



MCCSA Community VOICES

SPRING 2017



From the CEO

HELENA KYRIAZOPOULOS

Hello, and welcome to this spring edition of “COMMUNITY VOICES”!

These past few months have been exceptionally busy for us at MCCSA as well as the Communities, through festivals, social services, AGM's and community events. Some of the highlights of the past few months have been:

- ✓ The release of the “CALD Age-Friendly SA Report”, commissioned by the Office for the Ageing (OFTA). A big “THANK YOU” to all the communities who participated in the community consultations. A copy of this report is now available on our web pages.
- ✓ We have been commissioned by OFTA to work with five ethnic communities during 2017/18 on the “Knowing Your Rights” (KYR) project. This project assists in raising community awareness of the rights of older persons, the laws that protect these rights and services that can assist.
- ✓ An active collaboration with the HEALTH PERFORMANCE COUNCIL, through the second CALD Leaders Forum.
- ✓ Refugee Week events, in collaboration with the Adelaide City Council.
- ✓ Presentation and participation at the “Ageing in a Foreign Land” conference.
- ✓ Yet another successful SALA event.
- ✓ We launched the “SUCCESSFUL COMMUNITIES ON-LINE TOOLBOX” website. This has been received enthusiastically both locally and nationally. Many thanks to the Hon. Zoe Bettison, Minister for Multicultural Affairs, who announced at the Successful Communities event that MCCSA has been successful in securing funding of \$70,000 to pilot a part-time Community Development position to better enable communities to apply for grants and general support.
- ✓ Participation in the Interfaith Conversation at Parliament House, hosted by the Hon. Zoe Bettison, Minister for Women. This was an extremely well-attended meeting supported by Women's Safety Network, Office for Women and the MCCSA and facilitated by the Rev Hon Dr Lyn Arnold, AO. We are sure that this exciting initiative was the first to be held nationally and was well received by the local community faith leaders. Open and frank conversation was encouraged, and faith leaders shared their experiences and identified areas where they required additional support. Many thanks again to the Minister for taking the lead in this area, and also for the bipartisan political support demonstrated through the presence of the Hon. Michelle Lensink who also attended the meeting.
- ✓ We have secured funding through Grants SA grant to enable us to fund a new bus!
- ✓ Multicultural Playgroup has been embraced. Every Tuesday morning the MCCSA Gilbert Street building is filled with toddlers, parents and grandparents from many ethnic backgrounds, all playing together and enjoying and learning from the experience!
- ✓ Youth programs have now become a strong core feature of our work. Our current collaboration with the Kilburn Community Centre in a creative program called “Expression Sessions” will continue through to December with the participants showcasing their efforts at a community event, highlighting their work from all terms and sharing their experiences with their families, friends, project mentors, group leaders and local community.

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MCCSA MANAGEMENT COMMITTEE

Executive:

Chairperson: Miriam Cocking

Deputy Chairperson: Dr Ian Harmstorf OAM

Treasurer: Silvio Iadarola

Committee Members

Daniela Costa

Margota Pukitis

Gosia Skalban OAM

Petar Zdravkovski

Rene Grypma

Patrizia Kadis

UPCOMING MULTICULTURAL EVENTS



WHEN: 8-10 October 2017

WHERE: Darwin

www.fecca2017.com.au



WHEN: 13-14 October 2017

WHERE: Mercury Cinema

www.giffa.org.au



WHEN: 1 October 2017

WHERE: Victoria Square

TIME: 10am - 3pm



GRANT WRITING FOR SUCCESSFUL COMMUNITIES

WHEN: 27 September 2017 | **TIME:** 2pm - 5pm

WHERE: MCCSA, 113 Gilbert Street, Adelaide

www.eventbrite.com.au or email megs.lamb@mccsa.org.au

From the CEO

HELENA KYRIAZOPOULOS

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The above are just some of the broad commitments and involvement that we at MCCSA have been focusing on recently. To also highlight our support and commitment in the broader sense, MCCSA staff participated in the "Walk a Mile in My Boots", through the Hutt Street Centre, to support people who face homelessness in South Australia. The issue of homelessness can affect anyone, no matter where they come from. It was nice to see so many South Australians early in the morning supporting such a good cause.

A reminder to all our members that our Annual General meeting is only around the corner on the 9th November 2017, at the Dom Polski Centre, Angus Street, Adelaide, commencing at 6pm. I look forward to seeing you there.

Helena Kyriazopoulos.

Helena
MCCSA CEO



ZAHRA FOUNDATION Art of Money Workshop

The Zahra foundation held a free one day Art and Money - Financial Literacy and Painting workshop for women who have experienced domestic violence on Thursday 7th of September 2017 at MCCSA.

The Program was geared towards helping women with their financial situation through advice from Zahra Foundation's Financial Counsellor, Susan Guley, while they explore their creative side with

painting through the support of artist Jen Halman from Studio Vino.

