



SPRING 2016

MCCSA Community VOICES



From the CEO

HELENA KYRIAZOPOULOS

Thank you all who attended SALA 2016! Our artist-in-residence this year was Mr Mohammad Evans. His work was a display of traditional Arabic art and Islamic calligraphy, and it was the first time in South Australia that this type of art has been displayed, yet another first for the MCCSA! We are pleased to host Mr Evans' first public art exhibition. His work will remain open to the public until Friday the 16th September.

The MCCSA, in collaboration with the Health Consumer Alliance, are pleased to host a conversation for CALD communities on "Transforming Health" on Wednesday, 21st September between 5-6pm at the

Multicultural Communities Council of SA. The Acting CEO of SA Health, Vickie Kaminski, will provide an overview of Transforming Health, how it aims to renew our health services and better support South Australians in their health care needs. It is important to be informed about changes which may affect you or your community. I look forward to seeing many of you at the event. Please come so you can form your own opinion.

South Australia is proud to celebrate a range of multicultural events throughout the year. It is delightful to see the diversity that as communities we have to offer. It was, however, disappointing to hear of Campbelltown Council's resolution regarding the Punjabi Association's, 'Diwali Mela' Festival. Their decision to not allow fireworks is contrary to the spirit of social cohesion and multiculturalism. 'Diwali Mela'

better known as the 'Festival of Lights' arguably is the most important ancient festival in Hinduism and can be compared to Christmas for Christians. Fireworks are an important aspect of the celebration, and one which the community look forward to as the culmination of the festivity. It is pleasing to know that this year in October the Punjabi Association of SA will be celebrating Diwali Mela but at Pinky Flat by the River Torrens in the city – we wish the community well.

Save this date, the MCCSA's AGM this year will be held Thursday November 10th at the Croatian Community Club.

With best wishes.

Helena
MCCSA CEO

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MCCSA MANAGEMENT COMMITTEE

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Vice Chairperson: Dr Ian Harmstorf OAM

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Committee Members:

Daniela Costa

Jeff Fiebig

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Rene Grypma

Patrizia Kadis

FREE UPCOMING MULTICULTURAL EVENTS



UNMASKED
AFRICAN FESTIVAL

WHEN:

Saturday 17 September

WHERE: Victoria Square

TIME: 11am - 7pm

unmaskedafrica.com.au



WHEN:

Sunday 18 September

WHERE: Corner of Greenhill Road and Anzac Highway

TIME: 11am - 5pm

facebook.com/ADELAIDEEIDFESTIVAL



WHEN:

15 - 18 September

WHERE: Palace Cinemas East End

www.KOFFIA.com.au

facebook.com/koreanfilmfestival



WHEN:

Sunday 25 September

WHERE: North Terrace State Library of South Australia

TIME: 11am - 4pm

facebook.com/IndofestAdelaide



Korean Wood Carving Lesson for Aged 50 and Over

MCCSA's hall has been filled up with people's laughter and rhythmical 'tap tap tap tap' sounds every fortnight, since the 8th of July. This is because the 'Korean wood Carving Lesson for Aged 50 and Over' sessions have been taking place.

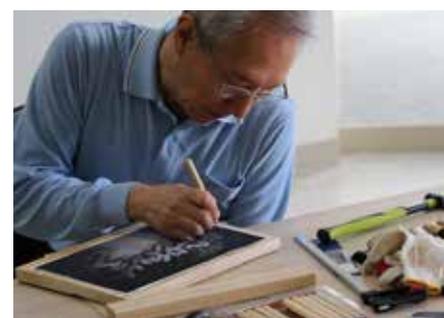
This project is managed by the Multicultural Communities Council of South Australia, and financed by a Seniors Grant from the Office for the Ageing, Department for Health and Ageing. This project is designed to enhance skills and improve social inclusion and wellbeing. We have found in previous art programs that this is very important for CALD groups. This art class for an intergenerational group of seniors aged 50 and over provides opportunities for social

