



ACT Multicultural Community E-News

Edition 21 - 18 October 2018

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

For urgent and short notice updates and requests, a special edition E-News can be issued.

**Contact The ACT Office for Multicultural Affairs via
CommunityParticipation@act.gov.au**

Thank you.

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Grants and Awards

2019 ACT Youth Week Grants – closes on 5 November 2018

The Grants Program (formerly National Youth Week) has now opened and will be held from Friday 12 April to Sunday 21 April 2019.

This Grant Program provides funding for innovative new projects that enable young people aged 12 to 25 years old to lead and participate in community development activities targeted for other young people in Canberra and the region. Funding amounts of up to \$1500 for each project are available.

The aim of the 2019 Youth Week Grants Program is to support young Canberrans in the development of new and innovative activities, events or projects. Projects can be facilitated through:

- building supportive connections between community members using sport, recreation, cultural and creative activities and events;
- organising and running events;
- increasing opportunities for young people to participate in local community events, activities and youth related causes;
- recognising the contribution that young people make to their local communities; and
- increasing opportunities for young people through the development of leadership skills, project management skills, networking encounters plus team work, communication and decision-making skills.

For further details, contact Youth InterACT on 6205 3064 or visit

<https://dhcs.smartygrants.com.au/2019ACTYouthWeek>

2018-19 Participation (Multicultural) Grant Program

Community Services Directorate on behalf of the ACT Government is pleased to announce the 2018-19 Participation (Multicultural) Grant Program.

This Grant Program highlights and promotes community participation and cohesion, cultural diversity and social inclusion in the Australian Capital Territory (ACT).

Eligible organisations may apply for funding for the following:

1. Community Radio Stations and Multicultural Community Broadcasters; and
2. Multicultural community participation, social harmony and inclusion initiatives

Applications must demonstrate an active focus on projects, activities or initiatives to be held **from 1 January to 31 December 2019** that contribute to one or more of the following:

- strengthening and promoting a multicultural community;
- strengthening community participation and cohesion, cultural diversity and social inclusion;
- promoting Aboriginal and Torres Strait Islander culture and heritage in the context of a diverse multicultural community;

- raise awareness of domestic violence issues in multicultural communities; or
- employment and re-skilling programs and services for multicultural communities so they remain active and productive.

Before starting the online application please read the attached Grant Guideline and make sure your project meets the priority areas highlighted in the guideline.

The link to apply for the 2018-19 Participation (Multicultural) Grant is:

<http://www.communityservices.act.gov.au/home/grants#multicultural>

Please note this grant round closes midday on Monday 19 November 2018.

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 childcare 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 \$1,000 (GST exclusive) in assistance for women enrolling in training or other employment associated costs that will improve their workforce skills or capacities.

For more info:

http://www.communityservices.act.gov.au/women/grants_and_awards/return-to-work/return-to-work-grants-program-guidelines

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: 6205 3064

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

Forthcoming Events

Faster

Canberra Youth Theatre (CYT) present Faster, an original devised work employing live painting. Faster explores the speed at which our lives move as we journey through adolescence - both externally and internally. Faster will be performed outdoors in the West Courtyard, Gorman Arts Centre and the performance has been developed collaboratively by the cast aged between 13 and 18 years and the Directors Emily Sheehan and Kyle Walmsley. The performances will examine both the emotional and biological changes we experience as we move through adolescence and it is a moving piece that articulates the power of the adolescent voice.

Date: Thursday 18 October - Saturday 20 October 2018
Time: 7:30pm
Where: The West Courtyard, Gorman Arts Centre, Braddon
Cost: \$12 - \$17
More Info: CYT media officer Claire Holland at info@cytc.net
tickets at <http://www.cytc.net/production/faster-2/>

Health Consumer Participation Training

The Health Care Consumers Association (HCCA) runs free training courses (2 days) to help people navigate the health system, learn about their healthcare rights and how to use their knowledge as a consumer to advocate for themselves and their community.

Date: Saturday 20 October and Saturday 27 October 2018
Time: 10:00am - 3:00pm
Where: HCCA Meeting Room, ACT Sports House, 100 Maitland Street, Hackett, ACT, 2602
Cost: FREE Event
More Info: Morning tea and lunch will be provided.

To register: Tel: 6230 7800 or Email: adminofficer@hcca.org.au

Transport assistance may be available. Training courses are held twice a year. If you miss this one, please ask about future training dates.

Speed Talking French

Do you want to practise or improve your French vocabulary and meet native speakers?

If you answer yes to at least one of the questions, you should come to our Speed Talking.

