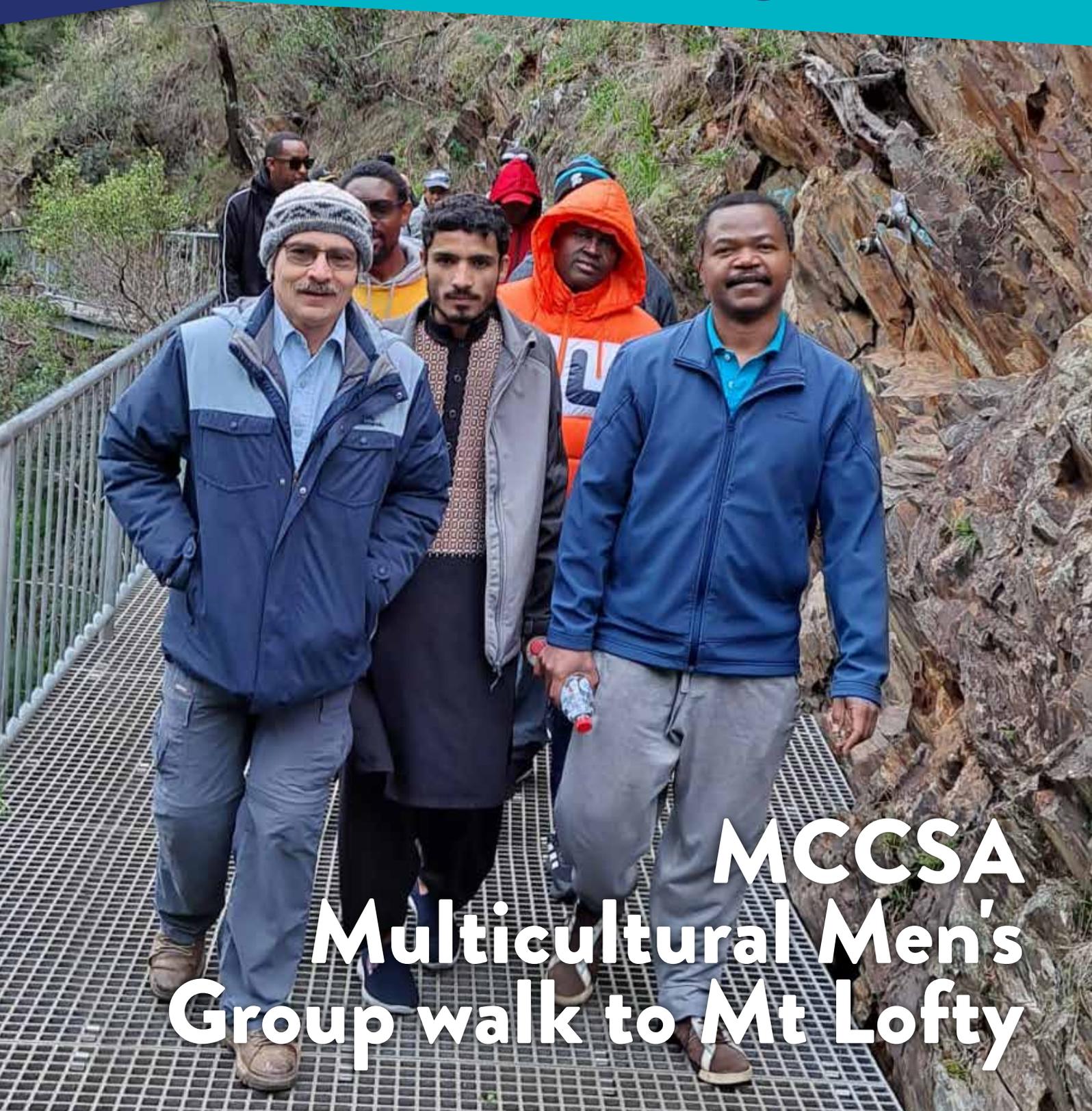


MCCSA Community Voices

► WINTER 2021



MCCSA Multicultural Men's Group walk to Mt Lofty

inside this issue

Men's Health
Week Forum

MCCSA's new
northern office

Ageing in
another country

Celebrating Refugee
Week 2021

inside this issue

A Migrant Journey: P4
Bior Aguer

Men's Health Week P6
Forum 2021

Greek Museum of P9
Adelaide

MCCSA'S P10
Women's Group

Support for businesses, P25
jobs & the community
impacted by COVID-19

MCCSA Board

Executive:

Chairperson: Miriam Cocking

Deputy Chairperson: Dr Ian
Harmstorf OAM

Treasurer: Silvio Iadarola

Board Members

Daniela Costa

Gosia Skalban OAM

Rajendra Pandey

Nasir Hussain

Patrizia Kadis

Lenard Sciancalepore

UPCOMING MULTICULTURAL EVENTS



WHAT: Let's Chat Adelaide - Language Exchange

WHEN: 28 August 2021, 6pm-8pm

WHERE: Roma Mitchell House, Adelaide

www.lassa.com.au/en/our-events/lets-chat-adelaide

The Disability Gateway

The Disability Gateway will assist all people with disability, their families and carers to locate and access services across Australia.

Information on the Disability Gateway is now available in languages other than English, such as Chinese (Simplified), Arabic, Vietnamese, Italian and Greek (see below.)

You can also visit: <https://www.disabilitygateway.gov.au/about>



FROM THE CEO

HELENA KYRIAZOPOULOS



Over the past eighteen months we have endured lockdowns, restrictions and learning how to live life as we come to terms with our *new normal!*

I do hope that we have also managed to learn from mistakes made during this time and identified specific needs of communities, particularly those who have language difficulties and who are financially and socially vulnerable.

