manager] used to give me more work [than other workers on the same shift], I could clearly see that he was discriminating as well,” she says.

“So, I went up to him, and I said, ‘I have been working here for [a long time], I think you should raise my pay.’

“The only answer he gave me was, ‘If you want more money, I can just hire students from high school.’”

Agrawal says if she had done more research on how to report wage theft, she would have “definitely” done it, and believes more awareness on the issue is needed so that more students can feel comfortable in taking action.

“I think, as an international student, you are just scared to voice your opinion,” she says.

“You’re scared that [your employer] might, for example, fire you or hire someone else, and then you won’t have a job.

“You already have so much pressure on yourself...you’re paying more for your fees, you’re paying your rent, you’re paying your groceries.”

Agrawal would like to see classes advertised explaining working rights not only to international students but to domestic students as well.

“When you have facts, and you’re confident about it, your manager would definitely be scared,” she says.



Photo: USASA International Student Rep. Alexandra Jo believes universities have an important role in raising student awareness (Source: Alexandra Jo)

The University of South Australia’s Student Association (USASA), which is a non-profit student owned organisation, have financial workshops that help students navigate taxes and know their workplace rights.

USASA International Student Representative, Alexandra Jo, believes that universities should also facilitate workshops to help keep students informed.

“[These workshops] would help students from multicultural communities understand their work rights,” Jo says.

“It would really benefit them and have them become more vigilant about their pay rates.

“It’s important for students to hear from authoritative figures [in the university] they can trust.”

Article By Anna Ngov

On The Record Editor,
University of South Australia
[@annangov](#)

Editor’s Note:

Multicultural Communities Council of South Australia is collaborating with *On The Record*, providing students with the opportunity to research, write and publish articles that are important to multicultural communities. These articles are co-published in *Community Voices* magazine.

* Name changed for anonymity

EMBRACING INTERGENERATIONALITY

Redefining Aged Care for Today's Ageing Australians

Today's older Australians exhibit a remarkable departure from previous generations. Healthier, more active, and with a spirit that defies the notion of growing old, they refuse to be defined or socially segregated by their age. A valuable lesson emerges from high-context cultures, where the community takes precedence, and ageing individuals remain active and integral members of society. Consequently, the traditional age-segregated model of Homes for the Aged seems to no longer resonate with this new generation, which seeks a retirement that transcends confinement.

At the heart of the future of aged care lies a transformative concept: intentional intergenerationality, as seen on shows like ABC's Old People's Homes for 4-Year Olds, which recently got a Teenagers spinoff. This paradigm shift aims to dismantle the segregated notions of retirement and usher in an era of inclusive, integrated care that bridges generational gaps.

So, what can be done?

By fostering meaningful connections between older Australians and younger generations, we can unlock a

wealth of positive outcomes. From shared experiences and wisdom exchange to enhanced emotional well-being and mutual learning, intergenerational interaction promises to enrich the lives of all involved. Through carefully crafted programs and initiatives, we can create nurturing environments where the young and the old thrive together.

The Trend Towards 'Pocket Neighbourhoods'

By taking this concept a few steps further, innovative, mutually beneficial intergenerational co-living models could present a promising path for the future of aged care. "Pocket neighbourhoods" are innovative and intentionally designed living arrangements that bring together individuals of various age groups within a close-knit community setting. These communities are designed to foster interaction and cooperation among older adults and younger generations, providing a unique and mutually beneficial living environment. A successful example of a "Pocket Neighborhood" can be found in Cully Grove in Oregon, USA. Cully Grove is not a retirement housing cluster. It is a solar-

powered cohousing community that features 16 family-friendly units. Clustered around a common house, shared gardens, and two courtyards, this 2013 "farm in the city" is home to empty nesters and young families alike – which turns out to be a pretty good mix that benefits everyone involved. Such developments offer an intimate, supportive setting that encourages cooperation and reciprocity among diverse age groups.