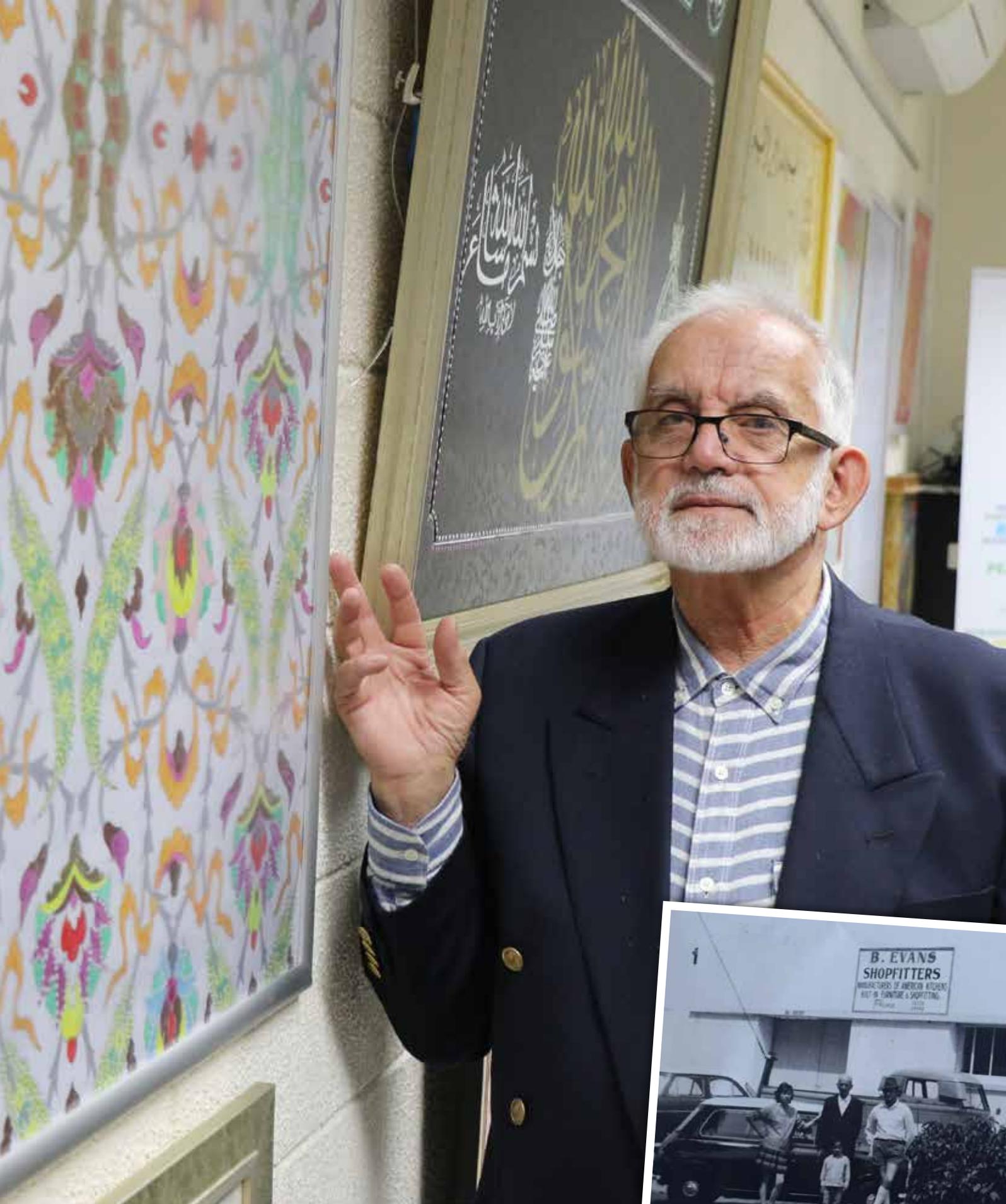
engagement, intergenerational bonding, reduced isolation and an increased sense of belonging to South Australia.

Participants were not aware of the basics of wood carving, and therefore they were clumsy in even using the tools at first. However, their skills in wood carving and use of equipment improved over time as they gained familiarity with the process. Through these artistic activities, participants could not conceal their excitement and joy in collaborating in such creative activity with each other, and are restoring the vitality of their lives. Participants are showing their enthusiastic attitude by taking their tools home and spending time practicing. As a result of such passion from the participants, the hammering sound that somewhat sounded like dull and clumsy have become more natural and rhythmic, and their skills

are continuously improving to the point where they are able to create artwork of their own. It can be expected that through these sessions of creative arts activities, the communication between the Korean participants could become even more harmonious, and that their mental well-being and self-expression will be enhanced.

