

MCCSA Community VOICES

SPRING 2018



From the CEO

HELENA KYRIAZOPOULOS

Welcome to the spring edition of Community Voices. Spring is a time of renewal, new growth and new hope for the future. This theme extends to what I am about to say: You may not realise it, but the MCCSA Community Hub has undergone yet another round of improvements, many of which you are not able to see. The State Government supported our last round of infrastructure work and once again I thank all users of our facility for your patience during this time.

We now have a new roof, (no more leaks in my office!), new air conditioners, LED lighting in the hall, new storage facilities, a freshly painted hall and solar panels which should assist us in cutting down our power bills. We have 67 solar panels in total, and with this, we hope to generate some power to feed back into the grid. As a result of the number of panels installed, we were able to receive a rebate from the Adelaide City Council. Every little bit of financial support goes towards assisting our communities, so a big thank you to the Adelaide City Council and their team!

During the past few months, we have seen the commencement of a number of new projects, collaborations, and research projects. As an organisation, we play an important role in not only supporting our communities but in supporting our broader South Australian Agencies, Training Institutions, and Government Departments to meet their access and equity requirements to best deliver their services to the wider community.

The Board of the MCCSA released our new Strategic Plan for the 2018-2021; I refer you to our web pages for a copy. We will now use this as our framework to guide our work for the next three years.

Thank you to all the community members who contributed to the process of developing our new plan and we look forward to continued dialogue with you.

I would like to say how proud I am of the young people involved with our organisation through our youth programs, playgroups and our Community Visitor Scheme. A few months ago I had the privilege of enjoying a day with some of them at Naracoorte High as part of refugee week. Such an inspirational group of young people, they shared their life experiences with the students, they had a friendly game of soccer during their lunch break and enjoyed their first regional trip. They are a credit to their families, their communities, and Australia.

This month we are hosting an 'Arts Expression Sessions' program. I encourage you to come and see the beautiful body map paintings created by youngsters from the Somalian Community. Our resident artist Lauryn Arnott guided the young people to use body mapping as a way of expressing and sharing their migration experiences with others through art. The project offered an opportunity for young people to learn new skills with painting and drawing. To quote Lauryn "it was a unique opportunity for the young Somalian folk to create their visual journey between two worlds - where they or their families come from . . . and the direction they wish to go in Australia". The exhibition will be up in our Hall until the end of September.

Save the date! - our Annual General Meeting this year will be on the 22nd November at the Ukrainian Community Hall. I look forward to seeing you all there. This year we will be celebrating both our Community Visitors and Transport Programs in reaching a milestone of supporting South Australian ethnic communities for 30 years, and our plans for the next 30 years!

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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

Rajendra Pandey

Rene Grypma

Patrizia Kadis

UPCOMING MULTICULTURAL EVENTS



WHEN: 29 September 2018 | **TIME:** 2pm - 5pm

WHERE: Bagster Road Community Centre



WHEN: 22 September 2018 | **TIME:** 11am - 7pm

WHERE: Victoria Square, Adelaide

www.unmaskedafrika.com.au



www.ozasiafestival.com.au



Welcoming Cities

Congratulations to the City of Adelaide on becoming the first Capital City to join the national Welcoming Cities Network – formalised at the Welcoming Cities Symposium in Adelaide in April 2018!

Welcoming Cities is an initiative that supports local councils, and their communities, to become more welcoming and inclusive. Creating a national network of cities, shires, towns, and municipalities who are committed to an Australia where everyone can belong and participate in social, economic and civic life.

The City of Adelaide became the first Australian capital city to join the Welcoming Cities Network and we congratulate the City of Adelaide on their commitment to being a place to call home and belong to all those that come here to live, work and study.

The Lord Mayor of Adelaide, Martin Haese said "migration has played an important role in Adelaide's history. Adelaide prides itself on being a multicultural city, and in joining the Welcoming Cities network we're formalising our commitment to working with local businesses, community leaders to foster inclusiveness in our city at every level."

MCCSA's Successful Communities team members were in attendance at the

Welcoming Cities Symposium in Adelaide on the 6th April 2018 at the Adelaide Convention Centre. We were grateful to receive a number of Complimentary tickets to attend the day, thanks to Aleem Ali, Welcoming Cities National Manager. We had a wonderful time with our Community Leaders that represented many groups from MCCSA's Successful Communities Program including Islamic Society of SA, Australian Tamil Arts, Iranian Women's Organisation, Sierra Leone Community of SA, Andes Support Association of SA, Somali Communities Council of SA and members of our Steering Group and Professional Network too!

The event was a "sell out" and the Successful Community Leaders were inspired by the many speakers, grateful for the complimentary tickets provided and proud of the City of Adelaide for signing up to such an important initiative. The day started with discussions on how we could support the council, through their

communities, in broadening the ways of welcoming everyone in our community, all roads lead to the City of Adelaide, and as such, it can be a central point for many community members to meet. "We already have a number of our communities who create spaces where people can meet and come together to make friends or share knowledge, connections, and culture through Welcome Dinners, Friendship Programs and in many other ways in the City of Adelaide. This move to join the network highlighted that our communities are supported in their vision of making sure that this is a place to call home and that everyone belongs here in Adelaide."

