



ACT Multicultural Community E-News

Edition 15 – 26 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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Further information can be found on the
Community Services website at www.CommunityServices.act.gov.au



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NEW - DISABILITY INCLUSION GRANTS - CLOSING SOON

The Disability Inclusion Grants are a one-off grant of up to \$20,000 for a project or initiative for community organisations, sport and recreation groups and clubs and small businesses to become more inclusive and accessible for people with disability.

This could include:

- training – such as Auslan (sign language) or disability awareness training for your staff;
- assistive technology or equipment – such as a hearing loop or height adjustable benches;
- infrastructure modifications for your premises – such as widening of doors or installation of ramps;
- a project – an accessibility audit of your services and the development of a Disability Inclusion and Action Plan; and
- printing – of your key documents or brochures into Easy English, or the development of picture cards with information.

Grants may be applied for to cover the cost of the project in full or in part.

Applications close on **31 July 2018**. For more information and to apply visit http://www.communityservices.act.gov.au/disability_act/disability-inclusion-grants

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.

NEW - THE YOUTH INTERACT GRANTS ARE NOW OPEN

The Youth InterACT Grants encourage young people to develop, implement and facilitate youth focused projects in the ACT community.

This program provides funding for innovative new projects for young people aged 12 – 25 years old to lead and participate in. Funding up to \$1500 for each project is available.

The grants encourage young people to develop, implement and facilitate youth-focused projects within their community.

For further details, application forms and guidelines contact Youth InterACT on 6205 3064 or visit <https://dhcs.smartygrants.com.au/2018-19YouthInterACTGrants>

Applications close on **Monday 20 August 2018**.

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



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



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

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 - PERU’S FLAG-RAISING CEREMONY

The Embassy of Peru in Australia will raise the Peruvian flag in Latin American Plaza as part of the celebration of the 197th anniversary of the Independence of Peru. The Peruvian community in Canberra is cordially invited to attend this event which will also include the national anthem of Peru.

- Date:** Friday 27 July 2018
- Time:** 10am
- Where:** Latin American Plaza, 38 Childers Street, Canberra
- Cost:** Free event
- More Info:** Phone number: 6273 7351 / E-mail: embassy@embaperu.org.au



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



NEW - CATHOLIC MASS FOR NATIONAL DAY OF PERU

A mass will be celebrated at St. Christopher's Cathedral as part of the celebration of the 197th anniversary of the Independence of Peru.

Date: Saturday 28 July 2018
Time: 12.15pm
Where: St. Christopher's Cathedral, 55 Franklin Street, Forrest
Cost: Free event
More Info: Phone number: 6273 7351. E-mail: embassy@embaperu.org.au

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

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



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



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.

NEW - SEMINAR FOR MEN AND WOMEN OF ANY AGE WHO WANT TO LOOK BETTER, FEEL SHARPER AND ENJOY LIFE LONGER

A unique opportunity to meet Natasha Lukin, human biologist, neuro-linguistic programming life coach, a best-selling author and wellness advisor, and draw on her many years of expertise and training in all aspects of human health, beauty and the role, the mind plays in our success. She is looking forward to sharing her knowledge, ideas and experience which are summarised in her new book *The Lukin Longevity System*.

Date: Saturday 11 August 2018

Time: 2pm

Where: Theo Notaras Multicultural Centre, 180 London Circuit, Civic

Cost: Free event

Please register for the event by calling or texting to Kira on 0404 234 193 or email to: natasha@lukinlongevity.com



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



NEW – MUSIC AT MIDDAY

We are proud to announce Arthritis ACT is the featured charity at Canberra Theatre Centre's Music at Midday on Tuesday 14 August 2018. Come down at either 11am or 12.30pm and for a gold coin donation you can enjoy The Royal Military College band playing their take on modern hits as well as some old favourites. It will be a lovely way to spend a morning or lunchtime benefiting a great cause.

Date: Tuesday 14 August 2018
Time: 11am and 12.30pm
Where: Canberra Theatre Centre, Civic Square, London Circuit, Canberra
Cost: Entry by gold coin donation

NEW – PARENTING TO DEVELOP THE BRAIN OF YOUR CHILD CONSCIOUSLY AND OPTIMALLY

A new topic, following on from the conscious parenting session on 30 June 2018, organised by Integrated Cultures ACT Inc., Integrated Women's Network and Radio Harmony. It is a standalone session and all are welcome to attend including previous participants.

