

NEWSLETTER FROM COMMUNITY SERVICES



ACT Multicultural Community E-News

Edition 10 – 18 May 2018

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

For urgent and short notice updates and requests, a special edition E-News can be issued, contact Office for Multicultural Affairs via CommunityParticipation@act.gov.au

Thank you.

Grants and Awards	Closing Date	Page
ACT Women's Grants Program 2017-2018	Close 30 May	4
What is the Women's Return to Work Grants Program?	Ongoing	5
Youth InterACT Scholarship	Ongoing	5
Forthcoming Events	Date	Page
NEW Joseph Tawadros Trio	18 May	6
Grand Anglo-Indian Ball	19 May	6
World Bee Day Celebrations	20 May	7
A Celebration of Languages	20 May	8
NEW An Event for People with Pain	22 May	8
NEW Financial help from the professionals	22 May	9
Canberra Youth Theatre's Vocal Intensive!	26-27 May	9
CALDWays 2018 Conference	29-30 May	9



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



NEW IFTAR in the City 2018	1 June	10
NEW Canberra Multicultural Women's Forum - Multicultural Women's Expo	2 June	11
NEW Umberto Clerici and Karin Schaupp	3 June	11
NEW Midwinter Arts & Craft Show	29 June-1 July	12
NEW Catholic Multicultural Mass	8 July	12
Notices	Date	Page
NEW The Women's Health Nursing and Medical Service	Ongoing	13
NEW Gungahlin Cooking Circle	Thursdays	14
Saver Plus	Ongoing	14
ParentLink	Ongoing	15
ACT Libraries Need Bilingual Story Tellers	Ongoing	15
Red Cross Community Visiting Scheme- Seeking Volunteers	Weekdays	15
World Dance Classes for Young People	Fridays	16
Beginners World Dance Class	Thursdays	16
ACT Children and Young People Death Review Committee	Ongoing	17
Yoga with Mallika (Medical Yoga Fitness Yoga)	Ongoing	17
Multicultural Employment Service ACT		18
AFL Diversity Community Ambassador Program		18
Multicultural Community Leaders - We Need Your Help		18
Calvary Health Care Bruce – Refugee Mentoring Program for Refugees		19
Can You Help Promote Careers as a TIS National Interpreter?		19
Consider Hosting An International Student		19
Department of Social Services – Free Interpreting Service		20
Department of Social Services – Free Translating Service		20
Ethnic Interpreters and Translators		21
Hepatitis B Awareness Workshops		21
Race Discrimination and Vilification		22
Using Health Services in the ACT: A Guide for People from Culturally and Linguistically Diverse Backgrounds		22
Return to Work for Women Course		23

What's On For Women Calendar?		23
Your Voice, Your Choice, The National Disability Insurance Scheme, and Multicultural Communities		24
TPV And SHEV Guide - Translations Are Now Available		24
A Conversation For Everyone – Free Presentation		24
Libraries ACT Free Resources And Programs		25
Language Exchange – Canberra		25

ACT WOMEN'S GRANTS PROGRAM 2017-2018

Applications are now open for the ACT Women's Grants Program 2017-2018 providing funding for initiatives aimed at improving the status and lives of women and girls in the ACT, and initiatives that focus on the prevention of violence against women.

A total amount of \$180,000 (GST exclusive) is available for the ACT Women's Safety Grants and the Participation (Women's) Grants.

The ACT Women's Safety Grants support the objectives of the Third Action Plan under the National Plan to reduce Violence against Women and Children Strategies 2010-2022, so that women and children are safe, diverse groups of women are supported, and early intervention and prevention programs for children and young people are a priority.

Community organisations and groups can apply for funding under Women's Safety Grants for innovative projects in six categories. This includes:

- Prevention and early intervention
- Aboriginal and Torres Strait Islander Women and their children
- Greater support and choice
- Sexual violence
- Responding to children living with violence
- Keeping perpetrators accountable across all systems

The ACT Participation (Women's) Grants support objectives of the ACT Women's Plan 2016-26 to impact positively on women and girl's health and wellbeing by advancing equality and, promoting better outcomes for women who experience multiple forms of discrimination due to intersecting factors such as poverty, disability, age, violence, trauma, ethnicity and/ or language barriers.