We have been very fortunate in South Australia that our multicultural leaders have supported authorities during the course of the pandemic to ensure their communities remained safe. They have rallied to support SA Health when the need arose. For many of our community leaders this support has been provided on a voluntary capacity. It would be good if their efforts could be acknowledged in some way.

It was wonderful to see hundreds of community leaders connect to the recent SA Health zoom briefings, but authorities should be asking who wasn't connecting due to language difficulties. For community leaders to sit through Government updates, an assumption is made that they will have a reasonable understanding of English. We should proactively be reaching out to the very small communities and communities who struggle with English, ensuring

that they understand and have the information they need to make informed health decisions around vaccination and COVID-19 restrictions.

As I write my piece for this edition of Community Voices, our Governor of South Australia, his Excellency The Hon Hue Van Le is preparing to leave his post.

For the past 7 years he has been one of South Australia's most approachable, giving, engaging and supportive Governor's this State has seen. Both he and Mrs Le, have

opened up their home and engaged with communities far and wide across the State of South Australia.

His Excellency has been a model representative of her Majesty Elizabeth II, Queen of Australia. His dedication and commitment to South Australia's Multicultural communities cannot be questioned. On behalf of all MCCSA members, we thank His Excellency and Mrs Le for their 7 years of unwavering service to South Australia, and wish them both well in the next phase of their lives.

Helena

Get tested for COVID-19 immediately if you have any symptoms, even if mild.



FEVER OR CHILLS



COUGH



SORE THROAT



RUNNY NOSE



SHORTNESS OF BREATH



LOSS OF TASTE OR SMELL

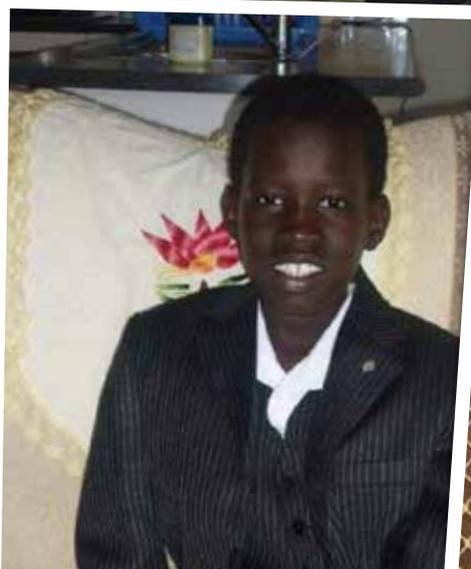
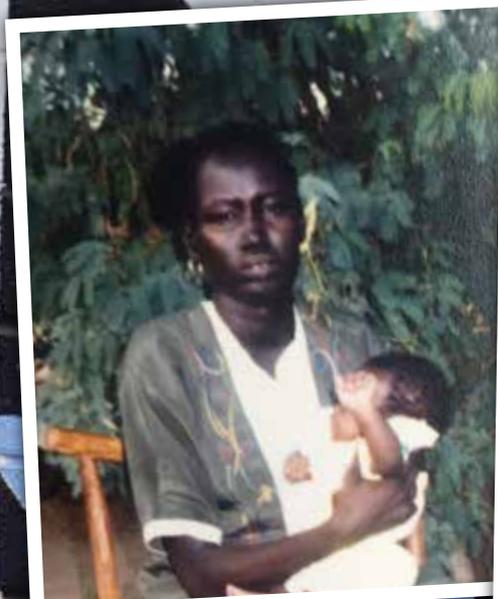
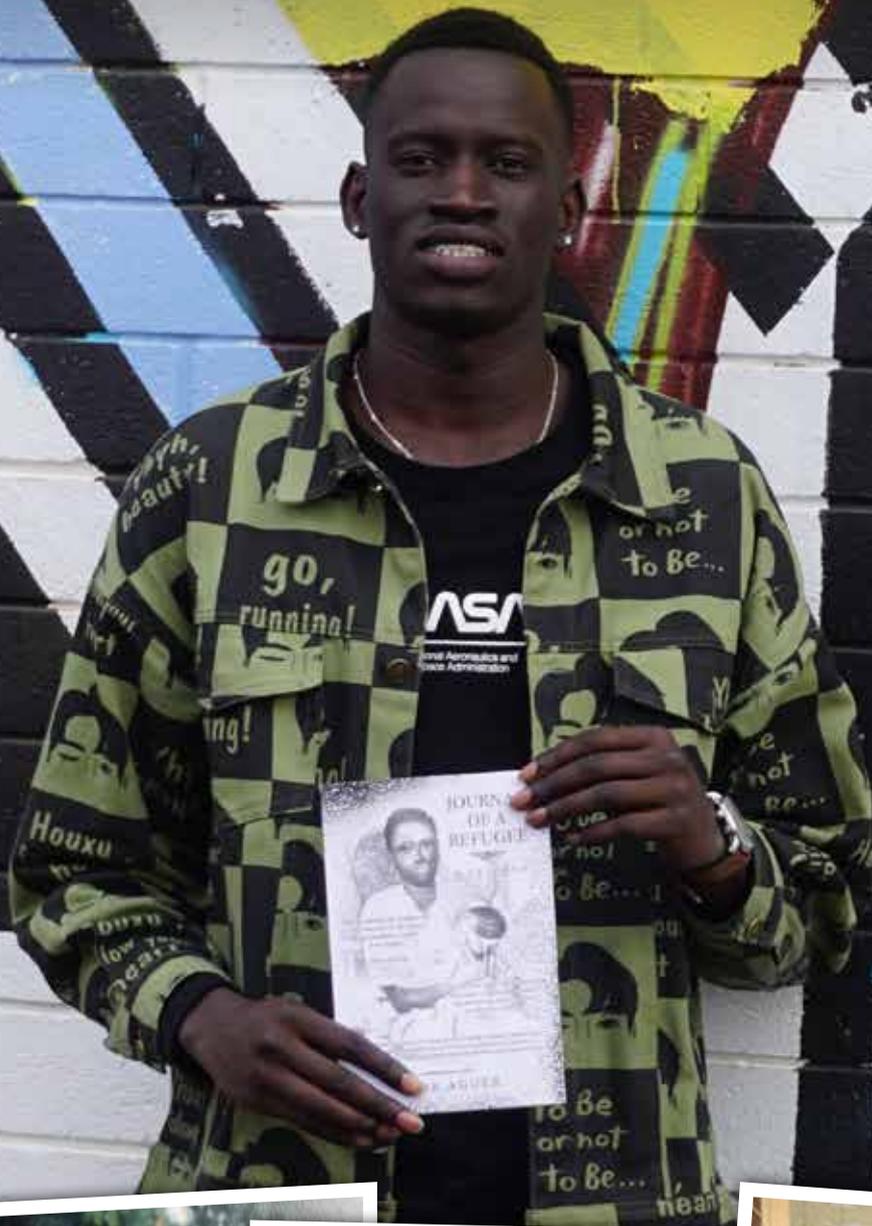
sahealth.sa.gov.au/covidtesting



