



SUMMER 2015

MCCSA Community VOICES



From the President

HELENA KYRIAZOPOULOS

As I reflect on the year that has been, I need to take a deep breath. It has been an incredibly busy year for Staff and Management, and one which has been extremely fulfilling for all and strengthened as we re-establish our credibility with communities and Government.

2015 is a milestone year for us with the MCCSA celebrating 20 years of serving our multicultural communities. This was acknowledged on the 9th December by the Governor of SA, His Excellency the Honourable Hieu Van Le, AO and Mrs Le, with a function at Government House for some of our Communities, past Presidents, friends of the MCCSA and some of our Volunteers, all who have played a special part in the history of this organisation.

Like so many of the groups established during the early eighties and nineties, they were built on the strength and

diversity of the volunteers, and the Multicultural Communities Council of SA is no different. As part of the celebration at Government House His Excellency the Governor presented awards to some of our long standing volunteers – all who have been with the organisation for over 20 years, some even going back to the Ethnic Community Council days; they include Hellina Barnes, Hamza Begovic, Zuzana Begovic, Jurek Dnistrijanski, Maria Dnistrijanski, Imay Farah, Dr Warwick Raymont, Milinko Rakich, Eva Wong, Kelvin Wong, Stephani Demchinsky, Wolodimar Demchinsky, Sofija Kanas, Jan Kubicki(posthumous), Irena Kubicki, Maria Fabbro, Renzo Fabbro, Charles Hajskey, Sydney Jamieson and Zbigniew Dirinda. I would like to personally thank them for their commitment and dedication to the organisation and the communities, but I would also like to thank all of our many other volunteers with us who are the backbone of our organisation, as without them we would not be able to undertake our work.

At our Annual General Meeting this year we welcomed two new members to the Management Committee, Rene Grympna and Patrizia Kadis. We also honoured four people with Life Membership, they were Mrs Sofija Kanas AM, Cav. Dr Tony Cocchiaro AM, Mrs Miriam Cocking, Dr Ian Harmstorf OAM BVK. Collectively, they have contributed over 110 years of commitment in the areas of aged care, woman's issues, health, ethnic schools, history, media and language to the organisation and we thank them for this.

I would like to take this opportunity to thank the Management Committee and the staff for their outstanding energy this year, and to the Communities for their continued support of our programs and our Organisation. I wish you all a very restful time during this holiday season, and I look forward to the exciting challenges of 2016.

With best wishes.

Helena
MCCSA President

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MCCSA Contacts

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BUS HIRE

To hire our buses call us on 8213 4608 or email sidique.bah@mccsa.org.au

CARERS RETREAT

For more information on our Carers Retreat Program call Megan on 8213 4605 or email megan.hill@mccsa.org.au

COMMUNITY VISITOR SCHEME

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

MCCSA COMMUNITY HALL

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

For any enquiries on this program please call Megan on 8213 4605 or email megan.hill@mccsa.org.au.

HEALTHY AGEING

For any enquiries on this program please call Kristin on 8213 4604 or email kristin.johansson@mccsa.org.au.

SUCCESSFUL COMMUNITIES

For more information or to register interest for a future program please call Megs on 8213 4610 or email megs.lamb@mccsa.org.au

Multicultural SA – Women's Leadership Program

Applications are now open. Women from CALD backgrounds are encouraged to apply.

<http://www.multicultural.sa.gov.au/programs/womens-leadership-program>

FECCA Conference Report

The special Conference edition of Australian Mosaic magazine is out. This edition focuses on the FECCA 2015 National Biennial Conference. It provides an overview of the conference, for more information please refer to FECCA Conference.

http://fecca.org.au/wp-content/uploads/2015/12/Mosaic_42.pdf

MCCSA hosts Community Transport Forum

It's been a busy year for the transport team at MCCSA. We hosted our first Community Transport Forum for our Transport User Group (TUG) themed "Future of CALD Community Transport – Thinking outside the Box", at the Thebarton Community Centre 10 November 2015.

The event was attended by the Hon Kelly Vincent MLC, representatives from the Department of Social Services, Red Cross, South Australia Community Transport Association, Service Providers and Multicultural Community Organisations that use our service.

The aim of this forum was to stimulate a discussion with South Australia's diverse CALD Community Organisations, about some of the challenges facing the elderly, and people with a disability in accessing community transport for social events and medical appointments.