Parents play a vital role in the lives of their children. They give them the foundations of self-identity, self-direction, motivation and purpose. Through parenting practices they develop their child's physical and mental health, emotional resilience, and intellectual capacity. However they are not often aware of the important factors which determine these various aspects of the child's personality as much of parenting is unconscious. This workshop will explore the daily dynamics in the family to identify some tools for optimally developing these key skills and particularly the brain of your child through good parenting practices.

Presenters of international repute Professor 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 20 books on human values. They are nationally certified trainers and assessors. They have given talks, and presented seminars, workshops, conferences both nationally and internationally in many countries.

Date: Saturday 1 September 2018
Time: 3pm to 5 pm (registration from 2.45pm)
Where: Gadal Chambers (level 1), Woden (it is diagonally opposite Westfield Woden Plaza, entrance is close to the roundabout)
Cost: Free (light refreshments will be served)
More Info: RSVP to iwomensnetwork@gmail.com; www.integratedcultures.org



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



NEW - NATIONAL COUNCIL OF WOMEN AUSTRALIA - TRIENNIAL CONFERENCE

The National Council of Women Australia (NCWA) Triennial Conference has delegations from all NCW Constituent Councils. There are members only meetings and workshops on 16 October, and on the afternoon of 17 October, including training for the National Council of Young Women.

The public conference: 9am on Thursday 18 October will be opened by the Minister for Women the Hon Kelly O'Dwyer MP. Conference MC is Genevieve Jacobs. Presentations from Terri Butler MP, Sharon Claydon MP and Trish Bergin from the Office of Women, Department of Prime Minister and Cabinet.

Speakers: We have Australia's foremost the leading experts, in the field, such as:

- **Libby Lyons** - Director of the Workplace Gender Equality Agency
- **Sally Loane** - CEO Financial Services Council
- **Dr Sharman Stone** - The Australian Ambassador for Women and Girls
- **Virginia Haussegger** – AM Adjunct Professor, Director 50/50 by 2030 Foundation
- **Liza-Jayne (LJ) Loch** - Chair of NOW Australia
- **Troy Roderick** - Specialist in Diversity & Inclusion 2017 Conference photos
- **Professor Margaret Jolly** - Convenor of the Gender Institute ANU
- **Kate Jenkins** - Sex Discrimination Commissioner
- **Bonnie Millen** - National President People with Disability Australia
- **Phyllis Williams** – Chairperson, Housing for the Aged Action Group
- **Dr Skye Saunders** - Associate professor at Law, ANU Gender and law expert

NCWA awards- Encouragement Award, Senior Service Award and NCWA Woman of the Year, will be presented, by our patron Lady Cosgrove (TBC) at the conference dinner.

Date: 17 – 19 October 2018

Time: 9am to 5pm

Where: QT Hotel, 1 London Circuit, Canberra

Cost: Conference Cost early bird rates: members: \$330, non-members: \$375
After 31 August members: \$350, non-members: \$395
Dinner: members: \$70, non-members: \$80

More Info: To book go to <http://www.trybooking.com/WQBX>
Kate Wright: klwright266@gmail.com



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



NEW - OPPORTUNITY FOR YOUTH IN YOUR ELECTORATE - SHIP FOR WORLD YOUTH – 2019

The Japanese Cabinet Office, supported by Ship for World Youth Australia and the Japanese Embassy in Canberra, is inviting 11 young Australians (18-30) and a national leader (30 plus) to represent Australia for a six-week global leadership and cross-cultural programme from 15 January 2019 to 1 March 2019. The program is called the 'Ship for World Youth' (or SWY) and has been running since 1967.

The program consists of a multi-day cultural exchange and homestay in a Japanese prefecture, one week of 'on-shore' training in Tokyo which is a mixture of lectures, tutorials and excursions and then four weeks onboard the Nippon Maru continuing study and visiting the Australian ports of Darwin and Brisbane.

As part of this program, participating youth will be able to interact with like-minded youth from around the world and also develop their communication, leadership and management skills. Participants attend a variety of lectures on board and are invited to run their own seminars and discussions. The core subjects of leadership, cross-cultural understanding and project management are supported by lectures in topics which in recent years have included: children's rights, education, lifestyle-related diseases; social innovation for sustainable development and conversations about empowering self and others.

The program is fully sponsored (there are small costs for uniform etc. Past participants have fundraised for this).

Program lecturers are world leaders in their fields and the global networks that participants will develop will be invaluable to their careers.

To apply for or for information on the Ship for World Youth Leaders, visit www.swyaus.org or

Email: info@swyaus.org

Facebook: [Ship for World Youth - Australia](https://www.facebook.com/ShipForWorldYouthAustralia)

Below is a Facebook link calling for applications.

