



ACT Multicultural Community eNews

10 April 2014 – Edition 14

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11 April

update White Nile Fundraising Dinner - *cancelled*
12 April

Lambing Flat Chinese Festival
12 April

Australian Running Festival – *volunteers required*
12-13 April

Rally for Refugees
13 April

Canberra's (Inter)National Folk Festival
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1 May

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starts 1 May

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Regional Forum
6 May

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23 May

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these school holidays
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24 April and 29 May

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Know a great Canberra woman who deserves
recognition?
nominations close 28 November



Canberra Refugee Support (CRS)

Rotary Club of Queanbeyan – *call for donation of prizes for 2014 World Polio Day raffle*

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Let's Read program helping Canberra families

Travel health research project – *study participants required*

Calvary Hospital's Refugee Mentoring Program – *calling for expressions of interest*

Living a Healthy Life with Long-term conditions – a six session course

Centrelink's 'News for migrants, refugees and visitors' (*March 2014*)

ACT Seniors eNews
April 2014 edition now available

Take ACTION for free on Game Day

AFC Asian Cup 2015 - Canberra Draws

National Days (April/May/June)

Our Voice Our Impact – Youth InterACT Forum

The ACT Youth InterACT Forum for young people aged 15 to 25, to be held on **Friday 11 April 2014** at the ACT Legislative Assembly, 196 London Circuit, Canberra, from 8.45am to 3pm.

The Forum is held as part of National Youth Week and the theme this year is **'OUR VOICE, OUR IMPACT'**. The event will focus on how young people can use their voices to create change both within their community and on a government level. The Forum will be co facilitated by members from the ACT Youth Advisory Council, and will also feature keynote speakers and a discussion panel with prominent people from the ACT Government in the ACT Legislative Assembly Chamber, followed by an interactive session which will be an opportunity for participants to further explore key issues around youth engagement and participation at a government level.

The Minister for Disability, Children and Young People, Ms Joy Burch, MLA, will be provided with a report based on the outcomes of the forum.

The Youth Advisory Council invites, individuals, ACT Student Representative Council representatives from all Public, Catholic and Independent schools, Youth Led organisations, and Student Associations to participate in this forum.

Registration forms are available at www.youth.act.gov.au. **Please note** registrations close **Friday, 4 April 2014**.

For further information and to reserve places for your members please contact Ms Denise Bridges on 6205 3064 or via email to denisemaree.bridges@act.gov.au.

White Nile Fundraising Dinner - *cancelled*

Please note that the White Nile fundraising dinner scheduled for 12 April 2014 has been **cancelled**.

Lambing Flat Chinese Festival

The ACT Branch of the Australia China Friendship Society is planning a visit to Young (NSW) on **Saturday 12 April 2014** for the staging of the Lambing Flat Chinese Festival. The Society has hired a bus and spare seats are available at a cost of \$25 per person. We will depart at approx 9am and leave Young at approx 5pm. The Lambing Flat Chinese Festival marks its turbulent gold rush history, the riots of 1861 and the important contribution of the Chinese in the development of Australia. The festival will feature Chinese Lion Dancing, Chinese food stalls, Tai Chi, Hilltops Wine Expo, market stalls, and a gold trail documentary.

If you would like to come please email acfsevent@gmail.com as soon as possible.

Australian Running Festival – volunteers required

When: 12-13 April 2014

Where: Canberra (Near Parliament)

Volunteering Times: Times vary but start times range from 5-6:30am, end times 11am-1pm

Roles: Drink Stations, baggage, medals, start marshals, course marshals, and finish marshals

****None of these roles are too laborious, but just require people that are willing to help out and have a good time. As a thank you to our volunteer groups we make a donation back to the club for each person provided.**

For more information go to runningfestival.com.au/volunteers

Rally for Refugees

Break the silence march on Palm Sunday. Add your voice to community, church, political and union groups calling for justice and compassion for refugees and asylum seekers.

When: Sunday 13 April 2014, 1.00pm

Where: Garema Place

Canberra's (Inter)National Folk Festival

Established in 1967, the National Folk Festival is recognised as Australia's leading festival of contemporary and folk music. The National is held over the Easter weekend in Canberra and is one of Australia's biggest and longest running festivals. The 2014 Festival has over 200 acts from around the planet – encompassing all facets of folk from acoustic, blues, roots, traditional, bluegrass to world , gypsy, klezmer and much, much more.

This year thanks to support from the ACT Government a highlight of the Festival will be a showcase of Indigenous performers including national treasure Archie Roach.

When: 17-21 April 2014

Where: Exhibition Park, Canberra

The following is a selection of the international music and dance that will be on show.

