



AUTUMN 2016

MCCSA Community VOICES



From the CEO

HELENA KYRIAZOPOULOS

Our very first Picnic in the Square, as part of Harmony Celebrations was by any measure an outstanding success.

Although Harmony events tend to be celebrated throughout the month of March all over the world, we chose to break with tradition and celebrate it in April. Harmony Day celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone. It is a day for all Australians to embrace cultural diversity and to share what we have in common. The central message for Harmony Day is that 'everyone belongs', which reinforces the importance of inclusiveness to all Australians. However, for the Multicultural Communities Council of SA, social inclusiveness, respect and a sense of belonging is not a once a year event, but one which transcends 365 days of the year.

I personally thank all of the communities who participated and contributed to making it such a successful day and to our sponsors the Department of Communities and Social Inclusion, SA Water, ANZ Bank and the Gilbert Street Hotel who financially supported the event. A special thank you to Rotary Club of Adelaide South for cooking the BBQ, and to the many volunteers, staff and family members who helped out on the day. We hope to make this an annual event, so if you are interested in contributing to the experience, please let us know.

Every year, the Governor's Multicultural Awards event is an important inclusion on the multicultural calendar. I congratulate all nominees and winners of this year's Governor's Multicultural Awards, particularly our very own Megan Lamb, who was one of the joint winners of the Community Sector Awards. Megan, or as Megs as she is known to us, coordinates our Successful Communities program, she is also the State Director of the much

respected support organisation, Welcome to Australia. Megs has over the years selflessly supported asylum seekers, encouraging love, harmony and respect, and she continues to advocate on their behalf, ensuring that their voices are heard. A fantastic acknowledgement, Megs!

As many of you are aware the renovations to our ground floor are slowly taking shape; I would like to thank all the communities for their patience and understanding during this time. I realise that it has been a small inconvenience for some, however the remodelled kitchen and hall space will provide communities with some flexibility of use.

Please enjoy this edition of Community Voices and let us know what you think of the articles and the format. We are always happy to receive articles.

With best wishes.

Helena
MCCSA CEO

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MCCSA MANAGEMENT COMMITTEE

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Patrizia Kadis

Upcoming Multicultural Events

COMMUNITY TRANSPORT FORUM

Wednesday 18th May 2016

@ The Lakeside Function Centre

Lakes Resort Hotel

West Lakes

↑ Shopping

Medical →

← Social

Community ↓

Sacta
South Australian Community Transport Association
Incorporating Northern Territory

THE GREEK ORTHODOX COMMUNITY OF S.A PRESENTS

THE GOODWOOD GREEK FESTIVAL!

SUNDAY 15 MAY 2016
11.00AM TO 7.00PM

FLORENCE STREET COMMUNITY CENTRE CAR PARK BEHIND CHURCH
HALL.

SOUVLAKI,
YIROS,
HOME-MADE SWEETS,
SALADS, CHIPS

LIVE MUSIC, CULTURAL DANCING

ALL WELCOME



2016 Governor's Multicultural Awards

MCCSA staff member Megan Lamb was one of the proud recipients of the Governor's Multicultural Awards 2016, hosted by His Excellency, the Honourable Hieu Van Le AO, Governor of South Australia, in the grounds of Government House, 22nd of March 2016.

Megan's tireless efforts to provide practical and emotional support to asylum seekers extends beyond the role she shares with her husband, Ali Jafari, as Directors of the much respected support organisation, Welcome to Australia. Together they also provide foster and respite care for children from other cultures.

Megs, as we call her, started working at MCCSA in 2015, with her chatty and bubbly personality she easily warmed her way to become part of the family and has since proven herself a dedicated and passionate advocate for people from refugee background.

For this edition of community voices we spoke to Megs about her role at *Welcome To Australia* to try and gain an insight as to what drives her to engage in all the ventures she undertakes.

According to Megs it all started after she met her husband Iranian born Ali Jafari. "He came here by boat in 2010 until then I didn't know much about what's happening with people in detention. When I met him he didn't want to admit that he was a refugee All due to the negative information about refugees out there."

