

MCCSA Community Voices

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Board Members

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Rajendra Pandey



FROM THE CHAIRPERSON

MRS. MIRIAM COCKING



At our Annual General Meeting this year, I was pleased and honoured to announce that the immediate past Governor of South Australia, The Hon. Hieu Van Le AO, has accepted MCCSA's invitation to be its Patron.

The Hon Hieu Van Le AO has a long history of involvement with the MCCSA going back to the time as Chairman of the South Australian Ethnic Affairs Commission, now the South Australian Multicultural Commission. His knowledge and experience in the field of multicultural affairs is without parallel in South Australia.

In taking on the role of MCCSA Patron, the Hon Hieu Van Le elevates our work in ensuring that the voices of people from culturally and linguistically diverse communities contribute to all aspects of life in South Australia.

We are confident that in accepting the role of Patron, the Honourable Hieu Van Le will bring lasting benefits to our organisation and communities and we in turn will be a source of pride and celebration for our Patron.

Welcome, and thank you!

Mrs Miriam Cocking
Chairperson

Patron for MCCSA



MCCSA's 2022 AGM

HERE'S TO ANOTHER GREAT YEAR!

MCCSA held their AGM on the 24th of November 2022 at the Serbian Hall, Hindmarsh where reports on events throughout the year were presented and awards and acknowledgements were given out. The AGM also marked the official launch of MCCSA's intercultural training service, culturalQ. The meeting went was attended by Hon. Zoe Bettinson MP, Hon. Hieu Van Le AC, community members, and MCCSA Board members and staff.

MCCSA commemorates individual's significant contribution to multicultural communities in South Australia by inducting them as Honorary Life Members. This year, Ms. Malgorzata (Gosia) Skalban OAM was given the award.

MCCSA would also like to extend the warmest welcome to our newest Board member, Manju Khadka. As the State Women's Coordinator of Non-Resident Nepalese Association (NRNA), Manju has provided services for the Nepalese community in South Australia for years.

Robert Bean also took the podium to announce the launch of MCCSA's new intercultural training services, culturalQ. Robert outlines what the service provides and how important it is for both the community and organisations.

Read more on culturalQ on page 10!



Awards were also given out to volunteers and past employees to recognise the work they have contributed to MCCSA. The recipients were:

- Former Communications Officer Sidiq Bah JP
- Former Transport Officer Ljubo Alympic
- CVS volunteer John Phillip
- Youth social soccer session coordinator Yahye Aden
- Youth volunteers coordinator/consultation Mistir Horne

We congratulate and appreciate everyone who have worked with us and thank them for their services.

The meeting closed successfully and guests were treated to refreshments and entertainment by Berberyan Ensemble by the Serbian community.

MCCSA would like to congratulate everyone again on their achievements and a big thank you to our volunteers, staff, and Board members for all their work and support. We wish you all the best in 2023!

MCCSA 2022 AGM SNAPSHOTS





Democracy in colour group photo migration with dignity program banner

The multicultural mirage: a look at the real lives of visa holders in Australia

Editorial piece by Dani Bozski - UniSA Journalism Student

According to the Australian Bureau of Statistics (ABS), as of 2021, almost a third of Australia's population was born overseas.

This puts Australia in the top ten of all countries in the world, in respect to comparative migration populations. One would think, this means that our migration systems are fair, and the corporate world and Australian public at large are well-versed participants in the workings of a multicultural country. Except, this is not the case

At the 2022 Jobs and Skills Summit, held in September, the Australian Government committed to providing \$36.1 million to accelerate visa processing times in order to resolve hefty visa backlog issues.

The pre-summit dialogue bared the glaring and all-too-common attitude towards these issues which treats people as statistics and not as valued members of a multicultural society. The Australian Workers Union would propose that employers must train one "local" worker for every skilled migrant. Other union representatives explained that domestic skills need development, and that skilled migration is a "necessary evil, not a default option", according to the Australian Financial Review.

The hesitancy and "only if we must" attitude directed at the concept of migration is hardly new, yet it is perpetuated in such settings, despite the skills shortage in almost every sector, and the vocalised fear employers have for losing talent to other countries, due to the backlog.

However, the "talent" and statistics being described in Australia's political dialogue are multidimensional people that live lives outside of the summit outcome.