Applications for the Grants Program will **close on 30 May 2018 at 5pm**.

Applications can be submitted online at: http://dhcs.smartygrants.com.au/2017-18_WG

For more information contact the ACT Office for Women at or www.grants.act.gov.au.

Phone enquiries can be made on 6205 0515 or 6205 1075 or via email at women@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 child care 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 \$1000 (GST Exclusive) in assistance for women enrolling in training or other employment associated costs that will improve their workforce skills or capacities.

More info:

http://www.communityservices.act.gov.au/women/grants_and_scholarships#returntowork

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: 6207 2452

<http://www.communityservices.act.gov.au/ocyfs/youth-interact/grants-and-scholarships/guidelines>

[http://www.communityservices.act.gov.au/data/assets/pdf_file/0010/688042/Youth InterACT Scholarship Application.pdf](http://www.communityservices.act.gov.au/data/assets/pdf_file/0010/688042/Youth_InterACT_Scholarship_Application.pdf)



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



JOSEPH TAWADROS TRIO

Joseph Tawadros AM is a four-time ARIA award winning master of the Oud, a Middle Eastern lute. Joseph was born in Cairo and grew up in Sydney. He currently lives in London and performs all over the world, captivating solo as he is in duo with brother James, in trio, quartet and with orchestras.

Joseph will launch his 15th album and is joined by his trio: Matt McMahon and his brother James Tawadros. His album will feature music from *The Bluebird*, *The Mystic* and *the Fool*. The album explores a trinity of human archetypes, original compositions and are performed live by great musicians listening to each other and knowing what and when to say something musically. You can expect a thrilling mix of Middle Eastern, jazz, traditional sounds and contemporary innovations.

Date: Friday 18 May 2018

Time: 7.30pm

Where: The Street Theatre, 15 Childers Street, Canberra

Cost: \$30 - \$39

Bookings: www.thestreet.org.au

More Info: 6247 1223 and street@thestreet.org.au

THE GRAND ANGLO-INDIAN BALL

Date: Saturday 19 May 2018

Time: 6.30pm to 11.30pm

Where: Bicentennial Hall, 253 Crawford Street, Queanbeyan

Cost: \$50 per head includes dinner – drinks at bar prices

More Info: Contact Joe or Charmaine Bailey 0447 483 908

email: joe.bailey@bigpond.com

Round Tables of 10 - Music by The New Renditions (Played at the ACT Multicultural Festival for the last six years) and Blue Frost.

WORLD BEE DAY

Join us for the first ever World Bee Day celebration in Canberra at a range of venues.

Embassy of the Republic of Slovenia, 26 Akame Circuit, O'Malley

In cooperation with ACT Beekeepers Association and Canberra Urban Honey

Honey has been held in high regard since the ancient times: it was the food of kings and gods. Do not let the first World Bee Day pass by without a spoon of honey. Join us for the traditional Slovenian honey breakfast. Learn more about bees and take away your own jar of honey.

Canberra Magic Kitchen together with ACT for bees, 21 Gilruth Street, Hackett

Talk about bees and keeping beehives at your home, visit of a bee-friendly garden and take away bee friendly herbs. Kids' activities include building an insect hotel and face painting.

Vegan and gluten free lunches are available.

Embassy of Sweden, 5 Turrana Street, Yarralumla

The Embassy of Sweden invites you to their garden for a special afternoon including a traditional Swedish Fika, quiz walk and other bee related activities. Bee there!

Parliament House, Parliament Drive, Canberra

Afternoon tea

Embassy of Switzerland, 7 Melbourne Avenue, Forrest

Fifty years ago, Einstein is reputed to have said: "If bees were to disappear from the globe, mankind would only have four years left to live." To highlight the immense global threat to food production that is posed by the disappearance of up to 90 per cent of bees worldwide, the Embassy of Switzerland, in conjunction with the ANU Film Group, will be screening the prize-winning documentary *More than Honey* by the Oscar-nominated Swiss filmmaker Markus Imhoof from 5pm at Coombs Theatre at ANU.

Date: Sunday 20 May 2018

Time: All day

Where: Several locations across Canberra

Cost: Free event, follow FB Page [World Bee Day Australia](#)

More Info: sloembassy.canberra@gov.si or <https://www.facebook.com/World-Bee-Day-Australia-199923147432450/>



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



A CELEBRATION OF LANGUAGES

Come and meet others with a love of languages and language learning. Help us celebrate the many languages spoken in the ACT region.

