



# MCCSA Community VOICES



## From the President

HELENA KYRIAZOPOULOS

Welcome to our new look newsletter. In this, and future editions of MCCSA

Community Voices, we will highlight some of MCCSA's great work, and focus on some of our quiet achievers in the South Australian CALD sector.

Our Strategic Review is complete. I would like to thank all communities, Government representatives and key Agencies who contributed to this review, undertaken by Dr Fiona Kerr from the University of Adelaide. This will set our direction for the next five years, and see the MCCSA become more contemporary and relevant in our approach. One of the key areas we will be addressing is Economic Development.

In April this year we partnered with Aged and Community Housing (ACH) and jointly presented a Forum expertly facilitated by Ms Grace Portolesi on Trade and Export in the ageing and aged care sector. This was in support of the Premier's Trade Mission to Shandong, China. Marco Baccanti, CEO, HealthInSA and Jing Li, Director, China Engagement, Department of State Development provided an overview of trade opportunities between Shandong and South Australia within the aged care field. Follow-up forums are planned when the Trade Mission returns.

The next few years are challenging times for all non-Government agencies, with the Federal Government reviewing programs and restructuring funding arrangements. We will continue to support ethnic groups

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## CARERS RETREAT

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## COMMUNITY VISITOR SCHEME

If you would like to make use of our  
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## MCCSA COMMUNITY HALL

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MCCSA hall call Maria on 8345 5266  
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terms and conditions of use.

## RECONNECT

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## POSITIVE AGEING

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## INFORMED AGEING

For more information or to register  
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## From the President (continued)

to meet their specialised needs, and keep member organisations and other stakeholders updated on developments. To facilitate this we will provide feedback to Government on our sector requirements.

Community Festivals and key cultural events are a major focus of the ethnic calendar in South Australia. As President, I was honoured over the past few months to attend the Schützenfest, Carnevale, Chinese New Year, Têt New Year, Sierra Leone Independence Day, Kodomo no Hi Japan Festival, SANFL Multicultural Football Round and also the very first Festival of Peace, Al Salam. These festivals and events are always well attended by the broader South Australian community and they encourage an intercultural understanding of South Australia's multicultural diversity.

This year, two long standing members of the MCCSA community received the Governor's Multicultural Awards. I was particularly pleased to see Mrs Maria Dnistrjanski OAM and Mr. Dilip Chirmuley AM acknowledged for their long standing voluntary work and commitment in the multicultural sector. Congratulations to both!

Have you been to our office lately and seen our front flower bed? Well, I would like to personally thank the Rotary Club of Adelaide South for assisting the MCCSA early one Sunday morning in March, to provide a welcome facelift to our office front.

I am also very pleased to announce that MCCSA is a supporter of Dignity in Care. I encourage all agencies and individuals to become champions of these ten principles which I believe should apply in our daily lives and not just health and aged care.

In closing, I'll like to congratulate my good friend the Reverend Chris McLeod, the Anglican priest at Brighton Parish in South Australia, and a Gurindji man, who was consecrated as South Australia's first Aboriginal Anglican Bishop on April 11th. He is currently the only Aboriginal Bishop in Australia. He will take on the position as the Assistant Bishop at St Peter's Cathedral, and use his new role to focus on reconciliation between Indigenous and non-Indigenous people. To Chris and Susan McLeod I wish you well in your new role, and hope that the MCCSA will be able to collaborate with you in your quest for reconciliation.



# A strong focus on ageing issues

BY KRISTIN JOHANSSON

Since its formation over 20 years ago through the amalgamation of the Ethnic Communities Council and United Ethnic Communities of SA, the Multicultural Communities Council of SA (MCCSA) provided support services to older people from culturally and linguistically diverse backgrounds.

According to the 2011 ABS Census report over 38,000 South Australians, aged 65 and over, speak a language other than English at home. Many of these speak little or no English and are heavily reliant on community workers or family members to access government services.

The MCCSA's Cald Ageing Alliance of South Australia (CAASA) was set up in 2013 to help communities transition through the Aged Care reform process. In the past 18 months we have conducted a number of forums focussed on Federal government changes. We held workshops on particular issues of concern such as;

- ACAR funding for home care packages
- Consumer Directed Care

- the Aged Care Gateway
- the Regional Assessment Service and
- the proposed Commonwealth Home Support program

In our role as the peak multicultural body, MCCSA submitted responses to Federal Government discussion papers, conducted a survey on the importance of Day Centre programs and circulated a petition on proposed fee changes which may undermine future day centre programs (soon to be called social support groups). This work has had substantial input from key ethno-specific service providers and demonstrates to the Federal Government the importance of these changes for South Australian CALD groups.

