



## E-NEWSLETTER

ACT Multicultural Community

Edition 6

19 March 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](mailto:communityparticipation@act.gov.au).

### **COVID-19 Update**

The ACT Government has declared a public health emergency for the territory in response to the spread of COVID-19.

People are reminded to stay home if they feel unwell and to practice good personal hygiene including regular washing of hands.

We are aware a number of community events are being postponed and encourage people to check with event organisers whether the event is going ahead.

Please stay up to date by following the [ACT Health web page](#), [Facebook](#) and [Twitter](#).

Thank you

Office for Multicultural Affairs  
Community Services Directorate

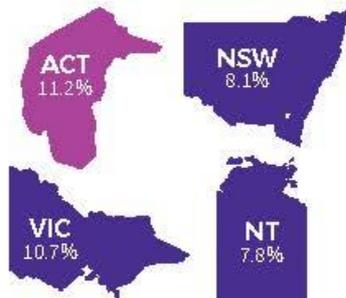
GETTING TO KNOW THE ACT

# MULTICULTURAL COMMUNITY PROFILE

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

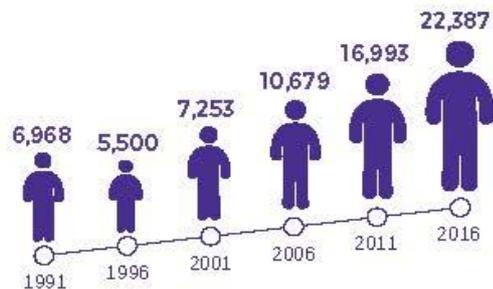
Here are some demographics to help understand who we are and how we compare with the rest of Australia.

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



GROWTH FROM 2011 TO 2016

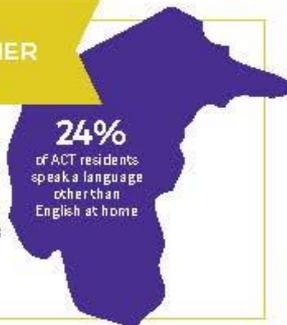
The proportion of ACT residents born overseas was 26.5% in 2016, up from 24% in 2011. Many of the ACT's overseas born residents are relatively recent arrivals. In fact, over 26,000 have arrived in Australia since the beginning of 2011. The most commonly reported countries of birth outside of Australia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

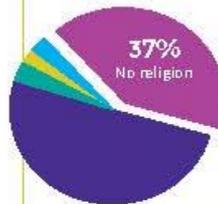
ACT residents born in countries where English is not the main language are relatively highly educated. 50% of them have a bachelor degree or higher, compared to 36% of those born in Australia.



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 1998-2016; ACT State of the Public Service Report 2016-17

### CHANGING RELIGION



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

### ADDITIONAL FACTS

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

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

Our nation's capital is younger (median age of 35, compared with 38 for the nation) higher earning (median weekly income \$988, 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

### Help us find Canberra's future 40 leaders under the age of 40

ABC Canberra is searching for people under 40 who are making a positive contribution to life in Canberra, and we need your help to find them. Nominations are open online at:

<https://www.abc.net.au/radio/canberra/enter-abc-radio-canberras-future-40/11956792>. You can nominate yourself or someone else, don't be shy! We're simply looking for people with a passion who are doing something inspiring or have an interesting story of contribution, born after March 1980. We'll feature the winner's stories on ABC Radio Canberra and help connect the Future 40 to other inspiring locals in our region.

**Date:** Monday 2 March – Sunday 30 March 2020

**Time:** All day

**Where:** ABC Canberra, Dickson

**Cost:** Free

**To book:** Nominate online here: <https://www.abc.net.au/radio/canberra/enter-abc-radio-canberras-future-40/11956792>

**More Info:** <https://www.abc.net.au/radio/canberra/enter-abc-radio-canberras-future-40/11956792>.

### Climate change: Green New Deal?

A 3 course dinner and discussion organised by [Forum Australia](#).

The session will deliberate whether the Green New Deal approach is a useful way for Australia to address climate emergency, create jobs, generate climate resilient growth and advance sustainability. Covering, science, policy, politics, economics, global best practices and the larger concept of well-being in the society, it will be a very interactive forum over a sumptuous dinner with a very distinguished panel.

