



E-NEWSLETTER

ACT Multicultural Community

Edition 15

25 July 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

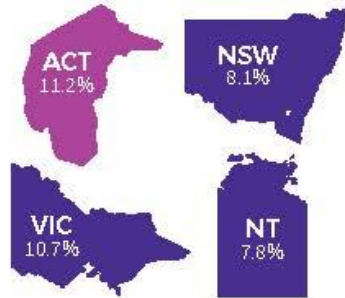
Community Services Directorate

MULTICULTURAL COMMUNITY PROFILE

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

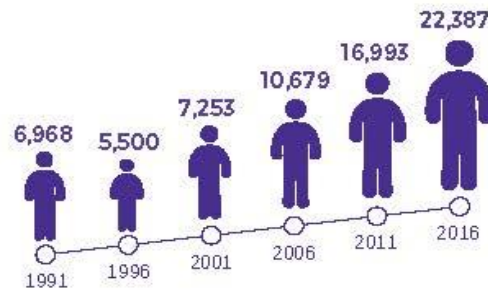
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

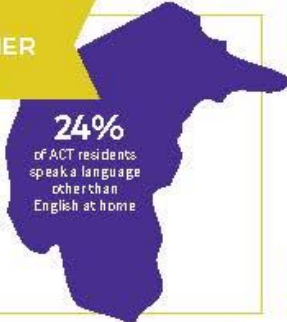
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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

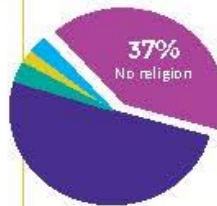
RECENT ARRIVALS ARE RELATIVELY WELL EDUCATED AND HIGHLY SKILLED

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



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EVENTS

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 198th anniversary of the Independence of Peru. The Peruvian community in Canberra is cordially invited to attend this event that will also include the National Anthem of Peru.

Date: Friday 26 July 2019

Time: 9:00am

Where: Latin American Plaza, 38 Childers Street, Canberra City

Cost: Free event

More Info: Phone number: 6273 7351, E-mail: embassy@embaperu.org.au

Colombian Independence Day 2019

The Australia Colombia Friendship Association (ACFA), Casablanca in collaboration with the Colombian Embassy in Australia are honoured to bring the biggest Latin party of the year in celebration of the COLOMBIAN INDEPENDENCE DAY!

We're overwhelmed by all the love we received about our Colombian Music, Culture, gastronomy! We look forward to seeing you all there and to share an unforgettable COLOMBIAN PARTY.

Date: 27 July 2019

Time: 5:00pm – 11:30pm

Where: Albert Hall

100 Commonwealth Avenue, Yarralumla ACT 2600

Cost: \$25 Adult, \$15 concession, \$15 student valid ID, kids free up to 15 years

Booking details: [Tickets Online here](#)

Link: <https://www.stickytickets.com.au/89747>

More Info: Gio Cano phone: 0423 144 307

Email: ACFA.Canberra@gmail.com

Facebook: [Australia Colombia Friendship Association \(ACFA\)](#)

Catholic Mass for national day of Peru

A Mass will be celebrated at St. Christopher's Cathedral as part of the celebration of the 198th anniversary of the Independence of Peru.

- Date:** Saturday 27 July 2018
- Time:** 12:00pm
- Where:** St. Christopher's Cathedral, 55 Franklin Street, Forrest
- Cost:** Free event
- More Info:** Phone number: 6273 7351, E-mail: embassy@embaperu.org.au

New Dying to know day – Talking about death won't kill you

A free forum to discuss, plan and take charge of end-of-life care.

There will be guided table conversations and stalls with government and community agencies. All questions are welcome.

- Date:** Thursday 8th August 2019
- Time:** 1:00pm – 2:30pm
- Where:** Hughes Community Centre, Wisdom Street, Hughes
- Cost:** Free event
- More Info:** Refreshments provided. Please let us know your dietary requirements
- To RSVP:** By August 1st to acp@act.gov.au or phone: 02 6124 9274

Everyone is welcome to attend. Advance Care Planning Program, ACT Government Canberra Health Services and Health Care Consumers' Association Inc.

New Bulgarian dance workshops with Tanya Dimitrova

Artistic Director and Choreographer of Chudesiya Folk Dance Ensemble (Pazardzhik, Bulgaria), Tanya Dimitrova is a highly qualified, multi-award-winning choreographer with international certification, and an energetic and dynamic personality, with the ability to work with and motivate diverse groups of dancers.

