

E-NEWSLETTER

ACT Multicultural Community

Edition 22

31 October 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

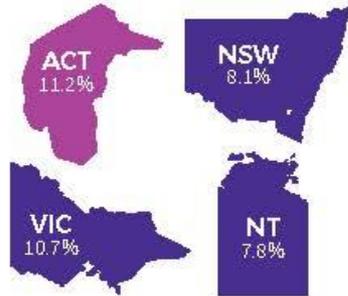
Community Services Directorate

MULTICULTURAL COMMUNITY PROFILE

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

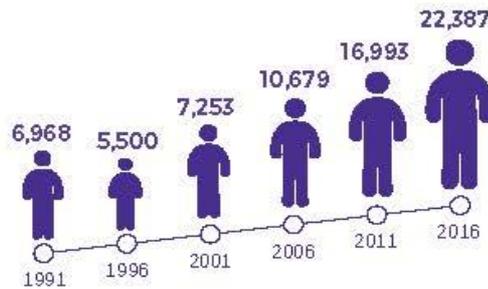
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

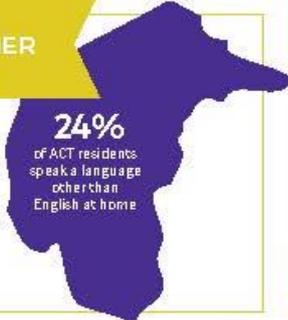
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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

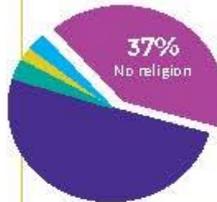
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



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 1998-2016; 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 Languages Afternoon Tea

An informal networking event for bilingual families and everyone with a love of languages and language learning. Afternoon tea provided.

- Fun games and language activities for all ages
- Explore bilingual storytelling
- Find out about the African Talking Drum in communication
- Share ideas about raising children in more than one language

Organised by the ACT Bilingual Education Alliance (ACTBEA) with the support of the ACT Participation (Multicultural) Grants Program 2018-19 and Canberra Multicultural Community Forum Inc

Date: Sunday 3 November

Time: 2pm-4pm

Where: Latin American Cultural Centre, 28 Astrolabe Street, Red Hill, ACT 2603

Cost: Free event

To book: Booking required for catering purposes via Eventbrite
<http://eventbrite.com.au/e/75097882789>

More Info: Events at <https://actbilingual.weebly.com>, email canberrabilingual@gmail.com or phone Mandy (after 23 October) on 0408 089 235

Lecture Performance: CHINAME 中文名

CHINAME is an ongoing, international research project by contemporary Chinese multi-disciplinary artists Xiao Ke and Zi Han. The Shanghai-based artist duo attempt to create a temporary contact zone for 'Chinese' identity by researching different regions and presenting on-location documentary portraits of common people.

To introduce CHINAME to Canberra and provide audiences with background on the project so far, Xiao Ke and Zi Han present this free lecture performance.

Date: Sunday 3 November 2019

Time: 5pm

Where: Tuggeranong Arts Centre, 137 reed Street Greenway ACT

Cost: Free event

To book: <https://www.trybooking.com/BETME>

More Info: 02 6293 1443 or info@tuggeranongarts.com / www.tuggeranongarts.com

Woden Community Service is offering the following Parenting Program November 2019 - Circle of Security

Circle of Security is a worldwide recognised parenting program designed to enhance attachment and security between parents and children up to the age of ten years.

Participants will learn how to establish a secure base that gives children a sense of safety and develop observational skills to strengthen relationships.

Date: Four Mondays, 4 November 2019 to 25 November 2019

Time: 5.30pm to 8.00pm

Location: Woden Community Service

Level One Building C Callam Offices, 50 Easty Street, Phillip

Cost: \$40

Contact: Mary Ford 62346821 or 0475 987 513

Tea and Coffee and biscuits will be provided

Community Space Coming Soon to Woden Library

If you are a regular visitor to the Woden Library or even if you have not visited in a while...

WE WANT TO HEAR FROM YOU!

We are investing significantly in Woden and part of that is bringing new life to the top level of the Woden Library with delivery of a new community space.

