



MCCSA
Multicultural Communities Council
of South Australia

MCCSA Community VOICES

AUTUMN 2017



From the CEO

HELENA KYRIAZOPOULOS

Welcome to the autumn edition of Community Voices. We are well into 2017, and the early months have been extremely busy for the MCCSA team.

Just a quick snapshot of the past 4 months, we hosted an evening with the Australian Race Discrimination Commissioner, Dr Tim Soutphommasane, where he discussed Section 18C of the Race Discrimination Act. The proposed changes were dismissed.

We also held an information session on the new Royal Adelaide Hospital (RAH) for our Communities. This was well attended and appreciated by the groups. As we near the transition from the old site to the new Hospital we will

be collaborating with the RAH team to inform our communities of the process. We have also been invited by the hospital to arrange some tours specifically for MCCSA communities, and we will ensure that this information is circulated in due course. Again this year, we hosted our Harmony Day Picnic in the Park, and a big thank you to all the communities who participated. We are thrilled by the support, interest and commitment which is shown by all as the MCCSA team work extremely hard to organise this day and we are so pleased that South Australia appreciates it. A special thank you to our Governor and Mrs Le for again supporting the event, to Minister Zoe Bettison for the financial support towards the day, to Rotary Adelaide South for cooking that wonderful BBQ and to all the dignitaries who joined us on what was a fantastic event for the South Australian community.

We didn't stop there! Our energy quickly turned to International Women's Day (IWD). This was a first for us, and it was yet another outstanding success for the MCCSA and of huge interest to our communities. Lily Michailov, the inaugural Chairperson of the Russian Women's Association, spoke of how IWD is celebrated in Russia. It was quite different to how we acknowledge it in Australia. We hope to repeat this event again next year.

I conclude my column for this edition of Community Voices by congratulating all the winners of this year's Governors Multicultural Awards. Second year running, the MCCSA is proud to have one of its own, Sidique Bah, receive the prestigious Media Award. We have some real stars working at the MCCSA. Enjoy this edition of Community Voices.

Helena
MCCSA CEO



FECCA 2017 WEBSITE NOW LIVE

The Federation of Ethnic Communities Councils and the Multicultural Council of Northern Territory are pleased to announce the website for the 2017 Conference is now live.

www.fecca2017.com.au

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MCCSA MANAGEMENT COMMITTEE

Executive:

Chairperson: Miriam Cocking

Deputy Chairperson: Dr Ian Harmstorf OAM

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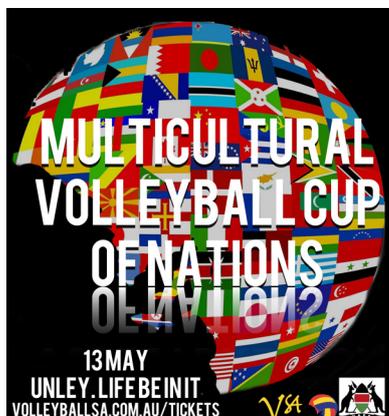
Gosia Skalban OAM

Petar Zdravkovski

Rene Grypma

Patrizia Kadis

UPCOMING MULTICULTURAL EVENTS



WHEN: 13 May 2017

TIME: 10.30am - 7pm

WHERE:

Unley Life Be In It

www.volleyballsau.com.au

Community Beats

FREE community percussion workshops



WHEN: Starting May 7,
1st & 3rd Sundays of the Month

TIME: 2pm

WHERE: Nexus Arts

www.nexusarts.org.au



AUSTRALIAN SOCIAL POLICY CONFERENCE

WHEN: 25-27 September 2017

WHERE: UNSW

www.aspc.unsw.edu.au



WHEN: 28 September - 8 October 2017

WHERE: Adelaide

www.openstate.com.au

Harmony Picnic in the Square 2017



The Multicultural Communities Council of South Australia again this year hosted our Harmony Picnic in the Square, Sunday 26th February 2017, between 11.30am – 3pm at Whitmore Square Adelaide.

This colorful event was attended by a host of dignitaries including his Excellency the Governor of South Australia, Hue Van Le, The Hon Zoe Bettison, Minister for Multicultural Affairs and South Australia's diverse multicultural groups.

In his opening address, His Excellency the Governor highlighted the importance of celebrating Harmony Day and praised South Australia's diverse communities for their continuous role in promoting a multicultural South Australia.

There were performances by African, Nepalese, Brazilian, Kurdish and Sri Lankan artists who entertained the audience with music and dance while free hot sizzling sausages were cooked by members of Rotary South Adelaide. Kid's entertainment on the day included a bouncing castle; face painting, soccer, footy, basketball and netball.

MCCSA CEO Helena Kyriazopoulos thanked and encouraged those in attendance to make use of the opportunities we have in Australia, and to support one another to foster a cohesive diverse multicultural society.