- Date:** Saturday 10 August
- Time:** 9:30am – 5:00pm
- Where:** Folk Dance Canberra Hall

114 Maitland Street, Hackett ACT

Cost: \$30 per session (\$18 half day)

More Info: Lesley: 02 6286 6401

Email: folkdancecanberra@gmail.com

Website: <http://www.folkdancecanberra.org.au/>

Free information session for TPV and SHEV visa holders

Legal Aid ACT will be running free information sessions for TPV and SHEV holders in July and August. There will be four sessions, each presented in English but with an on-site interpreter present. The sessions are free and will cover such things as what holders need to do to apply for subsequent protection visas, pathways to permanent residency as well as a reminder of their current obligations.

29 July 2019 5.30pm – 6.30pm: **Hazaragi**

5 August 2019 5.30pm – 6.30pm: **Arabic**

12 August 2019 5.30pm – 6.30pm: **Farsi**

19 August 5.30pm – 6.30pm: **Tamil**

Where: Legal Aid ACT, 2 Allsop Street, Canberra City

Booking: email: community.education@legalaidact.org.au

Phone: (02) 6243 3438

GRANTS AND AWARDS

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

New The Work Experience and Support Program (WESP) applications are now open for the 1st program of 2019-20

Applications close: Monday 5 August 2019

Applications must be submitted online [SmartyGrants](#)

The Work Experience and Support Program (WESP) will commence on **9 September 2019** and finish on **29 November 2019**

The program is designed to help people from culturally and linguistically diverse backgrounds who are building a new life in Canberra gain Australian workplace experience.

WESP participants complete four weeks of training in office skills at the Canberra Institute of Technology and eight weeks of work experience in an ACT Government directorate. Successful WESP graduates will receive a nationally recognised Certificate II in Business.

The work experience program is unpaid. The program does not place participants in further employment, but the training and experience will help entry into the workforce.

The program provides participants with the opportunity to improve their IT, writing, office administration and communication skills, and gain experience in a government workplace. The program helps build job seeking skills, establish contacts and referees for future work and training options. Participants will be linked with employment services to help search for employment.

To be eligible for the WESP, applicants **must**:

- culturally and linguistically diverse.
- be a resident of the Australian Capital Territory.
- be able to commit to the full time 12 week program.
- be long term (more than two years) unemployed or not in meaningful employment.

Priority is given to participants who are:

- on Temporary Protection, Safe Haven Enterprise, Refugee Protection or Humanitarian visas.
- holders of an ACT Services Access card.

- able to communicate proficiently in the workplace in spoken and written English.

For further information please contact the WESP Coordinator on (02) 6205 5168 or email communityparticipation@act.gov.au.

New Nominations for the ACT Multicultural Awards 2019 are now open

The Awards recognise the valuable contribution and effort of Canberrans who support and promote an inclusive and cohesive community and are committed to increasing community awareness of the benefits of multiculturalism in the ACT.

Nominations are welcomed for individuals or organisations who have done great work in promoting inclusion, harmony and cohesion in our community and/or making Canberra a more welcoming city for newly arrived migrants in the ACT.

Nominations are invited under four categories:

ACT Multicultural Individual Champion Award;

ACT Community Organisation (Multicultural Champion) Award;

ACT Outstanding Excellence Award for Diversity and Inclusion; and

ACT Multicultural Arts, Media or Culture Awards.

Nominations close at 12.00 midday on 7 August 2019.

For more info/to nominate:

http://www.communityservices.act.gov.au/multicultural/recipients-multicultural_awards

or contact the ACT Office for Multicultural Affairs on 6207 3922 or via email CommunityParticipation@act.gov.au

New Nominations are open for the New ACT Multicultural Honorary Ambassador

Nominations are now open for the 2019 ACT Multicultural Ambassador program!

The ACT Government is seeking nomination for Ambassadors from individuals with the knowledge and networks to actively promote Canberra's welcoming reputation and its trade, education, investments and tourism opportunities in one or more of ten target countries identified in the International Engagement Strategy (IES) (which include Singapore, China, New Zealand, the United States of America, Japan, Indonesia, Malaysia, India, Thailand and South Korea).

Up to two ambassadors may be appointed for a term of up to three years.

The Program is available to all ACT residents.

Nominations close at 12.00 midday on 7 August 2019.

For more info/to apply:

<http://www.communityservices.act.gov.au/multicultural/programs/honorary-ambassador-program>

or contact the ACT Office for Multicultural Affairs on 6207 3922 or via email

CommunityParticipation@act.gov.au

2020 National Multicultural Festival Notice: Have you changed your email address and telephone number recently?

If your community contact has changed either its email address or telephone number since the 2019 National Multicultural Festival, now is the time to update your contact details.

Please send an email to with the following information to: inbox@mutlicutlurfestival.act.gov.au.