In Australia, such intentional communities could not only cater to the needs of ageing Australians, but also provide unique opportunities for younger generations to learn from and engage with their elders. In conclusion, embracing intentional intergenerationality could pave the way for a more inclusive, compassionate, and thriving Australian society. By breaking free from age-based segregation and embracing the rich fabric of culture and community, we can empower our elders and younger generations alike to embrace the future with open hearts and open minds.

Article by [George Gouzounis](#)
MCCSA CHSP Sector Support and Development Coordinator

NEW FUNDING OPPORTUNITIES ARISE

in the Community Connections Program Embedding Phase

In an exciting development within the Community Connections Program, funded by the Department of Human Services, a new phase is unfolding, offering fresh avenues for flexible funding opportunities. While MCCSA itself does not provide flexible funding, its partner organisations operating under the Community Connection banner are primed to assist and support projects that promise a tangible impact on the community.

The program's initial phase saw several community members receive grant funding, leading to remarkable outcomes. As the program transitions into the next phase, an opportunity emerges for further projects and initiatives aimed at enhancing community well-being.

This initiative spans the entire state, dedicated to empowering individuals from new and emerging culturally and linguistically diverse communities. The program places a strong emphasis on

creating projects tailored to address the distinct insights, needs, and aspirations of these communities.

The amount of funding available for each region varies, making community engagement in this process pivotal.

In this phase, individuals and communities will have the chance to:

- Explore diverse ways in which their community can benefit from the Community Connections Program.
- Learn the art of crafting innovative project ideas that cater to their community's unique requirements, including the possibility of organising intercultural events and activities that connect with regional areas.
- Connect with relevant organisations that can provide guidance and support in transforming their project ideas into reality.

Community participation holds the potential to significantly enrich the Community Connections Program, leading to projects that foster unity, well-being, and growth.

This represents an excellent opportunity for communities to make a positive impact and access the resources needed to breathe life into their project ideas.



For more information about the flexible funding opportunities for MCCSA's multicultural communities, please contact [Vicky Arachi](#), Manager of Community Connections, or [Lena Gasparyan](#), Senior Project Officer.



MCCSA TRAINING COMMUNITIES IN THE USES OF ARTIFICIAL INTELLIGENCE

In our rapidly changing world, harnessing the power of AI can be the key to achieving your community's goals effectively and efficiently. Since May this year, MCCSA has run a number of sessions to educate communities on integrating AI platforms into their service delivery. This training encompasses various subjects, from identifying appropriate use cases for AI platforms, to fine-tuning prompts and to educating and assisting staff and volunteers in AI platform usage.

Benefits of AI Platforms for Community Organisations

Community members are increasingly tapping into the potential of AI in various practical ways. Some community organisations are harnessing AI-powered social media tools to schedule posts and enhance their audience engagement. Others are making use of AI-driven language translation apps to bridge language gaps and improve communication with a diverse range of community members. Additionally, CALD-specific organisations, especially in the realm of aged care and CHSP (Commonwealth Home

Support Programme), are employing AI to keep their policies up to date and to streamline human resources management processes. This growing adoption of AI is making a positive impact on the efficiency and effectiveness of community initiatives.

How to Get Started with AI Platforms

Getting started with AI platforms for community organisations involves a few key steps:

- 1. Evaluate your needs:** Understand your organisation's challenges and goals for using AI in service delivery.
- 2. Find suitable use cases:** Identify specific areas where AI can be helpful.
- 3. Organise data:** Gather and prepare relevant data, considering your organisation's unique context and diverse community needs.
- 4. Select an AI Platform:** Choose an AI platform that aligns with your requirements.
- 5. Implement and Monitor:** Deploy the AI platform and continuously assess its performance to meet your goals.

AI platforms have the potential to transform the way that community organisations deliver services. By following the steps outlined above, community organisations can successfully incorporate AI platforms into their service delivery to streamline operations, enhance customer experiences, improve decision-making, and achieve greater efficiency.

