

MCCSA

Community Voices

WINTER 2023



Photo: Connections and Joy at 'Her Art' Exhibit Opening 2023

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Photo: CEO Helena Kyriazopoulos OAM, proud to be supporting 'Her Art' Exhibition Opening, as part of SALA Festival 2023



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FROM THE CEO

HELENA KYRIAZOPOULOS OAM

Welcome to the winter edition of Community Voices!

We are delighted to announce that our long-standing Aged Care Volunteer Visitors Scheme (ACVVS), previously known as the Community Visitors Scheme, has been successfully re-funded. For almost four decades, this program has been an integral part of our organisation, offering friendship and companionship to older individuals residing in residential aged care or at home. The regular visits from our dedicated volunteers have a profound impact on improving the quality of life and reducing the sense of isolation among older individuals.

Becoming an aged care volunteer visitor can be an incredibly rewarding and life-changing experience. By joining our volunteer team, you will have the opportunity to make a genuine friend, share ideas and stories, and provide invaluable support to those who may be feeling lonely or isolated. We are particularly interested in welcoming volunteers from diverse multicultural backgrounds. If you are interested in becoming a volunteer, please don't hesitate to reach out to the ACVVS Team.

I would like to extend my personal gratitude to Irfan Hashmi, the community pharmacist, for once again supporting our staff and volunteers with free vaccinations. This tremendous assistance greatly benefits our programs and organisation, and we are sincerely thankful to him.

On June 2nd, The Hon Minister Giles, Minister for Immigration, Citizenship and Multicultural Affairs, launched the Multicultural Framework Review. This comprehensive review aims to provide the government with guidance on the institutional and policy settings required to strengthen Australia's multiculturalism over the next decade. Furthermore, it seeks to identify ways to better meet the needs of our increasingly diverse society.

The review will assess the effectiveness of existing Commonwealth institutional arrangements and policy settings in promoting an inclusive multicultural society and will subsequently offer recommendations for improvement. Additionally, the review will evaluate the efficacy of current federal diversity, equity, and inclusion strategies in ensuring that the Australian Public Service

workforce accurately reflects multicultural Australia.

Australia's multicultural diversity is an inherent component of our national identity, providing us with strength and vitality. We firmly believe that every Australian has a valuable contribution to make to this review. In the coming months, we will provide you with opportunities to contribute to the Review. The final report, along with its recommendations, is expected to be delivered to the Minister in March 2024. In the coming months, we will provide you with opportunities to contribute to the Review.

After nearly a decade of dedicated service to the MCCSA communities, we bid farewell to Kristin Johansson, Manager of Projects, as she embarks on a well-deserved extended break. Throughout her tenure with our organisation, Kristin has made significant contributions to enhancing the lives of vulnerable individuals through our programs and advocacy.

We hope you thoroughly enjoy this edition of Community Voices and continue to stand alongside us as we strive to build a more inclusive and equitable society for all.

Helena

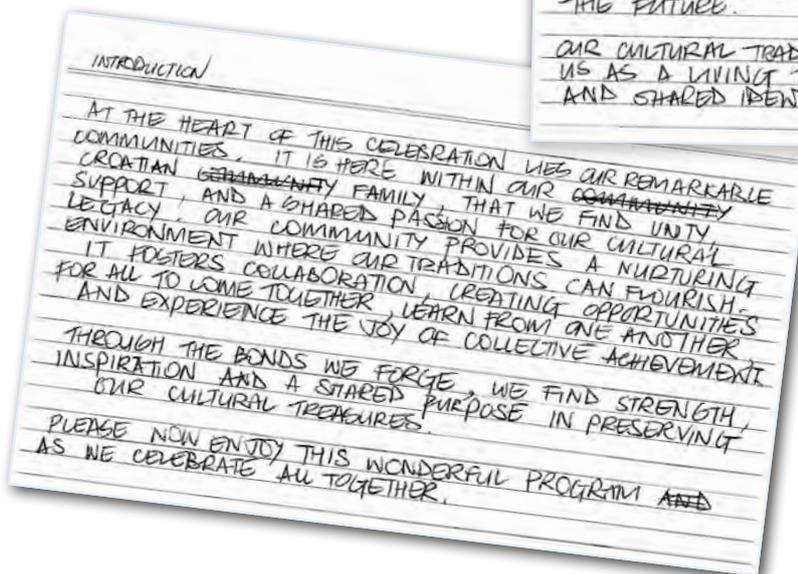
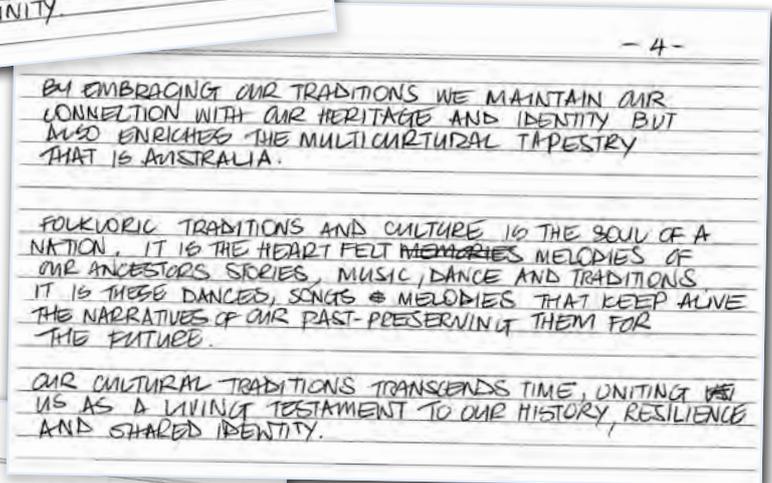
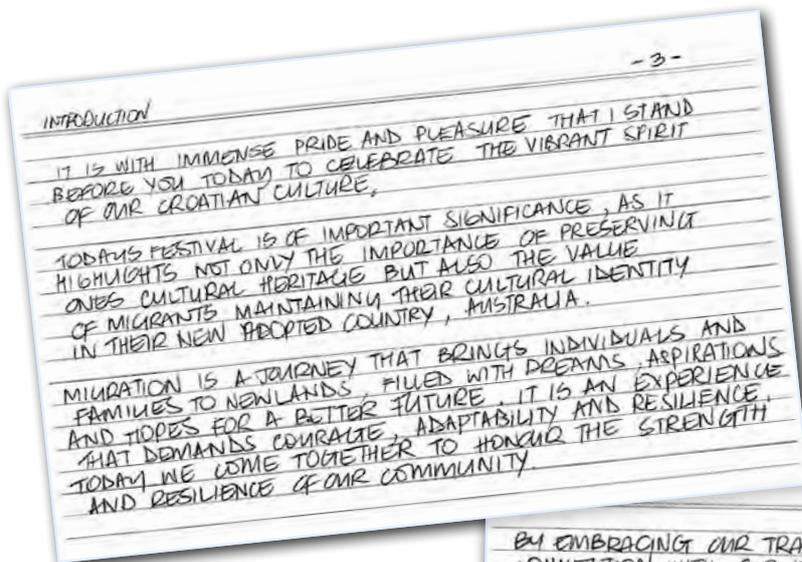
CROATIAN FOLKLORIC FESTIVAL

Embracing traditions and connection to heritage

Croatian folkloric dancing has been celebrated in Adelaide for over 70 years. HFS Lenek Adelaide is South Australia's only Croatian folkloric dance group and its ensemble consists of over 100 performers across all age groups from the age of 4 years.

Following on from the very first festival held in Perth in 2019, HFS Lenek Adelaide was proud to host the Croatian Folkloric Arts Festival 2023 Adelaide - a unique celebration of Croatian folkloric music, dance and song - on Saturday 17 June.

The festival celebrated the rich cultural heritage of Croatian people and was filled with traditional music and dance. The event brought together numerous Croatian folkloric groups and musicians from across Australia, to Adelaide to perform at the Woodville Town Hall.



