

# MCCSA Community Voices

► AUTUMN 2021



## Celebrating International Women's Day

*inside this issue*

Harmony Day  
in the park

Multicultural  
Men's Walk

Cultural Connections  
in Disability

Governor's Multicultural  
Awards 2020

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## UPCOMING MULTICULTURAL EVENTS



### Kodomo no Hi Japan Festival

**WHEN:** Sun 2 May 2021, 11am-4pm

**WHERE:** Thebarton Community Centre

[www.festival.history.sa.gov.au/events/kodomo-no-hi-japan-festival/](http://www.festival.history.sa.gov.au/events/kodomo-no-hi-japan-festival/)



**WHEN:** 14 November 2021 **WHERE:** Victoria Square

<https://www.dpc.sa.gov.au/responsibilities/multicultural-affairs/events/the-multicultural-festival>



**WHEN:** Sat 22 May & Sun 23 May 2021

**WHERE:** Adelaide Showgrounds

# FROM THE CEO

HELENA KYRIAZOPOULOS



Welcome to the autumn edition of community Voices.

2021 seems promising and hopefully we will bend the curve and beat the virus once and for all!

I'd like to thank all our communities for your resilience since the outbreak of the COVID-19 virus. Your cooperation with our local authorities and health experts helped us during these challenging times. Thank you for allowing us to support and be with you on this journey over the past 12 months which has helped us grow as an organisation through your resolve in the face of adversity.

We are happy to see our Multicultural Community Hub coming back to life with community groups yet again hosting their meetings and activities in line with COVID guidelines. So lovely seeing our facility being used again.

Although we have kept COVID-19 at bay, we need to continue following health advice regarding vaccinations and maintaining safe hygiene practices, now is not the time to become complacent. Our recent survey about the vaccine sent to members shows that there is a need for more information to be disseminated to our communities. We will continue to work with SA Health to ensure that our communities are informed about the vaccine and its roll out timeline.

This edition of Community Voices provides an overview of our activities and programs including harmony week celebrations, international women's day, Governor's Multicultural Awards Winners and our radio programs on 5EBI 103.1 FM.

Each year His Excellency the Honourable Hieu Van Le AC, Governor of South Australia hosts the annual Governor's Multicultural Awards on the wonderful grounds of his home. This year it was lovely to be back after a brief break due to the pandemic. My heartfelt thank you to His Excellency and Mrs. Le for elevating these awards and acknowledging the wonderful work of our multicultural communities.

Finally, a big thank you to all our volunteers for their continued support of all our programs, without them we would not be able to undertake our work.

Hope you enjoy this issue of community voices.

*Helena*



## Multicultural Grants Program 2021-22 open for applications

<https://www.dpc.sa.gov.au/responsibilities/multicultural-affairs/grants/advance-together-grants>

Multicultural Grants Program



# A Migrant Journey: Tanya Kaplan OAM

International Women's Day Award Winner 2021

Driven by the promise of a new life, millions have come from all corners of the globe to call Australia home. Amongst these waves of migrants are women who played a significant role in shaping Australia's history.

For this edition of Community Voices, we spoke to Tanya Kaplan (formerly known as Aysen Hassen), winner of the Migrant Women's Lobby Group, International Women's Day, Irene Krastev award to share with us her Australian journey.

The Migrant Women's Lobby Group was one of the many groups Irene helped establish during her lifetime. The group decided to honour and

remember Irene and her contribution to the community and women's issues by having the IWD Irene Krastev Award which is annually presented to a woman from a migrant or refugee background who has made a significant contribution to the community and to the participation of women in the social, economic, and educational life of South Australia.

Tanya Kaplan received the award at

the Multicultural Aged Care Centre on the 16th of March 2021 adding to the many other awards she has received over the years recognising her leadership role in South Australia's multicultural community. She received an award from the Federation of Ethnic Communities Council of Australia (FECCA) in 2005 and is also a proud recipient of the Order of Australia Medal (OAM) in 2017.



Talking about her Australian Journey Tanya said she arrived in Adelaide Australia in 1970 and has been living in South Australia all these years.

Born in Cyprus, a British colony in those days, Tanya said she had always wanted to live in an English speaking country when growing up. Adelaide or Australia wasn't her first choice but as fate would have it, marriage brought her to Adelaide.

Tanya spent her first 4 years as a house wife in Adelaide. In 1974, her husband bought a farm in Murray Bridge and soon she became an instant gardener and the biggest tomato grower in South Australia, managing 40 big glasshouses and many casual workers.

Difficulties associated with farming led Tanya to move back to Adelaide where she took up Braille translation as a hobby, and eventually started working as Braille Transcriber at St Francis of Assisi school, Charles Campbell Secondary School and Modbury High school. Her school based experience helped her to become a Bilingual School Services Officer in many schools.

From that time onward Tanya immersed herself in the Turkish community and the multicultural sector in South Australia. Realising that Braille translation was not enough for her she launched into tertiary education which is something she had missed out on due to marrying at a young age.

"I always wanted to go to university, but I was married young, I was forced to get out of Cyprus because of the political situation, so I couldn't go to university" said Tanya.

Tanya was the first Welfare Worker for the Muslim Women's Association and while President of the Turkish community in SA Tanya decided to start her tertiary studies at the University of South Australia (UNISA), graduating with a Diploma in University Studies, Bachelor of Social Work Degree and a Master's degree in public policy and management at Flinders University. She taught at Flinders University, Cambridge International College and TAFE.

