

## E-NEWSLETTER

ACT Multicultural Community

Edition 23

14 November 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](mailto:CommunityParticipation@act.gov.au).

Thank you

Office for Multicultural Affairs

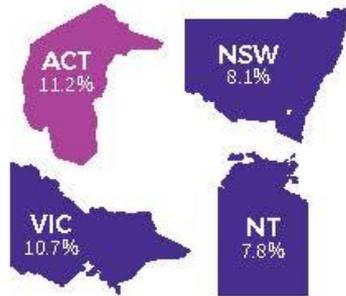
Community Services Directorate

# MULTICULTURAL COMMUNITY PROFILE

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

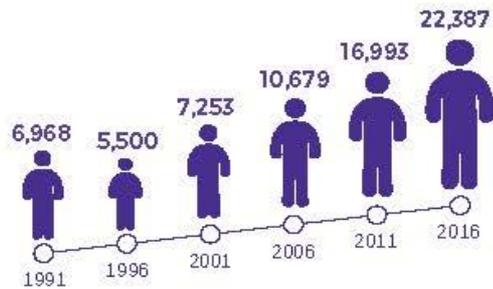
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

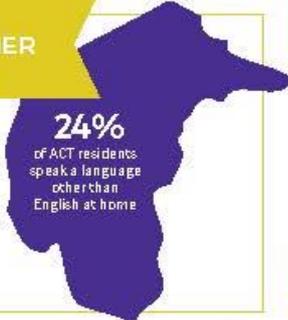
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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

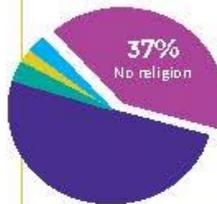
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



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

### 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, Coffee and biscuits will be provided

### 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](mailto:mnelapati@yahoo.com)  
Rudra - 0422 175 954, [rudramovies@gmail.com](mailto:rudramovies@gmail.com)

## 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](mailto:canberrainterfaithforum@gmail.com)

## New She Leads in conversation with Mariam Veiszadeh and Yasmin Poole

Join us on **Tuesday 19 November** to hear from Mariam Veiszadeh in conversation with Yasmin Poole.

This candid conversation will centre around Mariam's personal journey as a Muslim woman and leader, including her experiences migrating to Australia at age seven. Mariam will discuss her pathway to becoming a lawyer and Diversity and Inclusion Consultant, alongside her ongoing advocacy work to create equal opportunity and inclusion for all including her tireless work to eradicate racism and discrimination in the corporate sector.

**Mariam Veiszadeh** is a lawyer, diversity and inclusion consultant, author, and social commentator. A fearless advocate, Mariam has for the past decade championed the rights of minority groups in an endeavor to normalise 'difference' or - as she sees it - normality. Mariam has a long list of accolades including Westpac's Woman of Influence Award 2015, Fairfax's Daily Life Woman of the Year Award 2016,

and Role Model of the Year & Woman of the Year at the Australian Muslim Achievement Awards in 2015. Mariam sits on the Board of Our Watch, a national organisation established to drive nationwide change in the culture, behaviors and power imbalances that lead to violence against women and their children. In 2017, Mariam addressed an audience of approximately 4000+ in her TEDx Sydney talk to shed light on the issue of societal privilege and how it creates an unequal playing field for diverse minority groups. She successfully mounted the case for why cultural diversity targets are required to help create more of a meritocracy and stamp out racism and discrimination in the corporate sector.

**Yasmin Poole** is best described as a 'human megaphone for Gen Z'. She has represented millions of young Australians in advocating for youth policy reform, including being the 2018 Chair of the Victorian Government's Youth Congress. She also led the global business development of 180 Degrees Consulting, a youth led social impact consultancy that spans across 30 countries. She is currently Plan International's Youth Ambassador, focusing on engaging young Australian women in politics. This year, Yasmin was the youngest member of the Australian Financial Review 100 Women of Influence and Top 40 Under 40 Most Influential Asian Australians. Yasmin has been a panellist on shows such as Q&A and the Drum, with a focus on how we can include youth in the conversation to create change.