Government of South Australia
SA Health

A Migrant Journey: Bior Aguer

By Sidique Bah



The movement of people from one place in the world to another has always been part of our human history. While some people migrate because they want to, others have no choice but to seek refuge somewhere else for their safety.

For over two centuries now migrants and refugees including children from different corners of the globe have journeyed to Australia in search of a better future. These new arrivals have gone on to become good citizens and built this prosperous multicultural society we all live in today.

For this edition of Community Voices, we spoke to Bior Aguer, a young South Sudanese spoken word poet and aspiring writer about his recent publication 'Journal of a Refugee' and his Australian journey as a young man from a refugee background.

Journal of a Refugee Bior's recently published book is a collection of poems in which he shares his thoughts and emotions on growing up in Australia as a child from refugee background. The book reflects Bior's take on his life as a young man trying to find his identity while transitioning to Australian way of life.

Now in his early twenties Bior arrived in Australia as an accompanied minor on a humanitarian visa in July 2004. Reflecting on those early years as a five-year-old Bior said the civil war in Sudan back then is the reason for his aunt migrating to Australia and bringing him along to save him from

the hardship of life in Kenya's refugee camp in Kakuma.

According to Bior his early childhood in Australia was quite challenging. "I was balancing self-identity, searching for a common ground and as a young person, trying to understand different cultures and racism as well".

Bior spent his early school years at Greenwith Primary School in Golden Grove. "School was the place I learnt life skills, from school I was able to learn and understand the Australian way of life as well as my own cultural way of life"

"School was hard as English was a problem. English as a language and system was quite challenging, I got frustrated about why I was not understanding this word and that word, so the only thing that helped was me asking lots of questions". he said.

Like most young kids from CALD background his early childhood revolved around school and selected friends and less involvement with community. Even though Bior would attend community functions with family there wasn't much connection with his community in his early years.

Now as a young man Bior is quite active in his community. He is now a Board member of the South Sudanese Community in SA, representing the youth. "I'm now involved in running cultural events for the youth in our community, I did it because I want to get in touch more with the young people in our community so I can see what services I can help bring in and also for me. "I want to have more mentorship in the community"

Talking about his recently published book Journal of a Refugee, Bior said his aim is to share his story with the world the best way he can. The book which is currently on Amazon is a small collection of poems with four chapters. "the four chapters in my book are like stepping stones of how I was feeling growing up in Australia, not using diversity as an excuse but using diversity as a strength.

"I wanted to help inform, educate and teach people about our minority groups. My poetry is also about having an identity and purpose as an individual. I've learnt that poetry is a very powerful way of communicating and young people are inspired by my work and it has kind of inspired me to work harder".

When asked about what can be done to help African youth in SA Bior said he thought there is need for education amongst the youth. "The youth needs to know what is available to them, they also need help to understand their cultural identity:

"CALD communities need to come together a bit more to open up centers or places for youth in the community to have a platform to lead themselves".

Bior's parting message to our readers is "we need more unity and more collaboration with the youth to engage with what services are required to help them live their lives. We should support them in either education or sport".

It was great talking to Bior, we congratulate him on his book and wish him all the best.

Men's Health Week Forum 2021

Multicultural Men's group of SA hosted a Men's Health Week forum on Saturday 19 June 2021 at 19 On Green Community Centre.

Over forty people from diverse cultural backgrounds attended the forum which mainly focused on the importance of men doing regular health checks and addressing health related issues ahead of time before they become problematic and lead to more severe outcomes.

The turn out to the event was great and the men's group appreciates the support from the members. We'll also like to thank our guest speakers, The Hon. John Dawkins MLC, Professor Gary Wittert from the University of Adelaide, Councilor Paul Alexander

from the City of Charles Sturt, representing Mayor Angela Evans, and Zak Gadalla from Pharmasave pharmacy on King William St.

The forum was also attended by the Hon Zoe Bettison MP (Shadow Minister for Multicultural Affairs), Mr Ahmed Zreika from the South Australian Multicultural and Ethnic Affairs Commission (SAMEAC), Eduardo Donoso (Latin American Society South Australia) and other leading & prominent community leaders from various organizations.

Some of the issues raised during the forum were mainly on parenting challenges, language barrier and how it affects CALD men in addressing mental health issues and the pressure of being considered the sole provider in the family.

The Multicultural Men's group thanks all those who made the evening possible, including: Rob Klose, Kudzai Nyamande, Isaac Zangre, Sidique Bah, Ukash Ahmed, Eduardo Donoso, Mohamed Safi, Samuel Williams, Kishor Chand and Nasir Hussain who spoke about "The Benefit of Social Connections" on behalf of the Men's group.

A big thank you to all the men who participated in this event. Men's Health Week is about health impacts on men and how we create positive environments for men in our communities.