Tanya's colourful journey took her on different paths during and after her studies. In 2000 she started working as the Community Visitor Scheme (CVS) Coordinator at MCCSA and also helped establish the South-East Asia Reconnect program which is still on-going at the MCCSA. She was also an interpreter in Turkish and then later became a NAATI qualified interpreter and translator.

Tanya was dealing with many communities and organizations including Centrelink. This experience helped her gain a position at Centrelink as a Multicultural Specialist.

Tanya said she is happy with the job because she likes to help migrants, especially new arrivals.

"I've been through social isolation; I didn't know any Turkish speaking people when I arrived. I was very isolated, so I like to help new arrivals, particularly the ladies. I like to hold their hands, show them that we have all these services in Australia, and encourage them not to be in the house all the time and get bored, depressed and all that". "I started my tertiary education when I was a

grandmother. There is no limitation to learn. It's not what I achieved but how I achieved it" said Tanya.

In relation to gender equality, Tanya said Australia has a long way to go. "In Australia I don't think we are ready yet to have gender equality, look at wages, how it differs between male and female. When Julia Gillard was PM she received a lot of negativity that is not normally done to men, look at the number of females in the political parties" said Tanya.

Talking about migrant women and the challenges they face Tanya said overall migrant women are very resilient. They came and had to learn English, study, look after their kids and still go to work. "So it's laughable when they get asked at job interviews 'are you resilient' to a woman who has been through so much".

Tanya's parting advice for migrant communities is for people to go out and do volunteer jobs. "If you go out and volunteer you get to meet people, you learn that knowledge is power, you give back to the community, you gain friends and you learn a lot, you integrate better into society and don't build walls around yourself.

"This is a beautiful country, it has social services, it got social security, and they value people, take advantage of these opportunities".

It was great speaking with Tanya and we appreciate her sharing her Australian journey with us. We congratulate Tanya on her award and wish her all the very best for the future.

# Mental Health Research – African and Indigenous Population

Over the years the SA Government has amplified its efforts to develop and implement mental health policies to protect and promote the mental well-being of South Australians.

Treatment for mental disorders has improved substantially over the past decade and many in the mainstream society have benefited from this. However, people from migrant communities and the indigenous population still need some catching up to do when it comes to dealing with mental health disorders.

References to mental illness can be found throughout history. For some communities in the CALD sector and indigenous population mental health is associated with superstition and cultural beliefs.

The MCCSA is currently supporting Kudzai Nyamande, a University of Adelaide student, with his PHD research into the relationship between stigma and the low utilization of mental health services by the African and indigenous population in South Australia.

A skilled migrant from Zimbabwe Kudzai came to Australia from the UK

in 2011. We spoke with Kudzai about his research and what's motivating him to pursue mental health study.

Kudzai is currently doing a PHD in Mental Health at University of Adelaide while working part-time at the University and doing part time counselling work at Beyond Blue. Previously he also worked with the Flying Doctors flying to remote communities to provide medical support.

Kudzai's interest in his research was spurred on by his work in the Northern Territory with the indigenous community where he noticed similarities in the way they perceived mental health with the African community.

He said there were so many similarities in the culture, the way of life, the family system, the kinship system and the totem system of both the African and indigenous population.

“Everything is similar, even the perception of mental health was similar, the stigma issues about ancestral spirits, about superstitions, witchcraft its all so similar so I thought let me see how I can help the population regarding mental health”.

According to Kudzai there is a currently a low utilization of mental health services by these two communities and this is in stark contrast with the high levels of mental health issues in those two community groups.

Below is an excerpt from Kudzai on his research.

‘The debate about mental illness and stigma has been going on for a long time and it is important to understand where the issue of stigma originated from. There are some who believe mental illness is not a real illness and it is people seeking attention or just a behavioural issue.

People suffering with mental illness face difficulties dealing with the symptoms of mental illness and also prejudice from the public including their own families who are supposed to care for them (Colthran 2012). For centuries, mental illness has been associated with spirituality in all communities. In Ancient times, Spiritualism dominated any sort of scientific reasoning, demons or bad spirits were thought of as causing the unusual behaviours of mental illness.



This research will be a partnership process involving dialogue between people with different perspectives. The sample will consist of 6 people from African communities with mental illness, 6 people from indigenous communities with mental health issues; three mental health nurses/allied workers each from target population working with target group and 2 senior figures in the community working at Policy level with target groups.

This study will draw on Indigenous decolonising methodologies using collaborative, culturally responsive research methods and a constructivist grounded theory approach. The African community will draw on the concept of Ubuntu as an ontological approach. This research project will be relevant as it will be able to facilitate further discussions around stigma in mental health, influence policies in working with these target communities to improve service

utilisation, enable early treatment approaches, reduce suicide rates and improve quality of care for the communities.’

For more information on this piece of work, please contact Kudzai Nyamande by emailing [nyamandek@hotmail.com](mailto:nyamandek@hotmail.com)

# MCCSA Multicultural playgroup term 1 in 2021

By Abby Liu

MCCSA was happy to reopen our Multicultural playgroup in February after it's suspension due to the COVID-19 pandemic in 2020.

This playgroup has a playgroup coordinator and several playgroup volunteers and a wonderful variety of toys for children aged 0 to 5 years.

Playgroups give children the opportunity to play with each other, learn crucial social skills and learn some simple rules. The parents or carers who come with their children have a chance to communicate with other parents and share their experience and information.

MCCSA volunteers follow the Guidelines of COVID Safe Playgroup and clean all toys at the end of each playgroup session as well as paying more attention on maintain environmental hygiene.

