

MCCSA
**Community
VOICES**

SUMMER 2016

- HAPPY HOLIDAYS FROM -



MCCSA
Multicultural Communities Council
of South Australia



From the CEO

HELENA KYRIAZOPOULOS

It's hard to believe that the end of the year is almost here. It has certainly been a year of change in the sector with more to come. 2016 was a very full year for the MCCSA.

Just to recap on 2016, we have had renovations both upstairs and downstairs in our building to provide us with more flexible multipurpose spaces and we thank Minister Zoe Bettison and the Department of Communities and Social Inclusion for making this possible. These changes have provided communities with some great facilities to utilise and we are aware that many groups are taking advantage of being able to use the Gilbert Street Hub, 7 days a week practically 24/7! This year we have trialled some exciting new programs including Kick starting childhood success and our Korean Wood Carving Social Program. We have also supported collaborative ventures with the Health

Performance Council, Health Consumers Alliance, Migration Museum, Office for the Ageing, Active Ageing Australia, St John's, Office for the Status of Women, the Cities of Playford, Salisbury, Port Adelaide Enfield, Charles Sturt, West Torrens and Adelaide City, Adelaide University and the University of South Australia. We watched communities flourish through our Successful Communities Program. Congratulations to all of these communities for their varied successes during the year including hosting amazing events, securing office spaces, and winning grants and seeing their visions starting to come to fruition.

We held our very first Harmony Picnic in the Park, and our second SALA exhibition with a wonderful and diverse exhibition of Arabic art. What a busy 2016 and I look forward to an even busier 2017. On the 1st February the MCCSA is pleased to be hosting a conversation with Australia's Race Discrimination Commissioner, Dr Tim Soutphommasane of the Australian Human

Rights Commission on the important issue of section 18C and 18D of the Australian Racial Discrimination Act. This will be followed by yet another Harmony Picnic in the Park on Sunday 26th of February. What a great start to the year!

Thank you to all who have contributed in some way towards the work of the MCCSA, to all our volunteers who support our programs, to the Board who have steered the direction of the organisation and who have encouraged staff to broaden our range of programs and to the small, but very capable and energetic team at the MCCSA who have given their all in 2016 to enhance the MCCSA's position as the Peak Multicultural Organisation in SA, a heartfelt thank you, it has been an incredible 2016.

I wish you all a very peaceful and restful time with your family and friends.

Helena
MCCSA CEO

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MCCSA MANAGEMENT COMMITTEE

Executive:

Chairperson: Miriam Cocking

Deputy Chairperson: Dr Ian Harmstorf OAM

Treasurer: Silvio Iadarola

Committee Members

Daniela Costa

Margota Pukitis

Gosia Skalban OAM

Petar Zdravkovski

Rene Grypma

Patrizia Kadis

FREE UPCOMING MULTICULTURAL EVENTS



WHEN: 31 December 2016 **TIME:** 6pm - 12am

WHERE: Elder Park, King William Road

www.adelaidecitycouncil.com



WHEN: 26 January 2017 **TIME:** 6pm - 10pm

WHERE: Elder Park, King William Road

www.facebook.com/AusDaySA

2017 MCCSA Harmony Day Picnic



WHEN: 26 February 2017

WHERE: Whitmore Square

TIME: 12pm - 3pm

mccsa.org.au



MCCSA Community Transport Forum 2016

By Sidiq Bah

Multicultural Communities Council of SA hosted its second annual Community Transport Forum on the 29th of November 2016 at 113 Gilbert Street Adelaide, with over 40 stakeholders in the community transport sector in attendance.

The forum's aim was to liaise with our transport user groups and provide them networking opportunities with community transport service providers.

In her opening remarks MCCSA community transport program manager, Megan Hill talked about the benefit of community transport. She highlighted the fact that although older people from some CALD backgrounds are more reliant on family members to look after them, studies have shown that the idea that 'the CALD population always look after their own' is a myth.

"In light of this perception, the social isolation of people within some CALD communities can sometimes be hidden. It is important that service providers and other community members do not assume that the needs of older people from all CALD backgrounds are met completely by their families" she said.

For 2015 - 2016 financial year MCCSA buses were used 942 times for pickups with up to 35 community groups using the service.

Guest speakers included Craig Frost the Chairperson for South Australian Community Transport Association (ACTA); Barb Cowey RAA Research and Policy Manager; David Jacquier, Volunteering SA and one of our user group members David Finlayson of Kapamilya, a Filipino seniors group.

In his address Craig talked about the important role his Association plays in representing the interests of community transport users and went on to explain how the national community transport body ACTA works with the state associations to lobby on their behalf at the federal level.

Craig went on to talk about the effect of funding uncertainty on community transport. "It is hard to plan ahead when you are not sure if you'll be getting the next funding" he said.

In her presentation Barb Cowey talked about the various services available at the RAA and their recent community engagement strategies via surveys and meeting with stakeholders. She also mentioned the role technology will be playing in building futuristic autonomous vehicles to transport the elderly within their aged care precinct.

