

MCCSA Community Voices

▶ AUTUMN 2019



Governor's Multicultural Award 2019

inside this issue

MCCSA Celebrate
International Women's Day

Mental Health Support for
African Australian families

The Multilingual
Disability Hub

inside this issue

A MIGRANT'S STORY: P4
Gabriel Akon

Sierra Leone Women's P7
Launch

Kickstart - Working with P8
mothers

MCCSA gets a facelift P11
as part of SANAA
festival

MCCSA celebrates P14
International Women's
Day 2019

Youth Week 2019: P17
The Next Wave

MCCSA Board

Executive:

Chairperson: Miriam Cocking

Deputy Chairperson: Dr Ian
Harmstorf OAM

Treasurer: Silvio Iadarola

Board Members

Daniela Costa

Margota Pukitis

Gosia Skalban OAM

Rajendra Pandey

Nasir Hussain

Patrizia Kadis

UPCOMING MULTICULTURAL EVENTS



Federal Pre-Election Community Forum



WHEN: 6pm, Tuesday 14 May 2019

WHERE: MCCSA - 113 Gilbert Street, Adelaide

WEBSITE: www.mccsa.org.au



WHEN: 16 April - 26 May 2019

WHERE: Palace Cinemas

WEBSITE: www.spanishfilmfestival.com



WHEN: 8 June 2019

WHERE: Adelaide
Convention Centre

WEBSITE:
www.madarakagala.eventbrite.com



FROM THE CEO

HELENA KYRIAZOPOULOS

What a busy start we have had to 2019! We have celebrated International Women's Day, Harmony Day, Governor's Multicultural Awards and Youth Week within the last few months.



An overview of these events is outlined in our current edition of Community Voices. I particularly would like to acknowledge our very own MCCSA finalists and winner in the Governor's Multicultural Awards, Mrs Miriam Cocking, Dr Ian Harmstorf, Nassir Hussain and Savry Ouk all being finalists in their respective categories and to Gabriel Akon taking out the coveted Youth Award. We are proud of all and they are very deserving of the recognition.

This year we collaborated with the SANAA Team, a group of inspiring young artists from Africa. We gave them free reign of our grey office wall on Percy Street and they gave us an incredible piece of contemporary art. If you haven't seen it up close and personal, please drop by and take a look, it is a great piece, full of colour and story. Thank you to all the young artists who worked on our project.

This year we celebrate 45 Years Strong! We are proud of our heritage,

with our genesis stemming from the Good Neighbour Council 70 years ago. 2019 will be a year of celebrating our past, the present and our future in championing a diverse and thriving South Australia for the benefit of all. We have a number of activities planned and hope that you will join us for some of the events.

Enjoy this edition of Community Voices.

Helena

A MIGRANT'S STORY: Gabriel Akon

By Sidique Bah

For over two hundred years a continuous stream of migrants and their children from different parts of the world have converged on Australian soil forming the multicultural identity we pride ourselves on today. Just like their parents some of these children have harnessed the opportunities Australia provide and contributed immensely to its cultural and social development in the world stage.



For this edition of community voices we spoke with the Governor's Multicultural Youth Award Winner South Sudanese born Gabriel 'DyspOra' Akon who was amongst fourteen South Australians recognized by the Governor General of South Australia the Hon Hieu Van Le for their outstanding achievements in promoting multiculturalism at Government House on the 26 March 2019.

Akon is a self-made music artist an entrepreneur and social activist fundraising to support his homeland. He is also an ambassador for Timpir, a South Sudanese NGO that has built 2 schools, and he is currently working to build a recording studio in the Kakuma refugee camp in Kenya.

After numerous attempts we were able to track him down at the Northern Sound System in Salisbury, for a chat on a range of youth related issues and his Australian journey so far.

Reflecting on his early childhood, Akon said life was not rosy growing up in a refugee camp in the north of Kenya. "It was just difficult not being a citizen and not having the best prospect for education, while kind of hiding".

As fate would have it 15 years ago, a ten year old Akon came to Australia with his mother under Australia's humanitarian visa program.

According to Akon the early years was a sense of relief, "I was excited at the new opportunities and seen all these people from different part of the world, I remember going to the central market for the first time experiencing all those flavours and smells all the same time".

But another thing that Akon learnt quickly was that in this new world he found himself is another game of survival. He said while life was harsh in Africa with regards to food, clothing, shelter and education he now had to learn how to survive things like racism or being a refugee. But life must go on and for Akon that's just another challenge that he has had to deal with.

When asked what he is currently doing Akon replied with a cheeky grin "too much I must slow down right now. I have just finished my EP (Mini Album) I'm working on a new album based around fitting in, wanting to belong, but getting treated like an alien. When I do good I am Australian, and when I do bad I'm African" said Akon.

Besides the music Akon said he is also working on a book of poetry, engaged in community activities via MCCSA, running workshops and public speaking using his story to help young people believe in themselves while managing his music label (playback 808).

Talking about some of the challenges facing the youth in Adelaide, Akon said young people regardless of color need to be given a chance when they fail. Instead of saying we have African youth problems he believes we should just say we have a youth problem. We should not be targeting specific ethnic groups.