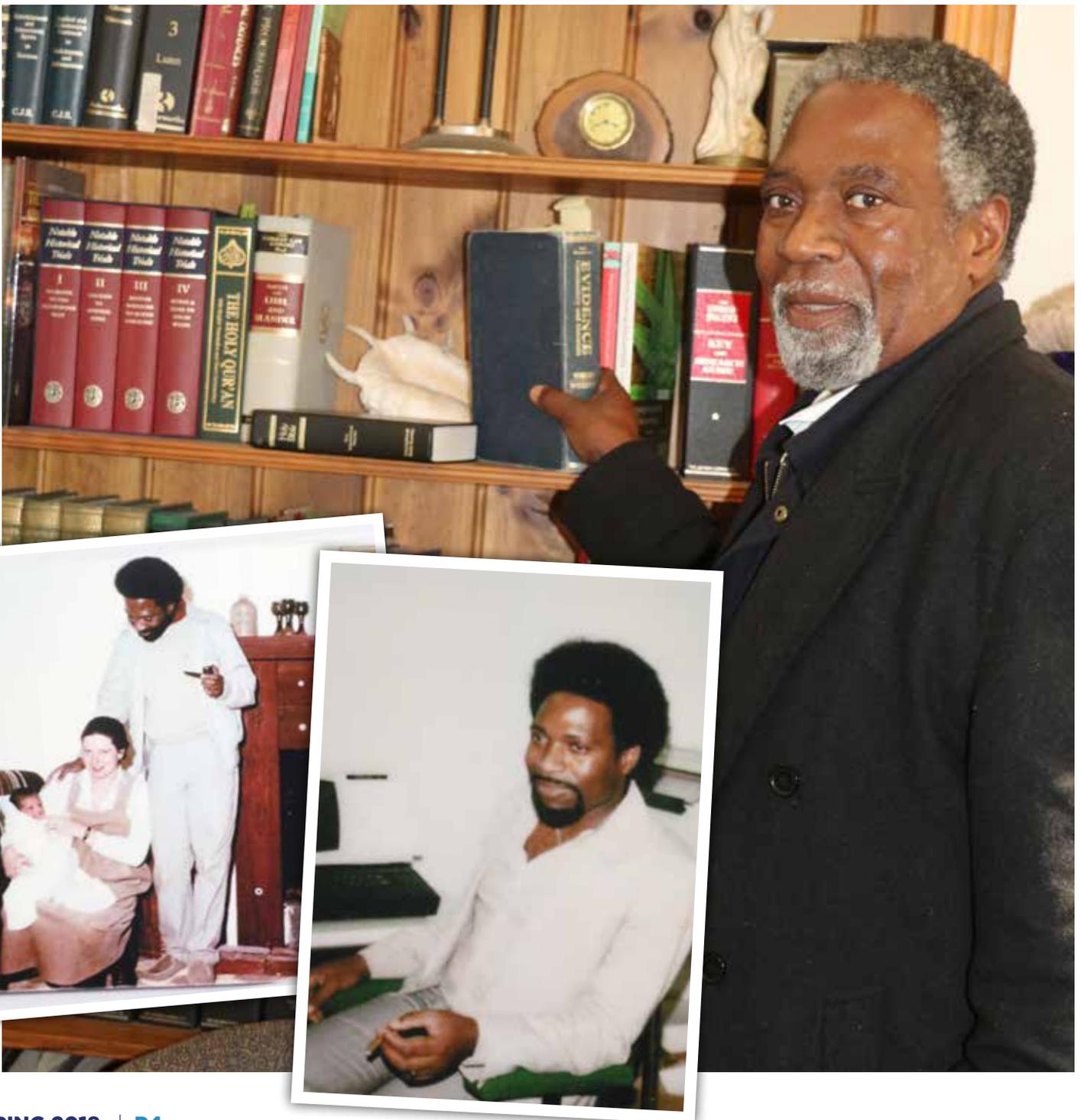
If you are interested in Welcoming Cities, running programs or events that create connection, sense of belonging and welcoming others, please get in contact with Megs Lamb, Successful Communities, to have a coffee or chat about how you can make it happen.

Megs.lamb@mccsa.org.au

A MIGRANT'S STORY: David Nyamirandu

By Sidique Bah

For over 230 years, people have migrated from different parts of the world to build the Australian society we know today. Fleeing wars, persecution, economic hardship and sometimes just in search of a better life, these migrants have played a vital role in shaping Australia's multicultural identity.



For this edition of Community Voices, the MCCSA talks to 69-year-old, Malawian-born, consultant barrister and solicitor, David Nyamirandu, to share his migration journey from southeast Africa to Australia with our readers.

David was amongst the first Africans to migrate in Adelaide in the late seventies and might be the only Malawian in South Australia. He arrived in Adelaide in 1977 to re-join his Australian wife whom he met while studying in the UK.

With a deep baritone voice, David was amicably happy to recount his journey to Australia. Initially, David had a good job as acting manager of the Data Processing Department of the Malawi Railways, having trained as the first Malawian computer programmer and systems analyst. "I was a young man when I got a British Council scholarship to study in the UK, and there I met an Australian lady, from Adelaide. We later got married in Malawi, lived there for about 3 years, before fleeing imminent political persecution by the dictatorial regime of Malawian president, Dr Hastings Kamuzu Banda." He was aged 26.

"I fled Malawi in 1975 into Mozambique, where my own father had been born. Malawi was then a one-party dictatorship, and in every sense, a police state. If you went to a pub or a restaurant, for instance, you knew that the waiters and others were paid to report to the Malawi Congress Party any conversation that suggested political disaffection. False reports were common. You would then get a midnight knock, imprisoned without charge, and sometimes, not be seen again. I was lucky to escape when I did."

"Living in Mozambique was a great relief. Thanks to the FRELIMO-led government and the UNHCR. I was even joined by my wife there. I resisted migrating to Australia because it was viewed as racially intolerant, especially for 'blacks', but I finally succumbed."

"When I arrived here I was employed by the Public Buildings Department as a computer systems officer. Unfortunately, my marriage ended within two years of my arrival."

"There were very few Africans here then. Almost all of us knew each other and socialized often at home parties and elsewhere. Then, there were perhaps 30 Africans, including students."

David said that it was when he was in the public service, that because of political persecution, living as a refugee, and as a victim of workplace discrimination, he decided to study law. "I decided that I should be able to defend myself and others. I grabbed the chance to study law whilst working. Meanwhile, I remarried. After graduation, I think I became the only African lawyer in South Australia. Soon afterwards, I started work with the Aboriginal Legal Rights Movement in Port Augusta."

"I was well accepted by Aboriginal people at Port Augusta and happy working there. I had secured a job with the Director of Public Prosecution in Perth, but I didn't go because, meanwhile, I had got divorced and had a child from that marriage in Adelaide. I continued to work with ALRM until I relocated to Adelaide."

Reflecting on those early years in Adelaide as an African-Australian David said what he misses most is the togetherness of the African community then. "We knew each other, we visited each other's homes, we had parties and we socialized, within the African communities, more so than happens now. I miss that very much."

As one of the first wave of African migrants, David spearheaded the formation of the now defunct African Heritage Association of South Australia. "Why heritage? It was because it's not an association solely for recently arrived Africans, but for their children and their grandchildren, who will only be known as Australians. What about other people of African descent and their

offspring who live here, from America, the West Indies and elsewhere?"

Later, after working with South East Queensland Aboriginal and Torres Strait Islanders Legal Service, David returned to South Australia, intending to resume practicing but got offered a job in Malawi as a Director of Public Prosecution in 2006. "I couldn't believe it; anyway I went back over there." He ended up heading the Prosecutions Department of the Anti-Corruption Bureau.

David is now back in Australia working as a consulting barrister and solicitor to Old Port Chambers in migration, administrative, criminal and civil law matters.