So, gather a couple of friends and colleagues in support, and purchase your ticket now!

**Date and Time:** Tuesday 19 November 2019 6:15pm to 8:15pm

**Location:** PwC Canberra

**Cost:** YWCA Canberra members and PwC staff \$30 / non-members \$45

**Your ticket includes:**

- Entry into the She Leads In-Conversation event
- A selection of delicious canapés and drinks (both alcoholic and non-alcoholic)
- The opportunity to connect with and be inspired by women leaders, including the speakers

YWCA Canberra believes that all women should be paid for their work. As a result, the cost of your ticket price also ensures that we are able to continue to pay our speakers

**For further information and tickets, visit:** <https://ywca-canberra.org.au/event/she-leads-in-conversation-with-mariam-veiszadeh-and-yasmin-poole/>

## New Unpacking Islamophobia: Overcoming the CVE filter

As part of the *Sharing the Stories of Australian Muslims project*, the Race Discrimination Commissioner & Team would like to invite you to our **Speaker Series Event - Unpacking Islamophobia: Overcoming the CVE filter**, with guest speakers Dr Clarke Jones (ANU) and Dr Tahmina Rashid (University of Canberra).

Violent extremism is a key area of interest to Australian governments and policy makers. Successive Australian governments have allocated increasing funds to areas with a law enforcement focus for Countering Violent Extremism (CVE) programs. This speaker series event will discuss the impact of CVE on the strength and resilience of Australian Muslim communities and how it can reinforce Islamophobia.

**Date and Time:** Tuesday 19 November 2019, 6:00pm to 8:00pm  
**Location:** Liangis Theater, National Portrait Gallery, PARKS ACT  
**Please register:** your attendance via the Eventbrite link: <https://www.eventbrite.com.au/e/speaker-series-unpacking-islamophobia-overcoming-the-cve-filter-tickets-78576515473>.

## 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

## New Canberra Remembers Lives Lost to Suicide – Lisa Wylie

Canberra Remembers Lives Lost to Suicide. Remembrance Ceremony

**Date and Time:** Saturday 23 November 2019 at 10am – 11am  
**Location:** Celebration Garden at the Arboretum  
**Cost:** Free event

Minister Shane Rattenbury MLA will be attending as Guest Speaker and there will be light refreshments served after the Ceremony.

If you would like your loved one acknowledged at the ceremony

please email [standby@supportlink.com.au](mailto:standby@supportlink.com.au) or call/text Lisa on 0421 725180

## New Healthy Aging in the Multicultural Community – a free information evening hosted by MCCI and CMCF

Healthy Aging in the Multicultural Community

What can MCCI do for you?

**Date and Time:** 5:00pm to 7:00pm on Wednesday 27 November

**Location:** Theo Notaras Multicultural Centre, 180 London Circuit, CIVIC

**RSVP:** To MCCI by Friday 22 November phone: 6169-3986

Proudly supported by Canberra Multicultural Community Forum

## New Heart of Poland remembering Poland on the 80<sup>th</sup> anniversary of the Nazi occupation of Poland 1<sup>st</sup> September 1939 – through Chopin

Poland, her people and Chopin were one in heart. Warsaw was the capital of Poland and the heart of Poland. Within that heart was the heart of Chopin residing in a pillar in the Church of the Holy Cross. Hitler wanted to destroy this heart. Poland had to save it. The paradox was between faith and fate. How was Chopin and his music treated during the Nazi occupation of Poland? It saved the life of Wladyslaw Szpilman (The Pianist), purged the despair of Adam Kopycinski in Auschwitz. As to the heart... it was saved by faith and seclusion.

