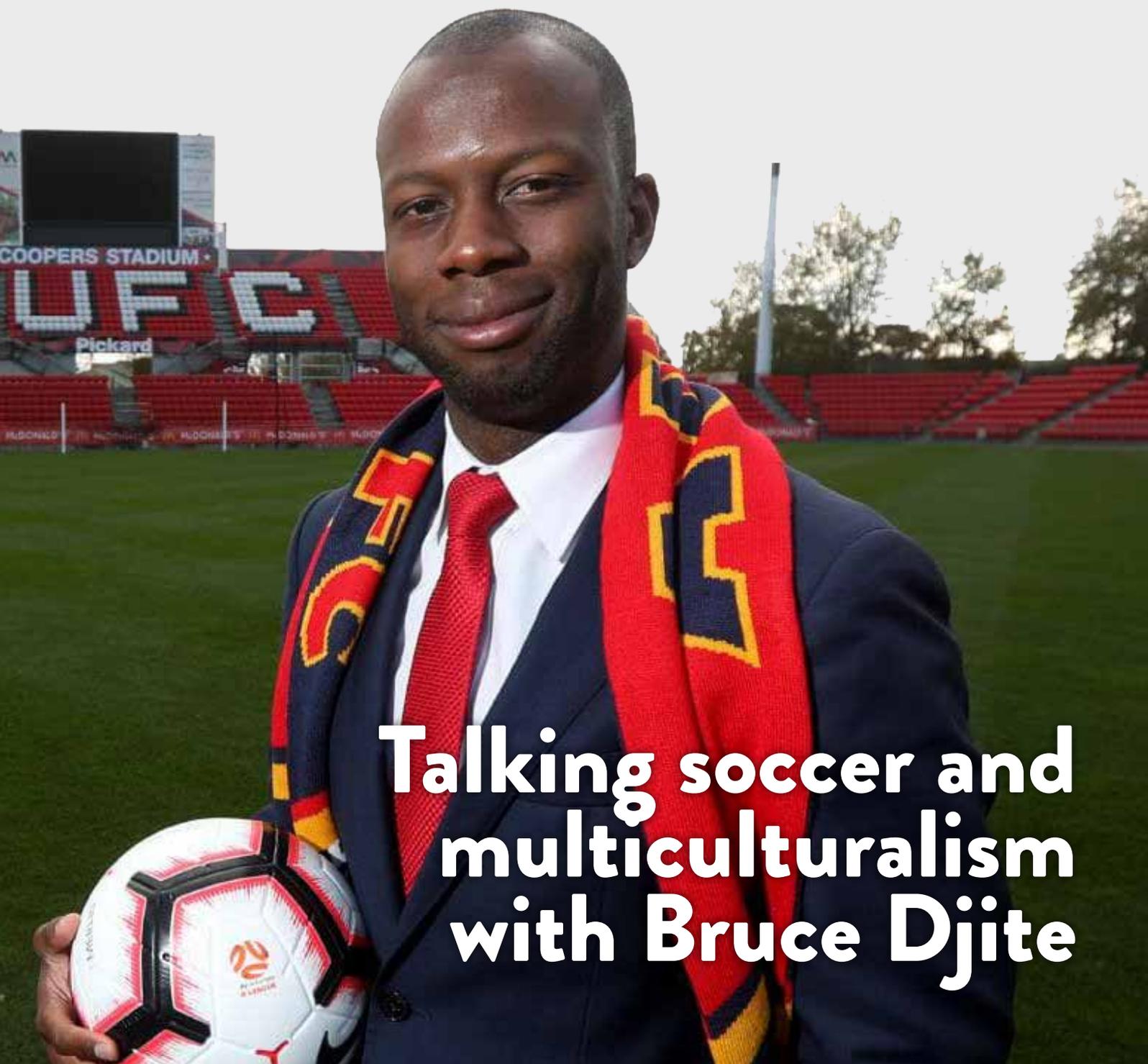


MCCSA Community Voices

► SPRING 2019



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UPCOMING MULTICULTURAL EVENTS



WHEN: 7pm – 10.30pm, Saturday 21 September 2019

WHERE: Estonian Hall, 200 Jeffcott Street, North Adelaide

WEBSITE: www.facebook.com/adelaideunirotaractclub



WHEN: 1 – 23 October 2019 **WHERE:** Palace Cinemas

WEBSITE: www.italianfilmfestival.com.au



WHEN: 17 October – 3 November 2019

WEBSITE: www.ozasiafestival.com.au



Aerial shot of Settlement Square family tree at the Migration Museum

FROM THE CEO

HELENA KYRIAZOPOULOS

At the end of this month we will be hosting a celebratory event for all our members and friends of the MCCSA at one of my favourite locations in South Australia, The Migration Museum.



On Sunday the 29th September we will gather to acknowledge 45 years of servicing South Australia. Our history is steeped in 70 years of tradition emanating from the Good Neighbour Council. Our humble beginnings of supporting and advocating for our ethnic communities continue into the 21st century, albeit with different groups coming into South Australia. It is a privilege to have been and to be part of these communities journey; their achievements are outstanding, from establishing their own agencies and facilities to personally assisting families and individuals settle into South Australia. I look forward to seeing many of you at the Migration Museum on Sunday the 29th September.

The MCCSA is currently preparing a response to the Royal Commission on Aged Care on the needs of CALD communities. Should you wish to contribute please feel free to contact me or email me your feedback I am always happy to receive your comments.

This year we are collaborating with the South Australian Department of Fire and Emergency Services Commission (SAFCOM) on an exciting new project titled “Building Resilient CALD Communities”. The aim of the project is to build the capacity of new and emerging CALD communities to deal with an emergency situation as a direct result of a disastrous event. Nine new and emerging community groups will be

participating in this project, along with our three Universities. I am sure that in our summer edition of Community Voices will be reporting on the progress of this project.

Early next year the MCCSA will partner with the Equal Opportunity Commission to bring the newly appointed Race Discrimination Commissioner, Chin Tan into Adelaide. I hope that you will join us for a conversation with Chin on a broad range of Human Rights issues.