"The idea is to uphold the recurring message of Harmony Day which is 'Everyone Belongs'. MCCSA's Harmony picnic is all about community participation, inclusiveness, celebrating diversity, respect and a sense of belonging for everyone." said Helena Kyriazopoulos.



If you or someone you know would like to share a migration story with us contact us on 8345 5266 or email sidique.bah@mccsa.org.au with a brief description and contact details.

A MIGRANT'S STORY: Sheela Sheena Langeberg

By Sidique Bah

Migration is part of Australia's history. People from all corners of the globe have played an important role in forming the multicultural identity we pride ourselves on today.

For this edition of community voices we spoke with Tanzanian born artist, author and entrepreneur Sheela Sheena Langeberg about her Australian journey. Last December she finished writing 6 books- one a novel and 5 children's full colour books which are at the publisher's desk and ready to print. At the end of last year, she also produced two animation shorts and an EP album, which she is currently promoting.

Sheela arrived in Australia with her husband and their twins in 1989 to start their individual businesses. "We were a small family. I'm from Kilimanjaro, Tanzania, he is from Denmark and our twins were born in Stockholm, Sweden.

In Scandinavia we were both successful business owners before we met and married. Scandinavia at the time was on point with technology, living standards, parental leave, gender equality, women's rights, school system, healthcare and more".

Sheela said anyone coming to Australia from anywhere in Scandinavia during that time would consider Australia a bit behind in the areas mentioned above, but now, Australia is catching up. "My suspicion is that we are already in-front in some of the areas mentioned above".

Breathing and living art Sheela's love for creativity is evident in her work. She states that she can't imagine the world without art. "I honestly love everything about the arts. I can't imagine life without art".

When asked what motivates her creative work Sheela said it stems from her experience growing up in Africa and her exposure gained from travelling.

"My humble childhood and life there motivate me. Me living in Scandinavia, traveling the world over and now living in Australia, people around me, nature and daily life experiences motivate me".

Constantly busy either working on her books or music she is also working towards releasing her own scent bespoke perfume which she plans to release in early 2018.

Sheela also conducts monthly drumming and dance workshops. "These workshops and solo theatre productions based on my children's books are currently touring junior and elementary schools around Adelaide.

Unfortunately, due to my busy lifestyle and back to back travels, I haven't been so much in contact with my Tanzanian community. This has to change".

"Multiculturalism is us. And we together make Australia Great" said Sheela. In response to whether she thinks that South Australia is a multicultural society, she said yes it is tough there are a few small loose bolts here and there that need to be tightened. "Together we should identify those, debate, lobby and fix them".

Based on her experiences over the years Sheela's advice or message to new arrivals settling in South Australia is "Australia is a beautiful country and the majority of Australians are really good and positive people".

"Find your position and niche in life. Set goals and follow through. Don't only create a dream. Be the Dream. Work really hard, and be kind to one another".

This September and October she'll be traveling to Tanzania and Scandinavia. MCCSA thanks Sheela for the opportunity to interview her and wish her all the best in her endeavours.



Find your position and niche in life.

Set goals and follow through.

Don't only create a dream. Be the Dream.

Work really hard, and be kind to one another.



- SHEELA SHEENA LANGEBERG -

VOLUNTEER'S STORIES



Mia Chignola

My name is Mia Chignola, I am 36 years old and I live in the city. I have a certificate 3 in Software Applications and completed a traineeship with the MCCSA in 2006. I am a volunteer for the MCCSA Program 'Digital Life Admin'.

We will begin training later in 2017. Training will be for the aged and will include sessions on MYGOV, internet usage, Library – online reading, online banking and online shopping, just to name a few.

The MCCSA will be searching for bi-lingual people that may be able to help train their communities. We are also looking to recruit a volunteer who will be responsible for promoting the 'Digital Life Admin' project to the MCCSA's communities.

I am enjoying volunteering at the MCCSA, and helping to formulate training programs. I am looking forward to when we will be able to help the elderly use technology. Not just to help make their lives easier, but also to communicate with distant family and reconnect with their homelands by accessing music and movies in their own languages.

Become a volunteer for MCCSA!

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



United Youth Group

United Youth Group is part of MCCSA's Cambodian Reconnect program.

It is currently running every Sunday at the Watt Prash Puth Mean Chey Cambodian Temple. The aim of the group is to promote and maintain Cambodian cultural heritage, including traditional dance, traditional music, promoting public speaking, assisting with events and community functions, outings, promoting leadership skills and more.

The group works with young people from the ages of 12 to 25. Currently, there are 15 young people participating in the group and are welcoming of others to join from diverse backgrounds who are interested in learning and sharing in the Cambodian culture. The group has been involved in a range of community events and festivals, including Cambodian New Year Games.

For more information about this group please feel free to contact Savry Ouk, on 0423 002 065 or by emailing savry.ouk@mccsa.org.au

Kilburn Expression of interest program

MCCSA is excited to announce a new Expressive Arts and Digital Media Program, based in the Kilburn Community Centre, every Monday and Wednesday from 4pm to 6pm.