**Date:** Friday 29 November 2019

**Time:** 7.00pm

**Where:** Larry Sitsky Recital Room, ANU School of Music

**Cost:** Adults \$50; FCA members \$40; Concessions \$30; Children under 16, \$20

Online bookings [www.friendsofchopin.org.au/events](http://www.friendsofchopin.org.au/events) door sales from 6.30pm

**More Info:** M: 0438 195 183

## 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

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Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



**More Info:** Manjula – 0416 057 249, [mnelapati@yahoo.com](mailto:mnelapati@yahoo.com)

Priyanka – 0405 418 718, [veerabatni@gmail.com](mailto:veerabatni@gmail.com)

Manohar – 0400 369 635, [Manohar.vemuri@gmail.com](mailto: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](mailto:kippaxkids@kippax.org.au)

## GRANTS AND AWARDS

### New Open for applications – Saluting their Service Commemorative Grants Program

The Australian Government is inviting applications through an open competitive process to apply for grant funding during the 2019-20 financial year under the Saluting Their Service Commemorative Grants Program (the program).

The program aims to preserve Australia's wartime heritage and involve people around the nation in a wide range of projects and activities that highlight the service and sacrifice of Australia's service personnel in wars, conflicts and peace operations. Projects and activities should promote appreciation and understanding of the experiences of service and the roles that those who served have played in shaping the nation.

There are two categories of grants available under the program:

1. **Community Grants (STS-CG)**

Grants to a maximum of \$10,000 are available for local, community-based projects and activities.

2. **Major Grants (STS-MG)**

Grants between \$10,001 and \$150,000 are available for major commemorative projects and activities that are significant from a national, state, territory and/or regional perspective.

Applications close at 11:00 pm AEDT on **31 March 2020**.

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

## 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 Wellbeing indicators for the ACT roundtable meetings

This is a reminder that the ACT Wellbeing Indicators project will be holding two roundtables on 18 and 22 November to continue the conversation about what is important to the wellbeing of Canberrans. Please register for one of the two identical roundtables via the Eventbrite links.

- **Roundtable 2A: Monday 18 November 2019** from 2-5pm at the CIT Function Centre, Reid campus. **Please register through Eventbrite at <https://wellbeingroundtable2a.eventbrite.com.au>**

- **Roundtable 2B: Friday 22 November 2019** from 9:30am-12:30pm at the CIT Function Centre, Reid campus. **Please register through Eventbrite at <https://wellbeingroundtable2b.eventbrite.com.au>**

For further information, please visit our YourSay wellbeing page at [www.yoursay.act.gov.au/wellbeing](http://www.yoursay.act.gov.au/wellbeing). Submissions from organisations can also be provided to [wellbeingindicators@act.gov.au](mailto:wellbeingindicators@act.gov.au) by 28 November 2019.

Please contact Kym (6207 0612) for further assistance and details regarding this event.

## New ACT Honour Walk

Do you know someone who has helped to shape the city of Canberra? Or an individual or group who has made a sustained contribution to our community? Then nominate them for inclusion in the ACT Honour Walk.

Past recipients come from a diverse range of fields of endeavour, and include Professor Tom Calma AO, Sir John Overall CBE MC and Bar, Dawn Waterhouse, Canberra Refugee Support, the Taverner Family and Jim Murphy AM.

Recipients are publicly acknowledged with a plaque in their honour on the Walk located in Ainslie Place. The next induction into the Honour Walk will take place in 2020.

Nominations can be made online at [www.cmtedd.act.gov.au/communication/act-honour-walk](http://www.cmtedd.act.gov.au/communication/act-honour-walk)

Nominations should be received by **Friday 29 November 2019** for consideration in the 2020 induction.

We would appreciate your assistance in promoting the ACT Honour Walk to others in your organisation and community who may be interested in making a nomination.

Please contact the Protocol, Honours and Ceremonial Events Officer on 02 6205 3031 or [govtsupport@act.gov.au](mailto:govtsupport@act.gov.au) if you have any questions or wish to discuss a nomination.

## New Volunteering at the 2020 National Multicultural Festival

Be a part of Canberra's Largest Festival! **2020 NATIONAL MULTICULTURAL FESTIVAL! WE WANT YOU! VOLUNTEER TODAY!**

Running annually for 23 years, the National Multicultural Festival (the Festival) is one of Canberra's most loved events that celebrates cultural diversity!