Here is the concept: Sit, chat... rotate every 10 minutes.

The topic for our next session is: "The Journey"

At the break, you can also enjoy a glass of wine with us or a cheese platter.

Cheese platter available for \$12. Pre-ordering is essential.

Date: Tuesday 23 October 2018
Time: 5pm - 6pm
Where: Alliance Française de Canberra 66, McCaughey Street Turner
Cost: \$5.00 entry fee Member ticket: \$2.5
More Info: https://www.afcanberra.com.au/community/event-rsvp/?event_id=452
61 2 6257 6696 / 61 2 6257 2140 or on email enquiries@afcanberra.com.au

'Dans Românesc' Romanian Dance

Dancing for everyone led by Gary Dawson 'dansator superbă' Australian expert in Romanian dance. Canberra's own 'Super Rats' band play energetic and authentic Romanian folk on traditional instruments: cimbalom, accordion & bass.

Date: Saturday 27 October
Time: 2pm - 4:30pm
Where: Folk Dance Canberra Hall, 114 Maitland Street, Hackett
Cost: \$18 (\$15 FDC members)
More Info: 0411 247 847 (Suzanne) Website: <http://www.folkdancecanberra.org.au>
Email: folkdancecanberra@gmail.com

Diwali Gala Dinner 2018 - Saturday 3 November 2018 at 6:30pm

The Canberra India Council (CIC) invites you a magical evening of fun and celebration on the auspicious occasion of Diwali. A live and interactive event which will be packed with entertainment, prizes and gifts. An exciting party that has something for everyone, from very young to older Canberrans; featuring a sit down five-star gourmet dinner, fine wines, fusion dance performances, an intriguing magic show and charity auctions with great prizes. An evening to remember for the whole family.

Dress code: Black Tie with smart formal
Venue: Hyatt Hotel Canberra, 120 Commonwealth Ave, Yarralumla
To book: Trybooking.com.au
Contact: info@canberraindiacouncil.org

FREE Public Seminar - Chronic Conditions and Relationships *Saturday 3 November 2018*

Health Care Consumers Association Inc is providing information sessions to increase community health literacy. In this opportunity we will talk about Chronic Conditions and Relationships.

We know that living with long term conditions can affect our partnerships, and our desire and ability to maintain emotional and physical relationships. For many of us, personal relationships are an important part of our wellbeing. The subject is often avoided within our groups or in our conversations.

This seminar doesn't have all the answers, but has been designed to start the conversation. A panel of consumers, carers and health professionals will offer different perspectives on relationships. Carers, consumers and staff from groups supporting people with chronic conditions are also welcome to attend.

Time: 2pm to 4pm
Where: Maitland House, 100 Maitland Street, Hackett
Cost: Free entry
More info: For RSVP, call 6230 7800 or email to adminofficer@hcca.org.au

Canberra Diwali Mela 2018

Date: Sunday 4 November 2018
Time: 3pm to 9pm
Where: Civic Square, London Circuit, Canberra City
Cost: Free entry
More Info: 0497 000 007 or canberradiwalimela@gmail.com
www.facebook.com/CanberraDiwaliMela

Aged Care Information Day

Did you know that you can receive government funded services as you get older? Come along and learn everything you need to know about Aged Care Services.

Date: Monday 19 November 2018
Time: 10am to 3pm
Where: Hellenic Club Woden, Matilda Street, Woden
Cost: Free event
Catering: Lunch
To Book: phone 4229 7566 or email admin@mcci.org.au or <https://caldwaysact.eventbrite.com>

* **Book by 12 November 2018** - Group bookings welcome

* Phone us to enquire about transport

* Bilingual staff and volunteers available on the day

Funded by the Australian Government

"Florescence of Diversity" Fundraising Dinner

The Multicultural Disability Advocacy Association (MDAA) is a peak organisation advocating for people from a culturally and linguistically diverse (CALD) background with disability, their families and carers.

MDAA is holding a fundraising dinner, The Florescence of Diversity, on 23 November 2018 commencing 4pm at Blacktown Workers Club which is also a pre-celebration of the International Day for People with a Disability with our Patron Assistant Professor Dr Munjed Al Muderis, Human Rights Activist and Leading International Orthopedic Surgeon as guest speaker.

We would like to invite you to this event and help support MDAA's projects for people with disability their families and carers. Please let us know if you can come. We have attached your invitation and registration form.

