



CANBERRA

CELEBRATE DIVERSITY AND INCLUSION



E-NEWSLETTER

ACT Multicultural Community

Edition 3

7 February 2019

We hope you enjoy this fortnight's edition of the ACT Multicultural Community E-News.

For urgent and short notice updates and requests, a special edition E-News can be issued.

Contact the ACT Office for Multicultural Affairs via CommunityParticipation@act.gov.au

Thank you

Community Services Directorate

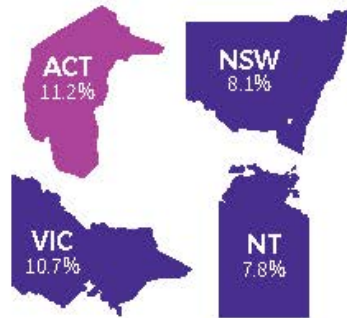


MULTICULTURAL COMMUNITY PROFILE

WHERE HAVE WE COME FROM, AND WHAT DOES IT MEAN FOR OUR GROWING POPULATION?

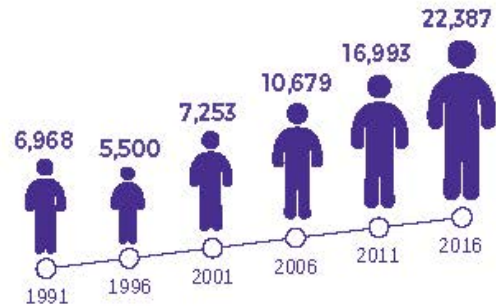
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

BY 2016, THE ACT WAS THE NATION'S FASTEST GROWING POPULATION



GROWTH FROM 2011 TO 2016

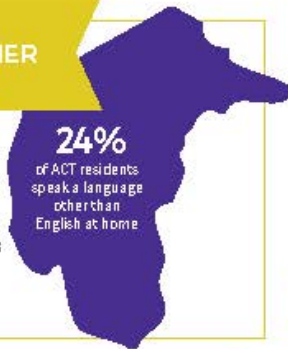
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia are England, China, India, New Zealand and the Philippines.



IMMIGRATION BY CENSUS YEAR

NEARLY 1 IN 4 PEOPLE SPEAK A LANGUAGE OTHER THAN ENGLISH AT HOME

In 2016, 24% of ACT residents aged five and over indicated that they spoke a language other than English at home, up from 18% in 2011. The most common languages other than English were Mandarin, Vietnamese, Cantonese and Hindi.



GUNGALIN IS DRIVING THE CAPITAL'S GROWTH



Home to roadworks, new suburbs and the Territory's first light rail corridor, the flourishing northern area of Gungahlin is the second fastest growing region in the country. Up from 30,000 people in 2011 to more than 71,000 in 2016.

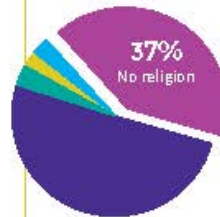
RECENT ARRIVALS ARE RELATIVELY WELL EDUCATED AND HIGHLY SKILLED

ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



ACT residents with a non-English speaking background are also more likely to be employed in highly skilled occupations than their Australian born counterparts. This includes ICT, engineering, natural and physical sciences, tertiary lecturing, medical practice and business analysis.

CHANGING RELIGION



45.4% ACT residents identified as Christian. A further 2.6% as Hindu, 2.5% as Buddhist and 2.5% as Muslim. 37% of ACT residents reported they had no religion or other secular/spiritual beliefs. This is the second highest reporting of no religion in any state or territory and is up from 29% in 2011.

ADDITIONAL FACTS

In 2016, a total of 6,500 ACT residents reported having Aboriginal and Torres Strait Islander origins, an increase of 1,313 people since 2011.

The ACT State of Public Services Report 2016-2017 indicates that 3,970 employees, or 18.2% of the total ACT Public Service workforce, identified as coming from a culturally and linguistically diverse background, up from 16.8% in 2014.

Our nation's capital is younger (median age of 35, compared with 38 for the nation) higher earning (median weekly income \$998, compared with \$662) and has a higher proportion of people who have never married (38%, compared with 35%) than the rest of the nation.

Source: ABS Census 1996-2016; ACT State of the Public Service Report 2016-17



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EVENTS IN ACT

The Korean Street at the 2019 National Multicultural Festival

New - Korean stalls are teaming up together for the 2019 National Multicultural Festival. The five stalls on the Korean street will be from the Korean Embassy, Korea Tourism Organisation, Canberra Korean Association, World Federation of Korean Inte-Married Womens Association [KIMWA] and Canberra Woori Church. The stalls will sell traditional and fusion Korean cuisine, provide Korean tourism information, and allow you to experience traditional Korean activities and try on traditional Korean clothing. You can also enjoy K-POP from anywhere on our street as well as performances featuring Korean traditional dance, K-POP dance and Taekwondo by three different teams. The Korean Street will be an unforgettable experience of the traditional and modern aspects of Korean culture for you. Taste Korean foods, get information about Korea, enjoy Korean MUSIC and most importantly - experience Korea. It is time for you to immerse yourself in Korean culture at the upcoming National Multicultural Festival. Welcome to Korea!