Talking about some of the legal challenges facing the African community, David feels that there should be government services for new arrivals to make them aware of the Australian legal system.

'Multiculturalism', to David, means a society in which people of different races and cultures live together harmoniously. "It is a commendable government policy. However, to ensure harmony, every person must not discriminate against another on the basis of race, culture, tribe, religion, etc."

His parting message to migrants or refugees: "Acknowledge that you are coming to a society that is multicultural. You have a duty to understand the laws and abide by them. Fit into the broader community. Educate yourself. Grab every opportunity to improve yourself. Above all, do not import issues and ideas which made you leave your country of origin. Make a fresh start. You, your family, and multicultural Australia deserve better."

It was a pleasure talking to David and we know there are many others out there like him who came to this country and contributed to its successes as one of the most livable places in the world. David can be reached on 047 399 1034 or david@opclegal.com.au.

Nomination for Local Council Elections

Did you know that you can nominate for a position on council regardless of qualifications, religion, race, gender, experience or profession? In fact, councils encourage nominations by people from diverse backgrounds to ensure that a wide range of views are being represented.

Nominations for council elections open Tuesday 4 September and close 12noon Tuesday 18 September 2018.

In South Australia there are around 700 council members who are as diverse as the reasons that motivated them to stand for election.

The Local Government Association of South Australia has detailed information about the nomination process.



Community Visitors Scheme

For the last few decades, the MCCSA Community Visitor Scheme (CVS) has been run to enhance the mental wellbeing of elderly people with multicultural backgrounds living in aged care homes. The generosity of our volunteers sharing their precious time and warmth has been a present for isolated and lonely people, creating new energy and happiness for them.

106 residents were regularly visited during the last financial year, and our volunteers greatly helped the residents to feel warmth in their lives. The MCCSA CVS team support our volunteers in achieving this, by providing information on dementia, grief and loss, residents' wellbeing, first aid training, fire hazards around the home and residential homes and etc. through support meetings.

On the 24th of August, we had a great training session with a mental health social worker currently working with elderly people

living in residential homes. In this session, CVS volunteers learnt important information that they need to be aware of when visiting multicultural elderly people. This helps to improve the quality of life for residents visited by MCCSA volunteers.

The MCCSA Community Visitors Scheme is a wonderful project, which is a treasure to people with multicultural backgrounds living in aged care homes.

At present, we are looking for volunteers who can speak the following languages: Bosnian, Bulgarian, Cantonese, Czech, Croatian, Farsi, French, German, Greek, Hungarian, Italian, Polish, Russian, Scottish, Serbian, Slovenian, Spanish, Swahili, Turkish, Ukrainian or Vietnamese.

For further information, contact either Heeyoung, our CVS Coordinator on 8213 4604 or email her at heeyoung.lim@mccsa.org.au or Kristin.johansson@mccsa.org.au (Manager Projects).

Me & My Role Models

A MCCSA Somalian Children's Art Project

Lauryn Arnott – CEO of Create a Meaningful World Through Art

The MCCSA 2017 Weekly “Expression Sessions” programs in digital film technology, visual art, music and traditional fashion were presented at the Kilburn Community Centre for high school-aged participants from CALD backgrounds at risk of disengaging from school and community. The aim of these sessions was to introduce expressive arts as a way to engage and connect young people to positive life influences in the local community

As an artist and a mentor for these young people I used Body Mapping. This is an arts-based process and activity to stimulate their visual capacity and reflect on their journey of settlement, where they feel they fit in, to start building trust, healthy relationships with peers, but most importantly, to learn ‘cultural competency’; to navigate life between two cultures - their home culture and the dominant culture.

Thus the young people recreated their own stories, as to what they wish to become, and what they can offer back to their communities. It started a line traced around the bodies of each child, to create life-size body maps. These visual stories focused on identity and migration but more importantly, in connecting with a positive role model: a Family Member, a Neighbor, a Friend, a Teacher, A Rock Star, A Sportsman, a Musician, or an Author.

Why it works:

Art reflects the participant's inner life. Through art, people see, accept and enjoy what is important and unique about the diversity within themselves and their group. Through art, we awaken deeper levels of our understanding and our humanity.

Outcomes and benefits from doing this program

- » Witnessing how art can cut through language, religious and cultural barriers.
- » How art can speak for the community by building trust and inclusion.
- » A sense of ownership and control through the creative process.
- » Feeling what the young people are doing does matter and is acknowledged.
- » Help retain roots of placemaking.
- » Develop a visual language to share values and ideals.
- » Through exercising their imaginations; make new connections, transcend previous limitations, critical thinking and problem-solving skills.

Technical Skills Acquired

- » Visual language skills, observation, and drawing skills.
- » How to mix and use colour to express feelings and ideas.
- » Drawing as thinking and problem solving through our hands.
- » Express complex emotions that are difficult to articulate.
- » Turn material reality into imagination.

Knowledge gained

- » Encourage people to stop thinking about art works as objects and start thinking about them as triggers of experience.
- » Acknowledge, cultivate and express sharing of cultural stories and designs.
- » Art enables participants to use existing visual and cognitive skills to develop confidence and experience, learning to use what they already know with what they don't, they are then able to explore complex subject matter alone and with peers.

Thanks to this wonderful group of Australian/Somalian children, who created beautiful portraits that honour the Expressions Session program. Thanks to the creative Expression Sessions youth mentorship team. But lastly thanks to those who made this possible:

MCCSA CEO: Helena Kyriazopoulos, Manager, Programs: Megan Hill, Successful Communities: Megs Lamb, Reconnect: Savry Ouk JP, MCCSA Youth Worker: Ukash Ali Ahmed, Imam for Somalian Community: Imam Sheikh Yasin Abdullahi



Improving CALD access to the NDIS

Not-for-profit organization, Uniting SA is partnering with the MCCSA to raise awareness of the National Disability Insurance Scheme (NDIS) among South Australia's CALD communities.

In the coming months, UnitingSA and the MCCSA will stage an extensive communications campaign incorporating multicultural media such as ethnic radio and language-specific community forums.

Tina Karanastasis, Strategic Development Advisor for UnitingSA's Ethnic Link Services, says the project is being launched in response to the low uptake of NDIS among the State's CALD communities.

"What we know is that South Australians from CALD backgrounds are under-represented in the NDIS and may not be accessing the support they need," Ms Karanastasis said.

"We want to ensure that people from CALD backgrounds living with a disability, their families, carers, and communities, have a proper understanding of the NDIS and what it can do for them."