For more information please contact Heeyoung Lim on 82134604 or heeyoung.lim@mccsa.org.au





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.

A MIGRANT'S STORY: Mohamed Sayed Evans

By Sidique Bah

Since the first landing on Australian shores in 1788, people from all corners of the globe have migrated to Australia and played a vital role in shaping Australia's history, forming the multicultural identity we pride ourselves on today.

For this edition of community voices we spoke with South African born Australian Cabinet maker and Islamic calligraphy Artist Mohamed Sayed Evans about his Australian journey. He is a man who has been very active in the Muslim community in South Australia; he was the President of the Islamic society of SA and an active community leader.

Mr Evans arrived in Melbourne in June 1979 in his late thirties with his wife and three children. "I came to Australia because I felt there was a better future for my children. The apartheid system there was making conditions worse, schools were closed, people couldn't demonstrate and I felt that

I rather sacrifice everything that I had there for a future in another country".

A renowned cabinet maker and coffin builder, Mr Evan was equipped with a much needed skill in Australia. "I was interviewed by the Australian Ambassador and when he heard of my skills and what I was capable of doing he recommended me at the time to go and reside in Canberra because they were building the new parliament house." said Mr Evans.

But as fate would have it Mr Evans instead went on to stay in Melbourne and eventually moved to Adelaide for work. Thirty eight years later Mr Evans is still in Adelaide and he has no intention of living anywhere else as the opportunities are endless here.

Mr Evans' family history is very multicultural, his heritage includes Indian, Malaysian and English. The diversity of his family history continues with his own three children marrying into different cultures, and many converting to the Muslim faith.

Since retirement Mr Evans is focusing on his passion for Islamic and Arabic calligraphy, an art which he was fascinated with from the age of 15. "I always felt that in my retirement I'd have more time to practice and delve in more deeply into Arabic calligraphy. Through MCCSA's SALA exhibition I have been given the opportunity to exhibit all the work which I have accumulated over the last fifteen years"

Reflecting on his love for calligraphy art Mr Evans said he gives his artwork a lot of in-depth thought, "It is not just the writing that is so important to me it is the actual artwork that brings the writing to life. I've put in a tremendous amount of hours into my artwork, one of my pieces has taken me sixty hours to do, I want to open a calligraphy school to teach anyone that has an interest in Arabic calligraphy".

Mr Evans calligraphy art will be on show at the MCCSA until Friday the 16th September.



VOLUNTEER'S STORIES



Elvira Varricchio

Volunteering as a Community Visitor reminds me of how precious life is. Our life experiences will determine, I believe, how we cope in our 'twilight' years, and I have been privy to observing, firsthand the many different approaches taken by mere mortals to the inevitability that is for us all 'Old age'.

Some are able to approach it with grace and dignity, others with mild resentment, and indeed some with outright frustration at their plight and yet others have little or no memory of what once was their life. Yet every single older person we meet has something to teach us, even if only to remind us of our own humanity.

As with the very young, the very old are far more candid in their assessments and there is a lesson in that for all of us. Increasingly we find ourselves in a world where peering at a 'screen' watching other people's so called 'reality' being played out continues to 'dumb down' our abilities to extract the fact from fiction. Apparently it makes good television!

Unfortunately, the truth is still hard to handle for most. Engaging with the elderly through the Community Visitors Program keeps me grounded, and reminds me to be grateful every day.



Donna McKenzie

Hi my name is Donna and I am newly recruited as a volunteer for MCCSA. I am helping the organisation in a human resource capacity, developing and updating policies and procedures and doing what I can to support the administration of MCCSA. I am originally from sunny Brisbane and moved to Adelaide with my husband who is working here on a 12 month contract. I have a background in Human Resources and administration and I am also studying a Masters in Social Work online through Griffith University.

I love small community organisations, and have worked for many of them throughout my career. I find them full of friendly, passionate, diverse and dedicated people. MCCSA is no different! It is a great opportunity for me to connect with local Adelaidians as well as the many wonderful local multicultural communities. I hope to learn much from this experience as well as being able to contribute to a great organisation!



Abby Liu

Hi, I am Abby. I am come from Guangzhou, a metropolis in South of China. Cantonese is my mother language, and I also speak Mandarin.

