

# NEWSLETTER FROM COMMUNITY SERVICES



## ACT Multicultural Community E-News

### Edition 13 – 29 June 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](mailto:CommunityParticipation@act.gov.au)

Thank you.

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Further information can be found on the  
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### NEW - ACT DIVERSITY REGISTER

The ACT Diversity Register (the 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 Diversity Register is available at [www.diversityregister.act.gov.au](http://www.diversityregister.act.gov.au)

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

The ACT Government recognises and values our diverse community. 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 is proud to support this diversity. That is why we have set a 50% target for female representation on ACT Government boards and committees, and why 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.

### 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](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)



## Forthcoming Events

### STREET CHILDREN OF KABUL AND OTHER WORKS: AN EXHIBITION OF PAINTINGS, PHOTOGRAPHY AND HAND EMBROIDERED FABRIC BY HANGAMA OBAIDULLAH

Hangama Obaidullah came to Australia from Afghanistan as a refugee in August 2003. At that time she spoke no English, but in October 2003 she began her English language studies and rapidly completed 500 hours. Hangama enrolled as a mature age student at St Mary's Senior High School, Sydney NSW, graduating with her Higher School Certificate (HSC) in 2009. She received an Award for Excellence, Major Works, and a Commendation Award for her HSC body of artwork.

Since arriving in Australia, Hangama has developed her arts practice in painting, drawing, photography and writing. She moved to Canberra in 2010 where she is currently studying for a Bachelor of Writing at University of Canberra.

Hangama's work draws on her Afghani heritage, her homeland and its history. She espouses an aesthetic and philosophy of beauty, grace and community service. Her goal is to assist other Afghani women and children through her visual arts practice and her writing.

- Date:** From now till Saturday 30 June 2018
- Where:** Foyer Gallery, Tuggeranong Arts Centre, 137 Reed Street, Greenway
- Cost:** Free event
- More Info:** <https://www.tuggeranongarts.com/?s=Street+children+of+Kabul+>

### MIDWINTER ARTS AND 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](mailto:artsandcrafts@yarralumlauniting.org.au)
- We are asking for new artists and crafters to enquire about exhibiting their work for sale in the show.



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



## 2018 ACT CROSS COUNTRY CHAMPIONSHIPS

Entries for the 2018 ACT Cross Country Championships are now open. This event is being hosted by Little Athletics ACT, Athletics ACT and the ACT Masters Athletics Club and it will cater for athletes from U6 to 90 years plus.

**Date:** Saturday 30 June 2018

**Time:** From 9.20am

**Where:** Stromlo Forest Park, Opperman Ave, Stromlo

**More Info:** Entry Closing Date is at 9pm on Wednesday 20 June 2018. No on the day entries.

For more information contact Renée Cassell 6247 1296 or [executive@actlaa.org.au](mailto:executive@actlaa.org.au)

<http://actlaa.org.au/News/entries-now-open-for-the-2018-cross-country-championships>

## CONSCIOUS PARENTING

A new topic of this year organised by Integrated Cultures ACT Inc., Integrated Women's Network and Radio Harmony. Parents play a vital role in the lives of their children. They give them the foundations of self-identity, self-direction, motivation and purpose. But much of parenting is unconscious. This workshop will explore the daily dynamics in the family to identify some tools for conscious parenting.

Presenters of international repute:

Dr Pal Dhall was a senior surgeon at the Canberra Hospital.

Dr Tehseen Dhall worked as a research scholar in the area of medical science.

They have been educators in human values and parenting for several decades. They have written more than twenty books on human values and are Nationally Certified Trainers and Assessors. They have given talks, and presented at seminars, workshops, conferences both nationally and internationally.

