



CANBERRA

CELEBRATE DIVERSITY AND INCLUSION



E-NEWSLETTER

ACT Multicultural Community

Edition 5

7 March 2019

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

Office for Multicultural Affairs

Community Services Directorate

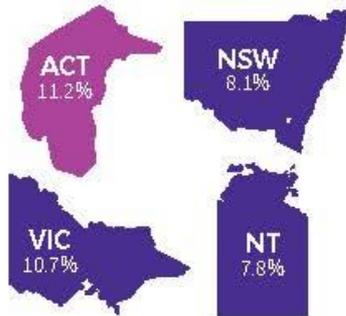


MULTICULTURAL COMMUNITY PROFILE

WHERE HAVE WE COME FROM, AND WHAT DOES IT MEAN FOR OUR GROWING POPULATION?

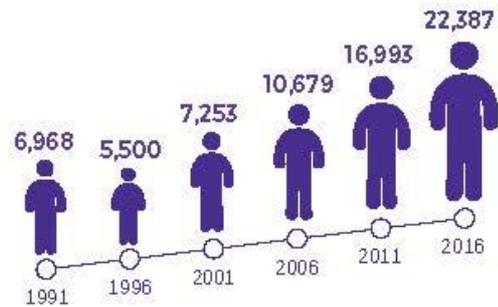
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

BY 2016, THE ACT WAS THE NATION'S FASTEST GROWING POPULATION



GROWTH FROM 2011 TO 2016

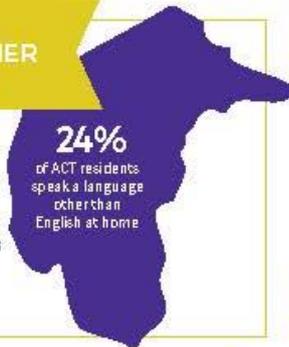
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia are England, China, India, New Zealand and the Philippines.



IMMIGRATION BY CENSUS YEAR

NEARLY 1 IN 4 PEOPLE SPEAK A LANGUAGE OTHER THAN ENGLISH AT HOME

In 2016, 24% of ACT residents aged five and over indicated that they spoke a language other than English at home, up from 18% in 2011. The most common languages other than English were Mandarin, Vietnamese, Cantonese and Hindi.



GUNGAHLIN IS DRIVING THE CAPITAL'S GROWTH



Home to roadworks, new suburbs and the Territory's first light rail corridor, the flourishing northern area of Gungahlin is the second fastest growing region in the country. Up from 30,000 people in 2011 to more than 71,000 in 2016.

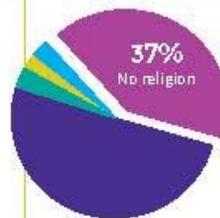
RECENT ARRIVALS ARE RELATIVELY WELL EDUCATED AND HIGHLY SKILLED

ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



ACT residents with a non-English speaking background are also more likely to be employed in highly skilled occupations than their Australian born counterparts. This includes ICT, engineering, natural and physical sciences, tertiary lecturing, medical practice and business analysis.

CHANGING RELIGION



45.4% ACT residents identified as Christian. A further 2.6% as Hindu, 2.5% as Buddhist and 2.5% as Muslim. 37% of ACT residents reported they had no religion or other secular/spiritual beliefs. This is the second highest reporting of no religion in any state or territory and is up from 29% in 2011.

ADDITIONAL FACTS

In 2016, a total of 6,500 ACT residents reported having Aboriginal and Torres Strait Islander origins, an increase of 1,313 people since 2011.

The ACT State of Public Services Report 2016-2017 indicates that 3,970 employees, or 18.2% of the total ACT Public Service workforce, identified as coming from a culturally and linguistically diverse background, up from 16.8% in 2014.

Our nation's capital is younger (median age of 35, compared with 38 for the nation) higher earning (median weekly income \$998, compared with \$662) and has a higher proportion of people who have never married (38%, compared with 35%) than the rest of the nation.