Date and Time: 10:00 am to 6:00pm on Saturday 16 February

Location: London Circuit, Canberra, ACT 2601 *Korean performance: Stage 6 (Petrie Plaza)

Cost: Free music and experiences

More Info: culture-au@mofa.go.kr

The Nordics at the 2019 National Multicultural Festival

For the first time ever, the Nordic embassies are teaming up together at this year's National Multicultural Festival. Norway, Denmark, Sweden, Finland and Estonia will present to you a combined and immersive booth along EU Street. Embark on a fjord-inspired cruise to learn about our cultural similarities, distinct societies and virtually experience why cities are smarter in the Nordics right before stamping your EU passport. There will be plenty of giveaways on offer and prizes galore in a raffle where one winner takes all!

Date and Time: 10:00am to 4:00pm on Saturday, 16 February 2019

Where: Bunda Street, Canberra, ACT 2601

Cost: Free

More Info: jonathon.fogarty@formin.fi

Latin American Square at the 2019 National Multicultural Festival

New - As is already tradition, the Embassies of the Latin American Countries represented in Australia (Argentina, Brazil, Chile, Colombia, Costa Rica, Cuba, Ecuador, El Salvador, Guatemala, Mexico, Panama, Paraguay, Peru, Uruguay and Venezuela) will get together to celebrate everything Latino. Don't miss the colours, sounds, music and flavours of Latin America. There will be plenty of surprises, so don't miss this opportunity to spice up your visit to the National Multicultural Festival.

Date and Time: 10:00am to 4:00pm on Sunday, 17 February 2019

Where: Petrie Plaza

Cost: Free

More Info: lduclaud@outlook.de; sballina@sre.gob.mx

Importance of Interfaith Dialog in Today's Environment

Canberra Interfaith Forum (CIF) is organising this event as part of the National Multicultural Festival 2019. The event will be opened by Mr Chris Steel MLA, ACT Minister for Multicultural Affairs. Attendees will have an opportunity to interact and discuss the topic further with representatives of different faith groups, who are members of CIF.

Date and Time: 10:30am to 12:00pm, Sunday 17 February 2019

Keynote Speaker: Elizabeth Kikkert, ACT Shadow Minister for Multicultural Affairs

Where: ACT Legislative Assembly, London Circuit, Canberra city

Cost: Free (light refreshments will be served)

More Info: RSVP to canberrainterfaithforum@gmail.com; [CanberraInterfaith CanberraInterfaithForum Facebook page](#)

Auditions for I'm me Festival

The first CYT production for 2019 will be a twilight performance festival for 7-12 year old. We are looking for all types of performance skills – singers, dancers and actors. We are interested in young people with different language backgrounds, young people who are concerned about the environment, and open-minded young people wanting to be challenged by what theatre can be. The audition will run in the form of a workshop, you do not need to prepare anything in advance. The hour will be spent working with the Artistic Director of CYT, taking part in ensemble exercises, improvisations, discussion and creative development tasks.

Feel free to contact info@cytc.net; Register here! [CYT Productions](#)

Date: Saturday 3 March 2019

Where: C Block Theatre, Gorman Arts Centre

Audition for Collapse

The Company Ensemble is for artists aged 18-25 years who want to pursue the performing arts at a high level, cultivating outstanding skills in theatre development and performance to produce the major dramatic work, COLLAPSE, as part of the 2019 Artistic Program. Workshops for The Company Ensemble run every Monday and Wednesday evenings from 25 March – 17 August 2019.

Entry to the Company Ensemble is by audition and artists must be 17 plus.

This will be a group audition and thus auditionees are required for the full time specified.

To register to audition, follow the link here: [Company Ensemble](#)

Feel free to contact info@cytc.net if you have any queries about the auditions.

Date and Time: 6:30pm to 8:30pm on Wednesday 6 March 2019

Where: C Block Theatre, Gorman Arts Centre

Harmony Day

Do you know that 21 March is Harmony Day?

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Harmony Day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

Are you hosting an event to mark Harmony Day? If so the Office for Multicultural Affairs would like to promote your event in this Newsletter. Please share information about your event by emailing communityparticipation@act.gov.au and we will include it in our Harmony Day calendar.