Akon believes South Australia is doing very well in multiculturalism compared to other states. "SA is brilliant. It's a good example just seeing the Governor, his Excellency is a guy who came via boat from Vietnam and he is the governor for

the whole of South Australia".

Akon said he is still trying to figure out exactly what comes with the accolade of winning the Governor's multicultural award "its brilliant to know that you get recognized for your work, I took my mom there, it was the first award show she has ever come to and her son ended up winning".

There is a big opportunity in music and for Akon it is a gateway to empowerment for the young. "I see a big opportunity to change everything in the shortest amount of time. Music gives us a voice, an economic leverage and we are getting our stories out there. What I do in general I call it sonic activism, I use my music to impact my community and any one around me".

His parting message is young people need to help each other out, "I fly we all fly, we have no choice but to do it with others. Let pretend this was a ship that was sinking 'cause Australia is an island, we will need to start getting buckets and getting the water out together otherwise we all end up going down".

It was great talking to Akon and we congratulate him on his award and wish him all the best in his endeavours.

If you or someone you know would like to share a migration story with us contact us on 8345 5266 or email sidique.bah@mccsa.org.au with a brief description and contact details.



Introducing our new Board Member

Meet Nasir Hussain, MCCSA's newest board member. Nasir joined our board in November 2018 and we look forward to working with him as we strive for an equitable, cohesive and thriving South Australia.

Since migrating to Australia from Pakistan in December 2006, Nasir has devoted himself to building bridges between the Pakistani community and the wider Australian society through his extensive volunteering work. He has been engaged in diverse activities and worked with various organisations to improve social cohesion and to strengthen integration of newly arrived Pakistanis in SA.

After completing his MBA degree, Nasir worked as a manager in International Marketing in Pakistan. In 2016, he completed a Masters of Social Work degree from Flinders University in Adelaide and currently working with DCP.

"Australia has provided me with a better life and great opportunities and I am determined to give back any way that I can," he said.

Nasir believes in helping other people particularly those from disadvantaged backgrounds. He likes supporting new arrivals by connecting them with their community, service providers and the wider community.

"This will help new arrivals to form friendship and business connections, reduce their social isolation and foster belonging and integration into our Australian society" said Nasir.

PROFILE

Student Placements



Erin Matthews

My name is Erin Mathews and I am currently a study abroad student at The University of Adelaide. I am from Philadelphia, Pennsylvania where it is home to the Rocky steps and the original cheesesteaks. I have had the wonderful opportunity to become an intern at MCCSA. My research will be focused on non-immunisation of migrant children due to certain visa status' and the community impact. I hope to dive deep into the subject and find a solution for children to be immunised regardless of a visa status. I have a massive passion for healthcare and aiding the community. My goal for the future is to become a physician and aid those who need it the most.



Dare

My name is Dare (preferred to be called Dre), I am from Nigeria (West Africa). I am doing my masters of Social Work at Flinders University and currently on placement at MCCSA. My thirst and urge for an equal and discrimination free society has been my drive for studying social work and I hope that in future I can effect changes at the systemic level to give every person regardless of race, language, ability or disability an equal opportunity to pursue their goals and pursuit of happiness. Here on placement, I am working primarily with Hee Young Lim on Community Visitors Scheme (CVS) program which is supporting multicultural seniors living in residential homes or in their own homes to reduce their isolation and loneliness and increase their mental, cultural and social wellbeing. I am looking forward to an enriching and fulfilling learning experience.



The Sierra Leone Women's Launch

The Sierra Leone Women Association of South Australia celebrated their launching ceremony in grand style at the Payneham Library Hall in Adelaide on the 16th March 2019.

The event was attended by service providers and government representative and visitors from interstate.

In her opening remarks the Chairperson of the association Mrs Constance Jones thanked all in attendance and expressed her excitement over the hard work of her members which culminated to a successful registering and official launching of the association.

She talked about how the collective efforts of the women paid off in the end. "On the 13th of March

2019 and I say this with such pride, we became an incorporated Association in South Australia. This is great achievement for us. This is why we are here to celebrate. We have our constitution, strategic plan and plan for continuous training on governance structures organized".

The chairperson also said that the women's group has achieved a lot over the years, but still have a long way to go. "We want to make great connections, we want to be recognized, and we want to work hard with the Australian Government and mainstream organizations to bring about those changes we want to make in our community".

The event showcased an array of colorful African attires while a variety of delicious African dishes were available for attendees to help themselves and dance it away afterwards to groovy afro beats.

Kickstart – working with mothers

Mothers play an important role in our community. However those who migrate to our country from non-English speaking backgrounds are faced with many challenges raising their kids in a new country.

Multicultural Communities Council of SA Inc. (MCCSA) is running a 3 year project to help these mothers access the information they need for a successful start for their preschool children.

Financed by the Federal Government's Department of Social Services, this education and awareness raising project helps mothers with limited English participate in a series of sessions on a range of topics of their interest in bringing up a child speaking two languages, children's health and safety, activities for children and socialization, Australian Education System (kindergarten and primary

school) and also help them understand about available financial assistance.