Source: ABS Census 1996-2016; ACT State of the Public Service Report 2016-17



TABLE OF CONTENTS

Events.....	5
Second Edition of the Polish Ambassador's Soccer Cup Tournament	5
Gender Equity Matters Launch by ACT Minister for Women	5
Public Forum – Importance of Belonging	5
Coming of the Messiah	6
Harmony Day	6
Oxford Maqam: Showcasing Traditional Arabic Culture Through Music.....	7
AusIndia Fair 2019.....	7
FinskaFest	8
Africa Party in The Park Festival	8
Grants and Awards	9
2019 Young Canberran Citizen of the Year Awards	9
What is the Women's Return to Work Grants Program?.....	9
Youth InterACT Scholarship.....	10
ACT Government Notices	11
Overseas Qualification Assessment.....	11
ACT Diversity Register	11
Multicultural Community Leaders: We Need Your Help.....	11
The Women's Health Nursing and Medical Service.....	12
ParentLink – Informing, Supporting, Connecting	12
ACT Children and Young People Death Review Committee	12
Calvary Health Care Bruce - Refugee Mentoring Program.....	13
Return to Work for Women Course	13
What is on for Women Calendar?	13
Libraries ACT Free Resources and Programs.....	14
Community Notices.....	15
Free Consumer Representative Training Course with Health Care Consumers Association (HCCA)	15
2019 Volunteering Awards – Canberra Region	15
Lung Foundation Australia's Canberra Seminar.....	16
Cultural Competence in Service Delivery	16
Navitas English - New Location	16
A Conversation for Everyone - free presentation.....	17

Give A Young Carer A Brighter Future	17
Red Cross Community Visiting Social Support Program.....	17
Fitness Courses available at Weston Creek Community Centre	17
Saver Plus	18
Beginners World Dance Class.....	18
Multicultural Employment Service (MES) ACT	18
Can You Help Promote Careers as a Translating and Interpreting Service (TIS) National Interpreter?	19
Consider hosting an international student	19
Department of Social Services - Free Interpreting Service.....	19
Department of Social Services - Free Translating Service	20
Ethnic Interpreters and Translators	20
TPV and SHEV Guide – Translations are now available	20

EVENTS

Second Edition of the Polish Ambassador's Soccer Cup Tournament

New The tournament is part of the Polish Sports Day in Canberra. The second edition of the tournament is addressed to Australians, Polish-Australians and diplomatic community. The aim is to promote a healthy lifestyle and strengthen people-to-people relationships between the nations. This year we will host five teams from Sydney, Melbourne, Canberra and, as always, the V4 team that will represent Poland and our friends from Hungary, Slovakia and the Czech Republic. They will be competing for different trophies and medals.

Please join us and invite your teammates, friends and family.

Free lunch will be served at the pitch.

Date and time: Saturday 9 March 2019 9.30am to 2.30pm

Where: Hawker Football Centre, Walhallow Street, Hawker

Cost: Free

More Info: Mr. Rafal Jarosz, phone number – 6272 1000

Gender Equity Matters Launch by ACT Minister for Women

New Integrated Women's Network (IWN) partnering with Pink Umbrella, Thai Media and Cultural Association, ANU post graduate students and 2XX FM 98.3 is formally launching Gender Equity Matters (GEM), a dedicated Women's Radio Program broadcast every Sunday from 2pm to 3pm on 2XX FM 98.3.

ACT Shadow Minister for Multicultural Affairs and ACT Greens spokesperson for women will ACT Minister for Women for the launch followed by a live broadcast on Gender Equity Matters.

Date and time: Sunday 17 March 2019 12.45pm for 1pm start to 2 pm for the launch

Where: Level 3, Griffin Centre, Canberra city

Attendance by invitation only

Please contact iwomensnetwork@gmail.com www.integratedcultures.org

Public Forum – Importance of Belonging

New The ACT Government in partnership with the ACT South Sudanese community invite you to join us at the *Importance of Belonging* public forum to coincide with 2019 Harmony Day celebrations.

This is the first of a series of ACT Government hosted public forums that will be held throughout 2019, exploring key issues and challenges influencing community cohesion across and within the Canberra community.

The *Importance of Belonging* public forum will feature two guest speakers: Deng Adut, Australian lawyer, NSW Australian of the Year (2017) and Aleem Ali, CEO, Welcoming Australia. Matters that will be explored include what is important to people arriving in our community and why, what challenges new communities face and how they can be supported, followed by a facilitated discussion.

An opportunity to network over light refreshments will follow the panel discussion.

Places are limited so register now to ensure your attendance at the forum is secured.

Date & Time: Friday 22 March 2019 6:00 PM to 8:00 PM

Where: Molonglo Theatre, Crawford School of Public Policy, Crawford Building 132, Lennox Crossing, Australian National University, Canberra

Cost: FREE

Click [here](#) to register



Coming of the Messiah

New The Ahmadiyya Muslim Association of Canberra, in celebration of “Harmony Day” is organising an event which highlights the various teachings found in world religions regarding the concept of the Coming of the Promised Messiah (Reformer). Join us to hear from various religious leaders as they speak on this topic. This event also provides a good opportunity to meet people from various religious and community organisations. You are welcome to attend in your religious or cultural dress, in celebration of “Harmony Day”. Please note that this is a formal event.

