

E-NEWSLETTER

ACT Multicultural Community

Edition 2

23 January 2020

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

We would also like to encourage you to share and promote your own events and activities in its future publications. If you wish to have your events included in the bulletin, please complete the attached eNews entry template and email to communityparticipation@act.gov.au.

Thank you

Office for Multicultural Affairs
Community Services Directorate

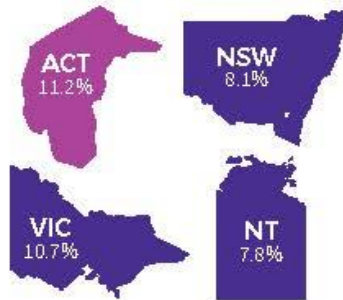
GETTING TO KNOW THE ACT

MULTICULTURAL COMMUNITY PROFILE

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

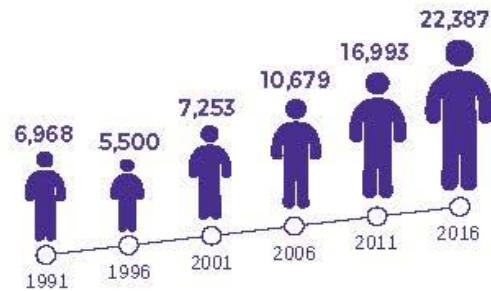
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

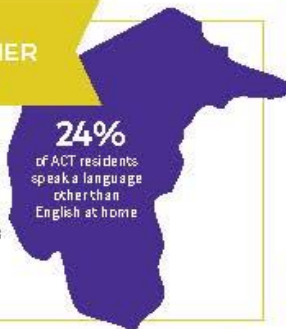
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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

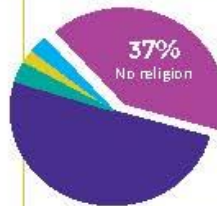
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



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.



TABLE OF CONTENTS

Events.....	5
New MARSS Bushfire Fundraiser	5
BBQ meals service for people experiencing homelessness in Canberra.....	5
Australia India Award Night.....	5
Australia Day Program and Dinner	6
Beginners World Dance Class.....	6
Dance for wellbeing classes at Belconnen and Tuggeranong Arts Centre	7
English Conversation Playgroup.....	7
Grants and Awards	8
New 2019-20 Seniors Grants Program (Round 2) now open.....	8
New 2019-20 Veterans Grants Program (Round 2) now open.....	8
New Healthy Canberra Grants	8
Open for applications – Saluting their Service Commemorative Grants Program	9
What is the Women’s Return to Work Grants Program?.....	10
Youth InterACT Scholarship.....	10
Community Languages Grants Now Available	10
ACT Government Notices	11
New The Office for Multicultural Affairs seeking nominations from ACT community members interested to become a Master of Ceremonies (MC) for Citizenship Ceremony	11
New Inclusion and Participation Division is seeking Expressions of Interest from ACT Community members interested in sitting on assessment panels in 2020	12
Volunteering at the 2020 National Multicultural Festival	12
Public Tender to Review on Investment in ACT Community Language School	12
The 2020 Young Canberra Citizen of the Year awards Nominations are now open	13
Do not touch, pick or eat any wild mushrooms.....	13
Overseas Qualification Assessment.....	14
ACT Diversity Register	14
The Women’s Health Nursing and Medical Service.....	14
ParentLink – Informing, Supporting, Connecting	15
Calvary Health Care Bruce - Refugee Mentoring Program.....	15
Return to Work for Women Course	15
What is on for Women Calendar?	16
Libraries ACT Free Resources and Programs.....	16

Community Notices.....	16
New English for Work Entry	16
New Multicultural Leadership Development Project (MLDP)	17
New Foundation Workplace English and Communication	17
New Youth Mentoring Program	18
English Language classes at CIT	18
Support Asian Women’s Friendship Association Inc (SAW) 2020 Adult community Education (ACE) program is now open for registration	18
Shop with a refugee run business to help refugees build a new life.	19
MARSS Australia Inc. Belconnen Office is Now Open.....	19
Red Cross Visiting Services	20
English Conversation Group - Taylor	20
Services for Multicultural Seniors in the ACT	21
Multicultural HUB Canberra.....	21
Navitas English - New Location	22
A Conversation for everyone - free presentation	22
Give A Young Carer A Brighter Future	22
Red Cross Community Visiting Social Support Program.....	22
Fitness Courses available at Weston Creek Community Centre	23
Saver Plus	23
Multicultural Employment Service (MES) ACT	23
Can You Help Promote Careers as a Translating and Interpreting Service (TIS) National Interpreter?	24
Department of Social Services - Free Interpreting Service.....	24
Department of Social Services - Free Translating Service	24
Ethnic Interpreters and Translators	25
TPV and SHEV Guide – Translations are now available	25

EVENTS

New MARSS Bushfire Fundraiser

Description: Please come along and buy delicious multicultural food to raise funds for the families affected by bushfires. For more information call Niran Karaeni on 02 6248 8577.