"We want to make sure that people from CALD backgrounds know if they are eligible for the NDIS and what they need to do to register."

"We will be working closely with CALD community leaders and disability advocates to make a real difference."

UnitingSA and the MCCSA will be working closely with CALD communities and people from CALD backgrounds with lived experience of disability to:

- » Break down barriers to participation
- » Get information to those who need it, in their own language
- » Provide culturally sensitive and appropriate support

"We would really like to hear from you if you are from a CALD background and living with a disability or caring for someone with a disability," Ms Karanastasis said.

"We want to begin a conversation about your concerns and what you need to achieve your goals. If you can't speak English, we will provide language assistance through a bilingual-bicultural worker, interpreter or community worker, so please get in touch."

To find out how you can get involved in the project, contact Ifrah Warsame at UnitingSA on 0476 808 190/ 8440 4217.

For more information about the CALD community forums, call MCCSA on 8345 5266 or email Megs Lamb at megs.lamb@mccsa.org.au

ndis National Disability Insurance Scheme



The NDIS provides all Australians aged under 65 who have a permanent and significant disability with the support they need to achieve their goals. This may include greater independence, community participation, employment and improved wellbeing. If you would like more information about the NDIS, phone 1800 800 110 or visit www.ndis.gov.au



REFLECTING ON WORLD REFUGEE DAY

20 years celebrating the courage and contributions of the world's refugees

"While every refugee's story is different, and their anguish personal, they all share a common thread of uncommon courage; the courage not only to survive but to persevere and rebuild their lives."

— Antonio Guterres, Secretary-General of the United Nations/Former UN High Commissioner for Refugees.

Hundreds and thousands of people across the globe gathered to celebrate the courage and contributions of people with refugee backgrounds on the 20th anniversary of World Refugee Day.

Here in Australia, South Australia has the longest history of settling refugees; dating back 170 years to when the first German Lutherans arrived after fleeing persecution in Prussia.

In 2017, over 1000 humanitarian entrants were settled in South Australia, making significant contributions to business, community, cultural and civic life.

Baptist Care SA has been working with humanitarian entrants in our State since 2006. Today, our flagship program in this area, the Friendship Program, has supported almost 800 refugees and asylum seekers to make a new life in South Australia by matching them with a local friend.

Volunteers in the Friendship Program extend a warm, friendly welcome to new arrivals. Matched participants spend 6 hours per month together practising English, sharing meals, discovering each other's cultures and exploring Adelaide.

It's a simple but powerful concept which connects people from different walks of life together, to support and learn from each other and enrich each other's lives.

Over the past 12 years, we've seen some amazing things happen as a result of genuine friendships blossoming as people share their experiences, struggles, and triumphs.

If you or anyone you know would like to learn more about Baptist Care SA's Friendship Program, please email the Program Coordinator at bhughes@baptistcaresa.org.au or contact 8118 5228.

"What I've learnt from being a mentor in the Baptist Care SA Friendship Program, is that mentors gain just as much as the refugees in the program. I'd really encourage others to be involved because it's very rewarding and it's a good way to contribute to making somebody feel welcome and comfortable in Australia."

- KYRA, FRIENDSHIP PROGRAM VOLUNTEER MENTOR -

"Hope is like food. Thank you for giving me hope,"

— Friendship Program participant, upon being introduced to an Australian friend after 17 years spent in refugee camps —

Knowing Me Knowing You Project

Northern Carers Network Inc. recently received funding from the Government of SA to increase the quantity and excellence of our volunteers.

This project will ensure volunteers can excel in their area of interest and expertise by improving their interpersonal skills, increase their confidence and knowledge in counselling skills and learn about various community agencies and programs. To finish off the project we will invite volunteers to undertake a FREE First Aid course in April 2019 to steer them into employment and training opportunities.

There will be a total of 8 sessions offered including the FREE First Aid Course, offered only to those who attend at least 5 of the 8 sessions. We call on all potential volunteers from all walks of life to take advantage of this offer and be part of this exciting new project! Carers, existing volunteers, students on placement, people from Aboriginal and Culturally and Linguistically Diverse backgrounds are welcome.

Knowing Me Knowing You Project Sessions will be held on Wednesdays 1pm - 3pm, Shop 15, 130 Peachey Road Davoren Park 5113 (Booking is Essential)

September 26, October 10 & 24, 2018

— Information on inter-personal skills, increase confidence, wellness and guest speakers from various agencies

November 14 & 28, 2018 — Group Facilitation Skills

February 13, 2019 — NDIS

March 13, 2019 — My Aged Care

April 17, 2019 — First Aid Course by Northern Volunteering

For more information contact Northern Carers Network on 8284 0388



World Cup 2018 at MCCSA

The Brazilian Association of South Australia (BASA) is driven by a single goal: assist Brazilian migrants and students to adapt to the Australian culture and feel at home in South Australia. They are also an amazing connected social group.

Everyone from around the world knows that soccer, or should we say football, is a part of the Brazilian National Cultural Identity. Soccer of various forms, including the famous World Cup, is something shared amongst families around the world. BASA saw an opportunity, to gather their families together in the MCCSA Hall and watch the Brazilian Games live on our Big Screen in a family-friendly environment at all hours of the night.

What a spectacular opportunity to bring people together, not only from their country but from other countries

to share food and culture and bring together multiple generations in one space – together – as they would be at home. BASA also decorated our hall with wonderful international flags of those countries playing in the cup for the month and brought to life our space at times of the night that normally don't see the lights on.

We are so thrilled that the premises were used for this exciting and very much anticipated event and were delighted to see the photos of families and children come together for a very important cultural event. Congratulations Team BASA!

Maybe you would also like to use the Hall for something that is important to your group culturally, maybe you like this idea or have another idea that is a little outside the norm? Get in touch with Megs Lamb in our Successful Communities Group and let see what we can dream up.



Pakistani Australian Connections of SA (PACSA)

In 2017 the Pakistani Australian Connections SA (PACSA) decided to host a Welcome Dinner for newly arrived families from Pakistan to engage them in friendship and connect them with their wider community.

We are all about supporting new Pakistani migrants in establishing connections and integrating into Australian society. We believe in engaging and collaborating with other organisations to create an environment of understanding, respect, and harmony.

Our core values of ongoing support and guidance are based on Inclusion, Connection, Support and Collaboration for all new arrivals including families, individuals, and students from any part of Pakistan.

We provide free ongoing help and support to overcome the initial challenges, transition, and adjustment of settling into a new

country while assisting them to learn more about life in Adelaide, and how to integrate into the local society.