Cost: \$50.00 (Dinner and Entertainment)

RSVP: by 16 November 2018

For more information please e-mail: mdaa@mdaa.org.au or call 1800 629 072 www.mdaa.org.au

Christmas Fair and Open Day 2018

Join us for our Christmas market on Saturday **17 November from 10am to 3pm** and get into the festive spirit with over many stalls to choose from inside and out.

We'll have everything you need from unique handcrafted artisan gifts, Christmas decorations to French clothes, cheeses, wines, bread and pastries. Perfect for your Christmas shopping "à la française".

Also, there'll be plenty of delicious street food options, so you will be able to enjoy the good weather (hopefully) and have some "crepes" or some international food outside in our garden. There will be Music live too and animations for children planned all day. We are offering a 10 percent discount for anybody who registers to French classes on this day.

Date: Saturday 17 November 2018

Time: 10am to 3pm

Where: Alliance Française de Canberra 66, McCaughey Street Turner

Cost: FREE

More Info: https://www.afcanberra.com.au/community/event-rsvp/?event_id=449

Call on 6257 6696 / 6257 2140

email: enquiries@afcanberra.com.au

Concert Nicola Són

Never been to Brazil or France? With Nicola Són, you travel to both countries.

This is a story of a French Man who fell in love with Brazil... Come to celebrate the spring with Nicola Són and his band for an exotic and hot rhythms night at the Alliance Française.

Nicola Són is certainly the most Brazilian of the French. A native Parisian of Armenian descent, singer, songwriter and guitar-player Nicola Són has been a permanent resident of São Paulo, Brazil's largest city, from 2013 to 2018.

In a previous album trilogy, the artist explored different areas of Brazil and their specific rhythms. Nicola Són released 4², a new EP, on April 6, 2018.

The disk features 4 songs all co-written in Portuguese with his long-time Brazilian friend and collaborative lyricist, journalist Igor Ribeiro.

Following a 4X4 concept, the tracks were recorded in 4 different Brazilian cities, each time with different local producers,

Márcio Arantes in São Paulo, Daniel Montes in Rio de Janeiro, Hugo Lins in Recife and João Antunes in Belo Horizonte.

To celebrate the release of this new soulful project, Nicola Són will be making his debut on the Australian music scene in November and December 2018 with a tour of over 16 dates across 4 States

and 10 cities starting in Canberra (November 21) and ending in Melbourne at the famous Bird's Basement (December 12 to 16).

Date: Wednesday 21 November 2018
Time: 8pm to 11pm
Where: Alliance Française de Canberra 66, McCaughey Street Turner
Cost: Tickets prices: \$25 entry Member: \$21 Students: \$15
More Info: https://www.afcanberra.com.au/community/event-rsvp/?event_id=454
61 2 6257 6696 / 61 2 6257 2140 / enquiries@afcanberra.com.au

Let the Sun Set on Violence

The Capital region is coming together as a community on the "International Day for the Elimination of Violence Against Women". The Canberra Rape Crisis Centre and White Ribbon Australia will host an important reception to "Let The Sun Set on Violence" with their twilight event. The inaugural event will look to continue the important conversation we all need to be having, and helps support Canberra based organisations who are dealing with the aftermath of violence against women daily. All profits from this fundraising event will go directly to helping those dealing with this on the ground and to spreading the important message to set the sun on violence for good.

All profits raised will be shared equally between White Ribbon Australia and the Canberra Rape Crisis Centre.

Date: Sunday 25 November 2018
Time: 6pm to 9pm
Where: Margaret Whitlam Pavilion, National Arboretum, Canberra
Cost: \$120 (canapes and non-alcoholic drinks included)
More Info: Book through Eventbrite
<https://www.eventbrite.com.au/e/let-the-sun-set-on-violence-2018-tickets-48863434849>
The Facebook page for the event is at
<https://www.facebook.com/events/2059442654366615/>

Little Athletics ACT Registrations

Let your kids learn how to run, jump and throw in a fun and friendly environment. With so many options on offer there is an event for everybody! Our centres provide opportunities for children aged between five and sixteen to make friends outside of school in a positive environment focused on the philosophy of family, fun and fitness. Parents and carers can make new friends at Little A's too. Volunteering to help rake the long jump pit or time-keep running events is a great ice-breaker that can help create long lasting friendships for you and your family. The 2018/2019 season runs from October to March and registrations are now open.

To registrar: www.actlaa.org.au or call (02) 6247 1296.
Facebook - <https://www.facebook.com/LittleAthleticsACT/>
Twitter- <https://twitter.com/LittleAthsACT>

Notices

Alex Stuart Quintet: Aftermath

The critically acclaimed, Paris-based guitarist Alex Stuart returns to his home-town to release his fourth album, *Aftermath*.