Please enjoy this edition of Community Voices.

Helena

Talking soccer and multiculturalism with Bruce Djite

By Sidique Bah

Through migration, people from different parts of the world now call Australia home. For this edition of Community Voices, MCCSA had the opportunity of a sit-down interview with soccer icon and Adelaide United's newly appointed Director of Football, Bruce Djite.

Bruce shared his story about his exciting new role and his Australian journey.



Born in the US to an Ivorian Father and Togolese mother, Bruce and his family moved to Sydney when he was just three years old. Bruce has always been a fan of soccer from a very young age. At the age of 14 he joined the now defunct Northern Spirit Football Club, and a year later joined the Marconi Stallions, an Australian semi-professional soccer club based in Fairfield Sydney. He was just 19 when he signed up to play for Adelaide United in the 2006-2007 A-League Season.

Thirteen years on, he has become the all-time top scorer for Adelaide United. And not just that, he has gone on to being capped nine times by the Socceroos, served as a member on the Professional Footballers Australia Executive Committee, played in the Turkish league, become a Fox Sport pundit and is now the Director of Football for the Adelaide United Football Club.

Bruce mentioned that he was in Sydney when he got a call from the Adelaide United Chairman about his new role.

“It was a real privilege to be offered such an important role and I took it on with both hands. I called the removalist straightaway, organised quotes, and sent letters to our childcare to let them know that we will be moving. So the decision was made very quickly.”

Bruce said he always wanted to stay in the game even after retirement, but he wasn't interested in coaching. He said sports administration and politics are the two areas that interested him the most outside of football, and he is quite happy with his new role as the opportunities are few and far between in football in this country.

Talking about the future of the team, the star mentioned that they are in a good space. “The team was very successful last year, and they've retained 19 players from the team. So the core of the squad still remains. We've now got three new players and two more to be announced, probably a couple more to round out the team.”

When asked about the main challenge soccer faces in Australia in terms of garnering national attention in comparison to other sports, Bruce said that he thinks in Adelaide we are lucky in the sense that it's a small city and we've got a big participation base. Even though soccer is well liked in Australia, he said a lot of kids play for their local club but may not attend an A-League match. Instead they follow and support foreign teams such as Liverpool or Real Madrid, “The problem has always been transferring the participation base into a fan base that comes to the stadium and actively engages in the A-League”.

When asked about the challenges aspiring migrants face in Australian sports, Bruce said, “Even though it can be tough, we have to persevere. I always tell people that nothing is impossible, it's all relative, some might think it's hard but I can guarantee you our ancestors had it harder. They actually made it a lot easier for us through their struggle. It depends on what your goals are, and if you want to be successful you are going to find a way”.

Bruce considers himself fortunate that he was good at sport when growing up in New South Wales. “I was very lucky, in Australia everyone is a sport enthusiast, and everyone wants to be friends with the kid who is good at sport, that's why I believe in

the power of sports, and that's why I love being involved with communities and mixing with people. If there is one thing that can bring people together, especially new arrivals, refugees, Africans, Muslims, or pretty much any race or religion, it's football.”

Bruce said he doesn't think Football Federation Australia has advocated well enough how football can help reduce crime amongst our youth, encourage kids in school and help them with health issues. “There are a lot of benefits from the game. I think we need strong advocates, the AFL does it better, like Port Power they do a host of programs, so much so that kids that may have no idea about the game may end up playing for the AFL.”

In relation to what multiculturalism means to him, Bruce said he is as multicultural as it comes. “I'm a global citizen. I've lived all over the world, my parents are from Africa, I go back there often, I was born in America, I've grown up in Australia, I've lived in other countries, I speak different languages, I eat all types of food, so to me that's multiculturalism. It's not about mixing in or having one race of mixed people, it's about appreciating the differences in everyone.”

Bruce's parting message for our readers is, “for the older ones, thanks for paving the path, for the younger ones that want to be successful and aspire to do bigger and better things, keep blazing your track, don't let anyone tell you that you can't do whatever you want to do, anything is possible, I know that is a bit cliché but that's the truth”.

Using MCCSA's Successful Communities Toolbox

The 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 MCCSA's community group.

Tukini Tavui is one of many community leaders in South Australia who is actively engaged with MCCSA's Successful Communities Program, which mainly covers Leadership Development and Community Building.

According to Tukini, since he started working on governance structure for the Pacific Islands Council of South Australia, he has relied heavily on the MCCSA's Successful Communities Toolbox which can be accessed via the MCCSA website.

In terms of usage, Tukini mentions that he and his members use the Toolbox on a regular basis. He went on to say, "it is not just the Pacific Islands Council, but I'm also helping all the other Pacific island community groups get their governance sorted out, so I'm directing them to the Toolbox. It has been quite handy, we even have a link to the Toolbox on our website".

"It will be difficult to operate a not-for-profit organisation to the standard at which it will be at its best without having the resources

or accessing resources such as the ones that are available in the MCCSA Toolbox."

What Tukini liked most about the MCCSA Toolbox is that, it has everything one needs to set up an organisation. "Everything has been collated into one place, you don't have to search the web to find the necessary information, it may take you hours, days maybe to source what's required, somebody has done all the work, all you have to do is access it."

You can access the toolbox here:

successfulcommunities.org.au/toolbox/

It includes templates for projects, budgets, events, policies and programs, along with links to Legal, Tax and Governance documents and websites. The resources were collated from consultations and direction from community leaders

and with multicultural groups at the centre of the design, content and implementation of the final product.

With the Toolbox, we also run many and various workshops for leaders and future leaders throughout the year with our "Successful Communities Toolbox and Intercultural Leadership Program". In 2019, our leadership workshops Toolbox will make you look at leadership in a new light, creating confidence and connection, inspiring you forward.

You can keep up-to-date with these trainings and others via Facebook:

www.facebook.com/MCCofSA

or email:

megs.lamb@mccsa.org.au to be registered for our Successful Communities mailing list for email updates.



Waste Management Program

After The Multicultural Communities of SA successful four session program on waste management, participating community representatives have gone back to their community and are conducting waste management information session to their respective groups.

