

MCCSA Community Voices

► SUMMER 2021



MCCSA celebrate at 2021 AGM

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the path to employment

Talking Disability
Inclusion

Community
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MCCSA Board

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Patrizia Kadis

Lenard Sciancalepore



**COVID-19 Testing
is available over
the holiday period**

sahealth.sa.gov.au/covidtesting

Government of South Australia
SA Health

This graphic features a red background with a white dotted border at the top. A woman in a white lab coat and face mask is shown in profile, using a swab to test a man's nose. The man is wearing a dark t-shirt and has his eyes closed. A small black virus icon is in the top right corner. The text is in white, and the URL and logo are in white on a dark blue footer.



**COVID-19
VACCINATION CLINICS
Holiday opening times**

**OPEN WITH
MODIFIED HOURS:**

- ✓ Adelaide (Myer Centre)
- ✓ Berri
- ✓ Elizabeth
- ✓ Kilkenny
- ✓ Murray Bridge
- ✓ Noarlunga
- ✓ Port Augusta
- ✓ Whyalla

COVIDVACCINE
.SA.GOV.AU

Government of South Australia
SA Health

This graphic has a dark blue header with white text. Below is a light blue background with a list of locations, each preceded by a checkmark. To the right is a cartoon illustration of Santa Claus in a red suit, holding a long scroll with checkmarks. The logo and footer are in white on a dark blue background.

FROM THE CEO

HELENA KYRIAZOPOULOS



Welcome to our end of year edition of Community Voices 2021.

Despite the pandemic, 2021 has been an incredibly busy and fulfilling year for the MCCA Team. We have learnt to live with COVID-19, adapting our services to meet the new challenges we faced. Thank you to all our communities for adhering to our Covid 19 practices when using our facilities and for supporting the State and Federal Governments directives. Collectively, we have had a positive impact in keeping our State safe. Keep up the good work as we move into 2022!

This year we said farewell to some of our MCCA family. Dr Daniela Costa one of our long standing Board members having served on the Board and various MCCA Sub committees for over 20 years has decided to step down and spend more time with her family. Her voice and thoughts around the Board table will be missed.

Also, Megan Hill, Manager of Programs after 13 years of working at the MCCA felt it was time to seek new challenges. She and her family have made a regional change and moved to Mt Gambier. She is currently working with the NDIS program there; we wish her well in regional SA.

The MCCA has been fortunate over the years to have had some incredibly talented, professional and highly skilled people support its work and communities. A big thank you to all who have contributed to the great work of the MCCA over its 45-year history.

Thank you to all our 195 Volunteers who have given their all in 2021 to support our work and communities, it has been an incredible year. We look forward to connecting with you in the New Year.

Stay safe and best wishes for the festive season and to a happy 2022!

Helena





AUSTRALIAN
TRAINING
AWARDS

AUSTRALIAN
TRAINING
AWARDS

Austral

Talking Disability Inclusion with Isabel Osuna

By Sidique Bah

In Australia we are lucky to have so many different cultures and nationalities. Over the past 200 years people from diverse backgrounds have migrated to Australia, playing a vital role in shaping our multicultural identity.

For this edition of Community Voices, we had the opportunity to talk with award winning community development personality Isabel Osuna about her Australian journey and the great work she is doing raising awareness about people with a disability in the multicultural sector.

For someone who started off with counting rubbish bins for a local council in NSW, Isabel is a powerhouse who since moving to Australia from Venezuela in 2001 has hit the ground running, developing and implementing several local, state and commonwealth funded projects to assist Aboriginal and multicultural communities across Australia.

In 2016 she was recipient of the Excellence in Language, Literacy

and Numeracy Practice Australian Training Award. She is currently the National Disability Coordination Officer for Central and Northern South Australia, an Australian Government Initiative.

Isabel said she met her husband online in the late 90's communicating as pen pals via Hotmail. But it was the political situation in her country that led her to leave in search of a better place.

"I was kind of reading between the lines of the political situation in my country, I could envision the unfortunate fall of my country, originally I wanted to go to Spain where my father came from, but in the interim I met my husband, he came to Venezuela, he loved it but I told him this is not going to last, it would have been difficult for him to move with me to Spain, we'll both be starting over, so it was easier for me to come here where he is more settled".

Talking about her early years' experience in Australia Isabel said her life is an adventure. "My first job was counting rubbish bins for a local council, they needed to do an inventory of their rubbish bins, I did such a great job there that I was able to find a rubbish bin that was lost for three years. I sold Avon products, I taught English and Spanish as a second language, I was doing about six jobs working till 9 in the evenings for five years".

According to Isabel things started to change when she started working as a youth worker which eventually led her to community service work.