For more information about Multicultural Men's Group of SA & our upcoming programs and activities, please send an email to Sidique.bah@mccsa.org.au





MCCSA Multicultural Men's Walk

Walking as a group on the last Saturday of each month is one of the many activities the Multicultural Men's Group of SA is actively involved in.

The group have been using walking as an enjoyable and social activity for men from all backgrounds residing in Adelaide. COVID-19 has affected our monthly schedule but keeping in line with SA health guidelines, we have undertaken two walks this year.

On the 10th of April 2021 the group hosted a one hour walk, starting off from Bonython Park to the River Torrens / Karrawirra Parri which runs through the city of Adelaide. The river has long been a place to meet and socialise for the Kaurna people. The turnout was great, the weather

was cool and the conversations were stimulating. Adelaide residents and visitors alike were out and about enjoying a range of activities along the banks and on the waters.

The Multicultural Men's Group Chairperson Isaac Zangre said the event is a great opportunity for men from diverse backgrounds to meet and talk and extend their network.

On the 5th of June the group took on Mount Lofty which was not an easy challenge. The group walked from Waterfall Gully to the Mount Lofty summit which provides spectacular panoramic views across Adelaide's city skyline to the coast.

Multicultural Men's Walk event coordinator Sidique Bah said there are many benefits to walking. "It is

the key to our health and wellbeing as walking improves our fitness, alleviates depression and fatigue, improves our mood and keeps us active, which is good for both our physical and mental health".

Walking is a great way to improve or maintain our overall health. It's really therapeutic to walk and talk in a group environment. MCCSA's Men's group appreciates the support we are getting from men in our CALD communities. When restrictions are fully lifted we hope to see more men join us for these monthly walks which will be taking place in various parts of Adelaide.

For more information contact Sidique at Sidique.bah@mccsa.org.au

MEN'S HEALTH AWARDS 2021



CONGRATULATIONS

Multicultural Men's Group of SA

MEN'S HEALTH EQUITY AWARD

Thank you for all the inspiring work you are doing to create a healthier future for men and boys.

A healthier future for men and boys www.amhf.org.au



Men's Health Equity Award 2021

MCCSA is excited to announce that Sidique Bah was the winner of the National Men's Health Equity Award 2021 for his role in establishing and supporting the Multicultural men's group of SA.

We would like to thank all of the members of the MCCSA's Multicultural Men's Group for their hard work and shining the spotlight on men's health in SA for men from multicultural backgrounds.

We recognize the huge collective effort of the group and it is exciting to know that the work we are doing here in SA has been noticed nationally.

MCCSA will continue working with our Multicultural Men's group and provide them with the necessary support to help raise awareness about men's health.

A big thank you to the Australian Men's Health Forum for organizing the Men's Health Awards 2021.



Greek Museum of Adelaide

The Greek Museum of Adelaide Inc is currently in its early stages of development, established in April 2019.

This expansive project is set to host permanent exhibits and to dually operate as a museum and a resource center with a library, open to the general public for the benefit and engagement of all South Australian residents and community members.

The exhibits at the museum are largely comprised of Hellenic memorabilia, a variety of artifacts, and historical documentation of families migrating to Adelaide over the course of the last two centuries. Traditional

objects such as heirlooms, costumes, woven fabrics, tools, replicas of archaic art and other objects with Hellenic origin are the key focus of this museum. The Greek Museum of Adelaide has collections and exhibits donated by Greek Australians Artists and Families, who live in Australia and Greece and furthermore has exhibits donated by Greek Museums from Greece. We are currently appealing to a wide range of individuals, and any volunteers, who might be willing to offer their time, their knowledge base and experiences to further develop the growing composition of our Greek Museum of Adelaide Inc.

The Greek Museum of Adelaide aims to create cultural links to Hellenism, to encourage and foster interest amongst all community sectors

within the Australian society at large, and to reconnect those of Greek heritage with their ancestral culture and history. In the future, it is our intent and aspiration that the Greek Museum of Adelaide Inc will conduct exchanges of temporary exhibitions in cooperation with other museums that house Greek or Hellenic artifacts and items of relevance. Whilst most states in Australia have well established ethnic museums of sorts, Adelaide is sadly lacking a permanent location to house Greek and Hellenic items for viewing to its general public. This is something that needs to be addressed. For more information: -

President of Greek Museum of Adelaide, Ms Chrysoula Sou Melissinaki, chrys.melissinaki@gmail.com <http://greek-museum.com.au/>

MCCSA'S WOMEN'S GROUP

Join us your voice will make a change

The Multicultural Communities Council of SA (MCCSA) has for the past 35 years convened a Women's Sub-Committee. This Sub - Committee provided women with a platform to raise issues of concern and for the MCCSA to advocate on their behalf. It was instrumental in lobbying for the first women leadership program that has successfully been running for over 20 years, enabling women gain valuable life skills.

The MCCSA continues to tackle issues preventing women from CALD backgrounds to achieve their full potential in Australia. The Women's Sub Committee has evolved over the years taking on broader issues affecting women including leadership, health and wellbeing, social and financial inequities.

The reinvigorated MCCSA's Women's Group has women from diverse backgrounds participating and we invite women who would like to contribute towards the change, empower others to create kinder, more connected and more inclusive communities to join the group.

**Next meeting 25th August 6pm
at the MCCSA, 113 Gilbert Street
Adelaide.**

**For inquiries please contact Lena
on Lena.Gasparyan@mccsa.org.au**



MCCSA Cambodian Youth Group

MCCSA Cambodian Youth Group was formed in 2018 after which the group received funding from Grants SA to purchase Cambodian traditional instruments.

The purpose of the grant was for the youth to learn how to play the musical instruments and build their knowledge around Cambodian culture and tradition.

The group which is very diverse and open to other youth have been practicing over the years and keeps getting better at using the

instruments to play Cambodian music.