The main objective is to increase community understanding of what goes in to our council bins.

Twenty participants representing 10 diverse community groups participated in the four information sessions which was delivered in partnership with Green Industries and KESAB Environmental Solutions. The participants began the program with a tour of the Material Recovery Facility at NARWA and the Wingfield Waste & Recycling Centre giving them the opportunity to witness first-hand what happens at the frontline of the waste industry.

Participants were keen and eager to learn about waste management. They asked lot of questions and Wendy Sutton Sustainability Education Officer from KESAB did a great job listening and answering their questions.

Coming from a background where waste management practices are not common the sessions were a game changer providing information on collecting, transporting, processing,



recycling or disposing off, and monitoring of waste materials.

Participants had great time learning about waste management and we at MCCSA are happy with the interest and enthusiasm shown during the course of these sessions. We are happy that the participants in this program are back in their community helping to raise awareness about waste disposal and recycling.

Participating community representative were from the Sierra Leone Community of SA, Iranian Women Association of SA, Fullah Friends of SA, Colombian Community of SA, The Eritrean Community SA, Spanish Speaking Seniors, Ivorian Community of SA, Indian Professional Association, Caribbean Association of SA and the Serbian Community of SA.

Meet Sali - African Women's Federation of SA's newest leader

Two decades ago she fled with her two young daughters from a rebel war in her homeland, Sierra Leone, and spent a few years in neighboring Gambia, West Africa. In 2001 she was amongst the first batch of refugees from Sierra Leone to be resettled in South Australia.

Since her arrival to South Australia, Salimatu Koroma, commonly called Sali, has moved on to become a qualified nurse and is now the head of African Women's Federation of South Australia. For this edition of Community Voices, we got in touch with Sali for an interview to talk about her Australian journey and her current role as head of the African Women's Federation of SA, a non-Government, non-profit umbrella organization, representing the interests of African women and their families in the South Australian Community.

Sali said she was lucky to be selected for resettlement in Adelaide, as life was hard as a single mother with two children in Gambia. "With a civil war going on in my country, I had no choice but to flee and leave everything behind."

Reflecting on her upbringing back home, Sali said she came from a background where parents decide what their children should study in school. Coming from a family with a teaching background, she had to go to college and do teaching, but has always harbored the dream to work in the health sector.

"So when I landed in Australia, after all the orientation and other relevant paperwork, I started enquiring about university enrolment, I applied to Uni for a nursing degree which I completed in 2005, and then I started working as a registered nurse. Now I'm in level 2 working as a clinical nurse."

When asked what she likes about nursing, Sali said she loves helping people, "It's about making a difference in someone's life, being there for people and their family when they are going through tough times".

Sali said the African community in SA will benefit greatly from participating in health education sessions. She said there should be a focus on raising awareness through community health education sessions to our communities.

"There are lots of programs out there providing health education, so community leaders should work with

health educators and encourage their communities to participate in some of these sessions."

About a year ago, Sali was elected chairperson of the African Women's Federation of SA. The organisation was founded in the early 2000 by four women: Mrs Ayen Kuol, Mrs Carla Tongun, Mrs Hiacinta Msomi and the late Mrs Rita Kamara; as a response to the needs of arrival of African migrants.

Sali said she is happy to be appointed to the role as she was there from the beginning of its formation. She said she remembers having lunch with the late Rita Kamara at the Central market in 2001 and having a conversation about the need for an organisation that will look after African women migrating to South Australia.

"The support we get during early resettlement is not enough, it doesn't fit in the long run, so we were talking about how hard it is to resettle and integrate in to the system."

She went on to liaise with other African women and the African Women's Federation was formed. "By then I was studying and wasn't involved that much, but I have always been on the inside supporting here and there."

According to Sali, the early founders did a good job in laying the foundation and over the years the organisation has grown by providing a lot of services to the African community. The African Women's Federation currently works with Thebarton Senior College, Tafe SA, Australian Refugee Association (ARA), Relationship Australia and Junction Community Centre.

The future of the organisation is looking good and Sali is very optimistic that it will grow stronger. She said as the chairperson, she will make sure that African women leaders collaborate and participate in hosting frequent information sessions. Knowledge and skills acquired from these sessions will then be passed on to the communities.

"If we get them to engage then we are sure to work better and we will learn from them to help shape our strategies as well."

As a community leader and someone who has been around for a while, Sali's advice to our migrant communities is that we all need to come on board and support our community organisations. "My message is that people should come together and work together in their community, you need that support even for personal growth, and you'll gain a lot, it's also good for the kids and the parents to stay connected with their community."



"My message is that people should come together and work together in their community, you need that support even for personal growth, and you'll gain a lot, it's also good for the kids and the parents to stay connected with their community."

Migrants in Business: **Fab Removalist**

While most people fly into Australia to start a new life there are others who have to brave a cold and dangerous sea journey to call Australia home.

Those who get lucky and make it to shore are mostly faced with challenges of settling in while adapting and looking for jobs. Despite all these challenges, most migrants persevere to adjust to their new life and contribute to the society they find themselves in.

Afghan born Karim Mohammad came to Australia in 2010. Travelling from Malaysia and then to Indonesia, and finally ending up in Christmas Island.

“I came by boat in 2009, I was in Christmas Island for 8 months then I got my permanent residence and came straight to Adelaide” said Karim.

The early years were tough but Karim didn't give up. Instead, he found a job and started working for a sub-contractor for Australia Post doing delivery runs around Adelaide.

Five years after his arrival and gaining some experience doing delivery runs, Karim decided to start his own business 'Fab Removalist'. “At the beginning it was a bit difficult. For the first six to seven months, I didn't get a lot of jobs, there were lot of off days, and slowly slowly, step by step, I started getting a steady flow of jobs.” he said.

With no one to support him, Karim had to take the risk and see if his business venture will pay off. “I had to struggle in the beginning. I had to



rely on a bit of money I had saved from my previous job and with a bit of support from Centrelink which eventually stopped when I started earning from the business.”