Alaska String Band (USA) are a gifted family of multi-instrumentalists often swapping instruments throughout a performance including guitars, fiddles, mandolins, dulcimer, banjo, bass, ukuleles and percussion; knitting it together with signature vocal harmonies

Australian Chinese Music Ensemble Lead by master of the Sheng, Wang Zheng-Ting the Australian Chinese Music Ensemble consists of four of Australia's leading Chinese traditional instrumental musicians. They perform traditional and contemporary Chinese music

Damien Dempsey (Ireland) The Greatest Irish Singer of his Generation. Damien Dempsey mixes traditional Irish folk with contemporary lyrics.

Fásta (Ireland, Québec & Scotland) Featuring musicians from Ireland, Québec & Scotland, Fásta remains true to its roots. With a selection of reels, jigs, and songs in Irish, French and English, the band bridges the three celtic cultures.

Fiona Ross (Scotland) Fiona Ross has performed traditional Scots songs and ballads throughout Scotland and internationally, including the Tradition-Bearer concert series of Glasgow's prestigious Celtic Connections.

Joseph Tawadros Trio Internationally acclaimed Egyptian-Australian oud player, Joseph Tawadros, won the 2012 ARIA for 'Best World Music Album'. Praised for his "now legendary oud skills" and composing almost all pieces, Joseph's unique voice crosses boundaries of world, middle-eastern, jazz and classical genres.

Karavana Flamenca (Spain) plays rumba flamenca, traditional flamenco and Cuban music with fire! The gut-wrenching Spanish/Romani vocals, wild rhythms and soulful Moorish melody of oud and flamenco guitar spell "Fiesta" every performance.

Lindi Ortega (Canada) Lindi Ortega is armed with an inimitable singing voice, the Independent hails as "a truly magnificent instrument," and a heart bursting with creative ambition, she has received nominations for both the Juno Awards and the Polaris Prize.

Riley Lee & Jeff Peterson (USA) Shakuhachi Grand Master Riley Lee is once again joined in concert by Grammy-winning slack key guitarist Jeff Peterson from Hawai'i. They frequently perform in Hawai'i to sell-out audiences, but have played in Australia only twice before.

Santa Taranta plays traditional music from southern Italy. Their musical styles include Pizzica, Tammurriata and Stornelli, as well as Polkas from the barbershop and the occasional serenade d'amore.

Souleiado French Dance Group: Souleiado lives up to its namesake meaning 'sunny' in presenting the traditions of southern France with warmth and effervescence. They specialise in dances from Occitania and the French Basque and Catalan regions,

Tángalo is a vibrant modern tango quintet, combining the emotion of golden-age tango with a contemporary aesthetic,

Valanga Khoza and South African Jive feature rich vocal harmonies, soulful saxophones and lilting tones of kalimba, rhythmic guitar and irresistible dance grooves. The songs are from their new album as well as some old favourites that range from township jive to haunting traditionally inspired melodies.

For more information on the many visiting and local artists see www.folkfestival.org.au

Canberra Refugee Support (CRS) – Fundraising Dinner

CRS invites you and your friends to a

Fundraising Dinner

at the

Hellenic Club's Olympus Room

Matilda Street, Woden ACT

on

Thursday 1 May 2014

6.30PM for 7PM

Guest Speaker

Professor William Maley AM

Director, Asia-Pacific College of Diplomacy at the ANU

\$60 per person for a two course dinner (Main & Dessert)

Drinks from the Bar – pay as you go

Please pay by EFT or cheque by 23 April 2014

(MC tba)

*Bookings are essential. Single places or tables of up to 10 are available.
Book a table for family, friends or colleagues.
Cancellations: please note that cancellations will need to be paid for after 1 May 2014.*

All proceeds to Canberra Refugee Support Inc

*Please RSVP (including any special dietary requirements) by email
(crsfundraisingdinner2014@gmail.com) not later than 23 April 2014. If you are part of a group
wishing to sit together please let us know the details by email.*

EFT Payment to: **A/C Name: Canberra Refugee Support Inc by 23 April 2014**
 Service One Credit Union
 BSB: 801 009
 Account #:001159259
 Reference: Hellenic Dinner

Cheque Payment to: **CRS, PO Box 3444, Weston Creek ACT 2611 by**
23 April 2014

Please Note: we need an email from you if you pay by EFT or Cheque plus a postal address for a receipt.

Enquiries: Colleen Fox (phone 6288 3153 or 0424 030 015; email colleenmact@gmail.com)

Men's Adult Healthy Weight Program

The **Healthy Eating Active Living (HEAL™)** program is a fun, motivating lifestyle modification program that helps develop lifelong healthy eating habits and increase physical activity levels.

The Program: 8 x weekly 1 hour low to moderate intensity group exercise + 1 hour lifestyle education + pre-program assessment + on-going support.

Who can join? Men only living in the ACT, 25+ years, any man concerned about being overweight, anyone with type 2 diabetes and anyone at risk of developing type 2 diabetes or heart disease.