16 families participated in this year's term 1 playgroup. Children from these families spoke Dari, French, Hindi, Mandarin and Cantonese. In this term, we had a focus on different crafts and undertook activities such as making children's name cards with fine egg shells, special wooden clips, as well as Easter bunny gift bags.

We had very positive feedback from some mums attending the playgroup saying that they enjoy the playgroup as it gives them a chance to relax and chat with friends.



The parents get involved in the arts and crafts as well.

At the end of this term, we held the first birthday party celebration with all our participants for 3 children Isabell, Hrida, and Nicole. We provided plate-painting and planting for children. All parents prepared different foods to share in the party. We had a great fun time together.

The playgroup provides a suitable and safe environment for children to play as well as a chance for Mums (and Dads or carers) to connect to

the multicultural community and make new friends. We look forward to seeing you in the playgroup for a joyful time.

If you would like more information or want to attend with your child, please contact the playgroup coordinator Abby Liu on [abby.liu@mccsa.org.au](mailto:abby.liu@mccsa.org.au), or program coordinator Lena Gasparyan on 8213 4606 or [lena.gasparyan@mccsa.org.au](mailto:lena.gasparyan@mccsa.org.au). Mothers, fathers or carers are welcome to attend with children from culturally and linguistically diverse backgrounds.

# Importance of vaccination - Health and Immunisation Management Services (HAIMS)

Fortunately, in Australia a strong majority of our community support vaccination.

We appreciate the benefits every day in Australia, free of the devastating effects of widespread Polio, Measles and Diphtheria to mention a few, and where we are witnessing a remarkable decrease in cancers caused by Vaccine Preventable Diseases (VPD) since the introduction of Hepatitis B and Human Papilloma Virus vaccines.

When we have high vaccination rates, diseases are less likely to spread from person to person. This is referred to as “herd” immunity and offers valuable protection to those in our communities unable to be vaccinated, the very old, and the very young. It also is protecting future generations.

In the past, people witnessed the suffering VPD had on loved ones, so the benefit of vaccination was obvious.

Now that our disease burden is low, some people may question the continuing relevance and value of vaccination.

If we let our guard down believing these diseases no longer pose a threat, we will witness the re-emergence of disease and the cruel consequences on our communities. This was the case for a community in the Netherlands in 1992-1993 who chose not to vaccinate and where polio resurfaced. Seventy-one people were involved, and none were vaccinated. Two died and 59 suffered paralysis. They were aged between 10 days and 61 years.

As with Polio the risk of complications associated with all these diseases can be serious and long term.

Invasive meningococcal disease has the ability to leave victims permanently scarred or as amputees.

Chickenpox can lead to serious bacterial infections of the skin, lungs and brain. Measles can lead to serious lung infection, brain damage and death.

We can be confident that the vaccines used in Australia undergo rigorous testing and regulation before being granted a license and are monitored closely after release for

any safety signals. <https://www.tga.gov.au/> ; <https://www.ausvaxsafety.org.au/>

It is important to remember when researching information about vaccines, that reputable sources are used, seeking out well referenced scientific articles and websites, as well as referring to your doctor or specialist. Know the FACTS. <https://www.ncirs.org.au/our-work/sharing-knowledge-about-immunisation>

Christine Bengner RN

Champion Nurse Immunisation Program coordinator



HEALTH AND IMMUNISATION  
MANAGEMENT SERVICES

phn  
ADELAIDE

An Australian Government Initiative



## Ageing Well in CALD Communities

In 2021 the Multicultural Communities Council of South Australia in collaboration with the Office for Ageing Well will be once again delivering Ageing Well in CALD Communities project to four communities.

This education and awareness-raising program aims to safeguard older people from culturally and linguistically diverse backgrounds so that they can live a safe, healthy and independent life.

As set in the South Australia's Plan for Ageing Well (2021-2025) 'Inspire, Motivate and Innovate' MCCSA will be working towards helping older South Australians

to become more resilient and communities to become more innovative, inclusive and accepting of people of all ages.

MCCSA acknowledges the important role community leaders play in making sure that both older people and the communities have knowledge and understanding of resources and strategies that support people to age well, safeguard their rights and prevent elder abuse.

## Carers assessment at MCCSA

Are you providing support to a relative or a friend who has ongoing illness, disability or is elderly?

If yes, you may be entitled to extra support/help from the Australian Federal Government.

MCCSA in collaboration with Carers SA can arrange for you to have a carers assessment.

A carers assessment works out whether you qualify for support and services that can help you in your caregiver role.

Getting an assessment is the first step to getting help!

If you consider yourself a carer or know someone who is a carer please contact us via details provided below to arrange for an assessment.

Email: [florine.fernandes@mccsa.org.au](mailto:florine.fernandes@mccsa.org.au) or call 82134607 or 0449 896 202 or visit us at: MCCSA, 113 Gilbert St, Adelaide.

# Speak My Language

Culturally and linguistically diverse communities and Indigenous communities talking about living well with a disability in Australia

MCCSA is partnering with the Ethnic Communities' Council of New South Wales (ECCNSW) on implementing the national '**Speak My Language – Living Well with a Disability in Australia**' program in South Australia.

Speak My Language (SML) involves CaLD and Indigenous Australians with disabilities and their supporters sharing real stories and real experiences through podcasts, broadcast media and other online platforms. The stories will provide practical tips on utilising personal skills and talents, along with community resources and networks, in order to live well with disability – at home, in the community, and at work or school. Other interviews with guest speakers give further information about inclusive places, activities, and opportunities for you to enjoy. The content will be delivered in over 25 community languages.