There are four different programs throughout the year, starting with a visual art program working with local artist Lauryn Arnott, and exploring life journeys.

The first program is targeting CALD young people between 15 - 20. We are seeking mentors for our groups - if you are interested in this role, please contact us.

The second youth program is working with digital media and Sidique Bah from Salt Magazine (www.saltmagazine.org) will work with interested youth on how to use *Go Pros* cameras to create and tell their own stories, commencing May 3rd. Both programs aim to help young people express themselves using digital media in telling their life story and bring out their inner self, so that they can feel good about themselves getting their message across to the community.

For more information or to refer young people to the programs, please contact Savry Ouk, on 0423 002 064 or savry.ouk@mcsa.org.au



Governor's Multicultural Awards 2017

By Megan Hill

MCCSA is very proud that our staff member Sidiq Bah received the Governor's Multicultural Award 2016 for his work in media. The awards ceremony was hosted by his Excellency the Honourable Hieu Van Le at Government House on March 21st, 2017.

Sidiq has been working for several years at MCCSA coordinating our Transport program and media related activities.

It was almost 4 years ago that Sidiq launched Salt Magazine, an African Australian news magazine to act as a voice for the African community in South Australia, giving his community members a platform from which they can tell their stories.

"My background in journalism has always stayed with me and I could see a real need for an African magazine – a place for us to tell our own stories. We always have to rely on mainstream media – and most of the positive things happening in our communities are just not being reported".

Now in its 11th edition, Sidiq brought together a diverse range of people from African backgrounds interested in art and

writing and wanting to share their stories. "I created Salt for everyone, not just for the African community, but also so that the wider Australian people can see into our communities - to understand us better.

"It is a really good feeling to be acknowledged by receiving this award as this has been a real passion of mine – to give a voice to the community".

Sidiq would also love to expand Salt into the future, "I hope to continue to grow the

magazine and become more relevant to the African and Australian public. It is a bit daunting at times as we are still building our market and our advertising revenue to keep this magazine financially sustainable – but one day I would love it to be a media entity that can offer employment to our African Australian community".

MCCSA congratulates Sidiq and will continue to support and work with him in promoting multiculturalism in SA.



Sidiq Bah pictured with His Excellency, the honourable Hieu Van Le AO and members of the African Community, at the 2017 Governor's Multicultural Awards.



MCCSA Celebrate International Women's Day

By Lena Gasparyan

Since 1977, the United Nations International Women's Day has been held in March.

Not only does this day mark women's rights, gender parity and world peace, but also celebrates and recognises the economic, political and social achievements of women around the globe. In many countries, International Women's Day is even celebrated as a national public holiday.

MCCSA joined in the global celebrations on 8 March 2017, with over 70 community representatives attending a free morning tea held at the MCCSA hall. Guests were treated to a presentation by the President of the Russian Women's Association of SA, Lily Michailov, on how International Women's Day is celebrated in Russia. There was, live

music by Indigenous guitar performer Nancy Bates, and a photo exhibition of women from around the globe "Atlas of Beauty" by photographer Mihaela Noroc. "Atlas of Beauty" is a world-wide exhibition promoting global diversity captured through portraits of women. Guests included Multicultural Affairs Minister Zoe Bettison MP, Shadow Minister for Human Services Michelle Lensink MLC, Parliamentary Secretary for Multicultural Affairs Jing Lee MLC, and South Australian Multicultural and Ethnic Affairs Commission Chair Grace Portolesi.

Although we celebrate the day, we cannot be complacent. Despite all the efforts of women past and present, gender imbalance still exists, many patriarchal societies still unwilling to acknowledge gender equality

and many women still oppressed into secondary status. We must remember the struggle that women faced throughout the centuries in gaining basic rights that are taken for granted in developed countries.

We must acknowledge and give our support to those women whose rights are denied in many developing countries: the right to vote, to own property, to have an education. We must reflect on the work that remains and remember the many women whose voices go unheard and who continue to be denied realising their full potential. This is why International Women's Day is important: it gives otherwise silenced women a voice.

For information on this group, please contact Lena Gasparyan on 8345 5266.



MCCSA Playgroup

By Heeyoung Lim

Sing together with your children and have a joyful time full of laughter and happiness! A place where children play around in joy, MCCSA Playgroup!

The desire of multicultural mothers for stronger social connection was clear in the 'Kickstarting Childhood Success' project that was run by MCCSA last year. Following this project the MCCSA playgroups were established for children and their families. At present MCCSA have two playgroups- a Korean speaking playgroup which has been running since February and a multicultural playgroup that started in March.

The children attending these playgroups have been learning crucial social skills such as sharing, taking a turn, tidying toys and so on. They are also developing important skills required for effective growth through various activities within the playgroup. Parents have an opportunity to meet other parents some

of whom may become lifelong friends as they talk about nurturing their children and the difficulties that they face.