Yugo's story

Yugo Ota is currently in the process of obtaining a working visa in Australia, after living, studying and working his whole life in Japan. His dreams of becoming a teacher of English as a second language inspired his decision to leave his country. Yugo says one of the main reasons for choosing Australia is its global image of diversity.



Yugo Ota Adelaide zoo full standing nature path

"There is no complete guide, and the visa processing fee is just one cost in applying for a visa"

Yugo also detailed his shock at the visa backlog, and how lightly the Australian Government seems to be taking it.

With elderly parents the Aged Dependent Relative visa backlog is particularly important to Yugo. As of December 2022 this is "queued up to 31 July 2012" which means that people who applied in 2012 are still waiting and new applicants are warned of a potential 50-year assessment time as other visas are being prioritised under the current migration program. In 2022-23 only after the 195,000 places allocated to different visa schemes are filled will the aged relatives queue from 2012 start moving.

"For such a multinational country like Australia, I understand complications, but I feel like it should just be more flexible", says Yugo.

Meeting and sharing the stories of those affected everyday by the issues that come with migrating is a step towards breaking Australia's outdated belief in its welcoming multicultural system says Democracy in Colour community organiser, Joannie Lee.

"There are many reasons people decide to leave their countries and come to Australia, including war and persecution... it's not as easy a decision as people think", Joannie said.

Joannie explained that even once visas are approved, people, and especially people of colour, are faced with the next obstacle of finding secure work and achieving promotions

"We need to make sure that the spaces where we bring people together continue to tackle the way we look at these hierarchies. This is so we don't just perpetuate a system that doesn't include the really relevant perspective and experiences in the workplace".

Sam's story

Sam is living in Australia after leaving India on a student visa, studying a Bachelor of nursing at University of Adelaide. She was keen to talk to Community Voices, but her visa situation meant she was hesitant to give her full name for publication. This inability to participate fully in civic life is one issue, another issue Sam detailed was resource inequity, which she said is one of the biggest hardships that comes with living on a visa.

Sam detailed that while domestic students are paying just over \$4000 a year to complete a BA of nursing, international students are paying an annual fee \$13,000 for the same outcome and resources.

“I understand international students having to pay more, even double, I understand that. But more than three times?”

“It’s like a bird jumping in the sea. You can fly really well, but you don’t know how to swim, but you’re in the sea now,” Sam said.

Sam also spoke about “the little things”, like getting used to bottled instead of fresh milk, adapting to the expenses of being vegetarian in Australia, the differences in social etiquette.

“You usually have your parents help through big changes in your life; but suddenly my fees are more expensive even though I have restrictions on how much I can work, and I have no guidance on opening up a bank account or anything like that,” Sam said.

However, Sam also said she remains excited about her future job opportunities, as she reaches the end of her degree.

Trisha’s story

Trisha was also hesitant to give her first name for publication. She first moved to Australia alone to finish her high school education, and then continued on into university. She said that despite Australia’s high percentage of visa holders and people born overseas, the people she meets are always shocked when they hear the circumstances of her life here on a visa

“People think I’m studying in Australia just to get a [permanent residency], but at the end of the day, we’re achieving the same goals as people in life... it doesn’t really matter as long as we can all get by, right?” she says.

Trisha has plans to live and work in Australia indefinitely and is excited for the opportunities and communities she can participate in, once her busy work-school schedule settles down.

When speaking about Australia’s practiced routine of multiculturalism, City of Unley Cultural Development Coordinator, Matthew Ives, says it can be box-ticking instead of real engagement with people.

Matthew says he would prefer what he calls interculturalism, which engages with people’s different lived realities. This may be the next crucial step to breaking our dependency on an image of multiculturalism that doesn’t reflect reality.

Whether this starts with crushing false ideas of how our systems work, or simply acknowledging and utilising the power of having voting privileges in Australia, the future is up to us.

Editor’s Note:

The Multicultural Communities Council of SA is collaborating with the University of SA School of Journalism and Writing, providing students with opportunities to research, write and publish articles more broadly than just school newspapers. Each edition of Community Voices will feature an article from the School, these are opinion pieces from the students. Thank you to Dr Chrisanthi Giotis, Lecturer Journalism and Writing, UniSA Creative for facilitating this.