**Date:** Saturday 30 June 2018

**Time:** 3pm to 5pm (registration from 2.45pm)

**Where:** Level 1 Gadai Chambers Woden (diagonally opposite Westfield Woden Plaza, entrance close to the roundabout)

**Cost:** free (light refreshments will be served)

**More Info:** RSVP to [iwomensnetwork@gmail.com](mailto:iwomensnetwork@gmail.com); [www.integratedcultures.org](http://www.integratedcultures.org)



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Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



## 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](mailto:joe.bailey@bigpond.com)

## CANBERRA YOUTH THEATRE'S (CYT) MUSICAL THEATRE INTENSIVE

The Musical Theatre Intensive aims to challenge stereotypical thinking around the craft of musical theatre. Artists aged 15 to 25 years will work individually and in an ensemble, experimenting with interpretation and meaning to perform songs in context, with honesty and heart. The tutor will guide participants to find the truth in their music and the intention behind the work. Rigour in musicality will be encouraged, along with best practice vocally and physically.

**Date:** 9 to 11 July 2018  
**Time:** 10am – 4pm daily  
**Where:** Ainslie Arts Centre, Elouera Street, Braddon  
**Cost:** Non-member: \$375 (include compulsory 2018 CYT Membership)  
Member: \$350  
**More Info:** For more information and to enrol, please call 6249 5057 or email [info@cytc.net](mailto:info@cytc.net)  
<http://www.cytc.net/workshops/specialised-intensives/>

## NEW - HIS HOLINESS THE DALAI LAMA'S BIRTHDAY CELEBRATION

Join the Canberra community to celebrate His Holiness the 14th Dalai Lama's 83rd birthday, featuring a three-course dinner and vibrant Tibetan cultural performances.

Nobel Peace Prize laureate and recipient of over 150 awards, honorary doctorates, prizes, and so on, as well as author or co-author of more than 100 books, His Holiness the 14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. His Holiness has worked tirelessly in Tibet's



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non-violent struggle for freedom and in promoting universal values of compassion, kindness, tolerance and wisdom.

Special guests include Mr Shane Rattenbury, Minister for Climate Change and Sustainability, Ms Elizabeth Kikkert, Shadow Minister for Multicultural Affairs and Ms Caroline Le Couteur MLA.

The event is jointly organised by the Tibet Information Office and the ACT Tibetan Community Inc.

**Date:** Friday 13 July 2018

**Time:** 6.30pm to 10pm

**Where:** Top of the Cross, Woden Southern Cross Club 92-96 Corinna Street, Phillip

**Cost:** Adult ticket: \$50

Child ticket: \$20 – up to 12 years old.

To purchase tickets, please visit: <http://www.ticketebo.com.au/canberratrungkar>.

Important: Tickets (both Adult and Child) available for purchase until 5 July 2018. When purchasing tickets, please specify any dietary requirements for yourself or others.

**More Info:** Please contact Ms Tsering Samkhar via email: [media@attc.org.au](mailto:media@attc.org.au), ph: 0424 940 481  
Facebook page: <https://www.facebook.com/CanberraTibetanCommunity/>

## WINTER AT CANBERRA YOUTH THEATRE'S HOLIDAY WORKSHOP

Bringing together a group of up to 16 young people in the autumn school holidays, our wonderful tutor will use drama games and exercises across a fun five-day program to build and develop skills in theatre. Catering for aged two to seven, our holiday programs are designed to build confidence and fundamental skills in voice, movement, character and story. For more information and how register please check out our website, [www.cyt.net](http://www.cyt.net).

**Date:** 16 to 20 July 2018

**Time:** 9am to 3pm each day

**Where:** C Block Theatre, Gorman Arts Centre, Batman Street, Braddon

**Cost:** Non- member: \$493.00 (\$15.60/hour + compulsory 2018 CYT Membership)

2018 CYT member: \$468.00 (\$15.60/hour)

Sibling discount: Enter SISBRO into the promotion box (at least two children must enrol to receive sibling discount)

Enrol at <http://www.cyt.net/workshops/holiday-workshop-program/>

**More Info:** [workshops@cytc.net](mailto:workshops@cytc.net) | 6248 5057



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Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)





### MULTICULTURAL LEADER DEVELOPMENT PROJECT

Migrant and Refugee Settlement Services (MARSS) has received funding from the Department of Social Services to deliver the Multicultural Leader Development Project (MLDP). This project aims to develop the leadership skills of existing and potential community leaders from new and emerging migrant communities to support cohesion in their community and enhance participation in economic and social opportunities in the ACT.