**MC:** Lish Fejer, Presenter ABC radio, Canberra

#### Panel

Emeritus Professor Will Steffen, Fenner School of Environment and Society, ANU

John Hewson AM, Former Leader of the Federal Opposition and Professor ANU Crawford School

Shane Rattenbury MLA, Minister for Climate Change and Sustainability

Dr Arnagretta Hunter, Clinical Senior Lecturer, ANU Medical School

Dr Imran Ahmad (Chair/Discussant), Honorary Associate Professor ANU and Immediate Past President Forum Australia

**Date:** Monday, 23 March 2020

**Time:** 6pm  
**Where:** Taj Agra Restaurant, 35 Woolley St, Dickson, ACT  
**Cost:** \$20 at booking  
**To Register:** <https://www.eventbrite.com.au/e/climate-change-green-new-deal-tickets-97693075619>  
**More Info:** Mohammed Ali on 0404 947 260 or Helen Wilson on 0409 621 949  
Email: [info@aussieforum.org](mailto:info@aussieforum.org)

## 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:** M: 0423 014 455

Vegetarian options are available.

## GRANTS AND AWARDS

### New Supporting women's safety and participation

**Applications are now open for the 2019-20 ACT Women's Grants Program, with \$180,000 available for initiatives aimed at improving the status and lives of women and girls in the ACT, and initiatives that aim to prevent violence against women.**

The Women's Safety Grants, totalling \$100,000, will support innovative projects to advance priorities identified in the Fourth Action Plan under the *National Plan to Reduce Violence against Women and their Children 2010-2020*.

The Participation Grants, totalling \$80,000, will provide funding for innovative projects promoting the priorities of the *ACT Women's Plan 2016-2026*.

If you have an innovative idea or proposal to assist women in the community to feel safe, respected and reach their full potential, you should apply. Both individuals and community organisations are encouraged to do so.

For more information about the Program visit

[https://www.communityservices.act.gov.au/women/grants\\_and\\_awards](https://www.communityservices.act.gov.au/women/grants_and_awards)

**Applications close on 23 March 2020.** Applications may be made via Smartygrants at

<http://dhcs.smartygrants.com.au/201920WG>

A full list of last year's successful recipients and project descriptions is available at [www.women.act.gov.au](http://www.women.act.gov.au)

## The 2020 Capital of Equality Grants Program now open

We are excited to announce that applications are now open for the *2020 Capital of Equality Grants* Program! The Capital of Equality Grants provide funding for innovative projects which advance the priorities of the [Capital of Equality Strategy](#).

The Capital of Equality Grants, totalling \$100,000, will support projects to improve the status and lives of LGBTIQ+ Canberrans. This round has a special focus on supporting LGBTIQ+ Canberrans who are also **Aboriginal and/or Torres Strait Islander peoples**, or from **culturally and linguistically diverse backgrounds**, as well as people of **faith**, people with **disability**, as well as **young people** (aged under 25) and **older people** (aged over 55), though we will consider all eligible proposals.

If you have an idea or proposal to assist LGBTIQ+ Canberrans to feel visible, valued, respected and reach their full potential you should apply. Both individuals and community organisations are encouraged to do so.

For the Capital of Equality Grants 2020 Guidelines including eligibility criteria, please visit [act.gov.au/lgbtiq](http://act.gov.au/lgbtiq).

**Applications close on Wednesday 1 April 2020.** Applications may be made via Smartygrants at

<https://cmtedd.smartygrants.com.au/2020LGBTIQ>.

A full list of last year's successful recipients and project descriptions is available at <https://www.cmtedd.act.gov.au/policystrategic/the-office-for-lgbtiq-affairs/capital-of-equality-grants-previous-recipients>.

We would be grateful if you could share this information across your contacts and networks. If you have any questions about the Capital of Equality Program, feel free to contact us by emailing [LGBTIQOffice@act.gov.au](mailto:LGBTIQOffice@act.gov.au) or phoning 6205 0743.