Oxford Maqam: Showcasing Traditional Arabic Culture Through Music

The pioneering Oxford Maqam comprises vocalists and musicians who are renowned experts in their field of Egyptian music and song of the 19th and 20th centuries. Their self-made album, described as 'revolutionary' by Songlines magazine, used recording techniques from over 100 years ago. Whilst the Arabic music scene is filled with innovators of popular music, Oxford Maqam are innovators of classical Arabic music. Their recovery and revival of heritage works is a highly original process, and their concerts offer a rare opportunity to experience live renditions of a music steeped in Arab heritage.

Showcasing Traditional Arabic Culture Through Music has received grant funding from the Council for Australian-Arab Relations of the Department of Foreign Affairs and Trade; The ANU Centre for Arab and Islamic Studies; The ANU College of Arts and Social Sciences; The ANU Research School of Social Sciences; and The ANU Humanities Research Centre.

Date: Tuesday 26 March 2019

Time: 7-10pm

Where: Llewelyn Hall, ANU, ACTON ACT

Cost: Free, but registration is essential. To book tickets please go to [Event Brite](#)

More Info: [Centre for Arab and Islamic Studies](#)

GRANTS AND AWARDS

2019 Young Canberran Citizen of the Year Awards

2019 Young Canberran Citizen of the Year Awards - who will you nominate?

Nominations are open for the 2019 Young Canberran Citizen of the Year Awards, celebrating young people aged 12 to 25 years in our community.

The Awards recognise individuals and groups who have made a significant contribution through personal endeavours or who have actively been involved in the ACT community.

Many young people in our community make great achievements in our community, nominate a young person you know. Nominations can be made in six categories:

- Young Canberra Citizen of the Year Award;
- Individual Community Service Award;
- Environmental and Sustainability Award;
- Personal Achievement Award;
- Art and Multimedia Award; and
- Group Achievement Award.

Date: Nominations close 21 March 2019

Time: Winners will be announced at an event to mark ACT Youth Week celebrations, 12 to 21 April 2019.

More Info: For further information on the Young Canberra Citizen of the Year Awards or to nominate online please visit the [SmartyGrants](#) or contact the Youth InterACT Team on 6205 3064 or via email youthinteract@act.gov.au.

What is the Women's Return to Work Grants Program?

The Program provides practical financial support to women returning to the workforce by providing funding for them to attend short courses, pay for childcare to attend interviews, as well as undertake more formal training or education.

It may also provide support for the purchase of equipment or clothing directly related to women who are on low incomes including Aboriginal and Torres Strait Islander women, women from culturally and linguistically diverse backgrounds, women with disabilities, younger women and older women requiring assistance in returning to paid work following caring for a child/ family member or community member for more than 12 months in the period of their lives.

Each grant provides up to \$1,000 (GST exclusive) in assistance for women enrolling in training or other employment associated costs that will improve their workforce skills or capacities.

For more info visit the [Return to Work Grants Program guidelines](#).

Youth InterACT Scholarship

The Youth InterACT Scholarships provide funding of up to \$500 for individual young people aged 12 to 25 who wish to attend an activity of a learning capacity, sporting, conferences, personal or career development through participation in various activities, events or courses.

Applications are assessed by a scholarship committee on the last Friday of every month.

Applications will need to be received into the office 14 days prior to the committee's meeting dates otherwise they will not be considered.

For further information telephone: 6205 3064 or visit the [website](#).

ACT GOVERNMENT NOTICES

Work Experience and Support Program (WESP)

New - Applications are now open for the next Work Experience and Support Program which will be held from 14 March 2019 to 7 June 2019.

The Community Services Directorate is responsible for the overall delivery of the program on behalf of the ACT Government.

The program is designed to help people from culturally and linguistically diverse backgrounds who are building a new life in Canberra gain office skills and Australian workplace experience. Participants gain confidence to enter the paid workforce and develop important networks within the ACT Public Service.

WESP participants are offered four weeks of formal training in office skills at the Canberra Institute of Technology and eight weeks of unpaid work experience in an ACT Government agency.

Successful WESP graduates will receive nationally recognised qualifications in Business and Government.

Applications close midday on Monday 11 February 2018.

All applications must be submitted online. No late applications will be accepted.

Application form, can be found on our website on the [Community Services website](#)

For further information contact Ms Annette Hill 6205 5168

Call for expressions of interest to undertake the Master of Ceremonies role at ACT 2019 Citizenship Ceremonies

The ACT Office for Multicultural Affairs is responsible for organising most citizenship ceremonies in the Australian Capital Territory. We would like to invite ACT community members to contribute to welcoming our new citizens to Canberra by acting as Master of Ceremonies at one of the upcoming citizenship ceremonies.

If you wish to nominate to be the Master of Ceremonies at 2019 citizenship ceremony please forward your expression of interest via email to ACT Government Citizenship Coordinator Mr Salar Ayoubi salar.ayoubi@act.gov.au or telephone 6207 1380 before **15 February 2019** including your preferred date and time, a short description about yourself and what interests you in the Master of Ceremonies role. The ACT Citizenship Coordinator will review the expressions of interest and may ask the applicants for a short interview prior to confirm the voluntary shift.