- Explore poetry in other languages
- Exchange information about raising children bilingually
- Find out more about story-telling in another language
- Join in fun activities for children of all ages
- Learn a dance from another culture

Refreshments provided, but contributions to afternoon tea welcome.

Date: Sunday 20 May 2018

Time: 2pm to 4pm

Where: Latin American Cultural Centre, 28 Astrolabe Street, Red Hill

Cost: Free event

RSVP required by 16 May 2018

Book via Eventbrite or Email canberrabilingual@gmail.com

More Info: <http://actbilingual.weebly.com/>

Email above or phone 0408 089 235 (m)

Organised by the ACT Bilingual Education Alliance with support from an ACT Government Participation (Multicultural) Grant 2017 - 2018.

AN EVENT FOR PEOPLE WITH PAIN

Speaker, Tina McIntosh will tell her own story and present the new brain retraining game she has developed for people living with chronic pain. She will discuss its framework and how it aims to help people to pace themselves in order to limit and reduce their pain. The event includes questions, discussion and chat with others over a cuppa.

The event is the *Pain Support ACT May Support and Information event*.

Date: Tuesday 22 May 2018

Time: 12pm to 2pm

Where: Main meeting room, Maitland House, 100 Maitland Street, Hackett

Cost: A small donation. Booking is not required.

More Info: 6281 1036



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



FINANCIAL HELP FROM THE PROFESSIONALS

The Smith Family, Care Inc and Mission Australia will provide information on spending, financial goals, services, discounts and debit management.

Date: Tuesday 22 May 2018
Time: 10.30am to 11.30am
Where: Woden Library
Cost: Free event
Book online www.library.act.gov.au
More Info: 6205 9000

CANBERRA YOUTH THEATRE'S VOCAL INTENSIVE

The Vocal Intensive aims to develop strong vocal skills for theatrical work. Participants aged 15 to 25 years will be taken through the physiology of the voice, warm ups, best vocal practice and maintenance, along with exercises in diction, projection and enunciation.

Date: 26 - 27 May 2018
Time: 10am to 4pm each day
Where: C Block Theatre, Gorman Arts Centre, Braddon
Cost: Non-member: \$205 (inc. compulsory 2018 CYT Membership)
Member: \$180 (For those who have participated in a 2018 Workshop already)
More Info: For more information and to enrol now visit our website <http://www.cytc.net>

CALDWAYS 2018 CONFERENCE

CALDWays 2018 will equip you with the latest research and skills for employing, retaining and communicating with employees from culturally and linguistically diverse backgrounds.

The conference theme is: The Multicultural Workforce.

The two-day event is being hosted by Partners in Culturally Appropriate Care, under the auspices of the Multicultural Communities Council of Illawarra.

- **Explore diverse workplace trends:** what will the typical workplace look like in the future and how can you prepare for it?
- **Discover best-practice recruitment strategies:** how to attract and (retain) employees from a wide variety of backgrounds.



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



- **Learn tactics for better employee engagement:** how to use communication and training to harness your team's full potential.
- **Gain tools for planning effective organisational strategies:** how to navigate this changing workforce and see it add value to your business.

Date: 29 - 30 May 2018

Where: Rydes Parramatta, Sydney

Cost: One registration: \$590 (incl. GST)

Save 15 per cent when you register two or more delegates

More Info: www.picacnsw.org.au/pages/caldways-2018.html

IFTAR IN THE CITY 2018

The ACT Government is committed to celebrating diversity and building an inclusive city where everyone belongs.

Ramadan is the most significant time of the year for Canberra's Muslim community. It is a time of celebration as well as restraint and reflection.

Ramadan is observed by Muslims worldwide as a month of fasting to commemorate the first revelation of the Quran to Muhammad according to Islamic belief. The daily fast during Ramadan begins immediately after the pre-dawn meal of Suhur and ends at sunset with the evening meal of Iftar.

Iftar is the act of 'breaking fast' and is a time of celebration with family and friends as Muslims end their daily Ramadan fast at sunset at the time of the call to prayer for the evening prayer.