## Get involved!

**Be a Storyteller:** Why not share your story about living well with disability in your community language? Let's talk about life – working, studying, shopping, travel, hobbies, friends... let's talk about living well!

**Be a Guest Speaker:** Do you speak a community language? Do you have something to share about finding inclusive places, activities and opportunities? We want to know about anything and everything inclusive in South Australia.

**Be a Bi-lingual Facilitator:** MCCSA is looking for Bi-lingual Facilitators, who are well connected in their community, are passionate about

the human rights of people with disability, and about learning how to create podcasts about living well with disability.

MCCSA is currently specifically looking for Storytellers and Guest Speakers who speak the following community languages: Kuku, Spanish, Swahili and Mandarin.

For general information visit [www.speakmylanguage.com.au](http://www.speakmylanguage.com.au) or email [info@speakmylanguage.com.au](mailto:info@speakmylanguage.com.au).

If you are based in SA and would like to get involved in the project, contact: Hanaa Grave, Disability Programs Coordinator,  
E: [hanaa.grave@mccsa.org.au](mailto:hanaa.grave@mccsa.org.au)  
P: (08) 8213 4611



## Harmony Day in the Park

MCCSA staff together with a group of marvellous volunteers, knights in shining armours, organized a splendid child friendly all-inclusive event at Marshmallow park on Sunday 21st of March and it was a big success!.

The event was made possible thanks to the funding from the City of Adelaide, for which MCCSA is most grateful.

MCCSA would also like to thank the Metropolitan Fire Service, especially Phil who came along with information and a nice child activity about the right thing to do if dealing with fire.

Face painters, ball pit, arts and craft, treasure hunt and at the end everyone walked away with a small seedling of a kitchen herb to grow at home together with the family.

We saw families from our current and past programs, like the Kickstart and the Playgroups. It was also great to

engage with new families who were celebrating the Harmony Day in Australia for the first time.

And at the end of the day celebrating Australia's cultural diversity, it's about inclusiveness, respect and a sense of belonging for everyone.

We thank to all attendees, volunteers and the Management for this wonderful event.

# Disability Advocacy & Complaints Service of South Australia Inc



DISABILITY is a word used to describe many different things that might cause a person's physical or mental functioning to be affected.

Every person has rights. Humans RIGHTS are basic freedoms and entitlements that belong to everyone.

Sometimes people with disability are treated differently and worse than other people. When this happens, DACSSA provides advocacy.

ADVOCACY is speaking on behalf of someone to protect their rights. We are trained disability advocates.

We are INDEPENDENT which means we are not connected to services or people that affect our ability to advocate for your rights.

We are FREE and CONFIDENTIAL.

We can help you explore things that are important to you like your goals, worries, and options to make things better.

We understand that culture and relationships are important, so we work with the people you trust to help you.

We can support you in your language. Contact us with your name, phone

number and language and we can call you with an interpreter. Translation also available.

DACSSA values courage, respect, integrity and diversity, making us a safe place for all people with disability.

You can contact us by phone, or in writing by email or on our website, or have someone you trust contact us.

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**08 7122 6030**  
**admin@dacssa.org.au**  
**www.dacssa.org.au**

**Support in your language.**  
**Contact us with your name, phone number and language and we can call you with an interpreter.**  
**Translation also available.**



**DACSSA**  
DISABILITY ADVOCACY

**08 7122 6030**  
**admin@dacssa.org.au**



**A SAFE PLACE FOR ALL PEOPLE WITH DISABILITY**

A safe place

Respecting your privacy

Working with the people you trust

Supporting you in your choices

Respecting your relationships and culture

**INTEGRITY CLIENT FOCUSED COURAGE PROGRESSIVE RESPECT**

## NEW FACES AT MCCSA

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### **Victoria Tairli**

*Carer Gateway Program*

Victoria is a new employee at MCCSA facilitating the Carer Gateway program for CALD communities. This project aims to support carers who provide care for their relatives or friends.

Many carers feel overwhelmed with their caring role, many of them experience health or financial problems, especially people with language or cultural barrier who doesn't know where to go for help.

In her new role Victoria will be guiding carers to access services and organisations where they will be able to find support.

Victoria migrated to Australia with her husband and two children from Russia, in 2013. She is also a volunteer in the Russian Women's Association of SA (RWASA), where she serve on the Committee as Treasurer. The Association was formed to engage and involve Russian women within the South Australian community.

Victoria is currently studying a Women's Advocacy course at TAFE.



### **Luis Cohen**

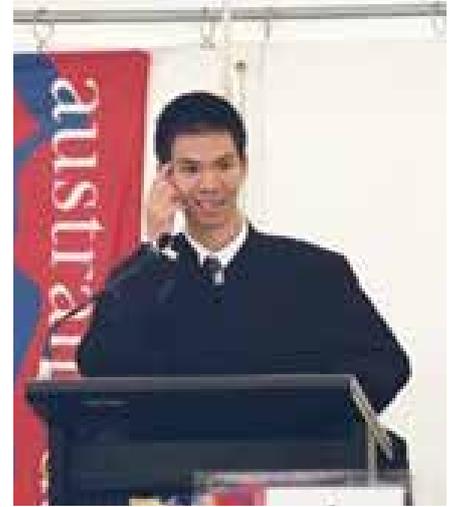
*Community Visitor Scheme*

Luis Cohen recently joined Multicultural Communities Council of South Australia (MCCSA) as a Project Officer, within the CVS Community Visitor Scheme program.

