

E-NEWSLETTER

ACT Multicultural Community

Edition 18

5 September 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

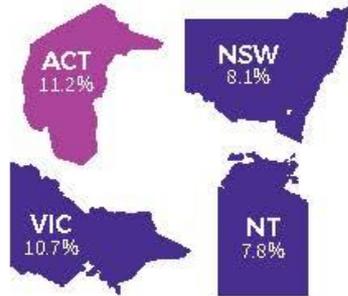
Community Services Directorate

MULTICULTURAL COMMUNITY PROFILE

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

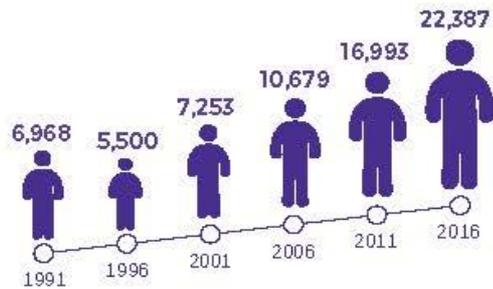
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

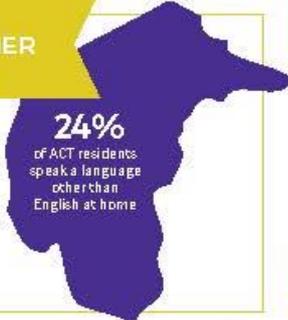
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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

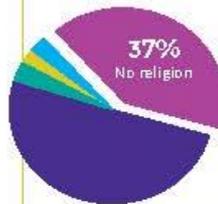
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



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.

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

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.



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EVENTS

New *Sol y Luna* – An afternoon of delightful music and refreshments at Historic Albert Hall

Canberra Choral Society is delighted to present *Sol y Luna*, an afternoon of glorious music inspired by the heavens, including the music of 12th Century mystic Hildegard of Bingen, the stately grace of Edward Elgar's *Lux Aeterna*, Scottish composer James MacMillan's uplifting motet *O Radiant Dawn*, the work of Parisian prodigy Lili Boulanger, German composers Josef Rheinberger and Fanny Hensel, and contemporary composers Ēriks Ešēvalds and Australian, Alice Chance. A delicious afternoon tea will be available for purchase at interval.

Date: Saturday 14 September 2019

Time: 2:30pm

Where: Albert Hall, Commonwealth Avenue, Yarralumla

Cost: Tickets \$15 - \$40

Book at: www.trybooking.com/530089

More Info: M: 0412 350 875 / website: <https://canberrachoralsociety.org/>

New Canberra Short Film Festival – Gungahlin

Northside Community Service is proud to present two special screenings in the Gungahlin region as part of the Canberra Short Film Festival. The screenings highlight both national and international films across a wide range of countries and cultures. The various genres include comedy, music videos, animations, two-minute films, documentaries plus much more! What a great way to support the arts in the Gungahlin region and check out the local and international talent.

The **Thursday 19 September evening** screening will target an all ages audience. The evening will include a Q&A with an emerging young Canberra filmmaker. The event also includes categories in animations, music videos, documentaries and two-minute films made on mobile devices.

A dinner pack will be available for purchase at the Thursday screening for any under 16 years ticket holders.

The **Friday 20 September night screening** is aimed at mature viewers (16+) and will include the best films from the International and National categories.

Dates: Friday 20 September 2019 (national and international entrants)

Thursday 19 September (all ages)

Time: Arrive 5:30pm for a 6:00pm start (**both nights**)

Where: Margaret Hendry Primary School, 100 Sutherland Circuit Taylor, ACT

Cost: \$7.50 (5-15 years ticket) \$15.00 (16 years and over)

To book tickets, please click on the [Eventbrite link](#)

<https://www.eventbrite.com.au/e/northside-presents-special-screening-events-canberra-short-film-festival-tickets-65887516335>

More Info: To purchase tickets, go to the Eventbrite page,

To read more about each session on Facebook, go to the All ages or 16+session pages

To check out the program, go to the website, www.csff.com.au

Contact Katherine Horak on 0424 734 800

New Fiji Independence Day Celebrations 2019

An annual family event hosted by the Kubuna, Burebasaga and Tovata Confederacies of Canberra and Queanbeyan to bring together Fijians and friends and families of Fijians in the Nations capital and surrounding regions to celebrate Fiji Independence Day.

Come along to enjoy a traditional Fijian earth oven feast and accompanying menu to tantalise your taste buds, as we launch into spring 2019. We're proud to announce that our feast this year will be coordinated by one of our very own renown Chef, who will present our "Magiti" through a selection of banquet style "Grazing" stations for ease of self-service, to optimise your island dinner experience. See details of menu on the discussion tab. This Island night themed event will complete a weekend of fun filled celebrations in the Nation's capital.

The evenings closing dinner and dance activities are kid friendly, held at The Queanbeyan Racecourse - an award winning venue renown for hosting formal dinners, balls, weddings, live bands etc. The location has ample free parking for the designated driver. For the Party enthusiasts, why not organise a ride to the event or use Uber ride sharing for your ease of mind and convenience.