You are invited to the annual Canberra Iftar celebration to join Canberra's Muslim community as they break their fast at sunset. Sharing food has long been a unifying tradition for all cultures and Canberra Iftar combines the unifying tradition of sharing food with commemorating the most significant time of year for Muslims.

Date: Friday 1 June 2018

Time: 4.30pm to 6pm

Where: Function Room, Theo Notaras Multicultural Centre
Level 2 North Building, 180 London Circuit, Civic

Cost: Free event

More Info: For registration use below link:

<https://www.eventbrite.com.au/e/iftar-in-the-city-2018-tickets-46033264734?aff=es2>



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



CANBERRA MULTICULTURAL WOMEN'S FORUM - MULTICULTURAL WOMEN'S EXPO

Come along and receive information on services available for multicultural women in the ACT. Please invite all the multicultural women you know to this free event. Food, tea and coffee will be provided.

Organised by the Canberra Multicultural Women's Forum and supported by the ACT Government Office for Women.

Date: Saturday 2 June 2018

Time: 11am to 2pm

Where: Hellenic Club City, 13 Moore Street, Civic

Cost: Free event

More Info: For further information please email cmwforum@gmail.com or call 0426 974 448

UMBERTO CLERICI AND KARIN SCHAUPP

Internationally renowned musicians Umberto Clerici and Karin Schaupp will take you on a musical journey through a rich tapestry of cultures, ages and emotions. Umberto and Kari will launch their new album *Wayfaring*, presenting a collection of fiery works from Schubert to De Fella reinvented.

The program is interwoven with anecdotes of inspiration behind these timeless melodies with lush accompaniments, and intoxicating combination of cello and guitar. Between them, they have recorded more than a dozen albums and this is their first album together.

Umberto Clerici is the principal cellist of the Sydney Symphony Orchestra, and an acclaimed soloist. His musicianship has been described as 'soulful and beautifully sculpted' (*Limelight*). Karin Schaupp is an ARIA-winning guitarist acclaimed by the German press for playing 'so perfect, so complete, that it seems like a miracle'.

Date: Sunday 3 June 2018

Time: 4pm

Where: The Street Theatre, 15 Childers Street, Canberra

Cost: \$29 - \$39

Bookings: www.thestreet.org.au

More Info: 6247 1223 or street@thestreet.org.au



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



MIDWINTER ARTS & CRAFT SHOW

The Show features Craft of all types, including pottery, knitting, sewing, silk printing, paintings, sculpture and woodwork.

Date: Friday 29 June - Sunday 1 July 2018

Time: 10am to 8pm (Friday)
10am to 5pm (Saturday)
12pm to 5pm (Sunday)

Where: Yarralumla Church Centre, Denman Street, Yarralumla

Cost: Donation at door.

More Info: 6281 4497 or artsandcrafts@yarralumlauniting.org.au

We are asking for new artists and crafters to enquire about exhibiting their work for sale in the show.

CATHOLIC MULTICULTURAL MASS

The Mass is to commemorate the contribution Australian Catholic immigrants of a multicultural background have made to the progress and development of the Catholic Church in Australia. The Mass will be co-celebrated by Archbishop Christopher Prowse of the Archdiocese of Canberra & Goulburn, along with Priests from multicultural backgrounds. Multicultural groups will participate in the liturgy using song and prayer in their own languages. After the Mass light refreshments will be served.

Date: Sunday 8 July 2018

Time: 11am

Where: St Christopher's Cathedral, Franklin Street, Manuka

Cost: Free event

More Info: Contact Joe on 6241 4464 or email: joe.bailey@bigpond.com



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



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.

The Service includes:

Well Women's Clinic -Registered Nurses provide women with a women's health check that includes a health history, basic physical examination, routine screening, cervical screening (Pap Smear) and life style advice.

Specialised Medical Services – A Nurse Practitioner and Doctor can provide women with short term comprehensive care and link women with a general practice in the community.

Health Promotion – The Women's Health Service can also provide health education and health promotion on women's health issues to community groups and agencies; and when possible training to health professionals and community agencies to work with women who have been subjected to interpersonal violence.