So far this project has proven to be a success and outlined below is some of the feedback from our Mandarin speaking sessions.

"The whole project was very successful, which provided a wealth of information and complete contact information. This is very helpful for parents."

"This activity is very meaningful and is great help for novice parents. Especially, the information related to children's safety and education".

"The information is very comprehensive, good and useful. Now if I have trouble, I know where to go and ask for help. Very useful information."

"It is an awesome activity, which introduced a lot of information I didn't know before such as the school system. This information let's me have a general understanding of

the Australian women and children services so that I can find the corresponding department according to my needs in the future. The play time with other children is good for their development. "

"Thank you very much for this event. We have a detailed understanding of the resources and parents' help departments in South Australia which has alleviated our anxiety and made us better integrate into Australia and become more local."

"The event was very good, and the information provided by the event provided a comprehensive understanding of the information about children in South Australia."

"I think this activity and lectures are very good. There is some very basic information that I didn't understand before. I learned a lot of useful information through these lectures and while the children can play behind adults are listening to lectures in the front. This way is great, very good. The staffs are very friendly, and the information is also very detailed and meticulous. I like this program very much. "



If you'd like to know more about this program, contact Lena Gasparyan on 8213 4606 or email Lena.Gasparyan@mccsa.org.au



CROWS Multicultural Respect Cup

The inaugural 'Crows Multicultural Respect Cup' was held on April 15 from 10.00am – 2.00pm, at Kilburn Football Club. People from a range of cultures participated in an exciting day of football activities, accompanied by music, food (Halal), information stalls and fun!

MCCSA was happy to have a stall in this exciting event which provides opportunity for all multicultural communities to participate in a fun day of Australian rules football.

Whether you have played before, or have never engaged with Australian rules Football, everyone was welcomed.

This friendly community event had CROWS Brooke Jeffs as MC and welcome to Country was performed by Kurna indigenous elder Michael O'Brien and Sumbo Ndi from Peace Relationship Australia talked about the importance of respect and how football as a sport can help us overcome our differences.

It was a fun day for families and friends and the kids loved it.

Health Performance Council

On 4 April 2019, the 4-yearly review report was tabled in SA Parliament. Under our Act, the government will table a response to the report within six months of receipt, that is no later than 21 June 2019.

In the 4-Yearly Review, the council concluded and advised priority should be given to:

- » the availability and use of data, and robust analysis and transparent reporting on health outcomes, including patient-reported outcomes that arise from services in public and private sectors, to inform clinical improvement and policy-making
- » listening to all staff and consumer voices for insight into what works and what could be better at the frontline of service provision
- » workforce planning aligned with every new strategy
- » tackling discrimination and racism in the health system, as reported by consumers and staff
- » clearly describing how the new governing boards must work to ensure their governance reflects all dimensions of quality and safety, and access and equity, within their local health networks and collectively across the health system for all consumers and communities.

The Council's latest 4-Yearly Review Report (2015-2018) is now available <http://www.hpcs.com.au/reviews/2015-2018-report>

Sonder launches new program to support migrants and refugees living in Adelaide to find employment

This innovative new program, called 'Employment Solutions' will offer free services at Sonder offices, north and west of the city in a bid to support migrants and refugees to find meaningful employment to achieve economic security, experience feelings of belonging, and be empowered to fully participate in Australian society.

The program is supported by the Try, Test and Learn Fund – an initiative of the Australian Government Department of Social Services.

Sonder Employment Solutions is aimed at migrants and refugees, aged 16–64 years who receive income support payments and would benefit from some support to find and maintain employment. The program is entirely voluntary and is independent from Centrelink and Jobactive services.

The program will operate from two Sonder locations, at Edinburgh North and Port Adelaide. This unique service will also focus on addressing the emotional wellbeing needs of migrants and refugees by providing Employment Solutions clients with access to Wellbeing Coaches.

The skilled team includes both Wellbeing Coaches (accredited Mental Health Professionals) and Career Coaches who will work with clients to guide them along the entire journey towards employment and provide assistance as needed, this could include; completing

vocational assessments to identify suitable jobs, helping with writing resumes and cover letters, preparing for interviews, speaking to local employers to identify potential job opportunities and helping to manage the requirements of Centrelink and Job Service Providers.

After employment has been sourced, Career Coaches will continue to provide support for as long as the client wishes and can speak to employers on the person's behalf to work through any challenges that may arise within the new workplace.

Adapting to a new culture can be a hurdle which impacts on mental health. Grief, loss and continuing anxiety over family and friends left behind can make it difficult to establish a new life. Fortunately, this unique employment program acts as a wrap-around service, providing links into Sonder's other mental health programs whereby clinicians can work with clients to help them overcome some of the barriers and difficulties experienced with migration.

How to access the program

Sonder Employment Solutions is a free program and getting involved is easy.

Referrals can be made by community organisations and employment services. Self-referrals are also accepted from individuals interested in the program.