Mark Your Calendars

MCCSA is pleased to announce that it will be holding another session on Community Empowerment through AI on Monday 22 January 2024. This session is specifically designed for Members of the Community Boards Governance Program as well as Managers, Board Members and Staff of CHSP Providers.

To find out more about this session, email Somi Lindsay at somi.lindsay@mccsa.org.au



LIBRARIES SA x MCCSA

'Using Our Libraries': A Community Engagement Project

MCCSA and Libraries SA Community Engagement Project is a comprehensive response initiative by MCCSA to address the Public Libraries Service (PLS) Community Languages Review. In August 2023 MCCSA was successful in securing a 5 month work package aimed at understanding multicultural communities needs, uses, access and inclusion at public libraries across South Australia. This project was triggered by the declining uptake of Community Language collections and materials prompting an engagement project to be launched. MCCSA worked with the PLS to design a 3 step approach to this engagement process as follows:

1. Focus Groups across seven public libraries in South Australia. To date

- all seven of these have been completed with over 65 attendees (members of the CALD community) contributing their ideas, voice and opinions on how they use and what they would like to see in their libraries.
2. Roundtable discussions with representatives with the Community Languages Schools scheduled for early December.
3. ONLINE SURVEY - this survey is for anyone of a CALD background. MCCSA wants to hear from you - how you think libraries should service you, what you use your local library for and what can libraries do to bring you into their space. This survey takes about five minutes to complete and will go a long way in influencing

the outcomes of how libraries can evolve with the changing landscape and be more inclusive and adaptable to the needs of the growing multicultural society we live in.

The last step in this engagement project is a way in which you can get involved, if you haven't already: click on [this link](https://www.surveymonkey.com/r/libraries-CV) (www.surveymonkey.com/r/libraries-CV) or scan the QR code below to complete the survey. The survey will be open until the 18th of December 2023, with lucky draw winners announced before the 22nd of December. Don't miss your chance to win a \$100 voucher for participating.

For more information, contact Somi Lindsay via email: somi.lindsay@mccsa.org.au



Are you from a multicultural background?

COMPLETE OUR SURVEY

Your valuable input will help us to better understand your thoughts regarding the Community Language Collections available in public libraries across SA.



SCAN BELOW TO BEGIN

www.surveymonkey.com/r/libraries-CV

Please note: Only those who speak a multicultural language (other than English) at home or with their household are eligible to complete the survey and enter the lucky draw.

STRENGTH FOR LIFE

An Interview with Dr Lillian Mwanri



Tell us about yourself and your cultural background.

I have an African background and arrived in Australia with my husband and young children from Tanzania 25 years ago. After studying general medicine in Dar es Salaam I worked in senior positions in clinical and public health focusing on nutrition and children.

I first came to Australia in 1993 in Queensland where I attained my Masters in Community Nutrition (MCN) degree. I returned to South Australia in 1998 where I completed my PhD in Medicine in 2001. I have lived with my family in South Australia since and am currently an Associate Professor of Public Health at the Research Centre for Public Health, Equity and Human Flourishing at the Torrens University Australia.

Tell us about your experience in the areas of public and community health and wellbeing.

In the early days when I worked as a hospital clinician I came to realise that my interest in the health sector was evolving. While it was rewarding to help people regain their health after being unwell, I could see that it was important that attention also be brought to the 'preventative' end of the health spectrum to stop people becoming ill in the first place. My interest and focus grew in how I could help communities of people that are often vulnerable, such as refugees and migrants, from suffering preventable chronic and acute illnesses.

This led to my focus as an academic being on research in a wide variety of fields relating to public health including vulnerable populations, chronic and infectious illnesses, and health inequities. Policies and programs based on research findings are important in ensuring people can lead lives that are physically, emotionally and socially healthy. Partnerships are also a key factor. Government, non-government, health and education sectors need to continue to work together to advocate and deliver policies



and programs that help people make healthy choices to lead healthy lives.

You participate in Strength for Life. Why did you join?