“I started with a small 3.5 tonne Mitsubishi truck. I then sold that one and bought a bigger one and I sold that one and bought yet another bigger one, now I have a 40 cubic meter truck which is more expensive to run, but now I can afford it and manage my living cost, if I work for a company I'll not earn more than I'm earning now.”

Karim said as his 'Fab Removalist' business continues to grow, he teamed up with a friend to help him with the increase in demand.

“Our job is based on relocation of furniture from one location to another. Depending on the workload, sometimes we have to hire extra helpers from various backgrounds to do the job.”

“I've got another friend of mine who has got a truck as well, sometimes if I'm busy, I'd call him and he would go and do that job for me, so I have three trucks at my disposal.”

Even though business is good, Karim mentions that it's a tough job. “It is a physical job, very hard and the helpers we bring along sometimes might not be an experienced bunch. So we have to guide them to ensure no damages are incurred to people's property, and also to ensure they don't injure themselves. So you really cannot just take things lightly or carelessly.”

MCCSA Celebrates World Refugee Day at Naracoorte

The Multicultural Communities Council SA has marked the commemoration of this year's World Refugee Day by taking a group of ethnically diverse young people for a two day exchange visit to Naracoorte.

Funded by the Department of Home Affairs, this trip was designed to give young people of refugee and migrant background, living in Adelaide, the opportunity to explore regional SA and share their unique stories with students at the Independent Learning Centre and Naracoorte High School. A group of 19 young people selected from our youth programs embarked on this two day road trip on the 20th of June 2019.

The young people led by our CEO Helena Kyriazopoulos and the youth development team, facilitated an interactive session for a group of students at the Independent Learning Centre.

Gabriel Akon, an award winning local hip hop Artist who works for MCCSA as a youth development officer, shared his story of migrating to Australia and the challenges he faced growing up in this country. The second part of the session was Q&A.

After completing the session at ILC, the group visited the Naracoorte Caves, had dinner before heading back to the motel for the night.

On the 21st of June, the group visited Naracoorte high school where they were also joined by Tania and Okke

from the department of Home Affairs. They conducted interactive sessions in different classes, sharing stories and hearing from the students.

After class sessions, Gabriel Akon and Oc3aneyes did a music performance at the school assembly.

During lunch time, the team conducted a soccer clinic for boys and girls, which concluded the two visits. It was a great experience for both the visiting young people and the students. MCCSA will seek to continue to provide these opportunities for young people.



>CONTINUED FROM PAGE 10

Karim said he advertises his business on Facebook and gumtree but mostly relies on referrals from friends' word of mouth. This means he has to do a good job to encourage people to make recommendations.

Even though he is happy with his business Karim said this business is a physical job and if you are not healthy you cannot work.

Looking into the future Karim said he hopes to continue his business for a couple more years. "If I get another opportunity that is better for me in the long term, in a better environment, then I will change, absolutely."

Based on his experience so far Karim's advice for other new migrants out there is, "We've all got our share of problems. It's the reason we decide to come here. And if you don't have too many responsibilities, and don't need to send money back to your country of origin, then go and study for couple of years or for a short while and learn a skill so you can have the opportunity to work for a longer term and make your lifestyle very livable. Don't just settle for jobs that are physical, like you never know what's going to happen to you".

We thank Karim for the opportunity to talk to him and his candid advice. We wish him all the best and hope things work out for him.

Karim can be contacted via Facebook - www.facebook.com/FabTransportAdelaide

Rock up n Play FUTSAL Sessions at Kilburn

We run weekly futsal sessions as part of our MCCSA Multicultural Youth Engagement initiative. The project brings together young people of diverse backgrounds to come and enjoy a highly entertaining futsal session every Monday at the Kilburn Community centre.

The main objective of the project is to relive social isolation and provide a sporting opportunity for disadvantaged youth who can't afford to pay high fees at regular clubs.

The flexible nature of the project allows young people to play when they need to.

There are no skill requirements and it is completely free. Currently the sessions attract over 30 young people, every week. MCCSA has also introduced a school holiday futsal tournament where young people are given the opportunity to create their own teams and compete for a trophy. The last tournament saw 8 teams compete for a multicultural trophy. Team Falmay was crowned champions and will have the opportunity to defend their title in the next school holidays tournament.





Meet the Newest Australia Day Ambassador - Shazia Choudhry

Shazia Choudhry is a Certified HR and Knowledge Management professional and a certified trainer and assessor. She has served in key managerial positions in both public and private sectors in the UAE, Australia and Pakistan, and has designed and been delivering 'job readiness programs' for new arrivals and job seekers in Adelaide, for the past two years.

This passionate ambassador literally defines making moments joyfully and pleasantly memorable, and making a positive difference at a personal, familial and at a wider societal level.

Hence she is an active part of many social causes. Her main aim at the moment is to be a good support channel and a strong voice for new immigrants, CALD communities, women and children. She was also seen recently as the only Pakistani and Muslim female participating in the SANFL Nations Cup 2019, to promote and encourage female and particularly Muslim females' participation in sports in Australia.

Shazia Choudhry is volunteering with Pakistani Australian Connections of SA (PACSA) as the Vice President. Well done Shazia! We are so proud of your achievements and for becoming the first Pakistani female as "the Australia Day Ambassador".

Disability, Ageing and Lifestyle Expo 2019

Less than two months left until South Australia's largest and most iconic disability and ageing community event, the Disability Ageing and Lifestyle Expo 2019!

You may want to mark your calendar as for one day only, on Thursday 17 October 2019, at the Adelaide Showgrounds in Wayville, close to 200 exhibitors will be showcasing their products and services to an expected audience of more than 3000 visitors!

Disability Ageing and Lifestyle Expo 2019

My Life, My Choice

Thursday, 17 October 2019, 10am to 4pm

Goyder Pavilion, Adelaide Showground

FREE ENTRY

A SOCIAL INITIATIVE BY:



The Migration Museum Foundation invites you to honour your family.

Over 2500 families have an engraved paver at the Migration Museum. Time is nearly up to make your lasting gift.