MCCSA Korean speaking Playgroup is held every Monday at Korean Presbyterian Church, from 10 am to 11 30 am. After two months of running it has gained growing interest from the Korean families, and a lot of applicants are on the waiting list as the playgroup can only have 15 children attending.

MCCSA Multicultural Playgroup which started from March, is held every Tuesday is from 10.30 am to 12 noon, for one and a half hours at the MCCSA in Gilbert Street. Families from diverse backgrounds such as Colombia, Taiwan, Hong Kong and so on are currently participating in the playgroup. People are able to apply and participate to the Multicultural Playgroup at any time. There are still places available in this playgroup at present.

The activities, which include Lego, playing with trains, ball throwing, drawing, reading, singing and playing with a wide variety of toys all help the development of cognitive, emotional and physical aspects. There are music sessions and songs and additional activities will be added form time to time. For instance two weeks ago children were taught Baa Baa Black Sheep (a children's nursery rhyme) and then pasted cotton wool on pictures of sheep.

I hope you do not miss this exciting, joyful opportunity to participate in a playgroup. More detailed information is on the MCCSA website.

If you would like more information or want to attend with your child, please contact Hee Young Lim on 8213 4604 or Heeyoung.Lim@mccsa.org.au. Mothers, fathers or carers are welcome to attend with children from culturally and linguistically diverse backgrounds.

Health Performance Council of South Australia

By Dr Michelle Jones

Information from health consumers enables health services to plan for the delivery of appropriate health services. Professor Harry Minas, from the University of Melbourne identified that this is particularly noticeable for culturally and linguistically diverse people. Some services only collect one piece of information, most commonly 'Country of Birth'. Others collect more information such as your religion and the language you prefer to speak. The more information you provide the better understanding the health service staff will have to support your needs.

Health Performance Council of South Australia is encouraging better data collection for CALD communities to improve health service planning and health outcomes

for CALD people. It might help to know how the personal information you provide might be used by the health service.

What is your personal information used for when you provide it to a health service?

- » To determine your cultural and linguistic requirements such as your need for an interpreter, bilingual staff or practices sensitive to your religious beliefs
- » To make sure you are receiving the most appropriate health service.

Your information (without your personal details like your name and address) may also be used to help:

- » Plan and make sure that the health

services provided are appropriate

- » Plan and make sure that the health services are staffed and skilled appropriately
- » Indicate which communities are using essential health services and their health outcomes
- » Measure and appreciate the diversity of their clients
- » Assess and measure the impact of policies and programs on different groups in order to improve outcomes
- » Review, plan and deliver services that meet the needs of communities, including new migrants and refugees
- » Respond effectively and in a culturally appropriate way to community needs

Culturally and Linguistically Diverse Communities Leaders' Forum

By Dr Michelle Jones

The CALD Communities Leaders' Forum brings together community leaders, policy makers and academics to improve equity in health outcomes for culturally and linguistically diverse people. The forum will help to shape the future work program of the Health Performance Council.

The high calibre speakers and sessions confirmed so far include:

Mr Paris Aristotle AM, 2017 Victorian Australian of the Year and Chief Executive Officer of the Victorian Foundation for Survivors of Torture Inc. Paris has over 25 years' experience in the field of supporting refugees and asylum seekers, particularly the provision of services to survivors of torture and trauma.

Dr Olayide Ogunsiji, Registered Nurse & Researcher in Migrant and Refugee Health, Western Sydney University. Olayide has conducted a number of research projects including a community awareness program for breast and cervical cancer screening; domestic violence among African community; caring for women living with female genital mutilation and parenting experiences of migrants and refugees.

Professor Dorothy Keefe, Clinical Ambassador Transforming Health, SA Health; Professor of Cancer Medicine at the University of Adelaide; and a Senior Medical Oncologist at Royal Adelaide Hospital Cancer Centre. Dorothy graduated in Medicine from the University of London in

1986, migrated to Australia and became a Fellow of the Royal Australasian College of Physicians (FRACP) in 1996.

Other themes for discussion at the forum include data, health service models and CALD health workforce.

The next CALD Communities Leaders' Forum will be held:

10.15am-3.30pm Tuesday 20 June 2017
Pavilion on the Park, Veale Gardens
Cnr South Terrace and Peacock Road,
Adelaide. Registration inquiries:
healthhealthperformancecouncil@sa.gov.au



My experience as a new migrant

ZEESHAN HYDER

Our background and decision to move

My wife and I are both Pakistani, but have lived in several countries prior to our arrival here. My wife spent her early childhood in Nigeria, and I in Hong Kong. We both completed our schooling in our hometown of Karachi before moving to the United States for higher education. We met back in Pakistan, where we had both returned to pursue professional careers. After getting married, we decided to explore opportunities and adventure someplace new. As we tried to figure out where to go, we made a list of priorities: open society, rich culture scene, lots of diversity and great weather. There was one only place that ticked all the boxes for us: Australia! We found there was demand for skilled migrants matching our profiles, and decided to apply. Long story short, here we are.