Below is the list of scheduled dates and venues for the 2019 Ceremonies.

DATES FOR 2019 CITIZENSHIP CEREMONIES

No	Dates	Time	Venue
1	26-Feb-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
2	26-Feb-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
3	26-Mar-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
4	26-Mar-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
5	23-Apr-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
6	23-Apr-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
7	21-May-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
8	21-May-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
9	19-Jun-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
10	19-Jun-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
11	23-Jul-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
12	23-Jul-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
13	26-Aug-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
14	26-Aug-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
15	09-Sep-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
16	09-Sep-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
17	21-Oct-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
18	21-Oct-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra

19	19-Nov-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
20	19-Nov-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra
21	10-Dec-19	10 am to 12noon (Morning Session)	Albert Hall Canberra
22	10-Dec-19	13:30 to 15:00 (Afternoon Session)	Albert Hall Canberra

We look forward to seeing you at the ceremonies in 2019.

Overseas Qualification Assessment

Do you have overseas qualifications?

The ACT Government, through the Office of Multicultural Affairs, provides free assessment of overseas tertiary qualifications for permanent residents, refugees, asylum seekers and humanitarian entrants living in the ACT. For more information and to apply for a free assessment please visit [Overseas Qualifications Assessments \(OQA\) - Community Services](#)

ACT Diversity Register

The [ACT Diversity Register](#) is an online platform that enables ACT Government and non-government Boards and Committees to advertise vacancies and provide connections to training opportunities. Individuals will be able to view and apply for board and committee vacancies directly through the system and to seek information on upcoming events and training.

The Register is open to everyone, but it is an important resource to support Aboriginal and Torres Strait Islander people, people from culturally and linguistically diverse backgrounds, people with disabilities, and Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ).

It is important that this diversity is reflected in appointments to boards and committees and in leadership roles, to ensure the voices of women and people with diverse experiences are heard.

The ACT Government set a 50 percent target for female representation on ACT Government boards and committees, and by 2020 triennially funding sporting associations will be required to meet 40% female representation. The Diversity Register is designed to support these targets and to support all boards and committees across the ACT to have a membership that reflects the community they serve.

For more information or any inquiries please contact Office for Women on 6205 0515.

The Women's Health Nursing and Medical Service

The Women's Health Service offers free nursing and medical services to vulnerable women in the ACT and surrounding region for 30 years. The service is for women only and is provided by women.

Date and Time: 8:45am to 4:45pm on Monday - Friday excluding Public Holidays

Where:	Level 1 ACT Health Building, 1 Moore Street, Canberra City Outreach women's clinics are in Belconnen Health Centre, West Belconnen Child and Family Centre, Phillip Health Centre, Tuggeranong Health Centre
Cost:	Free
More Info:	Phone: 6205 1078 Email: womenshealthservice@act.gov.au

ParentLink – Informing, Supporting, Connecting

ParentLink is a universally targeted parenting education program from birth to teenage years. ParentLink provides parents (carers and teachers) with information which aims to increase confidence and skills, while also providing links to local resources and services.

The ParentLink website provides links to a suite of parenting guides and useful local information. The guides cover a variety of topics: including, *Starting School*, *More than Reading and Writing*, *Optimism* and *Cyber Safety*.

The ParentLink suite of resources has recently been rebranded. This includes new guides specifically for Aboriginal and Torres Strait Islander families, and access to resources for diverse cultural groups.

ParentLink guides are available to view and order via the [ParentLink website](#) or the email Parentlink@act.gov.au

ACT Children and Young People Death Review Committee

Call for Expression of Interest

To be eligible for appointment to the Death Review Committee:

- you must meet the relevant suitability criteria of the *Children and Young People Act 2008* (Chapter 19 A);
- appointment will be on the basis of individual expertise and suitability as required under the legislation;
- appointments are for a period of up to three years; and remuneration is determined by the ACT Remuneration Tribunal and the current Part-time Public Office Holder Determination can be found on the [ACT Remuneration Tribunal website](#).

How to apply

Applicants are invited to submit an expression of interest (maximum four A4 pages) detailing their qualifications, experience and expertise against the selection criteria, a current Curriculum Vitae and one current written reference.

Referee reports are not required for current members seeking reappointment.

A copy of the selection documentation is available on the [Child Death Committee](#) website.

Expressions of interest are to be sent via email to ChildDeathCommittee@act.gov.au

Further information can be obtained from contacting Vicky Saunders on 6205 2949.