Handwritten speech as delivered
by President HFS Lenek Adelaide, Hilda Žuvela



*Photos: Croatian Folkloric Arts Festival Adelaide 2023,
Photography by Frankie Whittenbury from Frankie The Creative*

A WALK CAN WORK WONDERS

Campaign facilitated by Wellbeing SA

Wellbeing SA is encouraging South Australians to discover the benefits of walking, sharing the message that even small amounts of walking – as little as 10 minutes per day - can have a positive impact on wellbeing. Scientific evidence shows walking regularly can help improve physical, mental, and social wellbeing.



Talking a walk, no matter the distance, is important to help lead a happy and healthy life.

Simply choose an activity that's easy and enjoyable for you to discover the wonders of walking today!

Walking is an easy way to be active and it also provides a break from the rush of daily life. You can choose how long, or short your walk is – every bit counts. Here are a few ideas for fitting a short walk into your day.

The A Walk Can Work Wonders campaign is one element of Wellbeing SA's commitment to the [South Australian Walking Strategy 2022-2032](#).

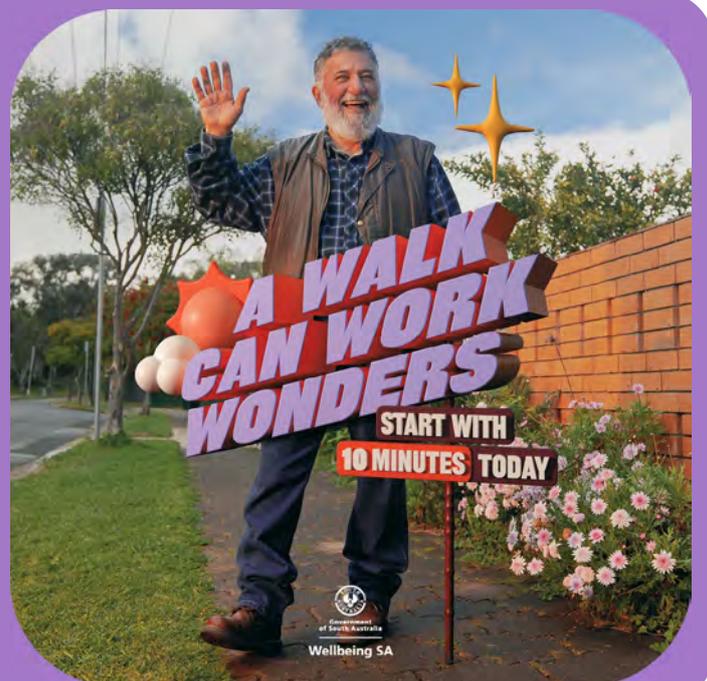
The Walking Strategy was developed in partnership with the Heart Foundation, to support people in South Australia to walk more often and in turn, help their physical, social, and mental health.

Visit the [Wellbeing SA website](#) to read more about the campaign or to find great walks across South Australia, including information on which walks are

wheelchair and pram accessible, dog friendly or near public transport.

Challenge yourself to move more this spring and join SA's Billion Steps Challenge, starting Sunday 1 October 2023. Track your activities and help SA reach one billion steps. For more information and to register, visit <https://www.10000steps.org.au/state-and-local-challenges/>.

- Take a stroll in your neighbourhood or walk around your local oval
- Go searching for local street art
- Walk to your local shops or community event
- Walk and talk – catch up with a mate for a walking date
- Go for a walk while listening to your favourite podcast or audiobook
- Explore a local park or check out a [nature play space](#) with the kids
- Get off public transport a stop (or two) early, or park the car further from your destination
- Take your dog for a walk. Don't have a dog? Ask to borrow a neighbour's!
- Check out Adelaide's best [pram walks](#) and take your baby along with you



Unfinished Goal

Poetry by Zeynab Amini Parsa

I have sailed across the
perilous Pacific Ocean,
just to become safe and free
like everyone else.

There is grief in my and there
is no relief.

I've spent my entire life
migrating like a bird.

Migrating runs through my
veins.

I was born with immigration.

I've grown up with
immigration.

And I still live with
immigration.

I still don't believe my feet
have touched the ground,
sometimes I believe they are
still on the boat.

It's hard that some people
don't accept you.

If only they knew what I know,
they could feel the pain that I
have been through.

I am brave,
patient,
and true.

I will find that happiness in me
one day,
someday,
somehow.



*Illustration: The Great Wave by artist, Katsushika Hokusai, Japan 1831
additional boat illustration, artist unknown*

GO PLACES WITH MCCSA

Learn more about our community-driven bus service

If you're in need of group transport in Adelaide, MCCSA's Bus Hire service offers a reliable and community-focused solution. With over 26 years of experience in providing transportation for multicultural communities, MCCSA ensures affordability, flexibility, and a stress-free experience for all passengers.

Established in 1987, MCCSA's community-driven transport service is specifically tailored to meet your needs. Unlike commercially available hire services, taxis, or Ubers, MCCSA's service is community-focused and not-for-profit. By choosing our service, you not only support your local community but also enjoy a more cost-effective, simpler, and safer transportation option.

MCCSA offers a range of buses to accommodate different group sizes and requirements. Depending on availability, up to four buses can be booked. Three of these buses can

carry eleven passengers and a driver, while the fourth bus includes a wheelchair lift and accommodates up to ten passengers and a driver.

When you hire a bus from MCCSA, you can count on a trained and experienced driver to accompany your group for the day or have the option to engage a member of your group as a driver, in which case they have to register with MCCSA. In either case, your driver will prioritize your group's requirements and be responsive to any ad-hoc needs on the day.

Organizing events within your community can reduce isolation and improve connections among community members. By choosing MCCSA, you not only ensure reliable transportation but also contribute to the funding of programs that benefit our multicultural communities. Together, let's make your next outing a simple, stress-free, and community-driven experience.



To secure your preferred bus for an upcoming event or to inquire about becoming a volunteer driver, please contact Geoffrey at geoffrey.brown@mccsa.org.au or phone 82134609.

MCCSA operates on a first-come, first-served basis, so early booking is recommended.

CELEBRATING NASIR HUSSAIN

City of Charles Sturt Citizen of the Year Award 2023



Photo: Nasir Hussain, Citizen of the Year 2023

Nasir Hussain, qualified social worker, President of Muslim Australia Connections of SA (MACSA), board member of Multicultural Communities Council of SA (MCCSA), and active participant in the Islamic Leaders Advisory Forum, proudly accepted the Citizen of the Year Award from the City of Charles Sturt in 2023. Nasir's achievement marks a historic milestone, as he becomes the first Pakistani recipient of this esteemed honor in South Australia.

Nasir's legacy is one of unity and resilience, bridging cultures and generations, promoting and celebrating the many cultures within the City of Charles Sturt. His journey reflects the heart of multiculturalism and encourages us all to embrace diversity, strive for positive change, and build stronger, more inclusive communities.

MCCSA offers our huge congratulations to Nasir on this well-deserved recognition.



WORDS GROW MINDS

TALK. PLAY. READ. SING.

Words help build your baby's brain, physically changing the way it grows. With up to 85% of brain development occurring during the first three years, it's important we interact and engage early on.

REMEMBERING IMAY FARAH

MCCSA Volunteer Community Visitor for over 20 years

Imay Farah, born on July 15, 1947, in Santiago de Chile, was a cherished member of our CVS team. She passed away peacefully on June 6, 2023, at the age of 75, after a long illness at Queen Elizabeth Hospital, surrounded by her loving family and husband, Juan Farah.



condolences go to Juan and the entire Farah family during this difficult time.

The void she leaves behind will be deeply felt, she will be greatly missed. May Imay rest in eternal peace.

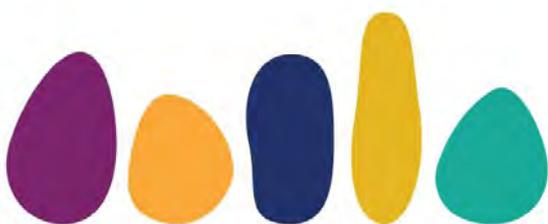
Imay joined MCCSA in 2002 as a Community Visitor and dedicated more than 20 years to supporting Spanish-speaking elders in Aged Care facilities across Adelaide by providing friendship and companionship. Her unwavering dedication and compassion were evident as she selflessly served others.