I am a Master of Social Work student from Flinders University. I am doing my final placement in the Multicultural Community Council of SA with Hee Young Lim. I will be involved with the Community Visitor Scheme program and the Kick-starting for Childhood Success Program.

I have been in Australia for three years. I like the all the natural elements of Australia, such as the weather, the fresh air, the blue sky, and the diverse plants. I also love being part of a multicultural community, and the nice Aussies. Their hospitality and kindness makes me feel welcome and included.

Although Adelaide is not as big as my hometown, the cultural atmosphere is wonderful in this vital city. I like the mixture of quiet and vitality. I am enjoying both peace and prosperity here, not only the beach and the park, but also the wonderful festivals and the fantastic shows.

I love living in this city and Australia very much



Donating for life...

By Sidique Bah



When we settle in a new country the challenges we face vary from one individual to another. We spoke with Iranian born Australian mother of three, Shohreh Niazian-Afarinesh about her experience with organ donation.

Coming from a cultural background where the notion of organ donation is frowned upon and is only done by family members, Shohreh was not prepared for the challenges she had to face to keep her young son alive. She came to Australia with her young son Omid as a refugee in 1989. Her second child Iman was born in Adelaide with a posterior urethral valve – an obstruction to the urethra which only occurs in males. It is the most common cause of bladder outlet obstruction in newborns, a child born with this condition does not have a functioning kidney or bladder and the condition is fatal if not medically treated.

At a very young age her son Iman underwent his first transplant – he received a kidney donated by his father. Iman is now 14 years old and is likely to need another transplant within the next two years, for this, his Mum will be his donor.

When asked if she is worried about giving up her kidney Shohreh said her only concern is that her son's second transplant might only last him for 10 years. "That's why we want to hold off as long as we can before he has the next transplant. If he has the next one when he is 16 years old which is two years from now, then he will be around 26 years old when he will need another one."

Shohreh said she did not previously know about organ donation and even after all she's been through, it's only recently she has become aware of the services that are in place to help people in need of an organ transplant. "I thought it was only family who

could give organs. I have to think about putting Iman on the donor list as you know it is not a common practice in our culture."

Based on her experience with organ donation Shohreh's advice to all families from culturally and linguistically diverse backgrounds is that this is an important issue for them to be aware of, the gift of giving to save someone's life is something we should all consider. "People should try to find out more about organ and tissue donation and how it works. It is very important for people coming to this country to know that this can happen to anyone. They need to understand also that there are people here who can help."

For more information about organ and tissue donation you can visit the DonateLife website at www.donatelife.gov.au

CareSearch for Culturally Diverse Communities

The CareSearch website (www.caresearch.com.au) provides trustworthy information for anyone who needs palliative care and for anyone providing palliative care.

Palliative care is care that helps people live their life as fully and as comfortably as possible when living with a life-limiting or terminal illness (Palliative Care Australia). The speciality of palliative care focuses on valuing self-determination and respect for individual cultural values and belief systems. It is important to realise that culture is about so much more than language or country of origin.

Many visitors to CareSearch are looking for palliative care information for people from a different culture or who speak another language. There are resources and links to further information that can help support people in the community.

Health professionals may also be looking for information about caring for someone in a culturally appropriate way. The resources on CareSearch can help raise awareness for clinicians of those with specific care needs, and identify resources that can support individualised care and increase equitable access.

Consumer Information

Pages within the Patients, Carers and Families section contain information for all consumers. The Multicultural page provides information on interpreters, family and community support and on referral to palliative care as well.

There are seven short CareSearch videos for consumers. They have been translated into the 3 most commonly used languages



based on the Australian Bureau of Statistics at the time (Greek, Cantonese and Italian). These videos introduce the main topics covered in the Patients, Carers and Families pages.

The Other Languages page provides links to palliative care and related resources available in other multiple languages.

Information for Health Professionals

Within the Nurses Hub, information is available on Multicultural / Cultural and linguistic diversity issues. This includes issues specific to those from a different culture, including family and community support, finding information in different languages and state services and resources. There is also a page on Multicultural Areas of Practice highlighting that "Respecting and working together with another culture and beliefs should be an integral part of clinical practice".

The Residential Aged Care (RAC) hub has information on Cultural Considerations and the GP hub has multicultural resources that can help in providing clinical care.