Throughout the year, Zahra Foundation organises and is involved in a number of events to raise awareness and funds for women and children affected by domestic and family violence.

MCCSA looks forward to working with the Zahra foundation and help raise awareness about domestic violence to our CALD communities.



Governor's Multicultural Awards 2017

Nominations are open
28 August – 6 October.

 www.multicultural.sa.gov.au/GMA



ABOVE: Akhtar and her Pateh Design. LEFT: Akhtar and her family.

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: Akhtar Ismail – Zadeh

By Sidique Bah

For over 200 years people have migrated to Australia contributing immensely to its social, economic and cultural development and helping to strengthen the multicultural identity which we pride ourselves on today.

For this edition of community voices, we spoke with talented Iranian Pateh designer and language teacher Mrs Akhtar Ismail – Zadeh, a longstanding and renowned volunteer in South Australia's multicultural community development sector, to share with us her rich and colourful journey since migrating to Australia in 1997.

Born and raised in Rafsanjan, in the Kerman province of Iran, Mrs Akhtar started teaching language and literature at her local university at an early age. But as fate would have it, the Iranian revolution broke out 1978 -1979 changing her life forever. The unfavourable political climate of that period led her children to slip out of the country in search of a better life.

After separation from her children for over 15 years, Mrs Akhtar and her husband left Iran to visit their children who had found their way to Australia. It was a challenging experience, as getting a passport to travel out of Iran was very difficult during that time. After several attempts, and on the verge of taking the risk of travelling through Pakistan or Turkey they were granted passports and a travelling visa by the Iranian Government.

"All we wanted was to visit our children and return but our children said "no, it's better that we stay, "and years later we are still here".

Akhtar arrived in Australia in 1997 and it was love at first sight. "Australia is beautiful, I like Adelaide, and it's very calm and clean and just plain nice. Reflecting on those early years Akhtar said Adelaide was a bit quieter back then and lot cheaper compared to now.

Just days after her arrival, Akhtar scored her first opportunity teaching Persian at Unley high. "I arrived in Adelaide on Tuesday and on Thursday this lady came to visit us and when she realised I was a teacher in Iran she asked if I would like to help her teach the Persian language at Unley High and I said yes ... I went to the class on Sunday 5 days after I arrived in Adelaide and I'm still there teaching".

But that's not all Akhtar who over the years immersed herself in. She was also involved in the multicultural sector volunteering for the Migrant resource Centre (MRC), Australian Refugee Association (ARA), Oxfam and SA Rotary.

Apart from teaching Iranian children reading and writing, Akhtar also help Afghan migrants to read and write in Dari. She has also held many cooking and baking classes on Persian cuisine

With all these activities under her belt, Akhtar's favourite pastime is her Pateh embroidery; a unique fabric design originating from Iranian traditional needlework folk art, and is produced by using a wide piece of wool fabric called Ariz which is needle worked with coloured threads.

Akhtar said she started this art when she was a little girl and learnt the art from her Mother. One of Pateh's popular design patterns is the cypress tree.

"People love this tree and it is considered a holy tree, it's always green, they say it's the tree of life" said Akhtar with a reassuring smile. Akhtar explains to me that the cypress tree symbolises perseverance against the harsh conditions of nature. Despite the strong wind and arid climate of the Arabian Desert, this tree of life still survives with its roots firmly in the ground and many young cypresses will sprout from that tree.

According to Akhtar Pateh design, is a hobby and she is very passionate about promoting her Iranian culture in Australia, especially this type of art work from her home city. "Australians are really interested in learning about other arts, I have taught about 400 Australian women this art, and it gives me great satisfaction to share the good things about my country".

When asked about multiculturalism, Akhtar said it's all reflected on the beauty she sees around Australia. "When I stand in the street and see many beautiful people I enjoy that"

Mrs Akhtar's contribution to multiculturalism in South Australia has not gone unnoticed as is evident in the number of awards she has received over the years.

She said she is very happy that her children chose Australia as a place to live as she loves Australia and is happy that she came and was able to contribute to this society, even though she misses her country she really enjoys been here and her children have achieved a lot.

Her parting message for our readers is "it is a good opportunity here in this country, I'd like people to really capture this opportunity and use it for the benefit of every one and promote peace".

Community Musician Leadership Development Program **‘Creative Cohesion’**

Nexus Arts, in partnership with the Multicultural Communities Council of SA, presents an intercultural community development program, working with musicians and communities from Culturally and Linguistically Diverse backgrounds.

Musicians are invited to apply to take part in the 2018 Community Musician Development Program ‘Creative Cohesion’ to gain skills and experience in leading community music workshops.

4 successful applicants will be mentored by experienced community arts practitioner Julian Ferraretto. Julian, a contemporary improvising violin player, has run music programs for refugees, asylum seekers and migrants in London and Adelaide and has significant experience working in communities and with musicians from diverse backgrounds.