Even as her health declined, Imay actively participated in CVS support meetings, training sessions, and activities, serving as an inspiration to both experienced and new volunteers.

We remember Imay for her kindness and the countless lives she touched. Our deepest



Photo: Imay Farah with her husband, Juan Farah at an MCCSA event



NATIONAL MULTICULTURAL HEALTH AND WELLBEING CONFERENCE 2023

Our Cultures, Our Languages, Our Health

21-22 NOVEMBER 2023

SHERATON GRAND SYDNEY HYDE PARK

REGISTRATIONS NOW OPEN!





MCCSA is proud to be the event partner of MOSAIC Adelaide 2023. MOSAIC Adelaide Inc., a not-for-profit organisation, orchestrates this vibrant event, empowering youth and fostering intercultural projects across South Australia.

Emerging from humble beginnings as 'Cultural Night' by the Adelaide University Rotaract Club, MOSAIC Adelaide has evolved into an impactful initiative that embodies inclusivity and cultural harmony.

With a resounding vision of "An inclusive South Australia empowering our diverse cultures to support humanity," and a mission "to stage cultural

events with its partners, which showcase South Australia's interculturalism and cultural diversity in a peaceful, inclusive way," MOSAIC Adelaide aspires to create a lasting impact on the community.

MOSAIC Adelaide 2023, the flagship event, is set to dazzle attendees on the 30th of September at the Dom Polski Centre (230 Angas Street, Adelaide SA) from 7pm - 10:30pm. An amalgamation of cultures and creativity, this event not only celebrates diversity but also supports charitable causes. The event's success is fueled by supporters and sponsors including Adelaide Fringe, Talk Out Loud Australia, many local Rotary Clubs and South Australian

businesses, StudyAdelaide, Sparkling Productions and more.

As supporters of MCCSA, we encourage you to be part of this enriching experience by:

- [Purchasing your ticket](#) to attend MOSAIC Adelaide
- Purchasing a Pay-it-Forward ticket to support young individuals in need
- Clicking 'Going' on the [Facebook event](#).
- Contributing raffle prizes, auction items, and flags to enhance the event.
- Connecting with MOSAIC Adelaide on social media
- Spreading the word by sharing the event with your community and networks.

TO PURCHASE TICKETS, VISIT:
events.humanitix.com/mosaic-adelaide-2023

FOR ENQUIRIES, CONTACT:
Lenard Sciancalepore at 0402 018 809 or contact@mosaicadelaide.org

Stay one step ahead of bowel cancer!

Even if you feel healthy or don't have any family history, your risk rises after you turn 50.

If you are aged between 50-74, get your **FREE** home test kit now.

Get more information on bowel screening in the following languages by using the QR code.



Arabic
Traditional Chinese
Simplified Chinese
Greek
Hazaragi
Hindi

Italian
Khmer
Nepali
Punjabi
Vietnamese



Get **2** it

cancer.org.au/bowelscreening



NATIONAL
BOWELCANCER
SCREENING PROGRAM



Eid Gala Dinner

Event by MACSA

On Saturday April 29th 2023, Muslim Australian Connections of SA (MACSA) and their team organised and held the Eid Gala Dinner at the gorgeous Woodville Town Hall.

The spectacular, memorable event was attended and enjoyed by a large number of prestigious guests, including Zoe Bettison (Minister for Multicultural affairs & Tourism), Federal MPs, Mayor Angela

Evans of the City of Charles Sturt, various councillors, Chief Executive Officers and leaders from various organisations.

The event aims to create opportunities for new migrants and International students to establish social and networking connections with diverse multicultural communities and the broader Australian population.

Photo: Guests enjoying the MACSA's Eid Gala Dinner 2023



MACSA would like to thank you for your ongoing support in empowering multicultural communities, especially new migrants.

This program was funded by the Government of South Australia and MCCSA's Community Connector Program.

Australian Government Unveils Ambitious Migration Strategy for a Prosperous and Secure Future:

Proposed reforms aim to build a targeted, efficient, and outcomes-focused migration system

The Australian government has revealed an ambitious migration strategy with the aim of building a targeted, efficient, and outcomes-focused migration system. These proposed reforms come in response to the challenges faced by an aging population, declining productivity growth, and a complex geostrategic environment.

During a National Press Club address, Federal Minister Clare O'Neil highlighted the significant role that migration has played in shaping Australia's national identity and driving its economic success. With approximately half of the country's citizens being born overseas or having a parent born overseas, migration has been a vital catalyst for prosperity, unity, and innovation.

Minister O'Neil acknowledged that there are certain challenges facing the current migration system, which have resulted in inefficiencies and room for improvement. Outdated occupation lists, complex visa categories, and lengthy processing times have been identified as factors that can hinder the system's ability to attract and prioritize skilled migrants who can make substantial contributions to long-term productivity and

innovation. Additionally, there is a need to enhance post-arrival outcomes for migrants and improve their integration into the labour market, ensuring that their skills are fully utilised while mitigating the risk of exploitation.

To address these issues, the proposed migration strategy focuses on five core objectives. Firstly, it aims to enhance Australia's prosperity by attracting a skilled workforce and meeting the country's workforce needs. Secondly, it seeks to create a fair labour market that protects the jobs, wages, and conditions of Australian workers. Thirdly, it places a priority on building a cohesive community of Australians by fostering social integration and inclusivity. Fourthly, it aims to safeguard Australia's interests in the global context. Lastly, it strives to establish a fast, efficient, and fair migration system that simplifies processes for both employers and migrants.

The strategy proposes key policy shifts, including a clearer definition of the migration system's role in addressing national challenges, simplification of visa categories and rules, and improved coordination with state and territory governments to align migration with infrastructure

and service provisions. The government places a strong emphasis on integrity, fairness, and inclusion, with the goal of eliminating exploitation, providing clearer pathways to permanent residence, and improving the job readiness and outcomes of migrants.

The Australian government plans to engage in consultations with various stakeholders, including state and territory governments, unions, business groups, and civil society, to gather input on the proposed changes. The final Migration Strategy, refined through these consultations, is expected to be released later this year. It is important to note that family programs, humanitarian programs, and settlement programs are being considered separately and will receive due attention.

Through these proposed reforms, the government aims to ensure that Australia's migration system continues to be a powerful force in driving economic prosperity and security for the nation. By aligning the system with strategic needs, simplifying processes, and prioritising the well-being of migrants and their integration into society, the government strives to build a brighter future for all Australians.

LaunchMe

For multicultural women

Business coaching for aspiring or new small business owners



FREE
Coaching
Program

How to apply

Call
1300 099 998

E-mail
launchme@goodshep.org.au

Brought to you by



Supported by
Government of South Australia
Department of the Premier
and Cabinet

Start Your Business with LaunchMe

For multicultural women

Want to turn your ideas, passion and skills into a small business? Starting a business from scratch or running a newly established one is both challenging and exciting.

Good Shepherd's **LaunchMe for multicultural women** program helps you to develop and launch your own small business. Working with your own coach, you will gain skills, confidence and motivation to get your business up and running – quicker than doing it on your own.