To be eligible for Sonder Employment Solutions people must:

- » Be a migrant or refugee aged between 16–64 years;
- » Hold a valid Visa with working rights;
- » Be receiving an income support payment with or without Mutual Obligation Requirements;
- » Speak English proficiently;
- » Live in Adelaide's northern or western suburbs (City of Playford, City of Salisbury, Port Adelaide Enfield, City of Charles Sturt, or City of Tea Tree Gully)

To access the program, complete the online referral form available at sonder.net.au/employment-solutions

For further information, contact Sonder on (08) 8209 0700 or visit www.sonder.net.au



Employment Solutions

Employment support for migrants and refugees living in Adelaide's northern and western suburbs

MCCSA facelift thanks to SANAA

As part of the Adelaide Fringe Sanaa Festival 2019, the MCCSA's wall on Percy Court went through a colorful transformation in February, thanks to visiting African visual artist Mwamba Chikwemba from Zambia, Thufu Beбето from Kenya in collaboration with Aboriginal artist Elizabeth Close and Adelaide local artist Julia Townsend.

Sanaa: A better world through creativity works with grassroots artists from different parts of the world to showcase their raw talents by creating a collaborative multi-art festival platform.

The new look on the MCCSA wall reflecting South Australia's diversity received positive reviews from staff, members, neighbors and the multicultural community in South Australia. It was a great experience for the MCCSA staff getting to meet the artists and seeing them at work.



According to Sanaa founder and organizer Victoria Lewis the event seeks to engage audiences in cultures they may otherwise not have the opportunity to interact with. She said "these sorts of engagements and interaction leads to greater intercultural understanding and respect in the community.

"Presenting the art, music and culture of Australian artists alongside the multicultural community, Sanaa not only promotes greater mutual cultural understanding but provides an opportunity for artists to exchange skills," said Victoria.



BUDGET ANNOUNCEMENTS CHSP Extension

More Choices for a Longer Life
– extending the Commonwealth Home Support Program

By now, you may have all heard that the Government announced in their budget they will increase funding for aged care by \$7 billion over five years and this includes extending funding arrangements for the Commonwealth Home Support Program (CHSP) for another two years, to 30 June 2022. An extra 10,000 Home Care Packages were also announced. The performance criteria to deliver activities that support independence and wellness are also going to continue.

MCCSA community transport service welcomes this announcement and we will continue delivering affordable and reliable transport to South Australia's CALD communities with limited or no access to private transport including people from new and emerging communities and for people with disabilities



Mental Health Support for African Australian families

As a founding member of Nokutenda, I will like to introduce my organisation to the general public.

Nokutenda is registered with the Australian Charities and Not-for-profits Commission and has been in operation since December 2017 and was mainly targeting Zimbabweans in South Australia. However, Nokutenda is now extending its services to cover all African populations and people from CALD backgrounds.

Our aim is to advocate for culturally-sensitive mental health services, targeting both professionals and African/CALD immigrants in Australia. We are hoping to change the negative narrative about mental illness in African/CALD populations and break the stigma taking in to consideration people's religious and cultural beliefs.

Researchers have found a severe lack of information and education available on the backgrounds, culture and previous traumatic experiences of African Australian communities and refugees.



Latest research by Sipilanyambe (2017) noted that mental health is still a taboo in African communities in Australia. Mental health remains a taboo topic in most culturally and linguistically diverse cultures – this is a feature that cuts across most communities and is not country specific (Parnell 2017). As a result, there is a tendency to hide the problem, either by the individual or family members (Sipilanyambe 2017).

Nokutenda seeks to provide mental health solutions which will result in stigma being addressed through activities which will range from mental health assessment and treatment, care coordination, counselling, peer work, drug and alcohol services and mentoring.

We currently have a webchat service which can be accessed via our website www.nokutenda.org For those who prefer to call using telephone, a mobile number is available to be used at all hours 0434285661.

Nokutenda will also be commencing free monthly mental health educational sessions at MCCSA in 113 Gilbert Street Adelaide with light refreshments.

For more information email Kudzai Nyamande at nyamandek@hotmail.com



Cervical Screening Community Ambassador

Amy A. Bartjes

I am fortunate to be living in Australia. The three national cancer screening programs Breast, Cervical and Bowel provide information and opportunities for me to maintain my health.

All it requires from me is an effort to ensure that I have Mammogram, Cervical Screen and Faecal Occult Blood Test (FOBT) to detect any presence of cancer. The FOBT is a kit that is sent to me by mail at my home and the specimen collected is sent back to Faecal Occult Blood Test program's laboratory. This is a very convenient way of doing the FOBT procedure.

These three screening procedures have helped me in the past years; maintain my health to a maximum so that I can enjoy life. I think that if there is an abnormality found in any of the clinical tests, it will be of great advantage to me because it would be detected at an early stage.

It means that the anxiety would not be so grave compared to when an abnormality is found when the



disease is well advanced. Finding the presence of cancer at an early stage would save so much physical, emotional, mental and financial stress for me and my family.

I try to encourage my family members and friends to take advantage of these three cancer screening programs. More importantly, there is no cost. I always remind them that, prevention is better than cure. If we want to enjoy life, we have to take steps that will contribute towards our better health and those screening programs will help us achieve that. It therefore means taking care of ourselves by making extra effort and taking the time to do the things that will improve our sense of wellness.