Calvary Health Care Bruce - Refugee Mentoring Program

Calvary Health Care Bruce has a Refugee Mentoring Program for refugees and asylum seekers in the ACT to assist with understanding the Australian workplace environment and culture, communication and workplace skills development. It is a voluntary observation and study work experience program for the participants who are mentored by volunteer Calvary Bruce staff.

More info [Calvary Health Care Refugee Mentoring Program](#)

Return to Work for Women Course

The 'Return to Work for Women' Program is designed for women who are looking to re-enter the paid workforce after an extended absence.

If you've been out of the workforce for a while, this could be the right first step for you to help you regain your confidence, brush up on your professional skills and learn computing and digital literacy skills.

The training course can greatly improve your chance for successfully re-entering the workforce, with 80 per cent of our graduates going on to employment or further studies in an area of interest.

Students have found this course a valuable and fun experience as they hear from a range of guest speakers, learn practical skills, update their referees and professional knowledge through the work experience component and learn with each other in a supportive environment. Classes are held at CIT Tuggeranong, two days per week over 14 weeks during school hours.

To help ensure the course is a good fit for you before you begin, there is a short skills assessment and interview for applicants where your ability to commit to the course will be discussed.

For more information, please contact CIT on telephone: 6207 3188 or email infoline@cit.edu.au

What is on for Women Calendar?

The online [What's on for Women Calendar](#) includes details on courses, events, information sessions, support groups, training, programs, workshops and activities for women in the ACT and region.

Contributions and amendments to the calendar can now be made at any time to ensure the most up to date information is available for women in the ACT. While we are trialling the calendar online we would greatly appreciate any feedback that can assist us to improve the calendar overtime, including any feedback on ways we can ensure women who don't have internet can access the information.

For further information on the calendar or to provide feedback on the new online format, contact Women's Information on telephone: 6205 1075, or by email at wi@act.gov.au

Libraries ACT Free Resources and Programs

Libraries ACT have libraries at Gungahlin, Tuggeranong, Belconnen, Kippax, Dickson, Woden, Kingston, Erindale and Civic which is free for everyone to use.

- Free Wi-Fi
- Computers you can reserve and use for free
- English books you can read and borrow for all ages and interests
- Bilingual picture books in 36 languages

- EBooks (books that can be read on electronic devices) and audio books
- Magazines and newspapers in many languages
- Free activities and programs for all ages that are fun and good for learning
- Digital lessons - learn about social media, privacy, security and different topics as part of a group session or book a personal 30 minute lesson on a topic you choose, such as how to use email, eBooks, internet or electronic devices
- There are also many things you can access online from the Libraries ACT website:
- Mango Languages. This is a language learning app which includes learning English as a second language, so you can practice English anywhere!
- Online resources for kids, including Tumble Books and Story Box Library, where you can hear stories being read aloud. Great for pronunciation practice!
- RB Digital Magazines and Free legal Music where you can download free digital magazines and music to keep and read or listen to at any time.

Joining the library is free and easy.

Website [ACT Libraries](#)

Tel.: 6205 9000

Canberra-Singapore Club Chinese New Year Celebrations 2019

Enjoy an 8-course banquet with fellow Canberra-based Singaporeans and friends as we usher in the Year of the Pig. Don your traditional Chinese gear and stand a chance to be recognized as the evening's best dressed. Lucky draw prizes to be won too.

Date and Time: 6:30pm, Saturday 16 February 2019

Where: Ruby Chinese Restaurant, 18 Wooley St, Dickson

Cost (pay before 2 February 2019): \$55.00 (Members) / \$60.00 (non-Members) / Child under 12: \$25.00

RSVP closes at COB on Wednesday 13 February

International Mother Language Day Celebration

New - A family-friendly walk across Kings Avenue Bridge to celebrate International Mother Language Day and the many languages and cultures of the ACT. Wear something traditional or colourful, carry a banner or poster to celebrate your language identity, sing in your language as you walk, and hear songs from around the world from the National Carillon. Bring a picnic and continue the celebration at the end of the walk in King's Park.

Date and Time: 10:30am to 1:30pm on Sunday 24 February

Where: Meet at International Flags Display behind Questacon

Cost: Free

More Info: Contact Ziaul at imlm.21feb@gmail.com or 0411 031 942

To download a promotional poster Mother Language Walk

Organised by the Canberra-based International Mother Language Movement Inc (IMLM). International Mother Language Day (21 February) is observed worldwide to raise awareness of linguistic and cultural diversity and to promote multilingualism. It is particularly significant this year as 2019 is the International Year of Indigenous Languages (IY2019). To find out more see <https://en.iyl2019.org/> and <http://imlm21.org.au/>.