Each trainee will receive a payment of \$1,350 to take part in the program. This will be paid in 3 instalments across the apprenticeship and assumes participation in all workshops and meetings, which will take place within the Adelaide metropolitan region. Dates of the workshops will be confirmed when candidates are short-listed.

For more information please contact Nexus Arts either via email info@nexusarts.org.au or by phoning 8212 4276.

Nexus Arts



African Youth Night

Liberian born Sata Fahnbulleh from Omega Fire Church, in collaboration with the African Communities’ Council of SA, organised an African Youth Night event on 9th June 2017 at Barndioota Road, Salisbury Plain, South Australia.

The well attended event showcased young talents from the West African Australian community through dancing, singing and acting performances.

According to Sata, the entire program is about youth empowerment, building positive relationships and community development. She states that the program is significant to youth

empowerment as most of the youth members consist of individuals who are living away from their families or guardians, and some have been involved in crimes, gang activities, drugs and alcohol abuse.

Sata went on to state that the majority of the youth she is working with have lived a rough life, but with the support from community members and their church, they have all been able to make a positive turn in their lives.

“I believe that, listening to the empowerment journey and watching the talents of this dynamic youth group is something that we need to embrace as Australians”, said Sata.

**Want to submit a story
for Community Voices?**

Contact Sidique Bah on 8345 5266 or
email sidique.bah@mccsa.org.au.



Domestic Violence Multi-Faith Leaders Roundtable Discussion

The Hon Zoe Bettison MP, Minister for the Status of Women held a meeting with multi faith leaders at the Balcony Room in Parliament House, North Terrace in August 2017.

The meeting was co facilitated by the minister and the Hon. Rev. Dr Lynn Arnold. Also in attendance were Detective Chief Superintendent Joanne Shanahan, Officer in Charge, Metropolitan Operations Service Coordination Branch, Fiona Mort, Director of Office for Women, Department for Communities and Social Inclusion, Maria Hagias CEO Women's Safety Services South Australia and Helena Kyriazopoulos CEO Multicultural Communities Council South Australia.

The Hon Zoe Bettison said she was pleased to host a roundtable discussion with faith leaders on Domestic Violence. She stated that domestic and family violence affects one in three women with sexual violence been perpetrated against almost one in five women in Australia. The Minister asked faith leaders present to use the significant role they play in their community to improve the lives of women and girls affected by domestic and sexual violence, stating that faith leaders carry an important responsibility nurturing and caring for community members.

The police representative Joanne Shanahan talked about the role of the police to educate and protect the vulnerable in the

community, saying the number of people coming forward has increased over the years not just because it hasn't been happening before, but because opportunity has been provided to give people more chance to express themselves.

Maria Hagias, CEO Women's Safety Services, South Australia, talked about shelters and their history and her experience of working in the sector, reinforcing the point that domestic violence is a reality that must be acknowledged.

In general it was agreed that there should be more meetings and engagement about domestic violence. It is anticipated that another roundtable would be scheduled for later in 2017.



Kilburn Project

MCCSA is currently running a variety of art projects at the Kilburn Community Centre. The weekly Kilburn Project “Expression Sessions” is for school aged participants from CALD backgrounds at risk of disengaging from school and community.

The program aims to use expressive arts to engage and connect with young people steering them away from anti-social activities while working with them to pursue meaningful goals with positive outcomes.

MCCSA hired a well-known and highly

successful Artist to facilitate the Art project. Lauryn Arnott is a visual Artist originally from Zimbabwe whose passion is to facilitate workshops on Art, Culture, and transformation. She develops and builds diverse programs for individual groups, offering new and unusual approaches for programs for CALD communities. She has experience working with young people of diverse backgrounds and learning abilities.

The Art project was a pilot project that attracted a great deal of interest from CALD communities of African origin. A total of 15 kids registered and successfully completed a 10-week program. As a result,

15 colourful life size paint body maps that reflected the lives and aspirations of the participants in the program were exhibited.

“I believe in the healing power of Art, especially when people learn how to apply the deeper process of listening and sharing to focus and create narrative drawings,” said Lauryn.

The project was funded by the Department for Communities and Social Inclusion (DCSI). The project was implemented in partnership with Port Adelaide Enfield Council. The project is a 10-week program for each area covering all four school terms.



HERE AND NOW - SALA Art Exhibition 2017

MCCSA hosted our third SALA Art exhibition featuring Malaysian born mother and daughter Sorayya and Haneen Martin on 8th of August 2017 at our Hall on 113 Gilbert Street Adelaide.

The 'HERE AND NOW' exhibition looks back upon tradition and textiles from their Malay background as a means to articulating contemporary ideas.

During the opening night Sorayya, talked about how preserving traditional Malay art has helped her and her daughter maintain the special relationship they have with their cultural background.