Megs said her encounter with Ali gave her cause to reflect on the lives of people fleeing to Australia by boat and how hard it must be for them to interact with the wider community. "I thought I should get involved and do something about it"

So that's how she got involved with *Welcome to Australia*, an organisation which supports people from refugee backgroundS and in detention centres across Australia.

"the idea is to help people find a place where they can meet and build their own networks, meaningful relationships so it can be authentic and we do this through our community dinners and picnics in our various spaces"

"One of our greatest moments is to go and visit people in their homes when they are released from detention and let them know that they are welcome here".

Both Megs and her husband were nominated for the work they do helping others for which Megs said she is very fortunate. "It's amazing, I'm completely honoured . . . there are so many people doing great things out there, I'm just one among many".

Meg's message for our readers is "be the change that you want to see in the world".

At MCCSA we are proud of Megs for all the good work she is doing and we happy to have her on our team.

A MIGRANT'S STORY: Mr and Mrs Dnistrjanski

Since its inception the MCCSA has relied on the unwavering support of volunteers to deliver some of our programs.

For our next edition of community voices we spoke to MCCSA volunteering couple Mr and Mrs Dnistrjanski about their Australian journey and their penchant for helping others, offering their time, energy and skills freely to reach out and deliver much needed support to people from CALD background in South Australia for over thirty years and still counting.

Maria Dnistrjanski and her husband Jurek Dnistrjanski migrated to Australia in 1949 with their parents in search of greener pastures. 8 year old Jurek arrived in June while 4 year old Maria arrived in December. Both travelled on the same ship FairSea. As fate would have it 14 years later they will be married and raise their two children in Australia.

Jurek said instability in Ukraine during that period caused lot of families to flee to Germany, where most of them end up working as farm hands. "My mother and father met at the farm, they got married there and I was born there", said Jurek.

All Maria can remember of the trip is that it was during Christmas and she was sick on the journey. "I can remember it was Christmas, we got an orange and a chocolate and that was a big present for me".

Reminiscing about life on the farm in Germany Jurek said his mother used to work in the field digging potatoes up while his dad looked after the horses and transport people around. "I remember, my father will take people to railways or wherever they wanted to go, whether it's for wedding, church ... it's like a taxi and a lot of time he will take me with him"

Talking about his experience travelling to Australia Jurek said he was very excited as they had nothing in Germany. "It was exciting in the ship I had my first ice cream" he added.

Settling in their new home was a huge challenge for Maria as she had to fend off bullies from school who targeted her for her poor English. Talking about some of the kids at school "they didn't just like us because we weren't Australians we couldn't speak the language" said Maria.

After staying in Melbourne for a while Jurek's family decided to move to Adelaide, living in Woodside for 9 months and then settled in Enfield. "Dad bought a box from Holden which was 3 metres by six metres and he put a door in and a window and that's where we all lived for the next three years"

Talking about how they met Maria said she used to see Jurek around all the time. "I always knew him and he knew me because I used to live at Blair Athol and he was at Enfield we were both Ukrainians and went to the same church and shopping centre. But it all started when Jurek offered to take Maria home on his bike after a choir practice.

"I was so scared of my parents and the people whose house we met for the rehearsal said he is a Ukrainian boy, he is one of ours there is nothing wrong with getting on the bike so I thought it will be alright, so he donkeyed me home and from then onwards, 52 years later we are still together"

Since then the two devoted themselves to looking after their families and supporting new Ukrainian migrants in South Australia. Maria currently runs the Commonwealth Home Support Program for the Ukrainian community and is also a volunteer for the MCCSA Community Visitor scheme (CVS) program and is involved in various community activities.