Cost: Free. Places are limited. This program is funded through the Healthy Communities Initiative in Inner North Canberra which is a joint Australian and Territory Government Initiative.

Location: CIT Fit and Well Gym at Bruce

Starting: 10:30am-12:45pm Thursday 1 May 2014

For more information and to register phone Community Health Intake on **6207 9977**.

CALDWays 2014 'Collaboration for Success' Regional Forum

When: Tuesday 6 May 2014, 9.00am to 4.30pm

Where: Rydges Lakeside, Canberra

REGISTRATIONS NOW OPEN!

Exploring the importance of partnerships and collaboration in developing innovative approaches to culturally appropriate aged care.

This free one day event is for aged care providers, community organisations, consumer bodies and individuals with an interest in aged care in culturally and linguistically diverse (CALD) communities

Discuss your experiences and new ideas with others in the CALD ageing sector. Learn from practical and motivating examples of how a collaborative approach to aged care is increasing access to quality aged care services and information in CALD communities.

This is a FREE event. Numbers are limited. Registration is essential.

To register:

<https://register.eventarc.com/21349/caldways-2nd-annual-regional-forum-collaboartion-for-success>

Contact: PICAC NSW & ACT

Phone: (02) 4227 4222

Email: caldways@picacnsw.org.au

Website: www.picacnsw.org.au

The Partners in Culturally Appropriate Care (PICAC) Program is funded by the Australian Government's Department of Social Services and auspiced by the Multicultural Communities Council of Illawarra.

NATIONAL SORRY DAY BRIDGE WALK



11:00am FRIDAY 23rd MAY 2014

Please gather at base of Commonwealth Avenue bridge at 10:45am

Welcome to Country AUNTY AGNES SHEA

Entertainment Healthy Food & Drink Choices Coffee Tea Water

For further information please contact:

Ian Bateman on 6284 6222 or E:mail ian.bateman@winnunga.org.au

SCHOOL BANNER COMPETITION

Design a banner to display on the day interpreting what "Sorry Day" means to you and your school.

A prize will be awarded after the walk for the most creative banner!

Sponsored by



ACT
Government
Health



Home Business Career Information Seminars

Working from home has become an exciting way to earn a living for many women in Australia while also charting a new course for their future and financial independence through business ownership.

ACT Community Services through the Office for Women-Return to Work Grant and Lighthouse Business Innovation Centre have joined together to help entrepreneurial women who currently are on low incomes in the ACT plan for and develop their ideas for home-based businesses.

Join us for a **free** information seminar and learn more about:

- How to plan, start and grow business ideas and models
- Business and marketing basics and resources
- Support for women on low incomes through ACT Return to Work Grants and the ACT Microcredit program including no-interest and low fee microcredit loans and mentoring.

Guest speakers include specialists in business areas and experienced entrepreneurs.

When:

Online Business

2 June 2014
10am – 2pm

Business Models

30 June 2014
10am to 2pm

Our Stories

14 July 2014
10am to 2pm

Where: Function Room, Level 2, Theo Notaras Multicultural Centre, 180 London Circuit, Canberra City

RSVP: Bookings are essential! Email enquiries@lighthouseinnovation.com.au or call 1300 365 514

2015 National Multicultural Festival

The 2015 National Multicultural Festival has been confirmed for 13-15 February 2015. For further updates over the coming months, please visit the official Festival website at:

<http://multiculturalfestival.com.au/about-us/>

National Arboretum an outdoor classroom these school holidays

The National Arboretum Canberra will continue the learning experience these school holidays with children's activities that offer a fun and educational experience.

Learn about fungi, ferns and feathers as you explore the Himalayan cedar forest. The tall Himalayan cedars are very impressive, but what a lot of people don't realise is that there is a fascinating understorey beneath the forest canopy to discover. After the excursion the children will be able to recreate their forest experience with an art and craft activity.

The exploration of the forest activity is for children between the ages of four and seven and costs \$7 per child.

Learn how to snip, sculpt and shape a bonsai at a hands-on workshop. Our bonsai experts will share the knowledge and experience they've gained over the years working with bonsai and penjing plants and will show you the best way to pot and style a bonsai tree.

Children aged five and up can take part in the workshop and at the end of the session they will be able to take their bonsai home. The cost of this activity is \$25 per child.

The exploration of the Himalayan cedar forest will take place from 10 am to 11 am each morning from **Monday 14 to Thursday 17 April 2014** and the bonsai workshop will also be held on each of these four days between 1.30 pm and 2.30 pm.

Places are limited for these activities and bookings are essential. For more information visit www.nationalarboretum.act.gov.au

2014 Inclusive Participation Funding Program (IPFP)

The 2014 Inclusive Participation Funding Program (IPFP), administered by Sport and Recreation Services (SRS), will open at 9am on Friday, 14 March 2014 with applications to be accepted until **11pm on Friday 18 April 2014**.