Date and time: Sunday 24 March 2019 Arrival 1:30pm for 2:00pm Start

Where: Reception room, ACT Legislative Assembly

Cost: Free event. Refreshments will be provided at the end.

RSVP by 15 March via: e-mail outreach.act@ahmadiyya.org.au or call 0415 689 286

Harmony Day

Do you know that 21 March is Harmony Day?

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

Harmony Day coincides with the United Nations International Day for the Elimination of Racial Discrimination.

Are you hosting an event to mark Harmony Day? If so the Office for Multicultural Affairs would like to promote your event in this Newsletter. Please share information about your event by emailing communityparticipation@act.gov.au and we will include it in our Harmony Day calendar.

Oxford Maqam: Showcasing Traditional Arabic Culture Through Music

The pioneering Oxford Maqam comprises vocalists and musicians who are renowned experts in their field of Egyptian music and song of the 19th and 20th centuries. Their self-made album, described as 'revolutionary' by Songlines magazine, used recording techniques from over 100 years ago. Whilst the Arabic music scene is filled with innovators of popular music, Oxford Maqam are innovators of classical Arabic music. Their recovery and revival of heritage works is a highly original process, and their concerts offer a rare opportunity to experience live renditions of a music steeped in Arab heritage.

Showcasing Traditional Arabic Culture Through Music has received grant funding from the Council for Australian-Arab Relations of the Department of Foreign Affairs and Trade; The ANU Centre for Arab and Islamic Studies; The ANU College of Arts and Social Sciences; The ANU Research School of Social Sciences; and The ANU Humanities Research Centre.

Date and Time: Tuesday 26 March 2019 7:00pm – 10:00pm

Where: Llewelyn Hall, ANU, ACTON ACT

Cost: Free, but registration is essential. To book tickets please go to:

<https://www.eventbrite.com.au/e/oxford-maqam-canberra-registration-52930078289>

More Info: <http://cais.cass.anu.edu.au/events/canberra-concert-oxford-maqam-showcasing-traditional-arabic-culture-through-music>

AusIndia Fair 2019

Federation of Indian Associations of ACT (FINACT) Inc. is the apex umbrella body of various member organisations representing Indian regional, linguistic, students, women and senior citizen's groups in the Australian Capital Territory (ACT). FINACT's main objective is to provide a collective representation of the numerous and diverse Indian community groups in the ACT, reflected in its slogan Coordination: Cooperation: Collaboration. FINACT and its member associations are organising annual "AusIndia Fair" with an aim to promote and encourage inclusiveness of Indian communities, culture, food, businesses and values in Australia. The fair is providing an opportunity for wider Australian communities to participate and have a feel of proactive, productive, vibrant and dynamic Indian community. There will be many information, food and commercial stalls consisting of heritage, ayurvedhic, tourism, traditional food and business ventures from both Australia and India. There are many activities such as traditional sports, kids activities and more entertainment.

Date and Time: Saturday 30 March 2019, 2.00pm to 8.00pm

Where: Stage 88, Commonwealth Park, Canberra

Cost: Free

More Info: Dr Krishna Nadimpalli, President, FINACT, 0499 199 910, president.finact@gmail.com

FinskaFest

Bring your talents for a family-friendly, tournament style event. The name of game, Finska, the Finnish throwing game that obliges skill and precision, but above all a strategical mindset. For Finns, this marvellous game is known as mölkky, but Down Under, we simply call it Finska. Suitable for ages seven to 107, so choose a partner wisely, to be sure your performance on the day is remembered fondly.

Register now online for your chance at glory, a prize that will have you grinning (...and sweating) far from worry. Hurry, as spaces are limited to the first 32 teams of two.

The Embassy of Finland welcomes everyone to come and watch the duelling teams of FinskaFest all in the spirit of the heralded Finnish Crazy Games. So, join us for yet another fun way to learn all about Finland right here in Canberra.

Date and Time: Saturday 30 March 2019, 10:00am to 4:00pm

Where: La Trobe Park, Bedford Street, Deakin

Cost: Free - Team Registration: <https://finskafest.eventbrite.com.au>

More Info: rsvp.can@formin.fi

Africa Party in The Park Festival

Bringing Africa to Canberra in a fun, family-friendly affair with non-stop entertainment, food stalls, artifacts and African fashion. It is a fantastic celebration of diversity and harmony that brings the tastes, sounds, rhythms, smells and flavors of Africa to life. Celebrating the rich and diverse cultures of Africa and deepening the multicultural environment in Canberra.