It was a well-attended event, and MCCSA programs coordinator Megan Hill thanked Sorayya and Haneen for sharing their art. "Hosting SALA for the past 3 years has allowed MCCSA to develop new

relationships with local artists, and we love having the opportunity to share their work and their stories with our communities".

If you are an artist looking for an exhibition opportunity please contact Megan at megan.hill@mccsa.org.au



CAMP Wellness September Series

"When you think what mental health is, it is all about human relationships!"

"We can work on our self-esteem and it is never too late to start"

"Getting to know yourself starts with you acknowledging yourself before helping others, it is just like the flight attendant in a plane instructing adult passengers who travel with children that in case of an emergency to put their oxygen masks on first and then help their children"

Participants' discoveries;

CAMP Wellness (Culturally Appropriate Mental health Program towards Wellness) is an innovative access mental health program that helps people to manage everyday stress situations. It is delivered by Nevena Simic, Mental Health Social Worker and Patricia Rios, Social Worker focusing on community development.

The program allows participants to increase their awareness and mindfulness by way of developing series of steps they can make to improve their well-being and quality of life. It looks at the physical, mental and spiritual dimensions of life, and the environmental impact through small group dynamics (up to 10 people), meditation and movement and the role of food and how it nurtures mind and body.

This is a pilot program currently being trialled in collaboration with Multicultural Communities Council of SA.

CAMP Wellness October series will be delivered on 3 consecutive Fridays and might be of interest to you personally or your client group.

We are rotating the days of the workshops to suit potential participants' availability.

For more information please contact Nevena Simic Mob 0407 631 216 or Patricia Rios Mob 0412 046 792 or patriciacampwellness@gmail.com

Settlement Council of Australia's new CEO

SCoA is pleased to announce that SCoA has appointed Nick Tebbey as Chief Executive Officer.

Nick joined SCoA in 2016 as the Senior Policy Officer after over a decade working in Canberra as an immigration and refugee lawyer. Since joining SCoA, he has been a passionate advocate for the settlement sector, writing a number of policy papers and submissions to government, appearing before parliamentary committees and attending a number of high level meetings with government departments and other key stakeholders. Now, as CEO, Nick will bring his passion, knowledge and expertise of migration and the settlement sector and apply it to helping ensure the best possible settlement outcomes for migrants and refugees settling in Australia.

About Nick

After over a decade of legal practice, Nick has developed extensive knowledge of Australia's complex migration laws. Nick was a Senior Associate at leading Canberra law firm, Snedden Hall & Gallop, where he worked as a migration and business lawyer. In 2016 he was admitted as a fellow of the Migration Institute of Australia.

He has lectured in migration law at the ANU since 2006 and is a member of the Emerging Scholars' network of the UNSW Kaldor Centre for International Refugee Law.

Nick serves as a board member of the Conservation Council ACT and is a member of the Law Council of Australia Immigration Law Committee and the Australian Lawyers for Human Rights. He was named ACT Young Lawyer of the Year in 2009.

My placement experience at MCCSA

By Terry P.A. Njeru

My name is Terry and I am an international student from Kenya. I am currently studying for a Diploma of Community Service at the Southern Cross Education Institute South Australia.

I would like to share my placement experience at the Multicultural Communities Council of South Australia. My field placement has been an incredible avenue for me to learn and practice. Under the guidance of two brilliant supervisors, Susan Johnson (Trainer and Assessor SCEI) and Kristin Johansson (Manager Strategy & Projects MCCSA) and other able workers of MCCSA I have had the opportunity to grow both as an individual and as a future Community Service Worker.

“Having my placement experience in a great organisation, MCCSA, that supports and advocates for CALD communities in South Australia was a challenge I wanted to take on in order to explore this career pathway. My placement experience has been integral in pushing me beyond the safe bounds of the classroom environment to learn the 'how' of putting theory into practice. It's been challenging, exhausting and a little



terrifying, but I've had amazing support from my supervisors and all the staff and groups so that I cannot imagine any other way that I could've learned so much in so little time (210 hours)”

My field education experience has completely exceeded my expectations of what I thought I would learn in the field. It has enriched and cultivated my skills as well as my knowledge of Community service. My placement highlighted the numerous strengths of the communities through

various lenses. Field education has definitely shaped my identity as a Community worker and my appreciation of the work the MCCSA do in the community.

“I am optimistic about taking a job as a Community worker and confident that I have been prepared for what is to come”

MCCSA is a great place to be!

Terry P.A. Njeru
SCEI, Community Service Student
Adelaide SA

Become a volunteer for MCCSA!

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

Refugee Adjustment Study

Refugees and asylum-seekers report high rates of psychological disorders, with studies demonstrating that the post-migration environment plays a pivotal role in the mental health of individuals from refugee backgrounds.

Despite this, research indicates that many refugees and asylum-seekers are resilient and adapt well in the resettlement environment.