Projects will be funded from \$2,000 to \$10,000 for the 2014/15 financial year.

For more information on the IPFP please visit the SRS website at http://www.economicdevelopment.act.gov.au/sport_and_recreation/support/grants.

If you have any questions regarding the IPFP and/or wish to discuss your application please contact Philip Turini (philip.turini@act.gov.au; 6207 2076).

FREE training courses for community sector workers to assist people with gambling problems

As you may be aware, the ACT Gambling and Racing Commission regularly runs free introductory level training courses for community sector workers to assist people who may have problems with gambling. Following the success of the *'Engaging People to Talk about Problem Gambling Issues'* training course (formally known as *'Opportunistic Interventions in the Problem Gambling'*) the Commission is introducing *'Beyond Smoke and Mirrors'*, an intermediate level course which builds on the knowledge and skills developed in the earlier course.

Community sector workers who attended the earlier course are encouraged to attend '*Beyond Smoke and Mirrors*'. Attendance at the earlier introductory course is not mandatory.

Details and dates for both courses are provided below. These courses are being run at regular intervals throughout the year, starting in February. If you were unable to attend the '*Engaging People to Talk About Gambling Issues*' training last year or know of someone else who would benefit from either course, please feel free to pass on this email and sign up via return email.

Bookings can be taken for the entire year and morning tea and lunch are provided free.

ENGAGING PEOPLE TO TALK ABOUT PROBLEM GAMBLING ISSUES

Level: Introductory

Many people with gambling problems seek help for other problems such as financial difficulties, relationship, housing, mental health or drug and alcohol problems before seeking help for their gambling problems. It is likely that community sector workers in these non gambling specific areas will encounter people with gambling problems. This training will increase awareness and skills for these workers equipping them to help their clients begin the process of change.

The workshop will cover the following topics:

- Recognising problem gambling
- Raising the issue of gambling
- Assessment of gambling and related concerns
- Measuring readiness for change in relation to gambling
- Working with reluctance and resistance to changing gambling
- Overview of best practice in the gambling context
- Gambling specific referral options

This free one day course run by the Centre for Continuing Welfare Training will be held at Woden CIT, Ainsworth Street Phillip ACT, on **Thursday 24 April 2014 from 9:00am to 4:30pm**. Tea/Coffee, morning tea and lunch are provided.

Additional training courses are also being run in 2014 on Wednesday 4 June, Wednesday 20 Aug and Friday 3 October.

For more information or to book a place at the course for any day please contact Alex Ingham at the ACT Gambling and Racing Commission on 6207 0305 or alexander.ingham@act.gov.au

BEYOND SMOKE AND MIRRORS: DEALING WITH PROBLEM GAMBLING

Level: Intermediate

The '*Beyond Smoke and Mirrors*' training course provides participants with an understanding of the reasons why their clients may not disclose their problems with gambling or may not fully disclose the extent of the problem. An understanding of the reasons for and the mechanisms of deception can also assist non specialist community sector workers and counsellors work more effectively with clients affected by the gambling problems of a family member. The background for this material is drawn from the experience of financial, legal, welfare, and personal counsellors who work with the negative consequences of problem gambling.

The topics covered include:

- Gambling and the gambler's experience
- Problem gambling

- The cycle of problem gambling
- The hidden downside of problem gambling
- Common patterns of deception
- Protection and support for partners, families and children
- Working with deception both conscious and unconscious
- Gambling counselling
- Crisis strategies and referral sources for clients in crisis
- Referral pathways and resources

This free one day course run by the Centre for Continuing Welfare Training will be held at Woden CIT, Ainsworth Street Phillip ACT, on **Thursday 29 May 2014 from 9:00am to 4:30pm**. Tea/Coffee, morning tea and lunch are provided.

Additional training courses are also being run in 2014 on Thursday 28 August and Thursday 27 November.

For more information or to book a place at the course for any day please contact Alex Ingham at the ACT Gambling and Racing Commission on 6207 0305 or alexander.ingham@act.gov.au

Better housing opportunities for people with disability

The ACT Government is seeking community input on three innovative initiatives that will assist people with disability in making decisions about their future accommodation options.

Like all Canberrans, people with disability need affordable, appropriate and secure housing. Some will have additional housing needs as a result of their disability.

These initiatives will help them, their families and carers discuss and plan for their long-term accommodation needs and get information and support to address legal and financial issues, coordinate services and develop informal support networks.

The ACT Government wants to give people with disability the information which allows them to imagine, ask for and create housing and support which enable them to live a good life - and we want to hear what they think about these initiatives.

The Innovative Housing Unit is a first for the ACT and has been created to support people with disability to fulfil their ideas for innovative housing and supported living opportunities.

