

NEWSLETTER FROM COMMUNITY SERVICES



ACT Multicultural Community E-News

Edition 14 – 13 July 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.

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NEW - NOMINATE NOW: AUSTRALIAN OF THE YEAR AWARDS

If you know a remarkable Canberran who inspires you, then why not nominate them for the Australian of the Year Awards? They could be a quiet achiever, a leader in their field of work, a household name, or a community member quietly changing people's lives for the better.

It only takes one nomination for someone to be in the running for the Awards. You can nominate an Australian of the Year, Senior Australian of the Year (65 years and over), Young Australian of the Year (16 to 30 years) or Australia's Local Hero.

Nominations close on **31 July 2018**. Visit australianoftheyear.org.au to nominate today.

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

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

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

Forthcoming Events

NEW - JANE RUTTER: LES BIJOUX DE LA FLûTE FRANÇAISE (GEMS FROM THE FRENCH FLUTE)

A celebration of French culture on Bastille Day, with legendary Australian flautist, Jane Rutter, Chevalière des Arts et Lettres, who performs music from Debussy, Marais, Ravel, Aznavour, Edith Piaf's La Vie en Rose and Cole Porter's I Love Paris.

Date: Saturday 14 July 2018
Time: 2pm
Where: James O Fairfax Theatre, National Gallery of Australia, Parkes Place
Cost: Tickets: \$50 for adults, \$45 for concession and \$40 for NGA members
Booking online: nga.gov.au/whatson or visit at the front desk of the National Gallery
More Info: 6240 6701 (Mon-Fri)

NEW - ILBIJERRI THEATRE COMPANY: WHICH WAY HOME

A road trip comedy 80,000 years in the making.

Tash and her Dad are going on a road trip. Home to country, where the sky is higher, and the world goes on forever.

It's a long way from the wide streets and big old houses of Tash's childhood. Two Black faces in a very white suburb. Dad still thinks he is the king of cool, but he's an old fella now. It's time for Tash to take him home.

ILBIJERRI Theatre Company tells stories about what it means to be Indigenous in Australia today. Infused with humour and heart Which Way Home draws on writer Katie Beckett's own memories of growing up with her single Aboriginal father.

Date: Wednesday 18 July 2018
Time: 11am and 7pm
Where: Tuggeranong Arts Centre Theatre, 137 Reed Street, Greenway
Cost: \$20 Adults, \$15 Concession
Book online: <https://www.trybooking.com/TGFL>
More Info: 02 6293 1443 or info@tuggeranongarts.com



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



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 children 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 to register please check out our website www.cytic.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.cytic.net/workshops/holiday-workshop-program/>
More Info: workshops@cytic.net or phone 6248 5057

NEW - SPECIAL EASY DANCE WORKSHOP WITH ANDRÉ VAN DE PLAS

André van de Plas is a professional world dance teacher visiting Canberra from the Netherlands. André believes that dancing should be fun at all levels, at all times, for everyone. Come along and discover the wonderful music and dance of cultures from around the world and get warm too.

Date: Saturday 21 July 2018
Time: 10am to 1pm
Where: Folk Dance Canberra Hall, 114 Maitland Street, Hackett
Cost: \$18
More Info: Website: www.folkdancecanberra.org.au
(See website for full details of André's weekend workshop)
Email: folkdancecanberra@gmail.com
6241 2941 (Suzanne)



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



NEW – K-WIND SOUL BEAT

The Embassy of the Republic of Korea and Korea Foundation co-host the biggest Korea heritage show “K-WIND SOUL BEAT” in the heart of Canberra.

Famous Korean performance teams including *Kim Juhong’s Ensemble Noreum Machi*, *Gorilla Crew* and *Mira Dance Company* will provide the great opportunity for Australians to feel traditional and modern rhythm and also beautiful dance of Korea.

Date: Thursday 26 July 2018

Time: 6.30pm

Where: The Play house

Canberra Theatre Centre, Civic Square, London Circuit, Canberra

Cost: Free Admission but booking is essential

(Booking via <https://canberratheatrecentre.com.au/show/k-wind-soul-beat/>)

More Info: For any questions regarding “K-WIND SOUL BEAT”, please contact the Korean Embassy culture-au@mofa.go.kr or 6270 4100).

NEW - TWILIGHT CLASSICAL CONCERT SERIES: MYSTERY AND MAGIC AT TWILIGHT

Featuring the rising musical stars of the ACT

Don’t miss this chance to hear some of Canberra’s most outstanding young musicians in a highly appealing program of solo, duo and trio combinations.

The program offers a feast of well-loved works by the greats, combining the mystery of Beethoven’s *Ghost Trio*, with the magic of Schumann’s captivating *Fairy Tales* for Clarinet, Viola and Piano and Granados’ haunting *Lover and the Nightingale*.

Artists:

- Shirahni Mudaliar – Violin
- Yona Su – Viola
- Ariel Chou – Cello
- Aisha Ward – Clarinet
- Mia Huang, Katrina Tang, Linus Lee – Piano



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



Date: Sunday 29 July 2018
Time: 5pm
Where: Tuggeranong Arts Centre Theatre, 137 Reed Street, Greenway
Cost: \$35 adults, \$20 students
Book online: <https://trybooking.com/VXGO>
More Info: 02 6293 1443 or info@tuggeranongarts.com

NEW - MY HEALTH RECORD- WHAT'S IN IT FOR ME?

Are you wondering what all the fuss is about? All Australians will soon have an individual, digital health record created for them - unless you decide not to. This health record is called *My Health Record*.

If you'd like to know more, or have questions such as:

- What information will be put on *My Health Record*?
- Who can see it?
- Who controls it?

Come along to a **free** presentation which can help you decide if it's right for you.

If you bring your own laptop or tablet, we can show you how to view a *My Health Record*.

This seminar is supported by the Health Care Consumers' Association and the Chronic Conditions Seminars Series.

Date: Tuesday 31 July 2018
Time: 10am-12pm
Where: HCCA meeting room, 100 Maitland Street, Hackett
Cost: Free event
More Info: Morning tea will be provided
Please RSVP to Admin Officer adminofficer@hcca.org.au or 6230 7800 with any dietary requirements you have. Transport assistance may be available.



Further information can be found on the
Community Services website at 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.

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 Saturday from 10am to 4pm and includes morning tea, lunch and afternoon tea.

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

If you 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

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



Cost: Free

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

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
<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

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



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



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 contacting Vicky Saunders on 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)



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



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

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.



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



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 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



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)

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



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.



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



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



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