MCCSA also represented CALD ageing communities at the Federal Government roadshows asking questions on behalf of the CALD community to draw attention to particular areas of concern in the proposed changes.

We recognise that ageing is not simply about accessing services, and we are excited to be funded by the Office for

the Ageing SA Health to undertake a 12 month Healthy Ageing Consultancy project commencing May 2015. We will consult with South Australia's CALD communities about what they need to age well. This work will go beyond service delivery needs and will build on the work of the World Health Organisation which looked at healthy ageing in cities in 33 countries.

The findings will be used to help raise awareness of principles for active ageing and age-friendly priorities for South Australia's diverse ageing population. The final report will identify priority actions supportive of age-friendly outcomes for housing and services, physical environment, health and well-being, and opportunities for social and economic participation.

For any enquiries about CALD ageing issues, or if you have a project which you want to collaborate on, please call Ms Kristin Johansson, Manager Strategic Directions and Projects on 8345 5266 or email [kristin.johansson@mccsa.org.au](mailto:kristin.johansson@mccsa.org.au).

# Dignified care for the elderly

Caring for older people from our diverse community groups has always been a priority of the MCCSA. We value the contributions they have rendered to our society and firmly believe that they should be treated with respect in their senior years.



For this edition we spoke with a champion of the 'Dignity in Care' initiative for our present and future generation of frail and elderly, to gain an insight on his contribution to our ageing sector.

Dr Faizal Ibrahim came to South Australia in 2010 after years of service at the University Hospitals Birmingham (UHB). He currently works as a Consultant in Geriatric Medicine with an interest in Dementia and Delirium at the Queen Elizabeth Hospital in Adelaide.

He was part of a dedicated team of health professionals in the UK who took it upon themselves to champion the initiative 'Dignity in Care' for the elderly. As a newly qualified Geriatrician in 2006 he took up the challenge with great enthusiasm. His ward at UHB introduced a Volunteers-Led Patient activities program in which trained volunteers sat and interacted with patients on a variety of activities including art, music, movie events and pet therapy.

Dignity in Care is very important to Dr Faizal; hence his relocation to Australia in 2010 to widen his experience and help Australia's diverse ageing population. "How often do we talk about dignity and spirituality in our hospital care or community? How often do we give the person the food that they can eat and enjoy to eat? How often do we get the right language, the right culture, the right person to deliver the care? Not very often at all", said Dr Faizal.

Since its inception in South Australia, Dignity in Care has come a long way. It has made open access education a priority with training sessions covering subjects relevant to patient's care ranging from Falls to Spirituality, with clinical themes such as Delirium and Dementia, Nutrition, End of Life Care and Respecting Patients' Choices. Dr Faizal said that "I thought that we can always improve our quality of care in Australia where about 40% of the patients I look after do not speak English at home, a lot are from different background, faith, and spirituality, colour and food preference"

Proudly championing the Dignity in Care Campaign with Ms Maggie Beer as the Patron, Dr Faizal also leads the Volunteers-Led Patients Activities Project and the All About Me Project. Since 2010 he has been actively involved in organising SA's annual Mindful of Dementia Open Day at the Queen Elizabeth Hospital in collaboration with Alzheimer's Australia SA.

His other roles include working as the Clinical Director of Dementia Behaviour Management Advisory Services (DBMAS) Alzheimer's Australia SA and providing clinical support for Port Lincoln GEM services. He is also the current Chair of Alzheimer's Consumer Alliance SA.

According to Dr Faizal there are about 16,000 care workers in South Australia and approximately two thirds do not speak English as a first language. He said this should not be a barrier but a challenge for the system. When talking about new and emerging communities he said that "it's not just about people from African or Asian countries but we also look at the



marginalised groups such as prisoners, homeless, gay, lesbian and transgender communities. These are emerging because they were never considered, discussed or questioned before, so my scope of focus will be on working for fair and dignified care for all Australians”.

He said that to make it work in Australia we need to raise people’s awareness about dignity in care for our older people. He said knowledge must lead to action. He proposed a talking album tool so that if we don’t have a person translating we can have someone trained to get the right translation.