Name organisation:

Contact person:

Email address:

Telephone number:

Do not touch, pick or eat any wild mushrooms

Death Cap mushrooms are one of the world's deadliest mushrooms and can be currently found across the Canberra region. Since 2002, there have been four deaths and several poisonings in the ACT due to Death Cap mushrooms.

In Canberra, Death Cap mushrooms often grow near established oak trees in mild, moist weather. The Death Cap mushroom can easily be confused with edible varieties. This includes the Straw Mushroom, which is grown and eaten through a large part of Asia.

It is difficult, even for experienced collectors, to tell the difference between the Death Cap mushroom and edible wild mushrooms. For this reason, people are strongly advised **not to touch, pick or eat any wild mushrooms**, and to remind friends and family who are visiting or new to Canberra of the risks of Death Cap mushroom poisoning.

All parts of the Death Cap mushroom are poisonous and eating part of a mushroom can be fatal. Cooking the Death Cap mushroom does not make it safe.

If you suspect that you, or one of your family members or friends might have eaten Death Cap mushrooms, you should seek urgent medical attention at a hospital emergency department.

If you believe you have seen a Death Cap mushroom, do not touch the mushroom with your bare skin. If it is in your own yard, the best option is to leave it be and make sure others stay away from the area. The mushroom will die in a few days.

If you believe you have spotted a Death Cap mushroom growing in a public area, please contact Access Canberra on 13 22 81.

For further information on Death Cap mushrooms, download the fact sheet, poster or flyer online at <https://www.health.act.gov.au/about-our-health-system/population-health/fact-sheets>. Flyers and posters are available in both English and non-English languages.

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 \(OQA\) - 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 event

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

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 are 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

Legal Aid ACT's Community Legal Educations workshops

Legal Aid ACT is delivering various workshops and training in relation to Community Legal Education for residents in the ACT and surrounding area.

To find out more, click below or phone 6243 3438

<http://www.legalaidact.org.au/what-we-do/information-education>

Nominate the next ACT Australian of the Year

It's up to you to nominate our next ACT Australian of the Year. Someone who goes above and beyond, demonstrating our great Australian spirit. They could be a quiet achiever, a leader in their field, a household name or an unknown hero.

You know great people. You know their stories.

Be great and nominate at australianoftheyear.org.au

Date: Nominations close 31 July 2019

More Info: www.australianoftheyear.org.au

New Services for Multicultural Seniors in the ACT

The Multicultural Communities Council of Illawarra Inc (MCCI) is now delivering a range of new community-based aged care services to multicultural communities in the ACT and Queanbeyan regions. MCCI has been working in the ACT since 2012 through the national *Partners in Culturally Appropriate Care (PICAC)* program and is now expanding services to help meet the needs of more than 9000 people over 65 years of age who are from culturally and linguistically diverse backgrounds and reside in the ACT and Queanbeyan areas. The new services will build on MCCI's 35-year experience in and delivering community aged care programs for seniors. Services in the ACT and Queanbeyan areas will include one to one in-home care supports as well as a number of multicultural social support groups for seniors and Home Care Package services. The new services are known as My MCCI (ACT and Queanbeyan) and are based out of the Theo Notaras Multicultural Centre as part of the Multicultural Hub on Level 2. The MCCI website is www.mcci.org.au.

More Info: Chris Lacey, Chief Executive Officer, 02 42297566 or chris@mcci.org.au

New Multicultural HUB Canberra

INFORMATION SERVICE - one-stop information and referral centre for all things multicultural in the ACT and region.

COMMUNITY CENTRE - community concerts/exhibitions, meeting facilities for new communities, life-skills training, parent support programs, computer training room, etc.

SETTLEMENT SERVICES (SETS) - support for migrants and refugees with the DSS SETS program including accommodation, employment, health, education and family support.

MULTICULTURAL YOUTH SERVICES (MYS) - youth services for young migrants, refugees and asylum seekers including personal support, after school drop-in, outreach, sport/art activities & holiday programs.

MULTICULTURAL EMPLOYMENT SERVICE (MES) - employment for migrants, refugees & asylum seekers as well as communications for employment training, work experience.

MULTICULTURAL AGED-CARE SERVICE - culturally appropriate aged-care services, in home care, individual support, carer respite, and group activities.

The Multicultural HUB Canberra expands the current multicultural youth and employment services located at MYS to now include a community centre, settlement services and multicultural aged-care services. It is located second floor of the ACT Theo Notaras Multicultural Centre down the corridor just past MARSS and is open 9-5pm Monday to Friday.

For more information Phone (02) 6100 4611, email info@mhub.org.au or website www.mhub.org.au

Location Level 2, Theo Notaras Multicultural Centre, 180 London Circuit, Canberra ACT

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

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 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, Fitball 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 event

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 phone: 1300 855 221 (toll free) 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](#)