As the sector is all too well aware, it is crucial to have relevant and up-to-date information that systematically and longitudinally maps the adaptation of refugees. Understanding why some refugees adapt well and others experience distress could have direct implications for policy and service provision to promote healthy adjustment amongst refugees and asylum-seekers.

The Refugee Trauma and Recovery Program (RTRP) at UNSW, supported by the Australian Red Cross and Settlement Services International, have received funding from the Australian Research Council Linkage scheme to conduct the Refugee Adjustment Study.

The Refugee Adjustment Study is a longitudinal on-line survey investigating the mental health of refugees with both permanent and temporary visa status. This survey indexes mental health symptoms, settlement experiences, and psychological and social processes in refugees and asylum-seekers in Australia.

The survey is currently available in four languages, namely English, Farsi, Arabic and Tamil. Participants take part at five time-points over a period of three years, and receive a \$25 shopping voucher at each time-point.

Participants are engaged in the study via regular postcards and newsletter updates in their own language.

The project team is currently welcoming new participants into the Refugee Adjustment Study.

The study is currently open to eligible participants: refugees or asylum seekers aged over 18 years, who have arrived in Australia from 2011 onwards.

We would appreciate if you would pass on the study details to any interested individuals or organisations. The project team can send materials in the study languages or arrange a visit to inform you more about the study.

To find out more:

[www.rtrp-research.com/
refugeeadjustmentstudy](http://www.rtrp-research.com/refugeeadjustmentstudy)

Email: refugee@unsw.edu.au

Phone: 1300 130 700

My Aged Care translated resources



A range of resources about how to get started with My Aged Care are available in up to 18 languages. The resources provide information for older people, their families and carers.

You can view or download the following translated materials from the My Aged Care website:

- » Fact sheets
- » Brochures
- » Print advertisements
- » Radio advertisements

View the translated resources at

[https://www.myagedcare.gov.au/
resources-in-other-languages](https://www.myagedcare.gov.au/resources-in-other-languages)



MCCSA Volunteers awarded **Premier's Certificate for** outstanding volunteer service

The Multicultural Communities Council held a Premier's Certificate ceremony in recognition of the outstanding service of our volunteers, on 22nd June 2017 in our hall on Gilbert Street.

Five of our Community Visitors Scheme (CVS) volunteers were proud recipients of the awards presented to them by MCCSA's Chairperson Miriam Cocking and CEO Helena Kyriazopoulos, in the presence of staff and other volunteers.

During the ceremony, Milinko Rakich, a longstanding volunteer, with over 20 years of Community Visitor service shared, his inspiring story spanning decades of service to South Australia's CALD communities.

We thank all the CVS volunteers for their dedication and commitment in helping their

fellow migrants. It is a privilege to work with such wonderful people and we cannot imagine our services without them.

Join our Community Visitor Scheme

For the past year, our Community Visitors Scheme (CVS) volunteers have been busy sharing their warmth and happiness with elderly multicultural people in aged care facilities.

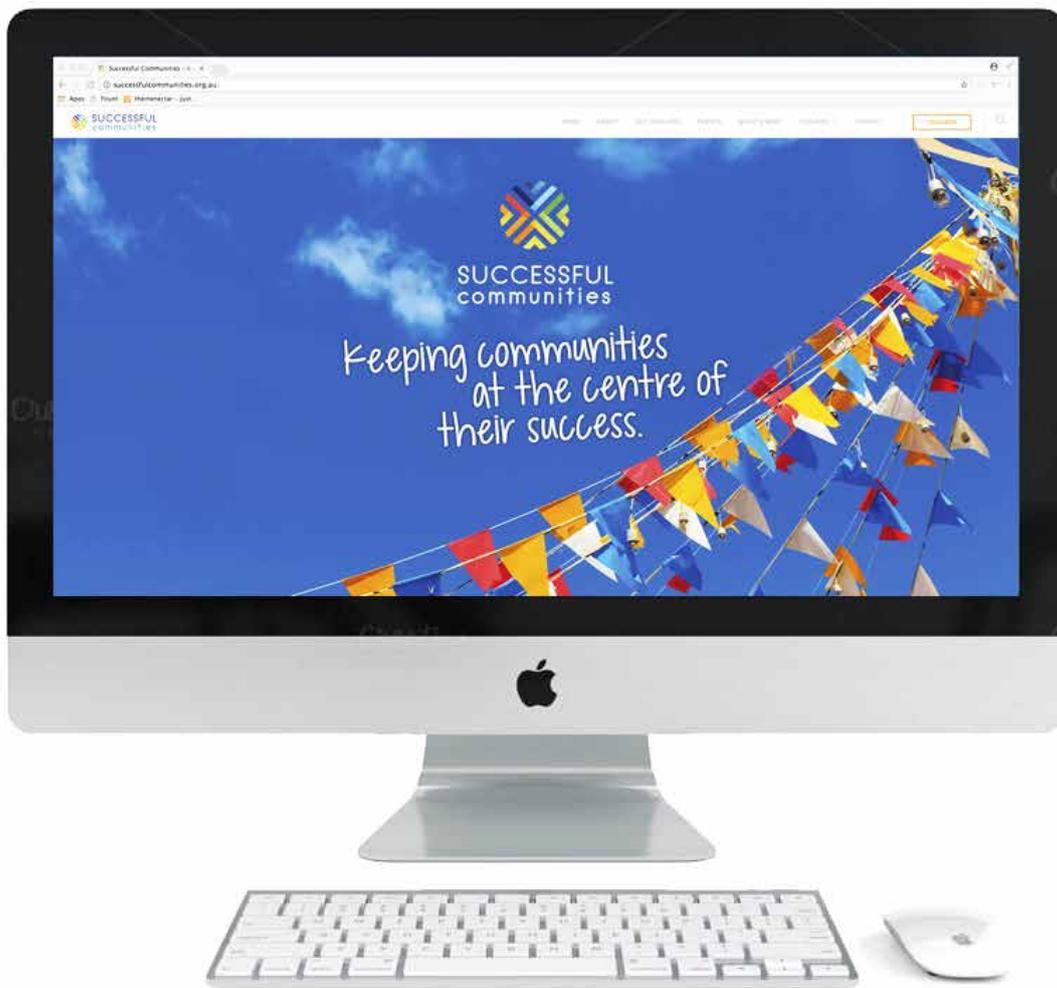
As a token of our appreciation, MCCSA has been regularly hosting support meetings for our volunteers. We've held information sessions on Grief and Loss, Dementia, First Aid Training, Sustaining Friendships at End of Life, Driving awareness for elderly people and information session on MyGov. We also organized a range of activities