The Volunteering SA team highlighted the significant role which volunteers play in the community transport sector and encouraged attendees to contact them and publicise their volunteer needs through their website. They also talked about the procedures which are needed when working with volunteers, the need to take into consideration their concerns and the necessity of having a process in place to manage issues arising from their roles.

David from Kapamilya described how helpful the transport service is for his group. He believes socialising and going to outings is one of the driving forces behind the continuity of his organisation. In his conclusion he suggests that MCCSA secure a bigger bus that will transport more people together.

At the forum attendees were asked;

- What does community transport mean to them?
- What are the transportation needs of elderly people from their line of work? and
- How can MCCSA best support their community transport needs?

Responses generated from the questions are currently being collated and will be used to guide MCCSA's future directions in community transport.



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

A MIGRANT'S STORY: Laura Adzanku

By Sidiq Bah

People from all corners of the globe have migrated to Australia driven by the promise of a new life. Over the past decade Australia experienced a new wave of African migrants who were either fleeing wars, joining family members under Australia's humanitarian program or skilled migrants seeking greener pastures.

Each immigrant has their own unique story to tell and for this edition of Community Voices we spoke with Ghanaian born Laura Adzanku about her Australian journey.

A proud recipient of the Governor's Multicultural Award in 2015, Laura currently works at Relationship Australia SA as a Community Support Officer & Financial Counsellor and is heavily involved in her community activities.

Laura and her family moved to Australia in August 2003 when her husband, a doctor, was offered a position in rural South Australia.

'There have been many changes since then' said Laura, 'the most significant of which is my journey from a stay at home mother to re-joining the workforce after my youngest was old enough to become independent'.

Laura is quite happy with the things she has accomplished working as Community Support worker and Financial Counsellor.

"Through community consultation and education, I have successfully implemented various projects that address health and financial matters affecting CALD communities. I have also facilitated advisory committees and campaigns that focus on addressing health issues specifically around hepatitis B and HIV".

Laura said working with CALD communities on taboo health topics has its challenges ... "but I am passionate about my work and its relevance to positive health outcomes for many in our community. For this reason, I push through during challenging times. Quitting is not an option".

Laura's work with the African Communities Council of South Australia (ACCSA) as a Settlement Officer back in 2008 ignited her passion for working with culturally and linguistically diverse (CALD) communities. Her ability to successfully engage with her community and other African communities in Adelaide helped her to forge a healthy and respectful relationship with members of her community and African community leaders.

"In 2010 I was elected as the Chairperson of the Social Committee of the Ghanaian Association of South Australia and served two terms in this role. I have also served in volunteer capacities on committees as advisor for the annual African Festival and Public Relations Officer for the African Women Federation SA".

In response to what she liked about what she does, Laura said she enjoys seeing her clients flourish as the years' progress. According to Laura multiculturalism is complex to describe. "I think it is the harmonious co-existence of different cultural groups in a society.

"I think South Australia continues to work towards multiculturalism. It is an ever changing process of continuous dialogue as people of different backgrounds come together to live in harmony".

In relation to her being a recipient of the Governor's Multicultural Award in 2015 Laura said "It was an honour to be recognised for the work I do with our communities. It also represented recognition of the hard work that community groups do in supporting the efforts of their members' re-settlement journeys".

Based on her experience over the years and her involvement in the community sector her parting message for our readers is "No man can be an island unto themselves. Keep organising and working together. There are many things that can be achieved through unity".

We thank Laura for her time and wish her all the best in her work and look forward to working with her in the multicultural sector.

“ *I am passionate about my work and its relevance to positive health outcomes for many in our community.* ”

- LAURA ADZANKU -

VOLUNTEER'S STORIES



Kellie

Hi there, my name is Kellie and I've been volunteering with MCCSA for the past few months as an Event Assistant. I am currently helping to plan the Harmony Picnic in the Square, a free family fun day to be held in February next year, which aims to bring communities together to celebrate cultural diversity.

I have a background in dental nursing and administration but made the decision to change career paths last year and have just completed my first year of Event Management studies with Regency TAFE. I am passionate about the events industry and love seeing the progression of an event from its inception.

Volunteering has been a wonderful opportunity for me to put the theory behind my studies into practice while also being able to give my time to a wonderful community organisation. I'm very excited to be involved with the Harmony Picnic and I look forward to seeing you all next February as we once again come together to celebrate the beautifully diverse nature of the city that we live in.



Srushti

Hi, I am Srushti and I come from India –“A Multicultural Land”.

I am a Master of Human Resources and currently recruited as a HR Volunteer for MCCSA. I am helping the organisation with its Mentoring program for Successful Communities. I love working with people and am willing to go an extra mile to give back to society. In a very short time I have already started learning a lot from people around MCCSA and YES I am enjoying the process.