In 2008 she had her break working on a government funded program about careers and ended up in the Industry Skills Council which back then used to design training packages. "I was a National Industry Career Specialist, my job was to go all over Australia and talk to people about the labour market, I also started working in another job called Workplace



English Language and Literacy the WELL program, where we organised literacy programs with communities and organisations to improve their language skills”.

The next step for Isabel was working with multicultural communities in Darwin to raise awareness about domestic violence. ‘Instead of talking directly about domestic violence, Isabel said she opted to conduct workshops about healthy relationships using art and narrative therapy to help communities identify domestic violence, and together raise awareness through the creation of posters depicting positive messages about healthy relationships in English and other languages.

While in Darwin her husband moved to Adelaide for work, then a friend offered her place for them to stay in Adelaide while she was away and that’s how Isabel ended up in SA working as National Disability Coordination Officer for The Centre for Disabilities studies.

According to Isabel we must work from the grassroots level to get to know the people we are working with. “People need to know who you are, they need to build trust with you for things to happen”.

“At the moment I’m working with a group of young people that are from different multicultural background using simple messages for other community members to understand what disability is, and not only to understand what disability is, but to also know what support and services are available for people with disability whether they want to study or work”.

Asked about what type of support is needed for people with a disability in relation to work or study, Isabel said in terms of employment, the person with disability is not the problem. “The employer is the problem because in most cases as soon as they hear, they will employ a person with disability they run for the hills. They think they will need more time training this person, care for the person or

modify the whole office, which is not true. Employers need to know how keen people with a disability are with getting a job, they’ll show up half an hour early, and work very hard, exceeding expectations.

“I think there should be a quota for each employer to have certain number of people with a disability in the workplace just like some employers have with diversity”.

Isabel’s parting message for our readers is to look at the positive side, always looking at the glass as half full rather than half empty. “Negativity puts you down, think about what you have done, think about what’s there and build on that, once you get something started, things will follow up and the universe will provide, if you have something to give, go on and do it, volunteer your time and talk to other people”.

It was great talking to Isabel and we wish her all the best.

A skilled migrant story - the path to employment

Driven by the promise of a new life millions of skilled migrants have come from all corners of the globe to live and work in Australia. Despite their high qualifications most end up working in different job unrelated to their field of study.

The job market is not easy as it may appear on paper. Despite all its challenges there are always those who will find ways to make it work and land their dream jobs. For this edition of Community Voices, we spoke to Ishtiaq Ahmed from Pakistan who came to Australia about 4 years ago. He shared with us his story about securing a job as a reliability engineer and projects manager for UGL a multinational company contracted to manage Australia's iconic leisure trains (The Ghan, India Pacific, The Overland and Great Southern).

Ishtiaq said he arrived in Australia in September 2017 with his wife and son. He said the main reason for coming to Australia is for a better life for his family.

According to Ishtiaq, after finishing his studies in Pakistan, he got a job working in Saudi Arabia as a project engineer where he moved up the ladder and became the project

manager in multiple fields. After ten years in Saudi Ishtiaq decided to seek greener pastures elsewhere.

"It was a cultural shock coming from an Asian background, especially from Pakistan or after living for period of time in the Middle East. You have to start your life from scratch, You've got to get your licences, look for job. Job hunting is in itself a job, so you spend months trying to find job and feed your family. I had to do a lot of casual jobs as well. It was a challenging time".

Eventually Ishtiaq got his first professional job in Australia working as a reliability engineer with UGL a multinational company employing 9-10,000 people in Australia.

"Our job here is to maintain Australia's leisure trains, my job is to make sure that when trains leave from here for Darwin, Sydney or Perth there are no breakdowns in the middle of nowhere. People pay lot of money for the service and you don't want your premium guests to suffer any discomfort, so my job as reliable engineer is to make sure everything is perfect and at the same time I work as project manager looking after all the capital projects, such as maintenance upgrade, building new carriages, or modifications".

Asked how he managed to get such a good job within a 6-month period Ishtiaq said it wasn't easy. "When I came here I knew no one. I had no relative or friends, I met numerous people and almost every one of them told me I'm not going to get a job in mechanical engineering. Some said they had been looking for job in their field of study for over ten years and were still working in cafes, driving taxis or working in factories. Others suggested that I do a security course, saying 'you are not going to get a technical job', so most of the people I spoke to were not encouraging".

However, despite all the disappointing comments Ishtiaq said he took his job hunting seriously spending hours crafting his resume to address the job description for each job he applied for. "I created a database of all the companies that I was applying to, I use to tailor my resume according to the requirement or job description and eventually I got two offers and this one was the better option for me"

Ishtiaq said it feels great to be working in his field of study and doing something he had wanted to do since he was a kid. "I came from a small village in Pakistan and there was someone from our village, he was an engineer, and he was doing well, so I thought I should be an engineer".