Our campaign is closing. Limited places left in Settlement Square.



Former Lord Mayor and Lady Mayoress of Adelaide, Martin Haese and Genevieve Theseira-Haese inspect their family pavers at the Migration Museum

MCSSA will celebrate its 45th anniversary at the Migration Museum on the 29th of September.

The Migration Museum was the first of its kind in the world. It welcomes 200,000 visitors and 10,000 students per year to its Kintore Avenue historic city precinct and is a great place to take family members visiting from overseas. It supports community events, explains the vital contribution of migrants to SA, and celebrates our diversity. It is proudly supported by the Migration Museum Foundation. Funds raised assist the Museum to do its excellent educational and display work.

The Migration Museum Foundation will celebrate the 20th anniversary of its engraved paver program in 2020, whereby Foundation donors are recognised in Settlement Square at the Museum.

It only requires a minimum modest contribution of \$300 to secure a place in history with one paver, or \$500 for two, and there are more giving options and recognition opportunities available. Your family migration story can also be added to a dedicated database available to Museum visitors, adding to the vibrant history of our State.

For further information contact Suzanne Redman on 08 82077570. You can choose your giving level and arrange your paver/s online at : <https://migration.history.sa.gov.au/get-involved/migration-museum-foundation/>

Don't delay! Give your family a place in history and encourage others to support the Museum.

Elizabeth Ho OAM
Chair, Migration Museum Foundation

Community Visitors' Scheme Home Visit Service

Do you know of any friends, parents or neighbours living at home who are lonely?

Would you like them to have some warmth in their lives?

Do you know that MCCSA Community Visitors Scheme (CVS) Home Visit Service can support them in such situations?

MCCSA Community Visitors Scheme (CVS) program, which started as helping Latvian elders in nursing homes in 1988 now has a rich history of 31 years. During this time, we worked hard to improve the quality of lives of elderly people, and the impact of MCCSA CVS service has been expanding ever since.

The MCCSA CVS is funded by the Federal Government and our Home Visit Service is a free service for clients. The MCCSA community visitors speak at least one language other than English, and many of them were born outside of Australia. The people find that sharing time improves their quality of life and allows them to have an increased sense of purpose when they know that someone cares for them. Visits help reduce feelings of loneliness and isolation as well as depression and anxiety.

A Volunteer Community Visitor is matched with a client by the Multicultural Communities Council of SA and visits them in their own home regularly, approximately 10 visits every 6 months. Through this priceless service, clients are able to develop a deep relationship with their volunteer visitor.

There are so many activities that make our visit a rewarding experience. We and our clients enjoy talking about their home country in their language, sharing stories of their family and past and current life, listening to their home country's music, reading their communities' newsletters, watching TV or movies together, playing cards, having a cup of coffee or tea, helping with craft activities and playing musical instruments.

If your parents, friends or someone you know needs a special friend or you need more information of CVS Home Visit, please contact

Heeyoung Lim on 8213 4604 or email heeyoung.lim@mccsa.org.au

Who is eligible for this service:

- People who have a Home Care Package
- People who have been assessed and approved for receiving a Home Care Package but are still on the waiting list

"Started CVS Home Visit this year and loving every minute. Enrolled to help out "Scottish" speakers, but they proved hard to find. Now visiting a lovely, housebound, Lebanese man with a wicked sense of humour and a glint in his eye. Enjoying giving back to the community, whilst making new, treasured friends."

- Stuart Gordon Hamilton Campbell
(CVS Home Visit volunteer)



The MCCSA Korean Speaking Playgroup

At 10am every Monday, Korean children and parents come to the MCCSA Korean Speaking Playgroup. Children are unable to hide their excitement as they meet their friends and do various fun activities including reading, crafting, singing and dancing. Parents smile in happiness as they see their children having fun.

The MCCSA Korean Speaking Playgroup has been running for over three years and initially started because the Korean parents wanted their children to continue with the program after participating in the Kickstarting Childhood Success Project in 2016.

This playgroup provides opportunities for Korean children to absorb both the Korean and Australian culture, for parents to exchange information regarding bringing up a child in Australia, and encourages continuous meet-ups to develop sincere friendships.

We are extremely proud to have successfully achieved our goal of providing support for parents who are raising their children in a foreign country so that they do not feel lonely or isolated. This is extremely important as back home in Korea parents raise their children with the help of an extended family network. Generally in Australia, they lack the

extended family support, and the playgroup and the friendships formed help reduce their sense of loss.

Such deep relationships have been developed between these Korean parents, some of them have now created a weekly meeting mothers group. This is so that those who no longer attend the playgroup, as their child now goes to kindergarten or school, can still keep in touch. They have also been showing affection for the playgroup by attending the Korean playgroup with their children whenever they have time.

We hope that the Korean parents continue to receive appropriate support through the MCCSA Playgroup which has such a meaningful impact on their children, who will eventually become the future of Australia.

Please contact Heeyoung Lim on 8213 4604 or email to heeyoung.lim@mccsa.org.au if you would like to participate in the MCCSA Korean Speaking Playgroup.

“I am so glad that my son can learn and experience Korean culture and also learn the language through this Korean playgroup. This lovely community is important and valuable to not only kids but also to migrant parents.”

-Sunny Lee (Mother)

“Rachel loves to go to playgroup. She cannot wait for it.” -Jini (Mother)

“A big thank you to MCCSA for making such a meaningful program, providing excellent support in making new friends and exchanging valuable information with others who are in similar situations.” -SY Jeoung (Volunteer)



Successful Communities – Intercultural Young Leadership Camp

Following the success of the first edition of Successful Communities - Intercultural Young Leadership Camp, the second edition of this program was held from the 9th to the 11th of July at MCCSA Hall. Across these three days from 10am – 3pm, young people of various ages and ethnicities gathered to develop their leadership skills.

Megs Lamb facilitated the program and was able to use her passion and professional experience to cover a variety of topics related to leadership in a fun and easy to understand manner. Topics covered included: the difference between leadership and management, mentoring, conflict resolution and event management. Young people were able to fully engage with the program because

of its interactive nature. Participants were therefore, able to learn about leadership by taking part in a range of activities and discussions with their fellow peers and guest speakers.