As an example he said that instead of telling a Muslim person that he or she need to undergo a procedure to save their life, we can say to that person that what we are about to do might not work but insh’Allah (God Willing) we will try everything we can, though we are not the ones who make the decision. That might get that individual to respond positively. Likewise if you are speaking to an Aboriginal person it’s completely different.

[www.dignityincare.com.au](http://www.dignityincare.com.au)

He said the first thing to do is to reach out to our diverse communities via information sessions, working with the right people and using the right language. “There needs to be timely diagnosis of dementia or whatever disease they may have, any stigma needs to be reduced by education and they also need help navigating supporting services”

Responding to a question on what multiculturalism means to him Dr Faisal said he is multicultural. “I was born in Malaysia, then grew up in other parts of the world and now I’m in Australia. In the future when I need care I would like the care to be dignified and respectful”

For Dr Faizal life is about giving so when he is not working he is usually busy with his pets or his garden. “If you ask me what my treatment is for my mood, my anti-depressant is my pets and my garden. Before I come to work I spend about an hour and a half feeding my pets”

His parting message for our readers is a quote from Hippocrates “Cure Sometimes, Treat Often and Comfort Always”.

MCCSA firmly support the Dignity in Care initiatives and we wish Dr Faizal and all the people involved in the program all the best as they strive to make our later years as comfortable as possible.

### The 10 Principles of Dignity in Care:

1. Zero tolerance of all forms of abuse.
2. Support people with the same respect you would want for yourself or a member of your family.
3. Treat each person as an individual by offering personalised service.
4. Enable people to maintain the maximum possible level of independence, choice and control.
5. Listen and support people to express their needs and wants.
6. Respect people’s privacy.
7. Ensure people feel able to complain without fear of retribution.
8. Engage with family members and carers as care partners.
9. Assist people to maintain confidence and a positive self-esteem.
10. Act to alleviate people’s loneliness



## GOVERNOR'S MULTICULTURAL AWARDS

# Lifetime achievement award

Former MCCA Vice President Mr Dilip Chirmuley AM JP was the proud recipient of the *Outstanding Individual Achievement Award* at the Governor's Multicultural Awards held at Government House in Adelaide on 17th May 2015. He was amongst fourteen South Australians recognised for their outstanding achievements in promoting multiculturalism.

Born in Mumbai, India Mr Dilip was 26 when he came to Australia in February 1966 as a student. He obtained his Master's degree in Public Health Engineering at the University of New South Wales in 1967. After a few years in Sydney and Melbourne working as a lecturer he moved to Adelaide in 1973 and took a job at the South Australian Institute of Technology (now the University of South Australia (UNISA) and made South Australia home.

Dilip said he was drawn to South Australia because of the policies of the late Don

Dunstan, former Premier of South Australia. "Don was a very liberal man; he was socially conscious and believed that it is the Government's responsibility to look after it's people."

Another enticing factor for Dilip was the South Australian arts and theatre scenes. "I like the cultural side of South Australia very much. That is why we live in this house, because it's almost a stones throw from the Festival Centre", he said.

Dilip said it feels great to receive the Governor's Multicultural Award acknowledging the number of years he has been involved in multicultural affairs. "The award is good for me and my community"

Talking about multiculturalism in South Australia and what it means to him, Dilip said peace and harmony within South Australia's diverse community groups is what comes to mind. "so far I would say we are not affected very much by the global issues. As you know there is a lot of unhappiness and strife globally but we aren't affected and the reason we are not affected

is due to the lasting legacy of Don Dunstan ... that thinking is still within the community, the liberal thinking of treating everybody equally is still within the community and within the political set-up of the two major parties even if the approach might be different."

The driving force behind Dilip's resilience comes from his religious role as a Hindu priest and a founding member of the Multi-Faith Association of South Australia. "One of our saints says that service is important and one must pay respect to the saintly figures of people who are good natured and good people within the community". Dilip said that "though it is not possible to follow this always I've tried to do my best. I retired from work in 2000, my wife was sick and she passed away few months later and since then I have devoted myself to service others".

Dilip has worked extensively in the community in diverse areas of interests to South Australia's multicultural society ranging from faith based collaborations,

# Achievement



Former MCCSA Vice President Mr Dilip Chirmuley AM JP, pictured with His Excellency the Honourable Hieu Van Le AO, Governor of South Australia as he received the *Outstanding Individual Achievement Award* at the Governor's Multicultural Awards held at Government House in Adelaide 17 May 2015.