Based on his experience working for the past 4 years, we asked Ishtiaq for some tips to help other skilled migrants looking for a job in their field of study. He said communication is the key. “When applying, you should demonstrate through your resume that you understand the role you are applying for. The employer needs to trust in your communication skills because a minor miscommunication can lead to catastrophic consequences”.

He said secondly when you put in an application always try to follow up, it’s not just about sending the email, there is always a contact person, try and get in touch with them.

“Then thirdly, invest time in your resume, I know lot of people don’t spend lot of time on their resume, they send the same resume with slight modification. Learn to tailor your resume to fit the job you are applying for, also address the keywords from the job description in your resume”.

His last piece of advice for newly arrived skilled migrants is ‘interact with people and not just from your country of origin, volunteer and widen your network, as the first five months are very crucial’.

It was great talking to Ishtiaq and we thank him for sharing his story with our readers and wish him all the best.



Your Voice - New Online Community Engagement tool for Carers SA

Carers SA recently launched a new online forum called 'Your voice' which aims to engage carers and the community in a slightly different way than before.

It is a community engagement solution that allows Carers SA to connect online with a diverse audience on a whole range of topics. It seeks input, ideas and participation from the community and it will help to broaden the reach with carers and other stakeholders.

A meaningful way to connect, have input, share your experiences and ideas, and have your voice heard on topics that interest you about carers. Your Voice is now live and can be viewed at <https://yourvoice.carerssa.com.au/>.

Carers SA would like to receive ideas that could be canvassed with carers in the coming twelve months as well as some advice and insight into how this may be enhanced to use as a tool for CALD communities.



NEW FACES AT MCCSA

Somi Lindsay

Successful Communities

Hello everyone! My name is Somi and I commenced in the role of coordinator (Successful Communities Program) at MCCSA in late August.

Born in Singapore I moved to Adelaide in 2003 for my University education in Science and Public Health. Keeping in line with my degrees I have worked across government, private and non-profit healthcare providers for about 10 years. My professional experience and skills honed in health sectors are around designing, developing, implementing and reporting on a variety of health programs and ensuring that key objectives are lined with strategic goals of organisations. In this personal journey as a migrant into Australia navigating the systems for study, work and life in Australia I experienced and observed the uptake of services and the integration into the Australian society by multicultural communities. I was keen to step into a new career path that would allow me to utilise both my professional and personal lived experience to



help and advocate for the next "Somi" starting their life in Australia. Outside of my professional life I am also a practising traditional classical Indian dance artist and educator. My vision for our future is to have the voice and cultural representation of the ethnically diverse Australian to be seen, felt and heard in everyday life. I hope that I will be able to serve our Multicultural Communities through the Successful Communities Program and continue to expand my skill set.

Successful Communities

Grant Writing Workshops

MCCSA's Successful Communities welcomed Somi Lindsay into the role of Coordinator in August 2021.

In line with the Department's mandate, Successful Communities focuses on supporting our members in organisational governance, grant applications and leadership & networking opportunities. Two grant writing workshops were held in September and October respectively across our city and Northern offices which were very well received by over 40 attendees. Our guest speaker from the Department of Premier and Cabinet covered the key areas of their main grant rounds and helped attendees trouble shoot their

applications and understand the various aspects of the selection and approval criteria. Some feedback received from participants include:

"Thank you for the workshop and excellent presenters. It was interesting to see other application samples and learn that sometimes small things can make the difference in the grant approval outcomes"

All participants agreed that the sessions were

- » Relevant and valuable
- » Engaging
- » Attending the session increased their skills & knowledge, giving them more information to improve advocacy and improved their ability to deliver outcomes in this area.

Please keep your eyes out for next year's event schedule in your inbox in the new year.

Leadership & Networking Night

Our last event for the year was our Leadership & Networking Night. Conceived as a regular session to enable and foster business connections between our community members it was put on hold during the Covid pandemic. The first (and last) event for the year was held on Wednesday 24th of Nov 2021. We had over 40 people attend the event, with guest speaker (and board member) Lenard Sciancalepore presenting on "Collaboration- Events with a Purpose". With good food, good ice breaking activities and a fun bunch of attendees the night ended on a high note. This event is scheduled to a regular event in 2022, please save the date for our next one on 9th Feb 2022. It will be a free event but registrations will be compulsory through Eventbrite.

To make sure you don't miss out on our events, subscribe to our mailing list or drop us an email somi.lindsay@mccsa.org.au





MCCSA BOARD MEMBER

Nasir Hussain

Since qualifying as a Social Worker from Flinders University in 2016, Nasir Hussain has made an outstanding positive difference and a significant impact upon the lives of children and young people, families, migrants, and international students in South Australia through his paid and voluntary social work practices.