Photos supplied by Dalena Nguyen

The Carer Gateway Program

MCCSA, in collaboration with Carers SA, connects multicultural family caregivers with a network of Carer Gateway service providers. This year, in addition to the Russian and Indian communities, we added Arabic-speaking carers, as our colleague Maggie Asaad rejoined the team after maternity leave.

Maggie is from Egypt and arrived in Australia 6 years ago. She speaks Arabic and English. She started as a volunteer at MCCSA 5 years ago as a Community Volunteer Scheme (CVS) visitor for a few years and then became a CVS coordinator. Maggie loves to assist people from the CALD community and now she is helping Arabic-Speaking Carers to access services and support through the Carer Gateway program.

MCCSA is continuing to provide carers looking after family members or friends with free counseling services; facilitate peer support groups; organise respite services if needed; arrange transport or meal vouchers if a carer struggles financially; plan cleaning or gardening service for carers who have issues with managing at home; organise a one-off purchasing of electrical appliances, such as a washing machine or a dishwasher.

One of our Russian-speaking carers said: 'I care for my bedridden mum. She cannot chew properly and eat hard food, so I make her nutritious purees and juices. It took me more than an hour to prepare a meal for her before Carers SA bought me a blender and a juice extractor. Now I can prepare her meal in minutes and I am using this free time to rest and care about myself'.

Another carer on a bridging visa was provided with equipment needed for her son with a disability as she did not have NDIS or Centrelink.

To access the Carer Gateway services and support, please contact MCCSA to speak to Florine, Maggie or Victoria on 08-82134607. Alternatively, you can email them at mccsa@mccsa.org.au

**Hey there!
Looks like
you're having
issues, we can
see all your
tissues.**

**We know what you're flushing.
Put it in the bin, South Australia.** 

 **Discover more**

 **SA Water**

 **Government of South Australia**

culturalQ

MCCSA has officially launched their own intercultural training and development service during their AGM on the 24th of November 2022 at the Serbian Hall, Hindmarsh.

The service, entitled, 'culturalQ', provides various interactive workshops that were developed in collaboration with Robert Bean Intercultural.

The workshops provided discuss subjects such as the individual's cultural intelligence (CQ) and an organisation's cultural competence to ensure there is effective communication with multicultural people and improved organisational management and service delivery

Facilitated by professionally trained staff members, culturalQ's services have been accessed by multiple clients such as: the Department of Human Services (DHS), the Independent Commission Against Corruption SA (ICAC), the City of Charles Sturt, and St. Andrews Hospital.

The workshop received an overall positive feedback with a participant from the City of Charles Sturt describing that there were "appropriate activities for self-reflection, without fear of judgement," whereas a participant from DHS expressed that it was "exceptionally high quality, evidence based, practical information."

culturalQ was created in response to the many enquiries MCCSA has received over the years about intercultural communication training. Enquirers were directed to existing providers including Robert Bean Intercultural. After 40 years in the field, Robert Bean collaborated with MCCSA in developing this new service, transferring his intellectual property and continuing the facilitators' professional development and mentoring.

Based on the concepts of cultural intelligence (CQ) and cultural competence, the name 'culturalQ' represents the abbreviation 'CQ' or 'cultural quotient'.

Through culturalQ, MCCSA aims to provide services that will lead to better communication with and understanding of multicultural communities in South Australia, in order help build intercultural relationships, improve organisational management and service delivery.

If you would like to learn more about culturalQ, please visit: <https://mccsa.org.au/culturalq>

For questions and expressions of interest contact MCCSA at:

Ph: (08) 8213 4611 or

Emai: culturalq@mccsa.org.au



culturalQ facilitators with Robert Bean at MCCSA's 2022 AGM. (L-R) Vicky Arachi, Ukash Ali Ahmed, Robert Bean, and Hanaa' Grave. Photo by Tudor Amen

MULTICULTURAL WATER SAFETY PROGRAMS WITH SURF LIFE SAVING SA WELCOME TO SA SHORES!

Australia is surrounded by beauty, with close to 12,000 beaches, spanning over 59,736km of coastline. Easy access to our beaches means that spending time at the beach is common and water safety is engrained in our culture. In fact, volunteer Surf Life Savers patrol beaches across the country to ensure that everyone can join in on the fun!