Maria said she got her inspiration to help others from the help extended to her in the early years of her arrival. "When we were in Sydney there was an elderly lady called grandma, she was Australian, she looked after me while my mum worked on the land, we were complete strangers and yet she took warmth to us and made us feel welcome. When we had our first child, her grandson drove her all the way from Sydney to Adelaide to be with me",

But that's not all, as a younger person speaking and writing in English language put Maria in the spotlight within her community as newly arrived Ukrainians would turn to her for help. "I'd help to fill out all their forms and do things for them because they couldn't speak the language"

Jurek said he has been supporting his wife in her voluntary work as long as he could



remember “she has a very soft heart you know, if she finds someone in trouble she will go all out to try and help that person”.

Maria said volunteering at MCCSA under the CVS program is something she enjoys doing. “It is very satisfying, when you visit the elderly in aged care homes and hear their stories, for some we are the only visitors they have”.

According to Jurek some of the residents they visit may not have families in Australia but they do in Ukraine, So Maria acts as the link connecting them together through mail, emails and video chats.

Talking about diversity in South Australia Maria said it is good that SA is recognised as a multicultural nation. “Imagine your life in another country but still having access to services both in mainstream and also in your community, having a voice and equal access, I think that’s great”.

Maria said the Governor’s Multicultural Award she received in 2015 was a surprise. “Oh I didn’t expect it” she said. Jurek said he too was taken by surprise “you know we got this letter inviting us to Government House, we went, and I didn’t take a camera with me so I couldn’t even take a photo”.

Maria’s parting comment for our readers about her South Australian journey is “we have a good system going in South Australia, there is accommodation, there is help with Centrelink,

there is information to guide people wherever they may want to tap into and there are people to help you if you don’t know how to do it yourself, there is always someone you can ask”.

As for Jurek he has been to many countries but “this is the best country in the world “he said.

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.

VOLUNTEER'S STORIES



Hellina Barnes

"I began volunteering after seeing an advertisement in our local newspaper requesting interested bilingual people to visit residents in aged care facilities. I grew up at Taperoo, where the population of the 1950's European migrants was ageing rapidly. I felt there was a strong need for people who speak their language to visit them, listen and help them pass their long lonely days.

It's always been a pleasure visiting the elderly, I enjoyed visiting my first lady resident at the Semaphore Residential Care Centre, she rarely spoke in Ukrainian as she had dementia. The early days were rewarding, especially when I arrived with a bunch of flowers from my garden, which encouraged her to speak, even it was only two words.

Over 12 years of volunteering I've met a number of interesting people, especially a 98 year old Russian Paediatric doctor who always enjoyed my arrival, especially when I came with two fluent Russian speakers and they had an excellent few hours reminiscing with her about former days in their country. That was an occasion when I felt volunteering was the most worthwhile".



Felicia Metthias

"I had always valued giving back to society, and I had largely done this via monetary donations and volunteering at my son's school. However, my perspective on giving to others changed in July 2015 after I saw the MCCSA advertisement in the Messenger looking for community visitors. I phoned MCCSA and spoke to the CVS Coordinator, Heeyoung Lim, who was very friendly and enthusiastic when she spoke to me. My experience as a Community Visitor at MCCSA then began in September 2015.

It is delightful to see my two elderly clients because they always welcome me with big friendly smiles. They appreciate having a conversation with someone who speaks their language. They are always calm and respectful to the carers and staff around them whenever they are waiting for their needs to be met. We share experiences and I learn from them too.

This experience of doing something positive at a personal level for the community has been amazing, and has given me a great sense of joy and immense satisfaction. "



Anna Zacharko

"I became a volunteer with MCCSA after I responded to their advertisement in my local paper. After training I was 'matched' with a lovely lady who has the same cultural background as mine, and has lived for more than 90 years.

Staff informed me that 'my lady' has dementia and calls out often. From the beginning, conversation (if there was to be any) was determined by how 'my lady' was feeling.

On each visit I introduce myself as a friend who has come to visit. This usually pleases 'my lady'. She usually smiles and takes my hand to kiss it. I was overcome the first time this happened. Sometime I just hold and stroke her hands as this calms her. Once she stroked my hand in return. I was so surprised that it made me smile and feel good. Familiar language encourages conversation and allows this lovely lady to express her feelings. As a volunteer this makes my visits worthwhile".