In June this year he was the first Muslim and Pakistani male Social Worker to qualify as Finalist SA Social Worker of the year award 2021

(Head, Heart and Hands Award). He has been volunteering with Multicultural Communities Council of SA as a Board Member and also volunteers as the President of the Muslim Australian Connections of SA (MACSA), a registered not-for-profit organisation that he established in 2018. With his team, he supports new Muslim arrivals and International students to settle stress-free in Adelaide and organises various programs and activities through an inclusive, empowerment and capacity building approach to support them in achieving their hopes and dreams.

Additionally, in the past he has volunteered with many projects including: Baptist Care Friendship

Mentor, Red Cross, 'You are not alone' & the Positive Change Movement projects with PEACE Multicultural Services and the Sturt Street Community School Governing Council and in 2020 projects that have addressed health and well-being issues associated with COVID 19, hunger and food insecurity.

Nasir's significant ability to network, build and sustain connections among wider society demonstrate his core social work values of respect for others and professional integrity (be it in a paid or voluntary role). Nasir actively participated in the Islamic Leaders Advisory Forum organised by the Department of Home Affairs to raise awareness of the issues and

challenges that Muslim communities face (particularly the youth), so that they are considered when formatting policies. Nasir continues to extensively contribute towards matters important to multicultural communities, including presenting research material on 'wage theft' at a Public hearing of the Legislative Council-Select Committee.

Nasir believes in empowering and providing opportunities for new migrants. He provided the opportunity and training to one of his female team members to play in the 6 Nations SANFL Cup Festival 2019. She was the first Muslim and first Pakistani female to play. Nasir also provided the opportunity for an Engineer to be interviewed and filmed with SBS Adelaide to record his achievements as a new migrant to inspire others and highlight the contribution of migrants into Australian Society.

Covid-19 has been particularly challenging for Temporary Resident visa holders and International students who have gone through very tough times including emotional, psychological, and financial stresses. Nasir Hussain has been at the forefront to support the neediest with food (more than 150 grocery/meat boxes delivered all over Adelaide), rental assistance, subsidised dental assistance, and Free Flu Vaccinations to reduce health risks, financial burdens so that these people do not feel left alone.

Nasir is one of the founding members of the first MCCA Men's Group that was established to support men's mental, social, physical, and emotional well-being. They organise social gatherings and programs such as meals out, hiking and day trips to reduce social isolation by connecting men from various Multicultural backgrounds.

Governor's Multicultural Award Volunteering 2018 Finalist: outstanding contribution of an individual through distinguished volunteering service of at least five years. Nasir and the MACSA team he led have received letters of recognition for their work in supporting migrants during the COVID-19 Crisis from (Steven Marshall-Premier of SA and Peter Malinauskas, Leader of the Opposition). Nasir has been recognised for his volunteering with SACA in summer cricket session to provide opportunities to kids, teens from new Muslim arrivals, International students through connections, inclusion and participation in Woolworth Cricket Blast to promote social cohesion, integration and advance Multiculturalism and Interculturalism.

Community Connections Program

South Australian new and emerging multicultural community (NEC) organisations, or established multicultural community organisations supporting NECs are invited to apply for grant funding of up to \$10,000 through the Community Connections Program, Multicultural Coordinating Partner Grants.

The purpose of this program is to empower people to make connections with communities, social networks and services. Funding will be allocated to projects that respond to emerging issues and unmet needs, and for projects that build the capacity of NECs.

Visit MCCA website to apply

If you have any questions regarding the program, eligibility of your project or how to apply, please contact the Multicultural Communities Council of South Australia (MCCA) on 8213 4614 or at: somi.lindsay@mcca.org.au.



Navigating the NDIS Workshop, facilitated by Maria Eliadis (KDG) in cooperation with the program Peer Leaders Maria Luciano, Esther Simbi and Simon Mboki at the St Elias Antiochian Orthodox Church in West Croydon.

Cultural Connections in Disability - Engage, Empower, Include

More productive months can be recorded as part of the Cultural Connections in Disability program.

20 Community Connectors from across six community groups in Adelaide have been busy in connecting and engaging with their communities around disability inclusion, delivering information and resources, facilitating community engagement activities and providing support and linkages to disability and mainstream support services for people with disability, their families and carers.

A diverse range of community engagement activities were facilitated by the Community Connectors and

community leaders, ranging from inclusive and accessible sport festivals to radio broadcasting, podcast development, community dinners and more.

The important work of Community Connectors and Leaders is supported by experts from the sector including peer leaders (CALD people with lived experience of disability), as well as through regular workshops, information sessions and other capacity building and networking opportunities.

For more information about the program contact Hanaa Grave hanaa.grave@mccsa.org.au.

PROGRAM PARTNERS:

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, Uniting SA and MCCSA (lead agency).