## 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.**

## 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.**

## 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

### ACT Youth Assembly, Our Voice: Our Impact

The ACT 2020 Youth Assembly (the Assembly) will be held on the 3 April 2020 during ACT Youth Week. The Assembly aims to provide a platform for young Canberrans to engage in a dialogue with the ACT Government and to share ideas on how to advance the agenda for youth issues.

The ACT Youth Assembly is a deliberative democracy process that will draw out key ideas and policy recommendations.

The ACT Youth Assembly will focus on young people speaking on the following issues that are important to them:

Inclusive Society;

Youth Employment;

Environment and Sustainability and

Resilience, Rights and Respectful Relationships.

The ACT Youth Assembly is a great platform for young people to have their voices heard and I'm inviting young people from your school community to come participate and share their thoughts.

**Date:** Friday, 3 April 2020

**Time:** 8:45am to 3:30 pm

**Where:** ACT Legislative Assembly, London circuit, Civic

**Cost:** free

**To book:** <https://www.communityservices.act.gov.au/youth/youth-interact/consultation>

**More Info:** If you would like to discuss anything further, please feel free to contact the Youth InterACT team on youthinteract@act.gov.au or 62053064.

## 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](mailto:womenshealthservice@act.gov.au)

## ParentLink – Informing, Supporting, Connecting

ParentLink is a universally targeted parenting education program from birth to teenage years. ParentLink provides parents (carers and teachers) with information which aims to increase confidence and skills, while also providing links to local resources and services.

The ParentLink website provides links to a suite of parenting guides and useful local information. The guides cover a variety of topics: including, *Starting School*, *More than Reading and Writing*, *Optimism* and *Cyber Safety*.

The ParentLink suite of resources has recently been rebranded. This includes new guides specifically for Aboriginal and Torres Strait Islander families, and access to resources for diverse cultural groups.

ParentLink guides are available to view and order via the [ParentLink website](#) or the email [Parentlink@act.gov.au](mailto:Parentlink@act.gov.au)

## Calvary Health Care Bruce - Refugee Mentoring Program

Calvary Health Care Bruce has a Refugee Mentoring Program for refugees and asylum seekers in the ACT to assist with understanding the Australian workplace environment and culture, communication and workplace skills development. It is a voluntary observation and study work experience program for the participants who are mentored by volunteer Calvary Bruce staff.

More info [Calvary Health Care Refugee Mentoring Program](#)

## What is on for Women Calendar?

The online [What's on for Women Calendar](#) includes details on courses, events, information sessions, support groups, training, programs, workshops and activities for women in the ACT and region.

Contributions and amendments to the calendar can now be made at any time to ensure the most up to date information is available for women in the ACT. While we are trialling the calendar online we would greatly appreciate any feedback that can assist us to improve the calendar overtime, including any feedback on ways we can ensure women who don't have internet can access the information.

For further information on the calendar or to provide feedback on the new online format, contact Women's Information on telephone: 6205 1075, or by email at [wi@act.gov.au](mailto:wi@act.gov.au)

## Libraries ACT Free Resources and Programs

Libraries ACT have libraries at Gungahlin, Tuggeranong, Belconnen, Kippax, Dickson, Woden, Kingston, Erindale and Civic which are free for everyone to use.

- Free Wi-Fi
- Computers you can reserve and use for free
- English books you can read and borrow for all ages and interests
- Bilingual picture books in 36 languages
- EBooks (books that can be read on electronic devices) and audio books
- Magazines and newspapers in many languages
- Free activities and programs for all ages that are fun and good for learning

- Digital lessons - learn about social media, privacy, security and different topics as part of a group session or book a personal 30 minute lesson on a topic you choose, such as how to use email, eBooks, internet or electronic devices
- There are also many things you can access online from the Libraries ACT website:
- Mango Languages. This is a language learning app which includes learning English as a second language, so you can practice English anywhere!
- Online resources for kids, including Tumble Books and Story Box Library, where you can hear stories being read aloud. Great for pronunciation practice!
- RB Digital Magazines and Free legal Music where you can download free digital magazines and music to keep and read or listen to at any time.