Aged Care Facility feedback

The CVS Program adds value to people's lives and provides them with opportunity to have company of another person; it touches their hearts, their minds and their souls. It's a proven theory that socialisation enhances the quality of a person's inner self. The Coordinator of the MCC CVS Program is very helpful, her passion and commitment to her volunteers is demonstrated through her ability to correctly match her volunteer visitors with our elderly residents.



New RAH

This year marks a significant milestone for SA Health, which after more than 10 years of planning will soon deliver one of the biggest infrastructure projects in the state's history and Adelaide will be home to one of the most advanced hospitals in Australia.

The project has to date achieved many milestones particularly in the past 12 months as the hospital is due for completion at the end of the year.

Early 2015, a brand new, purpose-built hyperbaric chamber was the first piece of equipment to be installed.

This was followed in February 2015 with the helipad structure being completed, closely followed by the first two state-of-the-art rooms which were fitted out and furnished in March.

April marked the delivery of the first beds, while landscaping commenced in May with the first of 85,000 trees and shrubs planted.

Fit out of the 40 bed mental health unit was completed in June and followed by a tour of the unit by the Minister Snelling and mental health advocates.

In the second half of the year, installation of wall art and courtyard sculptures

commenced, significantly brightening up the building and providing a sneak peek of how art will help with wayfinding.

The hospital kitchen was completed in August along with the server room. Main access road realignment was also finished, providing easy access to and from the site from North Terrace.

In September, the new emergency department entered final fit out stage. The name of the building was also installed on the eastern frontage.

More than 90 per cent of the building is now energised and commissioning of the hospital's ICT and mechanical services is progressing. About 95 per cent is locked down except for public areas such as corridors and lift lobbies.

MRI and scanners have commenced installation, wetlands are complete pending turf and the Aboriginal garden is finished.

While the project's focus remains on final fit out, it is no doubt an exciting time for staff, volunteers and the public who can see the hospital taking shape.

Major construction is due to finish at the end of May and will be followed by three months of testing before the site is handed over to SA Health. The official opening will be announced in due course but is still planned for the end of 2016.

New RAH Information Sessions

April through to July 2016, at all three Adelaide City Council libraries, Adelaide City, Tynte Street and Hutt Street.

Join us for a series of information sessions about the new hospital including the patient experience, emergency care, leading edge technology, accessing outpatient services and preparing for the move.

For a complete list of activities and to book an information session visit the Adelaide City Council website. For more information about the new Royal Adelaide Hospital visit newrah.sa.gov.au or subscribe to newrahfeedback@sa.gov.au for regular updates.

MCCSA in collaboration with RAH Community Engagement Team and 5EBI ethnic radio will be working together to reach out to CALD communities, providing them with information about the new hospital.

SUCCESSFUL COMMUNITIES MENTORS

Mentors share their skills with others and make a difference!

We are looking for community members, those passionate about cultural diversity, with rich and diverse life experiences and journeys, and have depth of knowledge, professional experience, and/or natural leadership skills!

- Do you want to give back to your community?
- Do you want to help people learn and grow?
- Do you have skills to share?
- Do you have natural leadership skills?
- Would you like to be a mentor?

DOES THIS SOUND LIKE YOU?

Mentors assist people reach their goals and work with individuals and groups over a period of time and give 1-3 hours per month to connect with Community Groups or Individuals to help them drive change and reach their hopes and dreams.

Training for all Mentors will be provided.

To apply or enquire, email
megs.lamb@mccsa.org.au

Study highlights need to provide information to older CALD migrants by various means from multiple sources

Dr Kenneth Goodall, Flinders University | kenneth.goodall@flinders.edu.au

There is little research on how the ethnicity, migration, socio-economic status, education or gender of older people shapes how they find everyday information.