For more information regarding Cervical Screening Program Please ring 1315 56 or Breast Screen SA 1314 50 or National Bowel Cancer Screening Registry 1800 118 868 or Cancer Council SA 13 11 20



SANFL Multicultural Day

You are invited to apply to be a part of Sturt Football Club's Multicultural Day to be held on Sunday 2nd June 2019 at Unley Oval.

The Sturt Football Club Multicultural Festival provides the perfect platform for you to promote your community.

Multicultural Day is held in conjunction with the South Australian National Football League ("SANFL") Multicultural Month where the South Australian football community celebrates multiculturalism and diversity within our great game of Australian Rules Football.

Vendors selling cultural crafts, other market goods and cultural food are invited to submit expressions of interest to participate in Sturt Football Club's Multicultural Festival at Unley Oval Sunday 2nd June 2019. If selling food, we would suggest samples only as there is other food being sold around the ground. There is also opportunity to present a multicultural performance on our event stage.

For further information about how to register to be part of this great day please contact Kristy McGee, kmcgee@sturtfc.com.au 08 82714611

MCCSA Celebrates International Women's Day

Over the past few years the MCCSA has acknowledged International Women's Day (IWD) with a morning tea celebration. This year our event on the 8th of March was centered on women artists and their art work.

The aim of the event was to showcase a diverse range of artwork put together by our CALD women. Our aim was to provide our women with new opportunities for networking amongst different communities, a sharing and learning of their cultures and gaining broader community acknowledgement of their talent and skills.

The event was attended by more than 80 guests. Amongst them were Mrs Genevieve Theseira - Haese, Patron, MCCSA International Women's Day (former Lady Mayoress), Ms Mandy Paul, Director Migration Museum, Mrs Antonietta Cocchiaro, Deputy Chair SAMEAC and other SAMEAC Board members, community leaders, exhibitors, MCCSA Board members and other distinguished guests".



The women exhibitors for this year's celebration are;

Alevtina Rybakova -

Krasnoyarsk, Siberia, Russia.

Ann Gill - Adelaide

Coordinating Italian Committee (CIC) - a not for profit organisation located in Stepney,

Daina Braddock - Adelaide

Davinia Hodgson - Adelaide

Ekaterina Bell -

Saint-Petersburg Russia

Elena Golobokova - Soviet Union.

Eliana Espinosa - Chile

Farahnaz Majelan - Iran

Irina Zolotariova - Chisinau, Moldova

Irina Zvereva -

in Russia Jaegy Chung

Jaegy Chung I - Korea

Krystyna Andrecki -

Tanzania East Africa

Kyung Hee Lee - Korea

Kyzeen Shroff - Armenia

Lydia Artsybasheva -

Russia in St. Petersburg

Lyudmila Gaydachenko -

Tbilisi, Georgia

Margota Pukitis - Latvia

Marwa Abouzeid - Alexandria/ Egypt

Na Han - Tianjin, China

Philippa Marie Olsen - Japan

Razan Fakhouri - Jordan

Sanaz Orandi - Iran

Shahin Azadegan - Iran

Sylvia Ines Stansfield -

Concepcion, Chile

Sofya Michaylovskaya -

St Petersburg, Russia

Tania Zebian - Lebanon

Tatyana Feklistova -

Estonia (former USSR)



MY LIFE AS A CVS VOLUNTEER

Why do I volunteer? Because it gives me a lovely fuzzy feeling – and, indeed, I seem to get more out of it than I give! Especially with the Community Visitor Scheme (CVS) Program of the MCCSA.

It was some twenty years ago that I heard, on the radio, a call from the MCCSA for CVS volunteers. As I spoke several languages and have been helping people and volunteering all my life since I was a young new teenager, I saw immediately that this was something I could do and could do well.

I telephoned, filled out forms, was interviewed and my first client was an elderly French lady. What an experience that was, albeit rather short-lived! My mind and spirit absorbed with joy all her childhood recollections, her life as a child in WW1, as an adult and mother in WW2 and, most surprisingly, her experiences were quite different from



what we have been told by the victor's historians!

But that is not the only thing – without exception, tales of their childhood experiences and of their countries prior to emigrating vastly enriches my own mind and, in all honesty, I have always benefited from my visits far more than the residents and it is I who looks forward to my visits more than they.

I would commend this volunteer work to absolutely anyone who wishes to enrich his/her own life!

The Multilingual Disability Hub

The Multilingual Disability Hub is a national multilingual hotline and website that provides relevant and easily accessible information about disability and NDIS in your language.

Acquiring information will make you an active participant in the space for people with disabilities and live the life of your choice.

We want to help provide opportunities to promote the economic and social participation of people with disabilities in the community.

If your service or information is not included on this website, please contact us via multilingualhub@ssi.org.au and we will include it.

This project is funded by the National Disability Insurance Scheme (NDIS) Information, Linkages and Capacity Building (ILC) Program.

Interested in volunteering for MCCSA?

Visit www.mccsa.org.au for more info or contact us on 8345 5266.





Volunteering Australia - Celebrating 30 Years

This year Volunteering Australia will be celebrating 30 years of National Volunteer Week.