Arriving here - Adelaide is wonderful

We landed just before New Year's Eve. We spent that night at Elder Park, watching an amazing fireworks display over the River Torrens, with a stunningly lit-up Adelaide Oval as the backdrop. What an experience that was! It set the tone for what has been a wonderful time here. We have been

amazed at how well-planned and green the place is, and by how much of the city has been reserved for beautiful parklands. We have found the people here to be friendly, welcoming and willing to help out strangers. We felt especially lucky to be here during Mad March as the city came alive with all the festivals, and had a blast at every one of the several Fringe events we attended.

But there were challenges...

However, moving here has not been without some challenges. Finding a place to rent proved unexpectedly difficult. Back home, rentals are let out on a first-come-first-served basis. Here though, it is a competitive process, with many people applying for properties simultaneously. Securing a place took us several weeks, forcing us to extend our stay in expensive temporary accommodation. We were also surprised to discover that furnished accommodations are very rare, so we ended up spending a fair bit of time and money on acquiring all the furniture from scratch. And of course, finding suitable employment has been tricky. Unlike in our home countries, new migrants don't have networks of friends and families to assist them in their job search, so we have to figure out an unfamiliar job market on our own.

Gaining local experience

But that doesn't mean that one has to sit at home while they wait to land their dream job. I decided to explore volunteer opportunities to gain some local workplace experience and at the same time contribute to a good cause. I am now helping out at the Successful Communities project at the MCCSA, and so far it has been a great experience.

Tips and advice for new migrants

- » Buy a metro card - each public transport trip will cost you roughly half the cost of a regular ticket. This adds up to big savings over time.
- » Avail Government services – The different tiers of Government offer many services to residents in general as well as migrants in particular. For example, the Specialist Migrant Services department of Immigration SA offers fantastic support to newly-arrived skilled migrants, guiding them on how to gain work.
- » Look for free events: Guided bush walks, art exhibits and street parties are just some of the events that one can attend – without having to pay a cent! You can subscribe to websites and Facebook pages that provide regular updates of what's going on.

Aged Care News

Australia's aged care system has been in transition for over the past four years, and this has led to some uncertainty for our smaller ethnic communities. After over twenty years of service some groups have reluctantly closed their doors, whilst others have chosen to partner with large mainstream organisations to deliver their services. There have also been some ethnic communities who have refined their programs and continued supporting their members in the most culturally and linguistically appropriate manner.

The MCCSA congratulates communities who have viewed this transition period as an opportunity to continue delivering unique, boutique services to their constituents. One such agency is the Jewish Community Services (JCS), who have recently been approved as an aged care provider to deliver home care packages. JCS have chosen to expand their services to the Jewish and broader communities. They will "provide a unique and quality service supporting the Adelaide community". As a small provider of aged care services, with a simplistic model and a close knit team, they can easily innovate, redesign and quickly adapt to change and make decisions ensuring that the consumer is at the centre of everything that they do. JCS will remain a small niche aged care provider continuing to deliver high quality home and community support for the SA Jewish Community and other community members.

If there are other communities going down the path of becoming accredited aged care providers, please share your stories with us.

For more information on this service contact Darren Meechan, General Manager, JCS 83635400

Autism SA

MCCSA wants to see improved levels of help for South Australians from a culturally and linguistically diverse (CALD) background with a disability.

Some of our workers have seen examples of children from a CALD background receiving quite late diagnoses of autism. Autism diagnosis is complex, and for this reason we are providing some basic information from Autism SA on Autism Spectrum Disorder. We are grateful to Autism SA for providing this information; however MCCSA is not endorsing their services over and above other service providers. There are a range of pathways to diagnosis and in the first instance you should contact your doctor to seek assistance and help to choose a provider.

WHAT IS AUTISM SPECTRUM DISORDER?

Autism Spectrum Disorder (ASD) is a diagnostic term used to describe a lifelong condition that affects the development of an individual across their lifespan.

Social communication, social interaction and restricted, repetitive behaviours are the main areas of development affected.

The term 'spectrum' is used to indicate that no two people with autism are the same. The differences depend on combinations of social ability, communication level, cognitive ability, age, personality and many other factors.

HOW IS ASD DIAGNOSED?

For many parents and individuals, seeking a diagnosis for autism and embarking on the process can be quite daunting and confusing. In South Australia there are three pathways for diagnostic assessment – the Autism SA Diagnostic team, Public providers and Private providers.

Referral procedures, eligibility, types of diagnostic assessments, costs and waiting lists will vary between diagnostic service providers.

Assessments should involve experienced professionals gathering information from all relevant and available sources, interaction with and observation of the individual being assessed and careful consideration of all the data in light of international diagnostic criteria (DSM5).