One such group is the ageing culturally and linguistically diverse (CALD) migrant population on which there is little research on how they gather information and the role which information and communication technologies (ICT) plays in this compared with traditional modes of communication. Addressing this should be a priority in Australia, and other migrant receiving countries that have an old and ageing population, including many post-war migrants from non-English speaking European countries at a time when governments and organisations are increasingly using ICT to disseminate information.

A study found older migrants accessed the information they need using a variety of means from a range of sources including other people, printed material and radio and television services. However, older migrants

do not generally use ICT, (computers and Internet), to access everyday information. Literacy and the degree of acculturation influenced the range of information sources accessed and the means used. Bilingual participants used sources in English or their birth language. Lack of functional English-language skills limited access to sources offered in birth languages and also required bi-lingual family members, ethno specific service providers and interpreter services to gather information from English language sources. Those not literate in either language depend most heavily on others for information.

At present older CALD migrants do not perceive any functional knowledge deficits as they access information from multiple sources. This situation may change if governments and organisations continue the shift to providing information using ICT, particularly so in the case of the 'digital by default' option; non-digital means or the engagement of 'information brokers' should remain an option for older CALD migrants to receive everyday information.

MCCSA featured in Weekend Plus March edition



MCCSA work activities and volunteers were featured in the March edition of Weekend plus which is distributed to over 52,000 Seniors Card members and was featured on the SA Health Facebook page.

The edition featured a statement from our CEO, Community Visitor Scheme volunteers and an article on the migration journey of one of our long time volunteers.

It was a great opportunity Staff and volunteers at MCCSA welcomed the exposure and we commend Weekend plus for giving us a platform to showcase the work we do in SA. Visit the [Weekend Plus website](#) to read the articles.



MCCSA Harmony Picnic

The Multicultural Communities Council of SA held its inaugural free Family Fun Harmony Picnic at Whitmore Square on Sunday, 10th April 2016. Over 600 people attended the afternoon!

The event was part of the National Harmony events which take place around Australia and was attended by His Excellency Hieu Van Le, Governor of South Australia, and the Minister for Multicultural Affairs, Hon. Zoe Bettison. Aboriginal Elder Michael Obrien welcomed all to country.

Harmony Day is dedicated to celebrating Australia's cultural diversity, and there were people from all walks of life at the event. There were live performances, cultural dancers and activities for all ages. The aim of the Picnic is to engage with communities and to appreciate our diversity. It is also an opportunity for smaller ethnic communities to showcase their cultural expertise in the areas of dance and music.

There was a very popular and free BBQ provided by Adelaide Rotary, and free activities for all to try such as One Netball, UniSA Sports and Development Soccer, 3BALLSA, a jumping castle and face painting.

We are proud to say that our first Harmony Picnic in the Square was successful in bringing together people who want to celebrate the strength that cultural diversity brings to our community and we thank our sponsors; Department of Communities and Social Inclusion, SA Water, Gilbert Street Hotel and ANZ Bank for their contribution to our event.

We will be hosting another Harmony Picnic in the Square in 2017. If you are keen to sponsor or be a part of the event, get in touch! Megs.lamb@mccsa.org.au



Harmony Day at Migration Museum

On Sunday 20 March 2016 the Multicultural Communities Council South Australia was honoured to collaborate with the Migration Museum, South Australian branches of Baptist Care, Australian Refugee Association, Welcome to Australia, Lutheran Community Care, Australian Red Cross, and with support from Adelaide City Council to celebrate "Harmony Day in The City".

Held at the Migration Museum, Kaurna Elder Stephen Goldsmith, His Excellency the Honourable Hieu Vane Le AO, Governor of South Australia and The Lady Mayoress of Adelaide, Genevieve Theseira-Haese welcomed visitors to the event.

Over 500 visitors experienced the many different culturally and linguistically diverse communities in South Australia. The program was full and diverse, including cooking demonstrations, speakers, museum tours, cultural performances of music and dance, kids' activities, food and more.