Apart from MCCSA, I have also been actively involved in small multicultural events which are held across Adelaide and I was working with several community groups back in India. I am very happy to get the same kind of opportunity here in Adelaide and I will try to do my level best in contributing to the organisation.

Thanks you very much MCCSA

One quote I love and follow the most: “The best way to find yourself is to lose yourself in the service of others.”



Manju

I am Manju and I am a volunteer at MCCSA. I love working with communities and MCCSA is a great platform for people like me. I have studied Community Development and worked with diverse ethnic communities for around seven years in Nepal. At MCCSA, I am working with the Successful Communities project team to build capacity of communities. I find it as a great opportunity to understand multicultural communities in South Australia and enhance my skills and understanding to work as a community development worker.

**Interested in
volunteering
for MCCSA?**

Visit

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



Playford Alive- Community Fun Day 2016

Multicultural Communities Council of SA was proud to be part of this year's Playford Alive Community Fun Day on Saturday 19 November 2016. Our stall was very busy with kids lining up for henna tattoos and the other goodies we had on offer.

More than 6,000 people turned out for a fantastic day of free family entertainment, music, crafts and fun at the thirteenth Community Fun Day held at the Playford Alive Town Park and hosted by Channel 10's charismatic weather presenter, Kate Freebairn.

A variety of local performers entertained the crowd including Gleneliz Calisthenics Club, Brat86, Jazzie Bee, SA Performing Arts, Erin Jacka, Burnout, Shorty, 10th/27th Battalion Royal South Australia Regiment and Sam Pring before singer-songwriter-dancer and all round performer, Timomatic wowed the crowd with an energetic set.

Away from the main stage, there was non-stop action with over 70 community stalls, delicious food and drinks, rides, face painting, petting zoo and interactive Army Reserves display. There really was something for everyone.

The Playford Alive Community Fun Day was organised in partnership with Renewal SA, Housing SA, the City of Playford and

the Playford Alive Community Reference Group. Special thanks to sponsors – Telstra Elizabeth, Munno Para and Salisbury, Munno Para Shopping City and Army Reserves.

Playford Alive is first and foremost a 'people place'. That is why there are so many different things happening within the community to support residents and enhance lifestyles. With a wide range of living options available, there are more ways for you to make yourself at home and be part of this vibrant community.

To keep up to date with all things Playford Alive, or to call Playford Alive home, simply visit playfordactive.com.au or follow Playford Alive on Facebook.



Racial Discrimination Laws and Freedom of Speech

The Racial Discrimination Act is back in the spotlight following the recent launch of a parliamentary inquiry tasked with determining whether section 18C of the Racial Discrimination Act impinges on freedom of speech.

The inquiry will also review the way the Human Rights Commission (HRC) manages racial discrimination complaints. The HRC has been under scrutiny for allowing a complaint under 18C against students from the Queensland University of Technology to progress to the Federal court. In November 2016, the \$250,000 lawsuit against the students was thrown out by the Federal court which found that the complainant did not have reasonable prospects of successfully bringing a case against the students.

Section 18C of the Racial Discrimination Act makes it unlawful to behave or say something in public that is 'reasonably likely... to offend, insult, humiliate or intimidate' a person or a group on the basis of race, colour or national or ethnic origin. The Parliamentary inquiry will, in particular, examine the effect and scope of the words 'offend' and 'insult'. It has been long argued by conservative politicians and commentators that the wording of section 18C is so broad and ambiguous that any public debate about ethnicity can potentially be subject to a racial discrimination complaint. Accordingly - the arguments goes - section 18C imposes unreasonable restrictions on free speech, which is a fundamental right in a democratic system.

If the Parliamentary inquiry finds this to be the case, section 18C will be amended. The President of the Human Rights Commission Professor Gillian Triggs has welcome the inquiry and supported the proposal by Coalition MPs to replace "insult" and "offend" by the word 'vilify'. Debate and disagreement over the operation of this particular section of the RACIAL DISCRIMINATION ACT is not a new development. In fact, ever since section 18C was inserted into the RACIAL DISCRIMINATION ACT some 20 years ago, there have been calls for its removal.

In 2011, the highly publicised racial discrimination court case of commentator Andrew Bolt brought the Racial Discrimination Act to the attention of the Australian public. The Federal court found that two of Bolt's articles, one of which was titled "White Fellas in the Black", published in the Herald Sun breached section 18C of the Racial Discrimination Act. Since the Bolt case, there has been a renewed effort, mostly by the conservative side of politics, to try to have section 18C repealed. In 2014, former Prime Minister Tony Abbott attempted to water down the Racial Discrimination Act, but was forced to back down due to widespread public outcry, particularly from ethnic and cultural minorities.