including: meditation, breathing exercise, yoga, a Thank You event with the Minister for volunteering, National Volunteer Week Parade and a Xmas lunch.

Furthermore, our volunteers were surveyed prior to the FECCA (Federation of Ethnic Communities of Australia) conference and this survey has formed the basis of a presentation. "Beautiful dedication makes a profound impact on the lives of elderly people".

The MCCSA Community Visitors Scheme is a wonderful scheme which is a treasure to the residents living in aged care facilities who speak languages other than English.

Please join this rewarding project if you speak another language, by contacting us on 8345 5266 or via email to Heeyoung.lim@mccsa.org.au



www.successfulcommunities.org.au



The MCCSA is pleased to inform our members that during the launch of our Successful Communities Toolbox website on the 28th of June 2017, the Honourable Zoe Bettison Minister for Multicultural Affairs announced that the State Government would provide funding of \$70,000 to the Multicultural Communities Council of South Australia to pilot a Community Development Officer position.

The Minister said she supports the establishment of this important position which will be delivered by MCCSA staffer Megs Lamb. “Megs position will focus on grant writing . . . good governance advice . . . and strategic policies that will build the capacity and confidence of our multicultural community organizations” said the Minister.

The MCCSA looks forward to working with the Department and CALD communities in this pilot initiative. Get in touch to find out more: successfulcommunitites@mccsa.org.au and 08 8213 4610



SUCCESSFUL COMMUNITIES

Keeping communities at the centre of their success

MCCSA's Successful Communities Toolbox is a website created for Multicultural Community Leaders to access step by step guidance and links that provide simple models for: governance, taking action, advocacy and promotion of their community group.

It includes templates for projects, budgets, events, policies and programs, along with links to Legal, Tax and Governance documents & websites.

The toolbox was created from consultations and direction from Community Leaders with Multicultural groups at the centre of the

design, content and implementation stage of the final product.

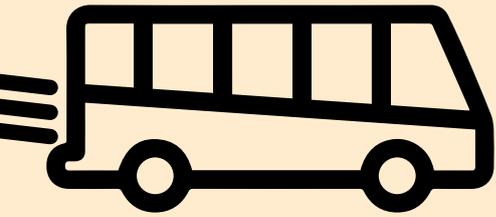
MCCSA works with communities to understand and identify what their aspirations are and provide the pathways to reach them through access to training, mentoring and support that will nurture the community and its leaders via: Stronger Leadership, Connections and Membership, Planning and Strategy, Access and Opportunities, Advocacy and Promotion, Participation in Community Life.

The approach MCCSA have taken encourages intercultural understanding amongst communities, social inclusiveness and community resilience.

"Successful Community services works for us as a tool kit to refer to whenever a problem arises and we need guidance. The program has provided informative workshops and guidelines to cater for diverse needs of organisations. It empowers volunteers and managers that are part of the program said Shahla of the Iranian Women's Organisation of SA.

For more information contact:
successfulcommunities@mccsa.org.au or
08 8213 4610 or visit the website

www.successfulcommunities.org.au



Going places with MCCSA

We are happy to announce that we have secured funding for a new bus to replace our oldest bus which has served our community for many years.