Date and Time: 6 April 2019, 10:00am to 8:00pm

Where: Stage 88, Commonwealth Park

Cost: Free

More info: 0422 482 305, 0416 228 484, 0404 465 243 www.africa2australia.com

GRANTS AND AWARDS

2019 Young Canberran Citizen of the Year Awards

2019 Young Canberran Citizen of the Year Awards - who will you nominate?

Nominations are open for the 2019 Young Canberran Citizen of the Year Awards, celebrating young people aged 12 to 25 years in our community.

The Awards recognise individuals and groups who have made a significant contribution through personal endeavours or who have actively been involved in the ACT community.

Many young people in our community make great achievements in our community, nominate a young person you know. Nominations can be made in six categories:

- Young Canberra Citizen of the Year Award;
- Individual Community Service Award;
- Environmental and Sustainability Award;
- Personal Achievement Award;
- Art and Multimedia Award; and
- Group Achievement Award.

Date: Nominations close 21 March 2019

Time: Winners will be announced at an event to mark ACT Youth Week celebrations, 12 to 21 April 2019.

More Info: visit the <https://dhcs.smartygrants.com.au/YCCY2019> or contact the Youth InterACT Team on 6205 3064 or via email youthinteract@act.gov.au.

What is the Women's Return to Work Grants Program?

The Program provides practical financial support to women returning to the workforce by providing funding for them to attend short courses, pay for 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 \$1000 (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 visit the [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 or visit the [website](#).

ACT GOVERNMENT NOTICES

Overseas Qualification Assessment

Do you have overseas qualifications?

The ACT Government, through the Office of Multicultural Affairs, provides free assessment of overseas tertiary qualifications for permanent residents, refugees, asylum seekers and humanitarian entrants living in the ACT. For more information and to apply for a free assessment please visit [Overseas Qualifications Assessments \(OOA\) - Community Services](#)

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 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 percent target for female representation on ACT Government boards and committees, and by 2020 triennially funding sporting associations will be required to meet 40 percent 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.

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:

Visit the “Add Entry” form of the [Inclusion and Participation Division Directory](#).

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](#). In addition, please ensure your community's details are kept up to date.

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.

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 and Time: 8:45am to 4:45pm on Monday - Friday excluding Public Holidays

Where: Level 1 ACT Health Building, 1 Moore Street, Canberra City
Outreach women's clinics are in 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](#) or the email Parentlink@act.gov.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 on the [ACT Remuneration Tribunal website](#).

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 on the [Child Death Committee](#) website.

Expressions of interest are to be sent via email to ChildDeathCommittee@act.gov.au

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

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 [Calvary Health Care Refugee Mentoring Program](#)

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.

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

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.

- 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.

Website [ACT Libraries](#)

Tel.: 6205 9000

COMMUNITY NOTICES

Free Consumer Representative Training Course with Health Care Consumers Association (HCCA)

NEW The Health Care Consumers Association (HCCA) runs two days free training courses 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. When you have completed the training, you may wish to get more involved in consultation opportunities where you can use your knowledge as a consumer to improve our health services.

The training includes:

- Navigating the Health System
- Keeping yourself safe in the health system
- What is Consumer Participation?
- Skills in Consumer Participation

Date and time: 23 March and 30 March 2019 10:00am – 3:00pm

Where: HCCA Meeting Room, ACT Sports House, 100 Maitland Street, Hackett

Cost: Free

More Info: Morning tea and lunch will be provided.

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

Transport assistance: please contact Kate Gorman at kategorman@hcca.org.au

2019 Volunteering Awards – Canberra Region

Do you know someone in the Canberra Region who gives back to the community? Their hard work, dedication, and kindness deserves to be recognised, and now is your chance. Make a difference in the life of someone who continues to make a difference in the community. Nominations for the 2019 Volunteering Awards Canberra Region are now open. We encourage you to take the time to look around and truly think about the people who have enriched in our community- it is quick and easy to nominate, and yet the difference it makes in the lives of our volunteers is tremendous.

Nominations for the 2019 Volunteering Awards can be lodged via the Volunteering and Contact ACT website- www.vc-act.org.au.

Nominations close by 4 April 2019

For more information: please call 02 6251 4060

Lung Foundation Australia's Canberra Seminar

Talks on:

- Inhaler devices, medicines and interactions
- Oxygen therapy
- Palliative care and advanced care planning

Date and Time: Friday 5 April 9:45am to 2:00pm

Where: Southern Cross Club, Woden (free parking on site)

Cost: \$20 – 20% discount for Love Your Lung Club members

Morning tea and lunch will be provided.