Date: Monday – Friday excluding Public Holidays (for three months)

Time: 8.45am to 4.45pm

Where: Level 1 ACT Health Building, 1 Moore Street, Canberra City
Outreach well women's clinics are also in the following locations:
Belconnen Health Centre
West Belconnen Child and Family Centre
Phillip Health Centre
Tuggeranong Health Centre

Cost: Free

More Info: Contact us for more information or to make an appointment.
Phone: 6205 1078
Email: womenshealthservice@act.gov.au

GUNGAHLIN COOKING CIRCLE

Northside Community Service is organising the Gungahlin Cooking Circle. Join the Cooking Circle to build social networks through sharing food, recipes and cooking. Participants will cook and share lunch together. Cooking Circles creates community connections through cooking.

There will be seven sessions.

Date: Thursdays (24 May 2018 to 5 July 2018)

Time: 12pm -2.30pm

Where: Common Ground, 130 The Valley Avenue Gungahlin

Cost: \$5 per session

More Info: To book your spot, contact Michelle by phone 0406 876 107 or email on events@northside.asn.au

SAVER PLUS

Saver Plus assists individuals and families on lower incomes in the ACT and Queanbeyan 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
- assistance and support from a Saver Plus coordinator to establish a savings goal and develop a 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.

Who is eligible?

You may be eligible to join Saver Plus if you:

- have a Centrelink Health Care Card or Pensioner Concession Card
- are at least 18 years old
- have some regular income from work (you or your partner) including casual, part-time, full-time or seasonal employment
- have a child at school or attend vocational education yourself

More info: Contact your local Saver Plus Coordinator, Kathleen Watson on Telephone: 0448 730 305
Email: kathleen.watson@thesmithfamily.com.au
<https://www.bsl.org.au/services/money-matters/saver-plus/>



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



PARENTLINK – INFORMING, SUPPORTING, CONNECTING

ParentLink is a universally targeted parenting education program from birth to teenage years. ParentLink provides parents (and carers, teachers, etc.) 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, at:

<https://www.parentlink.act.gov.au/>

More Info: Email - Parentlink@act.gov.au

ACT LIBRARIES NEED BILINGUAL STORY TELLERS!

In 2018 Libraries ACT started running Bilingual Story times in Bengali, Hindi and Mandarin. However, we would like to offer Bilingual Story Time in **Arabic, Dari, Dinka, Farsi, Vietnamese, Mon, Karen** and **Tamil** as well.

If you can speak and read in one or more of these languages and are interested in becoming a Bilingual Story Teller for Libraries ACT, please contact Joanna Bragg for further details:

Email: joanna.bragg@act.gov.au

Phone: 62075745

Please note, employment will be casual and very part time, once a month for 3 hours at the most.

RED CROSS COMMUNITY VISITING SCHEME- SEEKING VOLUNTEERS

Red Cross Social Inclusions team is always looking for volunteers from culturally and linguistically diverse backgrounds to visit residents and in-home clients.

The role would be to visit a resident for one hour each week, purely for friendship and companionship.

You can register online on the redcross.org.au. You are required to have a current Working with Vulnerable Persons (WWVP) card and undergo a police check with Red Cross.

More info: Contact for Northside - bvann@redcross.org.au or telephone: 6234 7623

Contact for Southside - mswientek@redcross.org.au or telephone: 6234 7639



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



WORLD DANCE CLASSES FOR YOUNG PEOPLE

World folk dance classes give children a taste of cultural traditions through the joy of dancing together. The classes improve fitness and co-ordination in a relaxed atmosphere with no competitions or dress-code.

- Date:** Fridays
- Time:** 4.15pm to 5pm (four to seven years)
5.15pm to 6pm (eight years plus)
(During school term)
- Where:** Folk Dance Canberra Hall, 114 Maitland Street, Hackett
- Cost:** \$8 per class (discount for term payment)
- More info:** Enquiries: telephone Rebecca on 0420 524 412
Website: <http://www.folkdancecanberra.org.au/>
Email: folkdancecanberra@gmail.com

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:** Every Thursday
- Time:** 7.30pm
- Where:** Folk Dance Canberra Hall, Hackett Community Centre, 114 Maitland Street, Hackett
- Cost:** \$10.50
- More info:** Contact Rebecca on telephone: 0420 524 412
Email: folkdancecanberra@gmail.com
Website: <http://www.folkdancecanberra.org.au/>

ACT CHILDREN AND YOUNG PEOPLE DEATH REVIEW COMMITTEE

CALL FOR EXPRESSIONS 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;
- Remuneration is determined by the *ACT Remuneration Tribunal and the current Part-time Public Office Holder Determination* can be found at the Remuneration Tribunal's website: www.remunerationtribunal.act.gov.au/determinations;

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.