Two design workshops will be held at the library and we want you to get involved. Visit YourSay to register your interest in attending a workshop on one of the following days:

Date: Wednesday 6 November 2019 or Saturday 9 November 2019

Time: 10.30am-2.30pm

Where: Woden Library, Corinna St, Phillip

Cost: Free

To book: <https://www.yoursay.act.gov.au/new-community-space-woden-library> or talk to staff at Woden Library

More Info: For more information and to share your ideas on what the new community space could be, visit www.yoursay.act.gov.au or come into the Woden Library and talk to one of our friendly staff members.

Faith in Action Conference a religious response to the climate emergency

Are you concerned about climate change, and wondering how you as a person of faith might contribute to creating a safer world? The Australian Religious Response to Climate Change (ARRCC) is a multi-faith organisation of people who are committed to taking action on climate change. We believe that as people dedicated to the common good, people of all faiths can and should be at the forefront of working for an ecologically and socially sustainable future.

ARRCC is holding its inaugural conference in Canberra from 8-10 November. Come along and meet other people of faith who have been taking action on the climate crisis. Listen to inspirational stories and learn from academics, experts and community organisers. The conference will be an opportunity to:

Build your knowledge, skills and confidence.

Be inspired to act on the climate emergency with others.

Meet like-minded people and build supportive networks or local groups.

Date: 8 to 10 November 2019

Time: 4.30 pm Friday to 3.30 pm Sunday

Where: Australian Centre for Christianity and Culture, 15 Blackall Street, Barton

Cost: \$120 concession to \$260 passionate

Register online at https://www.arrcc.org.au/arrcc_national_conference by 25 October 2019

More Info: email: info@arrcc.org.au/ website <https://www.arrcc.org.au/>

Ghana Australia Association Inc Dinner Dance

The night will raise funds for DonateLife ACT and Mental Health Services in Ghana. Around 1400, people are waiting for an organ transplant at any time, and we, as an organisation, want to raise awareness within the African community and support the best way we can.

The World Health Organisation (WHO) estimates that almost 22 per cent of the adult population in Ghana are suffering from a severe mental disorder as compared to 11 per cent in Australia. Getting the proper treatment becomes a massive task because of less government provision and funding for general hospitals.

Date: Saturday 16 November 2019

Time: 6pm to 12 midnight

Where: The Southern Cross Club, Woden

Cost: \$85 per ticket or \$800 for a table of ten

More Info: Ghanaaustraliaassociation@gmail.com phone Mona 0419369803, Ebenezer 0419237533, Kofi 0422482305, Dzifa 0405615009, Tetteh 0414778352

Telugu Association Canberra (TAC) RTP & Children's Day

Telugu Association Canberra organises RTP (Raagam Taanam Pallavi) – a musical extravaganza. This is a singing talent show/competition showcasing children & adults. All children & adults who are singing enthusiasts can participate.

Date: Saturday 16 November 2019

Time: 3 - 7 pm

Where: Belconnen Community Centre (TBC)

Cost: Free Event

More Info: Manjula Pitta – 0416 057 249, mnelapati@yahoo.com

Rudra - 0422 175 954, rudramovies@gmail.com

New Celebration of International Day for Tolerance

The Canberra Interfaith Forum would like to invite you to this event to celebrate the International Day for Tolerance. Mr Jack Waterford (former editor of The Canberra Times) will be giving the Keynote address. There will be a Q & A session following the keynote address. A light Vegetarian Dinner will be provided.

If you wish to attend this event, please RSVP here.

Date: Monday 18 November

Time: 6.00 for 6.30 – 8.00pm

Where: Function Room (Level 2), Theo Notaras Multicultural Centre, 180 London Circuit, Civic

Cost: Free

More Info: Canberra Interfaith Forum email: canberrainterfaithforum@gmail.com

Due to popular demand, COTA ACT will be presenting a second free seminar of how to understand and navigate the aged care system

Would you know how to access aged care assistance if you or your family needed it?

COTA ACT will be presenting a free seminar on how to understand and navigate the aged care system.

Our skilled presenters will:

- explain the processes involved in accessing aged care;
- discuss the different care options available in your own home and in residential care; and
- demonstrate the 'My Aged Care' website; and
- provide an opportunity to ask questions.

Date: Wednesday 20 November 2019

Time: 1:30pm to 3pm

Where: Hughes Community Centre Hall, 2 Wisdom St. Hughes

So please join us for light refreshments and lots of information.