Joining the library is free and easy. Website [ACT Libraries](#) Tel: 6205 9000

## COMMUNITY NOTICES

### New Gungahlin Mosque Important Community Announcement Regarding Coronavirus (COVID-19)

With immediate effect, the Gungahlin Mosque - Canberra Muslim Community (CMC) Inc. will implement new measures to combat the spread of COVID-19.

In accordance with the Fatwa released by the Australian Fatwa Council, the Imam of Gungahlin Masjid and CMC Executive Committee highly encourage Musallees to perform their five daily prayers at home and, to pray four rak'at at home as a replacement of Friday Jumuah prayer.

**Effective this Friday (20 March 2020), Friday Jumuah prayer is temporarily cancelled until further notice.**

The Federal Government has placed a ban on any indoor gathering of 100 people. We have taken this ban very seriously and encourage community members to refrain from entering any space that may exceed this number.

Please stay updated with the latest developments on COVID-19 with information provided by ACT Government and other authorities.

We sincerely beg Allah Subhanahu Waa Ta'ala to protect all of us and our families.

### New Sabah Al Ahmad Masjid at the Canberra Islamic Centre (CIC) COVID -19 and Friday/Congregational prayers advisory

The threat of Covid-19 is real and sooner we take action to prevent its spread, the better it would be for the whole community in Australia. It is important that we as Muslims be proactive and assist the community at large in the prevention of the spread of the disease by taking actions to minimise the spread.

For CIC, the health of the community is paramount and, indeed, it is our duty to do everything in our power to prevent any harm coming to our brothers and sisters in any way. To this end, we are maintaining a high degree of cleanliness in the Sabah Al Ahmad Masjid at the CIC. The carpet in the prayer hall is also being professionally steam cleaned to decrease the chances of spread of this virus.

This morning the Prime Minister has decreed a ban on non-essential indoor gatherings of 100 people or more and keeping a social distance of 1.5 metres between individuals.

The Fatwa of the Australian Fatwa Council circulated by Sheikh Shady Al Sulaiman, Chairman, Australian National Imams Council on 16 March 2020 has stated:

"This Islamic legal principle exempting Muslims from attending the Friday or Congregational Prayers is dependent on the announcement from the state and/or national Department of Health in relation to the scope of self-isolation measures and mass gathering restrictions."

The Fatwa from the Australian Fatwa Council of today 18 March 2020 states that:

"A Muslim is permitted in such a case, instead of fulfilling Friday Prayer at a Masjid or Public Prayer Venue, to pray Jumma as a normal four Rakat Dhur prayer in one's home.

We strongly urge Muslims to pray their five daily prayers at home and four Rakat Dhur instead of the Friday prayer. This is to avoid any places of crowded people."

In view of these instructions from the Australian Fatwa Council and PM's directive, the Executive Committee of the Canberra Islamic Centre has decided that:

1. All **congregational prayers including Friday prayers** at the Sabah Al Ahmad Masjid at the CIC will be suspended until further notice.
2. The Sabah Al Ahmad Masjid will remain open and our brothers and sisters are welcome to come and pray individually but CIC does not take responsibility of your action.
3. The Masjid will reopen for congregational prayers as soon as it is safe to do so.

We pray to Allah (SWT) to keep our Australian community safe and remove this threat from our lives soon.

## 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:** 20 March 2020

**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](mailto:rto@marss.org.au)

## 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](mailto: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](https://cit.edu.au/courses/education_community/english_language)

## 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](mailto: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](mailto:marssbelco@marss.org.au)

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

## Red Cross Visiting Services

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

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

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

**Date:** Ongoing

**Time:** 8.00am-4.00pm

**Where:** Red Cross House, 3 Dann Close Garran ACT 2605  
**Cost:** Free.  
**To book:** [redcross.org.au](http://redcross.org.au)  
**More Info:** [bvann@redcross.org.au](mailto:bvann@redcross.org.au), or [mswientek@redcross.org.au](mailto:mswientek@redcross.org.au)