Luis holds a bachelor of Economics from AUTONOMA DE OCCIDENTE UNIVERSITY in Colombia and one Advance Diploma of International Business and Trade from ICESI University in Colombia. Luis has 5 years of experience working as a Financial Analyst for different companies such as construction and financial organizations.

Luis migrated to Australia from Colombia and joined MCCSA in 2019 as a Volunteer in the CVS program and started visiting older Spanish speaking residents in care facilities across Adelaide.

Being a volunteer helped Luis to develop his social skills and he hopes to make the CVS program grows and improves the wellbeing of the elderly in our community.



### **Sisaleo Philavong**

*Student Placement,  
Flinders University*

Sisaleo is a fourth year University student from Flinders University studying Bachelor of Disability Developmental Education. He's currently on Student placement here with us at Multicultural Communities Council Working alongside Hanaa, Megan and Judith in various projects such as the Community Connector project, Speak my Language, and the Peer leadership program. Sisaleo is Laotian, born in Australia. He began his journey working in the disability space as a disability advocate in early teens over 20 years ago representing the needs of people with disabilities in his local community of Salisbury on the youth advisory council and in his high school. He has been honoured with the Duke of Edinburgh award, young Citizen of the year award for the City of Salisbury, and Young South Australian of the year in 2004 in recognition of his Community work.



Government  
of South Australia

## Move to South Australia

### SKILLED + BUSINESS MIGRATION

**Interested in  
a student  
placement at  
MCCSA?  
Call us on  
8345 5266**

He is known for his public speaking skills, lifelong volunteering, and commitment to raising awareness of disability issues. What he loves most is listening and learning to the stories of other people and to Champion the stories of individuals through their experience living with Cerebral Palsy. He has helped shape the city of Salisbury's beyond the ramp strategic framework, involved in highlighting the issues of SACE for people with a disability and been a part of the South Australian government's Social Inclusion Board, consulting on employment pathways for people with a disability.

His interests also include listening to music, playing table tennis, tennis, and Basketball.

The Skilled & Business Migration's International Workforce Team provides a range of services and resources to assist skilled migrants successfully settle in South Australia.

We have a wealth of practical information and access to FREE support services which may help you through the employment and settlement process. These include:

#### **Recognition of Qualifications**

Improve your employment prospects in South Australia by having your overseas qualifications assessed.

#### **Recognition of Trade Skills**

The Skilled Migrant Trade Recognition Pathway Program is designed to support skilled migrants gain the compulsory Australian skills gap training required to get a full workers' licence.

#### **Finding work**

Information and resources for skilled migrants to find work within their area of expertise through effective job search strategies.

#### **Fact sheets**

For further support or information on working and living in South Australia, view our downloadable fact sheets. These include:

- » Australian Values and Workplace Culture
- » Resume writing styles and principles
- » Application tracking system
- » Understanding visa holders work rights
- » Volunteering

#### **State Nomination**

Skilled migrants can apply for a permanent or provisional state nominated visa depending on their occupation and situation.

The Talent and Innovators program provides opportunities and pathways for highly skilled migrants who can contribute to South Australia's critical priority sectors. The Talent and Innovators program allows the state to nominate applicants under one of the following four streams.

- » Employment stream: For highly skilled migrants who are working for South Australian businesses
- » Start up and small business stream: For entrepreneurial skilled migrants who have started their own business in South Australia
- » High performing graduate stream: For high performing graduates who have completed their qualification at a South Australian higher education institution
- » Independent talent stream: For high calibre applicants seeking state nomination

#### **New to South Australia?**

We have put together a publication relating to life in Adelaide and South Australia. With topics covering housing and accommodation, education, multicultural support, community participation plus so much more in our Settlement information pack

#### **CONTACT US**

We are always here to help. If you can't find what you are looking for, contact us by visiting: [www.migration.sa.gov.au/contact-us](http://www.migration.sa.gov.au/contact-us)

# Struggling at school? Flexible Learning could be an option!

There are many reasons why young people might benefit from extra support with their learning. For example, some young people struggle due to bullying, difficulties in their personal lives, or because of the challenges of learning in their non-native language.

All school aged migrants and refugees face initial or ongoing challenges adapting to learning in an unfamiliar education system. Unfortunately, the challenges they face can sometimes put them at risk of dropping out of school altogether. But there are other options.

During 2020, over 500 young people across Adelaide sought support from Baptist Care SA's Flexible Learning Options (FLO) program, and almost 1 in 10 had English as a second language.

The program offers extra assistance to young people, including onsite counselling, 1-1 support with school work and small class sizes. The team work with young people who are still connected to school, as well as those who have stopped going. This support can happen in different places, including;

- » in school
- » in the community
- » at flexible learning centres
- » at Tafe SA

Every young person is unique, and so is the support they receive. Staff work creatively with students to re-connect them with their passions, to



their learning, and to help develop valuable life skills. To do this they also offer literacy, numeracy, art, cooking, sports and cultural programs.

FLO staff sit with young people and their parents/guardians to identify their goals, and then they work together with them to help achieve them.

“We stay in regular communication throughout their young person’s time in FLO - working together with students and their parents and caregivers,” explains Baptist Care SA FLO Manager Nerissa Tiss.

Adroa\* was at risk of failing high school. He had arrived as a refugee but was struggling with the language.

“We organised many meetings with Adroa’s school, his family and translators so that everyone was aware of what needed doing and how he was tracking,” explains FLO Team Leader Madeline Keatley.

Adroa worked hard. FLO staff worked with him 1-1 on his subject work, and he received weekly case management support. He was also connected into Baptist Care SA’s Art Attack Program to explore his passion for art.