All proceeds will go towards the Bega Valley Shire Council Disaster Relief Fund. For more information visit https://www.begavalley.nsw.gov.au/cp_themes/default/page.asp?p=DOC-FJR-01-84-56

Date: 21 – 22 February 2020

Time: All day event

Where: Stall G20-21, Civic Square (near Legislative Assembly), National Multicultural Festival, Canberra

Cost: Food is priced between \$2 - \$10. No booking required

More Info: 02 6248 8577

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, till further notice

Time: 5:00pm to 7:00pm

Where: Petrie Plaza (near the merry-go-round next to the Labor Club), Civic, ACT

Cost: Free for homeless people

More Info: Communities@Work, P: 6293 6239 M: 0437 717 026

Vegetarian options will be available.

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- 0422 415 804, web site - www.iaac.org.au

Australia Day Program and Dinner

Peace be upon you.

The Ahmadiyya Muslim Community ACT cordially invites members of the Canberra community to a special program & dinner in celebration of Australia Day 2020. The Australia Day program provides an opportunity to the community to come together and pay respect to our homeland. Australia Day program will include thanksgiving speeches and presentations by community members & dignitaries who will share their thoughts on what it means to be an Australian, followed by a complementary dinner.

Date: Sunday, 26 January 2020

Time: Arrival: 5:00PM. Speeches & Presentations: 5:15PM. Dinner: 7:00 PM.

Where: Albert Hall, 100 Commonwealth Ave, Yarralumla ACT 2601

Cost: Free Event

To book: RSVP by 8 Jan 2020 via Email outreach.act@ahmadiyya.org.au or Mobile: 0415 689 286

More Info: Ahmed Munir. Director, Community Outreach. Ahmadiyya Muslim Community ACT. Mobile: 0415 689 286

Beginners World Dance Class

Learn the Gypsy Polka, Russian 'Troika', Peruvian 'Chilili', 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.

Date and Time: Wednesday 5 February, 7:30 to 9:00pm

Where: Folk Dance Canberra Hall, 114 Maitland Street, Hackett ACT 2602

Cost: \$10.50 per class (discount for term payment)

More Info: 6286 6401 (Lesley), Email: folkdancecanberra@gmail.com.

website: www.folkdancecanberra.org.au

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

New 2019-20 Seniors Grants Program (Round 2) now open

The Program provides funding for innovative projects that promote seniors as valued members of the ACT community and enable their active participation in community life. The Program has a particular emphasis on supporting projects which address the areas of elder abuse, enhanced social inclusion and those that address the needs of diverse seniors, including Aboriginal and Torres Strait Islander elders and culturally and linguistically diverse seniors.

Over \$10,000 in grants is available for initiatives that support Canberra seniors' active participation in the Canberra community.

Grants are one-off for the programs/activities/initiatives specified and are not intended as a recurring funding source.

Eligible community organisations operating in the ACT may apply for a non-recurrent grant of up to \$2,000 (GST exclusive) for projects which will be completed by 31 December 2020 that support the Program's funding priorities.

Further detail, including grant guidelines, are available at, <https://www.communityservices.act.gov.au/wac/seniors/grants/2018-2019-2nd-round-grant-guidelines>

Applications close 30 March 2020.

New 2019-20 Veterans Grants Program (Round 2) now open

The primary aim of the Program is to support veterans and their families' wellbeing and social inclusion. To best meet the needs of the veteran community, a focus on older veterans, contemporary veterans and veterans' families might be considered collectively or separately as the focus of the grant application. Applications are sought for innovative projects that promote veterans as valued members of the ACT community and enable them to participate in community activities.

Over \$35,000 in grants is available for initiatives to support veterans and their families.

Grants are one-off for the programs/activities/initiatives specified and are not intended as a recurring funding source.

Eligible community organisations operating in the ACT may apply for a non-recurrent grant of up to \$5,000 (GST exclusive) for projects which will be completed by 31 December 2020 that support the Program's funding priorities.

Further detail, including grant guidelines, are available at, <https://www.communityservices.act.gov.au/wac/veterans/grants/veterans-grant-guidelines-second-round>

Applications close 30 March 2020.

New Healthy Canberra Grants

Healthy Canberra Grants Focus on Reducing Smoking-Related Harm is seeking applications from community-based groups for programs that focus on preventing and reducing harm from smoking.