Members from new and emerging communities also attended the forum, provided an insight on the transport challenges they faced when coordinating and participating in social activities and events within their communities.

Roundtable discussions were held after the presentations to identify gaps within the community transport sector. Ideas generated from the discussions are currently being collated and will be used to guide MCCSA's future directions in community transport. The Management Committee will be presented with the report early in the new year to consider the recommendations.





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.

WE'RE ALL
PEOPLE

COA
PEO
COA

A MIGRANT'S STORY: Igor Negrao

For this edition of our Community Voices we spoke to Brazilian born Igor Negrao to gain an insight into his coaching role in South Australia's multicultural sports sector. During his period in Adelaide he's been a gold medal winning coach, mentor, personal trainer and he spends a considerable portion of his time on helping young people with disabilities.

Igor came to Australia in 2008 to learn English and eventually decided to stay. Furthering his education through undertaking a Master's degree in Sports Management, Igor said his main reason for choosing to stay is for a better lifestyle.

Despite his positive contribution and eight years here, Igor is still trying to secure permanent residence status. "We are still trying to apply for our permanent residence visa, it all depends on the skills and that's why I moved from Perth to Adelaide, my skills are in demand here."

A small community group can be a disadvantage for migrants settling in a foreign country. According to Igor he has received limited support from his community due to the small number of Brazilians living in Adelaide.

"It's a very small community, they do like annual events, cultural performances, teach Portuguese language for children living here, I've tried some sports programs with the Brazilian community, but most of them are international students busy with assignments and they have a need to work."

In Igor's world, challenges are to be taken on, rather than complained about. Not discouraged by belonging to a small community he ventured out and immersed himself in multicultural community sporting activities also working with children with disabilities showing them how to play soccer and basketball.

Igor says that his main goal is to create opportunities for everyone to be actively healthy. For instance he said people with a disability have to overcome some barriers if they want to join clubs. "So what I try to do with children with disabilities is to create opportunities for them to participate and be part of a team."

"I'm doing what I love, I love helping people to achieve their personal best not just to be fit and look good, but better health and better life"

Talking about what Multiculturalism means to him, Igor said it's all about harmony, acceptance and respect for all individual's beliefs, race or religion.

His hard work and positive contribution hasn't gone unnoticed. Despite being on a temporary visa, he has been the recipient of a couple of awards that recognised his sporting contribution to the State.

"When I was working for the Football Federation of South Australia, the program that I was running was called Multicultural Football; I was a recipient of the Governor's Multicultural Award in the community category. I was very pleased just to have been nominated as a finalist but to have received the award was an honour. I was also one of the coaches for the Paralympic team that went to the Asia Pacific Games in 2013, we won a gold medal and I was awarded State Coach of the Year in South Australia for that".

Based on his experience and Australian journey so far, Igor's message for all community leaders out there is that you don't have to wait for the Government to make things happen for your community. "You have to go there and do your best, that's what I have done when I want something; I try to do my best for the good of the community".

The MCCSA applauds Igor for the good work he is doing in the community, and we wish him all the best in his quest for a residency status.





The Women's and Babies (WABS) Division at the Women's and Children's Health Network has been focused towards improving the experience of culturally and linguistically diverse (CALD) women who use the service.

In January 2014, a group of interested midwives from the postnatal ward initiated the Post Natal Cultural Diversity Working Group. The Group has focused on three key aspects to delivering safe and effective care to CALD women and families and this includes the development of educational resources in written and digital form, the improved process of how information is delivered and increasing the knowledge and understanding of cultural diversity amongst postnatal staff.

A "Breastfeeding App" has been developed in collaboration with UniSA, and is at the trial stage for women from Vietnamese, Chinese and Arabic backgrounds. To increase better knowledge and understanding of cultural diversity amongst the postnatal staff, a Cultural Competence Survey was used to assist in identifying gaps in staff awareness, knowledge and skills.

An education plan was developed and implemented based on staff needs. The Group has also been working towards developing a cultural space in the nursery where all resources are available to midwives and families in one spot.

Information packs in different languages have been developed. Translated information from the Australian Breastfeeding Association and other resources are on each computer desktop for easy access for midwives. Consumers of the postnatal service have also been engaged through the Person Centred Key Performance Indicator project, which uses a survey that was available in 5 languages other than English. The survey is looking at the patients experience of care by the midwife. The most recent initiative has involved interested midwives from throughout the Division coming together to work on CALD issues through the formation of the Cultural Competency Network Group Meeting. The initial focus of the group is to prioritise gaps identified by each service areas in relation to CALD women and families.