In line with international best practice, a multidisciplinary team approach is recommended to provide a comprehensive assessment and diagnosis of autism. In South Australia, a diagnosis of autism must be undertaken by at least two professionals – a Paediatrician, Speech Pathologist, Psychologist or Psychiatrist – who have expertise in the diagnosis of autism.

Early diagnosis is preferable but a diagnosis at any age will help individuals, families and professionals recognise and understand the needs of the individual with autism and assist with developing supports.

POST DIAGNOSIS

Autism SA will provide information and support for individuals and their families who have recently been diagnosed with autism. For more information please call Autism SA's Info Line 1300 288 476.



Harmony Day at the Migration Museum

From the first Australians to the newest arrivals, we all contribute to a rich, diverse society.

The Migration Museum hosted Harmony Day in the City – an exciting program of celebrations to mark a day of respect for those who call Australia home. Celebrated every year on 21 March, Harmony Day is about inclusiveness, unity and a sense of belonging for everyone. The day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

Almost 700 people came out to celebrate Australia's cultural diversity and to learn more about the amazing world we live in. There were lots happening with things for all the family including:

- » Dancing and music
- » Cooking demonstrations
- » Art workshops
- » Talks
- » Face painting
- » Children's activities
- » Delicious food and drink to share

MCCSA was extremely proud to see some of our members performing and exhibiting

their art on the day including Iranian Women's Organisation of SA, Australian Tamil Arts, Columbian Community, Nepalese Children's Dance Group, Scottish Highland Piping and Dancing, and our friends Mickey Kumpatpi O'Brien, and Appurva Raaj and Novi Handayani.

It was free fun for all the family. This event was supported by Adelaide City Council and developed in collaboration with the following organisations: Migration Museum, Baptist Care (SA) Inc., Australian Refugee Association, Welcome to Australia (SA), Lutheran Community Care & Multicultural Communities Council SA.

Message re the Gold Coast 2018 Commonwealth Games Queens Baton Relay

Community organisations are encouraged to nominate individuals to carry the Queen's Baton.

The Queen's Baton Relay is a Commonwealth Games tradition that celebrates the Commonwealth's diversity, inspires community pride and excites people about the world-class festival of sports and culture to come.

The Queen's Baton will arrive on the Gold Coast for the XXI Commonwealth Games Opening Ceremony on 4 April 2018, where Her Majesty, or a representative, will remove the message from the Baton and read it aloud to officially open the Games.

Organisers are looking for people of all abilities to share the dream and become a Baton bearer for the Gold Coast 2018 Queen's Baton Relay. A Baton bearer is someone who meets one or more of the following criteria:

- » Who contributes to a fun, friendly, vibrant and inclusive community.
- » Has achieved something extraordinary or inspired others to achieve something extraordinary.
- » Has made a significant contribution to either sport, education, the arts, culture, charity or within their community.
- » Has excelled, or aspires to excel athletically or personally.
- » The minimum age of a Baton bearer is 10 years old as at 25 December 2017 (the start date of the Queen's Baton Relay in Australia).

Nomination details are available from the following website:
www.gc2018.com/qbr

Nominations close 15 May 2017, so be quick to get your nominations in!

MCCSA organisations help to build age-friendly communities in South Australia

by Claire Langsford – UNISA

More inclusive nursing homes, safer public housing, free exercise equipment and faster internet services. These were some of the many ideas and suggestions put forward by older people discussing how we can create more age friendly communities in South Australia.

Older people from the MCCSA's member organisations participated in interviews and focus groups as part of the University of South Australia and COTA SA's joint research project, Living Well Now: Investigating environments that enable older people to live well in their sixties and beyond. Researcher Dr Claire Langsford spoke to one hundred people across South Australia ranging from Adelaide to Eyre Peninsula.

Research participants from MCCSA's member organisations highlighted some of the particular challenges facing culturally and linguistically diverse older people in our state. Participants were very concerned about the welfare of people who moved to Australia in their later years. Language barriers, difficulties accessing social services, and being forced to leave friends

and family in their homelands can put these older people at heightened risk of social isolation.

However, people had many strategies for preventing social isolation. Older people are using technologies like Facetime and Skype to reconnect with friends and family across Australia and the world. Many older people are heavily involved in many different types of volunteering activities. Even recent arrival migrants who speak very little English are helping out within their own language and religious communities, providing care, driving, and meals for people in need. Importantly for MCCSA, participants stressed the benefits of participating in language and cultural organisations. Older people had made new friends, found help navigating health and welfare services, travelled across South Australia and discovered new hobbies and interests.

A more detailed report of the findings of the project will be available later this year. For those who are interested in further discussions around creating age friendly environments, keep an eye out for community consultations organised by COTA SA and other organisations.



MCCSA Hosts New RAH Information Session for CALD Communities

By Sidique Bah

MCCSA hosted an information session on the New Royal Adelaide Hospital early February at our Gilbert Street Hub.