RSVP by Thursday 28 March

To register: www.shop.lungfoundation.com.au or phone 1800 654 301

Cultural Competence in Service Delivery

This interactive workshop will assist participants to:

- develop strategies to enhance cultural competence;
- gain insights into the diverse needs of people from CALD backgrounds, including refugees;
- understand CALD perspectives of dementia; and
- work effectively with interpreting services

Date and Time: Tuesday 9 April 2019 9:15am to 2:30pm

Where: Hellenic Club, Matilda Street, Phillip

Cost: \$159 – single registration, \$143 – two or more registrations. Includes training material, morning tea and lunch

<https://www.eventbrite.com/e/cultural-competence-in-service-delivery-act-tickets-53938349054#tickets>

More Info: MCCI on 02 4229 7566 or email admin@mcci.org.au

Navitas English - New Location

Navitas English is moving to a new location. All AMEP classes will continue in the new term. Students will receive a text message with class details. Class timetables will remain unchanged.

The new college is located at the City Bus Interchange. Visit www.transport.act.gov.au to find out how to reach the college using public transport.

More information: please call on (02) 8234 1490

New address: Level 1, 34 East Row, Canberra City ACT 2600

ACT Multicultural Community E-News

Edition 5
Page 16 of 20



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. **More information:** please contact Yelin Hung on 6230 7800 or email yelinhung@hcca.org.au

Give A Young Carer A Brighter Future

Imagine how hard it is for a child to every day look after a parent living with a long-term illness or disability. Instead of doing schoolwork and interacting with friends, many young carers spend their time instead helping a parent with personal care, medications, medical appointments, grocery shopping, cooking, cleaning, washing, paying bills and looking after younger siblings. They often struggle at school, miss classes, have little time to themselves and are more likely than their peers to have mental health issues.

They need your support to give them a break from caring these holidays and help them through school next year. Carers ACT is calling on you to donate to its appeal to support young carers and spread the word. To donate online visit carersact.org.au/donate or call 6296 9900. Or why not give someone a meaningful gift this Christmas with a donation gift card and help make a lasting difference to a young carer in need. **More Info:** Phone 02 6296 9900 or email carers@carersact.org.au

Red Cross Community Visiting Social Support Program

Red Cross Community Visiting Social Support program offers a friendly volunteer (with a current WWVP card) to visit a socially isolated older person living in an Aged Care Facility OR in their own home, purely for the purpose of friendship and companionship. Have a cup of coffee, read a book or letters, reminisce over some photos, talk about old times and newer times, go out for a coffee.

If you feel you could spend an hour each week with a new friend just look at the Red Cross website redcross.org.au and look for 'volunteer' and simply fill in an application. It's that easy

Date: Ongoing
Time: 8:00am to 4:00pm
Where: 3 Dann Close, Garran
More Info: CVS Coordinator on 62347623 or bvann@redcross.org.au

Social Support Coordinator on 62347628 or mhudson@redcross.org.au

Fitness Courses available at Weston Creek Community Centre

Choose from a wide variety of fitness classes such as: Mature Fitness, Fit ball Class, Yoga, Zumba and Belly Dance. Visit our website for a comprehensive list of activities happening weekly in our centre.

Date: Various classes held every day
Time: Various times
Where: Weston Creek Community Centre
Cost: Price for all classes available from front office | phone 6288 1144

More Info: Email: info@westoncccentre.org.au Web: www.westoncccentre.org.au

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 on 0448 730 305 | Email kathleen.watson@thesmithfamily.com.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: 7:00pm to 8:30pm 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@act.gmail.com
Website: Folk Dance Canberra

Multicultural Employment Service (MES) 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 Multicultural Employment Service ACT

More Info: Multicultural Employment Service (MES) Level 2, The Theo Notaras Multicultural Centre, 180 London Circuit, Civic

Website: Multicultural Employment Service ACT
Contact: Email: info@mes.org.au or Telephone: 6100 4611

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.

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 people with limited or no English language proficiency.

The Free Interpreting Service is delivered by TIS National, on behalf of the Department of Social Services.

The following groups can access the Free Interpreting Service to provide services to anyone in Australia who is eligible for Medicare.

- 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 on the [TIS National website](#).

To register for a client code, eligible groups can complete the [online registration form](#) or allow a few extra minutes the first time they use the service. You can also register by contacting TIS National on 1300 575 847. For more information visit [Department of Social Services](#) 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 10 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](#)

The website is easy to use and is available in English, Arabic, Farsi and Simplified Chinese.

More Info: [Department of Social Services - Translating](#)

The Free Translating Service Helpdesk can also be contacted:

By email fts@migrationtranslators.com.au or online using the [contact us](#) form 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.

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: [Department of Social Services](#)