Cambodian music is among the most rich and beautiful in the world and it can safely be said that it has one of the oldest and most venerable musical traditions. With a wide variety of instruments and many melodies that tell thousands of stories, this musical tradition is one that can enchant any listener.

If you are interested in Cambodian music or want to learn more about the various musical instruments used for dance and entertainment send us and email to savry.ouk@mccsa.org.au



MCCSA Celebrate Refugee Week 2021!

Refugee Week is Australia's peak annual activity to inform the public about refugees and celebrate positive contributions made by refugees to Australian society.

Refugee Week SA provides a platform where positive images of refugees can be promoted in order to create a culture of welcome throughout the country. The ultimate aim of the celebration is to create better understanding between different communities and to encourage successful integration enabling refugees to live in safety and to continue making a valuable

contribution to the social, economic, and cultural life of South Australia.

Millions of people each year are displaced due to war, religious persecution and economic hardship. Refugees around the world - facts and figures 2019:

- » There are 26 million refugees globally
- » Half of the world's refugees are children
- » 85% of refugees are being hosted in developing countries

Refugees have been coming to Australia since settlement, with the majority coming following the two world wars and subsequent wars in various countries around the

world. In 2019, more than two-thirds of all refugees came from just five countries: Syria, Venezuela, Afghanistan, South Sudan and Myanmar. Syria has been the main country of origin for refugees since 2014 and at the end of 2019, there were 6.6 million Syrian refugees hosted by 126 countries worldwide.

Each year to acknowledge Refugee Week the Multicultural Communities Council of SA (MCCSA) travels to regional SA with a small team of young people from our Youth Group and runs Q&A sessions with students in the Senior Classes at regional high schools. This a great experience for some of our young people as they get to see and experience some parts of regional SA, but also they develop



leadership and public speaking skills. We always finish off our visit with soccer clinics and of course the obligatory friendly soccer match during the lunch break!

This year we visited Bordertown High School and we were also hosted by the Tatiara Multicultural Group during our overnight stay. We are so proud of all those who came along with us to Bordertown, and to the students from Bordertown High School who were genuinely interested in learning about the refugee journey.

The MCCSA is proudly supported by Australian Gas Networks to undertake our youth work.

The photos are of our day at Bordertown High School.



NEW FACES AT MCCSA



Sisaleo Philavong

Cultural Connections project officer

Hi, I am Sisaleo Philavong and I work alongside the team here at MCCSA as the Cultural Connections project officer. I am loving my job and getting to know the different communities within SA. I love seeing the passion everyone has within their communities and advocating for their needs within the community.

Part of my role is to support different communities and to understand, engage and empower people with disabilities within their own community. I'll also be working with my team to create opportunities for communities to connect with people with a disability through their individual way and help raise awareness around barriers of people with disabilities and share their stories.

When I am not in the office I am studying, doing my final year of the Bachelor of Disability Developmental Education and you will also find me working as a Local government disability advisory group member

supporting the Local government association to meet the needs of people with a disability.

When I am home, I am learning the game of Tennis and managing the Flinders Disability group Facebook page to assist students studying the Disability Developmental Education and Education degrees with information on all things disability. You will find me riding my electric Tricycle out in the Salisbury community.

Films and TV shows have influenced me such as Perry Mason, Knight Rider, Dead Poets Society and Dance Me To My Song, Flowers for Algernon and the American President.

I believe everyone can contribute and be an active member of society regardless of who they are and where they come from. Also, I believe in facilitating understanding and knowledge to support community leaders and organisations in proactively engaging and including people with a disability in all aspects of the community. Throughout my life, I have been a vigorous advocate of working with the strengths of communities and its people. It's been such a rewarding experience and learning a lot from different people in the community.

I look forward to working with everyone in the community and hope you all have a great enjoyable time in your life. Contact me anytime.



Vicky Arachi

Manager, Multicultural Community Connections Program

Vicky has just joined the MCCSA family managing the Multicultural Community Connections Program (MCCCP). MCCCP is part of the broader South Australian Government Community Connections Program (CCP). The aim of the CCP is to support people under the age of 65 years living in South Australia whose independence and quality of life is at risk because they are disconnected from necessary service support and as a result face heightened vulnerability due to social isolation.

Vicky migrated to Australia from Greece five years ago with her partner and two young children. She holds a Bachelor and a Master of Laws (LL.M) and ran her own firm for seven years as a lawyer and judicial graphologist, appointed by Courts to provide expert reports as a forensic handwriting specialist. Vicky has a real drive and passion for social justice, public policy, the rights of women,

migrants and refugees and strives to make a valuable contribution to our community. After coming to Australia Vicky worked in various positions in law, federal and state politics and SA Health and has a strong understanding of strategic positions, public policy and parliamentary procedures.

Being a recent migrant herself, Vicky has first-hand experience of the challenges, vulnerabilities and potential risks migrants are facing. Her personal experience along with her roles in state and federal politics revived her passion for serving the community. Her studies in International Migrations and Contemporary Migration and Refugees, offered her advanced understanding of the humanitarian impact of migration on migrant and displaced populations and host communities and the need for appropriate support.

**Interested in
a student
placement at
MCCSA?
Call us on
8345 5266**

Kid Games from our diverse communities

So many games have become lost between generations due to the amount of time children now spend in front of their screens.

We are excited to share with you games from different countries which the Multicultural Communities Council of SA put together with the help of our communities and funding received from Wellbeing SA as part of the South Australian Government's Statewide Wellbeing Strategy.

Connect, learn and have fun!

You don't need to spend a huge amount of money to have fun with your children both indoors and outdoors. These games are low cost and most of the items can be found in your house.