In South Australia, people from multicultural backgrounds are overrepresented in drowning and rescue incidents. Surf Lifesaving SA is committed to beach safety for all community members, and we offer water safety programs specially designed for culturally and linguistically diverse participants. To do this Surf Life Saving South Australia is providing the 'Welcome to SA Shores' program where participants will learn vital skills to prepare them for an Australian summer.

VACSWIM Multicultural Programs

For the first time ever, VACSWIM has introduced the "Intro2VACSWIM" program. This program is aimed at children 9-12 years old who are new to VACSWIM and have no swimming and water safety experience.

Participants will undertake the learnings of level 1 and 2 (usually for 5-7 years-old) and will include:

- Safe water entries and exits
- Submersion and recovery of an object from waist depth
- Float on front and back and recover to a standing position
- How to call for help and be rescued
- Basic survival and swimming techniques

Target groups are primarily those with a multicultural background and will be running at the following locations:

Aldinga Beach, Elizabeth Aquadome, Brighton Beach, Elliston Beach, Emu Bay Beach, Glenelg Beach, Goolwa Beach, Grange Beach, Marion Outdoor Pool, Mount Barker Mountain Pool, Murray Bridge Swimming Centre, Noarlunga Aquatic Centre, Normanville Beach, Parks Recreation Centre, Point Sinclair, Port Lincoln Leisure Centre, Renmark Swimming Centre, Robe Beach, Seacliff Beach, Tatiara Memorial Pool (Bordertown), Thebarton Aquatic Centre, Waterworld Aquatic Centre and West Beach.

Immanuel College is also running a program exclusively for Multicultural communities.

The VACSWIM program runs in the December / January school holidays and enrolments can be made via our website

www.vacswimsa.com.au/enrol/



'Going Places' - Community Transport Service

MCCSA's oldest service gets an update

MCCSA's transport service is our longest and oldest program. Since 1987, MCCSA has provided a reasonably priced transport service for the frail and elderly as well as those with disability from multicultural backgrounds. We look back on its history and achievements while also spending some time with users, volunteer drivers, and coordinators to hear about their stories with the service.

The service was initially funded by the Home and Community Care (HACC) which was later renamed the Commonwealth Home Support Program (CHSP). The service has been continuously funded by the Federal Government until June 2022. MCCSA is currently reviewing the model to ensure that communities are still able to access to the service.

For over 30 years, our bus service has helped people from older, established communities to new and emerging communities to feel less isolated and enable them to feel connected to their ethnic group and community. The service is also used by communities for recreation. From markets to sightseeing to tourist areas, the service provides a wide array of destinations for the community to enjoy.

The program started in 1987 with 1 bus seating up to 8 passengers. By 2022, the service comprises of 4 buses. All are able to accommodate up to 11 passengers with 1 having wheelchair access.

Throughout its service, the buses have been in high demand with over 3,000 users recorded in 2019. Although the pandemic has led to a decrease in usage, only 1,009 passengers in 2021, there has been a steady increase in reservations during 2022, showing the continuous need communities have for the buses.

We spoke to Antje Richter from the German Speaking Aged Services Association and she explained how MCCSA's transport services have given the German community increased access to attend and participate in community events. Having a long-standing relationship with MCCSA, Antje described how cost-effective the service is and has given them the capacity to respond to community demand in addition to their own transport services.



While communities are able to use their own drivers (pre-approved by MCCSA), the service is largely dependent on MCCSA's volunteer drivers who have spent many hours of their time helping those who are isolated or have difficulties to travel independently.

One of our long-term drivers, Peter West, said that his favourite aspect about being a volunteer driver is being outdoors and going to different places for lunch with the communities. He found MCCSA through Volunteers SA as he was looking for opportunities that were primarily outdoors. He has volunteered on MCCSA's transport service for more than 20 years.

We also had the opportunity to ask Monika Stein and Kishor Chand about their experiences as MCCSA's volunteer drivers. Having volunteered for around 10 years, both referred the community as their favourite aspect about being a volunteer driver. Monika said that she likes meeting and talking to people through the program and Kishor enjoys that he can give something back to the community.

Both Monika and Kishor also highlighted that MCCSA's transport service is also beneficial to the driver. Kishor said that he did not have a lot to do after retiring and being a volunteer driver has given him the opportunity to meet people from other countries and see parts of South Australia that he'd otherwise not be able to on his own. Similarly, Monika spoke of her love of driving.