Established in 1989, National Volunteer Week was the first collaborative attempt to promote volunteering nationally. It is the largest celebration of volunteers and volunteerism in Australia and provides an opportunity to highlight the role of volunteers in our community and to say thank you to the more than 6 million Australians who volunteer.

Historically, NVW has focused on recruitment and provided a national focus for volunteer-based organisations wanting to recruit volunteers. However, after extensive research after NVW 2007 saw the focus change to be one of celebrating volunteering and thanking volunteers, with recruitment a natural by-product.



RESEARCH

Engaging Culturally and Linguistically Diverse (CALD) Communities in Parliamentary Inquiries

Voting is compulsory in Australia for all citizens aged 18 and above. It is one of the fundamental ways that citizens can influence government decision-making in a democracy. Less tangible to many people, including people of CALD backgrounds, is the work of parliamentary committees and their role in shaping the policy and legislative outcomes that affect our society. Like other parliaments established in the Westminster tradition, Australia's Federal Parliament and the parliaments of its states and territories each operate an extensive committee system, which conduct parliamentary inquiries that investigate specific matters of policy, government administration or government performance.

Parliamentary committees often rely on input from relevant individuals and organisations to strengthen the knowledge of Committee Members and their capacity to make recommendations on matters of public importance. Furthermore, a key part of committee activity is public engagement, and consultation with the community. Yet, as recent studies on parliamentary committees and their community

engagement have shown, there is room for improvement in the way parliamentary committees engage with and represent, traditionally underrepresented communities including CALD communities. In a society that has been and continues to be shaped by greater mobility and migration it is important to ensure that CALD perspectives are not only included but that they become part of the evidence that parliamentary committees receive. This will mean that policies, legislation and services are being inclusively designed and implemented and everyone has an opportunity to participate in shaping the society we live in.

This research paper surveys other Australian Parliaments on how they engage (or do not engage) CALD communities, discusses the specific barriers for CALD communities, and looks at the best community consultation and engagement of CALD communities. The overall aim was to inform parliaments, and in particular parliamentary committees, of the strategies that could be developed to better engage CALD communities in the work of parliamentary inquiries in future.

Download a copy of the report at www.parliament.vic.gov.au



Youth week 2019 – the Next Wave

This year MCCSA supported a group of young people from our Music program to plan and implement their first city show.

This group of talented hip hop artists has been recording with MCCSA from the Northern Sound System over the past year, and together we have been seeking opportunities to provide them with more live performances experience. More than simply a performance opportunity, this was a chance for these young people to map out and own their own event, organise venue, catering, PA,

staging, performances, scheduling, promotions and marketing and all of the elements involved in creating a performance event.

On the day, ten, up and coming performers had a chance to perform. For several, this was their first time performing live. Another 50 young people attended the performance – many travelling into the city from the Northern suburbs to show support and enjoy the talent.

MCCSA would like to thank Café Outside The Square, PLAYBACK 808 and Active Progress for their support with this event.





Rotary Club Donates toys for kids

Rotary Club of Prospect members Kudzai Nyamande, Kin Marshal Takayidza and Barrie Trevarrow were involved in donating toys to the MCCSA playgroups in Gilbert Street on Tuesday 23rd of April 2019.

Barrie and Kin were in attendance and handed over the toys to the MCCSA which will help kids in our playgroups learn crucial social skills such as playing with others, sharing, taking a turn and tidying toys.

Rotary has been a strong supporter of MCCSA in helping communities in South Australia.



Harmony Week

Celebrating our cultural diversity during Harmony Week is an important time in our calendar and a busy one too. This year the Multicultural Communities Council of South Australia (MCCSA) teamed up with our CALD communities for a 'Come and Try' cross cultural bowling experience at Glenelg Bowling Club on Friday 22nd of March. This was followed by a BBQ lunch and a mini harmony tournament between participants. For some of the participants it was a first time experience but it was worth the fun.

As part of the Harmony Week with help from the office of the Federal Member for Wakefield Nick Champion we also teamed up with service providers in the north such as Relationship Australia, Australia Refugee Association, Baptist Care,

Headspace and Sonders for the Inaugural Northern Cultural Cup soccer tournament in the north on Saturday 30th March 2019 at Pontian Eagles soccer club Yalumba Drive.

Boys and Girls from the Adelaide Dragons sporting club played against team of South Sudanese girls and a united nation team comprising boys from CALD background.

This year the Dragon boys and South Sudanese girls won their games.

To cap it all the MCCSA also released a youth music video for Harmony Week that generated a lot of interest on social media. The 'We are All Humans' music video was written, recorded and produced by a group of young people from diverse backgrounds in collaboration with the MCCSA Youth Development Team.

The message behind the song is that people come from different parts of the world to live in and contribute to Australia. Our difference is our biggest strength. We should celebrate our diversity and show our acceptance for one another.

Australia Day Council Runs First *Australia A Country Of Belonging* Event

For newly arrived migrants, having a sense of belonging is critical for their psychological and economic wellbeing. By engaging with communities, the Australia Day Council of South Australia's vision is to share the core values of what it means to be Australian, showcase case studies of Active Citizenship in action, plus provide inspiration and motivation to become involved in Australian society.