Chile – Tutti-Frutti

Fiji – Shells Game

Germany – Topfschlagen

Iran – Kash

Italy – Strega Comanda Color

Lebanon – Baddy Safer Ala

Sierra Leone – Botkidi

Sri-Lanka – Kopara Pipinya

Ukraine – Rybalka Fishing Game

Instructions for the games and pictures are available on both MCCSA's website under Games for children www.mccsa.org.au/family-resources/ and on Open Your World website under Children's games <https://openyourworld.sa.gov.au/learn-and-experience-new-things/activities-for-children>



**Open
your
World**
.sa
.gov
.au

Ageing in another country

By Panagiota Kyriakoulakos Grypma, PhD. Psychologist /Researcher.

We currently live in a rapidly ageing population. A significant proportion of persons over the age of 65 are of a diverse cultural and linguistic background (DCALB).

In Australia, Italian and Greek migrants constitute the first and second largest group of older persons of a culturally and linguistically diverse background who migrated after World War II. As such, they represent an important cohort of the Australian population who may be said to be ageing 'out of place' or in a place outside of their country of origin. This will need to come into greater focus as health practitioners and policy-makers grapple with the multidimensional nature of the barriers that such a cohort of migrant elders are likely to face.

Much of the research on the relationship between mental health and migration in Australia has focused on refugees. Few studies have focussed on established migrant communities that may be facing challenges in adapting to the late stages of the lifespan: such as declining health; reduction of social networks through death and emigration of peers; and intergenerational conflicts with their children. This is because it has often been assumed that they will have

adopted more assimilative lifestyles within the dominant culture given the average length of time that the majority of such migrants have resided in Australia, which in many cases has been anywhere between 30 to 50 years or more.

Prevailing assumptions about the relatively successful integration of established migrant groups within mainstream society can render invisible the level of need that exists within these communities.

The Australian Greek Welfare Society (AGWS) submission to the Productivity Commission Inquiry (AGWS, 2010) highlights a number of social determinants which place the ageing Greek population at risk of developing psychological disorders such as depression and anxiety. For example, it is estimated that more than 75 per cent of Greek immigrants who arrived in Australia between 1947 and 1971 became employed as unskilled labourers, process workers and machine operators (AGWS, 2010). This largely reflects the fact that most Greek-born immigrants came from agricultural/ farming/ rural backgrounds with little opportunity to receive a formal education. The level of English language proficiency within the Greek-born population remains very low, with 34.4 per cent rating their proficiency in spoken English as 'Not well' or 'Not at all' (AGWS, 2010). As a result of working

in largely physically demanding occupations, health problems in later life, such as the propensity to suffer from diabetes, cardiovascular and musculo-skeletal conditions, compound the vulnerability of this group. Poor health literacy due to education and language barriers and a strong belief in the power of the medical profession results in a tendency to demonstrate a passive response to health and an over-reliance on medications (AGWS, 2010).

Although older Greek migrants constitute the second largest established minority group in Australia, they have largely been overlooked in research examining concepts of 'successful ageing' or 'ageing well'. A study examining cultural identity, perceptions of ageing, sense of well-being, and needs in later life among members of the first generation of Greek migrants living within a South Australian community revealed that the perception of ageing is significantly influenced by, for example, family closeness and interconnectedness; the level and quality of social support; a sense of security; an acceptance of the ageing process as 'preordained fate' or 'God's will'; maintaining a positive outlook; and health of the self and the family as paramount and integral to well-being. The most reported concerns

and fears expressed by this cohort of Greek elders included a loss of physical independence or cognitive functioning; not being able to speak English; remaining alone and coping with loneliness; not becoming a burden on their adult children in the event of incapacitation; managing finances on the Age Pension; and the prospect of being placed in a nursing home.

Such a study has implications for policy and the delivery of services to this important cohort of older migrants, most of whom overwhelmingly expressed a desire to be cared for by family members within their own home. It also highlights the importance of being able to access culturally and linguistically sensitive services to address the multidimensional

aspects of their psychological and physical health that they are likely to encounter as they become older.

The author can be contacted:
rgrypma@ozemail.com.au

References available: panagiota.grypma@adelaide.edu.au



MCCSA CALD Youth Survey

Over the past year, MCCSA Youth leaders (Chance, Elizabeth, Ilhan, Juma, Mabruka, Mistiah, Soreti and Sumaya) have been congregating at The Brocas where they have been spending countless hours creating a 'Youth CALD Survey'.

In partnership with the South Australian Commissioner for Children and Young People, youth leaders have created a state-wide survey which aims to increase the understanding of the hopes, concerns and struggles of young people who come from CALD (culturally and linguistically diverse) backgrounds in South Australia.

Furthermore, conducting focus

groups with youth from various CALD communities. Both Survey and Focus groups split into two different age groups; 10-15-year-olds and 16-30 years olds.

After multiple weeks of refining and defining what needed to be included in the survey and focus groups the following were produced as areas of concern which are: education, work, financial concerns, wellbeing, source of support and the impact of the COVID-19 on their livelihood.

Upon commencing this project in July 2020 the youth leaders have overcome obstacles such as the COVID-19 restriction. As well as their biggest obstacle being the stress of creating a survey and focus group questions that they believe will give a voice to the youth as they know how important that is.

As all leaders expressed that "we know how it feels to be voiceless. That helpless feeling like no one is listening to your concerns as we are ourselves from a CALD background we have faced the same helplessness". The group is in the final stage of this project as they have concluded all of their focus groups and closed off access to the surveys. And they are now planning for a Community forum in which they want to showcase the results of the survey and focus groups to the youth of CALD background and have a final discussion on what their concerns are and what can be done to change it.

Some of the Youth leaders have been kind enough to share their experiences or what inspired them to join this project.

"I was introduced to this group by a friend. I was intrigued by the opportunity to work with multicultural youth, unified by our willingness to understand the CALD communities to support future plans. I feel a sense of connection and belonging with the team and I continue to come a year later."