We support the initial requirements while considering their long-term goals, through our 3-stage system:

- » Stage 1 - Before Arrival
- » Stage 2 - On Arrival
- » Stage 3 - After Arrival

We host welcome dinners to provide a safe and friendly environment for the new arrivals/migrants with an opportunity to hear from experienced and professional speakers in their field and at the same time, we encourage the participants to make valuable connections to as many people and services as possible to enhance their settlement in Adelaide.

While the adults relax and enjoy their informative evening, we entertain and engage their children in various activities.

Our member volunteers provide ongoing friendly support for newly arriving Pakistanis - families, individuals, and students. We use our team's resources as well working in collaboration with other organizations to meet individual needs and to assist them in learning more about their new home, Adelaide, and how to integrate into the society.

At MCCSA we have known Nasir and his team for many years now, as passionate and inclusive leaders in our Successful Communities Program and nothing makes us more proud than seeing Community lead community initiatives of welcome, inclusion and belonging. Congratulations to them for their passionate hard work.

For more information about PACSA:

Website: www.pacsa.org.au

Email: pacsaadelaide@gmail.com

Facebook: PACSA - Pakistani Australian Connections of SA



Welcome Dinner Project

On Saturday 23rd June, as a part of Refugee Week, we were grateful to be part of the action and collaborated with The Welcome Dinner Project here in SA at the North Adelaide Community Centre. What a wonderful turnout and we are so proud of our MCCSA's Successful Communities Leaders, who performed, facilitated and embraced this wonderful initiative that creates connection and belonging.

North Adelaide said Welcome to approximately 120 people from all different cultures and backgrounds. We joined together to share a potluck style

meal, we listened to each other's stories and we celebrated the diversity of our local communities. The event collaborators included the Multicultural Communities Council of SA and the Australian Refugee Association Inc, and our partners StudyAdelaide and City of Adelaide. We thank you for your unwavering support.

We are so excited to be able to share and support this journey with them and be able to be part of creating welcoming spaces, places and faces across the state.

Let us know if you want to get connected with The Welcome Dinner Project here in SA - we will link you directly. Email: megs.lamb@mccsa.org.au or go directly to their Facebook page.



Kickstart Childhood Success program

Following a successful pilot program in 2016, the Multicultural Communities Council of SA Inc. (MCCSA) will be running a 3 year project from 2018/19 to 2020/21 to help mothers of preschool children access the information they need to help provide a successful start for their preschool children.

The project is financed by the Federal Government's Department of Social Services.

This education and awareness raising project will help mothers who have arrived in Australia since 2006 with preschool children and who speak the following languages; Mandarin, Punjabi, Hindi, Gujarati, Arabic, Persian, Spanish, Hazaraghi, Swahili, Khmer, Japanese and Dinka. Fathers and grandparents are also welcome to attend these sessions.

Each year MCCSA will be delivering a series of sessions during school terms with speakers addressing a range of topics of interest to parents of young children living in South Australia. The topics chosen for each group of sessions will be based on the pilot program, an independent University assessment of the pilot program and discussions with community members of the Project steering committee.

In October and November of this year we will be delivering 8 sessions for parents speaking Mandarin. Sessions will be held in MCCSA hall at 113 Gilbert St Adelaide. All sessions are free and a playgroup will be available for children under five. Light refreshments will be included for participants but please bring snacks which are appropriate for your child.

In the first term of 2019 MCCSA will be holding two programs, one for parents who speak Gujarati, Hindi or Punjabi and one for Arabic speakers.

To register for the 2018 or 2019 program or obtain more information please contact Lena Gasparyan on 8213 4606 at MCCSA or email her at lena.gasparyan@mccsa.org.au.

Tuesday 16 October, 10am-12.30pm

Tuesday 23 October, 10am-12pm

Tuesday 30 October, 10am-12pm

Wednesday 7 November, 10am-12pm

Tuesday 13 November, 10am-12pm

Tuesday 20 November, 10am-12pm

Tuesday 27 November, 10am-12pm

Thursday, 29 November, 10am-12.30pm

Kick-start Your Child's Success

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



STAFF PROFILE



Lena Gasparyan

Recently our MCCSA staff member Lena Gasparyan has moved on from her administration role to that of a Project Officer for our Know Your Rights and Kickstart Childhood Success programs. In both her previous volunteering and working roles Lena has proven to be an enthusiastic, hardworking and committed individual with a passion for social issues and multicultural affairs.

Lena arrived in Australia November 1st, 2009 from Armenia on a spouse visa and she said it took her about five years to adapt to the Australian system. "First two, three years I was really ready to go back to Armenia," she said with a smile.

The biggest challenge facing Lena then was the English language. "It's hard to be in an English country and you can't speak the language." However, the welcoming gestures of her Greek and Italian neighbours in Unley encouraged her to stay and gradually settle in Adelaide. "People were super friendly when I tell them I'm from Armenia. I think coming from a migrant background themselves they treated me as if I am one of them. In the morning people would say good morning if I was walking or going for a jog."

Lena started working in the multicultural sector in 2016. She got involved with the MCCSA when she attended our AGM as chairperson of Armenian community in SA. "Being connected to my community is important to me especially when I don't have my family here, so I try to be in touch with other Armenians. The first place I went to was Café Primo in Norwood, it was owned by an Armenian man, so I made friends with him and started attending community events and functions."

"When the community President of that time moved to Sydney, I was elected as the President - a role I held for five years."

Relentless in her effort to get a job Lena told MCCSA that she was looking for a job or a volunteering role, whilst paying her MCCSA community membership fee.

I started volunteering at MCCSA helping with administration and some projects like the International Women's Day." When MCCSA's former MCCSA administration officer, Maria Gigos retired Lena was appointed to her position.

Lena likes seeing people from different backgrounds on an everyday basis and learning about their culture. In her administration role Lena assisted Kristin Johansson with the very successful Food From our Homelands Project. Based on this she was then appointed to her current Project Officer role.

Lena is Project Officer on the following projects

'Knowing Your Rights' for Culturally and Linguistically Diverse (CALD) communities

This project is a partnership between Office for the Ageing (OFTA), Multicultural Communities Council of SA (MCCSA) and CALD communities. The objective of the project is to develop culturally and linguistically diverse activities and resources which raise awareness of older people's rights and increase older people's understanding of available safeguards and where to find services that will assist them

This year this project is delivering a series of information sessions to 4 ethnic groups (German Speaking Aged Services

Association Inc.; Chinese Welfare Services; Croatian Care for the Aged Association; Vietnamese Women's Association SA Inc.). The information which they receive in the session will help them to develop key messages specific to their community, better respond to community queries and increase access to information and services.