In response to this The Australia Day Council of South Australia (ADCSA) in conjunction with The Rural City of Murray Bridge and the Multicultural Communities Council of South Australia were thrilled to deliver 'Australia a Country of Belonging' – your pathway to active citizenship to the local community in Murray Bridge on Wednesday 20 March 2019.

Many of those in attendance at this event had recently arrived in Australia and have chosen Murray Bridge as home. It was an honor for attendees to experience a Welcome to Country and cultural performance from local indigenous community leader Harley Hall, to meet Mayor Brenton Lewis and to hear from a Citizen of the Year award recipient Trevor Purdie. Most notably, to use this opportunity to facilitate conversations around attendees' experiences within their new community, exploring civics and contribution to public life and how they can become part of helping to shape their local area.

This was a valuable opportunity during Harmony Week 2019 to engage with new people to the local area, to acknowledge the countries from where they had travelled, to welcome them to our community and provide them with practical and insightful knowledge and support to enable

them to flourish as residents within Murray Bridge

This event is one of a series of pilot workshops that the Australia Day Council of South Australia is delivering in partnership with the Multicultural Communities Council of South Australia across a section of metropolitan and regional Councils in South Australia. The aim of this pilot is to operationalize the Minister for Immigration's, 'Citizenship and Multicultural Affairs Integration Challenge' around Civics, Values and Inclusion and to develop an active citizenship model that can be conducted across our state with the potential to then be rolled out nationally.

If you would like to know more information, please contact Michelle Chaplin at michelle.chaplin@adcsa.com.au





Governor's Multicultural Award 2019

The Multicultural Communities Council of SA (MCCSA) congratulates the Governor's Multicultural Award winners for 2018.

Outstanding Individual Achievement – **Dr Hamoudi Aldyni**

Arts and culture – **Sanaa: A better world through creativity & Mr Abdullah Teia**

Community Sector – **Kilburn Peace and Welcome Garden**

Media – **Ms Sowaibah Hanifie**

Private Sector – **Neni's Dental Group**

Public Sector – **City of Adelaide**

Senior Volunteer – **Mrs Anna Blazeka**

Volunteer – **Mrs Saru Rana & Ms Monica Chiappe**

Youth – **Mr Gabriel Akon & Miss Vinuri Gange**

As we look forward to the 2019 awards in 2020, MCCSA acknowledges and congratulates not just the award recipients, but also all the other finalists and nominees for their work in promoting the benefits of cultural diversity, social harmony and inclusiveness in our South Australian community.

The MCCSA would like to especially acknowledge and congratulate Mr Gabriel Akon and Ms Sowaibah Hanife for their awards. At MCCSA, Gabriel works with disadvantaged multicultural young people, engaging them through music, building a safe space for them to regain trust with formal systems and society and work towards pathways for employment and study.

Sowaibah started her career as a journalist in early 2017 as the first Muslim woman from South Australia to become a television

news reporter and her commitment to exploring and investigating issues around multicultural communities has helped to shed light on some of the challenges facing our migrant community. It was also great to see the Adelaide City Council being recognized for all the good work they do for their community.

We are also happy for – Sanaa: A better world through creativity & Mr Abdullah Teia getting the award for Arts and Culture. The Sanaa visiting artists from Africa in collaboration with local artists did a marvelous job transforming our wall to a work of art.

We are also proud of our finalists Ian Harmstorf and Nasir Hussain, Board Members of MCCSA, Savvy Ouk MCCSA Staff and Miriam Cocking our Chairperson for their dedicative work to our communities and we are so happy to see them recognised for their contributions.

Working with our youth

We have been very busy working with our youth and providing them with an opportunity to follow a meaningful path in their journey to adulthood.

MCCSA Youth Program is a suite of early intervention and prevention programs designed to prevent social isolation, exclusion and disengagement by building young people's skills, knowledge, self-confidence and social and vocational connections.

Our Program builds positive peer relationships and strong community connections, and currently operates in the northern and western Adelaide metropolitan regions.

We based our approach on a co-design model, with participants being

guided by instructors and the Project Coordinator but giving our youth the chance to determine the specific activities they will pursue.

We run youth drop in sessions for young people between the ages of 12-30 at the Brocas house in St Clair every Thursday 4-9pm and at Northern sound system every Tuesday 4-6 pm.

MCCSA also runs a recreational sports program at Kilburn Community Centre.

Five a side futsal sessions for boys every Monday 4-7pm

Five a side futsal Sessions for girls every Friday 4-6pm

MCCSA also runs an Inclusive Hip Hop program, where young people are supported to develop their musical talents. Northern Sound System - Wednesday 1-6pm



Revitalising health at The Queen Elizabeth Hospital

Over \$270 million is being invested to revitalise The Queen Elizabeth Hospital (TQEH) to ensure the community has access to high quality health services through a contemporary, world-class facility.

The redevelopment will include:

- » new Emergency Department
- » new Intensive Care Unit
- » new operating theatres and day surgery suite
- » new clinical support services
- » rehabilitation services
- » a new multi-deck car park, with 500 spaces for patients and visitors

Construction of the patient and visitor car park is underway. It is anticipated for completion by mid-2019. Work on the new clinical services building will start in late 2019. Completion is expected by the end of 2022.