• SORETI ANDERSON

"I believe I am very fortunate to have been given the opportunity to partake in this project and have my input make such a difference in not only the planning portion but also the implementation of the project. Working on this project has been an experience like no other, the independence and freedom to direct it in whichever pathway we deemed would yield the best outcome has been unparalleled to any other project and has allowed us to explore topics that would be considered taboo by many."

• SUMAYA KEYSE ABDINOOR

"I was introduced to this group by one of my friends who was already part of the project. Working with this group has helped me highlight and understand the specific issues facing the CALD community."

• MISTIAH HORNE



"The reason for why I joined this project is that I want to be able to give a voice to the voiceless as no one really listens to the concerns of youth of CALD background. Our concerns are usually pushed aside or overlooked. This project has given me the opportunity to help do that whilst also learning different perspectives which has enabled me to expand my own views on various topics that we explored."

• MABRUKA OBSA

"I joined the group for a few reasons. This project wants to explore how covid19 has impacted on the lives of Multicultural Youth in SA and that's a topic that peaked my interest. Using a youth led approach gives other multicultural youth the opportunity to network, take responsibility of the direction of the project and watch it all come to fruition. Throughout this project, i've been exposed to a lot of different perspectives which has expanded my own views on some of the topics we've covered. This project also highlights to me that although Multicultural Youth share some similarities, our experiences are not homogenous. This was an opportunity for us to put the voices of Multicultural Youth in SA at the forefront. "

• ILHAN WARSAME



Speak My Language

Speak My Language – We want to promote anything and everything inclusive and accessible in South Australia!

MCCSA is partnering with the Ethnic Communities' Council of New South Wales (ECCNSW) on implementing the 'Speak My Language – Living Well with a Disability in Australia' program in South Australia.

Speak My Language (SML) involves CaLD Australians with disabilities (Storytellers), and their supporters (Guest Speakers), sharing real stories and real experiences through podcasts, broadcast media and other online platforms. The stories will provide practical tips on utilising personal skills and talents, along with community resources and networks,

in order to live well with disability – at home, in the community, at work or school.

These podcasts will be recorded in over 25 languages and promoted widely across Australia. This program is proudly supported by SBS and NEMBC.

HOW TO GET INVOLVED

STORYTELLER

Do you speak a language other than English and would like to share your story of how you live well with disability? Let's talk about life – working, studying, shopping, travel, hobbies, friends...let's talk about living well! Tell Your Story Easy English

GUEST SPEAKER

Do you speak a language other than English and have something to share about finding inclusive places, activities and opportunities? We want to know about anything and everything in inclusive multicultural Australia. Guest Speaker info

MCCSA wants to thank and congratulate our current Travellers (bi-lingual facilitators), Marielba Bortone and Rui Zhou for the great work they continue to do in interviewing people in the community about how to live well with disability.

For more information, visit <https://mccsa.org.au/speak-my-language/> or contact Hanaa Grave E: hanaa.grave@mccsa.org.au P: (08) 8213 4611



Cultural Connections In Disability

MCCSA congratulates the Community Connectors from across six community groups for completing four training sessions as part of the Cultural Connections in Disability program, with their final session exploring the Early Childhood Early Intervention (ECEI) space.

The final session included amongst others tips on working positively with children and families, information on childhood development and the support that is available, as well as discussions on how to make activities in community inclusive of all families.

MCCSA would like to thank and congratulate the training facilitators:

- **Maria Eliadis** (KDG Partnerships)
- **Rosayln McAuley** (Kudos Services Early Childhood NDIS Partner)
- **Esther Simbi** (Cultural Connections in Disability Peer Leader)

In late May a 'NDIS/Disability Stakeholder Forum' was facilitated as part of the program. The forum provided an opportunity for the six participating community groups to connect with stakeholders from the NDIS and disability space. MCCSA would like to thank representatives from the NDIA, Bapcare, Feros Care, Mission Australia, Kudos, the Office of the Public Advocate, Volunteerability, DACSSA and Maxima Joblink for attending the forum.

About the program:

The Cultural Connections in Disability Program is an initiative that supports people living with disability and their families in six communities across Adelaide to participate more fully and actively in their communities.

Community leaders and volunteer Community Connectors will be working over the next 15 months to strengthen their community's ability to make a positive difference in the lives of people living with disability and their families.

For more information about the program visit: <https://mccsa.org.au/cultural-connections-in-disability/>

Cultural Connections in Disability

ENGAGE | EMPOWER | INCLUDE

The CALD COVID-19 Health Small Grants Fund

FECCA will administer grants of \$2500, \$3500 or \$5000 to groups or organisations to fund short-term, one-off, communication and outreach projects that aim to achieve the following objectives:

- » Address barriers to accessing information on COVID-19 and the vaccination program
- » Provide the opportunity for communities to identify and respond to issues and concerns surrounding COVID-19 and the vaccination program
- » Provide accurate and culturally relevant information on the COVID-19 Vaccination Program
- » Foster community involvement and participation
- » Encourage partnerships among community organisations

Further information can be found at www.fecca.org.au/smallgrants



Volunteerability

Volunteering and disability organisations Orana Australia Limited, Volunteering South Australia and Northern Territory (SA&NT), Southern Volunteering SA, and Northern Volunteering SA joined forces to create a program that supports organisations to become more inclusive.

The program aims to create more inclusive communities by expanding organisational practices and growing opportunities for all volunteers in South Australia, including people with disability. It recognises volunteers' value to our society by providing the tools for volunteers with disability and volunteering organisations to work together in a meaningful role.

MCCSA staff members and volunteers took part in a Disability Awareness Training Session as part of the Volunteerability program. The session provided information, tools, resources and activities to provide confidence and skills everyone needs to create a more inclusive community and workspace.

If you are interested in receiving a FREE training session for your community or workplace visit the following website for more information:

<https://volunteerability.oranaonline.com.au/training/>

Racism. It stops with me!