It is intended to benefit all people with disability in the ACT, including participants in the National Disability Insurance Scheme (NDIS) which will be rolled out in the ACT from July 2014.

The Accommodation Futures Planning Sessions will be held at north and south locations across the ACT and will feature key speakers with lived experience, financial, legal and social support backgrounds to empower people to design their own accommodation options.

The Accommodation Portal will be a one-stop website with links to both supported and independent living options, including vacancies in shared accommodation, private rental and adapted houses, and a place for people seeking compatible housemates.

The initiatives are part of Principle Based Supported Accommodation Framework which guides how the ACT Government will work in collaboration with people with disability, their families, guardians and service providers on accommodation options.

Most participants in the NDIS will continue to access housing through the private market, rental or home ownership and through social housing opportunities. While the scheme will not directly fund housing, it will give participants more flexibility to design and receive supports to live independently.

Consultation closes 30 April 2014. To provide feedback visit <http://www.timetotalk.act.gov.au/>

PLURAL+ Youth Video Festival on Migration, diversity and Social Inclusion – call for video entries

New York, NY (February 13, 2014)-- The United Nations Alliance of Civilizations ([UNAOC](#)) and the International Organization for Migration ([IOM](#)) invite YOU to submit original and creative videos focusing on PLURAL+ themes: Migration, Diversity and Social inclusion.

Recognizing youth as powerful agents of social change in a world often characterized by intolerance, and cultural and religious divisions, PLURAL+ invites youth to address key challenges and opportunities related to social inclusion and cohesion, migrant integration, respect for identity, diversity, and human rights, both at local and global levels. Young people up to 25 years old are invited to submit short videos of five minutes maximum in length.

The UN High Representative for the Alliance of Civilizations, Mr. Nassir Abdulaziz Al-Nasser, says that PLURAL+, provides youth around the world with the opportunity to submit real stories told by real people, which when widely disseminated “would help foster intercultural dialogue and understanding, respect for diversity and tolerance.”

Matthew Hodes, Director, UNAOC, said “PLURAL+ videos provide powerful narratives that help advance this critical conversation: how to build more inclusive societies where we can all live together in harmony.” Michele Klein-Solomon, Permanent Observer to the United Nations, IOM, added “PLURAL+ videos touch very sensitive issues in a very real way. They look at the realities that people are facing; we like to see young people expressing their profound ideas in a manner that allows the opening of a dialogue.”

Nico Daswani, a member of the PLURAL+ 2013 International Jury commented, “The imagination, craftsmanship and care reflected in such a diversity of videos submitted from around the world is an indication that there is an entire generation of people determined to create and shape the world they live in. We should all be working towards helping unleash that creativity.”

PLURAL+ supports young people’s expression of their opinions by providing them with a variety of media platforms and distribution networks, including broadcasts, video festivals, conferences and events around the world. PLURAL+ not only provides young people with an effective platform to express themselves on key migration and diversity issues, but also reinforces the firm belief of IOM and UNAOC that youth are powerful and creative agents of social change.

A prestigious international jury will select three winners in each age category (9-12, 13-17, 18-25). International Jury winners will be invited to New York, all travel expenses paid, to present their work at the PLURAL + 2014 Awards Ceremony at the Paley Center for Media in December 2014.

PLURAL+ partner organizations will also award other prizes and professional opportunities, such as winning participants presenting their work at film and video festivals, conferences and events around the world.

The PLURAL+ 2014 deadline for video submission is 27 June, 2014. Further information, including guidelines, regulations, awards, and the entry form can be found at the PLURAL+ website at: www.unaoc.org/pluralplus

You can watch PLURAL+ 2013 award winning videos [here](#)

PLURAL+ is organized by the [United Nations Alliance of Civilizations](#) and the [International Organization for Migration](#) with the collaboration of many [international partners](#), including: Red UNIAL, Gulen Institute, MTS Travel, SIGNIS, Global Block, Humanity Without Borders Foundation, Television America Latina (TAL), Universal Forum of Cultures Foundation, NEXOS Alianza, CHINH India, Turkish Cultural Center of New York, COPEAM, Without Borders Film Festival, IAAI GloCha, Doha Center for Media Freedom, CNTV Chile, Paley Center for Media, Amara, Scalabrini International Migration Network, IUEDESP, Balkan Media Education Centre, Waging Nonviolence, IOM Migration Research and Training Centre, Anna Lindh Foundation, UN Television, RAI TV Scuola, GoodnessTV, Cine y Salud, Global Film Initiative, Insight Festival, UNICEF and MTV Exit.

For more information, please contact: plural@unaoc.org

Or find PLURAL+ on: [Twitter](#) [Facebook](#) [YouTube](#) [Vimeo](#) [GoodnessTV](#) [Amara](#)

Know a great Canberra woman who deserves recognition?