LaunchMe is FREE for eligible multicultural women living in Northern Adelaide



Eligibility

- ✓ A viable business idea or a newly established small business
- ✓ Current income less than \$75,000 before tax or have a healthcare or pension card
- ✓ Live in Northern Adelaide
- ✓ Women from multicultural backgrounds
- ✓ Commitment to meeting your coach on a regular basis and working on your business between coaching sessions

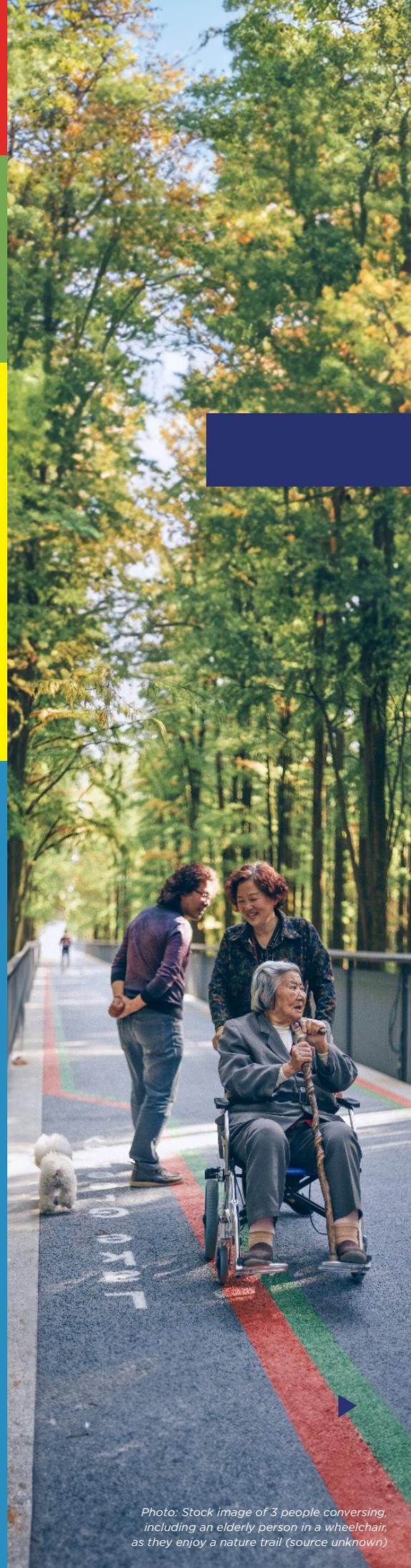


What You Get

- 1** Free 1:1 **personalised business coaching** up to 6 months
- 2** Tools and resources for your business to **start trading**
- 3** Strategies to **grow your business**
- 4** Skills and knowledge to **attract clients**
- 5** Assistance towards some **business costs**
- 6** **Referrals** to Good Shepherd's wellbeing services including financial counselling
- 7** Access to a **network of experts** such as business strategists, legal practitioners and social media and marketing consultants

Please note this is a limited program, which will end December 2023. Spots are limited and filling quickly.

For more information: goodshep.org.au/services/launchme-for-multicultural-women-in-northern-adelaide/





My Story Our Journeys

Invitation to participate in a research project

Are you:

- over 18 years?
 - from a culturally and linguistically diverse (CALD) background?
 - living with a long-term illness?
 - finding you need a bit of help to care for yourself?
- OR**
- do you provide care for someone over 18 from a CALD background living with a life-limiting illness?

A University of Adelaide research team are aiming to better understand what it is like for people making decisions about where and how they will be cared for, as it gets harder for them to care for themselves.

This study will follow someone over time who is living with a life-limiting illness and their carer, for between 12 and 18 months. Researchers hope to learn how we can better support families to get the care they all need at this time.

As part of this study, both of you (separately or together) would meet about every three months for 30-90 minutes, when and where it suits you, to talk with one of the researchers about your experiences, expectations, and needs.

We will provide a \$100 gift voucher to say thank you for your time and thoughts.

**If you are interested in knowing more,
please contact Florine Fernandes**

Email: florine.fernandes@mccsa.org.au

Phone: (08) 8213 4607



Australian
Human Rights
Commission

**It is your right to live
free from elder abuse**

**I am treated with respect
by family and friends**

**I know how my money
is being spent**

**I choose what happens
in my home**

**Decisions about my life
are in my best interest**

**My will reflects my
own wishes**

**I know where my
medication is**

**If you answered 'no' to
any of these statements,
you may wish to talk to
someone you can trust.**

**1800 ELDERHelp
(1800 353 374)**



GET INVOLVED WITH  

ADELAIDE FRINGE

16 FEBRUARY – 17 MARCH 2024

Adelaide Fringe is Australia's biggest arts festival. Held over 31 days and nights throughout February and March, the festival is world-renowned, celebrating culture, place and artists from across the globe.

REGISTER TO BE PART OF FRINGE!

As an open-access, non-curated festival, Adelaide Fringe is open to anyone!

You can register to be involved as a venue and/or performer, and support is available from the Fringe team every step of the way.



*Photo: A Touch of Formosa Heart at Adelaide College of the Arts.
Photo Credit: Razan Fakhouri, Adelaide Fringe 2023.*

REGISTER YOUR VENUE



Got a space you think would be a great Fringe venue?

It could be a community hall, cultural club, church, cafe or anything in between!

It is completely free to register as a venue, and you have complete control over the performances presented in your space, as Adelaide Fringe does not book artists or program shows for you.

Learn more about how to get involved with Adelaide Fringe as a venue on our website here: <https://adelaidefringe.com.au/as-a-venue> or contact venues@adelaidefringe.com.au

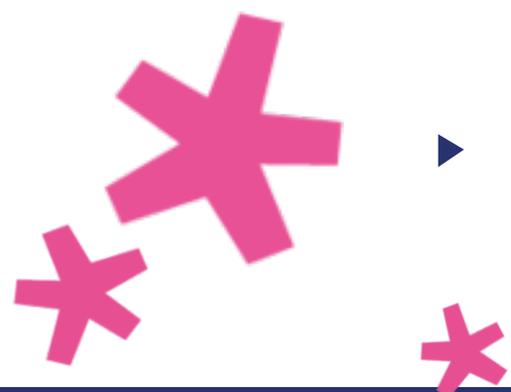
REGISTER AN EVENT



If you have a great idea for a Fringe show, we'd love you to get involved!

It could be a traditional dance performance, cooking classes, art exhibition, fundraiser, cultural workshop - anything at all!

Find out how to register an event via our website here: <https://adelaidefringe.com.au/as-an-artist> or contact artists@adelaidefringe.com.au



FRINGE FUND APPLICATIONS NOW OPEN!

Thinking about getting involved with Adelaide Fringe? Do you need funding to support your event?

We might be able to lend a helping hand!

The Fringe Fund is now accepting grant applications from artists and venues interested in participating in Adelaide Fringe 2024. Whether you require assistance with marketing, accessibility provisions, or taking your show on the road, you can apply for a grant of up to \$5,000 to help you be part of Australia's biggest arts festival.

Applications close Wednesday 23 August. To find out more about what grants are on offer and the criteria for application, visit <https://adelaidefringe.com.au/fringe-fund>



Photo: *Voices of a Siren* at Tandanya. Photo Credit: Madison Griffiths, Adelaide Fringe 2023.



Photo: *Betwixt* at Tandanya. Photo Credit: Anastasia Comelli, Adelaide Fringe 2023.

Want to learn more about Adelaide Fringe?

You keep up-to-date on what opportunities are on offer at Adelaide Fringe by following us on social media, or subscribing to our eNews!

Follow us on Facebook, Instagram, Twitter and TikTok: @adlfringe

Or subscribe via our website: <https://adelaidefringe.com.au/subscribe>

LET'S WORK TOGETHER TO CLOSE THE DISABILITY EMPLOYMENT GAP

- ▶ Are you looking for staff?
- ▶ Has it been challenging to find the right fit?
- ▶ Would you like to tap into a wider pool of talent; a group of highly-qualified and motivated group of people ready and willing to work?

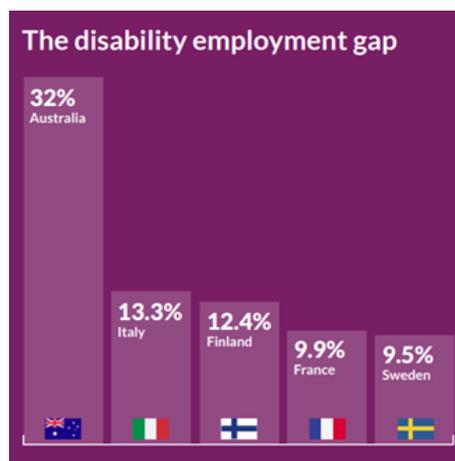


Meet Muthu, a motorcycle-riding, disability advocate who lives with cerebral palsy. Despite a long list of qualifications, Muthu's disability seems to get in the way and he hasn't had many opportunities to prove himself.

Muthu is not alone in his struggles. Many people with disabilities are overlooked for jobs they are qualified for. This may be further compounded when they are from a culturally and linguistically diverse (CALD) background.

According to the Australian Bureau of Statistics, a lack of both employer confidence and awareness has contributed to these poor labour outcomes for people with disability.