WCHN Cultural Roundtable

Effective service delivery within the Women's & Children's Health Network (WCHN) begins and ends with partnering with our consumers (patients).

Our consumer groups come from a diverse range of population backgrounds, and we aim to ensure that we are delivering services that are culturally appropriate. To contribute to culturally appropriate practice, a Cultural Roundtable has been established. This is a bi-monthly get together of WCHN staff and consumers and/or family members. The cultural roundtable is open to any consumers or family members who have had a recent experience with the Hospital or one of our community services (Child and Adolescent Mental Health, Child and Family Services, Women's Health or Youth Health). The group meets to discuss culturally appropriate practice and makes recommendations to the Peak Consumer and Community Peak Body. The cultural roundtable is run in partnership with Multicultural Youth Services of South Australia.

To join and contribute to the get together; please contact Allan at allan.ball@sa.gov.au or call 8161 6935.



MCCSA - RECONNECT PROGRAM

This year MCCSA's Reconnect program received some one - off funding from Salisbury Council to establish a Multicultural youth group. From February, this self-led group of young people have been meeting fortnightly and building their skills. To function as a group they developed communication, teamwork, and decision-making skills. They then moved on to focus on three areas of self-improvement that they all valued throughout the year.

Initially, they chose to become a homework support group, helping each other through difficult assignments. Later they

worked on living skills such as cooking and budgeting and finally they wanted to increase their community engagement - which led them into modelling traditional costumes, fundraising for their group at the multicultural festival and supporting the October 31st "Walk Together". Now no longer funded, this group is still intent on raising enough money to continue and expand into the next year.

"Since I have joined this youth group, it has helped me achieve many of my personal development goals as it taught me how to overcome my shyness and be able to speak up and put out my own ideas and opinions to the group. Now I feel more comfortable reaching out to others and asking for help when needed. In the future, I would like to

see this group expand on its members and be able to conduct more group activities to spread awareness and get more of the young community involved in multicultural events. If it was not for this group, I would not have been aware of all the community events and I would not be as involved as I am now. This youth group overall has helped me achieve a lot of personal goals and has also changed the way I think and see things about the community and how culturally diverse this town is." Youth group member, Thuy Tran

We were very pleased to hear this week from the Department of Social Services that our funding for the Reconnect program has been extended until June 2017.



Volunteer Christmas Lunch

As we do each year a Christmas lunch was held for all our volunteers on Tuesday 15th December at our Gilbert Street Hall, to acknowledge and celebrate the year, what a great time was had by all!

The food was organised and served by the staff and President, a photo collage presentation was done by the Community Visitors Scheme Coordinator Heeyoung Lim showcasing the 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.



MCCSA history compilation

Twenty-plus years as the peak organisation for culturally and linguistically diverse communities in South Australia – that's an achievement worthy of acknowledgment!

The Multicultural Communities Council of SA (MCCSA) was established in August 1995 through the merger of two forerunners – the Ethnic Communities Council of SA (1975–95) and the United Ethnic Communities of SA (1980–95).

In recognition of this milestone, a small reception was hosted by Governor Hieu van Le at Government House in the evening of 9 December 2015.

Also, earlier this year we commissioned two professional historians – Bernard O'Neil and Peter Donovan – to interview a range of people who have contributed to the MCCSA over time. They are working with Dr Ian Harmstorf to record the evolution and development of the organisation. Some of their initial work is now on our website and more material will be featured progressively.

If you or someone you know would like to contribute to the history project, especially with reminiscences about the MCCSA or your own experiences, please contact us on 8345 5266 or sidique.bah@mccsa.org.au We would like more memorabilia, photographs and movie/video/DVD recordings in particular.

Latvian Community History

Full story at mccsa.org.au

Developing the next generation of community leaders

The MCCSA partnered Arunga Project Solutions to deliver a customised training and professional development program on organisational management.

On Thursday 1 October 2015 we celebrated the end of the training program, with an event organised by the learners from the third and final group.

They joined with their mentors and learners from the previous groups to showcase their achievements and look at the challenges that lie ahead. A short video with interviews with some of the learners was screened to highlight the impact of the training on

the way that they now approach their vital work in developing strong and sustainable community-based organisations.