Selection may be based on application and referee reports only.

A copy of the selection documentation is available at <https://www.childdeathcommittee.act.gov.au>

Expressions of interest are to be sent to: Email: ChildDeathCommittee@act.gov.au

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

YOGA WITH MALLIKA (MEDICAL YOGA | FITNESS YOGA)

Yoga with Mallika is personalised, one on one medical yoga classes. We believe in giving personalized classes so you can get the most benefit out of your session. 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.

Date: Ongoing

Time: Open from 7am - 7pm (Every day)

Where: 5 Mary Gillespie Avenue, Gungahlin

Cost: \$25 per session (20 per cent discount if you book 10 sessions). More deals available

For bookings, visit www.yogawithmallika.com.au

More info: Telephone: 0427 466 667, or Email: yogawithmallika@gmail.com



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



MULTICUTLURAL 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 www.mes.org.au

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

Website: www.mes.org.au

Contact: Email: info@mes.org.au or Telephone: 6100 4611

AFL DIVERSITY COMMUNITY AMBASSADOR PROGRAM

The Australian Football League is Australia's largest sport with teams spread all around the country. In the ACT and Region the AFL is committed to engaging with our diverse communities. The AFL Diversity Community Ambassador Program works with community leaders to establish and develop programs in the region utilising the game as a vehicle for social inclusion.

We are currently calling for passionate people in our community who would like to be a part of this program to engage with multicultural and indigenous communities and create a beneficial program for the ACT community. All Community Ambassadors receive their own exclusive Ambassador pack and tickets to AFL games.

More info: If you are interested in becoming involved in the Diversity Community Ambassador Program or have any further questions please contact Luke Martin via email: luke.martin@afl.com.au.

MULTICULTURAL COMMUNITY LEADERS: WE NEED YOUR HELP

The Community Participation Group 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 Community Participation Online Directory, community leaders are invited to perform the following tasks:

1. Visit the "Add Entry" form of the Community Participation Group Directory by clicking on this link: <http://www.communityservices.act.gov.au/multicultural/services/community-group-directory/add-entry>
2. 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 Community Participation Group 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:

<http://www.communityservices.act.gov.au/multicultural/services/community-group-directory>

Our team is happy to assist with the submission process. Please contact the Community Participation Group on Email: CommunityParticipation@act.gov.au or on Telephone: 6207 0555 for assistance.

CALVARY HEALTH CARE BRUCE – REFUGEE MENTORING PROGRAM FOR REFUGEES

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: <http://www.calvary-act.com.au/refugee-mentoring-program.html>

CAN YOU HELP PROMOTE CAREERS AS A 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.

More info: For more information visit the Interpreter recruitment page at:
<https://www.tisnational.gov.au/Interpreters/Interpreter-recruitment>

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 on Telephone: 6205 6998 or Email: Nicole.king@act.gov.au



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



DEPARTMENT OF SOCIAL SERVICES – FREE INTERPRETING SERVICE

The Free Interpreting Service aims to provide equitable access to key services for Australian citizens and permanent residents with low English language proficiency.

The Free Interpreting Service is available to a range of organisation types:

- **Medical practitioners:** when delivering Medicare rebateable services in private practice. Nurses, reception and other practice support staff can also access the service when working with the registered medical practitioner.
- **Pharmacies:** when dispensing Pharmaceutical Benefits Scheme medications.
- **Non-government organisations:** when providing casework and emergency services, where the organisation does not receive substantial government funding to provide these services.
- **Real Estate Agencies:** to discuss any private residential property matter.
- **Local Government Authorities:** to communicate with residents about most local government services.
- **Trade Unions:** to assist members in accessing support and advice.
- **Parliamentarians:** for constituency purposes.

The Translating and Interpreting Service (TIS National) delivers the Free Interpreting Service on behalf of the Department of Social Services.