By Helena Kyriazopoulos, MCCA CEO

The Human Rights Commission describes racism as taking many forms and that it can happen in many places. It means treating someone poorly because of their skin colour, ethnicity or where they come from.

This could be harassment, abuse or humiliation – but it may not always involve violent or intimidating behaviour. Name-calling and hurtful jokes can be a form of racism, and so can excluding people from groups or activities.

Racism can take place in many situations. It can happen in a public space, like on the sports field or at work. It could also be online, or something you see in the media.

Racism can be revealed through people's attitudes, as well as their words or actions. It can also be reflected in systems and institutions. But sometimes it may not be visible at all. Not all racism is obvious. For example, someone may look through a list of job applicants and decide not to interview those with certain surnames.

Racism includes all the barriers that prevent people from enjoying dignity and equality because of their race.

Recently, as the CEO of the Multicultural Communities Council of SA I was approached on two occasions by people who had been affected by racist comments.

In the first instance, it was a candidate in a recent council election who was racially vilified by a local citizen. The

next case was a mother informing me of an incident that occurred at a sporting activity. Here a young boy was verbally abused by an opposing team player referring to his cultural background. There is no place for racial vilification on any sporting fields. This type of inappropriate behaviour should not be condoned. Any type of racism needs to be called out, it is not acceptable at any level, it must be stamped out. Everyone has a responsibility to call it out, do not turn a blind eye and ignore it, call it for what it is, racism has no place in Australia, it is very un-Australian.



Cervical Screening Community Ambassador - Amy A. Bartjes



I am fortunate to be living in Australia. The three national cancer screening programs Breast, Cervical and Bowel provide information and opportunities for me to maintain my health. All it requires from me is an effort to ensure that I have mammogram, cervical screen and bowel screen to detect any presence of cancer.

The bowel screening is done using a kit that is sent to me by mail at my home and the specimen collected is sent back using an envelope supplied in the kit. This is a very convenient way of doing the bowel screening procedure.

These three screening procedures have helped me in the past years, maintain my health to a maximum so that I can enjoy life. I think that if there is an abnormality found in any of the clinical tests, it will be of great advantage to me because it would be detected at an early stage, and that means I will have a much greater chance of successful treatment. It means that the anxiety would not be so grave compared to when an abnormality is found when the disease is well advanced.

Finding the presence of cancer at an early stage would save so much physical, emotional, mental and financial stress for me and my family.

I try to encourage my family members and friends to take advantage of these three cancer screening programs. More importantly, there is no cost. I usually remind them that prevention is better than cure. If we want to enjoy life, we must take steps that will contribute towards our better health and those screening programs will help us achieve that. It therefore means taking care of ourselves by making extra effort and taking the time to do

the things that will improve our sense of wellness.

For more information regarding cervical or bowel screening please ring the National Cancer Screening Register on 1800 627 701 or for more information on Breast Screening please call Breast Screen SA on 13 20 50 or Cancer Council SA on 13 11 20.

To book an information session for staff or community members, please contact the Multicultural Project Officer from Wellbeing SA on 0466 856702 (Monday-Wednesday) or email jacqueline.riviere@sa.gov.au



Wellbeing SA

Support for businesses, jobs & the community impacted by COVID-19

In response to the COVID-19 pandemic and its significant impact on local businesses, community organisations, industry sectors and jobs, the South Australian Government announced the establishment of two funds to support businesses, jobs and community organisations:

- » Business and Jobs Support Fund
- » Community and Jobs Support Fund

The Funds have supported a range of businesses and community

organisations during the COVID-19 restrictions and with the vaccine roll-out now commencing, the funds have been combined to create the COVID-19 Support Fund.

A priority for the COVID-19 Support Fund remains the ongoing survival of entities and minimising job losses.

The COVID-19 Support Fund also supports industry sector and economy-wide recovery programs. Funding is not intended to be used to support individual business expansion plans, but is targeted towards

recovery in sectors and across the economy.

Total funding provided to the COVID-19 Support Fund is \$795 million. Funding decisions already taken mean there is limited remaining capacity in the Fund.

Any queries in relation to the COVID-19 Support Fund or submissions seeking Government assistance from the COVID-19 Support Fund can be lodged at: COVID -19 Support Fund



Places you should wear a mask:



Indoor public places



Salons and other personal care premises



Hospital, health, aged care sites



Schools



Passenger transport



Offices and other indoor workplaces

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 **Isabella Bracco** at MCCSA on 8213 4604



Carer Support Group

MCCSA in Collaboration with Carers SA are supporting carers in their caring role with a new program. The Carers Support Group provides information about wellness and self-care and opportunities to connect and support one another.

For more information, please contact: Florine.fernandes@mccsa.org.au or call 83455266.



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.



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 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.



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.



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 **Somi Lindsay** on 8345 5266 or email somi.lindsay@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



Disability and the NDIS

Navigating the disability and NDIS space can be very complex.

MCCSA provides disability and NDIS community capacity building and awareness raising activities around disability, how to live well with disability and the NDIS through the NDIS Community Connector Program, Cultural Connections in Disability as well as the Speak My Language program.

For further information contact Megan megan.hill@mccsa.org.au, [Sisaleo sisaleo.philavong@mccsa.org.au](mailto:Sisaleo.sisaleo.philavong@mccsa.org.au) or [Hanaa hanaa.grave@mccsa.org.au](mailto:Hanaa.hanaa.grave@mccsa.org.au)



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 ahmed@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.

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

COVID-19 VACCINATION

TRANSLATED COVID-19 VACCINE INFORMATION

Hold! Namaste! வணக்கம் Hi! Olá こんにちは salam! Nīn hǎo Ciao! Hallo! Bonjour!

COVIDVACCINE.SA.GOV.AU

Government of South Australia SA Health

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