## Services for Multicultural Seniors in the ACT

The Multicultural Communities Council of Illawarra Inc (MCCI) is now delivering a range of new community-based aged care services to multicultural communities in the ACT and Queanbeyan regions. MCCI has been working in the ACT since 2012 through the national *Partners in Culturally Appropriate Care (PICAC)* program and is now expanding services to help meet the needs of more than 9000 people over 65 years of age who are from culturally and linguistically diverse backgrounds and reside in the ACT and Queanbeyan areas. The new services will build on MCCI's 35-year experience in and delivering community aged care programs for seniors. Services in the ACT and Queanbeyan areas will include one to one in-home care supports as well as a number of multicultural social support groups for seniors and Home Care Package services. The new services are known as My MCCI (ACT and Queanbeyan) and are based out of the Theo Notaras Multicultural Centre as part of the Multicultural Hub on Level 2. The MCCI website is [www.mcci.org.au](http://www.mcci.org.au).

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

## Multicultural HUB Canberra

INFORMATION SERVICE - one-stop information and referral centre for all things multicultural in the ACT and region.

COMMUNITY CENTRE - community concerts/exhibitions, meeting facilities for new communities, life-skills training, parent support programs, computer training room, etc.

SETTLEMENT SERVICES (SETS) - support for migrants and refugees with the DSS SETS program including accommodation, employment, health, education and family support.

MULTICULTURAL YOUTH SERVICES (MYS) - youth services for young migrants, refugees and asylum seekers including personal support, after school drop-in, outreach, sport/art activities & holiday programs.

MULTICULTURAL EMPLOYMENT SERVICE (MES) - employment for migrants, refugees & asylum seekers as well as communications for employment training, work experience.

MULTICULTURAL AGED-CARE SERVICE - culturally appropriate aged-care services, in home care, individual support, carer respite, and group activities.

The Multicultural HUB Canberra expands the current multicultural youth and employment services located at MYS to now include a community centre, settlement services and multicultural aged-care services. It is located second floor of the ACT Theo Notaras Multicultural Centre down the corridor just past MARSS and is open 9-5pm Monday to Friday.

For more information Phone (02) 6100 4611, email [info@mhub.org.au](mailto:info@mhub.org.au) or website [www.mhub.org.au](http://www.mhub.org.au)

Location Level 2, Theo Notaras Multicultural Centre, 180 London Circuit, Canberra ACT

## Adult Migrant English Program (AMEP) – Classes at Navitas English

Navitas English provides \*free AMEP English classes and childcare to newly arrived eligible adult migrants and refugees at various locations in Canberra: at Civic (Main College) and outreach locations in Belconnen, Gungahlin and Tuggeranong. Classes can be full-time, part-time, Saturday, evening and afternoon.

The AMEP provides practical English language and cultural knowledge to help people settle in Australia, e.g. using money, taking public transport, language for work. The AMEP also covers learning speaking, listening, reading, writing, numeracy and computer skills.

**New address:** Level 1, 34 East Row, Canberra City ACT 2600

**More information:** please call on (02) 8234 1490

Or visit our website: <https://www.navitas-english.com.au/colleges/canberra/>

Visit [www.transport.act.gov.au](http://www.transport.act.gov.au) to find out how to reach the college using public transport.

\*The AMEP is funded by the Australian government.

## A Conversation for everyone - free presentation

Health Care Consumers' Association is providing 'A Conversation for everyone' and is now taking bookings from groups interested in hearing about advance health care planning (also known as Living Will, Enduring Power of Attorney, Statement of Health Choices, Advance Directive and Health Care Directive).

These conversations are relaxed and thought provoking and can be tailored to your clients or organisation. **More information:** please contact Yelin Hung on 6230 7800 or email [yelinhung@hcca.org.au](mailto:yelinhung@hcca.org.au)

## Give A Young Carer A Brighter Future

Imagine how hard it is for a child to every day look after a parent living with a long-term illness or disability. Instead of doing schoolwork and interacting with friends, many young carers spend their time instead helping a parent with personal care, medications, medical appointments, grocery shopping, cooking, cleaning, washing, paying bills and looking after younger siblings. They often struggle at school, miss classes, have little time to themselves and are more likely than their peers to have mental health issues.

They need your support to give them a break from caring these holidays and help them through school next year. Carers ACT is calling on you to donate to its appeal to support young carers and spread the word. To donate online visit [carersact.org.au/donate](http://carersact.org.au/donate) or call 6296 9900. Or why not give someone a meaningful gift with a donation gift card and help make a lasting difference to a young carer in need.