<https://www.facebook.com/ShipForWorldYouthAustralia/photos/a.884073408308551.1073741833.847828018599757/1704073666308517/?type=3&theater>

Applications close 5pm AEST Friday **1 August 2018**.

NEW - INTERESTED IN A CUSTOMER SERVICE OFFICER ROLE ON BOARD LIGHT RAIL?

Canberra Metro Operations will host a career expo where staff will be onsite ready to speak with job seekers interested in pursuing a career in light rail:

Where: Eastlake Football Club – **GUNGAHLIN**

When: Thursday 2 August 2018

Time: 5.30pm to 7.30pm

What: Bring your resume

One of the positions Canberra Metro Operations will be recruiting at the career expo will be customer service officer.

As a frontline ambassador for light rail you will be the direct contact for our passengers at stops and on board. If you are passionate about customer service and enjoy working in a dynamic environment, we are keen to meet you. This is a great opportunity for those who want a career change, who are looking to get back into the workforce, or just want a new challenge doing a job that they can enjoy.

We will have information on the types of positions on offer now and in the future and our general manager, operational manager, safety manager, drivers, hr, finance staff, engineers and technicians will be on hand to answer any questions.

We are looking for people who are resilient, supportive, caring, hands on and positive. Our training program is designed to equip you with all the knowledge you'll need to perform your role.

Our company is passionate about fostering career pathways and diversifying our workforce and encourage women and Indigenous Australians to apply.

All applicants to positions with Canberra Metro Operations must have the right to live and work in Canberra.

Keen to know more or want a position description for our customer service role? Please email: careers@cbrmetro.com.au

For more information [download our brochure](#)

NEW - THE PRACTICE OF DOWRY AND THE INCIDENCE OF DOWRY ABUSE IN AUSTRALIA

On 26 June the Senate referred the provisions of the practice of dowry and the incidence of dowry abuse in Australia to the Legal and Constitutional Affairs References Committee for inquiry and report by 6 December 2018.

The complete terms of reference for the inquiry can be found below.



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



More information on the committee and the inquiry process can be found on the committee's website at:

www.aph.gov.au/Parliamentary_Business/Committees/Senate/Legal_and_Constitutional_Affairs

Submissions

The committee invites you to make a submission, which should be received by **17 August 2018**. Please note that you are welcome to let other individuals or organisations know about the inquiry, should you consider that they may be interested in making a submission to the inquiry.

Submissions can be made online at

http://www.aph.gov.au/Parliamentary_Business/Committees/OnlineSubmission or via email to legcon.sen@aph.gov.au

For information about making submissions visit:

http://www.aph.gov.au/Parliamentary_Business/Committees/Senate/Making_a_submission

Submissions become committee documents and are made public only after a decision by the committee. If your submission is accepted as public it will be published on the internet. If you would like to make a confidential submission or to have your name withheld from publication, please state this clearly at the time you make your submission.

You should not circulate or publish your submission before it is made public by the committee. Submissions are covered by parliamentary privilege but the unauthorised release of them is not protected.

More information

For information about Senate inquiries visit:

http://www.aph.gov.au/Parliamentary_Business/Committees

If you have questions please telephone 6277 3560 or email legcon.sen@aph.gov.au

NEW - UNSW SYDNEY RESEARCH PROJECT

Is there a need for a highly specialised intellectual disability mental health service in NSW?

Seeking participants who speak Arabic, Chinese or Vietnamese.

A research team led by Professor Julian Trollor at the Department of Developmental Disability Neuropsychiatry, UNSW Sydney, aims to improve access to mental health care for people with an intellectual disability and co-occurring mental ill health.

Part of their work is to undertake a scoping study to determine if mental health services in NSW would benefit from additional support or advice from a highly specialised intellectual disability mental health service. This study also aims to determine, if a highly specialised intellectual disability mental health service is needed, how it could best operate in NSW.

The team would like to hear from people who support a person with an intellectual disability and co-occurring mental ill health. To facilitate wider engagement with the community, the team is seeking participants who would like to complete the survey in Arabic, Chinese or Vietnamese. Participation in the study involves responding to a survey that takes approximately 15 minutes to complete.



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



If you would like more information in Arabic, [please click here](#)

If you would like more information in Chinese, [please click here](#)

If you would like information in Vietnamese, [please click here](#)

If you would like more details please contact Claire Eagleson, project officer, at IDMHWorkforce@unsw.edu.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.



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



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



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



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

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/>



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

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)

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>



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



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 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.

An example of unlawful discrimination is when someone is refused service at a restaurant because of their race.



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



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