Finding Literature and Evidence

PubMed Topic Searches can be found within the CareSearch website. They provide an easy and reliable way to find the relevant palliative care literature in English. Each link runs an immediate search of PubMed and all searches are automatically updated as new articles are added to the database. For example: The Multicultural PubMed Search will automatically retrieve articles looking at multicultural issues and palliative care in PubMed. The Multicultural and Heart Failure PubMed Topic Search is a more specific search.

The CareSearch Multicultural Reviews compiles systematic reviews and structured literature reviews dealing with palliative care and multicultural issues. The CareSearch Grey Literature collection can be searched for Australian projects and research putting search terms such as multicultural or ethnic in the search box

All materials on the website are developed and peer reviewed by Australian health professionals: they are relevant to palliative care, trustworthy and reflect the best available evidence.



Iranian Women's Organisation of SA

Iranian Women's Organisation SA Incorporated (IWOSA) was founded in May 2015, and is a not for profit organisation. IWOSA seeks to promote the interests of its members and represent Iranian women and their families in South Australia in a harmonious and caring manner. IWOSA is non-sectarian organisation and has no affiliation with any political or religious groups.

In IWOSA, we aim to promote health and wellbeing among Iranian women and their families, to interact and integrate with the broader society, to participate in efforts to improve environmental protection and understanding, to address the drastic human rights abuses and gender-based discrimination and to join hands with the women of the world to promote peace and justice for all.

IWOSA have successfully collaborated with a number of organisations including: Relationship Australia (RASA), My Gov, Red Cross Australia and Adelaide White Ribbon foundation, providing health and financial management seminars for Persian Speaking community members.

IWOSA's aim is to preserve and promote Persian culture, language, tradition and arts - through events and community education including Nowruz Bazaar, regular ladies' night out, youth dance classes, English language classes and free tax assistance service in Persian are just some of the areas they are involved with.

Groups which have assisted IWOSA along their journey have included the Peace Team at RASA, Successful Communities Team at MCCSA and MYSA.





SA Water: let's talk pipe!

As part of our role as the Peak Multicultural agency, the Multicultural Communities Council of SA contributes to a range of Consumer Committees one being, SA Water. The following interesting article has been contributed to Community Voices by SA Water.

SA Water is committed to providing South Australians with a reliable supply of safe, clean water. They achieve this by operating almost 27,000 kilometres of water pipeline across the state. That is a lot of pipeline – enough to travel from Adelaide to San Francisco, and back again! Of this total, approximately 9,200 kilometres are within metropolitan Adelaide.

Water wastage is big a concern for people. Water mains are regularly upgraded to ensure they can continue to deliver a reliable service. This helps you to stay hydrated, cook, clean, wash and flush the toilet. It also ensures South Australians can access the water they need to serve the community.

SA Water network is in good condition, and young by urban water industry standards. Traditionally, water mains have an asset

life of approximately 100 years. Some last longer; others need replacing sooner.

SA Water pipe replacement program prioritises mains most likely to cause disruption to the community. They do not prioritise water mains for renewal based on a pipe's age, as it does not always reflect its quality. We often update the program to reflect changes in burst rates and supply interruptions. Since the year 2000-01, water main bursts and leaks across South Australia have reduced by 7%.

In 2016-17, SA Water plans to spend \$341 million upgrading water and wastewater infrastructure. This includes replacing pipeline, as well as upgrading treatment plants, storages and pump stations. Of this, \$18.8 million will be spent on water main replacement and upgrades. SA Water customers and the economic regulator have supported this plan.

All water mains have the potential to burst or leak. It is common for this to occur on a daily basis around Australia. The most common cause in Adelaide is ground movement. This is related to the city's highly-reactive clay soils. As the reactive

clays crack or swell, it applies frictional and upward forces on the pipe. Changes in soil moisture lead to this friction. This usually occurs between February and June each year. Our underground water pipes tend to experience more bursts and leaks around this time. Other reasons for a pipe's failure can include corrosion, type of material used and the water pressure inside the pipe.

When water main bursts and leaks do occur, the main priority is you, the customer. SA Water is committed to supporting you to help minimise disruption to your everyday activities. SA Water has a dedicated Community Support team who provide on-site help to people affected. The team can deliver bottled or cask water to those who are without water. They also help to arrange a clean-up crew or accommodation, and make an insurance claim if needed.