## And the winners are...

language learning, medical research, cultural leadership and the prevention of domestic violence, earning him both a Centenary medal and a Member of the Order of Australia honour.

From his extensive dealings with diverse community groups Dillip's advice to our readers is that we remain true to ourselves and try to get along with everyone. "I would advise everybody to keep religion and racial or ethnic identity as their personal thing and mix with everybody from every background and have friends from different communities"

Dillip joined the MCCSA in 1999 and has contributed immensely to South Australia's multicultural landscape demonstrating a strong interest in the welfare of people of non-English backgrounds and is still continuing to do so. MCCSA believes that his relentless efforts working with our diverse communities over three decades makes him a worthy recipient of this award and we wish him all the best in his future endeavours.

### Arts and Culture Awards

Individual Winner

**Mr Ben-Hur Winter**

Highly Commended

**Mr Reinhard Struve**

Organisation Winner

**Roxby Downs Multicultural Forum**

### Community Sector Awards

Individual Winner

**Mrs Laura Adzanku**

Organisation Winner

**Football Federation South Australia**

Highly Commended

**Migrant Women's Group**

### Outstanding Individual Achievement Award

**Mr Dilip Chirmuley AM JP**

Highly Commended

**Mrs Cynthia Caird**

### Media Award

**Ms Karen Ashford**

### Private Sector Award

**Port Adelaide Football Club (PAFC)**

### Public Sector Award

**Migrant Health Service: Vulnerable Women and Children Project and TAFE SA**

Highly Commended

**Limestone Coast Local Service Area (208) South Australia Police**

### Volunteer Award

**Mr Edward Dudzinski**

### Senior Volunteer Award

**Ms Maria Dnistrjanski OAM and Mr David Linn**

### Youth Awards

Individual Winner

**Mr Wathnak Vy**

Organisation Winner

**ActNow Theatre**



## Youth Expo April 2015

This year MCCSA collaborated with the cities of Port Adelaide Enfield, Charles Sturt, West Torrens and Uniting Care Wesley Port Adelaide to hold a large student expo at Adelaide Arena, Findon.

Held during the National Youth Week celebration, this expo brought together almost 50 youth specialist service providers from the western regions of Adelaide with predominantly High School students. This is the 6th year that MCCSA has been involved with this event and we were very happy to see 700 young people attend from the western region. It included schools that MCCSA has a strong working partnership with such as Woodville High, Parafield Gardens High, Adelaide Secondary School

of English, Findon High and Windsor Gardens Senior College. Conservatively we estimate that there were around 350 CALD students participating in this great event, enjoying themselves alongside mainstream, Aboriginal, and special needs students.

A broad variety of service providers from employment, accommodation, training, local government, health related services and local sporting groups were able to showcase their services in a relaxed engaging atmosphere during the event. There were even some 36's on the courts to shoot hoops and provide some giveaways. Some of the interactive activities included badge making, photo booths, and quizzes and of course MCCSA's anti-racism graffiti stand.

The young people also enjoyed a range of fun activities such as a 'bungee run', 'fly wall' a group of 'Life Be In It' games face painting and henna tattoos. They also had the opportunity enjoy a series of live performances from the student band at Findon High

Overwhelmingly positive feedback was received from all participants, with 99% of students, 100% teachers, and 100% services providers indicating they would like to attend future events. After 6 years, interest in this joint project is still strong and MCCSA looks forward to continuing our involvement in this great youth event.



## MY STORY: Wathnak VY

My name is Wathnak VY. I was elected school captain in the centenary year at Woodville High School. I have a mixture of 3 backgrounds, Cambodian; Thai and Vietnamese. I migrated to Australia in late 2012, I have achieved a lot since then and settled really well in this country. I want to share my story.

Firstly I started school at Adelaide Secondary School of English. My commitment to school and my passion about multicultural young people and refugees led me to becoming Senior Ambassador for Australian Refugee Association (ARA), Youth Advisory Committee member at City of Charles Sturt, National Chiloout's Ambassador, Australian

Red Cross Young Humanitarian Leadership Team Member for South Australia and Headspace Woodville Youth Reference Group committee member.

I was the Youth Awards individual winner at Governor's Multicultural Awards presented by His Excellency the Honourable Hieu Van Le, Governor of South Australia.