Elder Auntie Stephanie highlighted South Australia's Indigenous culture with a cooking demonstration on how to make Kangaroo Tail Soup. The Cambodian Association in SA not only shared food and recipes but also taught visitors some simple Khmer, the official language of Cambodia. Guests were entertained by the engaging performances of the Afghan Youth of SA, the Congolese Dance Group and finally the Kurdish Youth Society of SA who led and all-in traditional Kurdish dance to end the event with a bang.

Harmony Day in The City gave everyday Australians, new arrivals, Indigenous Australians and more established migrant communities alike the opportunity to share and learn something of the people around them in an extremely enjoyable and welcoming setting.



2016 Census of Population and Housing

The Australian Bureau of Statistics (ABS) will conduct the next Census of Population and Housing on Tuesday 9 August 2016.

The Census provides an important snapshot of Australia's people and their housing. It helps estimate Australia's population which is used to distribute government funds and plan services for our community, including housing, transport, education, industry, hospitals and the environment. The Census is of vital importance to many Community organisations who use census data as the basis for many planning decisions such as where to provide services for different Culturally and Linguistically Diverse groups, elderly and young people.

The ABS needs the support of everyone in Australia on 9 August 2016 to make the Census a success. The Census is compulsory, so it is important that everyone participates on Census night. This will ensure that we achieve a complete and accurate snapshot of the nation to help inform planning for the future

This year in the lead up to Census night, most households across Australia will receive a letter from the ABS addressed 'To the Resident', containing a unique login and instructions on how to complete the Census online. For anyone who cannot do the Census online or would prefer to complete a paper form, these can be requested from the ABS Paper Form Request Service. Delivery of the Census letter will begin the week commencing 1 August, 2016.

All information collected in the Census remains strictly confidential to the ABS. No information is shared with other organisations, including other Government Departments, and the ABS does not release any data in a way that could identify an individual or household.

A Census Inquiry Service will be available closer to Census night to assist with Census enquires. The Translating and Interpreting Service will also be available for people who speak a language other than English.

For more information about the Census please go to census.abs.gov.au

Youth Week 2016



Titanium Arena in Findon came alive for youth week on April 13th.

Around 900 young people from Western and Northern suburb schools came to celebrate and enjoy all of the activities on offer. Some of the schools attending included Adelaide Secondary School of English, Parafield Gardens High, Allenby Gardens Primary School and Ocean View College

Over 35 local youth services and community groups presented interactive stalls offering activities such as graffiti walls, Knot tying challenges, badge making, beer goggles and photo booths. Some of the services attending were the school of languages, Multicultural Youth of SA (MYSA), Relationships Australia, Australian Refugee Association (ARA), Community Access and

Services SA, Headspace and Centacare.

The 3 hour event was also filled with lots of fun. There was a Fly wall, Bungee run, face painting and henna tattoos; as well as local sporting groups including the Port Adelaide Football club and the Adelaide 36'ers.

"The students were excited about, and engaged in the activities on offer. The balance between information and recreation was perfect. Our students felt comfortable and empowered to ask for and receive information and samples, geared to their needs, on a wide range of topics," said a Year 7 Teacher from Allenby Gardens Primary School.

MCCSA would like to thank the City of Port Adelaide Enfield, Charles Sturt and West Torrens for their ongoing partnership and commitment to this event.

FLINDERS UNIVERSITY

Research on Primary Health Care planning and coordination for new migrants and refugees in Australia

Equitable access to high quality, affordable and culturally appropriate services for all population groups is the cornerstone of comprehensive primary health care (PHC). With the growing number of migrants in Australia, improving access to PHC is essential to reduce health inequity and improve population health.

The research team (led by Prof Fran Baum) at the Southgate Institute, Flinders University is conducting a research project, funded by the NHMRC, to examine population health planning processes within Australian PHC organisations (previously Medicare Locals, currently Primary Health Networks). Through engagement with primary health care organisations as well as migrant

organisations across Australia, our research reinforces the many challenges that migrant population experiences in accessing PHC services. Problems associated system navigation, language barriers, poor access to interpreting services and affordability particularly for migrants who are not eligible for Medicare are found key constrains in access and utilising PHC services.