Information on SA Water website is translated into 15 languages this will be a focus in the next edition of Community Voices. Do you want to know more, or have feedback for us? Get in touch at yoursay@sawater.com.au or call the Customer Engagement Manager, Jodi Slater, on 08 7424 2384.

Association of Ukrainians in SA Celebrate the Anniversary of independence in their homeland

On Sunday, the 21st of August 2016, the Ukrainian community in South Australia celebrated the 25th Anniversary of the proclamation of Ukraine's independence, with a concert at the Ukrainian Community Centre, 64-66 Orsmond Street, Hindmarsh.

The concert featured a variety of performances; choral, instrumental, dance and slide show presentation. In his welcoming speech the President, Frank Fursenko spoke of the ongoing and present struggle between the Ukrainian army and the so-called "rebels". After the concert, the celebration continued well into the night with a cabaret featuring a local band - Yellow Blue Bus. Members and visitors alike were treated to a colourful exhibition of Ukrainian stamps, historic postcards and military badges organised by the Ukrainian Collectables Society. Approximately 300 members of the community attended together with many VIPs – The Hon. Michael Atkinson MP, the Hon. Jennifer Rankine MP, the Hon. Grace Portolesi, Mayor Angela Evans of the City of Charles Sturt, Miriam Cocking, Chairperson of the MCCSA and representatives (in nearly all cases, the Presidents) of the Austrian, Belarusian, Croatian, Czech, Estonian, German, Greek, Hungarian, Iranian, Irish, Italian, Latvian, Lithuanian, Polish, Romanian, Slovak and Spanish Associations of SA.



“Fire-bird” in Adelaide

Most ethnic communities in South Australia have Women’s Associations whose activities are dedicated to promoting their culture and improving the wellbeing of their members and the community at large.

With over a century of history of migration to South Australia, Russian women have always played a very important role in the life of our community, but there has been no official Russian women’s organisation recognised by government until now. The Russian Women’s Association of

South Australia (RWASA) was officially incorporated May 2016.

The form and platform of this Association is defined by its Constitution.

RWASA was established on a non-profit basis to represent and promote the interests of its members and all Russian speaking women in South Australia.

It is an Association of Members without political or religious affiliation and without racial or age discrimination.

The main purposes of our Association include: to act as the representative body for women of Russian background before

various organisations, the preservation and promotion of the Russian language and traditions and assisting Members in becoming part of the wider Australian community.

The symbol of RWASA is a “Fire-bird”, which in Russian folklore personifies feminine beauty, wisdom and fortitude.

The RWASA Inaugural meeting took place in July at the Multicultural Communities Council of SA, with the CEO, Helena Kyriazopoulos in attendance.

Lily Michailov, President
lily.michailov@gmail.com

“ЖАР-ПТИЦА” В АДЕЛАДЕ

Большинство этнических групп в Австралии имеют женские организации, работа которых направлена на сохранение культуры и повышение благополучия той или иной общности в целом.

Несмотря на тот факт, что женщины всегда принимали очень активную роль в более, чем вековой истории и жизни русскоговорящей диаспоры в нашем штате, как таковой официальной, узаконенной правительством, женской организации до этих пор здесь не существовало.

Ассоциация Российских Женщин Южной Австралии

(Russian Women’s Association of S.A., Incorporated)

получила свой официальный статус 4 мая 2016 года.

Обязательным условием регистрации любой благотворительной организации в Австралии является наличие в ней Конституции, как основополагающего законодательного документа, определяющего форму и платформу этой организации и имеющего высшую юридическую силу.

Согласно нашей Конституции, Ассоциация Российских Женщин Южной Австралии (АРЖЮА) – это добровольческая женская организация без политических и религиозных аффилиаций,

без национальной и возрастной дискриминации.

АРЖЮА основана на благотворительных началах и своей деятельностью стремится представлять, поддерживать и поощрять интересы русскоговорящих женщин нашего штата.

Основными целями Ассоциации является объединение заинтересованных, бескорыстных и самоотверженных единомышленниц для деятельности, которая способствует сохранению языка и культурных традиций, поддержанию и развитию связи поколений русскоговорящей диаспоры и повышению роли её женщин в жизни австралийского общества в целом.

Символом нашей организации является “Жар-птица”, олицетворяющая в русском фольклоре женскую красоту, мудрость и выносливость.