This award gave me an opportunity to attend the 2015 National Youth Conference in Canberra early April where I met a lot of inspiring young people from across the nation and listened to inspirational speeches by Amanda McKenzie, CEO Climate Council and Air Chief Marshal Mark Binskin AC, Chief of the Defence Force.

Racism, discrimination and mental health were identified as issues of national concern during the conference. This conference

inspired me a lot and I strongly recommend it to other young people for next year. It taught me to work in a team, to share what I've learnt and to ask for advice from other young people to solve issues.

My parting words for my fellow youth are "Follow your dreams and learn along the way as you go"

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We welcome inspiring stories from our CALD community members. Send us a story about your settlement journey in Australia to [sidique.bah@mccsa.org.au](mailto:sidique.bah@mccsa.org.au) to share with our readers.

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## NEW STAFF

### CALD Capacity Building Project

The Multicultural Communities Council of SA would like to welcome our newest member of staff Megs Lamb, who will be managing our Community Capacity Building Program and working in partnership with Volunteering SA/NT to deliver strategic and practical support to strengthen governance, capacity and connection within the Multicultural sector.

The project will provide individual community focused support to vulnerable and emerging communities, initiate community volunteer mentoring scheme and develop and launch a Best Practice Guide. By keeping communities at the centre of this project it will help create a strong results based model that can build sustained and long-term outcomes for participants.

Megs is a strong advocate for asylum seekers and refugees and is passionate about the value and contribution immigrants past and present add to our culturally diverse nation. Megan and her fiancé are also the State Directors for Welcome to Australia. We are happy to have her on board and look forward to working with her.

# The Rotary Club of Adelaide helps out MCCSA

Sunday the 22nd March started bright and warm, and at 0800hrs was greeted by a keen band of Rotarians outside the MCCSA building.

Armed with picks, shovels, forks and other gardening implements, they set about demolishing the old planter box at the front of the building to make way for the new and rejuvenated display which you now see there. The Rotary Club of Adelaide responded to a call for assistance from the MCCSA. They turned up on the agreed day and provided much-needed assistance and advice. As well as giving up a good Sunday sleep-in, they also provided labour and tools to get the job done.

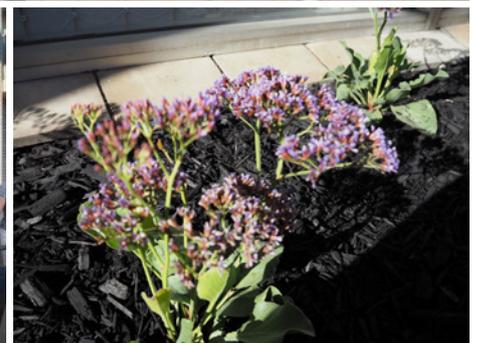
The work was performed professionally, and

new soil, irrigation and plants were quickly put in place. They even provided a new washer for the irrigation valve!

The end result is magnificent, and helps to set off the front of the building. Rejuvenation of this area was much needed.

After the work was completed, the Rotarians were provided with coffee and delicious home-made cake which was much appreciated.

"We are very thankful for the help and services provided by Rotary. It encourages community spirit and interaction" said the MCCSA President, Helena Kyriazopoulos. "We look forward to other joint activities in the future".





## SA Water consults with multicultural community groups

SA Water and the Multicultural Communities Council SA held a joint workshop in early April with community workers of the multicultural community as part of its SA Water's Customer Engagement Program.

This program is the first of its kind for SA Water. Through workshops and an online survey, it captured the needs and expectations of customers to guide future investment decisions on how SA Water can best provide services to them. The customer insights collected throughout the program have been used to inform SA Water's business plan between 2016 and 2020.

Through her representation on SA Water's Residential Customer Advisory Group, Helena Kyriazopoulos, President of MCCSA,

has advocated strongly for ongoing engagement between SA Water and the multicultural community. The workshop in early April marked the beginning of this engagement.

"The purpose of the workshop was two-fold" said Helena Kyriazopoulos. "It presented general information about SA Water and some of the service improvements that will be proposed in SA Water's business plan for consideration by its economic regulator. It also generated discussion and ideas about how SA Water can better engage and communicate to the multicultural community".

Twelve community workers representing Greek, Latvian, Chinese, Armenian, African and Filipino customers attended the workshop. It was an interesting and insightful forum for both the participants and SA Water.