(L-R) Ljubo Alympic and Sidique Bah at MCCSA's 2022 AGM. Photo by Tudor Amen

The transport program has also been supported by various staff members over the years, most recently Sidique Bah and Ljubo Alympic. Sidique left MCCSA in June of 2022 to take up a new position and Ljubo will retire at the end of October. Throughout his time as a Transport Officer with MCCSA, Ljubo says that working with the different communities, along with the friendly staff at MCCSA, have been the most memorable aspects of his position. We congratulate Ljubo for his achievements at MCCSA and wish him all the best for his retirement.

Going forward, the transport service will be coordinated by Geoffrey Brown. For more information about our community transport service or becoming a volunteer driver for MCCSA or your community, please visit our webpage at www.mccsa.org.au or contact MCCSA on 08 8345 5266 or Geoffrey at geoffrey.brown@mccsa.org or on 08 8213 4609.



Vietnamese Women's Association SA Inc. Celebrates 25 years!

The Vietnamese Women's Association (ViWA) SA was registered in 1997. One of their first activities was the Commemoration of the Trung Sisters, which has since been organised annually by the organisation.

For 25 years, the organisation has supported Vietnamese women and families living in the northern area of Adelaide.

Some of the programs the organisation has provided include:

- Healthy family relationship support
- English language conversation classes
- Senior groups to assist with social isolation - providing individuals with a range of activities including exercise, learning how to swim, tai chi, IT literacy, bingo and guest speakers
- Carer Gateway Support
- Workshops on:
 - » Simple household maintenance including: how to fix leaky taps, changing light bulbs
 - » how to drive, road safety and navigation
 - » sewing and quilting
 - » water awareness
 - » self-defence
 - » food safety and food industry law matters
 - » effective communication



- Cross cultural conversations and learning about the culture and history of the Ngarridjeri people, taste bush tucker food and learn how to weave baskets

As part of the many programs, women have also had the opportunity to build networks and friendships with other women's groups.

Young people have been provided with opportunities to gain confidence through cultural dance and undertake leadership programs learn how to

handle intergenerational conflict, including developing a sense of belonging to family and community and the importance of respecting one another.

The work of the ViWA has been supported over the years by many volunteers, funding from all levels of government and collaborations with a diverse range of stakeholders including the City of Salisbury.

“It has been an honour to serve the Vietnamese community for the

past 25 years and we look forward to supporting the community into the future”, said Quyen Hoang, Chairperson, Vietnamese Women’s Association SA Inc.

On behalf of the Board of the MCCSA, I congratulate the ViWA on their 25-year milestone and wish them well for the next 25 years!

Mrs. Miriam Cocking , Chairperson

Chúc mừng!

Adelaide Fringe

Adelaide Fringe is the biggest arts festival in the Southern Hemisphere!

For 31 magical summer days and nights, Fringe transforms Adelaide and greater South Australia. Our festival stretches from Whyalla all the way across the state to Naracoorte, with eclectic and vibrant events that include cabaret, theatre, comedy, circus, music, visual arts, workshops and so much more.

Our audiences range from 1 to 100+ years old, and come from all walks of life. This variety also pertains to our diverse array of artists and venues, which are at the heart of everything we do. We truly are 'The People's Festival'.

Adelaide Fringe was born in 1960 and has grown year on year. In 2021, within a COVID world, we were able to sell an astonishing 632,667 tickets

BROWSE THE GUIDE AND BUY A TICKET

There's something for everyone at Fringe. Our 2023 Fringe program comes out on the 6th of December. You can get your hands on a physical guide at a FringeTIX Box Office, BankSA Branches or Foodland Supermarkets. You can also browse the guide online at adelaidefringe.com.au.

You can purchase tickets online at adelaidefringe.com.au, over the phone on **1300 621 255** or at one of our Box Office locations. For any questions or enquiries, [click here](#).

Is the Fringe right for me?

YES! Fringe is open to everyone. Adelaide Fringe is a non-curated festival meaning that anything can be a part of Fringe. Simply register your show through our registration system to be a part of the Fringe Program.

Your show can be a part of an existing program, or something totally brand-new. For more information, see the below links and give our Artist & Venue team a call.