Tobacco smoking remains a leading cause of preventable death and disease in Australia. Quitting smoking, at any age, has immediate benefits for health and wellbeing, and reduces the risk of developing tobacco-related disease. Preventing or delaying the uptake of smoking in young people not only has direct health benefits but also greatly reduces their ongoing smoking behaviour as adults.

Although fewer than 10 per cent of Canberrans smoke - the lowest proportion of adult daily smokers in Australia, there are still sections of our community where smoking rates are substantially higher.

Healthy Canberra Grants: Focus on Reducing Smoking-Related Harm aims to fund programs that:

- * **Reduce the number of people in population groups with a high prevalence of smoking**
- * **Prevent or delay the uptake of smoking**
- * **Prevent the harms associated with electronic cigarettes and other new smoking products**

There is up to \$850,000 in funding available to support programs of up to three years duration, commencing in the 2020/21 financial year.

Applications are due by 4pm Monday 17 February 2020.

For more information, including accessing the application form and funding guidelines, please visit the ACTHPGP's webpage at www.health.act.gov.au/hpgrants, call us on 02 5124 9456 or email hpgrants@act.gov.au.

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](#).

Community Languages Grants Now Available

More young Australians will learn another language with the Morrison Government's new

\$10m community languages grant program now open for applications. Acting Minister for Immigration, Citizenship, Migrant Services and Multicultural Affairs Alan Tudge said the grant program will deliver a stronger Australia.

"Learning a language other than English helps prepare students for a workforce which is increasingly global and competitive," Mr Tudge said. "We want more children and students learning a foreign language, which will in turn have positive impacts well into the future." About 1000 community language schools across Australia may be eligible for the grants. These schools specialise in 69 different languages and teach more than 100,000 school-aged children. "Australia is the most successful multicultural society in the world, with Australians speaking more than 300 different languages," Mr Tudge said.

"Not only does speaking another language assist on the global stage, it also strengthens social cohesion by connecting young Australians to other cultures." Under the program, eligible language schools that apply for funding will receive a base payment of \$1,500, as well as a per capita amount of funding based on student enrolment numbers, capped at a maximum of \$30,000 per school per year.

The funding may be used to assist with operational costs such as staff wages, teaching materials and resources.

Applications for the first stream of funding are now open and will **close on 17 February 2020**.

A second stream of funding will open in early 2020, with up to \$25,000 available for projects that support the community language school sector through the development of teaching resources and professional development programs.

For more information about the Community Languages Multicultural Grants Program and how to apply, visit the Community Grants Hub website at www.communitygrants.gov.au.

ACT GOVERNMENT NOTICES

New The Office for Multicultural Affairs seeking nominations from ACT community members interested to become a Master of Ceremonies (MC) for Citizenship Ceremony

We are seeking nominations from ACT community members interested in being the Master of Ceremonies (MC) for citizenship ceremonies delivered by the ACT Government in 2020.

In the Office of Multicultural Affairs we always enjoy the contribution and personal touch of a community Members serving as MC. We feel your contribution makes the ceremony even more special.

Two (2) ceremonies are scheduled per day (10:00am and 1:30pm). The dates for 2020 Ceremonies are listed [HERE](#)

10/02/2020	02/03/2020	06/04/2020	04/05/2020	09/06/2020	20/07/2020
10/08/2020	01/09/2020	26/10/2020	16/11/2020	07/12/2020	

The role

As MC you will open the ceremony, introduce the Presiding Officer (ACT MLAs), and read the names of the people as they come up to receive their certificate. The audience will have up to 100 people receiving citizenship and a similar number of family and friends watching. Speaking notes, a lectern and microphone are provided.

All ceremonies are held at Albert Hall and free parking is available. Morning, afternoon tea and lunch is provided. Speaking notes and list of conferees will be emailed to the nominated MCs one week prior to each ceremony.

Nominations

If you are interested in being a MC, please email salar.ayoubi@act.gov.au with the dates and time you are available by **Friday, 31 January 2020**.

New Inclusion and Participation Division is seeking Expressions of Interest from ACT Community members interested in sitting on assessment panels in 2020

Community member representatives play an important role by ensuring community interests are considered in assessment processes for a range of programs including Grants, Work Experience and Support Program (WESP), Contracts and Awards.

If you are interested in being on an assessment panel, please email communityparticipation@act.gov.au with your contact details.

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

Public Tender to Review on Investment in ACT Community Language School

A Public Tender is currently open to engage a suitably qualified and experienced consultant to undertake an independent review on investment in ACT Community Language Schools.

The Request for Tender opened on Friday, 20 December 2019 and will close on Thursday, 23 January 2020.

More information can be found on the Tenders ACT website at tenders.act.gov.au.