Political lobbying to change the Racial Discrimination Act has gained considerable momentum in 2016. This new attempt has been spearheaded by conservative Senator Cory Bernardi who recently introduced a private bill in the Senate, with support from



a substantial number of coalition senators and cross benchers, to repeal section 18C. According to Bernardi, the bill is 'entirely about the principle behind freedom of speech'. Many Australians, however, would strongly disagree with this proposition given the fact that racial discrimination continues to affect many people from ethnic minorities. Repealing section 18C, or watering it down, would potentially give race hate speech carte blanche under the guise of free speech. This would undoubtedly result in a climate of prejudice, intolerance and bigotry. Strong racial vilification laws are essential to thwart acts that condone or motivate racist attitudes. No one can deny the importance of freedom of speech. A society can only be more democratic and open when opinions are freely expressed. This is also true of the effect of cultural diversity and inclusiveness in creating a respectful and accepting society. In a multicultural society, striking a balance between freedom of speech and protection against racial discrimination requires not only relevant laws but also awareness and education to enables us to recognise, reject and stamp out racial intolerance.

Christian Cifuentes, Principal Lawyer
Christian Cifuentes Legal and Consulting
info@cifuenteslaw.com.au
www.cifuenteslaw.com.au



Kick starting childhood success

Raising children in a new country comes with many challenges and MCCSA has just completed a project with newly arrived mums aimed at establishing their networks, knowledge and confidence to meet those challenges.

Supported by Department of Communities and Social Inclusion and collaborating with Lutheran Community Care we ran a series of sessions with two groups of mums. A Middle Eastern group, with Mums from a few different countries and a Korean group met at the "Family Zone" based at Ingle Farm primary school.

Before we started, we talked to the women around what information they felt they needed, and what they felt was confusing about early childhood services. Based on their feedback we developed a program to help address these areas of need and invited a broad range of services to come and present to the groups. Presenters included the Women's and Children's Hospital, local Council services and library,

DECD, Legal Services Commission, Family Day Care and the Mental Health Fellowship of SA. Through this program the mothers were able to receive the information they needed in a timely way from experts in various subfields.

The two groups of mothers were extremely interested in the speaker sessions and what the experts had to say on ways to raise their children well. They were heavily engaged with the material. The Korean women, especially, were extremely satisfied by the fact that they were given the opportunity to connect socially through the project, and wanted to continue collaborating with others. The Middle Eastern women's group had had difficulties in gaining appropriate information because of language and cultural differences prior to this project and they were happy about being able to gain in-depth information about child related services. They were especially enthusiastic in workshops on Centrelink, Legal Service Commission and Mental Illness Fellowship of South Australia (MIFSA), as

these workshops provided professional information that they did not know well before.

Many of the guest speakers that provided workshops also gave MCCSA feedback. They were happy that their sessions were managed well and that they were able to improve their skills in delivering information to people with multicultural backgrounds.

During this all too brief program, MCCSA worked with the University of SA to assess the outcomes and impacts that these sessions have had on the participants and their young children. A brief report will be published early in 2017. MCCSA will be building on this work in 2017 also by establishing several multicultural playgroups and collaborating with organisations that are working with newly arrived children and their families. For further information about our work in this area please contact Megan Hill at Megan.Hill@mccsa.org.au or 82134605.

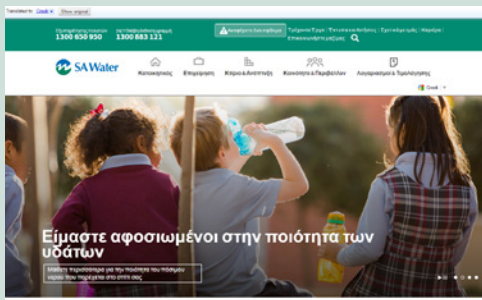


New Language Translation Service available on the SA Water website

In June 2015, SA Water launched a new website designed to make it easier for customers to use their services. A key goal of the website was to increase accessibility for SA Water's diverse customer base. As a result, the website has been built to better accommodate a range of different needs including customers who speak languages other than English.

All text on the site has been rewritten to make sure it is in plain English. A new Google Translate function is now also available on the desktop site. This allows customers to translate the site into one of 15 other languages. Languages on offer are Arabic, Cantonese, Mandarin, Italian, Greek, Dutch, Filipino, Korean, German, French, Hindi, Japanese, Persian, Spanish and Vietnamese.

To use the new website go to www.sawater.com.au



Arabic Language and Cultures Association of South Australia Inc

By Fayrouz Ajaka

Like most not-for-profit community organisations, the Arabic Language and Cultures Association of South Australia Inc. was formed from the passion and commitment of a small group of like-minded volunteers. Our vision was to create an organisation that would facilitate inter-cultural understanding and build bridges between the Arabic and broader South Australian community.

The skills and qualities of our dedicated team of volunteers meant that we were very successful in establishing the Association and ensured that we were able to meet of the legal and social requirements and obligations. After the establishment of our constitution and the appointment of our committee members in 2012, we have been able to successfully run monthly conversation and cultural exchange sessions and participate in numerous multi-cultural community events.

In 2015, we were fortunate to become member in the Multicultural Communities Council of SA and participate in their Successful Communities program. The program put us in contact with expert mentors who could support our growing team of volunteers and strengthen our knowledge and understanding in areas that would allow the organisation to consolidate and grow.