Know a dynamic woman whose input and ideas have benefited the Canberra community? Nominations are now open for the 2015 ACT Women's Awards.

We'd like to hear about women – of all ages and all backgrounds – who have helped to make a difference in our community.

The awards provide an opportunity for the whole community to recognise and celebrate the achievements of women in our city.

This year, Wiradjuri woman and Aboriginal rights campaigner Katrina Fanning was awarded ACT Woman of the Year for her work in championing the rights of Australia's first peoples in the areas of employment and housing.

The ACT Women's Awards honour individual women who have demonstrated courage and who have made an outstanding contribution to the lives of women and girls in the ACT.

The ACT Government is committed to building a community where women and girls equally and fully participate in the economy, their community and their city.

Categories include Young Woman of the Year and Senior Woman of the Year.

All nominees will automatically be considered for ACT Woman of the Year. Nominations close on **28 November 2014**. The awards will be announced during 2015 International Women's Day celebrations.

To obtain a nomination form, or for more information, contact the ACT Office for Women on 6205 0515 or via email at women@act.gov.au

Canberra Refugee Support (CRS)

Canberra Refugee Support (CRS) is a community organization that assists asylum seekers and refugees in Canberra. We take a comprehensive approach to the needs of the individuals and families we support, and assist with advocacy where needed. We also help to support refugees financially where we can.

CRS 2014 Fundraising Campaign

CRS is broadening its fundraising activity in 2014, and has launched a campaign to enable us to continue our support to individuals and families whose access to financial entitlements and/or employment remains uncertain for indefinite periods. Donations will assist with rent, food, education and other necessities. Financial assistance is provided in the context of a comprehensive, support-team-based approach.

If you would like to make a donation to help CRS provide urgently needed financial support, you can do so by one of the methods set out below.

EFT Payment to: Account Name: Canberra Refugee Support Inc
Bank: Service One Members Banking
BSB: 801 009
Account #: 001148333
Reference: your surname + 'campaign'

Cheque Payment to: CRS PO Box 3444, Weston Creek ACT 2611

Send an email to: actrefugee@gmail.com, with details of the amount of your donation, and your name and postal address, so that we can identify the source of the donation and send you a tax-deductible receipt for the relevant amount.

Fundraising Activities to June 2014: CRS fundraising activities in coming months are:

CRS Fundraising Dinner, 1 May 2014, Hellenic Club: CRS is holding its major Fundraising Dinner for the year at the Hellenic Club in Woden on 1 May 2014. Arrangements for booking and purchasing tickets, and for obtaining further information, are set out in the attached flyer.

CRS Scholarships Program 2014

The CRS Scholarships Program, which arranges scholarships for asylum seeker and refugee students to mark UN World Refugee Day in June each year, is an important and popular component of our annual calendar. CRS has a small team working to raise funds and plan the 2014 Scholarship event on **16 June 2014**.

Rotary Club of Queanbeyan – call for donation of prizes for 2014 World Polio Day raffle

The Rotary Club of Queanbeyan are in the planning stages for its 2014 World Polio Day raffle and are seeking donations of prizes large and small.

The raffle will be drawn at their Polio Day dinner in October.

Last year the Club raised over \$1000 from this event, and hopes to do the same again this year.

If you can help, please contact Natalie Jupe at the Rotary Club by emailing: gbnrotary@gmail.com

ACT microcredit program

no-interest and low-interest loans for eligible applicants to start or grow a business

The ACT Microcredit Loan Program provides a limited number of no-interest and low-interest loans from Westpac for eligible applicants who wish to start or expand an existing business. The Lighthouse program includes:

- Business skills development
- Individual mentoring
- Peer support
- Access to networking events.

Key target groups include Aboriginal and Torres Strait Islander people, migrants, young people, women and lesbian, gay, bi-sexual, transgender and intersex individuals on low-incomes.

Attendance at the Orientation Session or viewing it online is compulsory for all interested applicants. Competitive loans are granted based on satisfying selection criteria.

For more information visit the website www.actmicrocredit.com.au or telephone 1300 365 514.

Let's Read program helping Canberra families

Let's Read, a program that supports Canberra parents to read with their children starting from birth, was launched on 26 March 2014 by Minister for Children and Young People Joy Burch.

This initiative, developed by Melbourne's Royal Children's Hospital Centre for the Community Child Health, was founded on the basis that reading with children from birth is an important activity in developing a child's future ability to read and write.

The *Let's Read* program has already seen significant and measurable improvements in child literacy in other parts of Australia.

I am delighted this successful program has come to Canberra, with the Tuggeranong Child and Family Centre, The Smith Family and Communities at Work working together to help families.

Under *Let's Read's* share and show approach, staff at Tuggeranong Child and Family Centre and Communities at Work will visit homes as part of the existing Parents as Teachers program. They will read a book with the child, with parents initially observing and then repeating the process themselves.