Having an African background, I am involved with the African Women's Federation in South Australia (AWFOSA). When the possibility of holding Strength for Life classes was raised I saw it as having a lot of potential to improve the lives of women in our community, and for myself as well! Strength for Life was a way to further enhance our group's physical and social wellbeing, and the strong sense of community we have. With its focus on improving muscle tone, strength and balance, as well as opportunity for further social connection, it was the perfect program!

How have you found the experience of participating in Strength for Life?

I liked the way classes were tailored for us so there was a

lot of music and dancing. Every session was a lot of fun and laughter! Importantly, multiple classes were held in a number of locations so convenience made it easy to participate each week. I have found improvement in my mobility and strength, and have the knowledge and motivation to build regular exercise into my routine now and into the future.

What do you see as the benefits for people joining Strength for Life, particularly those from different cultural backgrounds?

Many in our African women's group found the social side of the program to be fantastic. I could see the confidence of women, and particularly those with refugee backgrounds who were sometimes more reluctant to join in, quickly change. As they met the other women, and learned to do the Strength for Life exercises that helped them improve their strength and mobility, they flourished! Some women even bought their own inexpensive equipment such as resistance bands, hand weights and mats so they could continue with the exercises in the privacy of their own homes.

What do you believe are some of the barriers that may prevent people from having the confidence to join a Strength for Life group?

Some participants were reticent in starting, but their mindset changed when they saw others they knew joining the program. Their attitude changed to: 'It must be important to exercise so I'll give it a go'.

Cultural values and lack of English language can sometimes be barriers. For example, many African women came from communities where 'big is beautiful' as it means food is plentiful. To change this mindset, it has been helpful to shift their focus from 'weight loss' to more of 'how you feel' focusing on improved levels of energy, mobility and strength. As exercise is a very visual activity and can be demonstrated, it is easy for people to learn and use the right techniques without understanding English.

Other barriers can be transport or location of classes, and cost. Attending classes that are easy to access can certainly make it easier to commit to regular attendance. Some of the African women organised ride sharing which worked well for those who did not have their own transport. Cost can be a barrier for many in attending exercise classes, however the low cost of Strength for Life classes was a plus. It was definitely value for money.

What would you like to say to help people take their first steps to

becoming happy and confidence Strength for Life participants?

Good health in our mind and body is so important and as we age our muscles, bones and mind need to keep strong. Finding the courage to take the first step and just try it out is the key. You will quickly feel comfortable and confident as you do the exercises that are suited to your needs and abilities. Also, the other activities and games that are done as a group at the beginning and end of the sessions are enjoyable and fun. It won't be long before you feel part of the group.

What key message would you like to leave readers with?

'Take the opportunity to join Strength for Life. It has the potential to improve your quality of life physically, socially and emotionally. Anybody can do it regardless of who you are.'

This program is funded by Wellbeing SA



Wellbeing SA

CULTURALLY-SPECIFIC MUSEUMS

Between Diasporic Culture and Australian Heritage

CALL FOR PAPERS

To migrant communities in Australia and their descendants, dedicated archives and museums documenting culturally-specific material and experiences have been significant spaces for activism, integration, reflexion and community identity. These archives and museums first emerged in the 1950s and 60s, possibly fulfilling similar roles to community associations. Some may have been inspired by a growing interest in local Australian history at this time when many historical societies in regional areas were established; others adopted a more explicitly activist role, viewing their diaspora and its cultural maintenance as a form of opposition to homeland political developments. These early museums and archives include the Estonian Archives in Australia (Sydney, 1952), Lobethal Archives and Historical Museum (Loebethal, 1956), Lithuanian Museum (Adelaide, 1961), Jindera Pioneer Museum and Historical Society (Jindera, 1968), Latvian Museum, (Adelaide, 1970), Ukrainian Museum (Adelaide, 1979), and the Jewish Museum of Australia (Melbourne, 1982).