Areas of particular focus were the drafting of a strategic plan, including the development of a Vision and Mission statement, formalising our approach to event management, seeking support from community volunteers and enhancing our skills in writing funding applications.

ALCASA's involvement in the Successful Communities program has allowed our association to flourish and provide confidence to our members that we have the skills and expertise to expand the reach of the current initiatives, activities and outcomes.

New Multicultural Action Plan for SA

On 10th November 2016, the Hon Zoe Bettison MP, Minister for Multicultural Affairs, launched the new Multicultural Action Plan for South Australia 2017 – 2018 at the Multicultural Communities Council of SA's Annual General Meeting.



The AGM provided an opportunity for members to meet with the Minister and hear directly about some of the South Australian Government's priorities in the multicultural affairs portfolio.

The activities included in the action plan will help to BUILD, STRENGTHEN and CELEBRATE multiculturalism in South Australia.

Here's a snapshot of some of the key activities that will be led by Multicultural SA over the next two years:

BUILD

- » Around \$2 million has been allocated between July 2015 and June 2017 for community organisations to upgrade, extend or build community facilities used by South Australia's culturally diverse communities.
- » Another \$2 million will be allocated between July 2017 and June 2019, with a particular focus on infrastructure projects that are accessible to people with mobility or vision impairments.
- » Building an updated and expanded set of online community profiles based on 2016 Census data, that will provide detailed information about our culturally diverse communities.
- » Building new multicultural principles that will form the foundation for State policy and for modernising current legislation under the South Australian Multicultural and Ethnic Affairs Commission Act.

STRENGTHEN

- » Around \$2 million has been allocated between July 2015 and June 2017 for projects that support Stronger Families Stronger Communities – addressing issues like employment and training and social cohesion for culturally diverse communities.
- » Another \$2 million will be allocated between July 2017 and June 2019, to deliver these important projects.
- » Releasing an Interpreting and Translating Policy to guide South Australian Government agencies on the use of interpreters and translators.
- » Releasing an online training module for all public sector staff on understanding and responding to cultural diversity.
- » Developing and promoting a South Australian Say NO to Racism training package.

CELEBRATE

- » Providing more accessible funding opportunities, with multicultural community organisations able to apply for grants – for smaller and larger projects – all year round.
- » Hosting the third biennial Multicultural Festival in Rundle Mall.
- » Producing an online publication that brings cultural diversity to life through human-interest stories, the positive impact of cultural diversity and addressing negative stereotypes.

Multicultural SA looks forward to continuing to work closely with the Multicultural Communities Council of SA and the members of our culturally and linguistically diverse communities to further develop our vision for multiculturalism in South Australia.

See a copy of the Multicultural Action Plan 2017 – 2018 [here](#).

**For more information contact
Multicultural SA on 8207 0751 or at
DCSIMulticulturalSA@sa.gov.au**

Ageing in a Foreign Land Conference Adelaide, June 2017

Flinders University presents the 4th International Conference on Ageing in a Foreign Land - the theme for 2017 is Hope, Strength and Meaning

When: 21st - 22nd June 2017

Where: Adelaide, South Australia

Building on an international theme, the title of the conference - 'Ageing in a Foreign Land' - highlights the important issue of ageing from a culturally and linguistically diverse (CALD) perspective. This unique conference with a multicultural perspective journeys into the deep cultural, spiritual, and linguistic areas of ageing amongst CALD communities. It represents a stimulating and colourful cross disciplinary and cross generational insight into our ethnic communities and neighborhoods. We welcome attendance and participation from academics, researchers, practitioners, policy makers, service providers, aged care workers, and the community. Further information available from the website.



Flinders
UNIVERSITY



Most of us have fond memories of a childhood spent outside - climbing trees, splashing in creeks, playing cricket in the street, building cubby-houses. We only came inside when it got dark or we got hungry.

But childhood has changed in a single generation. Today's kids spend less time outside in nature than ever before. They no longer have the freedom or opportunity to roam outdoors as we once did and parents have become fearful, protective and risk-averse.

Unstructured play is as important to children's development as a healthy diet or enough sleep. Research shows us that outdoor play helps children learn important life skills, develop imagination and creativity and become resilient. Taking risks is an important part of childhood and allows children to experience achievement, and failure, and sometimes injury. But these lessons are vital in helping children experience challenge, learn what they are capable of, build confidence and ultimately set them up to cope in changeable situations.

Almost 9 in 10 kids spend more time playing inside than out. Five percent never play outside. A quarter are overweight or obese. Only one in four children have ever climbed a tree. It is a trend reflected all over the world. South Australian children spend an average 4.5 hours per day in front of a screen and for adolescents it is often double that. This is not what childhood is meant to be.

There are many reasons for these changes. The rise of technology, parental anxiety about abduction and crime, time poor adults, urbanization, shrinking backyards, increased structured activities – a perfect storm of pressures and problems is keeping our kids inside.