The families keep the books, with books given at age groups birth to four months, 12 months, 18 months and 3.5 years.

Books will also be given out at playgroups such as Learn Giggle and Grow, Young Mums and Parents Opportunity to Participate in Play with their Young (POPPY), and Multicultural group at the Tuggeranong Child and Family Centre.

For more information on the *Let's Read* program, phone Tuggeranong Child and Family Centre on 6207 8228.

Travel health research project – *study participants required*

Australians head overseas in record numbers and the trend is set to continue. In the 12 months ended December 2012, 8.3 million Australians travelled overseas - 40% of them to developing countries. It is thought that 50% of travellers from countries overseas complain of travel-related illness, whereas 10% consult a doctor on their return. Much of the travel-related illness and injury can be prevented. Researchers at University of Canberra are investigating the requirements for international travellers with chronic medical conditions. Information from this project will inform strategies and health recommendations when preparing for international travel.

Heading overseas?

If going overseas for a few days or months, we are interested to hear from you.

Whether you are planning a get-away holiday, backpacking, a business trip or just going to visit friends and relatives, authorities recommend you think about potential health risks before you leave Australia.

This project aims to educate the travelling public about health issues related to international travel. Participants will be provided with health recommendations to prevent illness and injury during the trip.

At **no charge**, attend a pharmacist conducted pre-travel health consultation at a participating community pharmacy in the Canberra region.

Eligibility:

- Heading overseas BEFORE July 2014
- Taking regular medications for a diagnosed medical condition
- Above 18 years of age.

Participants will be given a Westfield gift voucher for recognition of their time. For more information about the project and study and to sign up, please contact:

Moses Mutie
University of Canberra
Location 12D43
Phone 62015897, mob 0410880675
Email: moses.Mutie@canberra.edu.au

Calvary Hospital's Refugee Mentoring Program – *calling for expressions of interest*

The Refugee Mentoring Program aims to provide people with a refugee background and/or their children with the opportunity to gain some experience in an Australian workplace. The intention is to assist them gain a clearer idea of the career direction they might wish to pursue and what study might be necessary to achieve this.

It is also seen as a way of enhancing the participant's self esteem, assisting participation in the community and fostering networks towards enabling effective and satisfying engagement within the Australian social and cultural context.

The Refugee Mentoring Program is implemented under the direction of the Program Coordinator who has responsibility for the day-to-day running of all aspects of the program.

Oversight for the project is provided by representatives of the local refugee support network who meet quarterly to offer guidance and consultation to the project.

Calvary staff volunteer to become mentors. They participate in Cultural Awareness and Mentor Training to prepare them for their role.

They liaise regularly with the Program Coordinator during the conduct of their role. Most work areas of the hospital have at least one trained mentor so that a wide range of work experiences are available to participants.

Placements have been conducted in administrative areas such as Human Resources, Organisational Development as well as clinical areas, pharmacy and IT.

Placements are designed to be flexible and are planned around the needs and availability of the participants. They may be scheduled as a fulltime placement across a series of consecutive weeks or as a number of hours per day or week across a more extended period.

The placement may be focused in one particular work area or include a range of different work areas if the participants desires a variety of experiences.

Participants complete an induction process which includes Career Counselling to establish their goals and desired outcomes from the work placement.

Calvary seeks Expressions of Interest from the local refugee support network for participants in the program. Suggested participants will complete an application process with the support of their support agency. There is no cost to agencies or participants.

All participants must be sponsored by an appropriate agency, such as Companion House, CIT, CRS, MARSS etc, and have a designated liaison person within that agency with whom the Project Coordinator can keep in contact.

Alternatively if you wish to refer someone to the program you can make contact directly with the Program Coordinator:

Erin Kelly
Ph: 6201 6369
Mob: 0467 789 682

Living a Healthy Life with Long-term conditions – a six session course

Healthy Weight Action Plan Announcement

Do you have a chronic health condition? Any condition lasting six months or longer such as asthma, arthritis, cancer, obesity, diabetes, chronic pain or heart disease.

Does this condition:

- prevent you from living life as you would like?
- cause you stress?
- impact your relationship?

If you answered yes, you are eligible to participate in this FREE self management course, delivered by the Health Directorate.

The course is also open to carers/partners/friends of anyone with a chronic or long-term illness.

Topics covered on the six session course includes pain and fatigue management, cognitive symptom management, dealing with negative emotions, communicating with health providers, physical activity, healthy eating, action planning, problem solving and peer support.

Course leaders include a health professional and a person with a long-term condition who has completed leader training.

The course schedule and flyer can be accessed using the below link:

https://actgovssc.custhelp.com/app/answers/detail/a_id/2002

Further information

For further information regarding this course, please contact Community Health Intake, Health Directorate on (02) 6207 9977 or email SelfManagement@act.gov.au.