Researchers are seeking contributions about culturally-specific museums and archives

in Australia, the social roles they have played for migrant and diasporic communities in Australia and beyond, the multilayered identities they promote, their relationship to multiculturalism (as a prescriptive policy framework and as a descriptor of the social milieu), as well as the opportunities and the challenges they represent for the communities that operate them. They are also interested in contributions that examine culturally-specific museums and archives' relations to 2 local government, state and national museums, libraries and archives dedicated to social history in Australia, exploring differences and similarities in terms of curatorial practices (collecting, preserving and exhibiting), community engagement and institutional features.

Questions underlying this special edition include:

- How and why did culturally-specific museums and archives emerge in Australia?
- What do museums or archives have to offer to migrant/diaspora communities in Australia that other means of representations do not?
- How can culturally-specific museums and archives

act as both cultural repositories and dynamic spaces to continue national, transnational, and cross-cultural imagining?

- To what extent do culturally-specific museums and archives share in a common discourse of interculturality, or alternatively, respond to localised debates and frames of reference?
- How specific is museum and archival practice in a culturally-specific/ community-operated museum?
- What engagement have culturally-specific museums and archives make with First Nations' heritage and experiences?
- How have culturally-specific museums and archives handled relationships with the governments of their places of origin, which can include being involved with Australia's diplomatic relations with those governments?

Interested participants, please submit your abstract by 20 December to Dr. Virginie Rey at virginie.rey@deakin.edu.au; cc Dr Alexandra Dellios alexandra.dellio@anu.edu.au and Dr Karen Schamberger at kschamberger@nla.gov.au

WOMEN'S HEALTH WEEK

Osteoporosis Forum Hosted by MCCSA

Osteoporosis is a prevalent health issue affecting an estimated 924,000 Australians. Its prevalence is higher among women, with 29% of women aged 75 and over compared to 10% of men. Shockingly, over 25% of women aged 75 and older suffer from osteoporosis.

The impact of osteoporosis is significant, as individuals with the condition are 2.7 times more likely to report poor health compared to those without it. Osteoporosis, characterised by thin, weak, and fragile bones, makes individuals susceptible to fractures from even minor incidents such as falling out of a bed or chair or tripping while walking. This condition not only poses physical challenges but also has psychological implications, making it a debilitating disease and has

a huge impact on our health system.

Acknowledging the necessity of heightened community awareness, Women's Health Week 2023, organised by MCCSA in collaboration with the National Council of Women SA, Business and Professional Women of Adelaide, Soroptimist International, Adelaide, and ABC Radio Adelaide, showcased an Osteoporosis Forum at the University of Adelaide's Health and Medical Sciences building. The event, which took place on Thursday, September 7th, gathered a diverse audience for a vital conversation on women's health.

The focus on osteoporosis provided attendees with valuable insights into prevention and management

strategies, as well as the latest advancements in women's health. Expert speakers, including renowned women's health clinician Dr. Jane Elliott AM, specialist dietitian Louise Mudge, and exercise physiologist Erin Parish, shared their knowledge, contributing to an informative and engaging evening.

Sonya Feldhoff, ABC Radio Adelaide morning breakfast presenter, served as the compere, adding a touch of charm and investigative journalism to the event. The success of the Women's Health Week - Osteoporosis Forum underscores the importance of prioritising women's health and lays the foundation for continued dialogue on this crucial topic and other health matters affecting women in the community.



Photo: MCCSA Women's Council Volunteers, Patricia Rios and Nilda Simmons of HWASA, helping pack Goodie Bags for the Osteoporosis Forum, in celebration of Women's Health Week



Photo: Panel of speakers (Dr. Jane Elliott AM, Erin Parish and Louise Mudge) with event sponsors

MAKING A DIFFERENCE

MCCSA's diverse programs for a vibrant community

Transport Services

MCCSA's affordable and reliable transport solution for community organisations and individuals in South Australia. MCCSA has four buses in its fleet, including one wheelchair accessible bus, and can accommodate up to 12 people. MCCSA also offers volunteer drivers and is seeking expressions of interest for 'Going Places' guided tours.