Учредительное собрание Ассоциации Российских Женщин Южной Австралии “Жар-птица” состоялось в июле этого года.

Лилия Михайлова,
Президент
lily.michailov@gmail.com

What is Rotary?



It is all sorts of people, of all sorts of ages that join together in a club to help communities. Our Club is part of the wider Rotary International - a network of 1.2 million Rotarians in nearly 33,000 Clubs around the world, all dedicated to making the world a better place through promotion of peace, cultural understanding and service to the community.

Have you seen this wheel somewhere? On a building, on the side of a road in the suburbs or on a wall or fence, as you go into a country town.

This represents people in a community that you are near or about to be part of.

You might have seen our club members at the Harmony Day BBQ where we were cooking sausages, and you will see others at Bunnings or outside your super market.

There are other things Rotary does that are not as evident- aids for the disadvantaged & driver education programs in secondary schools are but two examples.

Why do we do this?

Apart from a love of sausages we mostly do this to earn some money to put to our works of charity.

Our club The Rotary Club of Adelaide South is over 35 years old, and we are 1 of 5 clubs based in the city of Adelaide.

We meet 2 times a month to be with our friends and we then decide what projects we are going to do to earn money and what we will do with it when we have it -- and who are we going to help!



In the past year we have helped at a women's refuge where we provide better furniture for them to enjoy. We have raised money and cooked breakfast for the homeless at the Hutt St Shelter.

We also have our own international projects that we are very proud of. Our club has marshalled funds together to enable a project in Ethiopia to build water storage cisterns – called Birikats. We also have an Education Program that we are assisting in Dau in the Philippines.

Internationally those 1.2 Million Rotarians and the Gates Foundation have almost eliminated the Polio Virus from the world.

What do we get for this?

Plenty. Good friendship, rewarding projects and lots of thanks. We also meet new people and make strong connections to other people, who have great skills. Plus all members take turns in running the club and they learn more about organisation and public speaking.

Is Rotary for You?

Yes it is. If you want to give back to your community. There are lots of ways to do Rotary now. You can join clubs with only young people, you can join internet based clubs and some of the more traditional clubs, who still have founding members from over 50 years ago. Whichever club you join you will find friendly people who will make you welcome & you can participate in activities to the level that you are comfortable.

Our club is planning to do more work with your community and we welcome you to ask questions and meet with us as we would like your help to make our club a more Multi-Cultural Community. Look us up on the web www.rotaryadelaidesouth.org.au or www.facebook.com/RotaryClubofAdelaideSouth or email prnced@ozemail.com.au

Diversity celebrated during dementia awareness month

September is International World Alzheimer's month, worldwide there are more than 46.8 million people with dementia today and 131.5 million predicted by 2050. Currently, some 12.4% of Australians with dementia – around one in eight – do not speak English at home.

In some cultures there is no word for dementia, while in others it is believed that dementia can be the work of some kind of curse, a type of payback, or karma.

To help dispel these myths, and to share the message that dementia is a progressive neurological condition, Alzheimer's Australia has developed a number of resources about dementia in various languages.

These resources will be shared widely during September as part of this year's Dementia Awareness Month. The theme is 'You are not alone' and Alzheimer's Australia is working hard to break down the stigma and misconceptions associated with the dementia, by urging people to find out more about the condition, so that people living with dementia feel less isolated and alone.

To ensure community members from culturally and linguistically diverse backgrounds are included in our dementia awareness month activities, Alzheimer's

Australia will be running a national communications campaign which is culturally targeted, diverse and appropriate.

The campaign to raise awareness about dementia, includes radio, print, and digital material that has been appropriately translated into five languages including, Chinese, Greek, Indian, Italian and Vietnamese. These dementia awareness messages will be widely circulated through the publications considered to be the leading titles in their language in each of the states and territories, which have the highest circulation rates amongst the various language communities.

Alzheimer's Australia will also be promoting our community language videos which can be found on the national website.

There are fifteen videos in various languages, including the It's not a disgrace...it's dementia series which is a series of ten short films to raise awareness, reduce stigma and dispel myths about dementia in nine different languages, including Italian, Vietnamese, Spanish, Serbian, Ukrainian, Arabic, Cambodian, Assyrian, Portuguese and Croatian.