Cultural Competence in Service Delivery

New - This interactive workshop will assist participants to:

- develop strategies to enhance cultural competence;
- gain insights into the diverse needs of people from CALD backgrounds, including refugees;
- understand CALD perspectives of dementia; and
- work effectively with interpreting services

Date and Time: 9:15am to 2:30pm on Tuesday 9th April 2019

Where: Hellenic Club, Matilda Street, Phillip, ACT 2606

Cost: \$159 (incl. GST) – single registration, \$143 (incl. GST) – 2 or more registrations. Includes all training material, morning tea and lunch

<https://www.eventbrite.com/e/cultural-competence-in-service-delivery-act- tickets-53938349054#tickets>

More Info: contact MCCI on 02 4229 7566 or email admin@mcci.org.au

Navitas English - New Location

Navitas English is moving to a new location. All AMEP classes will continue in the new term. Students will receive a text message with class details. Class timetables will remain unchanged.

The new college is located at the City Bus Interchange. Visit [Transport Canberra](#) to find out how to reach the college using public transport.

More information: please call on (02) 8234 1490

New address: Level 1, 34 East Row, Canberra City ACT 2600

A Conversation for Everyone - free presentation

Health Care Consumers' Association is providing 'A Conversation for everyone' and is now taking bookings from groups interested in hearing about advance health care planning (also known as Living Will, Enduring Power of Attorney, Statement of Health Choices, Advance Directive and Health Care Directive).

These conversations are relaxed and thought provoking and can be tailored to your clients or organisation. **More information:** please contact Yelin Hung on 6230 7800 or email yelinhung@hcca.org.au

Give A Young Carer A Brighter Future

Imagine how hard it is for a child to every day look after a parent living with a long-term illness or disability. Instead of doing schoolwork and interacting with friends, many young carers spend their time instead helping a parent with personal care, medications, medical appointments, grocery shopping, cooking, cleaning, washing, paying bills and looking after younger siblings. They often struggle at school, miss classes, have little time to themselves and are more likely than their peers to have mental health issues.

They need your support to give them a break from caring these holidays and help them through school next year. Carers ACT is calling on you to donate to its appeal to support young carers and spread the word. To donate online visit carersact.org.au/donate or call 6296 9900. Or why not give someone a meaningful gift this Christmas with a donation gift card and help make a lasting difference to a young carer in need. **More Info:** Phone 02 6296 9900 or email carers@carersact.org.au

Red Cross Community Visiting Social Support Program

Red Cross Community Visiting Social Support program offers a friendly volunteer (with a current WWVP card) to visit a socially isolated older person living in an Aged Care Facility OR in their own home, purely for the purpose of friendship and companionship. Have a cup of coffee, read a book or letters, reminisce over some photos, talk about old times and newer times, go out for a coffee.

If you feel you could spend an hour each week with a new friend just look at the Red Cross website redcross.org.au and look for 'volunteer' and simply fill in an application. It's that easy

Date: Ongoing
Time: 8:00am – 4:00pm
Where: 3 Dann Close, Garran
More Info: CVS Coordinator on 62347623 or bvann@redcross.org.au

Social Support Coordinator on 62347628 or mHUDSON@redcross.org.au

Fitness Courses available at Weston Creek Community Centre

Choose from a wide variety of fitness classes such as: Mature Fitness, Fit ball Class, Yoga, Zumba and Belly Dance. Visit our website for a comprehensive list of activities happening weekly in our centre.

Date: Various classes held every day
Time: Various times
Where: Weston Creek Community Centre
Cost: Price for all classes available from front office | phone 6288 1144

More Info: Email: info@westonccc.org.au Web: [Weston Creek Community Centre](http://WestonCreekCommunityCentre.org.au)

Gain Qualifications to Become Accredited Driving Instructors

Migrant and Refugee Settlement Services of the ACT Inc (MARSS) is seeking interested participants (female and male) wishing to gain qualifications to become an Accredited Driving Instructor in the ACT. We are looking for candidates who are able to meeting the following eligibility criteria:

- be at least 21 years of age;
- hold a current full Australian car licence or full Australian licence of a higher class;
- hold a current working with vulnerable people registration;
- hold a National Police Certificate or police check results report;
- be medically fit;
- have no prior convictions for a disqualifying offence within the last five years; and
- complete a certificate IV in driving instruction.

If you would like to volunteer for this training, or for further information please contact Andrew Kazar at cdp@marss.org.au or 6248 8577.

Saver Plus

Saver Plus assists individuals and families on lower incomes to build assets and improve financial capability, and has supported thousands of lower income earners to develop a lasting savings habit.

Saver Plus offers:

- up to \$500 in matched savings for education costs;
- fun, free and informal financial education workshops; and

- assistance and support to establish a savings goal and develop savings habit.

Participants make regular deposits towards a savings goal over a 10-month period and attend workshops to build their financial management skills. When participants reach their savings goal, ANZ matches the amount – up to \$500 – towards education costs including uniforms, text books, laptops, sports equipment, music tuition, TAFE or apprenticeship costs, and much more.