It's critical that those of us with precious memories of happy times spent playing outdoors actively reconnect our children with the natural world. Encouraging our children to get outdoors and play is an investment in our children's, and in our community's, future health, happiness and prosperity.

If you'd like to know more, log on to our website www.natureplaysa.org.au or follow us on Facebook and be part of a movement to bring the outdoors into our children's lives again.

Nature Play
SA
GETTING OUR KIDS OUTDOORS

Delivering health messages to new migrants through migrant English programs

Engagement in health promoting behaviours such as healthy eating, being physically active and having regular screening, plays an important role in the prevention, early detection and optimal treatment of various cancers.

However, some new migrants to Australia may know little about Australia's chronic disease risks, optimal prevention strategies or available screening resources and services. Therefore, engagement in preventive health behaviours and access to resources is low amongst some groups. In addition, many people who have recently arrived in Australia may require additional lessons in the English language in order to be able to communicate confidently with healthcare providers and access health services.

New migrants with low English proficiency have access to free English language tuition, where they learn functional language for a variety of services, including healthcare. Enrolment in these classes may be an alternative way to deliver public health messages to members of the community who may miss out on mainstream messaging due to language or literacy barriers. Preliminary findings from a small number of overseas trials to date are promising and suggest the combination of health messaging and ESL is efficacious in increasing health knowledge, health behaviours and English

language skills. To date, no resource exists for Australian migrants. PhD student Donna Hughes and researchers at the Flinders Centre for Innovation in Cancer, Flinders University, under the direction of Professor Carlene Wilson, have recently started developing such a resource that teachers of English as a Second Language to adult migrants will be able to use in the classroom. It will be designed to inform migrants about Australia-specific chronic disease risks and prevention strategies as well as equip them with useful functional language to access local healthcare services with confidence. The researchers will keep MCCA informed with updates regarding progress of the project.

Donna Hughes, Project Officer
Cancer and Behavioural Science Group
Flinders Centre for Innovation in Cancer
email: donna.hughes@flinders.edu.au

SAVE THE DATE

Join MCCA for an interesting conversation with Race Discrimination Commissioner Dr Tim Soutphommasane on Sections 18C & 18D of the Racial Discrimination Act @UNISA Bradley Forum City West Campus, 50-55 North Terrace, Adelaide 1st Feb 2017, 5.30pm – 6.30pm.

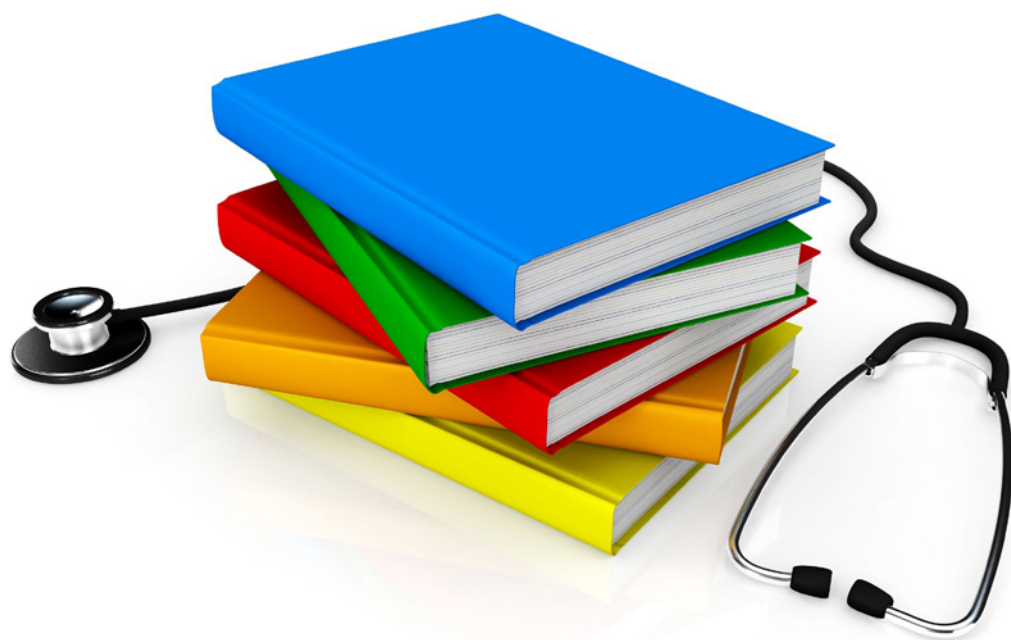
Registration open at 5pm.

An author and a political philosopher Tim has been Australia's Race Discrimination Commissioner since August 2013. His thinking on multiculturalism, national identity and patriotism has been influential in shaping debates in Australia and Britain.

For catering purposes please RSVP your attendance by 27th Jan 2017 to 08 8345 5266 or email mccsa@mccsa.org.au



Save the date!