During the year he completed year 12 and a TAFE course. His whole family celebrated when they learned that he had passed both! Adroa became the first in his family to complete high school in Australia.

If your child is in a government high school and no more than 21 years old, they may be eligible for Baptist Care SA’s FLO program.

To learn more about how the program could support you or your child, please speak with your/your child’s school, visit <https://baptistcaresa.org.au> or contact 8209 5000.

*\*not his real name*

# Promoting COTA SA's Strength for Life Program to Culturally and Linguistically Diverse Communities

COTA SA is the peak body representing 633,000 South Australians over the age of 50; we offer a wide range of programs and services designed for, with and by older people.

Strength for Life is a progressive resistance training program for people over 50, currently held in over 100 centres across South Australia. This program concentrates on strength and balance exercises, with an emphasis on social connection. Every person has their own tailored program with a fitness professional.

The benefits people gain through the Strength for Life program include more energy, better sleep, less stress, greater social connections and increased confidence. Regular exercise can also control weight, reduce the risk of chronic conditions, prevent falls and increase muscle strength and joint movement.

Further information about Strength for Life can be found on COTA SA's website [www.cotasa.org.au](http://www.cotasa.org.au)

At COTA SA we are working to ensure that the Strength for Life Program is within reach of every South Australian, regardless of their cultural background and that it is delivered in a culturally responsive way.

If you would like to discuss how Strength for Life could be more accessible to culturally and linguistically diverse community members or if you are interested in participating in Strength for Life, please contact

Clara Tait

Cultural Diversity Officer, Strength for Life

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## Help for consumers impacted by COVID-19 – Australian Energy Regulator

Support is available for residential and small businesses customers experiencing financial stress as a result of COVID-19 restrictions, in line with the AER's Statement of Expectations of energy businesses: Protecting customers and the energy market during COVID-19. Call your retailer and ask about the help available to you, like a payment plan or hardship program supports.

In recognition of the ongoing impact of COVID-19 on the community, the AER's expectations of support for customers have been extended to 30 June 2021. If you are worried about paying your bill, reach out to your retailer about your energy debt. They will work with you to make sure you stay connected.

It is important that you reach out to your retailer as soon as possible before 30 June 2021 so you can access the extra supports available now.

<https://www.aer.gov.au/consumers/help-for-consumers-impacted-by-covid-19#aer-s-expectations-of-energy-retailers>





# Governor's Multicultural Awards 2020



Winners of the 2020 Governor's Multicultural Awards were announced at an award ceremony at Government House on Tuesday 16 March 2021.

His Excellency the Honourable Hieu Van Le AC, Governor of South Australia, presented the awards at the event, held in celebration of South Australia's cultural diversity.

Twelve award recipients were chosen from 25 finalists across nine award categories:

Outstanding Individual Achievement Award: **Mr. Hussain Razaiaf and Mr Roger Lean (joint winners)**

Arts and Culture Award: **ActNow Theatre and Food Tours Australia (joint winners)**

Community Sector Award: **Grandparents for Grandchildren**

Media Award: **Ethnic Broadcasters Incorporated**

Private Sector Award: **City Medical Centre**

Public Sector Award: **Department for Education Bilingual and Cultural Support EALD Student Support Services Team**

Senior Volunteer Award: **Mrs. Leila Mansour and Mr. Raymond Sardana (joint winners)**

Volunteer Award: **Mr. Nayan Perera**

Youth Award: **Mr. Qasem Bahmanzadah**

You can read more about the achievements of the 2020 award recipients and finalists at [www.dpc.sa.gov.au/responsibilities/multicultural-affairs/events/the-governors-multicultural-awards](http://www.dpc.sa.gov.au/responsibilities/multicultural-affairs/events/the-governors-multicultural-awards)



## Celebrating International Women's Day 2021

Reflecting on the long and challenging path to the women's equality struggle, MCCSA CEO Helena Kyriazopoulos said women all over the world deserve an equal future free from stigma, stereotypes and violence.

In line with this year's International Women's Day theme #ChooseToChallenge, Helena said this is the time for us to challenge gender bias and inequality. She said attaining a sustainable future in which gender equality is the norm for all should be our priority. "In order for us to get there women must be part of all decision making for our future".

This year the MCCSA hosted two radio events at 5EBI 103.1 FM. On

Tuesday 9th and 23rd of March, both events talking about International Women's Day from a CALD perspective.

On Tuesday 9th February MCCSA chairperson, Mrs. Miriam Cocking, was joined by Ms. Lily Michailov, President Russian Women's Association of SA, and Chazia Chouhdry, Vice President Muslim Australian Connections of SA, at 5EBI 103.1 FM to share their perspective on the meaning and celebration of international women's day and the importance of women's leadership in achieving an equal future in a COVID-19 world.

Echoing women's role in the society, all three women agreed that it was imperative that women were equally represented at every level. For example; female-led countries had handled the pandemic better.

Ms Chouhdry commented "Best examples have come from countries where at that top level women had been leading like New Zealand and some of the European countries. Those countries have been doing much better. They proved that it works".

Ms Lily Michailov added, "Statistics tell us that during the pandemic lockdown the biggest number who suffered were single or older women. It is very wrong. Women's voice and needs were not heard or listened to. Post Covid we should focus on women's needs much more than ever before".

MCCSA Chair Miriam Cocking thanked the guests and also joined in wishing Ms Lily Michailov a Happy Birthday.



# Multicultural Men's Walk

Multicultural Men's Group of SA hosted a one hour walk, starting off from Bonython Park to the River Torrens / Karrawirra Parri which runs through the city of Adelaide.