The study also highlights the importance of social determinants such as poor housing conditions, unemployment, social isolation, lack of transport, cultural barriers, and stigma and discrimination on migrant health outcomes and equity.

To improve equity in access for migrants, PHC policies and practices should:

- build a strong collaboration with migrant community organisations in health planning,
- hear the voice of migrant communities in regards to their health needs
- make policy and political commitment to migrant health to ensure PHC organisations receive adequate support in prioritising migrant health;
- address social determinants of migrant health in PHC planning, funding and actions.



The Polish Community celebrates 160th year of settlement in South Australia

South Australia is the home for migrants from all parts of the world. South Australians identify with more than 270 ancestries who speak more than 200 languages. The Polish community is one of the longer established communities in this State.

On Saturday 7th May 2016, His Excellency the Honourable Hieu Val Le AO officially opened an exhibition "The Three Waves of Polish Migration to South Australia" at the Dom Polski Centre, 230 Angas Street, Adelaide, as part of the 160th anniversary of Polish settlement in South Australia and History Festival 2016. Attending the exhibition opening were the Honourable Zoe Bettison MP Minister for Multicultural Affairs, Honourable Grace Portolesi Chair

of SAMEAC and Mr Vincent Tarzia Member for Hartley representing the Leader of the Opposition

Polish migration to South Australia commenced soon after South Australia's Proclamation in 1836. Small numbers of Poles began arriving with German Lutheran's in the late 1830's. The largest group of Poles, 131, arrived on the 17th August 1856 aboard the "August" at Port Adelaide.

After months at sea, the Polish families travelled north by bullock team settling in Sevenhill, Penwortham, Emu Flat, Clare and Mintaro with the largest group at Hill River. The largest settlement resulted in a name change to Polish Hill River.

Soon after their arrival, members of the Polish community became landowners and participated in civil affairs. A Pole by the name Niemiec was the first Pole to buy land at Hill River in 1857. John Nykiel bought and sold land, established a butcher shop and became a vigneron. Dr Anton Sokolowski, the first Polish surgeon in Australia, was also the first Pole to become a member of the District Council of Clare.

Being devout Catholics, the community felt the need of spiritual care in their mother tongue, and brought out Polish Priest, Father Leon Rogalski in 1870. Soon a church was built and a school established, where besides basic education – reading, writing and arithmetic, the Polish language was taught. The church named after St Stanislaw Kostka was consecrated on November 3rd, 1871.



For over 30 years, the Polish community thrived in the area. By the 1890s, their numbers were decreasing as families joined the great move to the northern areas of the State. The school and church fell into disrepair until the post WWII Polish migrants commenced restoration of the Church and rebuilding of the school in 1971.

The St Stanislaw Kostka church and the school now form part of the Polish Hill River Church Museum.

The Poles played an important role in the regions that their names still live on in names of places, roads and trails – the Father Rogalski Loop, Pawelski Road, Rucioch Road and Polish Hill River Road.

The largest and second wave of Poles arrived after WWII as Displaced Persons. After years in camps in Germany, the Polish

community built new lives and established numerous Polish organisations, while contributing to the building of the South Australian economy.

The third wave, the “Solidarity” migrants date from the 1980s, named after the Solidarity Union movement established following nation-wide strikes in the 1980s.

The exhibition is open Monday – Sunday from 10.00 am – 6.00pm.

Film screening:

“Silver City” - Friday 13/5/16 at 11.00 am and Friday 20/5/16 at 2.00 pm

“Once my mother” – Friday 13th May at 2.30 pm and Friday 20th May at 2.30 pm

Contact: Edward Dudzinski, Curator
0401411754



\$1.1m grant to deal with unique healthcare needs of refugees

Over 75,000 people fleeing dangerous circumstances in their home countries were granted protection in Australia between 2010 and 2015.

Many of these refugees and asylum seekers have significant ongoing health challenges from pre-migration trauma, disrupted healthcare prior to arrival and the demands of settling in a new country.