For more information, please contact Geoffrey Brown via geoffrey.brown@mccsa.org.au or call 0481 948 728.

Aged Care Volunteer Visitor Scheme

CVS has expanded and has been renamed to ACVVS. This program facilitates one-on-one friendships between older people and visitors speaking their language. They visit to build relationships and add warmth to the lives of senior citizens, reducing their loneliness and isolation.

If you would like to volunteer, please email Maggie Asaad via maggie.asaad@mccsa.org.au or call 8213 4604.

Community Facilities

MCCSA offers a variety of community spaces for meetings, forums, workshops, and functions. These facilities include a 50-seat hall that is *free of charge* for registered MCCSA community groups, with a donation appreciated for rubbish removal and electricity. The hall is also available for commercial hire.

To hire an MCCSA community space, call us on 8345 5266 or email mccsa@mccsa.org.au

Men's Group

MCCSA's Multicultural Men's Group aims to improve mental health outcomes for men from culturally and linguistically diverse backgrounds. The group provides a safe and supportive space for men to connect, share experiences, and learn about mental health and wellbeing. Through a range of activities, including guest speakers and social outings, the Men's Group encourages men to break down cultural barriers and if necessary, seek help when needed.

For further information, contact Ukash Ali Ahmed via ukash.ahmed@mccsa.org.au

Community Development

Community Development is focused on providing individual support to vulnerable and emerging culturally diverse communities and their members. The program offers a range of activities, including workshops, leadership and networking events, and capacity-building activities.

For further information, please email Somi Lindsay at somi.lindsay@mccsa.org.au

Building Employer Confidence

Building Employer Confidence in Disability and Inclusion is a program that aims to create inclusive and diverse workplaces by providing training and support to employers, and supporting skilled CALD workers with disabilities to find suitable workplaces. This program offers a range of resources and services, including training workshops, internships, employer and diversity audits.

Want to know more? Contact Perrin Abbas on 8213 4603 or perrin.abbas@mccsa.org.au

Multicultural Playgroup

MCCSA's Multicultural Playgroup provides a safe and inclusive space for parents and children from diverse cultural backgrounds to connect and socialize. It aims to support children's development and help families overcome isolation through a range of social activities.

To get involved, contact Abby Liu via abby.liu@mccsa.org.au

Cultural Intelligence Training

Unlock the power of cultural intelligence with culturalQ! The service is designed for organisations that want to develop and implement diversity and inclusion strategies, and ensure that their services and products are provided inclusively, equitably, and effectively.

To book your session, email culturalq@mccsa.org.au

Consultancy

MCCSA prides itself on its connection with the multicultural communities of South Australia, understanding their needs and advocating for them. MCCSA and experienced staff are available to provide consultancy services on a range of topics that impact the CALD communities of South Australia. This provides a direct link for stakeholders and service providers to access and understand the needs of their communities more clearly.

Contact MCCSA via email mccsa@mccsa.org.au or call 8345 5266.

Cultural Connections in Disability

Cultural Connections in Disability is a project that develops and delivers culturally sensitive activities and resources for CALD people with disability. This aims to enhance their understanding of available support and services, build their capacity

to overcome social isolation, and explain their right to lead a good life. MCCSA produced a Disability Inclusion Video Series in collaboration with various communities and stakeholders across South Australia.

For more information, contact Katherine Greer at katherine.greer@mccsa.org.au

Interested in Volunteering?

MCCSA offers many exciting volunteer opportunities for those seeking a meaningful way to give back to their community. From Playgroup volunteers to tour guides and bus drivers, community visitors, and guest speakers, there's something for everyone. By volunteering with us, you'll be making a positive impact on the lives of CALD individuals and families, while also gaining valuable skills and experience.

Join our team today and make a difference! Email your CV and cover letter to mccsa@mccsa.org.au

Building Successful Communities



Your Voice Matters.

Share your story by emailing communications@mccsa.org.au