The river has long been a place to meet and socialise for the Kaurna people. They called it Karrawirra Parri, meaning "river of the Red Gum forest" referring to the dense eucalyptus forest that used to line the banks prior to European settlement.

This tradition continues today as the turnout was great, the weather was cool and the conversations were stimulating. Adelaide residents and visitors alike were out and about enjoying a range of activities along the banks and on the waters.

The Multicultural Men's work is a great opportunity for men from diverse background to meet and talk and extend their network.

According to the Multicultural Men's Walk event coordinator Sidique Bah, there are many benefits to

walking. "It is the key to our health and wellbeing as walking improves our fitness, alleviates depression and fatigue, improves our mood and keeps us active, which is good for both our physical and mental health".

MCCSA's Men's group appreciate the turn out and hope to see more men join us for these monthly walks which will be taking place in various parts of Adelaide.

It's really therapeutic to walk and talk. We look forward to our next walk in May 2021.





Community Connectors and Peer Leaders attending their first Training Session on disability and the NDIS, facilitated by Maria Eliadis from KDG Partnerships.

# Cultural Connections in Disability – Multicultural Peer Support Model, Individual Capacity Building & Empowerment in Disability

This project supports people living with disability in our communities to live a full and fulfilling life.

Community leaders and bi-lingual 'Community Connectors' will be working over the next two years to strengthen our community's ability to make a positive difference in the lives of people living with disability, their families and carers.

We will do this by:

- » Connecting to people living with disability, their families and carers in our community.
- » Providing them with support, training and resources to get great outcomes from the NDIS and other disability services.
- » Increasing the participation of people living with disability and their families in the life of our community.
- » Strengthening the community's awareness and acceptance of disability and actively challenging misconceptions and stereotypes.

Cultural Connections is delivered by a consortium group led by the MCCSA. The project includes: Australians for Syria SA, Iranian Women Organisation of SA, Vishva Hindu Parishad of Australia Inc, Congolese Community of South Australia, St Elias Antiochian Orthodox Church Parish Association, Chinese Welfare Services of SA, KDG Partnerships and Uniting SA. This project is funded under the Australian Government's Information Linkages and Capacity Building program.

# Aged 50 -74? This free test finds early signs of bowel cancer.



Bowel cancer is a big problem for all Australians aged 50 and over. It is recommended that people aged 50 and over complete a bowel screening test every two years.

The good news is that bowel cancer can be treated successfully when it is found early. The National Bowel Cancer Screening Program has a free and simple test that you can do at home in private to find early signs of bowel cancer.

## How do I get my test from the National Bowel Cancer Screening Program?

Australians aged 50-74 who have a Medicare card are eligible for a free home test kit every two years.

## What if I'm not eligible?

If you aren't aged 50-74 or don't have a Medicare card, speak with your doctor about screening and where to get a test.

## Can I get a new test if I lost mine?

Yes. Call the program information line 1800 627 701. Call TIS first if you need an interpreter and ask them to connect you.

## I have symptoms or a family history of bowel cancer. What should I do?

If you have symptoms of bowel cancer or a family history, speak with your doctor right away. Symptoms include:

- » blood on the toilet paper, or in the toilet
- » unexplained changes in your bowel habits such as straining or loose bowel motions
- » unexplained weight loss
- » feeling tired or breathless
- » abdominal pain or bloating

## What can I do to help my community?

Cancer Council SA can support you to raise awareness in your community with resources (<https://www.cancersa.org.au/health-professionals-support-and-services/translated-resources/>) and community talks about the importance of cancer screening tests, reducing risk of cancer or our cancer support services. Contact Shahla Rostami 08 8291 4147 or email [srostami@cancersa.org.au](mailto:srostami@cancersa.org.au)

Statistics show that one in three South Australians affected by cancer are from culturally and linguistically diverse (CALD) backgrounds.

However, participation in cancer screening programs, such as the National Bowel Cancer Screening Program, is lower among those who speak a language other than English at home compared with English speakers (34.1 per cent compared to 46.4 per cent).

If you or someone you know is going through cancer and you would like more information, we are here to help.

Give Cancer Council SA a call on 13 11 20 – our trained cancer nurses are familiar with using telephone interpreters (via TIS 131 450) and can answer your questions or queries.

Click on the links below for more information in languages other than English.

**You can have bowel cancer without any noticeable symptoms.**

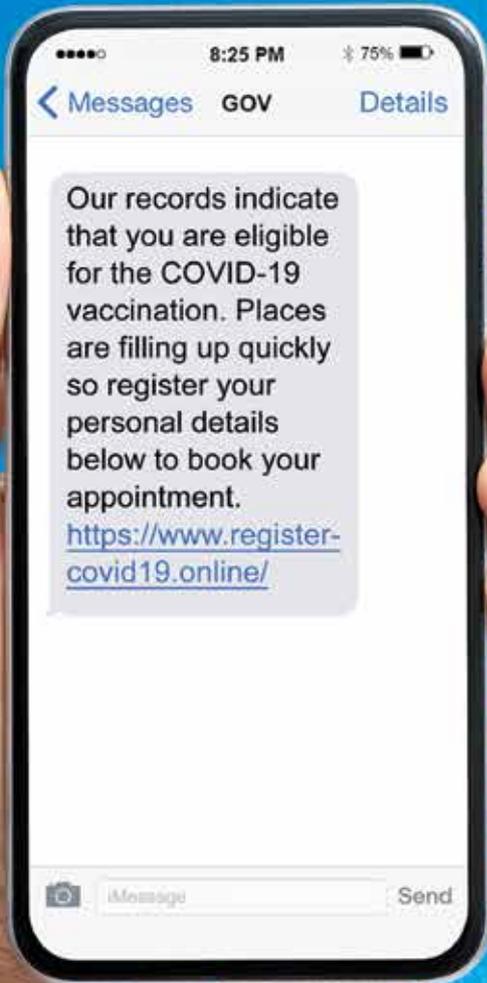
If you're aged **50-74**, complete an at-home bowel cancer screening test every **2 years.**

**Aged 50-74?**  
**This free test finds early signs of bowel cancer.**

**Home Test Kit**

A easy steps that could help save your life.