Kickstart Childhood Success

This culturally and linguistically appropriate awareness project helps provide information and reduce barriers to accessing services by providing mothers of young children from new and emerging communities with information on childhood related issues. By linking them directly with service providers the program will increase their confidence in accessing childhood related services and/or supports in the future... Between 2018 and 2021 we will be targeting mothers speaking the following languages at home - Mandarin, Punjabi, Hindi, Gujarati, Arabic, Persian, Spanish, Hazaraghi, Swahili, Khmer, Japanese and Dinka.

Since starting her work at MCCSA Lena said she has come a long way. "So far, it's good, I've learnt so much and grown a lot and I know it's a long journey, thanks to everyone for being supportive and patient, hopefully, I'll get to where I'm heading to."

We wish Lena all the best and will support her in her endeavours.

If you are interested in the Kickstart or Knowing your rights program please contact Lena at lena.gasparyan@mccsa.org.au

MCCSA Celebrate Refugee Week at Naracoorte

During World Refugee Week in June a group of young people from the Multicultural Communities Council of SA (MCCSA) visited students at Naracoorte High School and the Independent Learning Centre to help them learn more about the refugee experience.

Their first destination was the Naracoorte High School, where they spoke to classes about their individual experiences, and also answered questions.

Ali, a refugee from Iraq, spoke to a class of Year 9 students in the first session.

Ali was concerned about the image of refugees in the media – that they “take jobs, and cause problems.” His own life has been one of positivity and adaptation in Australia.

Ali came to Australia seven years ago and with help from family and friends, adjusted to our language and culture. He has found most Aussies to be open-minded.

Now Ali helps other new migrants adapt to Australia.

“It’s about approaching each other with a positive attitude, and not closing each other off,” he said.

Ibrahim spoke next. Ibrahim came to Australia from Ethiopia. Before he came to Australia, he spent 8 years in Kenya.

Ibrahim has just graduated from university, where he studied psychology.

He described his years here as “great”, but also admitted that it could be hard sometimes. But his attitude was ultimately philosophical, saying, “but that’s life.”

Ibrahim has made many friends, and learned English, through playing all kinds of sport.



Ukash, a refugee from Somalia, was the last speaker in the first session. Ukash became a refugee after civil war spread across his country.

He had a mother, father, and siblings who used to grow fruit. When he was 10 years old militants attacked his village, and he was separated from his family whilst fleeing.

“Imagine waking up one morning, and losing everything,” he told the students of the experience.

“This was 27 years ago, but it stays with me every day.”

After making his way to the border, Ukash found his way into a refugee camp run by the UN. Ukash would spend the next 18 years in the camp. He graduated high school, got married, and had his first child in the camp.

“You’ve either got to give up, or keep fighting,” Ukash said of that kind of life.

He was accepted into Australia and decided to go to university, in order to get some answers about how his former life had been taken away.

“Why should that happen to a kid of only 10 years old?”

Ukash studied international relations and learnt about how people, like he and his family were simply caught in the crossfire of those who desired power by any means possible. After he graduated, Ukash became a youth worker.

The MCCSA group were all former refugees, who spent quality time answering questions and speaking one-on-one with the students. Afterwards, they hosted a soccer clinic on the oval.

They then went to the Independent Learning Centre, where they also spent time with students.

The Multicultural Communities Council of SA is a community-based organisation that supports and enables all people to achieve full participation as Australian citizens. They provide a range of programs from playgroups to services supporting older people.

The Naracoorte trip for refugee week event was funded by the Department of Home Affairs.

CALD Mental Health Consumer and Carer Group

MCCSA wishes to congratulate our Project Officer Youth Engagement Ukash Ahmed and the other 15 appointees to the role of



Carer Representatives on the CALD Mental Health Consumer and Carer Group set up by The National Multicultural Mental Health Project Alliance in collaboration with the Federation of Ethnic Communities Council of Australia (FECCA).

Encouraging and promoting dialogue within the CALD community is vital to raising awareness and pursuing a positive outcome for mental health-related issue amongst our migrant community.

Ukash is passionate about the challenges of Mental Health in CALD Communities, including his own African Communities. He has voluntarily and professionally been working on breaking down stigma, supporting and building capacity of communities and individuals in understanding Mental health challenges through his active involvement in the Multicultural Communities Council of SA Mental Health and Suicide Prevention Project, funded by SA Health and his role as an executive member of the Every Life Matters Salisbury Suicide Prevention Network.

Along with, and, supporting those experiencing mental health effects in his own community and through his role at MCCSA working with young people we believe that Ukash will bring a wealth of experience to this new role and MCCSA will support him in any way we can in his endeavours.

MESSAGE FROM SAMEAC

Promoting community events and activities

MR NORMAN SCHUELER OAM, CHAIR

South Australian Multicultural And Ethnic Affairs Commission (SAMEAC)

As the Chair of the South Australian Multicultural and Ethnic Affairs Commission, I have the privilege of attending many events and activities organized by our culturally diverse community organizations. These events and activities provide an excellent opportunity to learn about the very best of South Australia's multicultural society and make important connections with community leaders and representatives.

I often observe that most of those attending these events are of the same culture as those who have worked tirelessly to organize them. I believe these superb events would contribute more to an intercultural understanding and community harmony if there was a wider cross-section of our society there to enjoy them.

I, therefore, encourage community organizations to take steps to spread the word about your future events and activities. Some ideas on how to promote your event are:

- » Submit information about the event for inclusion in the Multicultural Affairs Quick News electronic newsletter. It is widely distributed fortnightly. Submit information for inclusion in the next edition of Multicultural Affairs Quick News by emailing the information to: <http://multicultural.sa.gov.au/>
- » Submit information about the event for inclusion on the Multicultural Affairs online calendar: www.multicultural.sa.gov.au/events
- » Send a media release to media outlets which may mention your event in their radio programs, websites or newspapers. This website may be helpful to those preparing a media release: www.pria.com.au/priablog/the-perfect-pitchhow-to-write-a-good-press-release

Consider sending information to:

- » Ethnic Broadcasters Inc. (08) 8211 7635. Email: ebiradio@5ebi.com.au
- » EBI broadcasts programs in almost 50 different languages.
- » Other community radio and television programs and newspapers.
- » Major mainstream media outlets such as:
 - ABC radio (08) 8343 4000** www.abc.net.au/radio/adelaide
 - The Advertiser (08) 8206 3316** www.adelaidenow.com.au/help/contact-us
 - The Australian (02) 9288 3000** www.theaustralian.com.au/editorial/contact-us
- » Local metropolitan and regional newspapers such as the Messenger (Phone 08 - 8206 3316) <https://www.adelaidenow.com.au/help/contact-us>
- » Spread information about events through social media platforms, such as Twitter and Facebook.
- » Print eye-catching posters and ask community members to put them up in shop windows, council libraries and community notice boards in their areas.
- » Nominate people to contact radio talkback programs to provide information about the event.