<https://adelaidefringe.com.au/as-an-artist>

Artist Magazine

REGISTER YOUR VENUE

Become a Fringe Venue

Adelaide Fringe is an open access arts festival with over 6000 artists performing across more than 300 venues all over South Australia. Being open access means that anyone can register a Fringe Venue. It's not we choose you, it's you choose us!

Open your venue to Fringe. Find out more information below!

<https://adelaidefringe.com.au/as-a-venue>

Venue Magazine



Inma at the Adelaide Fringe 2021. Photo by Jordan Gollan

Get Healthy

Do you know about a FREE personalised health coaching service that is running in South Australia?

Proven to be effective in helping people make positive behavioural changes, Get Healthy is a free telephone-based coaching service that supports South Australian adults to eat healthier, be more physically active and reduce their alcohol intake. Funded by Wellbeing SA, the evidence-based program is personalised for each participant and delivered by qualified health professionals (e.g. nurse, physiotherapists).

There is specialised support available for people who are pregnant and/or those at risk of Diabetes. Interpreters are available if needed by calling **13 14 50**.

A success story from a recent graduate of the Get Healthy service is Fadzai. Two young children can turn a house into a very busy home. After focusing on her health and enrolling in Get Healthy Fadzai has plenty of energy to keep up with the kids now.

For more information on Get Healthy call 1300 806 258, Monday to Friday 8am-8pm, or visit the Get Healthy website at www.gethealthy.sa.gov.au



**YOUR
WELLBEING.
YOUR WAY.**

Call **1300 806 258**
or visit our website



Government
of South Australia

Wellbeing SA

get healthy[®]
Information & Coaching Service

New Self-Collection Option for Cervical Screening to All Culturally and Linguistic Diverse Women In SA

As of July 1, 2022, self-collection became a new option available for cervical screening every 5 years for CALD women 30 years -74 years who are or have been sexually active. It's private, easy to do, and just as accurate as a test taken by a Dr or Nurse.

This new test makes cervical screening more accessible for women who may have put off having a clinician-collected test for a variety of reasons such as embarrassment, negative past experiences, or cultural barriers. Self-collection gives women with extra choice and control over the cervical screening test.

The self-collection test for cervical screening is done using a long-handled cotton swab to collect the cells yourself from your private part. Whether it is a self-collection test, or a clinician-collected test, it is up to the woman to decide which test option they prefer.

The Secondary Prevention Branch at Wellbeing SA have been working hard to promote this important message to the South Australian community, to remind our loved ones that cervical screening is the best way to protect ourselves against cervical cancer as well as informing healthcare providers via training and support to ensure they are equipped to offer this test to patients.

Our Multicultural Project Officer at Wellbeing SA jacqueline.riviere@sa.gov.au can be contacted to present information to groups of women on Cervical Screening and Prevention of Cervical Cancer or Bowel Screening and Prevention of Bowel Cancer to groups of men and/or women

For more information of our program please visit our website;
www.wellbeingsa.sa.gov.au



A long handled cotton swab is used to collect your own cervical screening sample when choosing self-collection



Wellbeing SA

Cervical Screening Self-Collection eligibility has expanded!

Are you due for your Cervical Screening Test?

From 1 July 2022, women and people with a cervix aged 25-74 who are due or overdue for a Cervical Screening Test can now choose between self-collection or having a sample collected by their healthcare provider.

Research shows that Australia is on track to eliminate cervical cancer by 2035 through a combination of the HPV vaccination and cervical cancer screening—however to reach that target, eligible women need to take part in regular, five yearly cervical cancer screening tests. The Cervical Screening Test is your best protection against cervical cancer.

Self-collection is safe, easy to do and is just as accurate as a sample collected by a GP or nurse.

How does self-collection work?

You can access self-collection anywhere that you would normally have a Cervical Screening Test, such as a GP clinic or Women's Health Clinic. When making your appointment, it is recommended that you ask if self-collection is available at the clinic.

A self-collection test uses a long-handled cotton swab to collect your own vaginal sample. You can take this test in private at the GP clinic—in the clinic bathroom or behind a curtain—and return to your doctor.

Download our self-collection wallet card for a step-by-step guide on how to do the self-collection test. The Cervical Cancer Self-collection Wallet Cards are also available to download in the following languages: Arabic, Chinese, Dari, Khmer, Nepali, Thai and Vietnamese.