**PROTECT YOURSELF  
KNOW THE SCAM**



# Don't get stung by COVID-19 vaccine scams

The COVID-19 vaccination IS FREE, however scammers will seek to exploit South Australians during the rollout, so be on the lookout for fraudulent phone calls, messages and advertisements.

To learn how to **PROTECT YOURSELF** and **KNOW THE SCAM** visit [www.police.sa.gov.au/scams](http://www.police.sa.gov.au/scams)

Report all scams to [www.scamwatch.gov.au](http://www.scamwatch.gov.au) and if you have suffered a loss as a result of a scam, report it to [www.cyber.gov.au/report](http://www.cyber.gov.au/report)



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# 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](mailto: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 **Isabella Bracco** at MCCSA on 8213 4604



## Healthy Ageing

MCCSA supports community members to stay connected and receive the support and information they need as they age. In addition to advocacy and forums we also participate in research such as the CALD age friendly SA report and our current collaboration with Flinders university on social support. MCCSA supports three art groups for members of the Korean, Spanish speaking and Russian speaking communities. We have a digital training program for seniors. In 2018 and 2019 we are facilitating 'Knowing your Rights' in collaboration with OFTA for ethnospecific community organisations for older people. Cooking videos and interviews with senior cooks from our very successful 'Food from our Homeland' project will be on our website later this year..

For any enquiries on this program please call **Kristin** on 8213 4603 or email [kristin.johansson@mccsa.org.au](mailto:kristin.johansson@mccsa.org.au).



## Carer Support Group

MCCSA in Collaboration with Carers SA are supporting carers in their caring role with a new program. The Carers Support Group provides information about wellness and self-care and opportunities to connect and support one another.

For more information, please contact: **Florine.fernandes@mccsa.org.au** or call 83455266.



## MCCSA Community Hall

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

The Hall is also available for commercial hire.

For more information in accessing the MCCSA hall call **June** on 8345 5266 or email [mccsa@mccsa.org.au](mailto:mccsa@mccsa.org.au) for terms and conditions of use.



## Reconnect Services

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

For further information or referral please contact **Megan** [megan.hill@mccsa.org.au](mailto:megan.hill@mccsa.org.au) or **Savvy** [savvy.ouk@mccsa.org.au](mailto:savvy.ouk@mccsa.org.au) on 8213 4605.



## Community Visitor Scheme

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



## 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](mailto:megs.lamb@mccsa.org.au)



## Kickstart your child's success program

Raising children and effective parenting without support can be difficult. To better understand the challenges of childhood, safeguards, services and support available in Australia for your family, MCCSA is introducing a new program Kick-start Your Child's Success. This program will run from 2018-2021 and help mothers of preschool children to provide a successful start for their children. Fathers and grandparents are also welcome to attend.

If you speak Spanish, Swahili, Dinka, Hindi, Gujarati, Punjabi, Arabic, Persian, Hazaraghi, Mandarin, Khmer and Japanese at home and have preschool children, we have got you covered.

For more information contact Lena Gasparyan on 8213 4606 or Lena. [Gasparyan@mccsa.org.au](mailto:Gasparyan@mccsa.org.au)



## Disability and the NDIS

Navigating the disability and NDIS space can be very complex.

MCCSA provides disability and NDIS community capacity building and awareness raising activities around disability, how to live well with disability and the NDIS through the NDIS Community Connector Program, Cultural Connections in Disability as well as the Speak My Language program.

For further information contact Megan [megan.hill@mccsa.org.au](mailto:megan.hill@mccsa.org.au), Judith [Judith.owour@mccsa.org.au](mailto:Judith.owour@mccsa.org.au) or Hanaa [hanaa.grave@mccsa.org.au](mailto:hanaa.grave@mccsa.org.au)



## Youth Engagement

MCCSA runs a range of youth engagement activities in multiple locations across the northern and western suburbs that incorporate soccer, hip hop, employment support, intercultural connections, leadership development and event planning

For more information please contact Ukash or send an email to [ahmed@mccsa.org.au](mailto:ahmed@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.

## Going Places with MCCSA

If you are a registered community organization or a service provider join the MCCSA to organize outings, picnics, sightseeing tours and other social activities for our CALD seniors and people from our new and emerging communities.

Four Toyota Hiace buses are available on Mondays and Tuesdays including the weekend.

For more information email [Sidique.bah@mccsa.org.au](mailto:Sidique.bah@mccsa.org.au)

# Interested in volunteering for MCCSA?

Visit [www.mccsa.org.au](http://www.mccsa.org.au) for more info or contact us on 8345 5266.

# [www.mccsa.org.au](http://www.mccsa.org.au)



**Multicultural Communities Council of SA Inc.**

113 Gilbert Street, Adelaide Phone 8345 5266 [www.mccsa.org.au](http://www.mccsa.org.au)

*Compiled and edited by Sidiq Bah, MCCSA Communications Officer*