The training comprised 9 weekly sessions covering a range of topics such as strategic thinking and planning, risk analysis, governance, implementing plans and strategies, sourcing and securing funds, project management and event management. The theoretical studies have been supported by presentations by industry and community leaders on how the theory is applied in real-world situations.

Thirty three learners, representing 18 diverse community organisations completed the training and are now moving on to the

next stage, using online tools developed by the MCCSA in conjunction with Jacob Gates Design and Media and Arunga Project Solutions. The tools include an online forum and a practical guide / checklist for people from new and emerging communities who are establishing and maintaining community-based organisations.

We look forward to working with all of our learners on the next stage and beyond as they continue their journey in helping to grow and manage their organisations.

Please contact Megan Hill (8213 4605) or Phil Allan (0431 213 409) if you would like more information about the program.



Volunteering at MCCSA – what you can do?



Naomi Pietsch

"I am a volunteer at Multicultural Communities Council currently undertaking a Student Placement at MCCSA under the supervision of Kristin Johansson, working on a project with Yasmin Bottos to develop a website about domestic violence for people from CALD backgrounds.

I come from Japan and have lived in Adelaide for 5 years while currently undertaking a Master of Social Work at Flinders University. I have several years of study and work experience in Sales and Marketing in both Japan and Adelaide. I started volunteering with MCCSA because I would like to develop my knowledge and skills of assisting migrants in South Australia, by integrating my background in marketing and social work. This volunteering work is a great opportunity for me to increase my understanding about CALD communities in South Australia

and practise those skills. I really enjoy the enthusiastic and friendly atmosphere at the office and also appreciate the support from Kristin, Yasmin and other staff at the office.

Through this volunteer experience, I have gained a clearer vision of what I would like to do in the near future. My objective is to assist migrants by frequently providing information, via media, workshops or counseling, for them to support their well-being in South Australia".

Yasmin Bottos

"I am an Asian Studies Honours student from the University of Adelaide currently undertaking a Student Placement at MCCSA under the supervision of Kristin Johansson. I am working on a project, in collaboration with Project Support Volunteer Naomi Pietsch, to inform CALD communities about recognising and responding to domestic violence. Together, we have researched federal and state laws regarding domestic violence and intervention orders, identified the main issues CALD women in particular face in their experiences of violence, and listed various support services available to victims whose command of English is limited. The information was compiled and conveyed through a simple, easily understandable level of English without complex legal terminologies in order to suit the target audience. This information is now available under the Resources tab on the MCCSA website, and follows a Frequently Asked Questions (FAQ) style format. The project is ongoing and we hope that the information we have provided will be of benefit to those in difficult situations.

It had been an objective of mine to gain work experience before completing tertiary studies, and MCCSA was the organisation that seemed to complement most of my interests. My studies in Arts and International Studies have effectively centred on the development of awareness of social, cultural and political issues within both a local and global context and, through problem solving, finding creative solutions to the major problems in our contemporary era. Undertaking a Placement at MCCSA has allowed me to understand the practical process of creating new projects and engaging with communities to address areas of concern. I really enjoy the environment at MCCSA because I see that everyone is very committed to their work and the projects are innovative and interesting. There are always many things going on, such as community consultations, information sessions and other events, which ultimately make MCCSA quite an exciting and busy place. It is a privilege to be able to meet and work alongside people who are passionate about improving their communities."



MCCSA SERVICES



MCCSA CHSP Transport Service

Our transport service is heavily 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 Maria on 8345 5266.

MCCSA PHOTOS



MCCSA Staff & Volunteers end of year BBQ Lunch



MCCSA Annual General Meeting at the Latvian Hall



Minister Zoe Bettison speaking at our Annual General Meeting



MCCSA AGM 2015



Helena and guests at the MCCSA Annual General Meeting



MCCSA AGM 2015

MCCSA Celebrates 20 years



His Excellency, Honourable Hieu Van Le, Governor of South Australia, at the Reception celebrating MCCSA's 20th Anniversary



His Excellency, Honourable Hieu Van Le, Governor of South Australia pictured with MCCSA Volunteer Helina Barnes



MCCSA Volunteers with their commendation certificates at Government House



MCCSA President Helena Kyriazopoulos pictured with Mrs Lan Le and Bruno Krumins AM



Russian seniors making Christmas decorations at MCCSA (Positive Ageing Program)



Spanish seniors with their artwork at MCCSA (Positive Ageing Program)

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.

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