The guest speakers were a key highlight in this edition of the Intercultural Young Leadership Camp. They were able to provide interesting and informative perspectives about how young people can become leaders. The first guest speakers from UniSA College provided useful information about alternative pathways into university through its Foundation programs, which also provided avenues for leadership development. Participants were encouraged to take the information provided by these guest speakers back to their respective communities. The second guest speaker Minh Tan, shared key lessons that he had learnt in his journey towards becoming a young leader. In sharing his story and the challenges that he

had to overcome in his endeavors to becoming an adviser to the Opposition Leader in South Australia, Minh Tan was able to connect with participants and inspire hope.

As with the first edition of the Intercultural Young Leadership Camp, the second edition was also highly successful. In addition to gaining useful information and leadership skills, participants formed friendships and were inspired to become more involved in the community. The program was also successful as it enabled participants to develop their self-confidence and find their voice as young leaders. So, if you are a young person between the age of 12 – 25 seeking to improve your leadership skills and build further connections with the community, you are welcome to join the next edition of the Intercultural Young Leadership Camp which will be held in Playford at Northern Sound System, during the upcoming October school holidays.



Victim Support Service

Victim Support Service (VSS) is a state-wide, independent community based organisation that's been providing support to people affected by crime and abuse since 1979.

With over 40 years' of experience, we understand the impact crime has on people's lives and the support needed to assist people to cope and recover.

Victim Support Service welcomes people from all cultural backgrounds. If you are or have been a victim of any crime as well as family and domestic violence, we can help!

Our team of highly experienced support workers and counsellors assist people to navigate the criminal justice system, provide counselling and help women and children who have been affected by domestic or family violence to remain in their own home.

Our services are free and confidential. Our head office is in metropolitan Adelaide but we also have seven regional offices across South Australia. We can offer support regardless of when the crime occurred and it doesn't need to have been reported to the police.

The VSS Helpdesk is available 9am to 5pm Monday through Friday on 1800 VICTIM (1800 842 846).

Please call to find out how we can help you, or someone you know who has been affected by crime or abuse.



MCCSA SALA Exhibition 2019

On Thursday the 22nd of August MCCSA was thrilled to launch its 5th SALA exhibition. The audience was delighted about the "Holding the Moment" photography exhibition presented by Razan Fakhouri.

Originally from Jordan, Razan's exhibition highlighted strong people, stories and momentum through visual drama and the artistry of details. Guests crowded around the images, sharing their stories and connections to what they saw – and creating new connections to one another during the process.

The exhibition will be at MCCSA until September and we would like to encourage everyone to drop in and check it out.



Multicultural Playgroup

Playgroups are a great way for families to gain support and engage with their local community. The Multicultural Playgroup program has been in operation since 2017 and runs for 90 minutes once a week at our Gilbert Street Community Hub.

Currently with 10 registered children, this cost-effective program allows for parents, grandparents and carers to come together and allow their babies, toddlers and preschoolers to interact in fun, unstructured play, often with toys and activities not available at home.

The program however also allows for parents, grandparents and carers to work with our playgroup coordinators

to build social networks, make friends and improve parenting skills.

WHO CAN ATTEND:

Children aged 0 - 5 together with their parents and carers

WHEN:

**Every Tuesday during school term
10:30am-12:00pm, excluding public holidays**

VENUE:

**MCCSA Hall (113 Gilbert St
ADELAIDE SA 5000)**

COST:

\$10/term (+PlaygroupSA fee)

For more information about Kick-Start Your Child's Success Program, please contact Lena Gasparyan: Monday to Thursday 8.30am - 5pm Ph: 08 8213 4606 / 04 6051 6684 Email: lena.gasparyan@mccsa.org.au



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

Tax Help Program

Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using MyTax.

Tax Help is available from July to October in all capital cities and many regional areas across Australia.

Eligibility for Tax Help?

You are eligible for Tax Help in 2018-19 if your income is around \$60,000 or less for the income year and you did not:

- » work as a contractor, for example a contract cleaner or taxi driver (have an ABN)
- » run a business, including as a sole trader
- » have partnership or trust matters
- » sell shares or an investment property
- » own a rental property
- » have capital gains tax (CGT)
- » receive royalties
- » receive distributions from a trust, other than a managed fund
- » receive foreign income, other than a foreign pension or annuity.

For more information see the ATO website below:

<https://www.ato.gov.au/Individuals/Lodging-your-tax-return/Tax-Help-program/>

Help to lodge your tax return



Kick-Start Your Child's Success

Moving to another country is exciting but settling in can be tough, especially for families with children. Our Chief Executive Officer Ms Helena Kyriazopoulos is very familiar with these issues because she started her working career in the Multicultural sector in Sydney working with migrant parents.

Helena realized when she returned to South Australia to work in the Multicultural sector that South Australia did not have a comparable program. When Helena was appointed Chief Executive Officer of MCCA in 2014 she started pursuing the idea of MCCA running a program for parents which would help provide them with the information and knowledge which they would need to help bring up young children successfully in Australia. MCCA was funded by the State Government for a pilot program in 2016 with the South Korean community and a Middle Eastern parenting group. The pilot tested whether the concept was still valid today and needed by parents. Hee Young Lim who is our senior CVS Coordinator, with experience in South Korea, in engaging and managing speakers for television programs, worked hard to put together a program of relevant speakers. The pilot was independently evaluated by the University of South Australia and found to make a significant difference for all the participants.

Using the learnings from the pilot program MCCA was successful in obtaining Federal Funding from the Department of Social Services for a 3 year program "Kick-Start Your Child's Success" which is delivered in 12 language groups.

This is an education and awareness-raising project which helps migrant parents and grandparents caring for preschool children to build confidence and learn what services, entitlements and information are available for them in South Australia. Respected Federal and State Government representatives and child expert speakers cover topics on children's health, safety, entering preschool, Government financial support, importance of playgroups and socialization and introducing English as a language.