84% of people without a disability are in the Australian workforce. This is compared to 53% of people with a disability. The employment gap has remained unchanged for 20 years and compares badly with other OECD countries.



It is estimated closing this gap by employing people with disability would add over \$50 billion to GDP by 2050.

Muthu is a true inspiration to those around him. His story is a reminder that people with disabilities have so much to offer society and the workforce. The Multicultural Communities Council of South Australia (MCCSA) is offering South Australian employers an opportunity to discover this and create more inclusive workplaces where everyone, regardless of ability, can thrive.

MCCSA has started a pilot project that supports employers build their disability confidence by taking on an intern.

Statistics Source: Eurostat News Release, 2014 & Australian Institute of Health and Welfare, 2022

Please contact MCCSA's Project Lead - Disability Inclusion, Perrin Abbas, on perrin.abbas@mccsa.org.au for more information about how your organisation can be a part of the *Building Employer Confidence and Inclusion in Disability* project, funded by the Federal Government.

PLANNING AHEAD

In-language resources may help prevent elder abuse

Outgoing Age Discrimination Commissioner, the Hon Dr Kay Patterson AO, is hopeful resources developed by the Australian Human Rights Commission for older people from culturally diverse backgrounds will help prevent elder abuse.

Dr Patterson, who finished her 7-year term at the Commission last month, prioritised three areas of age discrimination – elder abuse, older women at risk of homelessness and workplace age discrimination.

Elder abuse is when harm is done to an older person by someone they know and trust. Forms of elder abuse include financial, physical, psychological, emotional and sexual abuse, or neglect. According to the National Elder Abuse Prevalence Study, one in six older Australians have experienced elder abuse.

The Commission recently produced an education campaign urging older people from a range of culturally diverse backgrounds to prevent elder abuse by organising their wills, enduring powers of attorney and other important legal documents.

The Have You Thought About Later Life? campaign has been produced as part of the Commission's suite of educational resources about

elder abuse. These resources are available in English, Mandarin, Arabic, Greek, Vietnamese and Italian.

Legal documents –such as wills, enduring powers of attorney and advance care directives – can help older people safeguard their rights and protect their choices for the future in the event their health status affects their capacity or ability to communicate effectively.



However, many older people don't have these documents. This means their wishes are often not understood or implemented, potentially creating confusion and conflict among family members and friends. In the worst case, it can even lead to elder abuse.

For older people from culturally and linguistically diverse communities, additional barriers to later life planning include lack of awareness and confusion due to different approaches in their home country.

Dr Patterson said elder abuse has serious and often devastating effects on the health, wellbeing, dignity and autonomy of older people.

“Future planning empowers older people to have choice and control over their senior years and reduce the risk of elder abuse. By formalising their wishes in legal documents older people can have peace of mind about the future and help their loved ones understand their wishes and how best to support them.

“It is vital that older people understand their rights, and that those they appoint as decision-makers understand their responsibilities to act in the older person's best interests.

“We're encouraging older people to speak to someone they trust or seek professional advice to plan ahead and get on with enjoying their lives by knowing their future is more secure”.

If you experience suspect elder abuse call 1800 ELDERHelp (1800 353 374) for free confidential information, support and referrals.

For more information on the Commission's elder abuse resources in community languages, go to: <https://humanrights.gov.au/elderabuse>

RECORD SPENDING ON CHILDREN'S DEVELOPMENT

A local carer organisation has announced that it has collected and spent a record amount to assist unpaid carers during the 2022/23 Financial Year.

Grandcarers SA supports grandparents, and other unpaid kinship carers (Grandcarers), who are the full-time primary carers of children from their families.

Due to the circumstances of the children's parents, the children are mostly in the permanent care of immediate family members including grandparents and even great-grandparents. Many Grandcarers are at a time in their life when they should be putting their feet up rather than raising and providing a safe and nurturing home for children.

Grandcarers SA provides assistance to over 1100 Grandcarer families through a variety of personal, group and financial supports. These include their award winning peer support group 'Village' meetings (monthly at 13 locations across



Photo: Grandcarers SA Joanne Lauritsen listens to a grandparent at a Village meeting



Photo: Receiving the state Andamooka Award for the Grandcarers SA Village Program

SA), their telephone helpline and the Education and Development Fund (EDF) which provides limited financial assistance for Grandcarers to purchase articles such as school shoes and uniform, laptops, sports equipment and extra-curricular activities.

As well as recently doubling the number of Village locations, for the first time in its 21 year history, Grandcarers SA were able to break the \$100,000 barrier by distributing over \$107,000 to their clients.

CEO Mike Feszczak was thrilled "This is a fantastic effort by the Grandcarers SA team. A lot of work goes into preparing numerous grant applications to try to get funding for the EDF, then there is the administration, fund distribution, acquittals and reports required by the generous

philanthropic organisations, all this whilst doubling our volunteer support through the increase in Village locations".

He also described the difference the EDF makes to the child beneficiaries "This funding helps us ensure that a child can go to school wearing the same uniform as the other children, have the correct sports shoes or equipment, have the use of a laptop to support their education at school or at home or not be left behind when their classmates are attending extra-curricular activities. We are giving children a chance, through their carers".

Grandcarers SA is still seeking funding or support through the 2023/24 financial year. Contact contactus@grandcarers.au or visit their website, www.grandcarers.au for more information.

THE MULTILINGUAL ADVANTAGE

A Child's Journey

In today's increasingly interconnected world, the ability to communicate in multiple languages has become a valuable asset. Recognising this, many parents are enrolling their children in community language schools to provide them with the opportunity to develop their multilingual skills. In Adelaide, a city known for its vibrant multiculturalism, community language schools have emerged as a popular choice for families seeking to maintain their cultural heritage while equipping their children with an invaluable advantage. There are benefits of attending a community language school and it can have a positive impact on a child's overall educational experience.

For children from all backgrounds, attending a community language school allows them to maintain a strong connection with their heritage. By immersing themselves in the language and culture, these students develop a deep appreciation for their roots. They learn to read, write,

and speak fluently, which enables them to communicate effectively with their extended family members and engage in cultural traditions. Preserving their cultural identity through language fosters a sense of belonging and self-confidence, as they feel connected to their community and heritage.

Learning multiple languages has proven to enhance cognitive abilities. Studies have shown that multilingual individuals often exhibit advanced problem-solving skills, enhanced memory, and improved multitasking abilities. By regularly engaging in language learning, children's brains become more flexible and adaptable, leading to overall academic success.

Being bilingual or multilingual offers numerous advantages academically. Children who attend a community language school often demonstrate improved performance in subjects beyond language. Research indicates that multilingual children develop

stronger analytical thinking, creativity abilities, which positively impact their performance in mathematics, science, and other subjects. Moreover, multilingualism improves literacy skills, as children become adept at transferring language skills from one language to another.

By preserving their cultural identity, enhancing cognitive skills, improving academic performance, expanding career opportunities, and fostering cultural awareness, each child gains a competitive edge in today's globalised world. Through language learning, they not only acquire linguistic proficiency but also develop a broader perspective, empathy, and a deep appreciation for their heritage. As community language schools continue to thrive, they empower children to embrace their cultural roots while equipping them with the tools to succeed in a multicultural society.



SHORT-CHANGED

How to stop the exploitation of migrant workers in Australia

Photo: chef, available via Grattan Report

REPORT SUMMARY

Exploitation of migrant workers in Australia is rife. Recent migrants are twice as likely as long-term residents to be underpaid, and up to 16 per cent of recent migrants are paid less than the national minimum wage.

[Download the report](#)

[Download the chart data](#)

[Download the briefing pack](#)

[Learn more via Youtube](#)

Exploitation hurts migrants, but it also weakens the bargaining power of Australian workers, harms businesses that do the right thing, damages Australia's global reputation, and undermines confidence in the migration program.

Three sets of reforms are needed to eliminate exploitation.

First, visa rules that increase migrants' risk of exploitation should be reformed.

Many temporary visa-holders put up with mistreatment because they fear that if they speak up their visa will be cancelled or they will lose

their pathway to permanent residency in Australia.

Temporary skill-shortage visas should be made portable, so migrants can flee from an exploitative employer. And a new Workplace Justice visa should be created, to empower workers to report exploitation and stay in Australia while they pursue unpaid wages.