For SA Water it was positive to hear that the feedback it received from the workshop participants mirrored the research findings from the Customer Engagement Program. The discussion was also valuable for SA Water to identify better ways to communicate with South Australia's multicultural community. These ideas will be taken back to the Customer and Community Relations team within SA Water so that improvements can be made.

More information about SA Water's Customer Engagement Program can be found on its website at <http://yoursay.sawater.com.au>.

SA Water would like to thank those who attended the workshop for their valuable insights and ideas and look forward to further engagement with customers in the multicultural community.



## NEW STAFF

### CVS Coordinator

Anahid Paichuk recently joined our staff as the Community Visitor Scheme (CVS) program's coordinator. She was born in Iran to an Armenian family and grew up there before migrating to Australia in June 1989.

After finishing her university studies she volunteered and worked in the community sector for a long period of time during which she was interpreter/ translator for Armenian, Farsi (Persian), and Dari and Hazaragi languages with ABC International and Centrelink Language Services. She also worked extensively within the refugee/migration settlement services programs at Migrant Resource Centre, Migrant Health Services (public Service) and Red Cross.

MCCSA welcomes Anahid to our fold and we are happy to have her at MCCSA continuing her work with CALD communities.



# Developing the next generation of community leaders

The MCCSA is partnering Arunga Project Solutions to deliver a customised training program on organisational management. We have reached the halfway point with the first group of learners.

The learners represent a diverse selection of community organisations: Cambodian Association in SA, Wec NYIN Australia, Armenian Cultural Association of SA, Federation of Polish Organisations in SA, Bantu Community of SA and Liberian Youth SA.

The training is providing the learners with the knowledge, resources and tools to help them to renew and maintain sustainable organisations within the Australian social and business environment.

The training program covers a comprehensive range of topics including

strategic thinking and planning, risk analysis, governance, implementing plans and strategies, sourcing and securing funds, project management and event management. The theoretical studies are supported by presentations from industry and community leaders on how theory is applied in real-world situations.

The first program concluded on 9 April 2015 with a celebration planned and run by the learners demonstrating their new-found skills and knowledge in a practical situation.

An online forum is also being developed, as well as a practical guide / checklist for people from new and emerging communities who are establishing and maintaining community-based organisations.

Please contact Megan Hill (8345 5266) or Phil Allan (0431 213 409) if you would like to nominate to be part of the next training program that starts in mid July 2015.



# Harmony Day celebrations

MCCSA was very happy to coordinate a Harmony day event at Gillies Street Primary School.

We approached both the Armenian Cultural Association of SA and The Bantu Ethnic Women Community of SA, a subcommittee of The Bantu Ethnic Community of SA Inc to perform short dance routines and deliver workshops to three classes from the school.

These communities that had been participating in our Organisation Training program, and made us aware that they are developing performance groups and would love an opportunity to showcase them.

This was the first time these community dance groups had performed and conducted workshops and they did an amazing job – the students remained engaged, interested and asked many questions of the dancers.

Two of the classes attending included newly arrived students and it was a great opportunity for them to see the diversity and acceptance here in their new home. This was the second time that MCCSA has worked with Gillies St Primary School and we are happy to see this relationship grow. We would like to thank the Adelaide City Council for supporting this event by providing funding for the communities to participate.



# Donate Life... The greatest gift

*In March, MCCSA assisted the Federation of Ethnic Communities Council of Australia (FECCA) to host a multicultural consultation with DonateLife SA. This was attended by members of the Sierra Leone, Liberian, Latvian, Spanish speaking, Serbian, Scottish, Malaysian, Bengali, Greek, Filipino, Polish, Italian, Croatian and Chinese communities.*

DonateLife SA is working with communities around the state to raise awareness about organ and tissue donation and the critical need for more donors.

The organisation is part of the national DonateLife network linked into the Organ and Tissue Authority which oversees the Australian Government's national reform program.

The twin objectives of the reform program are to increase the capability and capacity within the health system to maximise donation rates; and raise community awareness and stakeholder engagement across Australia to promote organ and tissue donation.

Ensuring access to culturally appropriate information about organ and tissue donation to culturally and linguistically diverse communities is a priority.

'DonateLife ... the greatest gift' is a community education campaign for people from culturally and linguistically diverse communities aimed at increasing family discussion about organ and tissue donation decisions.