MARSS is promoting the MLDP through its network of community leaders and clients, and other channels.

The project is designed to upgrade the skills of existing leaders, enrich community experience and encourage young people to become involved in community self-help activities.

Participants will be introduced to a range of leadership approaches to enhance skills encompassing communication, managerial and business, media, planning and delivery of community activities.

Practical experience within the program will include working together to organise a Harmony Day event for their families and friends.

Community leaders or their nominees interested in participating in the MLDP will meet for the first time on Monday 4 June 2018.

Participants will be men and women aged 18 and over are expected to have settled in Australia for at least 12 months and may already be considered community leaders.

If you know of men and women aged 18 and over from new and emerging communities who you think might want to participate in the modules, please contact MARSS reception on 6248 8577 or email Andrew Kazar at [cdp@marss.org.au](mailto:cdp@marss.org.au).

### MEN'S OUTREACH WORKSHOPS

Migrant and Refugee Settlement Services (MARSS) will run a series of Men's Outreach Workshops (MOW) which will 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 participants will be men only as MARSS understands the need for a gendered specific initiative, they will be selected from new and emerging communities within Canberra with the support of Community Leaders.

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, Iranian, Mon, Indian, Sri Lanka and Bangladesh.

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

The groups attending the scheduled sessions are as follows:

June 16 – Sudan and Sierra Leone

August 4 or 11 – Afghanistan, Iraq and Iran

October 6 or 13 – India, Sri Lanka, Bangladesh

February 2 or 9 – Mon and Karen

Each session will run on Saturdays 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 know of men aged 18 and above from any of the above communities who you think might want to participate in these workshops, please contact MARSS reception on 6248 8577 or email Andrew Kazar at [cdp@marss.org.au](mailto:cdp@marss.org.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

**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



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



**Cost:** Free

**More Info:** Contact us for more information or to make an appointment.  
Phone: 6205 1078  
Email: [womenshealthservice@act.gov.au](mailto: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 till 5 July 2018

**Time:** 12pm to 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](mailto: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



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



- 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

**Date:** Ongoing

**Where:** Through ACT and Queanbeyan

**Cost:** Free

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

## 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](mailto: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](mailto:joanna.bragg@act.gov.au)

**Phone:** 6207 5745

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



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://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](mailto: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](mailto: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;



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



- 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](http://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](mailto: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](http://www.yogawithmallika.com.au)

**More info:** Telephone: 0427 466 667, or Email: [yogawithmallika@gmail.com](mailto:yogawithmallika@gmail.com)

## 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](http://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](http://www.mes.org.au)

**Contact:** Email: [info@mes.org.au](mailto:info@mes.org.au) or Telephone: 6100 4611



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## 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](mailto: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](mailto:CommunityParticipation@act.gov.au) or on Telephone: 6207 0555 for assistance.



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



## 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 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.

**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  
Telephone: 6205 6998 or Email: [Nicole.king@act.gov.au](mailto: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 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](mailto:tis.lpl@homeaffairs.gov.au)

For more information visit the Department of Social Services' website: [www.dss.gov.au](http://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](http://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](https://translating.dss.gov.au)

The Free Translating Service Helpdesk can also be contacted:

By email: [fts@migrationtranslators.com.au](mailto: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](http://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](mailto: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. 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.



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



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](mailto: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](mailto: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.



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



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](mailto: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](mailto: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](mailto:dkordes@mifellowship.org)



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



## 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](mailto: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.



Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



**More Info:** Joining the library is free and easy. Go to web site [www.library.act.gov.au](http://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/>