You can check your eligibility for the Free Interpreting Service using the eligibility calculator at <https://www.tisnational.gov.au/Agencies/Charges-and-free-services/Free-services-through-TIS-National.aspx> on the TIS National website.

To apply for a client code, complete the online client registration form at: <https://tisonline.tisnational.gov.au/RegisterAgency> on the TIS National website or allow a few extra minutes the first time you use the service. You can also apply by contacting TIS National or telephone 1300 575 847 or at tis.lpl@homeaffairs.gov.au

For more information visit the Department of Social Services' website: www.dss.gov.au 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 select temporary or provisional visa holders are able to have up to ten 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 at <https://translating.dss.gov.au/en>. The website is easy to use and is available in English, Arabic, Farsi and Simplified Chinese.
- Where available, all translations are completed by [translators credentialed by the National Accreditation Authority for Translators and Interpreters \(NAATI\)](#)



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



More Info: Information about the Free Translating Service, including eligibility, is available on the website at: translating.dss.gov.au

The Free Translating Service Helpdesk can also be contacted:

By email: fts@migrationtranslators.com.au

Online: Using the 'Contact us' form via: <https://translating.dss.gov.au/en/contact-us/>

By phone: 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 their 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)



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



RACE DISCRIMINATION AND VILIFICATION

The ACT Human Rights Commission handles complaints of unlawful discrimination in the ACT. Unlawful discrimination occurs when someone is:

- Treated unfavourably;
- Because of a protected attribute, including because of their race (e.g. nationality, citizenship, skin colour); and
- This occurs in public life.

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;

More info: Telephone: 6025 2222,

Email: human.rights@act.gov.au, <http://www.hrc.act.gov.au>

USING HEALTH SERVICES IN THE ACT: A GUIDE FOR PEOPLE FROM CULTURALLY AND LINGUISTICALLY DIVERSE BACKGROUNDS

Using Health Services in the ACT is a new handbook from ACT Health to help people from culturally and linguistically diverse backgrounds to choose the right health service when they are sick or injured, especially those new to Australia or the ACT.

For copies of the handbook, contact Daniel Coase, Multicultural Health Policy Unit, and ACT Health on 6205 1011 or email: daniel.coase@act.gov.au.

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. Topics covered in the course include:

- writing and math's for work;
- problem-solving;
- job-seeking strategies;
- resume, selection criteria and interview techniques;
- interview preparation;
- computing skills; and
- Work experience.

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 week 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.

To apply or for more information, please contact CIT on telephone: 6207 3188 or email info@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. The calendar can be accessed at: <http://www.communityservices.act.gov.au/women/Womens-Information-Empower,-Respect,-Connect>.

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.

More info: 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



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
- 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.

The guide is in English, Arabic, Bengali, Burmese, Dari, Farsi, Kurdish – Syrian, Kurdish – Kurmanji, Hazaragi, Pashto, Sinhalese, Tamil, Urdu and Vietnamese.

For more information, visit <https://www.dss.gov.au/settlement-and-multicultural-affairs/programs-policy/australian-government-support>.

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. If you are interested in discussing the sessions or are interested in booking a session please contact: Christine Bowman on 6230 7800 or email: christinebowman@hcca.org.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.

All the libraries have:

- 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 including Arabic, Farsi, Hindi, Mandarin, Vietnamese and Bengali.
- EBooks (books that can be read on electronic devices) and audio books you can listen to. These are great for practicing and learning English.
- 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. For example:
 - 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.

More Info: Joining the library is free and easy. Go to web site www.library.act.gov.au, telephone: 6205 9000 or ask staff at any library for help.

LANGUAGE EXCHANGE – CANBERRA

We are a club for anybody interested in learning or improving a second language, meeting new people from other cultures and being social. You don't have to be a great speaker and you can talk about anything you like. It starts at 6.30pm and usually finishes by 9pm. Just look for the flag table.

How it works: we have little flag stickers from different countries to signify your language and any languages you would like to learn.

Date: Every Tuesday
Time: 6.30pm to 9pm
Where: P.J. O'Reillys; (52 Alinga Street, Canberra)
Cost: Free event
More info: <https://www.meetup.com/Languageclub/>
<https://www.facebook.com/LanguageexchangeCanberra/>



Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au