Living Well with Disability

The Speak My Language (Disability) Program is harnessing the power of storytelling to share culturally diverse perspectives on living well with a disability. The Program is funded by the Department of Social Services, and promotes inclusive places, activities and opportunities to culturally diverse communities across Australia.

In September, the first Speak My Language episodes launched online at speakmylanguage.com.au/podcasts.

The 30 interviews are streaming for free and have already received over 315 downloads!

Interviews are currently available in Mandarin, Korean, Spanish, Hindi, Maltese, Nepali, Somali and Turkish with more languages on the way. Topics include the role of music, dance and movement in supporting wellbeing, recreational activities, counselling services, accessible transport, awareness of legal rights and local government services.

Stay tuned for more engaging interviews from Speak My Language in 2022. If you are an organisation, venue or business that promotes inclusion and diversity, we welcome you as a guest speaker so we can promote you to a multicultural audience.



Speak My Language interviews also highlight the lived experience of culturally diverse people with disabilities. For instance, Arabic speaker Elsie, who lives with cerebral palsy, shared how her family and friends enhance her wellbeing and enjoyment of life.

“Sometimes my nephews and nieces ask me to do some things that I can’t do. I don’t tell them ‘no.’ I know that my presence with them is more important than any movement I am capable of or not.”

If you are a culturally diverse person with a disability, we would love to interview you to share your perspective on what it means to live well. You will receive a \$50 voucher for participating in the program.

Speak My Language is a national program led by the Ethnic

Communities’ Council of New South Wales and is proudly delivered via an historic partnership between all State and Territory Ethnic and Multicultural Communities’ Councils and Multicultural Councils across Australia.

MCCSA acknowledges the wonderful work that our ‘Travellers’ (bi-lingual facilitators) at MCCSA are doing in interviewing Storytellers and Guest Speakers about living well with disability in a variety of community languages. Thank you to Marielba Bortone, Rui Zhou, Fayrouz Ajaka, Tolga Okar, Silky Khanuja and Stefano Pratola.

Join the conversation - contact hanaa.grave@mccsa.org.au to be interviewed in this exciting program to help make contemporary multicultural South Australia a more inclusive place.

What's been happening in the Disability Space

Australia's New Disability Strategy

To coincide with the International day for people with a disability, the Federal Government has Announced "Australia's Disability Strategy for 2021-2031. The strategy outlines a vision for a more inclusive and accessible Australian society where all people with disability can fulfill their potential as equal members of the community. The strategy is very important to the continued efforts of governments, organisations and communities to respond to the need of inclusion of people with a disability in the community with 1 in 5 Australians living with a disability in Australia. The development of the strategy was done with people with disabilities, disability organisations and peak bodies to provide practical information of experiences to improve inclusion and access.

The new strategy improves upon the previous strategy with a stronger focus on housing, employment, safety and changing community attitudes.

Its purpose is to:

Provide national leadership towards greater inclusion of people with disability

Guide activity across all areas of public policy to be inclusive and responsive to people with disability

Drive mainstream services and systems to improve outcomes for people with disability

Engage, inform and involve the whole community in achieving a more inclusive society.

For more information about Australia's New Disability Strategy in easy English go to

www.disabilitygateway.gov.au/sites/default/files/documents/2021-12/1906-easy-read-summary-strategy.pdf. There are translated versions of the document in Arabic, Chinese, Filipino, French, Greek, Hindi, Italian, Vietnamese, Spanish, Samoan, Macedonian and Korean.

www.disabilitygateway.gov.au/ads/languages.

Developments in South Australia

People in the community and the media can play an important role in shifting the narrative. When it comes to reporting on and to people with disability, the individuals can make important choices that support meaningful change, challenging the ablest views and narratives in the community

Currently the portrayal of people with disability is negative and stereotyped as either victims, Inspirational figures,

or villains. The media often reports people with disabilities as people who you pity and that people with disabilities are all the same despite their individuality and disability.

So, the South Australian Government has recently engaged and developed new guidelines to assist the media, organisations and the general community in correctly reporting people with disabilities. The guidelines contain tips on words to use or avoid when reporting about people with disability, advice on interviewing people with disability and pointers on creating and selecting accompanying images. Additionally, the guideline challenges the ablest approach: a belief or set of beliefs and actions that either consciously or unconsciously discriminates against people with disability by devaluing their lives or assuming that having a disability makes a person inherently inferior and promotes the inclusion of people with a disability and the use of person-centered language when reporting people with a disability. A link to the Reporting Guidelines can be found here: https://inclusive.sa.gov.au/_data/assets/pdf_file/0020/124148/Report-it-Right-Media-Guidelines_2021_FA.pdf
https://www.mediadiversityaustralia.org/wp-content/uploads/2021/11/MDA-Disability-Reporting-Handbook_FINAL-V5_21112021.pdf

Christmas time for People with a disability

For many people the Christmas holiday period is a fun exciting time with presents, family gatherings, and winding down to go on holidays. However, for people with disabilities this period can be very challenging and bring their own problems. For many there is increased anxiety and unwanted experiences as it can trigger traumatic experiences, overload of their senses and stimuli. The Christmas period can interrupt their daily routines as changes in foods the increased social interactions and discussions about their disability and self-worth. That's partially because as hard as it may be for some to understand, family and friends aren't always the most accepting and enlightened people's lives.