Second, workplace and migration laws should be strengthened and better enforced to deter exploitation.

Few employers who underpay their migrant workers get caught, and when they do get caught the penalties are far too small. The Fair Work Ombudsman hit employers with just \$4 million in penalties in 2021-22, whereas the ATO hit taxpayers with \$3 billion in penalties and the ACCC imposed \$232 million in penalties for breaches of competition and consumer law.

The Fair Work Ombudsman should be renamed the Workplace Rights Authority and given greater powers and more funding. Maximum court-ordered penalties against

employers should be increased, and criminal penalties including jail should apply where employers knowingly underpay workers.

Third, migrants should be given more help to reclaim lost wages.

Migrant Workers Centres should be established in each state, funding for community legal centres should be boosted, and the Fair Entitlement Guarantee should be extended to migrant workers.

These reforms would cost \$115 million a year. That should be covered by a levy on select temporary visas set at \$30 for each year of work rights the visa offers (raising \$45 million a year) and by the larger penalties paid by employers who underpay their workers (at least \$70 million a year).

Exploitation of migrant workers – who are often young and vulnerable – is a blight on Australia's claim to be the land of the fair go. This report shows how the government can stamp it out.

Resource: <https://grattan.edu.au/report/short-changed-how-to-stop-the-exploitation-of-migrant-workers-in-australia/>

**Report by Brendan Coates,
Trent Wiltshire & Tyler
Reysenbach**

An all-time first for local Macedonian Folkloric Ensemble “Sloboda”

A celebration of traditional Macedonian song and dance at WOMADelaide 2023

The local Adelaide Macedonian Folkloric Ensemble “Sloboda” (AMFE Sloboda) proudly showcased Macedonian music and dance on the world stage at this year’s WOMADelaide in March 2023. The ensemble was invited as a guest to renowned artists and official WOMAD performers who made up ‘Gosti’: Linsey Pollak, Philip Griffin and Tunji Beier, and Macedonian dance extraordinaire Yorgo Kaporis from Sydney.

On each day, the multi-talented musicians of Gosti (meaning ‘guests’ in Macedonian) weaved through Botanic Park along with members of AMFE Sloboda to bring WOMAD audiences together in a giant, spontaneous Macedonian dance circle.

Gosti held its workshop on Day 4 of WOMAD at the Zoo Stage showcasing Macedonian folk instruments – the Gajda (Macedonian bagpipe), Tambura (long necked lute) and Tapan (double headed drum) and exploring the traditional melodies and rhythms from the rich Macedonian folk tradition.

Yorgo Kaporis demonstrated and performed at the Zoo Stage with the dancers of AMFE Sloboda. The audience was captured by the dancers in their beautiful and bright costumes from the region of Skopje. The origins and steps of three traditional Macedonian dances were demonstrated to the audience: ‘Pajdushko’, ‘Maleshevsko’ and ‘Crnogorka’, accompanied by Gosti playing the music. This was followed by inviting the audience to dance and experience the unique Macedonian rhythm.

WOMAD patrons who participated in the daily workshops commented that they felt mesmerised and hypnotised by the rhythm of the music and the steps. Some participants shared that they were also of Macedonian origin and that hearing some of the songs reminded them of their relatives who had since passed. The members of AMFE Sloboda commented on the joy they felt in being able to share their cultural heritage and bring people of all walks of life together through music and dance.

AMFE Sloboda falls under the Macedonian Community of Adelaide & SA Inc, and is run by passionate and talented volunteer choreographers. It consists of a junior group and a casual adult group (both held every Sunday at 4pm at the Macedonian Community Hall in Findon) which are both aimed at immersing the participants in Macedonian folklore and traditions in a fun and engaging manner.

The ensemble also consists of a well-established Performance Group, which is regularly invited to perform at many events. Their next public performance will be at the ‘One Humanity’ concert on Saturday 23 September at Her Majesty’s Theatre. This is a charity event featuring global rhythms and inspiring dance movements, in the name of raising funds to support victims of the Earthquake in Turkey and Syria. Tickets can be purchased through Ticketek online.

Photos below: Left: Yorgo Kaporis and dancers of AMFE Sloboda performing to the audience during Gosti’s workshop. Centre: Adelaide Macedonian Folkloric Ensemble members pictured with members of Gosti: Philip Griffin, Tunji Beier, Linsey Pollak & Yorgo Kaporis (left to right). Right: WOMAD crowd participating in Gosti’s workshop.





MAKE A SUBMISSION

Multicultural Framework Review

Making Multicultural Australia Stronger

Australia's vibrant, modern multicultural society is a national strength. Multiculturalism is a central characteristic of a shared Australian identity, alongside Australia's First Nations traditions and its British institutions. Our national identity continues to grow from pre-settlement to today and into the future.

Migration is fundamental to the Australian story. It supports our economic success and drives the increasing diversity of our society. Successive waves of migration have shaped and influenced the development of a rich multicultural society.

Australia is a majority migrant nation and one of the most successful and cohesive multicultural societies in the world, building on over 60,000 years of First Nations culture. Culturally and linguistically diverse (CALD) communities are integral to our vibrant society.

- The 2021 Census highlights Australia's increasingly diverse make-up. More than half of Australian residents (51.5%) were born overseas or have at least one parent born overseas. Aboriginal and Torres Strait Islander people represented 3.2% of the population. Over 5.5 million Australians speak a language other than English at home.
- Australians embrace the growing diversity of Australian society. The Scanlon Foundation Research Institute's 2022 'Mapping Social Cohesion' report points to support for multiculturalism (88%) and a belief that immigrants are good for the economy (87%). Yet, it also highlights challenges that require attention if we are to facilitate genuine inclusion and maximise the benefits for all, such as the experience of discrimination based on people's skin colour, ethnic origin, or religion (16%).

The Multicultural Framework Review will help ensure a Government that works for multicultural Australia. The Australian Government plays a critical role in supporting our inclusive and cohesive multicultural society, and ensuring we continue to enjoy its social and economic benefits.

The Review will be a first principles review of multiculturalism in Australia. It will provide clarity on the principles of multiculturalism, ensuring they are relevant, responsive and adaptable over time.

The Review will advise the Government on what institutional, legislative and policy settings can best build Australia's multiculturalism over the next decade. It will also aim to identify how to better meet the needs of Australia's increasingly diverse society.

ACCESS INFORMATION IN YOUR LANGUAGE

www.homeaffairs.gov.au/about-us/our-portfolios/multicultural-framework-review/information-in-your-language

MAKE A SUBMISSION

multiculturalframeworkreview.com.au/en

*Submissions are open from
24 July to 29 September 2023*

BUT WHERE ARE



YOU REALLY FROM?

Illustration: Lansing cai/cnn

You're at a party and you meet someone new who seems a little different from yourself. You're curious about their cultural background, and are tempted to ask: "Where are you from?"

Sound familiar?

While you might not hesitate to ask the question, because you mean well, asking where someone is from (or worse, where they're "really from") is both loaded and personal.

It's a query with deeper implications about how we perceive race, identity and nationality in a country where half the population was either born overseas or has migrant parents.

It's also a question that people of colour, and anyone with an accent, is likely to be asked often.

Take a moment to reflect before asking

Soumia Bella grew up in Sydney's Bondi and says she's asked where she's from at least three times a week — and more frequently when she's socialising with new people.

"It's just that when you ask someone that, you're prioritising your curiosity over someone else's feelings," Soumia says.

"Reflect on who you are asking, and why you need to know the information ... would you ask your white mate?" she says.

If you want to ask somebody about their family background, here are some pointers:

- Get to know the person before you ask
- Wait for the topic to surface organically
- Watch your wording
- Accept the answer you're given and move on if the question is unwelcome
- Understand that each person will react differently to the question

Click here to watch CNN's #whereimreallyfrom video

This is an excerpt from ABC Everyday's article *'Where are you really from?': How to navigate this question of race and identity* by Luke Wong. Read the full article here: <https://www.abc.net.au/everyday/where-are-you-really-from-how-to-better-ask-race-question/10610346>

FOSTERING INCLUSIVE WELLBEING

The Community Connections Program Brings South Australians Together

In a melting pot of cultures and communities, South Australia shines as a beacon of inclusivity with the Community Connections Program (CCP) at its heart. This program which is fully funded by the South Australian Department of Human Services (DHS), is a lifeline for individuals seeking to build robust social connections and improve their overall wellbeing. Recognising the profound impact of social ties on mental and physical health, CCP stands as a crucial force in fostering connectedness and nurturing a sense of belonging among its participants.