MCCSA Volunteer Christmas Lunch

As usual MCCSA organised a fabulous Christmas lunch for our volunteers on Thursday 1st of December 2016 at our Gilbert Street Hub, to acknowledge and celebrate the year. We had a great time bonding, sharing jokes and stories. The succulent food was provided by Xenia and Tony of Culture catering. A photo collage presentation was prepared by the Community Visitors Scheme Coordinator Heeyoung Lim showcasing our volunteers' journey with MCCSA for the year. The Volunteers thoroughly enjoyed viewing the highlights of the year! Volunteers received Christmas presents as a small recognition of the excellent services they delivered throughout the year.

We wish our volunteers all the best and look forward to working with them in the New Year!!



Youth Parliament

Youth Parliament is an apolitical leadership, self-development and advocacy program for young people between the ages of 15-24 years. It is a program in which young people are provided with a platform to speak their minds on issues that they are passionate about while developing their leadership skills, engaging with the community and reflecting on their personal growth.

I have always been highly ambitious and eager to make my mark in Australian society and the world. I want to be an advocate for the fulfilment of justice, for the upholding of human dignity and for the prospering of a socially cohesive and peaceful society. However, as a 20-year-old of Tamil ethnicity I personally see a lack of political representation of both young people and people of multicultural backgrounds in Australia. Thus, I perceived the odds to be stacked heavily against me in pursuing my ambitions and dreams.

However, as a multicultural young person serving as Youth Governor, I have the opportunity to be at the forefront of

promoting Youth Parliament. I have had the opportunity to meet incredible stakeholders, organisations and MPs in South Australia, as well as represent Youth Parliament to the wider community. Through this, I am in a small capacity striving to negate the lack of representation found in Australian politics.

My time in Youth Parliament has provided me with the leadership skills, confidence and most importantly, the self-belief needed to overcome the challenges I will face in attaining my ambitions. Youth Parliament is about empowering young people and personal development, it's about breaking down barriers, especially for multicultural youth and encouraging the cultivation of visionary young leaders of the present and the future.

Applications for the 2017 Youth Parliament will be open soon. Like and Follow our Facebook Page: <https://www.facebook.com/YmcaSaYouthParliament/> for more details and access to the application forms.

Appurva Raaj
Youth Governor | Youth Parliament 2017
YMCA South Australia
E: sayouthgovernor@ymca.org.au | Ph: 0449611486

City of Port Adelaide Enfield – Community Grants Open 1 January 2017



Community Partnerships

Partnership Grants support the delivery of significant projects that improve community health & wellbeing. Projects should demonstrate the collaboration of key stakeholders and be delivered through a partnership between the funded organisation(s) and Council. Grants of up to \$25,000 per year will be considered. Funding for up to 3 years may be available if there is a clear need for longer term funding to achieve successful outcomes. Partnership Grants will be open annually with an initial call for Expressions of Interest (EOI).

Closing date for the EOI is 3pm Wednesday 1st February 2017. Applicants moving through to the next stage will be invited to put forward a more detailed proposal. Proposals will be considered by Council's Grants & Sponsorship Committee, with input from Council staff. The information provided in the EOI will also be included in your assessment for your full application.

Community Projects

Project Grants of up to \$7,500 aim to support the delivery of a broad range of projects that support community health and wellbeing. Applications may be submitted at any time, with four selection rounds per

year. The first closing date will be 3pm Tuesday, 31st January 2017; subsequent closing dates will be displayed on the Council website. Here we are looking to fund projects that align with our City Plan and can demonstrate positive outcomes for the community.

Equipment

Equipment Grants of up to \$2,000 per year are available to not-for-profit groups and organisations to purchase equipment which supports them to deliver services to the community. Applications may be submitted at any time during the year and will be processed as they are received. Unincorporated community groups can apply for Equipment Grants.

Small Grants

Grants of up to \$1,000 are available for not-for-profit groups and organisations for unforeseen or short notice projects that provide services or benefit to the local community. Applications may be submitted at any time during the year and applicants will receive a response within 4 weeks. Unincorporated community groups can apply for Small Grants.

Individual Grants

If you are a resident of Port Adelaide Enfield you can apply for an Individual

Grant of \$200 to assist you to participate in significant activities or opportunities. The opportunity should support your participation in a significant personal growth or personal development opportunity and as a consequence provide ongoing promotion and support for the Port Adelaide Enfield Community.

Some examples of eligible activities include the following but are not limited to:

- Selection in a national or international level competition;
- Recommended for participation in Youth Parliament;
- Recommended for participation in Youth Adventure Day Sails;
- Selection in a unique art festival, exhibition or competition for an emerging artist;
- Recommended for participation in workshops or conferences that will develop the artist's skills to deliver community benefit outcomes.

City of Port Adelaide Enfield · T (08) 8405 6600 · E customer.service@portenf.sa.gov.au · www.portenf.sa.gov.au

Civic Centre 163 St Vincent Street Port Adelaide South Australia · PO Box 110 Port Adelaide SA 5015

Regional Offices Enfield Library - Council Office · Greenacres Library - Council Office

Lived experience driving force for change

Alzheimer's Australia recognises that consumers are experts in lived experience.