As the year rolls by so does our transport service, which has continued providing much needed transport to our CALD frail and elderly including our diverse multicultural organizations at destinations ranging from Port Lincoln, Adelaide Hills, historic sites and scenic locations across South Australia at an affordable rate.

Despite the cold winter weather, community groups have continued using our services taking their members to indoor locations for social outings and community activities. Our service gives our communities the chance to explore Adelaide and its surrounding regions. Our buses are at the service of all CALD communities.

You are welcome to contact us at any time to organize a trip for your community. It is on a first come first serve basis while priority is given to the elderly. For more information call us on 8345 5266 or email Sidique.bah@mccsa.org.au

Migrant children are often and it can lead to ill health

An estimated 30% of Australians are born overseas while nearly 20% speak a language other than English at home. But our translation services grapple to meet the demand of those who don't have an adequate grasp of English, particularly recent migrants and refugees.

Research shows in these situations, children often end up interpreting – known as language brokering – for their parents. This is a heavy responsibility with psychological consequences.

Migration challenges

Migrating to a new country has many challenges, including losing the closeness of extended family, needing to learn a new language and having to fit into a foreign society. These changes are often easier for children than adults.

Children attend educational institutions with locals, where they are subjected to the dominant language and culture. This helps them quickly learn the language and cultural nuances of their host country.

Parents often end up depending on their children to translate and interpret both the new culture and language in a range of settings, including the doctor's office, legal situations (where children can help their parents fill out immigration documents), and mediating during parent-teacher interviews.

Research shows children as young as eight, who obviously don't have training in translation and become linguistic and cultural mediators, experience increased responsibility which leads to role reversal.

Parents express dependent behaviours and children, in an attempt to meet their parent's needs, acquire nurturing, supportive, and care-giving behaviours.

Such relationship disturbances have been linked to aggression, risk-taking behaviours and social problems in children.

Language brokers

There are some benefits to children taking on increased responsibilities. Children who translate for parents acquire enhanced cognitive, social, emotional and interpersonal skills.

A survey based on 280 sixth grade (aged around 11 to 12) Latino family translators at a Chicago school found they performed significantly better on standardised tests of reading and math than their non-translating peers.

In another study, researchers interviewed 25 Latino children of around 12 years who were translating for their parents. These children said their responsibilities made them feel proud, helpful and useful.

Research also shows Latino children of around the same age, who didn't feel translation to be a burden, had no negative health outcomes.

their parents' translators —

But translating and interpreting is a complex process. Where children saw their increased responsibility as a burden, it worked as a stressor, leading to risk-taking behaviours, such as drinking alcohol and using marijuana.

Overstretched with responsibility beyond their age, children can feel obligated, with those who become translators reporting high levels of stress and pressure to translate mature matters accurately.

Children also often feel overburdened in complicated and serious situations, such as when they are required to translate documentation.

One study obtained longitudinal data from 182 first- and second-generation Chinese 15-year-olds. It found the children who more frequently acted as interpreters for their parents had poorer psychological health. Frequency of translation was also associated with parent-child conflict, particularly for those who held strong family values.

Legal mechanisms

In California, a bill written in 2013 by a former Chinese immigrant who translated for his parents as a child, proposed banning the use of child interpreters younger than 15 by any state or local agency or program that receives state funding.

Now a child psychologist, the former child translator told the Los Angeles Times that not only were children likely to make



mistakes in translation, the “youngsters cannot handle the stress”. Although the bill wasn’t successful, the process highlighted the need for better understanding and awareness of the issue.

Australia could consider a similar approach, but more research would need to be done to spell out the negative implications of language brokering.

If such a legal mechanism were implemented, we’d need enough translation services in medical, legal and other official settings to fill the gap child translators would leave behind.

An unpublished study I completed showed a number of children who acted as interpreters found their education was disrupted, while others considered leaving

school due to their responsibilities.

Currently, there are no supports and services provided for children translators in Australia. Nor is there enough research on the prevalence of this experience in the country. There is an urgent need for the government, the community, and parents to better understand the potential impacts of language brokering on children’s health.

Renu Narchal

Senior Lecturer & Director
Engagement and International, School of
Social Sciences and Psychology, Western
Sydney University

COMMUNITY VOICES - FEATURE PROFILE

Name:

Sowaibah Hanifie

DOB: 9/1/1996

Country of origin:

Born in Australia, Afghan background

Date of Arrival to Australia:

Born here. Parents arrived 1989

University Attended/Attending?

Currently studying a bachelor of journalism and international relations at the University of South Australia

Q. Which year are you in at University?

I'm in the fourth year of my degree. First year of uni I was being lazy and thinking I just want to finish university really quickly so I didn't enrol into the double degree. Then in second year I grew half a brain and thought I should commit to an extra year and do an extra year. So, because of the transfer I missed two subjects which I need to make up next year.