Bowel Cancer Screening

Bowel cancer is Australia's second biggest cancer killer. However, we know that 90 per cent of bowel cancers can be successfully treated if caught early.

If you are aged 50 to 74, you will receive a test kit every two years in the mail. Your bowel screening test is a free and easy way to detect the early signs of bowel cancer.

Need help remembering to take the test?

- Take the test kit to the bathroom as soon as it arrives and place it where you can see it - on the toilet or by the sink
- Set a reminder to do the test
- Order a replacement home test kit online
- Visit bowelcancer.org.au for more information

Download resources in Arabic, Traditional Chinese, Chinese, Greek and Italian from [Contacts and Resources for bowel screening](#) | Cancer Council

Don't put off the chance to save your life. Get2it today!

For more information about the National Bowel Cancer Screening Program visit www.health.gov.au/initiatives-and-programs/national-bowel-cancer-screening-program

For more information on cancer screening, head to the Cancer Council SA website, watch some of our informative screening videos on breast, cervical and bowel screening.

If you would like further information and support, call Cancer Council 13 11 20 to speak to a nurse and they can direct you to translation services. Alternatively you can call the Telephone Interpreter Service (TIS) on 131 450.


Liana Bellifemini | Senior Prevention Project Officer

Cancer Council SA

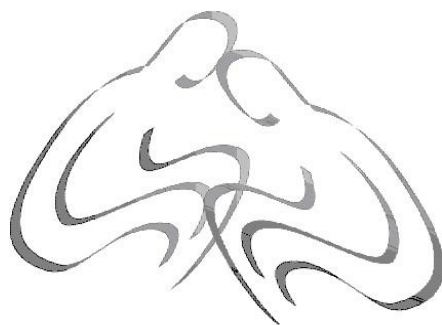
T: +61 8 8291 4113 | cancersa.org.au



Self-collection is now an option for cervical screening.
*Protect yourself from cervical cancer.
It's easy to do!*



The Community Visitors Scheme



The Community Visitors Scheme is funded by the Federal Government and has been in effect since the last 30 years.

In this scheme, volunteers visit residents in aged care facilities or in their homes to provide support and companionship thereby reducing their loneliness and isolation. Visits are available to anyone receiving government-subsidised residential aged care or home care packages.

Since Covid-19 hit Australia, it has been very challenging for CVS volunteers to stay in touch with the residents at aged care facilities due to constant lockdowns, Covid-19 vaccination requirements and RAT test every time they go to a residential facility.

Face to face visits with our residents have been restricted and several of our residents are feeling lonely and isolated. We have tried alternate means in the absence of face to face visits to stay in touch with our residents such as phone calls, video calls and sending out postcards and letters to the residents.

Recently we came across music therapy as an effective form of communication with the elderly. Music is touted to have many benefits on the mental health of the elderly. Music is used to promote wellbeing of a person especially when they are able to relate to the music. It brings back fond memories of a past era and these memories bring joy to the person.

Research has shown that in aging adults having age related memory issues such as Alzheimer's, Dementia or Parkinson's disease, music has the power to actually bring back memories, slow age-related cognitive decline and improve cognitive processing speed.

If you or your parents know of any music from this period, please contact MCCSA on 08 8345 5266 or email us at mccsa@mccsa.org.au and share the songs with us.

“Alone we can do so little; together we can do so much”Helen Keller

**Hey there!
We see your
pipes and
they're full of
wet wipes.**

**We know what you're flushing.
Put it in the bin, South Australia.**



**Discover
more**



SA Water



**Government of
South Australia**

The Arabic Language and Culture Association of South Australia (ALCASA)

South Australia is a growing multicultural community and recent world events have shown how welcoming and hospitable our community can be of the growing tapestry of our population. These events have also shown our resilience and care for one another; especially when many of us have family and friends overseas that we cannot embrace.

ALCASA has been proud to play its role in keeping spirits up and the community connected in challenging times. Thanks to our dedicated members and volunteers, we have been able to continue to run events and gatherings to bring people together – either virtually or in open spaces.

Community restrictions have meant that we were restricted from hosting a full program of community events and activities the past two years. However, we have been lucky enough to get together with members and friends for coffee along the Torrens, backgammon in the park, art appreciation and walks in the gardens. It has been wonderful to stay connected in person and online throughout the global pandemic.