These films feature carers of people living with dementia giving personal accounts, in their own language, of their experience, along with health professionals who

talk about the condition and stress the importance of seeking help early.

These films have been produced by Alzheimer's Australia NSW, with thanks to the Department of Health and Ageing (DOHA) and Family and Community Services. They were produced in partnership with Why Documentaries and the Multicultural Communities Council of the Illawarra.

During Dementia Awareness Month, listen out for the SBS radio language programs throughout September, as a number of different language programs will be featuring interviews about dementia to raise general awareness of dementia in the community, Chinese Dementia Awareness Month advertisements highlight the supports and services available out there for people with dementia and their families and carers.

A number of our help sheets which provide advice, common sense approaches and practical strategies on the issues most commonly raised about dementia are available in over 40 languages on the national Alzheimer's Australia website www.fightdementia.org.au.

For language assistance please call the Translating and Interpreting service on **131 450**.

Reproduced with permission from Alzheimer's Australia

MCCSA SERVICES



MCCSA CHSP Transport Service

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

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

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

If you would like to make use of our service or join our team of volunteers call Hee Young Lim at MCCSA on 8213 4604 or email heeyoung.lim@mccsa.org.au



Reconnect Services

MCCSA provides individual support to young people that are having trouble at home. This is an early intervention program to prevent youth homelessness and can provide information, support, counseling, mediation, practical support, and group activities.

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



Carers Retreat

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

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



MCCSA Community Hall

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

The Hall is also available for commercial hire.

For more information in accessing the MCCSA hall call Maria on 8345 5266 or email mccsa@mccsa.org.au for terms and conditions of use.



Successful Communities

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

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



Community Visitor Scheme

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



Healthy Ageing

MCCSA supports communities to stay connected through their ageing years by enabling a range of services such as social programs, advice, advocacy and specialist workshops and forums.

For any enquiries on this program please call Kristin on 8213 4603 or email kristin.johansson@mccsa.org.au.

Justice of the Peace

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

MCCSA PHOTOS



Association of Ukrainians in SA Celebrate their independence



Cambodian Youth Reconnect



SALA Art Exhibition at MCCSA: Arabic art and Islamic calligraphy by Mr Mohamed Evans



Adelaide City Council Lady Mayoress Genevieve Theseira-Haese



Refugee week at MCCSA



MCCSA Korean Arts Workshop

Transforming HEALTH

The Multicultural Communities Council of South Australia and the Health Consumers Alliance of SA are pleased to host a conversation with Vickie Kaminski, the acting CEO of SA Health.

Vickie will provide an overview of Transforming Health, how it aims to renew our health services and better support South Australians in their health care needs.

WHEN: Wednesday 21
September 2016

TIME: 5pm - 6pm

WHERE: MCCSA, 113 Gilbert
Street, Adelaide

RSVP: For catering purposes,
please RSVP by 19 September to
Maria or Lena on 8345 5266.



MCCSA PROGRAM FOR MOTHERS

Kickstart

MCCSA has been aware of gaps in the knowledge and understanding that newly arrived parents have around the availability and purpose of the range of early childhood services available to them for some time.

We are very excited that with the support of the Department of Social Inclusion we have been able to expand our services in this area, with our new 'Kick Starting Childhood Success' program. We are currently partnering with Lutheran Community Care to deliver a series of workshops to two groups from their Ingle farm Family Zone.

We are connecting newly arrived mums from a Middle Eastern and Korean background to a broad range of services and supports in areas focusing on children's health, safety, development and education. We are also excited to be working with Uni SA to track this project, and develop a successful model for future work.

MCCSA is committed to supporting young families and children, and is currently working with the Sturt Street Children's Centre to develop multicultural playgroups at our city location. If you would like more information around this or any of our initiatives in the Children's space please contact Megan on 82134605 or megan.hill@mccsa.org.au

NOMINATIONS NOW OPEN FOR THE 2016 GOVERNOR'S MULTICULTURAL AWARDS!

www.multicultural.sa.gov.au/programs/governors-multicultural-awards

Interested in volunteering for MCCSA?

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

www.mccsa.org.au



Multicultural Communities Council of SA Inc.

113 Gilbert Street, Adelaide Phone 8345 5266 www.mccsa.org.au

Compiled and edited by Sidique Bah, MCCSA Communications Officer