The Organ and Tissue Authority has produced a number of resources – developed through consultation with religious and cultural leaders, for people of Jewish, Hindu, Orthodox, Buddhist, Islamic and Catholic faith.

They are also available in Vietnamese, Chinese (traditional) Greek, Italian, Spanish, Arabic, Hindi, Turkish and English.

At any one time there are around 1,500 people awaiting an organ transplant in Australia. Organ and tissue donors can save or improve the lives of 10 or more people.

DonateLife SA encourages everyone to:

- » Discover the 'facts about organ and tissue donation
- » Decide and register your decision on the Australian Organ Donor Register
- » Discuss your donation decision with family and friends

The form to register your donation decision is available in 18 languages – Arabic, Chinese (traditional), Greek, Hindi, Italian, Spanish, Turkish, Vietnamese, Chinese (simplified), Korean, Sudanese, Somali, Dari, Punjabi, Indonesian (Bahasa), Macedonian, Serbian and Croatian.

You can find out more about DonateLife's resources for CALD communities at: <http://www.donatelife.gov.au/for-the-community/multicultural-resources#sthash.WMH4XlrJ.dpuf>

If you would like a speaker to come to your community, contact DonateLife SA at [donatelifesa@health.sa.gov.au](mailto:donatelifesa@health.sa.gov.au) or on 08 8201 7117.





# MCCSA Reconnect

"Reconnect" is a Federally funded program that supports multicultural youth who are at risk of becoming homeless.

Recently we expanded the Reconnect program beyond our traditionally South East Asian client base to include a variety of clients from more diverse backgrounds. This decision was based on community requests and a growing need for additional support across the sector, and we responded accordingly. This program helps to support and build resilience in young people and connects them back with family, school, education and community. We also undertake group work, provide counselling, referrals, advocacy, support regarding legal issues and case management. We work collaboratively with different schools across Adelaide, as well as organisations such as ARA, Anglicare's NAY's program and UnitingCare Wesley Bowden

**MCCSA Reconnect** is currently running a CALD youth group that meets every second Saturday at Twelve25 Salisbury Youth Enterprise Centre. Supported by Salisbury Council, this program has been running for around 10 weeks and will continue until October. Our group has been focused on community participation and building leadership, and we have been participating in a range of community events and training programs and are currently developing a small homework assistance project with Parafield Gardens High School.

For further information about our group, and how to get involved please contact Savry on 8345 5266

The Reconnect team is very proud to have one of the young people involved in this group recognised for his many and varied contributions to SA life. He has been involved and active in many areas such as YACSA, Enfield Council, School Captain and many more. Congratulations Wathnak!

We all know that our younger generation is our future and we try our best to provide services, support and help them into the right direction as much as we possibly can.

Below is Wathnak's quote:

"I'm proud to be a Cambodian. I broke another record in South Australia history, the FIRST CAMBODIAN and the YOUNGEST YOUTH who won The Highest Level Award, The Governor's Multicultural Award. Cambodians, we should be proud of ourselves!"

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For any enquiries about our Reconnect Program please contact Megan Hill at MCCSA on 8345 5266 or email [megan.hill@mccsa.org.au](mailto:megan.hill@mccsa.org.au)

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# MCCSA PHOTOS



MCCSA Board and staff visits the South Australian Health and Medical Research Institute.



MCCSA's Muslim Community at the Informed Ageing Session funded by the Department of Social Services.



Megan Hill from MCCSA Reconnect presenting at the Afghani parenting forum.



Donate Life Information Session at MCCSA.



Calligraphy Instructor at the MCCSA Positive Ageing program which was funded by the Minister for Ageing and MCCSA.



MCCSA's Spanish Positive Ageing art group funded by the Minister for Ageing and MCCSA.



Participants of a recent MCCSA program designed to develop the next generation of community leaders.



MCCSA President Helena Kyriazopolous at the Sierra Leone Independence Celebration.



MCCSA President Helena Kyriazopolous with Korean Community.



Cambodian Reconnect Study Group.



MCCSA's Korean Community Informed Ageing Session funded by the Department of Social Services.

# UPCOMING CONFERENCES

## FECCA 2015 National Biennial Conference

5 & 6 November, Sydney NSW

*Multiculturalism in Action: Building a better future for all Australians.*

This year's conference is organised jointly by the Federation of Ethnic Communities' Councils of Australia (FECCA) and the Ethnic Communities' Council of NSW (ECC NSW).