MCCSA also welcomes people from CALD background to send us information about their events and we will share it on our community voices publication, Facebook and the event page on our website.



STUDENT PLACEMENT AT MCCSA



Mental Health

MCCSA with SA Health and Every Life Matters Salisbury Suicide Prevention Network, came together to provide training, awareness, and translation of documentation for Suicide Prevention and Mental Health.

This project was to enable multicultural community leaders and their future leaders to start having lifesaving conversations and understandings in their communities around Mental Health and Suicide. Most importantly the program is to help keep people safe.

The Connecting with People training included: Emotional Resilience, Suicide Awareness, and Self Harm Awareness.

The communities most involved with this project and those that expressed the most interest over time about Mental Health and Wellness in their community were then asked to translate a brochure and cards for their communities as a part of the project and walk the journey of understanding with us.

We are proud to announce that we have translated documents in Khmer, Somali, Fullah, Spanish, Bhutanese, Swahili, Farsi and Urdu.

We thank the following Community Organizations for their passion around this topic, and wanting to participate meaningfully in discussions and trainings:

- » Cambodian Women and Youth
- » Fullah Friends of SA
- » Iranian Women's Organization of SA
- » Andes Association
- » Bhutanese Association
- » Somalian Youth Group
- » Pakistani Connections

We will be having more training programs of Connecting with People through the Office of the Chief Psychiatrist and SA Health in the coming year and we invite any group that would like to translate the flyer for their community to get in touch.

We thank also Adam Clay and Lynne O'Sullivan at the Office of the Chief Psychiatrist, Suicide Prevention Team at SA Health also for their time and commitment to our project. They also allowed us to promote our work through our team members Ukash and Megs, who are part of Every Life Matters Salisbury Suicide Prevention Network at the recent Suicide Prevention Australia Conference in Adelaide. Through this network, we have other groups who would like to translate the material and also use the flyers in their networks.

If you would like copies of the translated material for your community of Suicide Prevention Network, please get in touch with megs.lamb@mccsa.org.au

Ebony

Hi, I am Ebony, and I am currently studying at the University of South Australia. With my Bachelor of Arts degree my major, Sociology, has heavily focused on the migration and multiculturalism of our society. I found this area of research to be fascinating and I had this new desire to learn more, so I aspired to find a placement within the sector of multicultural Australia. At the MCCSA I will be trying to complete my objectives from the learning agreement. I will be working with Megan and the team to learn and understand the structures and collaborations within the organisation, gain further knowledge about the diverse communities within SA and also try and highlight further research for the MCCSA in future work. I am looking forward to engaging with communities and learning new experiences, while also applying what I have learned from my degree in a practical setting.

The South Australian State Budget for 2018-19 contained some initiatives which may be of particular interest to the multicultural sector.

New Visa for Budding Entrepreneurs (p.5)

\$400,000 over 4 Years

To implement a pilot program to trial a new visa category for start-up entrepreneurs seeking to base their operations in South Australia.

Languages in Schools

\$12.2 million over four years will support the Government's Languages in Schools initiative, increasing the focus on South Australian children learning a second language. This includes enabling four new public schools to offer the highly-regarded International Baccalaureate and expanding the Languages Alive holiday program for primary schools. A package of measures to address bullying, truancy and substance abuse in our schools is supported with \$3.2 million in 2018-19, increasing to \$4.1 million by 2021-22. This includes providing teachers and students with training and support services to help detect and respond to bullying, including cyber bullying.

Multicultural Affairs

Targets 2018-19

- » Undertake a review of Multicultural SA's funding programs to ensure that an equitable funding structure is in place that matches the needs for multicultural organisations to celebrate their cultural traditions, as well as supports our vulnerable culturally and linguistically diverse communities.

- » Undertake a review of the South Australian Multicultural and Ethnic Affairs Commission Act 1980 to inform the drafting of new legislation.
- » Enrich South Australians' cultural wellbeing by celebrating diversity through festivals and major events, and provide support to community organisations that provide services to culturally and linguistically diverse individuals, families and communities to improve their quality of life and wellbeing.

Ethnic Ageing grants

The existing ethnic ageing grants will be refocussed from January 1 2019 to ensure adult safeguarding information and ageing well initiatives engage a broader range of communities.

Volunteer Screening Checks

\$4.9 m over 4 Years

To abolish the \$59.40 fee for volunteer screening checks for working with children and vulnerable people.

Apprenticeships and traineeships

\$202.6m over 4 Years

In partnership with the Commonwealth Government, this initiative will support the creation of an additional 20,800 apprenticeships and traineeships in South Australia through subsidised training and

support services developed in partnership with employers, training providers and individuals.

It will respond to emerging industry needs through programs such as digital and fast-tracked apprenticeships.

Literacy Guarantee

\$20.9m over 4 Years

To implement a comprehensive program to improve literacy and numeracy outcomes for all South Australian students.

Engagement and Wellbeing Program

\$15.5m over 4 Years

For a package of measures relating to early intervention approaches, strategies and support to address bullying, truancy and substance abuse.

\$100 Sports Vouchers

\$29.7m over 4 Years

To reduce the cost of living for families and give more primary school aged children the opportunity to participate in sport and recreation, the State Government are increasing sports vouchers from \$50 to \$100 for eligible children each year. A wider variety of active recreational pursuits will be eligible, including dance.

Adult Safeguarding Unit

\$2.6m over 4 Years

To establish an Adult Safeguarding Unit with a key focus on the prevention of abuse

through awareness raising, community education and responding to reports of abuse, neglect or mistreatment of vulnerable adults.

Innovation and Commercialisation Precinct

\$43.9 million of capital works to re-fit and re-purpose seven buildings (including heritage buildings along North Terrace) to establish an Innovation and Commercialisation Precinct. Rental subsidies of \$4.8 million over the forward estimates have also been provided for 650 start-up spaces in the precinct. The Innovation and Commercialisation Precinct will make available up to 23 000 square metres of space and will provide a place to build entrepreneurship and collaboration in South Australia.

