

E-NEWSLETTER

ACT Multicultural Community

Edition 25

12 December 2019

We hope you enjoy this fortnight's edition of the ACT Multicultural Community E-News.

For urgent and short notice updates and requests, a special edition E-News can be issued.

Contact the ACT Office for Multicultural Affairs via CommunityParticipation@act.gov.au.

Thank you

Office for Multicultural Affairs

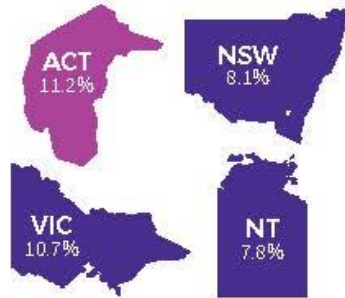
Community Services Directorate

MULTICULTURAL COMMUNITY PROFILE

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

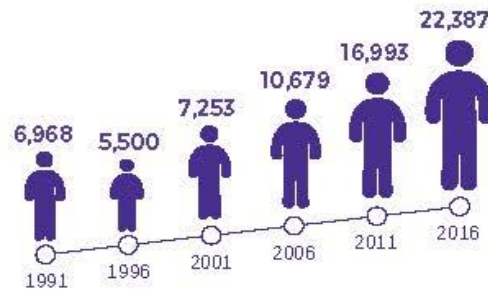
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

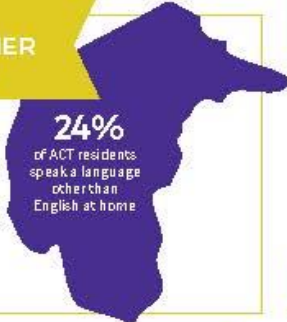
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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



IMMIGRATION BY CENSUS YEAR

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

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



GUNGAHLIN IS DRIVING THE CAPITAL'S GROWTH



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

RECENT ARRIVALS ARE RELATIVELY WELL EDUCATED AND HIGHLY SKILLED

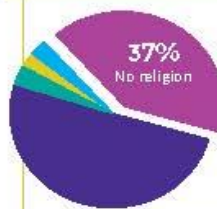
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



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

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

CHANGING RELIGION



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

ADDITIONAL FACTS

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

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

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



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EVENTS

You are invited to join Multicultural Youth Services End of Year Party

Multicultural Youth Services cordially invites you to our end of year party

- Date:** Friday, 13 December 2019
- Time:** 4:00pm to 9:30pm
- Venue:** Function Room, Theo Notaras Multicultural Centre, 180 London Circuit, City
- Cost:** Free event
- RSVP:** By 6 December on phone: 61001611 www.mys.org.au

New BBQ meals service for people experiencing homelessness in Canberra

Fair Canberra, Fijian Methodist Church, United Neasian Movement and Canberra Punjabi Sports & Cultural Association (with the support of Communities@Work) is starting up a BBQ meals service for people experiencing homelessness in Canberra. Guests will be welcomed with a warming plate of wholesome food, community spirit and live entertainment.

- Date:** Fridays, starting from 20 December 2019
- Time:** 4pm to 6pm
- Where:** Petrie Plaza (near the merry-go-round), Civic, ACT
- Cost:** Free for homeless people
- More Info:** Communities@Work, P: 6293 6239 M: 0437 717 026

Vegetarian options will be available.

New Australia India Award Night

On behalf of India Australia Association of Canberra (IAAC) and our proud, dedicated Executive team members we would like to invite you, your family and friends to this year's ceremonial event.

- Date:** Saturday, 25 January 2020
- Time:** 5:30pm to onwards
- Where:** Albert Hall, 100 Commonwealth Avenue, Yarralumla ACT

Tickets Can Be Purchased from: <https://eventtickets.com.au/details/1331944125>
Discount coupon code 10% off : iaac1973, valid until : 15/12/2019

Please nominate your interest for the award by clicking following links:

<http://www.iaac.org.au/wp-content/uploads/2019/12/IAAC-Nomination-Form-2019-v3-2.pdf>

More Info: Sandi Mitra, President India Australia Association of Canberra, Chair Community Relation, Fair Canberra Inc, phone- 0422415804, web site - www.iaac.org.au

New Dance for wellbeing classes at Belconnen and Tuggeranong Arts Centre

The Dance for Wellbeing program is an initiative of Belconnen Arts Centre, promoting health and wellbeing for the body and the brain, through dance from many cultures. We are providing regular dance classes for ACT communities with Parkinson's disease, Dementia, Multiple Sclerosis and other chronic conditions. There is a growing body of medical evidence strongly validating the importance of exercise in the maintenance of our wellbeing – physically, cognitively and socially. Dance ticks all those boxes in one fun package! People with health challenges, plus family, carers and friends are very welcome to participate in the weekly classes, led by a team of inspiring and experienced dance tutors. No partner necessary. All welcome, walkers and wheelchairs included!

Dates and Times: Classes occur throughout the year, concurrent with school terms, commencing 4 February 2020, Tuesday to Friday, at times listed on the website below

Where: Belconnen Arts Centre, 118 Emu Bank, Belconnen; Tuggeranong Arts Centre, 137 Reed St, Greenway.