Between Term 4 in 2018 and Term 2 in 2019, we successfully delivered the project to 98 people who speak Arabic, Hindi, Punjabi and Mandarin. Amongst the participants were mothers, pregnant women, grandparents, dads and even some who had arrived in Australia as short as 2 weeks ago.

Some of the feedback we have received from the participants are given below:

"The Kick-Start sessions were really useful, going beyond my expectations. My opinion is that every parent should attend as they will gain access to basic information to address every issue regarding their family." - Punjabi Group

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

"Being a new parent in a new country is tricky as I don't know where to go, but now, after attending this program, I got lots of information and awareness that makes me more confident to raise my child safely. And if I need any support, I now know where to go." - Arabic Group

On the 8th August we started a 8 week Kick-Start Your Child's Success program for Gujarati speaking families at BAPS Shri Swaminarayan Mandir (temple). These sessions are delivered on Thursdays between 10am-12pm. Every week covers a different topic and you are welcome to join at any time.

12 volunteers assisted with the playgroups provided for each session, allowing them to gain valuable skills and experience to further their career development. A number of volunteers have been successful in gaining employment during and after their volunteer period. We have been delighted to be referees for outstanding volunteers.

For more information about Kick-Start Your Child's Success Program, please contact Lena Gasparyan

Monday to Thursday 8.30am - 5pm
Ph: 08 8213 4606 / 04 6051 6684
Email: lena.gasparyan@mcca.org.au

MCCSA Celebrates 45 Years of service

MCCSA celebrated 45 years of service to CALD communities at Government House on Tuesday 30th of July 2019. Themed '45 Years Strong and 70 years of Tradition' the event was hosted by his Excellency the Hon Hieu Van Le Governor of South Australia.

The event was attended by the Hon Jing Lee, Assisting Minister to the Premier and the Hon Emily Burke Shadow Assistant Minister to the Leader of the Opposition, a host of Executives from Government and not for profit organisations and some of our members.

In his opening remarks the Governor commended the MCCSA for their ongoing service to South Australia's multicultural community, acknowledging the important role the MCCSA has played over the years in strengthening and supporting our CALD communities.

MCCSA Vice Chairperson Dr Ian Harmstorf OAM gave a brief recount of the MCCSA history dating back to the formation of the Good Neighbor Council (GNC) in 1949.

The GNC was formed to assist migrants settle in Australia. According to Ian "with the increasing number of migrants and their changing needs it was considered that a new approach was necessary" and in 1974 the Ethnic Communities Council (ECC) of South Australia was established. However, some years later the United Ethnic Communities of South Australia was established and this duopoly was to continue until August 1995 when the merger of these two Councils led to the formation of the Multicultural Communities Council of South Australia (MCCSA) as we know it today.

Certificates of appreciation were presented by the Governor to past MCCSA pioneers, acknowledging their longstanding service and commitment to the ideals of the

MCCSA and its predecessor the Ethnic Communities Council.

Helena Kyriazopoulos, CEO of MCCSA said it was great day for MCCSA to reflect on the work the organisation has achieved and also recognise the efforts of our past Presidents, Boards, staff and volunteers who have collectively over the past 45 years contributed to work and programs of the organization.

Approximately 100 people comprising of community leaders, government representatives and service providers were in attendance. After the formalities the guests enjoyed the hospitality of the Governor and Government House.

Our next celebratory event is planned for the 29th September at the Migration Museum, a save the date note has been sent out to all our members. Hoping to see many of you at this special function.



OUR PEOPLE

MCCSA STAFF MEMBER

Milan Andelkovic

I am a new employee here at MCCSA, and started as a volunteer initially in the office and then took on a part-time role as a Community Visitor's Scheme Coordinator along with three others. My main role is to keep the office side of the position running smoothly. I also try and arrange for the volunteers to be matched to residents that require a visitor who speaks their language in various facilities and find this very challenging.

I was born in Adelaide to Serbian parents and learnt to speak Serbian from the local "Sunday School" as well as at home. I became involved with ethnic dancing from the age of 12 and progressed through to become a teacher for young children

and President of the dance group. With my involvement with the dance group, I ended up on the committee of the Adelaide Folkloric Society, helping to put on shows of ethnic dancing, not only within the Adelaide Metropolitan area, but also in other major South Australian cities. My parents became involved in Ethnic Radio from its early days as a standalone access program on University Radio 5UV, through to the creation of 5EBI-FM, and through their involvement it got me involved. I have been a volunteer "Continuity Producer" at the station for many years and also became directly involved with the Serbian program, with the formation of a "Youth" program, designed to try and meet the needs, both musically and other for the younger generations.

STUDENT PLACEMENT



Kim Tran

My name is Kim Tran and I am a student from the University of Adelaide undertaking student placement at MCCSA. I am currently studying a double degree in International Studies and Law. I was born in Adelaide, while my parents came to Australia as immigrants during the Vietnam War. As a child of immigrant parents, I know how being part of an inclusive and multicultural community can have a significant impact on people's lives.

My student placement was largely research based and focused on how the social inclusion aspect of MCCSA's youth programs relate to Countering Violent Extremism. Overall, I thoroughly enjoyed my student placement at MCCSA as I was able to learn a lot about social inclusion and the community sector by working alongside MCCSA's Programs Manager, Megan Hill and participating in various MCCSA youth programs and events. During my time at MCCSA, I was particularly inspired by the positive impact that MCCSA's youth programs had on young people. Subsequently, while my student placement has concluded, I will continue to support MCCSA as a volunteer in the future.



OUR PEOPLE

VOLUNTEER

Sid Jamieson

As MCCSA's longest serving volunteer bus driver, Sid Jamieson has over fifteen years of knowledge and experience in relation to volunteer driving. Before volunteering at MCCSA Sid among other things had been a coal miner, a marksman and been involved in farming.

As a volunteer driver for MCCSA, Sid provides free bus driving services for people across various nationalities. Apart from driving, socialising is one of the key aspects of Sid's role at MCCSA. Sid is adept at socialising as he is able to connect with a broad range of passengers in different ways. In some instances, he is able to engage with passengers by drawing on his love of fishing. In other instances, he is able to engage with passengers through his strong sense of humour.