Centrelink's 'News for migrants, refugees and visitors' (March 2014)

Visit Centrelink's website for the latest news for migrants, refugees and visitors.

To read complete stories and for more detail, click on to this link:

<http://www.humanservices.gov.au/customer/themes/migrants-refugees-and-visitors>

You can also subscribe to News for migrants, refugees and visitors and you will be sent news highlights once a month. You can opt out at any time.

Each new update will give you access to all of the latest news regarding Centrelink's payments and services relevant to people from a culturally and linguistically diverse background.

ACT Seniors eNews

The April 2014 edition of the monthly Newsletter of the ACT Office for Ageing, which aims to keep older Canberrans informed about relevant services, activities and events, is now available.

It will also appear on our website within a couple of days at:

<http://www.communityservices.act.gov.au/wac/ageing/e-news>

We value your thoughts and ideas about what you would like to see included. If you would like to provide feedback, or suggest a news item for our newsletter, please send an email to

communitypolicy@act.gov.au, or call Rebecca on 6207 6138.

Take ACTION for free on Game Day

A new Game Day branded ACTION bus has been revealed promoting free travel from the City to Manuka Oval and GIO Stadium for all ticket holders.

Supporters of the Brumbies, Raiders, Giants and Cricket in the ACT will be able to enjoy the free service by simply producing their ticket to the bus driver.

This joint venture between the Government and sporting codes was started after community feedback over parking, traffic and availability at sporting venues. It is hoped Canberrans will take advantage of the free services to and from the games.

It's great to see the sporting codes and Government working together to ensure the success of these events in our vibrant city.

The bus services run for all home games for the University of Canberra Brumbies, Canberra Raiders, GWS Giants and identified cricket matches.

The first match supported by this service will be on Friday 4 April 2014 when the University of Canberra Brumbies take on the Blues at GIO Stadium

AFC Asian Cup 2015 - Canberra Draws



AFC ASIAN CUP Australia 2015
COMING TO CANBERRA

SAT 10 JAN
KOREA REPUBLIC VS OMAN

SUN 11 JAN
UAE VS QATAR

TUE 13 JAN
KUWAIT VS KOREA REPUBLIC

THU 15 JAN
BAHRAIN VS UAE

SUN 18 JAN
CHINA PR VS DPR KOREA

TUE 20 JAN
IRAQ VS CHALLENGE CUP WINNER

PLUS QUARTER FINAL 4
FRIDAY 23 JAN

The poster features a red and black background with a stylized soccer field and stadium lights. The AFC Asian Cup Australia 2015 logo is in the top left corner. The text is arranged in horizontal bars, with match dates in red circles above each matchup. The 'VS' is written in a stylized font inside a black circle.

National Days (April/May/June)

APRIL	MAY	JUNE
<p>04 - Apr Senegal Independence Day</p> <p>16 - Apr Denmark Queen's Birthday</p> <p>17 - Apr Syrian Arab Republic National Day</p> <p>18 - Apr Zimbabwe National Day</p> <p>26 - Apr Tanzania, United Republic Of Union Day</p> <p>27 - Apr Netherlands Official Birthday of His Majesty King Willem-Alexander</p> <p>Sierra Leone Independence Day</p> <p>South Africa Freedom Day</p> <p>Togo Togolais National Day</p>	<p>01 - May Marshall Islands National Day</p> <p>03 - May Poland National Day</p> <p>08 - May Israel National Day</p> <p>09 - May European Union Europe Day</p> <p>14 - May Paraguay National Day</p> <p>17 - May Norway Constitution Day</p> <p>20 - May Cameroon National Day</p> <p>22 - May Yemen Unification Day</p> <p>24 - May Eritrea Independence Day</p> <p>25 - May Africa Union Africa Day</p> <p>Argentina National Day</p> <p>Jordan Independence Day</p> <p>26 - May Georgia National Day</p> <p>28 - May Azerbaijan National Day</p> <p>Ethiopia National Day</p> <p>Nepal National Day</p>	<p>01 - Jun Samoa Independence Day</p> <p>02 - Jun Italy Foundation of the Republic</p> <p>06 - Jun Sweden National Day</p> <p>10 - Jun Portugal Portugal Day, Camões Day and Day of Portuguese Communities</p> <p>12 - Jun Philippines Independence Day</p> <p>Russian Federation National Day</p> <p>17 - Jun Iceland National Day</p> <p>18 - Jun Seychelles National Day</p> <p>23 - Jun Luxembourg National Day and Official Birthday of HRH the Grand Duke</p> <p>25 - Jun Croatia National Day</p> <p>Mozambique Independence Day</p> <p>Slovenia National Day</p> <p>26 - Jun Madagascar National Day</p> <p>27 - Jun Djibouti Independence Day</p> <p>30 - Jun Democratic Republic of the Congo Independence Day</p>