Cost: \$10

More info: Philip on 02.6173 3300, Email: philip@belcoarts.com.au

Website: [BAC](#)

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

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

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

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 wj@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 English Language classes at CIT

Is English your second, third or fourth language? Do you need English language skills for work or study?

CIT offers a range of courses for people from non-English speaking backgrounds. These courses assist students to achieve functional English so they can maximise opportunities for further study and employment in Australia and are designed to improve skills in speaking, listening, reading and writing English, from beginner to advanced/academic level. Our qualified, experienced teachers will build your confidence to use English at work, for study or in the community, in a friendly and affordable learning environment.

Concessions are available for eligible students.

All CIT classes are government supported and affordable.

Free classes available for eligible ACT Services Access Card holders.

More info: https://cit.edu.au/courses/education_community/english_language

New Support Asian Women's Friendship Association Inc (SAW) 2020 Adult community Education (ACE) program is now open for registration

1. Stepping Stone: CALD Adult Learning Basic Computer and English Skills.

This Class aims to teach basic computer and English skills and to equip participants to be better communicators.

Date and Time: Tuesday 11th February 2020- Every Tuesday (school terms only) Computer Class: 10:00am - 12:00pm, English Class 12:30pm -2:30pm

Location: Gungahlin Library (meeting room 2)

Cost: Free (for eligible participants)

2. Stepping Up: CALD Adults Learning Workplace Computer and English Skills.

This Class aims to teach Workplace Computer and English Skills; and to gain recognition qualification in computing

Date and Time: Wednesday 12th February 2020 - Every Wednesday (school terms only) Computer Class: 10:00am - 12:00pm, English Class 12:30pm - 2:30pm

Location: Woden Library (Balcony Room)

Cost: Free (for eligible participants)

More information: Email to info@sawsfriendship.org.au or call 0422737751

Both Classes are welcomed to male and female participants. Seats are limited, RSVP by Friday 24th January 2020.

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.

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

Website: 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 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, or 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 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. 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@westoncccentre.org.au Web: www.westoncccentre.org.au

Saver Plus

Saver Plus assists individuals and families on lower incomes to build assets and improve financial capability and has supported thousands of lower income earners to develop a lasting savings habit.

Saver Plus offers:

- up to \$500 in matched savings for education costs;
- fun, free and informal financial education workshops; and
- assistance and support to establish a savings goal and develop savings habit.

Participants make regular deposits towards a savings goal over a 10-month period and attend workshops to build their financial management skills. When participants reach their savings goal, ANZ matches the amount – up to \$500 – towards education costs including uniforms, text books, laptops, sports equipment, music tuition, TAFE or apprenticeship costs, and much more.

Date: Ongoing
Where: Throughout ACT and Queanbeyan
Cost: Free event
More Info: Contact on 0448 730 305 | Email kathleen.watson@thesmithfamily.com.au

Beginners World Dance Class

Learn the Gypsy Polka, Russian 'Ya Da Kalinushku', Peruvian 'Chilli', Albanian 'Valle Pogonishte', Turkish 'Hastayim', Romanian 'Sarba de la Eninsala' and many more wonderful dances to inspiring music from countries around the world. Folk Dance Canberra is a community club promoting fitness and wellbeing through world dance. No partner necessary. All welcome.

Date and time: 7:00pm to 8:30pm on Thursdays
Where: Folk Dance Canberra Hall, Hackett Community Centre, 114 Maitland Street, Hackett
Cost: \$10.50
More info: Rebecca on telephone: 0420 524 412
Email: folkdancecanberra@act.gmail.com
Website: Folk Dance Canberra

Multicultural Employment Service (MES) ACT

Multicultural Employment Service (MES) has experienced employment consultants who actively seek out jobs in local businesses, services and agencies. MES has worked closely with migrants and refugees in the ACT for over three years matching job seekers with employers directly. Job seekers (of any age - not limited to youth) can register on-line at [Multicultural Employment Service ACT](#)

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

Website: [Multicultural Employment Service ACT](#)

Contact: Email: info@mes.org.au or Telephone: 6100 4611

Can You Help Promote Careers as a Translating and Interpreting Service (TIS) National Interpreter?

Do your clients speak an emerging language and have good English skills? Do you know someone who is multilingual and seeking a new career direction? The Translating and Interpreting Service (TIS National) is currently recruiting to meet growing demand for interpreting services in Australia.

For more information, visit the [interpreter recruitment](#) page.

Consider hosting an international student

The Education and Training Directorate International Education Program invites Canberra families to open their homes to international students and provide them a safe and nurturing place to live during their stay in Canberra.

Placing international students with a home stay host family helps bridge the cultural and language gap, giving students the opportunity to experience the life with an Australian family. Home stay parents and their children gain a greater understanding of cultural diversity through the relationship that develops with their student. Many host families have been providing accommodation for international students for many years. The Directorate is currently experiencing a shortage of home stay host families throughout Canberra.

More info: Contact Nicole King, Manager, International Education Unit

Telephone: 6205 6998 or email Nicole.king@act.gov.au

Department of Social Services - Free Interpreting Service

The Free Interpreting Service aims to provide equitable access to key services for people with limited or no English language proficiency.

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

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

- Medical Practitioners;
- Pharmacies;
- Non-government organisations;
- Real Estate Agencies;
- Local Government Authorities;
- Trade Unions; 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](#)