RSVP to <https://cotanav2.eventbrite.com.au> or call the COTA ACT Office on 6282 3777

Telugu Association Canberra (TAC) Christmas in the Park

Telugu Association Canberra organises this event to acknowledge our multiculturalism, unity in diversity. During this event Christmas carols will be sung, and everyone can take part in lunch.

Date: Saturday 7 December 2019

Time: 5 pm - late

Where: Yerrabi Pond OR Moncrieff Park (TBC)

Cost: Free Event

More Info: Manjula – 0416 057 249, mnelapati@yahoo.com

Priyanka – 0405 418 718, veerabatni@gmail.com

Manohar – 0400 369 635, Manohar.vemuri@gmail.com

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 to 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

New Closing soon – Fostering Integrating Grants

The Australian Government is inviting applications through an open competitive process to apply to deliver services under the Multicultural Affairs and Citizenship Program: Fostering Integration Grants in 2019-20.

The objective of the grant opportunity is to facilitate the participation, integration and social cohesion of both newly arrived migrants and culturally diverse communities in Australia by:

encouraging the social and economic participation of migrants by developing skills and cultural competencies to integrate into Australian social, economic and civic life, and build community resilience

promoting and encouraging the uptake of Australian values and liberal democracy and amplifying the value of Australian citizenship

promoting a greater understanding and acceptance of racial, religious and cultural diversity

addressing issues within Australian communities that show potential for, or early signs of, low social integration.

Applications close at 11:00 pm AEDT on **5 November 2019**.

Information about applying for this round can be found on the [Community Grants Hub website](#) and [GrantConnect](#).

ACT Children's Week

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 on Wednesday 23 October 2019. Children's Week is an opportunity to celebrate the rights of the child by hosting an activity, event or celebration.

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 Hear the story of Canberra's first ANZAC – registrations now open for the inaugural 2019 ACT Veterans Community Day

The ACT Ministerial Advisory Council for Veterans and their Families is hosting Canberra's Inaugural Veterans Community Day at the National Arboretum Canberra on Sunday 10 November 2019.

Everyone is welcome attend.

Join the Council for a Remembrance Day commemoration, tour the Turkish Pine Forest, hear the story of Canberra's first Anzac, meet members of the new Council and enjoy the stunning surrounds.

When: Sunday 10 November 2019

Time: 10am to 1pm

Venue: Margaret Whitlam Pavilion, National Arboretum Canberra, Forest Drive, Molonglo Valley

A traditional Ngunnawal welcome to country smoking ceremony will be conducted prior to formalities.

While this is a free event, registrations are required through Eventbrite at:

<https://www.eventbrite.com.au/e/veterans-community-day-at-the-national-arboretum-canberra-tickets-75774404283?aff=ebdssbdestsearch>

2019 ACT Emergency Services Agency Open Day

ESA Open Day is a family event held to showcase all aspects of emergency management in the ACT and region. An exciting day out for all ages where you can meet the people who keep our community safe and learn how you can take care of what matters most during an emergency. The day is filled with entertainment, helicopter rides, food, skills demonstrations and hands on activities.

Date: Sunday 3 November 2019

Time: 10am to 3pm

Where: 9 Amberley Avenue, Fairbairn

Cost: Free entry and parking

More Info P: 620 59474 email: fiona.amundson@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 with the below information to: inbox@multiculturalfestival.act.gov.au.

- name organisation;
- contact person;
- email address; and
- 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.

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](http://ACTLibraries) Tel: 6205 9000

COMMUNITY NOTICES

New Red Cross Visiting Services

Red Cross Community Visiting and Social Support Programs are looking for volunteers (with a Working with Vulnerable Persons Card) from all cultural backgrounds to offer a friendly weekly visit to a socially isolated person living in an Aged Care Facility OR in living in their own home, purely for the purpose of friendship and companionship.

Enjoy having a coffee, read a book/newspaper/letters, reminisce over photos and pictures of the mother country, talk about old times and newer times, go out to watch a movie or walk through a museum or the mall.

If you feel you could spend 1 hour each week with a new friend then look at the Red Cross website, redcross.org.au and click on the volunteer tab and fill in the application.

Date: Ongoing

Time: 8.00am-4.00pm

Where: Red Cross House, 3 Dann Close Garran ACT 2605

Cost: Free.