Date: 12 October 2019

Time: 1800 hrs – 2330 hrs

Where: The Queanbeyan Racecourse

Cost: \$50.

Click on the following link to buy your tickets online at: <https://www.fijidaycanberra.com/437189671>

Methods of payment include direct EFT bank transfer, paypal and credit/debit card

More Info: please email: fijidaycanberra@gmail.com

Free Art Competition and Exhibition: Cash prizes to \$500 for CBR renters

Entries for this year's International Tenants Day Canberra (ITDCBR) Art Competition and Exhibition are now open!

For the chance to win up to \$500 and exhibit your work for free at Tuggeranong Arts Centre, enter online here: www.itdcbr.typeform.com/to/UAETfb 😊

This year's theme: A sense of home

Cash prizes: \$500 first, \$300 second, \$200 third, \$150 photo and \$100 people's choice

Eligibility: You must be a renter in the ACT, Canberra (that includes uni accommodation, boarders, private rental, renting through a real estate agent etc.)

Entries due: 20th September 2019

Date: 3rd - 26th October

Where: Tuggeranong Art Centre, 137 Reed Street North, Greenway ACT

Cost: Free event

More Info: info@tenantsact.org.au | 6247 1026 | www.itdcbr.com.au

English Conversation Playgroup

Our English Conversation Playgroup is a place you to meet other families and practice your English as you play with your child/ren in a safe and fun environment. Each session will include a warm welcome, targeted language play activities, a healthy afternoon snack, free play and stories and songs. These groups are for parents, grandparents or carers of children aged between 0 and 5 year's old. Our volunteers include experienced English language instructors and members of the community whose first language isn't English, their role is to help make you feel welcome and supported during your time with us.

This is run as a partnership programme between UnitingCare Kippax and ACT Libraries.

Date: Every Wednesday (from week 2 – week 9 of school term)

Time: 12:30pm-14:00pm

Where: Kippax Uniting Community Centre, Cnr Luke Street and Hardwick Crescent, Holt

Cost: Free event

More Info: Contact Elena on 6254 1733 or kippaxkids@kippax.org.au

GRANTS AND AWARDS

ACT Children's Week – 2019 Grant Application and Award Nominations are open now

Children's Week (19 -27 October) is a national celebration of children's rights, talents and citizenship. It is celebrated around Universal Children's Day which is held in Australia on the fourth Wednesday of October.

The 2019 theme for Children's Week is Children have the right to good quality health care, clean water, nutritious food and a clean environment so that they will stay healthy and is derived from Article 24 – UN Convention on the Rights of the Child, which Australia is a signatory.

The ACT will celebrate Children's Week from 19 - 27 October 2019 with the official launch on Universal Children's Day, Wednesday 23 October 2019.

Children's Week is an opportunity to celebrate the rights of the child by hosting an activity, event or celebration. It is also an opportunity to acknowledge people who make a difference for children by nominating them for an award.

The ACT Children's Week website www.actchildrensweek.com.au has details about how to:

apply for small grant funding (for your event, activity or celebration);

publish and promote your activity in an online publication; and

nominate people for a Children's Week Award.

Online forms are now open - visit www.actchildrensweek.com.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

Expressions of Interest – ACT Bushfire Council

The ACT Minister for Police and Emergency Services is seeking expressions of interest from person to fill a vacancy as a Member of the ACT Bushfire Council.

To ensure a diversity of viewpoints to representing and serving the community – Women, Aboriginal and Torres Strait Islander people, People from culturally and linguistically diverse backgrounds and People with disability are strongly encouraged to apply.

Nominees are expected to have skills and experience in one or more of the following areas: fire sciences; land management; fighting fires in rural areas; fighting fires in built-up areas; indigenous land management; rural lessees; the community's interest in the environment; and/or the community's interest generally.

The Council meets at the ACT Emergency Services Headquarters once a month and participates in a number of field visits through the year. Council Members are remunerated as per the ACT Remuneration Tribunal Determination for Advisory Bodies.

Expressions of Interest outlining skills and experience should be forwarded with a copy of your current resume with two referees to the Bushfire Council Executive Officer by close of business Friday 27 September 2019.

Closing Date: Friday 27 September 2019

Email: BFCAdmin@act.gov.au

By Post: C/o ACT Emergency Services Agency, PO Box 158, CANBERRA CITY ACT 2601 and marked "Expression of Interest for ACT Bushfire Council"

More Info: On the role of the ACT Bushfire Council is available on the ACT Emergency Services Agency website: <https://esa.act.gov.au/emergency-services/rural-fire-service/act-bushfire-council> Phone: (02) 6205 7660

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@multiculturalfestival.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 \(OOA\) - 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 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

New Little Athletics ACT Registrations Now Open

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 icebreaker that can help create long lasting friendships for you and your family. The 2019/2020 season runs from October to March and registrations are now open.

More Info: To registrar: www.actlaa.org.au or call (02) 6247 1296.

Facebook - <https://www.facebook.com/LittleAthleticsACT/>

Twitter- <https://twitter.com/LittleAthsACT>

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>

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

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



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 : 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](#)