Date: Ongoing
Where: Throughout ACT and Queanbeyan
Cost: Free
More Info: Contact on 0448 730 305 | Email kathleen.watson@thesmithfamily.com.au

Men's Outreach Workshops

Migrant and Refugee Settlement Services (MARSS) run a series of Men's Outreach Workshops (MOW) which focus on working with men from culturally and linguistically diverse communities in Canberra to focus on educational and community awareness measures to prevent and combat domestic and family violence.

The MOW program will help participants to develop knowledge and awareness on the issue to build the conversation within their own communities and within the mainstream community.

The communities include: Sudan, Sierra Leone, Karen, Afghan, Iraqi, Iran, Mon, Indian, Sri Lanka and Bangladesh.

Community leaders have been asked to invite 10 to 15 men aged 18 and over from each of their communities to attend agency presentations.

Each session will run on Saturday from 10am to 4pm and includes morning tea, lunch and afternoon tea.

Participants will be required to attend a full day workshop. There will be five topics and specialist presenters will speak on each topic. At the end of the day the participants will be required to complete a questionnaire. MARSS will provide interpreters, if required.

If you need more details, please contact MARSS reception on 6248 8577 or email Andrew Kazar at cdp@marss.org.au

Beginners World Dance Class

Learn the Gypsy Polka, Russian 'Ya Da Kalinushku', Peruvian 'Chilli', Albanian 'Valle Pogonishte', Turkish 'Hastayim', Romanian 'Sarba de la Eninsala' and many more wonderful dances to inspiring music from countries around the world. Folk Dance Canberra is a community club promoting fitness and wellbeing through world dance. No partner necessary. All welcome.

Date and time: 7:00pm to 8:30pm on Thursdays
Where: Folk Dance Canberra Hall, Hackett Community Centre, 114 Maitland Street, Hackett
Cost: \$10.50
More info: Rebecca on telephone: 0420 524 412
 Email: folkdancecanberra@act.gmail.com
 Website: Folk Dance Canberra

Yoga with Mallika (Medical Yoga | Fitness Yoga)

Yoga with Mallika is personalised, one on one medical yoga classes. Yoga with Mallika offers three types of services, medical yoga, fitness yoga and anti-aging. Our primary service, medical yoga is a combination of Ayurveda and yoga therapies, Ayer-medical yoga. The postures are medically designed by Ayurvedic doctors and yogic gurus, which restore homeostasis throughout our bodies. What makes yoga with Mallika different is we target a specific region of your body, assist in healing and which promotes a healthy glow and energy throughout your body with the use of Medical Yoga props.

Time: Open from 7am to 7pm (Every day)
Where: 5 Mary Gillespie Avenue, Gungahlin
Cost: \$25 per session (20% discount for 10 sessions)
More info: Tel: 0427 466 667 or Email: yogawithmallika@gmail.com

Multicultural Employment Service ACT

Multicultural Employment Service (MES) has experienced employment consultants who actively seek out jobs in local businesses, services and agencies. MES has worked closely with migrants and refugees in the ACT for over three years matching job seekers with employers directly. Job seekers (of any age - not limited to youth) can register on-line at [Multicultural Employment Service ACT](#)

More Info: Multicultural Employment Service (MES) is located at Multicultural Youth Services Level 2, The Theo Notaras Multicultural Centre, 180 London Circuit, Civic

Website: [Multicultural Employment Service ACT](#)
Contact: Email: info@mes.org.au or Telephone: 6100 4611

Multicultural Community Leaders: We Need Your Help

The Inclusion and Participation Division Online Directory was created to promote social participation and connection by providing an easy to access location for information and contacts of community associations. We are always looking for new additions.

To add a new community group to the Inclusion and Participation Division Online Directory, community leaders are invited to perform the following tasks:

Visit the "Add Entry" form of the [Inclusion and Participation Division Directory](#).

Fill in the relevant information in the application form and when completed hit the SUBMIT button at the bottom of the form.

Once your application form is submitted, an automated email will be sent to your email address to inform you that your application to join the directory has been received by the Inclusion and Participation Division and is currently awaiting approval.

The approval process may take up to two weeks. If your community has already submitted an application, please click on the following [link](#) to check if your community is included in the [Online Directory](#)

Our team is happy to assist with the submission process. Please contact the Inclusion and Participation Division on email CommunityParticipation@act.gov.au or on telephone: 6207 0555 for assistance.

Can You Help Promote Careers as a Translating and Interpreting Service (TIS) National Interpreter?

Do your clients speak an emerging language and have good English skills? Do you know someone who is multilingual and seeking a new career direction? The Translating and Interpreting Service (TIS National) is currently recruiting to meet growing demand for interpreting services in Australia.