However, there are some strategies can help makes things easier for a person with a disability.

- » Schedule – make up a clear schedule of events and stick to it.
- » Room Mapping – set the room up in advance and check all necessary facilities are accessible.

- » Partnering – partner up people for the main events so no-one is left alone.
- » Participation – encourage participation through activities such as commenting in turn on old photographs or use memory prompting cards.
- » Rest Zone – create an area away from the noise and activity for people to have some quiet time in a safe area.
- » Knowledge – give all attendees relevant information about any disabled, challenged or lonely participant. This can be done prior to the event and can include safe, or preferred, subjects for conversation to avoid uncomfortable silences.
- » Giving – take the time, prior to the Christmas celebrations, to ensure everyone coming to the celebration has the opportunity to “give”. This can be as simple as assisting a participant to write their Christmas cards or wrap presents so they can enjoy the gift of giving on Christmas day.

MCCSA Community Transport

During the course of the year, in line with SA Health COVID regulations and guidelines, the MCCSA Community transport service continued to provide a safe and reliable transport service supporting Healthy ageing and wellbeing to CHSP eligible clients and facilitated social activities for our new and emerging communities.

The MCCSA appreciates and commend the invaluable service of our volunteer drivers who gave their time to improve social inclusion and support for people who may be unable to help themselves.

For more information about our community transport service visit our website www.mccsa.org.au



COTA SA's Strength for Life Program; an Invitation to Culturally and Linguistically Diverse Fitness Professionals

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

Our most popular program for older South Australians is called 'Strength for Life', a personalised exercise and fitness program, specifically designed for people aged 50+ (40+ for Aboriginal and Torres Strait

Islanders and people from refugee backgrounds) and conducted in a group setting.

The Strength for Life Program is a progressive resistance training program and currently takes place in over 100 centres across South Australia. The program concentrates on strength and balance exercises, with an emphasis on social connection. Every person has their own customised program written by a fitness professional, which addresses

the personal fitness needs of the individual.

Strength for Life's Cultural Diversity Officer Clara Tait had the pleasure of meeting Sidique Bah, Communications Officer from Multicultural Communities Council (MCCSA) to discuss ideas as to how we can make Strength for Life more accessible to the various multicultural groups connected to MCCSA.



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.

For this reason, COTA SA would like to extend an invitation to fitness professionals from culturally and linguistically diverse backgrounds to undertake Strength for Life training, so they are able to deliver culturally responsive Strength for Life sessions to our multicultural community members.

ARE YOU:

- » A fitness instructor with a minimum pf Cert III (gym), preferably Cert IV?
- » An allied health professional (exercise physiologists and physio)?

We would love to hear from you!

If you are interested in this training, please contact Strength for Life sfl@cotasa.org.au

Further information about Strength for Life can be found on COTA SA's website www.cotasa.org.au

Please feel free to contact:

Clara Tait
Cultural Diversity Officer,
Strength for Life

T: 08 8232 0422

E: ctait@cotasa.org.au





Community Connections Program (CCP)

MCCSA is pleased to be supporting the South Australian Government as the Multicultural Coordinating Partner for the Community Connections Program.(CCP)

Our role is to provide coordination, support, and administer funding to South Australian New and Emerging Communities organisations, and established organisations supporting New and Emerging Communities, to build greater social connection and connections to mainstream service provision. We also advise the Department of Human Services on the CCP's cultural appropriateness and responsiveness and any other program model changes or emerging issues.

The Community Connections Program is an innovative program targeting to combat social isolation. It is designed to support South Australians to enhance their independence and quality of life, and strengthen their connections with communities, social networks and services. It is available to people who live in South Australia and:

- » are aged 18 to 64 (18 to 49 for Aboriginal and Torres Strait Islander peoples)
- » require episodic services to improve independence and quality of life
- » require support to re-establish, develop or maintain connections with supportive networks (e.g carers, family, friends, peers and communities)
- » are not eligible to receive support from Commonwealth funded programs such as NDIS and My Aged Care.

Community Connections provides short-term support for up to 12 weeks and helps connect people with longer-term support where required. Support through the Community Connections Program may include helping people to get involved in local community activities, find new support groups, meet their neighbours, or get some extra help at home.