The Australian Institute of Health and Welfare has underscored the pivotal role of social connection in shaping wellbeing across all life stages. On the contrary, loneliness can take a toll on health, while strong social connections have been proven to enhance quality of life and improve overall health outcomes. Acknowledging this, CCP has become an instrumental program in promoting inclusivity and positive outcomes for South Australians aged 18 to 64.

CCP Welcomes Diverse Participants

CCP extends its helping hand to individuals who may not be eligible for Federal Government programs like the National Disability Insurance Scheme (NDIS), Commonwealth Carer Gateway, or My Aged Care. Moreover, there is a special focus on individuals from diverse cultures with English as a second language.

Building Bridges of Support

Operated by funded Partners working in unison across South Australia, CCP provides short-term support, typically lasting up to 12 weeks. In cases where longer-term assistance is necessary, participants are seamlessly connected with additional support to ensure their needs are met effectively. The program excels at facilitating engagement in local community activities, connecting individuals with vital support groups, and aligning them with services tailored to their unique requirements.

Referring to CCP: A Simple Process

CCP warmly welcomes referrals from anyone who recognises a person in need of strengthening their social connections or accessing community and local services. Whether it's support for a family member, friend, or even oneself any of the program's partners in the respective region serves as a beneficial first step.

The Multicultural Communities Council of SA: A Pillar of Support

Promoting cultural responsiveness and inclusivity, the Multicultural Communities Council of SA (MCCSA) takes pride in serving as the Multicultural Coordinating Partner (MCP) for the Community Connections Program. Over the past two years, MCCSA has supported over 30 community projects, striving to connect systems and people effectively. Working in collaboration with CCP Partners, MCCSA empowers diverse communities to access and benefit from the program.

MCCSA's role as the MCP involves providing crucial support and training to

CCP Partners, ensuring they effectively cater to the needs of diverse communities. By encouraging collaboration among CCP Partners, sharing valuable resources, expertise, and community contacts, MCCSA plays a vital role in building a more connected and coordinated service system.

A Heartwarming Story of Transformation

Avisak's journey embodies the transformative power of the Community Connections

Program. Overcoming his fear of water, he embraced multiple programs within CCP, attending sessions across the city. With the unwavering support of Melisa, a multicultural swim teacher, Avisak learned to navigate the waters, floating and practicing various strokes. As an esteemed breast cancer doctor with a poignant migration story to Australia, Avisak's progress serves as an inspiration for every multicultural program. His resilience in overcoming fear stands as a testament to mental health and wellbeing

achievements, reinforcing the profound impact of social connections in transforming lives.

In the ever-welcoming embrace of the Community Connections Program, individuals from diverse backgrounds find solace, support, and belonging. As CCP continues to build bridges of connection and inclusivity, South Australia's vibrant multicultural community thrives, empowered by the strength of unity and collective support.



Find out more at:

<https://dhs.sa.gov.au/how-we-help/community-connections>

Contact CCP:

- **Southern and Northern Adelaide Regions:**
Anglicare SA North 0481 476 561 or
Anglicare SA South 0481 455 461
- **Western Adelaide, Fleurieu and Kangaroo Island, Limestone Coast, Murray and Mallee Regions**
Skylight Mental Health 8378 4100
- **Eyre and Western, Far North, Yorke and Mid North Regions**
Centacare Catholic Country SA 1800 759 865
- **Adelaide Hills, Barossa, Light and Lower North Regions**
Lutheran Community Care 8269 9300
- **Eastern Adelaide Region**
Uniting Communities 8202 5291

Saree Sahelis

Embracing Fitness
Together

The multicultural landscape of Australia is flourishing. As Australia embraces its multiculturalism, addressing the unique health needs of culturally and linguistically diverse (CALD) populations becomes increasingly important. This article presents an innovative health promotion initiative called, Saree Sahelis, to raise awareness on being physically active to prevent chronic health conditions in multicultural communities in South Australia.

Lack of physical activity is a risk factor for multiple chronic health conditions. Australia's report on prevalence of chronic health conditions in CALD populations suggests a higher prevalence of heart conditions, kidney and lung diseases and mental health issues in people with low proficiency in English¹. The physical activity levels of all Australians emphasize the need for increased awareness.

As per Australian Institute of Health and Welfare (AIHW) report 2017-18, more than half of the Australians did not participate in physical activity² as recommended by the Australian physical activity and exercise guidelines³. Additionally, women were less active compared to men.

The Saree Sahelis Initiative:

The Saree Sahelis initiative was formed by a group of doctors of Indian origin and their supporters who are actively engaged in weekly walking activities exploring beautiful South Australian walking trails. This initiative aims to showcase the power of group engagement and inclusivity, breaking down barriers associated with traditional attire. Australia's multicultural landscape continues to evolve, with a growing number

of individuals from diverse backgrounds calling it home. Walking together on 17th of September 2023 at City2Bay in our beautiful and comfortable traditional attire is a visual representation of this unity in diversity embracing fitness together.

How to Join:

Visit <https://my.city-bay.org.au/signup/team/MTUxMTg=> to register to walk/run 3km, 6km or 12 kms with the team.

The team welcomes women, men and children of all ages in any comfortable traditional attire.

More information and details of their weekly practise sessions can be found at: [facebook.com/groups/1245048486374231/](https://www.facebook.com/groups/1245048486374231/)

For all queries, please email monica.hembram@gmail.com



Photo: Some members of the Saree Sahelis team

References:

- ¹ Chronic health conditions among culturally and linguistically diverse Australians, 2021, Australian Institute of Health and Welfare
- ² Australian Institute of Health and Welfare report 2017-18
- ³ <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

Useful Resources:

- <https://walkingplans.heartfoundation.org.au>
- <https://www.wellbeingsa.sa.gov.au/awalkcanworkwonders>
- <https://www.health.gov.au/sites/default/files/documents/2021/03/make-your-move-sit-less-be-active-for-life-adults-18-to-64-years.pdf>

Applications open for a unique leadership development opportunity

2024 Governor's Leadership Foundation Program

Adapting to the challenges of a changing world requires strong and visionary leadership. Helping shape and create great civic and business leaders has been the focus of the Governor's Leadership Foundation (GLF) Program for over 20 years. This annual 10-month immersive leadership program, run by the Leaders Institute of SA, aims to develop leaders into adaptive, self-aware, and forward-thinking individuals who can drive positive change for their communities and South Australia.

The GLF Program, is designed to develop holistic leaders and delves deep into personal and professional growth. Our alumni speak highly of the program's impact – like Marwa Abouzeid, who serves as a Young Warrior Woman Mentor at The Warrior Woman Foundation, describes her experience in the 2021 GLF program this way: "The GLF year was a year where I learnt much about myself and how I lead. It gave me strategies to adapt my own leadership and to be more open as to how I read the actions of others. The focus on well-being and taking time to ground oneself as a regular practice has become part of my leadership practice ...

I suspect that the GLF year will be the year that I look back on in 20 years' time and note that it was a significant turning point in my life."



Photo: GLF 2023 Group at Government House for Opening Ceremony with Her Excellency

The program's significance is highlighted by the patronage of Her Excellency the Honourable Frances Adamson AC, Governor of South Australia and Patron of the Leaders Institute. Speaking about the program, she stated, "As our world faces challenges of pandemic recovery, geopolitical tensions, climate change, and other global issues, leadership has never been more important."

For those eager to embark on a transformative journey, the GLF program offers a unique opportunity to discover and harness their leadership potential. By fostering self-awareness and an understanding of the bigger picture, participants are equipped to address

complex challenges facing their community, South Australia and the world.

The Leaders Institute invites leaders and those who recognize the leadership potential in others to attend an upcoming Information Session on Tuesday, 5th September. The session will provide information about the program's structure, benefits, the application process and our numerous scholarship opportunities.