The 2020 Young Canberra Citizen of the Year awards Nominations are now open

The Young Canberra Citizen of the Year Awards (the Awards) is an annual celebration that was established in 1989. These Awards recognise individuals and groups of young people aged between 12 and 25 years who have made a significant contribution through their personal endeavours, or who have been actively involved in the ACT community in areas such as community work, sport, education, science, culture, the arts or the environment.

The Awards also seek to acknowledge and celebrate significant personal achievements of individual young people.

Date: Nominations are now open.

Time: Submissions close at 5:00PM 2 March 2020 (AEDT).

Where: To nominate <https://dhcs.smartygrants.com.au/YCCY2020>

Cost: Event free to nominees.

To book: The award nominees will be provided with a complimentary invitation to the Awards Night on 26 March 2020 at QT Canberra (1 London Circuit CANBERRA ACT 2601).

More Info: The Youth InterACT Team can be contacted on 62053064 or via email at

Youthinteract@act.gov.au

Do not touch, pick or eat any wild mushrooms

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

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

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

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

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

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

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

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

Overseas Qualification Assessment

Do you have overseas qualifications?

The ACT Government, through the Office of Multicultural Affairs, provides free assessment of overseas tertiary qualifications for permanent residents, refugees, asylum seekers and humanitarian entrants living in the ACT. For more information and to apply for a free assessment please visit [Overseas Qualifications Assessments \(OQA\) - Community Services](#), or telephone: 6205 3142.

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 infoline@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](#) Tel: 6205 9000

COMMUNITY NOTICES

New English for Work Entry

This Adult Community English program is designed as a next step to overcome English language barriers at a workplace; especially to further develop the skills and knowledge necessary to effectively communicate with others within a working environment. It includes (among other things): preparing a resume and a cover letter; replying to simple job application; practicing basic workplace conversations, phone messaging, emails and letters, simple reports, purchase orders/invoices; and liaising with a workplace supervisors and colleagues.

Date: 6 Fridays, 14 February to 20 March 2020

ACT Multicultural Community E-News

Edition 2
Page 16 of 25



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



- Time:** 10:00 am – 2:00 pm
- Where:** MARSS Head Office, Theo Notaras Multicultural Centre, 180 London Circuit, ACT
- Cost:** Event free or charged.
- More Info:** Please contact MARSS on 02 6248 8577 or email at rto@marss.org.au

New Multicultural Leadership Development Project (MLDP)

The Multicultural Leadership Development Project (MLDP) aims to develop the leadership skills of existing and potential community leaders from new and emerging migrant communities to support cohesion in their community and enhance participation in economic and social opportunities in the ACT.

The project is designed to upgrade the skills of existing leaders, enrich community experience and encourage young people to become involved in community self-help activities.

Participants will be introduced to a range of leadership approaches to enhance skills encompassing communication, managerial and business, media, planning and delivery of community activities.

- Date:** 8 February, 15 February, 29 February, and 8 March 2020
- Time:** 10:00am to 4:00pm
- Where:** Level 2, Theo Notaras Multicultural Centre, 180 London Circuit ACT
- Cost:** Free
- To book:** RSVP by Thursday, 30 January 2020
- More Info:** Contact Bramen Thamo by emailing to sets6@marss.org.au or calling on 6248 8577

New Foundation Workplace English and Communication

This Adult Community English program is designed as a first step to overcome English language barriers at a workplace; specially to build the confidence and to acquire the skills and knowledge necessary to effectively communicate with others within a working environment. It includes (among other things): practicing exchanges with colleagues, team members and supervisors; responding to instructions; giving information in a workplace meeting; replying to a simple SMS/email message to colleagues/supervisors; and completing surveys.

- Date:** 6 Thursdays, 13 February to 19 February 2020
- Time:** 10:00 am – 2:00pm
- Where:** MARSS Head Office, Theo Notaras Multicultural Centre, 180 London Circuit, ACT
- Cost:** Event free or charged.
- More Info:** Please contact MARSS on 02 6248 8577 or email at rto@marss.org.au

New Youth Mentoring Program

Are you new to Canberra? Are you unsure of what you want to do next in life? Are you looking to get to know new people? Do you need support or counselling?

MARSS Australia Inc is offering a new youth mentoring program that will create an opportunity to connect, grow and succeed in Canberra. The program is for anyone who is from a migrant and refugee background, aged 15-25. The program will link you with a mentor who can give you one on one advice and skills, helping with anything from education, employment, sports and interests to personal development, counselling and settlement issues.

Date: Monday to Friday

Time: 1:00pm to 6:00pm

Where: MARSS Civic Office

Cost: Free

More Info: Contact Richard on 6248 8577 or email PASS@marss.org.au for more information, or to enrol

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

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:

ACT Multicultural Community E-News

Edition 2
Page 18 of 25



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



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 run 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 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.

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

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.

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](#)