To book: redcross.org.au

More Info: bvann@redcross.org.au ph: 62347623

mswientek@redcross.org.au ph: 62347639

English Conversation Group - Taylor

Our English Conversation Group offers participants the opportunity to learn and practice English in a supportive and comfortable environment. The group consists of approximately 20 people from diverse backgrounds and with varying English levels. The group helps participants forge relationships and community connections while improving their ability to converse with native speakers.

English conversation tutors are needed to assist the facilitation of conversation between participants. They will support small groups by introducing conversation topics, directing conversation within the group and assisting the specific needs of individual participants. We are seeking enthusiastic and organised applicants

who either have experience or an interest in TEFL, education or teaching in general. The position offers volunteers the opportunity to with an interesting and diverse group of people and be involved in a wonderful program.

Date: Every Thursday

Time: 12.45pm – 3pm

Where: Margaret Hendry School, Taylor ACT 2914

More Info: For more information or to apply to become a volunteer, please email volunteer@northside.asn.au or call (02)6171 8028.

The Aged Care Royal Commission – tell your story in your own language

The Royal Commission wants people from multicultural backgrounds to tell them what they think about aged care services. People can tell their stories in their own language (in writing, by phone or as a recording).

This is a real chance for people to make their voices heard!

The Federation of Ethnic Communities' Councils (FECCA) has developed a toolkit to help people tell their stories. The toolkit is free and available online or in hard copy.

More Info: 02 6285 5755 or www.fecca.org.au/acrc The Aged Care Navigators Trial: Supporting Access to Aged Care Services

The Aged Care Navigators Trial is funded by the Older Persons Advocacy Network (OPAN) to test different types of services and activities aiming to support older people learn more about Government supported aged care programs through the My Aged Care service system.

The ACT Disability and Aged Care Advocacy Service (ADACAS) is one of thirty organization's across Australia taking part in the Aged Care Navigators Trial.

Who is ADACAS?

ADACAS is a non-government human rights organisation providing free advocacy and information to:

- people with disability;
- people experiencing mental ill health;
- older people; and
- carers.

How do the Information and Support Hubs work?

ADACAS Aged care expert staff and trained volunteers are available to provide support and educate and assist people 65 (50+ for Aboriginal and Torres Strait Islander peoples) years and over, by providing information and linkages with suitable aged care services in the ACT and surrounds. The purpose is to build knowledge and personal capacity by helping navigate the My Aged Care system; from information to assessment, through to receiving care.

Information and Support Hubs offer a range of activities including:

- workshops and information;
- assistance accessing and navigating the My Aged Care website;
- assistance filling My Aged Care registration forms;
- outreach Drop- In; and
- group sessions and individual support sessions.

Drop-in service - All Welcome!

When: Every Thursday 10:00am to 12:00am

Where: Multicultural Centre- Theo Notaras Function Room (180 London Circuit, Canberra City)

Cost: Free event

Please make sure to check the ADACAS website www.adacas.org.au for upcoming activities in your area

More information

If you would like more information or book a group information session, workshop, or an individual session please call us at ADACAS on 02 6242 5060 or email: adacas@adacas.org.au

You can also go to the Council of the Ageing website by following the link below

<https://www.cota.org.au/information/aged-care-navigators/>

MARSS Australia Incorporated RTO course and ACT Adult Community Educations (ACE) Grants Programs are starting soon

1. RTO Courses

Currently we are accepting Expressions of interests for Certificate III in Individual support (Ageing/Disability).

Cost: Free for eligible participants

2. Foundation Workplace English and Communication Program (FWEC)

This program is for culturally and linguistically diverse Canberrans to overcome English language, learning and workplace literacy barriers that may be preventing them from

Obtaining employment or remaining in employment.

Cost: Free event

3. English for Work Entry Program (EWE)

This program is for culturally and linguistically diverse Canberrans to overcome English language, learning and workplace literacy barriers that may be preventing them from obtaining employment.

Cost: Free event

Seats for all courses are limited.

More information: please email to rto@marss.org.au or call 62488577.

Anna Cirocco, RTO Manager

MARSS Australia Inc (Migrant and Refugee Settlement Services) T: 02 62488577

M: 0403 099 831, F: 02 62577655, E: rto@marss.org.au

Address: Level 2 Theo Notaras Multicultural Centre

180 London Circuit, Canberra City ACT 2601

Mailing: GPO Box 697 Canberra City 2601

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>

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.

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



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

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@westonccccentre.org.au Web: www.westonccccentre.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; and
- 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](#)