The success of the Festival is largely due to the huge effort put in by Canberra's multicultural community and volunteers.

We are seeking the following volunteer roles to help out at the 2020 Festival:

- General (footprint) volunteers
- Information Tent Assistants
- Entertainment volunteers (Stage Managers, Stage Assistants and Master of Ceremonies)
- Photographers

Roles will fill fast so [click here](#) to register your interest today!

Training for all roles will be delivered in early February 2020.

We thank you in advance for your interest in volunteering for the 2020 National Multicultural Festival!

**Date & Time:** Friday 21 February 2020 to Sunday 23 February 2020

Various shift times

**Where:** National Multicultural Festival footprint

Canberra Central Business District CIVIC ACT

**Cost:** Free

## 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.*

## 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](mailto: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](mailto: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](mailto: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](mailto: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 Shop with a refugee runs business to help refugees build a new life.

Welcoming refugees into work makes our economy stronger, builds bonds in our society and benefits individual business.

Did you know you can support refugees in their working life by shopping with a business run by a refugee or one that gives refugees a chance to work?

Look in the Refugee Business Directory (<https://www.humanslikeus.org/support-refugee-businesses>) on the [Humans Like Us website](https://www.humanslikeus.org/) (<https://www.humanslikeus.org/>) for businesses around Australia that are run by, or employ refugees. Some of them have online shops so you don't even have to be a local!

If you know of a refugee-run business that we haven't included, we'd love to talk to them.

More info: Selena Choo, Founder, Humans Like Us, 0401202013 or [selenachoo@outlook.com](mailto:selenachoo@outlook.com).

## New MARSS Australia Inc. Belconnen Office is Now Open

MARSS Australia Inc. (Migrant and Refugee Settlement Services) has opened its new branch office in Belconnen to deliver client-centered casework and case management support to assist migrants, refugees and humanitarian entrants to settle successfully in Australia.

Our new office provides settlement-related information, advice, advocacy and referrals to access MARSS' internal programs, mainstream and other relevant services.

MARSS is also delivering community development programs for clients from CALD backgrounds to assist them with language, welfare, employment, access and equity.

Our services are available to humanitarian, family, skilled and other visa streams to assist them in their settlement needs and issues. Visit us:

**Address:** Unit 28, Level 3, Belconnen Churches Centre, 54 Benjamin Way, Belconnen ACT 2617

**Opening Hours:** Mondays 9:00am to 5:30pm  
Tuesdays to Fridays 9:00am to 5:00pm

**Contact us:** Phone: 62488577, mobile: 0403 090 767

**Email:** [marssbelco@marss.org.au](mailto:marssbelco@marss.org.au)

**Website:** [www.marss.org.au](http://www.marss.org.au)

## 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](http://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](http://redcross.org.au)

**More Info:** [bvann@redcross.org.au](mailto:bvann@redcross.org.au)

[mswientek@redcross.org.au](mailto:mswientek@redcross.org.au)

## 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 work 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](mailto: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](http://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](http://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](mailto: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](mailto: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](mailto: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

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Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



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](http://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. 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](http://www.mcci.org.au).

**More Info:** Chris Lacey, Chief Executive Officer, 02 42297566 or [chris@mcci.org.au](mailto: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.

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Further information can be found on the  
Community Services website at [www.CommunityServices.act.gov.au](http://www.CommunityServices.act.gov.au)



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](mailto:info@mhub.org.au) or website [www.mhub.org.au](http://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](http://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](mailto: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](http://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](mailto: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](http://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](mailto:bvann@redcross.org.au)

Social Support Coordinator on 62347628 or [mhudson@redcross.org.au](mailto: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](mailto:info@westoncccentre.org.au) Web: [www.westoncccentre.org.au](http://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](mailto: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](mailto:folkdancecanberra@act.gmail.com)

Website: [Folk Dance Canberra](http://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](mailto: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](mailto: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](mailto: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](http://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](#)