To secure a place in the session, interested candidates are encouraged to register.

The GLF program has a strong track record of producing diverse and influential leaders who positively impact society. As the world navigates uncharted territories, this program cultivates leaders capable of steering South Australia towards a brighter and more resilient future. Don't miss this unique opportunity to be part of the GLF Program 2024.



Photo L-R: Mary Heard, Marwa Abouzeid FGLF 2021, Moamen Bayoumy, Mike Heard

'HER ART' EXHIBITION

Celebrating Creativity and Unity



On June 4, 2023, the Port Adelaide VIC Gallery came alive with the Opening Ceremony of a captivating display of creativity and talent. The gallery guests and visitors discovered the vibrant world of art at the “Her Art” exhibition, proudly organised by the “Fire-Bird” - Russian Women’s Association of SA, Inc., in collaboration with the MCCSA and with financial support from the South Australian Government. What made this exhibition truly exceptional is that it was conceived and executed entirely by the passionate Committee of the Association “Fire-Bird”, exemplifying its motto: “Representing our Women in our State”.

The success of this event is largely thanks to the grant received from the Department

of the Premier and Cabinet, with the South Australian government wholeheartedly endorsing this cultural celebration. We owe special recognition to the dedicated members of our Association Tatiana Chechurova and Irina Zvereva, for their tireless efforts in making this exhibition a reality.

An integral part of the journey towards creating this extraordinary display has been the art studio “Light Dab”, continuously supported by the Multicultural Communities Council of South Australia. The studio, led by the talented artist from St.Petersburg, Alla Tolmacheva, is a space where Russian-speaking women in the 50+ age group explore various techniques and visual art forms.



The official part of the event began with a speech by the Honorary President of the Association “Fire-Bird” Lily Michailov, followed by a welcome address by Port

Adelaide Mayor Claire Boan. In her speech, the CEO of the MCCSA, Helena Kyriazopoulou, reflected on the history of the Russian Women’s Association and the President of the Armenian Association, Lena Gasparyan added an emotional and humorous note to the accession. The head of the studio “Light Dab”, Alla Tolmacheva, and artist Tatiyana Chechurova spoke about the work of the studio and the paintings.

The exhibition’s venue, the Port Adelaide VIC Art Gallery, was thoughtfully chosen to enhance the visitor’s experience with its picturesque lighthouse and refreshing river breeze. The stunning, ancient building with its columns and high ceilings added a special aura to the event. The perfectly lit halls and carefully arranged paintings created atmosphere of beauty and unity, leaving everyone inspired and enriched by the power of art and culture.



10 AUG - 4 SEPT 2023

'Her Art' Exhibition is open to view and purchase at MCCSA's Community Hall



On August 10, an exhibition featuring works from MCCSA's Russian-speaking art group opened at the MCCSA Hall as part of the SALA Festival. Helena Kyriazopoulos, CEO of MCCSA, welcomed the audience.

The exhibition highlights the "Light Dab" art studio, established in 2015 under MCCSA, led by artist and teacher Alla Tolmacheva. This studio has become a hub for Russian-speaking women, allowing them to explore fine arts for the first time in Australia.

Alla Tolmacheva, a distinguished artist and teacher, received her education in Ukraine and Russia. She

moved to South Australia in 2013 and established Light Dab under MCCSA's wing. The studio has thrived, providing a creative space for individuals of various ages and professions, fostering artistic growth and social connection.

The art studio has been particularly impactful for Russian-speaking migrants, helping them integrate into Australian society while combatting age-related loneliness. The paintings displayed at the exhibition demonstrate the remarkable progress of these amateur artists, with a special mention

of Alevtina Rybakova's touching works. The exhibition's positive and festive atmosphere underscores the importance of creative events in fostering unity among diverse communities.

Visitor feedback in the Book of Reviews reflects the significance of such spaces for people to engage in meaningful activities and connect with others. The Multicultural Community Council of SA has truly created a welcoming haven for individuals from all walks of life.



Photo: MCCSA Russian-Speaking Art Group, artists presenting their works at 'Her Art' Exhibition.

SALA South Australian Living Artists Festival

Celebrating hundreds of Australians every year.

Have your say and nominate today.

gg.gov.au



Order of Australia Fact Sheet

Do you know someone who goes above and beyond, making your community a better place?

Nominate them today for an Order of Australia – our nation's highest honour.

Every year, hundreds of Australians are celebrated through the Order of Australia. People from all backgrounds, all parts of Australia, and who do all kinds of work are honoured through the Order. It belongs to all Australians, and it's uniquely ours.

By nominating, we have a say in who is celebrated, and the types of service and achievement that matter to us.

Anyone can nominate and nominations can be submitted at any time

Your nomination is the first critical step.

1. Nominate

1. The name and contact details of the person you are nominating
2. Your name and contact details
3. An outline of your nominee's contribution
4. Names and contact details of referees

Don't leave it to someone else – have your say by nominating an inspiring person you know.

Who will you nominate?

gg.gov.au

honours@gg.gov.au

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#OrderofAustralia

2. Research



Your nominee is independently and carefully researched by the Honours and Awards Secretariat, including confirming information with referees.

3. Review



Nominations are reviewed by the independent Council for the Order of Australia, which decides how nominees progress.

4. Recommendation



Selected nominees are asked if they would accept an award if offered one. Those who say yes are recommended by the Council for an appointment or award to the Governor-General.

5. Approval



The Governor-General considers and approves the final list of recipients, which are announced on 26 January and in June.

Who do you think deserves to be celebrated? Have your say and nominate today!

Visit <https://www.gg.gov.au/australian-honours-and-awards/nominate-someone-award>



THE REILY FOUNDATION

Advocating for Multicultural Communities' Rights and Interests in the Child Protection Space



In a diverse and multicultural society, it is crucial to ensure that every individual's rights and interests are protected and represented. Unfortunately, language and cultural barriers can sometimes impede effective communication and hinder access to justice, particularly in child protection concerns. The Reily Foundation, a dedicated parent education, support and advocacy organisation, has consistently worked towards addressing these challenges by providing essential support to families and communities facing such barriers. Their commitment to ensuring correct interpretation, translating important documents, and advocating for unbiased representation has been pivotal in championing the rights of multicultural communities.

One of the primary obstacles faced by multicultural families is the language barrier. When addressing child protection concerns, effective communication is crucial to ensure that parents' voices are heard and understood. The Reily Foundation recognises this challenge and consistently strives to ensure that the correct interpreter is present in meetings. By bridging the linguistic gap, they enable parents to express their concerns, ask questions, and

actively participate in the decision-making process. This step not only ensures accurate representation but also helps build trust between families and child protection professionals.

The Reily Foundation recognizes the importance of linguistic inclusivity in addressing child protection concerns and takes proactive measures to ensure essential documents are translated into the native languages of the families they assist. This step is crucial as it ensures that parents have access to vital information in a language they understand. By eliminating language barriers this empowers parents to make informed decisions regarding their children's well-being. Whether it is legal documents, educational materials, or medical records.

Bias and assumptions can often hinder effective communication and lead to misunderstandings. The Reily Foundation remains acutely aware of this issue and strives to advocate for accurate representation of parents' voices. They encourage child protection professionals to be mindful of their own biases and assumptions when working with multicultural families. By fostering an environment of cultural sensitivity and respect, the foundation ensures that

parents' concerns are not dismissed or overlooked due to preconceived notions. This approach paves the way for fair and just outcomes while preserving the dignity and rights of every individual involved.

By addressing language barriers through interpretation services and document translation, this empowers parents to actively participate in decision-making processes. Additionally, an emphasis on accurate representation and the elimination of bias and assumptions ensures a fair and just approach to addressing child protection concerns. As we move towards a more inclusive society, organizations like the Reily Foundation play a vital role in protecting the rights of every individual, regardless of their cultural or linguistic background.



Photo: Tabatha Broxholme, delivering Showing Up for Your Kids Workshop for Mums

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.



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



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



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.



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



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

culturalQ

Unlock the power of cultural intelligence with culturalQ.

culturalq@mccsa.org.au



Your Voice Matters.

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