Q. When did you start working at the Australian Broadcasting Commission?

I started my cadetship with the ABC in February this year. I applied for it around October last year thinking, I was never going to get it but convinced myself to give it a try.

Q. How did it all start?

I had my head stuck on wanting to pursue journalism because I loved writing and growing up in a time post 9/11 I was really mortified and downright frustrated at the media's representation of Muslims. I started wanting to do something with fashion, and then later on this broadened to include politics and social issues. It was a long battle with my parents who thought I'd never get a job and never considered the media much of a career. If you understand ethnic parents, only medicine, law and engineering are



acceptable career aspirations. But I stuck to what I believed in and a career I thought I could make a difference with. Here I am now with my first job at the ABC.

Q. What is your current role?

I'm a cadet, so I do most of the stuff a general reporter does but I have mentoring on the way and feedback to help my progress. I work 8 hours a day and my average day would be filing for either radio, online or television, or a mixture of two or three. Sometimes I get assigned stories which are part of the daily news and other times I look for my stories to pursue.

Q. What do you like the most about your role?

I love hearing people's stories. It's a unique and precious opportunity for someone to let you, a stranger, into their world to share sometimes very personal stuff. I also love the idea that as a journalist you provide an important function for society, to keep the "big guys" accountable, to reflect society to itself, to raise awareness for issues. Lastly, I love hearing different perspectives. There are topics you may not agree with but listening to how someone else thinks is really fascinating and can broaden your outlook.

Q. What will you like to be in the media industry?

I want to continue working as a journalist. It's a job I really love and something I want to continuously improve on. There so much to learn and so much you can do with it. It's a job that I feel I can make a difference with, by sharing a Muslim perspective on issues, giving minority communities a voice and representing diversity. I would love to become a foreign correspondent in the Middle East or Africa for an Australian organisation. I'd also like to do my masters in Peace Justice and Reconciliation and have a focus on humanitarian work and post conflict state building in the third world.

Q. What do you think of Multiculturalism?

I think multiculturalism enriches societies. The world was not created with people who all looked like, thought alike and did things the same way. In fact, the beauty of diversity is that people do things differently and we can learn from each other. If we were all the same, the world would be a boring place. I also think there'd be little social progression. Many of the inventions, technologies, philosophies and theories we have now were taken and adopted from diverse societies.

Every group of people are gifted with something they can offer the world, their culture teaches us something new, and help us see the world differently.

Q. What's your hobby?

I honestly dread being asked this question because I feel like my "hobbies" aren't cool enough. In my spare time I like to do community and volunteer work. Before my cadetship, I worked a lot with the Muslim community and organized events that invited the wider community to a safe, non-judgmental and entertaining space that would foster inter faith discussion to dispel myths and stereotypes. But I've had to stop that this year because I'm working and studying full time and barely get time to myself. I also love to just spending time with my family. My mum has always told me to make the most of the time I have with family because life's too short and goes too quickly. Not spending enough time with people who mean the most is one thing you don't want to regret in life.

Q. What advise will you like to give to other young people aspiring to work in media?

After starting this cadetship there's a whole bunch of advice I'd give! Firstly, if working in media is what you want to do, stick by it but be willing to work hard and bounce back from rejection. I would advise you keep up with the news and find an area of interest you'd like to focus on. Watch other reporters, series like "Four Corners" and "Foreign Correspondent", read articles and look at the way presenters work. Find styles of writing and filming and talking you like and try to develop your own. I also think you should choose a career that's not going to just help you earn a wage, but something you love, and something that offers a value service to society or to your community. I believe the satisfaction that comes from helping people is priceless and no million-dollar career can pay that off.



Sierra Leone Community in SA Fundraise to support Mudslide Victims

The Sierra Leone Community of South Australia held a fundraising bazar on the 17th of September 2017 at The Brocas, 111 Woodville Road, St Clair, South Australia in support of the families of the victims of the flooding and mudslide disaster which claimed the lives of over 400 Sierra Leoneans with more than 2000 people displaced.

The Minister for Multicultural Affairs the Hon Zoe Bettison, The mayor of Charles Sturt, African Communities Council Chairperson, CEO of the Multicultural Communities Council of SA and a host of other service providers attended the event.

The Chairperson for the community Constance Jones thanked all those who participated in the event.

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



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 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 Lena 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.



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

Justice of the Peace

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

MCCSA PHOTOS



Sierra Leone Community
Mudslide Fundraiser Bazaar



Sierra Leone Community
Mudslide Fundraiser Bazaar



MCCSA's Successful Communities website launch



SALA Exhibition Launch at
MCCSA



MCCSA Volunteers Premier's Certificate Ceremony



MCCSA CVS Coordinator Hee Young Lim and
long serving MCCSA volunteer Milinko Rakich

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