For more information visit <https://mccsa.org.au/community-connections/>

The Chilean Club of Adelaide

The Chilean Club of Adelaide Inc. was formed in 1985 by a group of Chilean mining workers, who arrived in Adelaide, Australia from Chile because they lost their jobs for participating in a general strike for the return to democracy in our country.

Their desire to continue being Chileans in this new land that sheltered them, maintain their traditions, their language and for their children to grow up connected to their roots, lead to the birth of the Adelaide Chilean Club.

The Chilean Club is the most significant Chilean organisation in SA, since its establishment and thanks to the dedication of its founders and members, it has carried out many activities in benefit of its community and has been a meeting place with many other ethnic and Australian organizations.

Its objectives are essentially, activities that promote the development of the Chilean community in SA through social, sports, cultural and recreational activities. Their soccer teams for many years represented us in many competitions in SA and interstate.

The dance group, with its beautiful performances, have shown and transmitted our culture both to the Chilean and Latin American community, as well as to various ethnic and Australian communities.

Our Club has persevered over time thanks to the tireless and voluntary work of its members.

Today the Chilean Club of Adelaide is going through a new rejuvenation. We have set ourselves the objective of updating our constitution to the current times and we have had a positive stimulus from founding and new members.

The integration of young people with their community commitment, gives us the hope that our club will last over time, growing and contributing to the appreciation of our community and multiculturalism in SA.

Today more than ever, the dream and target that a group of Chilean mining workers set for themselves 37 years ago under a tree at the Pennington Hostel is alive and still current.

The arrival of new Chileans to Adelaide is also an incentive to continue the tasks as a club and reaffirm the objectives and values that gave life to our Club.



The Club is an active member of the Multicultural Community Council of SA, as we firmly believe that the voice of ethnic communities should be one, since we share the same goals and dreams.

I can only thank all those who support us and believe in us and value community organization as a tool for development and growth, because together we go further.

Roberto Pizzorno

President

Interim Executive Committee



MCCSA Men's Group Celebrate International Men's Day

MCCSA Men's Group celebrated our first International Men's Day on Friday 19th November 2021 at the Adelaide Pavilion, Veal Gardens.

Supported by a grant from the Department of the Premier and Cabinet towards the costs of the COVID-19 Outreach Project, the event was celebrated with entertainment, awards and a round table conversation on what can be done to address some of the challenges faced by men in our community.

Over fifty people from diverse backgrounds were in attendance and this year's International Men's Day theme is 'Better relations between men and women.'

The program started with the Men's Group's MC, Robert Taylor 'Ragz' doing the formal introduction. Dan Duggan from Man Walk Noarlunga did welcome to country, followed by MCCSA Chairperson Miriam Cocking who in her speech thanked the event participants on behalf of the MCCSA Men's Group.

The Hon John Dawkins talked about the importance of men talking about their health and his own involvement throughout his political career in helping raise awareness around suicide prevention.

Our first guest speaker was Rajendra Pandey, currently serving as the Senior Manager Compliance and Contract Management for the Department of Education and also a Captain with the Australian Army.

Rajendra who is also the State President and National Spokesperson of the World Hindu Council of Australia, Board Member of MCCSA and the South Australian Multicultural Ethnic Affairs Commission, shared his Australian experience and the different career paths he took since his arrival to Australia.

Estela Fuentes, our second speaker talked, about the 'Mariposa Trails' a cross-cultural community project dedicated to social health and suicide

prevention. Mariposa Trails delivers community workshops, awareness and capacity building using the 5 ways to wellbeing to create awareness about social health and suicide prevention.

For this year's International Men's Day celebration, the MCCSA Men's group awarded Certificates of Appreciation to selected individuals who are doing outstanding work supporting men and boys in our community.

The recipients were;

GOITOM TEKLE

Proprietor African Hairstyle

MOHAMED ZUBEIR SAFI

Volunteer Afghan Community SA

LUIS GARDEAZABAL

Director, Latin American Society SA

ROBERT KLOSE

Executive Member, MCCSA Men's Group

ELIAS KABURA

Chairperson, Burundian Community Men's Group

PROF GARY WITTERT

Director SA Division Freemason Foundation SA

CARL MAYNARD

Volunteer Caribbean Community SA

MOHAMED BEYAN

African Village Restaurant

MR KORO LYLEKAAHO

Pacific Island Community of SA Elder

IRFAN HASHMI

Pakistan Community SA
(Pharmacist)

International Men's Day hopes to break stigma and initiate open conversations about men's health and is now celebrated in over 60 countries worldwide.

Each year the theme of the day changes, but the aim remains consistent: making positive differences to the wellbeing and lives of men and boys, and have open conversations about men and boys' health.

We would like to acknowledge the Mayor of West Torrens Michael Coxon and Prof Gary Wittert,

Director SA Division Freemason Foundation SA for their support. We appreciate our guest Speakers Rajendra Pandey and Estela Fuente for sharing both their story and information with us.