The conference will draw together leading decision makers, thinkers and practitioners to discuss and debate key issues that relate to Australia's multiculturalism.

**MORE INFORMATION:**  
[www.2015fecca.com](http://www.2015fecca.com)

## Advancing Community Cohesion

15-17 July 2015, Sydney NSW

*Towards a National Compact Conference*

The Conference will bring together leading decision-makers, thinkers and practitioners in multicultural affairs to discuss and debate key issues and national initiatives in place to advance community cohesion within Australia and search for new directions.

**MORE INFORMATION:**  
[www.advancingcommunitycohesionconference2015.com.au](http://www.advancingcommunitycohesionconference2015.com.au)

## Dignity in Care National Conference 2015

2 October 2015, National Wine Centre, Adelaide SA

*Eat. Play. Love.  
The dignified food & care revolution.*

Dignity - it's all about how you feel, think and behave in relation to others. The pleasure in sharing a meal, the memory of an old song, the touch of a hand on yours - and how we share our experiences with those around us. Be part of the challenge, be part of the change - Dignity in Care Australia.

**MORE INFORMATION:**  
[www.dignityincare.com.au](http://www.dignityincare.com.au)

## 3rd International Conference on Ageing in a Foreign Land

24-26 June 2015

*Ageing in a Foreign Land*

The 2015 "Ageing in a Foreign Land" conference will present the findings of research regarding the needs of ageing migrants in Australia, focussing in particular on the issues of language and cultural identity, and service provision for older populations within Culturally and Linguistically Diverse (CALD) communities in Australia. The conference presents an opportunity for CALD voices to be heard regarding their needs and aspirations as they grow older in Australia.

**MORE INFORMATION:**  
<http://www.flinders.edu.au/ehl/conferences/ageing/>

# MCCSA SERVICES



## HACC funded Transport Service

Our transport service is heavily used and helps many older members of the CALD community go on excursions and attend Day Centre programs. Community groups use our service for trips to places of cultural or tourist interest. This provides their members with an opportunity to socialise in comfort and tranquillity. **To hire our buses at very reasonable rates, call us on 8345 5266 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 Anahid at MCCSA on 08 8345 5266 or email [anahid.paichuk@mccsa.org.au](mailto:anahid.paichuk@mccsa.org.au)**

They have chosen different activities to reflect their own diversity including light movement and walking, calligraphy, pottery, collage, arts and crafts and music.

**For any enquiries on this program please call Kristin on 8345 5266 or email [kristin.johansson@mccsa.org.au](mailto:kristin.johansson@mccsa.org.au).**



## Carers Retreat

Our Carers Retreat programs help fund planned short-term breaks for unpaid care givers of the frail and elderly. CALD community organisations that work with carers of the frail and elderly should contact us to discuss applying for this funding, as we want as many carers as possible to access the benefits of having a retreat. **For more information call Anahid on 8345 5266 or email [anahid.paichuk@mccsa.org.au](mailto:anahid.paichuk@mccsa.org.au)**



## MCCSA Community Hall

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

The Hall is also available for commercial hire.

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



## Informed Ageing

To help cope with the complexity of aged care related issues MCCSA, has held over 30 individual sessions over the past 18 months (funded by Department of Social Services). A variety of topics have been covered including;

- Aged Care Directives
- Palliative care
- Wills
- Power of Attorney
- Home Support Options
- Housing Options
- Federal Government Pensions and Payments
- State Government Concessions
- Dementia;
- Healthy Living

Specific sessions have been held for the Chinese, Vietnamese, Korean and Muslim community. In addition to multicultural sessions, these sessions aim to strengthen the knowledge of people in these communities and have been very well received.

**For more information or to register interest for a future program please call Kristin on 8345 5266 or email [kristin.johansson@mccsa.org.au](mailto:kristin.johansson@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.



## Positive Ageing

To help reduce social isolation and increase networking amongst CALD elderly, MCCSA (funded by The Minister for Ageing) is hosting sessions for six community groups this year on art, music and movement. Participating community groups are from the Russian speaking, Spanish speaking, Indonesian, Lebanese Maronite, Muslim and the Coober Pedy multicultural community.

## Justice of the Peace

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

# Interested in volunteering for MCCSA?

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

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



**Multicultural Communities Council of South Australia**

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

Compiled and edited by Sidique Bah, MCCSA Communications Officer