The involvement of people living with dementia and those caring for, or supporting people with dementia is the driving force behind Alzheimer's Australia's work.

Membership of the network is open to all consumers from across the country of all ages and backgrounds.

Consumers in the network share their personal stories and experiences with Alzheimer's Australia to help drive change and achieve important outcomes. There are many opportunities for consumers to contribute which may include:

- » Sharing stories for Alzheimer's Australia's campaigns and projects
- » Media interviews and presentations
- » Participating in consumer summits, workshops and forums
- » Providing feedback on Alzheimer's Australia's policy work
- » Reviewing consumer information and publications
- » Involvement in research activities
- » Setting priorities in Alzheimer's Australia's advocacy and research work
- » Participating in high-level advisory groups or steering committees
- » Mentoring other consumer advocates

Network members can contribute to Alzheimer's Australia's work by email, teleconference, webinars or at face-to-face events.

People with dementia who wish to participate but who need additional support to do so, will be provided with appropriate support.

You do not need any prior experience to join the network, only a willingness to help improve the quality of life for people with dementia, families and carers.

You do not need to be a user of Alzheimer's Australia's services to join the network.

Want to get involved?

Contact Daniela Gagliardi at Alzheimer's Australia on (02) 6278 8910 or email daniela.gagliardi@alzheimers.org.au to discuss your experience, areas of interest and preferred activities.

Alzheimer's Australia will send you a monthly email outlining consumer engagement opportunities and updates. You are free to choose your own level of involvement, you can participate as much, or as little, as you like. You can step down from activities, or unsubscribe from the monthly email at any time. You can join the network, or re-join, at any time.



**FIGHT ALZHEIMER'S
SAVE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

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MCCSA SERVICES



MCCSA CHSP Transport Service

Our transport service is well used and helps many older members of the CALD community go on excursions and attend Day Centre programs. Community groups use our service for trips to places of cultural or tourist interest. This provides their members with an opportunity to socialise in comfort and tranquility. To hire our buses at very reasonable rates, call us on 8213 4608 or email sidique.bah@mccsa.org.au

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

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



MCCSA Community Hall

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

The Hall is also available for commercial hire.

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



Reconnect Services

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

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



Carers Retreat

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

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



Successful Communities

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

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



Community Visitor Scheme

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



Healthy Ageing

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

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

Justice of the Peace

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

Parkinson's SA working with CALD Communities

Parkinson's SA (PSA) has received funding from Community Benefit SA to undertake a Diversity Project in 2016-17, the aim of which is to increase support to a wider range of communities in SA.

Parkinson's affects approximately 8000 people in South Australia and is a chronic, degenerative, neurological disease – meaning as the disease progresses is usually gets worse and there is no cure. There are physical and other symptoms of Parkinson's. Some of the physical symptoms include tremor, rigidity (freezing and stiffness), bradykinesia (involuntary movement), and postural instability (tendency for falls). Some of the non-movement symptoms are anxiety, depression, sleep disturbances, difficulty swallowing, loss of smell and constipation (bowel problems). Parkinson's South Australia offers information, education and

support to people living with Parkinson's, their carers, families and the wider community.

Parkinson's SA's Diversity Project aims to improve the information, support and education provided to culturally and linguistically diverse communities. The project came about through recognition that the current support and self-management programmes offered by PSA are primarily for the English-speaking population and there are few programmes developed to embrace the diverse cultural contexts in which Parkinson's may be experienced. The project is being treated as a learning pilot programme and begins with a focus on the Chinese, Italian, Greek and Aboriginal communities to improve health outcomes, education and self-management associated with Parkinson's.

In November a session was hosted by the Multicultural Communities Council of SA in

which Parkinson's SA staff met with key staff from the Greek Orthodox Community of SA, Chinese Welfare Services of SA Inc. and the Society of Saint Hilarion to learn about the best ways of providing information to their communities. In the past few months, Parkinson's SA client services staff have also delivered Understanding Parkinson's seminars to the Chinese Community with the assistance of interpreters. In undertaking these activities, the client services staff are learning what presentations are effective, how to work successfully with an interpreter and reviewing feedback from the groups to continuously improve the impact of their delivery and content. Further work is planned with Aboriginal Community Care SA.

Olivia Nassaris, Communications and Development Coordinator
Parkinson's South Australia
T 8357 8909



MCCSA PHOTOS



MCCSA Team at Playford Alive Community Fun Day



Hon Zoe Bettison, Minister for Multicultural Affairs at MCCSA AGM 2016



MCCSA Annual General Meeting 2016



MCCSA staff at our AGM



Kapamilya - Filipino Association celebrating Melbourne Cup Day at MCCSA Hub



Kapamilya - Filipino Association celebrating Melbourne Cup Day at MCCSA Hub



MCCSA Vounteer's Christmas Lunch

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