**More Info:** Phone 02 6296 9900 or email [carers@carersact.org.au](mailto:carers@carersact.org.au)

## Red Cross Community Visiting Social Support Program

Red Cross Community Visiting Social Support program offers a friendly volunteer (with a current WWVP card) to visit a socially isolated older person living in an Aged Care Facility or in their own home, purely for the purpose of friendship and companionship. Have a cup of coffee, read a book or letters, reminisce over some photos, talk about old times and newer times, go out for a coffee.

If you feel you could spend an hour each week with a new friend just look at the Red Cross website [redcross.org.au](http://redcross.org.au) and look for 'volunteer' and simply fill in an application. It's that easy

**Date:** Ongoing  
**Time:** 8:00am to 4:00pm  
**Where:** 3 Dann Close, Garran  
**More Info:** CVS Coordinator on 62347623 or [bvann@redcross.org.au](mailto:bvann@redcross.org.au)

Social Support Coordinator on 62347628 or [mhudson@redcross.org.au](mailto:mhudson@redcross.org.au)

## Fitness Courses available at Weston Creek Community Centre

Choose from a wide variety of fitness classes such as: Mature Fitness, Fitball Class, Yoga, Zumba and Belly Dance. Visit our website for a comprehensive list of activities happening weekly in our centre.

**Date:** Various classes held every day  
**Time:** Various times  
**Where:** Weston Creek Community Centre  
**Cost:** Price for all classes available from front office | phone 6288 1144

**More Info:** Email: [info@westonccc.org.au](mailto:info@westonccc.org.au) Web: [www.westonccc.org.au](http://www.westonccc.org.au)

## Saver Plus

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

Saver Plus offers:

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

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

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

## Multicultural Employment Service (MES) ACT

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

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

**Website:** [Multicultural Employment Service ACT](#)

**Contact:** Email: [info@mes.org.au](mailto:info@mes.org.au) or Telephone: 6100 4611

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

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

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

## Department of Social Services - Free Interpreting Service

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

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

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

- Medical Practitioners;
- Pharmacies;
- Non-government organisations;
- Real Estate Agencies;
- Local Government Authorities;
- Trade Unions; and
- Parliamentarians.

You can check your eligibility for the Free Interpreting Service using the eligibility calculator on the [TIS National website](#).

To register for a client code, eligible groups can complete the [online registration form](#) or allow a few extra minutes the first time they use the service. You can also register by contacting TIS National on 1300 575 847. For more information visit [Department of Social Services](#) or contact TIS National on the contact details above.

## Department of Social Services - Free Translating Service

The Free Translating Service is provided for people settling permanently in Australia, to support participation in employment, education and community engagement.

Permanent residents and selected temporary or provisional visa holders are able to have up to 10 eligible documents translated, into English, within the first two years of their eligible visa grant date.

Applications for the Free Translating Service are made on the [Free Translating Service website](#)

The website is easy to use and is available in English, Arabic, Farsi and Simplified Chinese.

**More Info:** [Department of Social Services - Translating](#)

The Free Translating Service Helpdesk can also be contacted:

By email [fts@migrationtranslators.com.au](mailto:fts@migrationtranslators.com.au) or online using the contact us form or by phone : 1800 962 100

## Ethnic Interpreters and Translators

- Are you passionate about the language you speak?
- Do you enjoy helping others with language difficulties?
- Would you like to make a career out of the language you speak and earn extra \$\$\$?
- Do you want to become an Interpreter?

Ethnic Interpreters and Translators are currently recruiting people who speak the following dialects in the ACT: Korean| Vietnamese| Mandarin| Cantonese.

Please visit the website ([www.ethnic.com.au](http://www.ethnic.com.au)) to apply online or phone: 1300 855 221 (toll free) for further information.

## TPV and SHEV Guide – Translations are now available

The Australian Government Support for Temporary Humanitarian Stay (449), Temporary Humanitarian Concern (786), Temporary Protection (785) or Safe Haven Enterprise (790) visa holders' guide is now available.

**For more information:** [Department of Social Services](#)