For more information, visit the [interpreter recruitment](#) page.

Consider hosting an international student

The Education and Training Directorate International Education Program invites Canberra families to open their homes to international students and provide them a safe and nurturing place to live during their stay in Canberra.

Placing international students with a home stay host family helps bridge the cultural and language gap, giving students the opportunity to experience the life with an Australian family. Home stay parents and their children gain a greater understanding of cultural diversity through the relationship that develops with their student. Many host families have been providing accommodation for international students for many years. The Directorate is currently experiencing a shortage of home stay host families throughout Canberra.

More info: Contact Nicole King, Manager, International Education Unit
Telephone: 6205 6998 or Email Nicole.king@act.gov.au

Department of Social Services - Free Interpreting Service

The Free Interpreting Service aims to provide equitable access to key services for people with limited or no English language proficiency.

The Free Interpreting Service is delivered by **TIS National**, on behalf of the Department of Social Services.

The following groups can access the Free Interpreting Service to provide services to anyone in Australia who is eligible for Medicare.

- Medical Practitioners
- Pharmacies
- Non-government organisations
- Real Estate Agencies
- Local Government Authorities
- Trade Unions
- Parliamentarians

You can check your eligibility for the Free Interpreting Service using the eligibility calculator on the [TIS National website](#).

To register for a client code, eligible groups can complete the [online registration form](#) or allow a few extra minutes the first time they use the service. You can also register by contacting TIS National on 1300 575 847. For more information visit [Department of Social Services](#) or contact TIS National on the contact details above.

Department of Social Services - Free Translating Service

The Free Translating Service is provided for people settling permanently in Australia, to support participation in employment, education and community engagement.

Permanent residents and selected temporary or provisional visa holders are able to have up to 10 eligible documents translated, into English, within the first two years of their eligible visa grant date.

Applications for the Free Translating Service are made on the [Free Translating Service website](#)

The website is easy to use and is available in English, Arabic, Farsi and Simplified Chinese.

More Info: [Department of Social Services - Translating](#)

The Free Translating Service Helpdesk can also be contacted:

By email fts@migrationtranslators.com.au or online using the [contact us](#) form or by phone on 1800 962 100

Ethnic Interpreters and Translators

- Are you passionate about the language you speak?
- Do you enjoy helping others with language difficulties?
- Would you like to make a career out of the language you speak and earn extra \$\$\$?
- Do you want to become an Interpreter?

Ethnic Interpreters and Translators are currently recruiting people who speak the following dialects in the ACT: Korean| Vietnamese| Mandarin| Cantonese

Please visit the website (www.ethnic.com.au) to apply online or telephone toll free Telephone: 1300 855 221 for further information.

Hepatitis B Awareness Workshop

Organisations providing services for migrants, refugees and asylum seekers are invited to contact Hepatitis ACT to arrange free and flexible workshops for staff and/or client groups.

People originating from hepatitis endemic countries and regions (especially Asia-Pacific, Africa, and the Mediterranean region; and in Australia rural and remote Aboriginal and Torres Strait Islander communities) are disproportionately affected by Hepatitis B.

It is estimated that around half are unaware of their infection. Hepatitis ACT helps reduce the health and social impacts of Hepatitis B through information, education, training and health promotion.

More info: Email project@hepatitisACT.com.au
Telephone: 6230 6344 (Tue-Fri)

Race Discrimination and Vilification

The ACT Human Rights Commission handles complaints of unlawful discrimination in the ACT.

An example of unlawful discrimination is when someone is refused service at a restaurant because of their race. The Commission also handles complaints of racial vilification, which occurs when someone publicly

incites hatred, serious contempt or severe ridicule towards a group of people because of their race. For example, through an offensive t-shirt or a speech spreading racial hatred.

For more information: call on 6025 222 or email at human.rights@act.gov.au

Your Voice, Your Choice, the National Disability Insurance Scheme, and Multicultural Communities

Your Voice, Your Choice is a community education project designed to raise awareness about the NDIS, how to access it and how to benefit from the opportunities it provides. The information and supports are flexible and tailored to where people are at. The project aims to support people with a disability to:

- explore what a good life means to them;
- set life goals and plan for the future; and
- make informed decisions.

The Your Voice, Your Choice team is keen to reach out to multicultural individuals, families and communities, and engage with interpreters to enable this process.

To find out more information about the information and supports available through Your Voice, Your Choice, please contact Doris Kordes on telephone: 6246 7114 or email dkordes@mifellowship.org

TPV and SHEV Guide – Translations are now available

The 'Australian Government Support for Temporary Humanitarian Stay (449), Temporary Humanitarian Concern (786), Temporary Protection (785) or Safe Haven Enterprise (790) visa holders' guide is now available

For more information: [Department of Social Services](#)