Thus, Sid jokes that his buses frequently end up jumping down the road from laughter.

One of the key reasons why Sid continues to work as a volunteer driver after more than fifteen years is that he finds volunteering enjoyable as it encourages him to get out and meet nice people. Aside, Sid notes that there are other benefits to volunteer driving such as the fact that it keeps him trim with driving and provides him with fuel allowance. Thus, Sid recommends volunteer driving at MCCSA as it can lead to other employment opportunities. Consequently, Sid has volunteered at MCCSA for over 15 years and continues to do so as he believes that the limited monetary rewards from volunteering is made up by the fact that it allows him to enjoy himself.



Governor's
Multicultural
Awards 2019

The 2019
Governor's
Multicultural
Awards nomination
period is open until
5pm Friday
11 October 2019.

South Australians are encouraged to nominate an individual or organisation that is passionate about making a positive contribution and promoting our culturally diverse State.

The award categories include:

- » Outstanding individual achievement
- » Arts and culture
- » Community sector
- » Media
- » Private sector
- » Public sector
- » Senior volunteer
- » Volunteer
- » Youth.

For more information, or to nominate online, visit
multicultural.sa.gov.au/GMA

No News is Good News - Building Resilient CALD Communities

...and nothing is truer than that when it comes to natural disasters and emergency situations. Nevertheless, when bad news arrives, it's certainly better to be prepared. MCCSA started its new project "Building Resilient CALD Communities", in July 2019, to assist new and emerging communities. This project will improve their knowledge of Disaster Preparedness and Emergency Management, increase their capability to communicate with the relevant institutions and get messages out to their community during a disaster.

The Project is funded by the Federal and the State Government. It will last an year and is under the coordination of SAFECOM (South Australia Fire and Emergency Service Commission).

The issue of Disaster management is a priority for the Government and the Ministerial Council. The Police and Emergency Management have agreed that the future direction of Australian emergency management will aim to achieve community resilience.

Many factors are known to increase communities' vulnerability to disasters, including community fragmentation and not being connected with regular support services. This can be an issue for new and emerging communities and international students.

Every year, Australian communities face devastating losses caused by disasters. Bushfires, floods, storms, and other hazards. Their associated consequences have significant impact on communities, the economy, infrastructure and the environment. The question is, what do we do when something like this happens? Who do we refer to? The Police, the Country Fire Service or the State Emergency Service? How can I prepare for an emergency? How can I better protect my family and my house? People and communities newer to South Australia, maybe with limited English skills, are more likely to not understand the system in place in South Australia or even know which authority is in charge of dealing with said emergencies. These types of disasters may be very different to disasters in their country of origin.

The outcomes and benefits of the project will be numerous:

1. Newer CALD individuals and communities will be aware of the SA emergency strategies, existing plans, the authorities in charge and stakeholders involved.
2. Newer CALD individuals and communities will strengthen their networks and increase their resilience.
3. Newer CALD communities and International Student groups will prepare and disseminate on Emergency Plans to their peers.

If you want more information, please contact:

Isabella Bracco, Resilient Communities Project Officer
Ph: 08 8213 4613
Email: Isabella.Bracco@mccsa.org.au
Isabella works Monday, Thursday and Friday



Government of South Australia

**South Australian Fire and
Emergency Services Commission**

MCCSA PHOTOS



MCCSA celebrates 45 years of community service at Government House



Engaging with our youth - Futsal tournament

SALA week exhibition at MCCSA Hall



MCCSA Korean Play Group

MCCSA SERVICES



MCCSA CHSP Transport Service

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

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

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

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

and Russian speaking communities. We have a digital training program for seniors. In 2018 and 2019 we are facilitating 'Knowing your Rights' in collaboration with OFTA for ethnospecific community organisations for older people. Cooking videos and interviews with senior cooks from our very successful 'Food from our Homeland' project will be on our website later this year..

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



Carers Retreat

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

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



MCCSA Community Hall

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

The Hall is also available for commercial hire.

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



Reconnect Services

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

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

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



Community Visitor Scheme

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



Healthy Ageing

MCCSA supports community members to stay connected and receive the support and information they need as they age. In addition to advocacy and forums we also participate in research such as the CALD age friendly SA report and our current collaboration with Flinders university on social support. MCCSA supports three art groups for members of the Korean, Spanish speaking



Successful Communities

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

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



Multicultural Playgroup

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

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

Kickstart your child's success program

Raising children and effective parenting without support can be difficult. To better understand the challenges of childhood, safeguards, services and support available in Australia for your family, MCCSA is introducing a new program Kick-start Your Child's Success. This program will run from 2018-2021 and help mothers of preschool children to provide a successful start for their children. Fathers and grandparents are also welcome to attend.

If you speak Spanish, Swahili, Dinka, Hindi, Gujarati, Punjabi, Arabic, Persian, Hazaraghi, Mandarin, Khmer and Japanese at home and have preschool children, we have got you covered.

For more information contact Lena Gasparyan on 8213 4606 or Lena.Gasparyan@mccsa.org.au

Justice of the Peace

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



Youth Engagement

MCCSA runs a range of youth engagement activities in multiple locations across the northern and western suburbs that incorporate soccer, hip hop, employment support, intercultural connections, leadership development and event planning

For more information please contact Ukash or send an email to ukash.ahmed@mccsa.org.au

Going Places with MCCSA

If you are a registered community organization or a service provider join the MCCSA to organize outings, picnics, sightseeing tours and other social activities for our CALD seniors and people from our new and emerging communities.

Four Toyota Hiace buses are available on Mondays and Tuesdays including the weekend.

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

A big thank you to The Big Issue for the invite to join in your R U Ok? street soccer tournament.

It was great to join Headspace, GPA Giants, Common Ground, Unity Housing and Cara in such a fun event with a powerful message.



Interested in volunteering for MCCSA?

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

www.mccsa.org.au



Multicultural Communities Council of SA Inc.

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

Compiled and edited by Sidiq Bah, MCCSA Communications Officer