Although people of refugee backgrounds are eligible for many of the same health services as other Australians, most face challenges when trying to access needed care in a timely way. Despite best efforts over a number of years, inefficiencies in approaches for reviewing the health needs of refugees and ensuring adequate follow up remain. This means that newly-arrived refugees may turn to hospital emergency departments with serious conditions that could have been better managed by community-based services such as general practice.

A team of internationally renowned researchers and refugee health industry experts, led by Monash University, has been awarded a \$1.1 million NHMRC Partnership grant to improve primary healthcare delivery to refugees living in Australia. The work will be supported by a further \$1.1 million in cash and in-kind contributions from partner organisations.

The project, called the OPTIMISE Partnership Project, brings together academics from Monash University, the University of New South Wales, La Trobe University and the University of Ottawa with 11 leading Victorian, NSW and national partner organisations*.

According to lead researcher, Monash University's Professor Grant Russell, refugees have complex health needs arising from past trauma and sub-optimal care prior to arrival. While all states and territories accept refugees for resettlement, the majority settle in NSW and Victoria.

Compared to the wider population, refugees are at greater risk of:

- mental health conditions
- infectious disease
- nutritional deficiencies
- obstetric complications
- poor dental health
- disability.

According to Professor Russell, complex physical and psychological problems are often addressed only for the first time in Australia. While specialist refugee services provide initial care for refugees on arrival, their long term care is less assured with many refugees "struggling to access mainstream general practitioners, specialists, community health services and hospitals due to language and cultural differences, limited understanding of the Australian health system and socioeconomic disadvantage."

Health providers are also under strain.

"Despite best efforts, general practitioners and other service providers can struggle to provide appropriate care to refugees because of limited knowledge of refugee health needs and difficulties with providing interpreters and culturally responsive care," he added.

While the states have different systems to integrate refugees into the mainstream health system, it is becoming increasingly clear that refugees struggle to access appropriate, high quality primary care. Sometimes the first point of call for new,

often preventable problems is the hospital emergency department, which adds to the burden on Commonwealth health budgets.

The OPTIMISE Partnership Project will focus on three Australian regions with high refugee resettlement: South East Melbourne, North and West Melbourne and South West Sydney.

In the last 10 years alone, these regions received 51,000 humanitarian entrants equivalent to 36 per cent of national intake.

Over the next four years (2016-2020), the OPTIMISE Partnership Project will identify pressure points in the current system of care relating to the accessibility of, transition between and quality within health services for refugees. Researchers and industry experts will work in close collaboration to design interventions to address these system gaps in an effective and sustainable way.

The vision of the OPTIMISE Partnership Project is to build health system capacity for ensuring that people of refugee background receive the primary care they need when they need it, thus reducing inappropriate use of hospital emergency departments.

* The national partner organisations are: Monash Health, cohealth, NSW Refugee Health Service, South Eastern Health Providers Association, North Western Melbourne PHN, South Western Sydney PHN, AMES Australia, Settlement Services International, Victorian Department of Health and Human Services, Victorian Refugee Health Network (auspiced by the Victorian Foundation for Survivors of Torture), Refugee Health Network of Australia and the Royal Australian College of General Practitioners.

Sourced from [Monash University](http://www.monash.edu.au) April 2016

MCCSA SERVICES



MCCSA CHSP Transport Service

Our transport service is heavily used and helps many 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 uses 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 Maria 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.

Justice of the Peace

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

MCCSA PHOTOS



Opening of the new SAMEAC Office



2016 Governor's Multicultural Award winners



Scanlan Foundation - Multicultural Discussion Paper Launch



Ali & Megs Lamb, Fida Hussein and Brad Chilcott



2016 Governor's Multicultural Awards at Government House



MCCSA celebrating Harmony Day at the Museum

MCCSA Harmony Day Picnic



MCCSA Staff and Rotary Club Volunteer



Hon. Zoe Bettison, Minister for Multicultural Affairs



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