This time he brings his French band, which features a stellar cast of some of Paris's finest jazz musicians. Between them they have performed with many jazz and world music greats.

Aftermath's title track was Alex's first composition following the November 2015 attacks in Paris. It was triggered by that terrible event, but inspired in particular by Paris's defiant return to life in its aftermath. The album's compositions are influenced by the dark turning points the world is facing today, but also by the omnipresent and evident beauty that surrounds us – from the urban landscapes of Paris to the wild coasts of Australia. These inspirations feed into an intuitive and cross-cultural music that defies boundaries, blending jazz, rock, pop, groove and the music of many of the world's traditions.

Date: Saturday 20 October

Time: 8pm

Where: The Street Theatre, 15 Childers Street, Canberra City West

Cost: \$27 - \$35

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

Invitation to attend National Mosque Open Day

You are cordially invited to attend National Mosque Open Day on Saturday 27 October 2018.

Date: Saturday 27 October 2018

Time: Between 10am to 3pm at Canberra Islamic Centre
Between 11am to 3pm at Gungahlin Mosque

Where: **Canberra Islamic Centre** at 221 Clive Steele Avenue, Monash
Gungahlin Mosque at 140 Valley Ave, Gungahlin

Cost: Free entry

More Info: Mr Abdul Hasib Khan for Canberra Islamic Centre on 0404 372 818, and
Mr Mainul Haque for Gungahlin Mosque on 0421 792 617

The Meaning of 'Paid Work' for Pakistani and Bangladeshi Muslim Women - Participants Needed

We would like to hear from you, if you:

- identify as a Muslim woman;
- are aged 25 to 44;
- were born in Pakistan and Bangladesh; and
- migrated to Australia as skilled migrant or a dependent of a skilled migrant

For more information about the study or being a volunteer for an interview, please contact Kubra Yuce on 0404 583 661 or via Kubra.Yuce@anu.edu.au

ACT Diversity Register

The ACT Diversity 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 Aboriginal and Torres Strait Islander people, people from culturally and linguistically diverse backgrounds, people with disabilities, and Lesbian, Gay, Bisexual, Transgender, Intersex and Queer (LGBTIQ).

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 set a 50% target for female representation on ACT Government boards and committees, and 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.**

Feedback survey of 'using the Health Services in the ACT'

[Using Health Services in the ACT](#) is a resource designed to help people from culturally and linguistically diverse backgrounds navigate the ACT health system. Endorsed in February 2015, over 5000 copies of this information booklet was distributed.

The resource includes information about which health services should be used for different health problems, when they are available, where they are located; how to pay for health services; and rights and responsibilities when using health services, such as the right to an interpreter.

ACT Health is undertaking a planned review of this publication and seeks to gain consumers and service provider's feedback on this document.

Following are the links to the surveys:

1. <https://www.surveymonkey.com/r/3FHYBSB> (Survey aimed for service providers)
2. <https://www.surveymonkey.com/r/3N639ZZ> (Survey aimed for consumers)

This is one of several measures taken by ACT Health in improving its delivery of culturally appropriate and inclusive services and information to our multicultural community.

Please find more information at <http://health.act.gov.au/multicultural>

Gain Qualifications to Become Accredited Driving Instructors

Migrant and Refugee Settlement Services of the ACT Inc (MARSS) is seeking interested participants (female and male) wishing to gain qualifications to become an Accredited Driving Instructor in the ACT. We are looking for candidates who are able to meeting the following eligibility criteria:

- be at least 21 years of age;
- hold a current full Australian car licence or full Australian licence of a higher class;
- hold a current working with vulnerable people registration;

- hold a National Police Certificate or police check results report;
- be medically fit;
- have no prior convictions for a disqualifying offence within the last five years; and
- complete a certificate IV in driving instruction.

If you would like to volunteer for this training, or for further information please contact Andrew Kazar at cdp@marss.org.au or 6248 8577.

Saver Plus

Saver Plus assists individuals and families on lower incomes 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; and
- assistance and support to establish a savings goal and develop 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.

Date: Ongoing

Where: Throughout ACT and Queanbeyan

Cost: Free

More Info: Contact local Saver Plus Coordinator on 0448 730 305

Email: kathleen.watson@thesmithfamily.com.au

<https://www.bsl.org.au/services/money-matters/saver-plus/>

University of New South Wales Sydney Research Project

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.

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.

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 need more details, please contact Claire Eagleson, project officer, at

IDMHWorkforce@unsw.edu.au or Andrew Kazar, MARSS at cdp@marss.org.au or on 6248 8577.