Domestic Violence and Crisis Beds

\$9m over 4 Years

\$5 million of interest-free loans for non-government domestic violence organisations to fund housing related capital projects including expansions, renovations and upgrades.

Disability Services

\$2.6 million in 2018-19 for an across government response to continue to support the transition of state disability services to the non-government sector as a result of reforms under the National Disability Insurance Scheme, delivering on the Liberal Government's election promise.

State Government allocates \$118 million for housing and homelessness per year

Housing and homelessness services in South Australia will receive \$118 million per year thanks to the recently signed National Housing and Homelessness Agreement between the State and Federal governments.

Under the agreement, the 2018-19 State Budget reveals the Federal Government will contribute about \$108 million per year and the Marshall Liberal Government will provide \$9.6 million per year towards homelessness funding, providing help to some of the state's most vulnerable people.

Health services

"The State Government is committing \$40 million over the next two years to reduce South Australia's elective surgery waiting lists and reduce the number of patients waiting beyond clinically recommended timeframes," said Minister Wade.

Less help for vulnerable witnesses

Unfortunately from 2019-20 The Government is discontinuing specialist training in the interviewing of vulnerable witnesses and this may impact on some members of our communities.



See the full budget papers online at

www.statebudget.sa.gov.au

FREE

Basic English training for construction workers Available Now!

- Flexible training times and dates
- 30 weeks duration
- Located near the city

An information session will be held on
Wednesday 10th October
4pm at the Thebarton Community Centre
Cnr Ashwin Parade & South Rd. Torrensville

Training starts
Week beginning 15th October
at The Thebarton Senior College
40 Ashley St, Torrensville



To register please contact

Tina 08 8159 3100

Funded by the CITB



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 Websters Lawyers Service to the Community Award	 Government of South Australia Department of Human Services Aboriginal Achievement Award
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Drug and Alcohol Services of South Australia

The Multicultural Communities Council of SA is currently collaborating with the Drug and Alcohol Services of South Australia (DASSA) and our CALD communities to further raise awareness and improve understanding of the nature of alcohol, tobacco and other drug use and the suitability of DASSA services.

So far we've had two sessions meeting with a diverse range of ethnic community representatives getting feedback from them about their knowledge of DAASA's current service provision and how they may be improved to support people from CALD backgrounds.

The last meeting is scheduled for Tuesday 13th November at MCCSA for brief report from DASSA outlining some recommendations and suggestions for a way forward based on the feedback from the previous consultations.

IT'S A GIRL!

MCCSA would like to welcome Piper Marie to the world. This delightful little girl was born on September 12th to Franziska - a past MCCSA volunteer and organiser of the lovely sunset cruise this January which raised funds for our multicultural group.

We hope to see mother and baby at this group in the future! Congratulations to Franziska and her husband.

STUDENT PLACEMENT AT MCCSA



Phoebe

Hello, my name is Phoebe and I am a University of Adelaide student interning at MCCSA!

I currently study a Bachelor of International relation, majoring in politics and studying a minor in international development. Currently, my degree is looking closely at development and justice within the social world order and I really enjoy this field of study. As a part of my degree, I also studied French for a year and a half and recently studied in France at SciencesPo, an institution in Paris, where I focused on post-cold war relations including inequality among women, climate issues, and development through trade. Eventually, I aspire to work in either national security and defense or international development in order to help people achieve self-determination and overcome the multidimensional aspects of poverty. I have a passion for philanthropy and have travelled to several culturally diverse countries including Nepal, India, Singapore, France, Italy, Greece, Croatia, Poland, Germany and the UK to name a few, to both volunteer and travel in order to deepen my multicultural understanding of the world.



Celebrating my Latvian culture

by Margota Pukitis

Latvia this year is celebrating the anniversary of 100 years as a nation. Throughout the year there are many cultural activities, various exhibitions, concerts, and other events reflecting the last one hundred years.

My husband and I wanted to be part of the celebration and chose to sing in the Adelaide Latvian mixed choir and so have the opportunity of singing in the song festival in Riga in July 2018 with the choirs of Latvia as well as the Latvian choirs from other European countries, North America, Canada and South America. In total there were about 17,000 choristers singing in the final concert. There was room for only 47,000 spectators and so this concert was televised so that as many people as possible were able to enjoy the concert.

Latvia has always been a nation that enjoys singing and has produced singers who are

well known throughout the world. Special songs are sung for special occasions such as weddings, christenings, midsummer solstice, Christmas and celebrations that last for many hours. For example at the Song Festival this year the concert was 7 hours long. It finished about 1.00 am. After the last song was sung that was on the program one of the conductors would take over the microphone and now the audience also sang. They sang till 6.00am, but there were rumors that one could hear people still singing till 8.00am. People sang on the way to the tram or bus and continued singing till they reached home.

One cannot just join a choir and start singing. To be eligible to participate in the Song Festival you have had to sing in a Latvian choir in Latvia or any Latvian choir overseas for at least a year, be familiar with the program and attend an audition where one of the jury members is a Latvian conductor from Latvia.

We passed the test and it was an unforgettable experience to be part of such a cultural event. I was standing next to a Latvian woman from Holland and on the other side a Latvian woman from Belgium, behind me was a group of young girls from a country village in northern Latvia and in front of me from south of Latvia not far from the Lithuanian border.

The Latvian Song Festivals are held in Riga every 5 years and are well attended. The number of people wanting to sing over the years has increased and so have the attendances to this event. As a result they have increased the capacity of the stage to include more singers as well as the area for the spectators. What I found very moving was when at times during the concert a very well-known song was sung by the choir the audience would also join in and sing with the choir. So now we have a choir of 60,000 singers all singing together as one.

MCCSA PHOTOS



Welcome Dinner

MCCSA youth engagement programs



MCCSA Refugee Day at Naracoorte

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

the Korean, Spanish speaking 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



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 ukash.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 ukash.ahmed@mccsa.org.au

Multilingual Tax Time Toolkits from the ATO

This year the ATO has developed tailored toolkits in the following languages to help people prepare and lodge their tax return:

- » Arabic
- » Hindi
- » Korean
- » Punjabi
- » Simplified Chinese
- » Spanish
- » Vietnamese

These toolkits contain information on areas where we know taxpayers are at risk of making a mistake when they're completing their tax return, such as work-related expenses and record keeping.

The toolkits are available to download at the ATO website.



<https://www.ato.gov.au/Individuals/Ind/Tax-Time-toolkits/>

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