For further information visit:

<http://bit.ly/2DbyRUo>



The federal election will be held on Saturday 18 May 2019.

The AEC has been working to make sure that people from culturally and linguistically diverse communities have access to a range of information and services to make sure they know when and how to vote.

If you or someone you know needs help this federal election, you can:

- » Call 1300 720 153 to speak to a telephone interpreter about the election and voting;
- » Find information on how to vote correctly in 29 languages as well as a range of easy read guides on the AEC's translated information page aec.gov.au/translated.
- » Ask for help from a polling official when you go to vote, there will be 'how to vote' information available in 29 languages at every polling place.
- » Look out for polling official who speak another language if you are voting early or on election day. They will be wearing in-language name badges.

This year, AEC is also running a new Stop and consider campaign to encourage voters to check the source of electoral communication this federal election. The campaign is designed to remind voters to carefully consider material they see, hear or read. As part of this campaign, the AEC has produced translated factsheets about disinformation in 29 languages, which we encourage everyone to look at.

Flu season

Flu season in Australia usually runs from June to September, peaking in August. The Chief Medical Officer for the Australian Government, Professor Brendan Murphy, recommends vaccinating from mid-April in order to develop immunity before rates of influenza increase.

As we approach the Flu season we thought we should share some relevant information about the Flu vaccine from the SA Health website.

Flu vaccine

Each year influenza (flu) vaccine is developed to protect you against the most common strains of flu. Influenza disease can be very serious leading to complications such as pneumonia, myocarditis (inflammation of the heart), neurological conditions and other bacterial infections.

Vaccines recommendations

The flu vaccine is recommended for any person six months of age and over who wishes to reduce the likelihood of becoming ill with the flu.

There are two types vaccines available for use in Australia for the 2019 influenza season.

- Trivalent (three strains-two influenza A and one influenza B)
- Quadrivalent (four strains-two influenza A and two influenza B)

Your GP can recommend the best time to get the flu shot based on your individual circumstances. Ultimately, being vaccinated at any time is better than not at all.

Visit sahealth or healthdirect for more information



THE FLU VACCINE IS NOW AVAILABLE.

PROTECT YOURSELF AND YOUR LOVED ONES.
GET A FLU SHOT TODAY.

sahealth.sa.gov.au/flu


Government of South Australia
SA Health

MCCSA PHOTOS



MCCSA celebrates Harmony Week at Glenelg Bowling Club



Governor's Multicultural Awards 2019



Harmony Week - Inaugural Northern Cultural Cup soccer tournament



The 10th annual Youth Expo - a collaborative effort between the City of Port Adelaide Enfield, City Of Charles Sturt, City of West Torrens and Multicultural Communities Council of SA. Over 700 students and 40 service providers celebrating together.

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 Hee Young Lim at MCCSA on 8213 4604 or email heeyoung.lim@mccsa.org.au

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.



Carers Retreat

Our Carers Retreat programs help fund planned short-term breaks for unpaid care givers of the frail and elderly. CALD community organisations that work with carers of the frail and elderly should contact us to discuss applying for this funding, as we want as many carers as possible to access the benefits of having a retreat.

For more information call Megan Hill on 8213 4605 or email megan.hill@mccsa.org.au



MCCSA Community Hall

A diverse range of community groups 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.



Reconnect Services

MCCSA provides individual support to young people that are having trouble at home.

This is an early intervention program to prevent youth homelessness and can provide information, support, counseling, mediation, practical support, and group activities.

For further information or referral please contact Megan megan.hill@mccsa.org.au or Savvy savvy.ouk@mccsa.org.au on 8213 4605.



Community Visitor Scheme

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



Healthy Ageing

MCCSA supports 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



Successful Communities

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

For further information please call Megs Lamb on 8213 4610 or email megs.lamb@mccsa.org.au



Multicultural Playgroup

MCCSA is currently running a multicultural playgroup for children from diverse background in South Australia to give them the best possible start in life and we want parents to feel supported.

If you would like more information or want to attend with your child, please contact Hee Young Lim on 8213 4604 or Heeyoung.Lim@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

Justice of the Peace

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



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



Swahili Sewing Group

MCCSA runs a small sewing group from the Kilburn Community Centre, connecting women to both sewing skills and other women in their local community.

For more information please contact Ukash or send an email to 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 on Mondays and Tuesdays including the weekend.

For more information email Sidique.bah@mccsa.org.au

FECCA releases study into cultural competency of Australian workplaces

Cultural Competence in Australia: a Guide explores the importance and benefits of developing culturally and linguistically diverse workforces.

The report examines how cultural competence has evolved over the last decade and its continuing relevance for Australian government, business and community organisations, as well as how the cultural competence of workplaces can be assessed.

FECCA CEO Mohammad Al-Khafaji said culturally and linguistically diverse (CALD) Australians experience many barriers, including racism and discrimination, in recruitment and promotion in workplaces.

"According to the most recent census data, one third of Australians were born overseas and nearly 50 per cent of Australians have one or more parent born overseas," he said.



View report at www.fecca.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