If we cast our minds back 18 months to March 2020, ALCASA proudly presented 'Aghaani Zamaan' – classic Arabic songs that have enchanted generations in the Middle East as one of the final public events at the Adelaide Fringe Festival before the beginning of lockdowns hit us.

Fast forward two years, when in December 2021 ALCASA hosted a celebration of World Arabic Language Day in association with the Migration Museum of SA. The event was attended by the Hon Jing Lee MLC and the Hon. Zoe Bettison MP and saw over 100 people enjoy an exhibition entitled 'Objects Tell Stories'. The success of the event has signalled a new dimension to ALCASA's reach and collaboration within the community. ALCASA has extended its strong partnership with the Migration Museum to plan a longer exhibition around Arabic hospitality to be launched in February 2023.



Objects tell our stories

Hospitality in Arabic culture



From mid-2022, with the support of MCCSA (Community Connections Program), we launched the project ALCASA Communication Connections 2022 to help us resume regular activities and build connections with other multicultural groups while preparing the 2023 exhibition. We also entered in partnership with the University of South Australia: Justice & Society by offering 2 student placements until November 2022 to complete a component of a Master of Social Work program.

ALCASA continues to look for opportunities to partner and collaborate with community groups and cultural organisations in the aim of enhancing cultural awareness, tolerance and harmony in the South Australian community.

Hassan Mekawy, ALCASA Co-Founder & Secretary

MCCSA SERVICES



MCCSA Community 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.

**For more information, please contact
Geoffrey at 88213 4609 or email
geoffrey.brown@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.

**For more information, please contact
Maggie at 8213 4604 or email
maggie.asaad@mccsa.org.au**



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 four art groups for members of the Armenian, Korean, Spanish speaking and Russian speaking communities.

In 2022 we are facilitating Ageing Well in CALD Communities in collaboration with Office for Ageing Well (OFAW), this year focusing on Spanish speaking, Korean, Indonesian and Coptic Egyptian.

**For more information, please contact
Kristin or Lena at 8213 4603 email
kristin.johansson@mccsa.org.au
lena.gasparyan@mccsa.org.au**



MCCSA Community Hall

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

The Hall is also available for commercial hire.

**For more information, please contact
June at 08345 5266 or email
mccsa@mccsa.org.au**



Carer Support Group

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

**For more information, please contact
Florine at 8345266 or email: florine.fernandes@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 more information or referral please
contact Savry at 8213 4605 or email
savry.ouk@mccsa.org.au**



Successful Communities

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

**For more information, please contact
Somi at 8345 5266 or email
somi.lindsay@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.



Kickstart your child's success program

Kick-start Your Child's Success program is nearing completion with the last remaining groups being Tamil and Ukrainian. The program covers effective parenting skills, understanding the challenges of childhood, safeguards, services and supports available in South Australia.

Over the life of the project, we have targeted the following communities: Spanish speaking, Hindi, Gujarati, Punjabi, Arabic, Farsi, Hazaraghi, Mandarin, Nepali, Portuguese and Japanese. We thank the communities for their support and participation.

For more information, please contact Lena at 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 more information, please contact Hanaa at 8213 4611 or email 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, employment support, intercultural connections, leadership development and event planning

For more information, please contact Ukash at 8345 5266 or email ukash.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.

MCCSA's Men's Group

MCCSA has a multicultural men's group that meets bi-monthly at MCCSA to deliberate on events and social activities to support men in the community by creating networks and linking them to service providers that are sensitive and responsive to the needs of men from both mainstream and CALD backgrounds.

Communication between our members and the broader community is enhanced via our Facebook page which provides our members with relevant information. The group is open, welcoming, and inclusive to all men who reside in South Australia.

For more information, please contact Ukash at 8345 5266 or email ukash.ahmed@mccsa.org.au

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 for booking daily.

For more information email geoffrey.brown@mccsa.org.au

culturalQ

culturalQ is MCCSA's intercultural intelligence training service created in collaboration with Robert Bean Intercultural.

Workshops will be delivered in an interactive manner by professionally trained facilitators with topics such as: an individual's Cultural Intelligence (CQ) and an organisation's Cultural Competence.

Visit culturalQ's website here: www.mccsa.org.au/culturalq

For more information please contact the team at 8213 2611 or email culturalQ@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