MCCSA Men's Group coordinator Sidique Bah said "International Men's Day is an opportunity for men to reflect on their wellbeing and find ways to improve gender relations and promote gender equality.

We hope this event to be the start of many more conversations with the men and boys in our community."





Men's Walk - Glenelg

MCCSA Men's Group walked on Saturday 30th October 2021. A big thank you to all of those who joined us on for the walk starting from Wigley Reserve on Anzac Highway, Glenelg North. The weather was pleasant and we had a nice walk around the Patawalonga Lake, with its lovely grassed banks, playgrounds and views to Glenelg and across the marina and lake.

This walk was in collaboration with the Muslim Australian Connections of SA (MACSA). A big thank you to Nasir and their members who showed up in support.

MCCSA's Men's group appreciate the turn out and hopes to see more men join us for these monthly walks. It's really therapeutic to walk and talk. Thanks to all our stakeholders and we hope to see you at our next walk. If you'll like to join our walks contact us via email to Sidique.bah@mccsa.org.au





MENTAL HEALTH WEEK

Multicultural Soccer Tournament

MCCSA Multicultural Men's Group hosted a Multicultural Soccer Tournament in recognition of Mental Health Week on Sunday 10th October 2021 at the Salisbury West Sports Club.

The event was organised to raise awareness about mental health and promote social wellbeing of men in our communities.

The Latin American Society of SA (LASSA) team were this year's winners and they did a wonderful job displaying superb ball possession skills.

Teams were made to understand that the game was not just about winning but also recognizing Mental Health Week and using soccer as a

means to improving social wellbeing and promoting unity amongst our diverse communities.

A big thank you to all the participating teams – LASSA (Latin American Society SA), UNISA (Mawson Lakes), Pak Lions Adelaide (Pakistan Community in SA), Adelaide Dynamites (Bangladesh Community in SA), Fouta FC (West African Community in SA), Horn of Africa (East African Community in SA).

MCCSA Men's Group would also like to extend our thanks Hon Zoe Bettison (Member for Ramsay), Mayor Gillian Aldridge (City of Salisbury), Joe Szakacs, MP (Member for Cheltenham), Nick Champion MP (Member for Spence), Professor Gary Wittert (Freemason Centre for Male Health and Wellbeing), Denis

Yengi (African Communities Council of SA), Councillor Sarah Ouk (City of Salisbury) and MCCSA CEO Helena Kyriazopoulos for attending the event.

Our Men's Group would also like to thank all the volunteers who helped us during the day and all the participating communities and stakeholders that attended the event and also acknowledge the great support we had from One Culture Football providing us with referees and equipment for the tournament.

We would also like to express our appreciation to Salisbury West Sports Club for hosting us. It was a fun tournament, good music and food and we look forward to hosting it again in 2022. Once again congratulations to Team LASSA for this year's win!

Who is a carer?



A carer is someone who helps a family member or friend with:



emotional support



grocery shopping



preparing meals



administering medicine



personal care



paying bills

Is this you?

Free support is just a phone call away. Contact **Carer Gateway** on **1800 422 737** or visit **carerssa.com.au**



An Australian Government Initiative

Connecting carers  to support services

MCCSA AGM

MCCSA AGM 2020 -2021 was a great success. We are grateful for the show of support from all our Board, staff, members and stakeholders who showed up to the event last week Thursday 25th November at the Hungarian Hall, Norwood.

Thank you to the Hon Jing Ling and the SA State Government for their ongoing support. We'll also like to thank the Hon Zoe Bettison for attending the event.

A big thank you to our staff and Board members and a special thank you to our volunteers who we can't thank enough for their essential support. We wish you all the best for 2022.



The Chilean Family Day

The Chilean Family Day was held on December 5 at the Western Youth Centre, Cowandilla.

It was a beautiful day with activities for the whole family, children, soccer games, Christ-mas market, artistic and dance performances and delicious Chilean food and drinks.

We thank everyone who made this family day possible in our community. Especially to the volunteers and artists and dancers who with their work provided an impeccable and entertaining activity.

MCCSA SERVICES



MCCSA CHSP Transport Service

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

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

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

If you would like to make use of our service or join our team of volunteers call **Isabella Bracco** at MCCSA on 8213 4604



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 for terms and conditions of use.



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.



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 **Julie** julie.hoare@mccsa.org.au or **Savvy** 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 **Somi Lindsay** on 8345 5266 or email somi.lindsay@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



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 Julie julie.hoare@mccsa.org.au, [Sisaleo sisaleo.philavong@mccsa.org.au](mailto:Sisaleo_sisaleo.philavong@mccsa.org.au) or [Hanaa hanaa.grave@mccsa.org.au](mailto:Hanaa_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

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

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 Sidiq Bah, MCCSA Communications Officer