Men's Outreach Workshops

Migrant and Refugee Settlement Services (MARSS) run a series of Men's Outreach Workshops (MOW) which 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 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, Iran, Mon, Indian, Sri Lanka and Bangladesh.

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

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 need more details, 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.

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

Cost: Free

More Info: Phone: 6205 1078 Email: womenshealthservice@act.gov.au

ParentLink – Informing, Supporting, Connecting

ParentLink is a universally targeted parenting education program from birth to teenage years.

ParentLink provides parents (carers and teachers) 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/> or the 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 and time: 4.15pm to 5pm and 5.15pm to 6pm on Fridays

Where: Folk Dance Canberra Hall, 114 Maitland Street, Hackett

Cost: \$8 per class (discount for term payment)

More info: Rebecca on 0420 524 412 or Website: <http://www.folkdancecanberra.org.au/>

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 and time: 7:30pm on Thursdays

Where: Folk Dance Canberra Hall, Hackett Community Centre, 114 Maitland Street, Hackett

Cost: \$10.50

More info: 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 Expression 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; and
- 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.

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. 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.

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

Where: 5 Mary Gillespie Avenue, Gungahlin

Cost: \$25 per session (20% discount for 10 sessions)

More info: Tel: 0427 466 667 or Email: yogawithmallika@gmail.com
or Web: www.yogawithmallika.com.au

Multicultural 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, The Theo Notaras Multicultural Centre, 180 London Circuit, Civic

Website: www.mes.org.au

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

Multicultural Community Leaders: We Need Your Help

The Inclusion and Participation Division 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 Inclusion and Participation Division Online Directory, community leaders are invited to perform the following tasks:

1. Visit the "Add Entry" form of the Inclusion and Participation Division Directory by clicking on this link:
<http://www.communityservices.act.gov.au/multicultural/services/act-community-group-directory/add-entry>
2. Fill in the relevant information in the application form and when completed hit the SUBMIT button at the bottom of the form.

Once your application form is submitted, an automated email will be sent to your email address to inform you that your application to join the directory has been received by the Inclusion and Participation Division 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/act-community-group-directory/a-z-listing>

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

Calvary Health Care Bruce - Refugee Mentoring Program

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.

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

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
- Pharmacies
- Non-government organisations
- Real Estate Agencies
- Local Government Authorities
- Trade Unions
- Parliamentarians

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: 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 selected 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.

More Info: translating.dss.gov.au

The Free Translating Service Helpdesk can also be contacted:

By email: fts@migrationtranslators.com.au or online: Using the 'Contact us' form via: <https://translating.dss.gov.au/en/contact-us/> or by phone on 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 the 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.

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.

For more information: call on 6025 222 or email at human.rights@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. 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 weeks 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.

For more information, please contact CIT on telephone: 6207 3188 or email info@cit.edu.au

What is on for Women Calendar?

The online what's on for Women Calendar includes details on courses, events, information sessions, support groups, training, programs, workshops and activities for women in the ACT and region. The calendar can be accessed at: <http://www.communityservices.act.gov.au/women/Womens-Information-Empower,-Respect,-Connect>

Contributions and amendments to the calendar can now be made at any time to ensure the most up to date information is available for women in the ACT. While we are trialling the calendar online we would greatly appreciate any feedback that can assist us to improve the calendar overtime, including any feedback on ways we can ensure women who don't have internet can access the information. 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; and
- 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.

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

"A Conversation for everyone" - free presentation

Health Care Consumers' Association is providing 'A Conversation for everyone' and is now taking bookings from groups interested in hearing about advance health care planning (also known as Living Will, Enduring Power of Attorney, Statement of Health Choices, Advance Directive and Health Care Directive).

These conversations are relaxed and thought provoking and can be tailored to your clients or organisation. If you are interested in discussing the sessions or are interested in booking a session please contact: Christine Bowman on 6230 7800 or email: christinebowman@hcca.org.au

Libraries ACT Free Resources and Programs

Libraries ACT have libraries at Gungahlin, Tuggeranong, Belconnen, Kippax, Dickson, Woden, Kingston, Erindale and Civic which is free for everyone to use.

All the libraries have:

- Free Wi-Fi
- Computers you can reserve and use for free
- English books you can read and borrow for all ages and interests
- Bilingual picture books in 36 languages
- EBooks (books that can be read on electronic devices) and audio books
- 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:
 - 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.

Joining the library is free and easy.

Web site www.library.act.gov.au Tel.: 6205 9000