The session was well attended by our members and Paul Lambert, Executive Director for the New RAH Activation spoke about the cutting edge technology at the new hospital, how it will be run and provided opportunity for people to ask questions. Attendees were informed that

in the new RAH all services will be located under one roof, rather than spread across multiple buildings as with the existing RAH. The new RAH has been structured to be much simpler to navigate it is divided vertically into five zones, with a particular theme at all levels utilising individual lift cores and its surrounding area.

Each lift core has also been assigned an individual letter. Directional signage combines this letter with the floor level number to create an easy code. For

example, a clinic reception labelled 5F is located on Level 5 and accessed via lift F. Interactive wayfinding touch screen kiosks are located at the main entrance, eastern plaza entrance, emergency entrance and public car park lobbies, providing printed directions and on-screen maps.

MCCSA will continue to engage with New RAH community engagement team and will be hosting another session and a tour of the new hospital for CALD communities closer to the transition date.



MARIPOSA TRAILS CULTURAL EXCHANGE

OCTOBER 7th - November 4th, 2017

BUILDING A BETTER UNDERSTANDING
OF THE WORLD THROUGH LIFE
EXPERIENCE, FRIENDSHIP AND
CONSCIENCE TOURISM

Have you ever wanted to experience
volunteering in a South American Country?

Mariposa Trails Cultural exchange offers
a 4-week program including 2 weeks of
placement in various community settings,
1 week of recreation and 1 week of
community conscience tourism.

Mariposa Trails Volunteer Cultural
Exchange program 2017 offers
placements within:

- » Indigenous (Mapuche) Media and
Film Making Projects – Indigenous
Media
- » Community and Health Services –
Aged Care and Youth focused
- » Local Council Projects –Join in
Local Projects and take part in skills
exchange and community capacity
projects
- » Community Arts and Dance –
Participate in a blend of Traditional
arts, contemporary and dance
programs.

Mariposa Trails engages in Cultural
Exchange programs with grass roots and
conscience organizations connecting with
communities, diverse groups and building
relationships that forge understanding
between people.

These program are ideal for people
interested in the Spanish Language,
History, Latin America and Media studies,
Dance, Recreation, culture, Indigenous
cultures.

For more information please visit our
website www.mariposatrails.com.au

Investigating the inclusion of vulnerable populations in Advance Care Planning: Developing complex and sensitive public policy

To provide people at the end of life
with choice and dignity in their care,
without placing unnecessary burden
on the healthcare system, Advance
Care Planning (ACP) has become an
increasingly important issue, both in policy
and practice. Yet people from Culturally
and Linguistically Diverse communities,
Indigenous communities, and those living
with chronic disease, often feel that current
ACP policy and practice doesn't meet
their needs. Building on knowledge and
partnerships established during a 2015-
16 scoping study, this NHMRC Partnership
Project will work with these communities
to develop inclusive, sensitive policies and
practices for ACP—all all Australians get
the care they deserve. It will also establish
how to include vulnerable populations
when developing health policy on complex
and sensitive issues.

Over four years, we hope to learn from
and with Australians whose voices often
go unheard in these discussions: those
with Alzheimer's disease, cancer, and
chronic airways disease, people from
older and newer migrant groups (Italians,

Vietnamese, and Bhutanese), as well as
Aboriginal and Torres Strait Islanders. In
collaboration with community, government,
and clinical stakeholders, the research
team hope to identify what is, what could
be, and what should be done to ensure
that advance care planning and end-
of-life care conversations within these
communities are best supported.

So where are we at right now? The 10
partner organisations, and a team of
investigators across three institutions, are
close to finalising agreements needed to
begin this exciting and ambitious project.
One of the agencies which will assist us in
this work is the Multicultural Communities
Council of SA. Other activities include
establishing working parties, as well as
communication and governance structures
to ensure transparent and consistent
sharing of information throughout the
life of the project. We hope to bring you
regular reports over the next four years!

Jaklin Elliott

School of Public Health
University of Adelaide



LEAD to SUCCEED
Volunteering Conference
15 | 16 June 2017

EVENT PARTNERS



Government of South Australia
Department for Communities
and Social Inclusion

Championed by

VOLUNTEERING
Strategy
FOR SOUTH AUSTRALIA
2014-2020

**Registrations are now open! Early bird ticket
prices available until 8 May 2017.**

<http://www.volunteeringsa.org.au/VSA-EVENTS-Lead-To-Succeed-2017>



The Refugee Trauma Recovery in Resettlement Conference

By Megs Lamb

The Refugee Trauma Recovery in Resettlement Conference was held in Sydney, March 2017. The Conference was the first of its kind in Australia; it explored innovative ways to support refugees as they recover from trauma and resettle in their new country.

The Conference attendees included: not-for-profit leaders, international experts, health professionals, educators, community workers, volunteers and refugee community members.

Some of the more notable speakers included:

- » Suzanne Jabbour, Director, Restart Center for Victims of Violence and Torture, Lebanon
- » Dr Stuart Turner, Consultant Psychiatrist, Trauma Centre, London, UK
- » Dr Alison Strang, Research Fellow, Queen Margaret University Scotland
- » Professor Derrick Silove, Foundation

University of New South Wales
Professor of Psychiatry, Liverpool Hospital, NSW

- » Paris Aristotle AM, CEO, Victorian Foundation for Survivors of Torture (VFST), VIC
- » Victor Madriagl-Borloz, Secretary-General, International Council for the Rehabilitation of Torture Victims (IRCT)

The three days covered topics such as:

- » What makes for a successful resettlement program?
- » What happens when people are unable to resettle? Challenges of supporting asylum seekers and TPV holders?
- » Advances in refugee trauma interventions and research: Where to from here?
- » Capacity building refugee communities: How to facilitate a better recovery environment?
- » The triangulation of health, mental health and refugee trauma services?

- » Children and the school environment: How do we ensure interventions are trauma and attachment informed?
- » English acquisition and employment: How does knowledge of the impact of trauma on the brain inform service delivery?

For more information on the program go the FASTT website.

Megs Lamb from MCCSA presented at the Conference on "Community, Friendship and Trust" and how these three very simple things can help create a space where new arrivals can open up, talk about their experiences and allow new friendships to support them in seeking services for torture and trauma assistance. In her presentation Megs used real life case studies to demonstrate how connection to communities and services can work together to get people what they need and its ongoing benefits to the broader society, when people are seeking support and treatment.

MCCSA SERVICES



MCCSA CHSP Transport Service

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

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

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

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



Reconnect Services

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

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



Carers Retreat

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

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



MCCSA Community Hall

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

The Hall is also available for commercial hire.

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



Successful Communities

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

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



Community Visitor Scheme

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



Healthy Ageing

MCCSA supports communities to stay connected through their ageing years by enabling a range of services such as social programs, advice, advocacy and specialist workshops and forums.

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



Multicultural Playgroup

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

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

Justice of the Peace

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

MCCSA PHOTOS



Governor's Multicultural Awards



Harmony Day in the City



MCCSA's Harmony Picnic in Whitmore Square



Harmony Day in the City



MCCSA Forum to discuss changes to 18c



International Women's Day morning tea at MCCSA

Would you like to be involved in an exciting 'new' CALD women's health project in 2017?

Are you a mature woman from Italian, Serbian, Filipino, German, Dutch, Arabic, Indian or Vietnamese background?

- Do you have an interest, passion and commitment to Women's Health and Screening and empowering women in your community?
- Would you like to promote important health messages in your community?
- Do you have qualities to be a community advocate and leader?

If the answer to these questions is **YES** then this new Health Promotion project may be for **YOU!**

This program will provide you with knowledge and information on the following:

- Screening mammography (Breast Screening)
- Cervical screening and Pap smears
- Bowel cancer screening
- Reducing your risk of cancer through healthy lifestyle
- Enhancing your leadership skills,
- Improving your communication skills
- Meeting other women with a passion for promoting good health!



It will also give you the opportunity to make new friends, share your cultural experiences and help to reduce your community's risk of cancer.

When: mid-March to May 2017
8 week program – every Wednesday from 9:30 am–2:30 pm
Where: BreastScreen SA, 167 Flinders Street, Adelaide

For more information or to register your interest contact:

Phone **Jacqueline Riviere**, SA Cervix Screening Program (Monday–Wednesday) on **8161 7149** or **Marita Aldridge**, BreastScreen SA (Monday–Wednesday) on **8274 7169**.

Applications close Friday 3 March 2017.



Government of South Australia
SA Health



A ONE DAY WORKSHOP FOR WOMEN: “NEXT STEP – THE BOARDROOM”

This workshop is for women who:

- 1. are from a Not for Profit organisation, or**
- 2. currently sit on a Board, Committee or Management Committee, or**
- 3. are in Senior Management and looking to start on a Board or Committee**



NEXT STEP - The Boardroom

- Date:** Wednesday 17 May 2017
- Time:** 9.00am to 5.00pm
- Where:** Volunteering SA&NT Training Room,
Level 4, 182 Victoria Square, Adelaide
- Cost:** \$145 (inc GST) – includes full catering, resources and ongoing support from Fulcrum People.
- Presenters:** Fulcrum People

This one day workshop accepts 12-15 candidates only and is facilitated in a Boardroom environment. To be considered for inclusion please contact kp@fulcrumpeople.com.au for an application form. All forms need to be lodged by 5 May 2017.

Enquiries to Tracey Fox on 8221 7177. All accepted applicants will be sent confirmation and an invoice prior to attendance.

Supported by Volunteering SA&NT and the Office for Women

Interested in volunteering for MCCSA?

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

www.mccsa.org.au



Multicultural Communities Council of SA Inc.

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

Compiled and edited by Sidique Bah, MCCSA Communications Officer